

Erasmus+



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TRAVEL AND SAFETY INFORMATION FOR YOUR STAY ABROAD WITH ERASMUS+



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BE WELL PREPARED FOR YOUR ADVENTURE!





SAFETY ASPECTS - A MATTER OF PRIORITY

- Safety aspects are very important to consider, both during the preparation for as well as during your stay abroad, to be aware of possible risks and to know how to act correctly in different situations.
- No matter where you travel, your personal safety, health and security should be your top priority.
- **Think about....**
 - How is the **security situation** in your destination country and how do you have to adapt your behaviour to avoid critical situations?
 - How are the **health conditions** and do you need to take specific medicine or vaccinations?

Below you will find helpful tips that are applicable in every country!



1. TRAVEL AND COUNTRY INFORMATION

FEDERAL FOREIGN OFFICE: TRAVEL AND SAFETY ADVICE

Check your government's official website (e.g. the Federal Foreign Office of Germany) regularly for information on the security situation in your destination country → Information on political unrest, natural disasters, health risks, or other relevant security issues.

Travel advice	Safety advice	Travel warning
<ul style="list-style-type: none"> ✓ Entry requirements ✓ Medical advice ✓ Particularities in criminal and custom law 	Particular risks for travellers and foreign residents	Urgent appeal to leave the country i.e. to avoid travelling to a certain country

- Register in the Crisis Prevention List “Elefant” (for German citizens) or equivalent list of your home country <https://krisenvorsorgeliste.diplo.de/signin>

- Use the Travel app:

<https://www.auswaertiges-amt.de/de/ReiseUndSicherheit/reise-und-sicherheitshinweise>

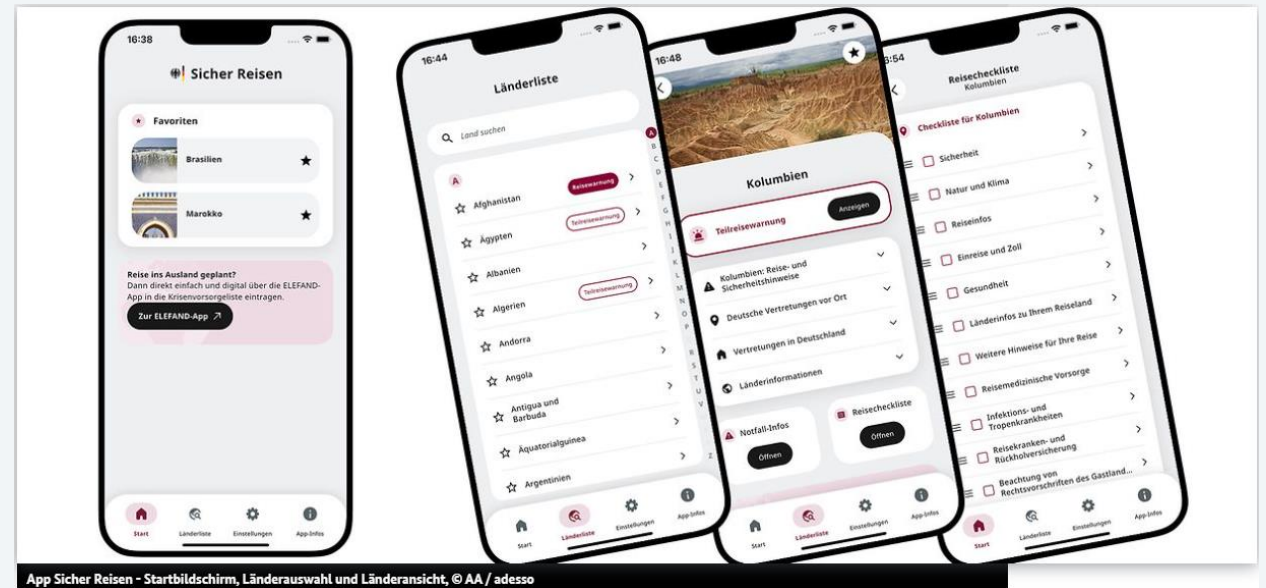




1. TRAVEL AND COUNTRY INFORMATION

THE TRAVEL APP „SAFE TRAVEL“

- Travel and safety information at a glance
- Individual checklists for travel preparation
- Push notification service
- Emergency information and addresses of German diplomatic missions in your destination country
- Mostly usable offline



Summary of all necessary information for a safe and smooth trip abroad in one app

You can find more information about the app and the free download [HERE](#)





2. SAFETY MEASURES IN EVERYDAY LIFE

CRIME PREVENTION

Simple precautions to protect you and your valuables

Keep valuables safe:

- Avoid carrying large amounts of cash or expensive jewelry openly. Use hotel safes or secure bags for valuables.
- Carry credit/debit cards, tickets, and money separately.
- Carry your passport only when absolutely necessary, and leave a photocopy of your passport (and your travel and insurance documents) at home with family or friends.



Stay alert: Be vigilant in busy or touristic areas, especially on public transport, in parks or in places with lots of people, as thefts and pickpocketing are common.

Avoid unsafe areas:

- Find out which neighborhoods or areas are considered less safe and avoid visiting them, especially at night.
- Avoid dark and unlit streets, stairways, and parks.
- Don't use ATMs after dark, especially if you're alone. Make sure no one follows you after you withdraw money.





2. SAFETY MEASURES IN EVERYDAY LIFE

CRIME PREVENTION

If you have been a victim of a crime, please do not hesitate to contact us. We understand that this is an emotionally stressful process, and we will do our best to support you with advice and assistance, including financial assistance for legal fees if necessary. Of course, your data will be protected at all times.





3. SECURITY IN CRISIS SITUATIONS

NATURAL DISASTERS, POLITICAL UNREST, TERRORISM



Earthquakes



Floods



Bush fires



Political unrest



Terrorism

Avoiding hotspots: In countries with political instability or increased terrorist threats, you should avoid potential hotspots, such as demonstrations or large public gatherings.

Escape routes and emergency contacts : Make sure you know the most important escape routes (e.g. to a safe place or the consulate) in case of a political crisis, natural disaster, or other emergency situation.

Evacuation options: If you are in an area at risk of natural disasters (e.g. earthquakes, floods, storms), find out about evacuation routes and safety measures in advance. There may be special evacuation plans available to you in the event of an emergency.

Crisis management / Contact to the Embassy: Be aware of how the Embassy or Consulate assists in crisis situations (e.g. natural disasters or political unrest) and stay in contact with them to receive information about security measures.





4. HEALTH AND VACCINATIONS



Travel vaccinations

- Consult a doctor early on to find out which vaccinations are required or recommended before your trip (e.g. against hepatitis, typhoid, malaria)

“Peel it, cook it, or leave it” - that’s the golden rule to reduce health risks.



Medical care

- Research where nearby hospitals or doctor's offices are located and how you can get medical help in an emergency. Check whether your health insurance is valid abroad and whether you need special international health insurance.
→ Accident, liability, and international health insurance are mandatory for participation in the Erasmus+ program!



Medication regulations

- Check whether the medications you need are available in the destination country or whether there are special regulations for importing medications.



Travel first aid kit





Traffic regulations in your destination country

Find out about local traffic regulations and road safety. In some countries, traffic can be chaotic and dangerous, or driving habits may be different than you're used to.



5. ROAD SAFETY



Means of transport

Consider which means of transport are safe (e.g. in some countries it is safer to use official taxis or private drivers instead of public transport) and which you should avoid.



6. CULTURAL AND LEGAL ASPECTS

Laws and behavioral norms

Every culture has its own laws and social norms. Research in advance which behaviors or activities might be considered rude or illegal in the destination country (e.g. drug use, alcohol, dress code, certain actions / behaviours in public spaces)



Respect local customs

Respectful behaviour in dealing with the local culture can avoid conflicts. Be considerate of the country's customs, for example, during religious holidays or traditions.





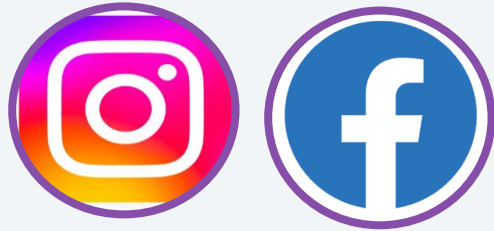
7. SECURITY PRECAUTIONS FOR DIGITAL DEVICES



Secure passwords and data encryption
Protect your digital devices (smartphone, laptop, tablet, etc.) with secure passwords and enable two-factor authentication. Avoid saving important passwords or information on unprotected devices.

Avoid public Wi-Fi networks
Avoid logging into unsecure public Wi-Fi networks, especially for financial transactions. Use VPN services to protect your data.





Social networks and local contacts

Connect with other travelers, expatriates, or locals who can help you settle in and inform you about safety issues.

Trusted local recommendations

Get recommendations from local or trusted people about safe places, restaurants, markets, or excursion destinations.



8. INTEGRATION INTO LOCAL NETWORKS



Meet other Erasmus+ students in your city and participate in activities and events

→ [Erasmus Student Network](#)



Find local groups, events and activities

→ [Meetup](#)



Meet and stay with locals around the world

→ [Couchsurfing](#)



Connect with other expats in your city

→ [InterNations](#)



IMPORTANT NUMBERS

• Police and rescue services numbers of destination country

- **Europe-wide (EU): 112** (Police, Fire brigade, ambulance)
- **USA & Canada: 911**
- **Australia: 000**
- **UK: 999 or 112**

General emergency numbers



- **24h emergency number of your**
 - Liability insurance
 - Health insurance
 - Accident insurance
 - International health insurance → including policy numbers
- **Repatriation service** often included in travel insurance
- Number of your **family doctor** in your home country

Medical emergencies



• **German Embassy/ Home country embassy in the host country**

- Assistance in the event of passport loss, detention, serious accidents etc.
- Website: <https://www.diplo.de> → missions abroad

Official contacts



- **Bank card blocking number**
- **SIM card blocking number**
- **Emergency number for blocking lost cards (worldwide): +49 116 116**

Important numbers in case of loss



- **Home university or sending organisation** (e.g. Erasmus-coordinator)
- **Supervisor abroad** (e.g. mentor or dormitory administration)
- **Company** (Supervisor at the company, address and phone number of the company, emergency contact at the company e.g. safety manager)

University / company contacts



- **Contact person in the home country** (parents, friends)
- **Contact in the host country** (e.g. host family, roommates, fellow students)

Personal contacts



Tip 1

112 often works on mobile networks abroad, even without a SIM card or credit .

Tip 2

Create a **laminated emergency card** with all important contacts in German and the local language and keep it in your wallet.

Tipp 3

Keep these numbers in a document in your **Drop Box**, send a copy to your **contact person at home** and leave a copy in your **luggage**. If you want to be completely sure, send yourself an **email** with the appropriate information that you can retrieve in case of an emergency or damage.



MOST IMPORTANT TIPS AT A GLANCE



Check the **travel advice and safety precautions** of the **Federal Foreign Office (Auswärtiges Amt)** to see the most recent assessment of the security situation in your country of destination.



Get **advice locally** about areas of risk and security concerns.



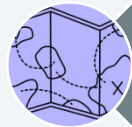
Know who to **contact** in case of an emergency.



Avoid protests and **demonstrations**, and do not take **photographs** of sensitive buildings or security personnel.



Stay **alert at all times** and take extra measures to protect your **personal security**.



Leave your **itinerary and travel plans** with family or friends so they know your approximate location at a given time





WHAT ELSE TO KEEP IN MIND?

Make sure to
inform yourself
on time!

- **ATM fees:** Before leaving the country, it's always smart to check with your bank to see what ATM fees to expect.
- **Bank account:** make sure to check whether you will need a local bank account and if yes, what kind of documents you need to open it.
- **Visa:** Check the entry requirements with your home embassy for your destination country, especially if you are a non-European citizen.
- **International driving license:** if you plan to drive in your destination country, inform yourself whether you will need an international driving license → more information [HERE](#).
- **Financial support by your destination country:** some countries provide students with extra financial benefits. e.g. France (rent allowance by CAF).

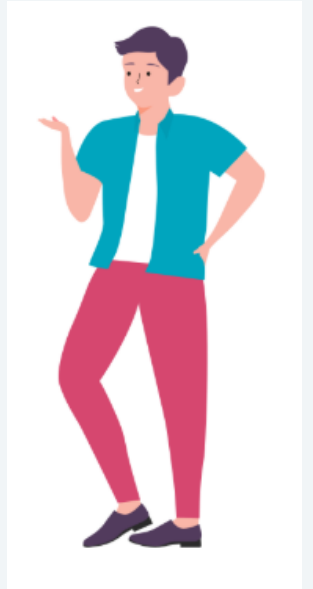




But none of that will ever happen to me, don't jinx it!

LAST BUT NOT LEAST...

Never say never!
Better to be safe than sorry!



Make your stay abroad safer and more relaxed!





CONTACT

Information on:
www.h-ka.de/koor

Questions to:
erasmus.koor@h-ka.de

Tel: 0721 / 925 - 2521

(telephone consultation hours Mon - Fri from 09:00 until 11:00 am and upon request)

Online consultation every Tuesday between 11:00 and a.m. and 12 p.m.:

<https://h-ka-de.zoom.us/s/94611726965>