



HEALTH & SAFETY ABROAD

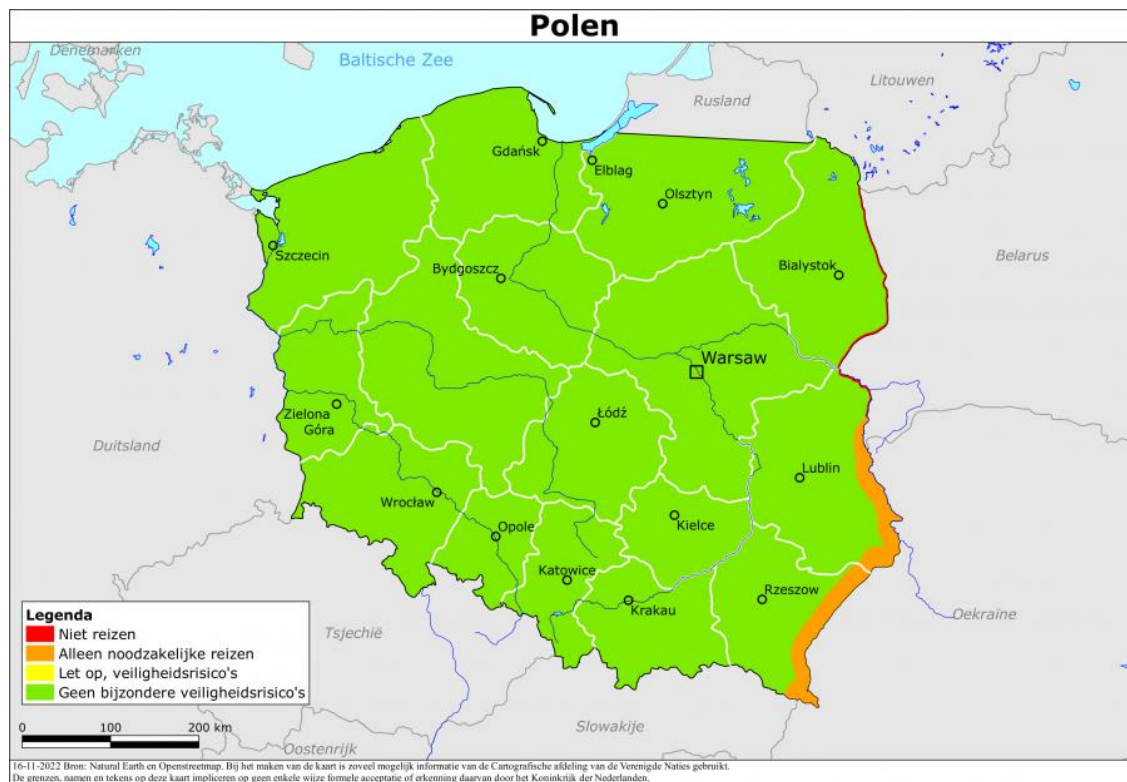
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GENERAL AFFAIRS (GA)| INTEGRAL SECURITY (IS)

PRE-TRAVEL CHECK LIST

BuZa Area colour code: Are you allowed to travel?

As per UT rules, travelling to orange and red areas is not permitted

<https://www.nederlandwereldwijd.nl/reisadvies>



PRE-TRAVEL CHECK LIST

Insurance coverage: UT Mobility Online Registration + your own travel insurance (double-check trip interruption and/or extension clauses)

<https://www.utwente.nl/en/study-abroad/practical-matters/>

MAKE SURE YOUR TRAVEL DATES ON MOBILITY ONLINE ARE CORRECT, AND KEEP YOUR DETAILS UPDATED THROUGHOUT YOUR STAY!

Departure date (leaving the Netherlands)	Start date of activity	End date of activity	Returning home date
12/09/2022	20/09/2022	01/02/2023	13/02/2022
	17/10/2022	30/12/2022	
29/07/2022	01/09/2022	31/01/2023	01/02/2023




PRE-TRAVEL CHECK LIST

Emergency Contact: It is important that the UT knows where you are staying in your destination and how to reach you (or your ICE contact) in case of an emergency.

ENTER YOUR ICE DATA IN
OSIRIS...

...AND YOUR FOREIGN ADDRESS
ON MOBILITY ONLINE

During the mobility - Foreign address and Notification form 	
<input type="checkbox"/> Payment completed or student with no scholarship - Foreign address not yet completed	(0)
<input type="checkbox"/> Foreign address completed - Notification form not yet completed	(1)


Studie adres		In Case of Emergency address	
Street name	Longstreet	Street name	Somewhere
House number	1	House number	911
Addition		Addition	
Additional		Additional	
Postal code	77777	Postal code	90210
City	New York	City	Beverly Hills
Country	United States of America	Country	United States of America
Telephone	+1-1234567890	Telephone	+9876543210
Mobile phone			

In Case of Emergency
Do you give permission to use ICE data in case of emergency? No

Full name of ICE contact

How is this person related to you?

Other relevant info you think UT needs to know ICE

[Update address](#) [Upload passport photo](#) [Hide passport photo](#) [Help](#) 

address4 - V.E.D. Test Last login: Monday, May 2, 2022 at 15:23

PRE-TRAVEL CHECK LIST

BuZa registration (Dutch students only):
Note your presence at your destination with the Dutch government *via* registration at consulate or embassy and sign up for the Information Service.

<https://www.government.nl/topics/embassies-consulates-and-other-representations>

International students should register at their own embassy.

 Aanmelden	 Aanmelden + registratie bij ambassade	 Groep aanmelden
✓ E-mail bij aangepast reisadvies	✓ E-mail bij aangepast reisadvies	✓ E-mail bij aangepast reisadvies
✓ Sms bij (dreigende) crisis	✓ Sms bij (dreigende) crisis	✓ Sms bij (dreigende) crisis
	✓ De ambassade weet dat u in het land bent	
	✓ Extra informatie van de ambassade (bijv. over dienstverlening en evenementen)	
Aanmelden	Aanmelden	Aanmelden

PRE-TRAVEL CHECK LIST

Covid-19 rules: What are the Covid-19 regulations in your destination country? Check which rules you must comply with and learn exactly what a quarantine looks like in your host country. Bring Covid-19 self tests.

<https://www.nederlandwereldwijd.nl/reisadvies>

Vaccinations: Check what you need for your destination at the GGD/ Travel Health Clinic

<https://www.ggdtwente.nl/contact/contact-met-reizigersadvies>



Medicines: Are you allowed to take your medicines abroad? Do you need to request a statement for your medications? Check with your pharmacist or GP.

Health infrastructure check: What health services are available at your host university? Note the local emergency number.

BEFORE DEPARTURE

Friends and Family: Tell your family and friends you are travelling abroad. Leave contact info of your accommodation and a travel plan and contact info of your host institution or internship host.

Make a list: Have the following with you or on you at all times:

- Copies official documents (passport, insurance, printed vaccination certificate – Covid-19)
- Phone numbers:
 - 24/7 BuZa Contact Centre: +31 247 247 247
 - Local embassy/ consulate
 - UT's insurance insurance@utwente.nl (Hienfeld: +31 205 469 469)
 - Your own travel insurance
 - Bank
- Blood group and other medical information (medical passport via the GGD)
- UT Emergency Service – Abroad (emergency-abroad@utwente.nl)

DURING MOBILITY

In case you are affected by an emergency, and if you are able to, then **contact:**

- Your family or friends
- Your host institutions or internship host
- Fellow travelers in the area
- The UT via its Emergency Abroad Service (emergency-abroad@utwente.nl)
- Depending your nationality contact embassy/consulate of your country in host location or neighbouring country if one is not available in host country.

<https://www.government.nl/topics/embassies-consulates-and-other-representations>



DURING MOBILITY

In the event you receive a wellbeing-check email from the Emergency Abroad Service, and if you are able to, then reply as soon as possible.

CHECK YOUR INBOX REGULARLY!

Plan for a **safe re-entry**:

- Check any restrictions for return travel
- Learn about reverse culture shock.

URGENT SUPPORT

In case of an urgent support, contact the BuZa Contact Center (24/7):

+ 31 247 247 247.

If you are not able to make a call, the BuZa Contact Center can be reached via Whatsapp (24/7):

+31 682 387 796.

SUPPORT FROM THE UT

The following channels of support are available for you during your mobility trajectory:

- Your host institution's mobility office/ international office or internship location
- In some cases: a co-travelling UT staff member
- Emergency Abroad Service (emergency-abroad@utwente.nl)
- Your Faculty Exchange Coordinator or your Faculty Internship Coordinator at the UT



TOOLS

Useful tools to help before or during travel:

- Chubb Travel App: <https://www.utwente.nl/en/study-abroad/practical-matters/>
- Erasmus+ App: <https://www.utwente.nl/en/ces/soir/ErasmusPlusApp/>
- Social media: News and Twitter account BuZa: @247BZ
- Information about emergencies abroad all the time via app (incl. push messages your country): <https://www.nederlandwereldwijd.nl/reisadvies/download-reisapp>

More on **practical matters**: <https://www.utwente.nl/en/study-abroad/practical-matters/>