



## Fact-sheet for Students' Stay Abroad

Spending time abroad for a study semester or practical experience is a valuable enrichment, both personally and professionally. But you should also be well prepared and our University supports you in your preparation. With this fact-sheet we would like to give you important guidelines, so that you can prepare for your stay as well as possible and so that you can respond better to unforeseen occurrences. **However, the responsibility for effectuating the points below and thereby for a successful stay lies solely with you and not with the University.**

### Safety

- Inform yourself regularly up until your departure about **safety advice and up to date travel warnings** from the German Foreign Office: [www.diplo.de/sicherreisen](http://www.diplo.de/sicherreisen)
- You will find advice on general safety precautions under: [https://www.daad.de/download/DAAD\\_Hinweise\\_Sicherheitsvorsorge\\_Projekte.pdf](https://www.daad.de/download/DAAD_Hinweise_Sicherheitsvorsorge_Projekte.pdf)
- Our University advises against staying abroad in countries, or regions, which are currently subject to a travel warning. The risk that the stay is not feasible and that therefore the achievements of the student cannot be recognised, is taken entirely by the student. Insurance cover may also be jeopardised.
- Register your name on the **Emergency Contact List** of the German Foreign Office (for German citizens)  
[http://www.konsularinfo.diplo.de/Vertretung/konsularinfo/de/01/\\_Leben\\_Arbeit.html](http://www.konsularinfo.diplo.de/Vertretung/konsularinfo/de/01/_Leben_Arbeit.html)
- In case of emergency in a foreign country you can also contact the **central emergency number of the German Foreign Office** (24-hour service): +49 (0)3018-17-0. If you are an international student, you should contact the embassy of your home country.
- In case of emergency in Europe you can dial the European Emergency Number "112", which is free of charge in the European Union for medical emergencies, the fire service and police, and can be called from a land-line or mobile telephone.
- On the homepage of the German Foreign Office you can also find advice on topics such as health, visa, currency and customs regulations, an index of embassies, etc., as well as the "Travel Safely" app with a push-news service reporting changes in the safety situation.

### Health

- Follow **recommendations for vaccinations** and rules of hygiene, see: [www.diplo.de/gesuenderreisen](http://www.diplo.de/gesuenderreisen)
- Take out **health insurance for abroad**, which also includes meeting the costs of medically necessary return transport home. Make a note of emergency numbers and of your insurance policy number.
- In case of acute or chronic health impairment, or disability, speak to your doctor about the feasibility of a stay abroad. Should you be reliant on specific medication, you ought to lay in a stock of such medicines if necessary, and take a medical note with you, confirming that you need to import them.

### Inter-cultural Preparation

- Use the possibilities to prepare for other cultural standards, behaviour and moral values. Look up what the Language Centre (SPZ) has to offer in the area of "Intercultural Communication" (<http://www.spz.h-bonn-rhein-sieg.de/>) or on the internet, e.g. about several European countries: <http://www.vocalproject.eu/>
- Inform yourself about the host country, e.g. via the Countries Information Portal of the DAAD <https://www.daad.de/laenderinformationen/de/> or the GIZ: <https://www.liportal.de/>
- Heed and follow the "Code of Conduct" applicable for the host university.

## Miscellaneous

- **Networking:** use the experiences of local contacts (e.g. in the University, DAAD representatives, embassy, neighbours, etc.) in order to assess any dangers locally.
- **Reduce risks:** be cautious of large gatherings of people, avoid unsafe transport vehicles, and watch out for pick-pockets.
- The **International Student Identity Card – ISIC**, which you can obtain from the AStA (General Students' Committee) of the Hochschule Bonn-Rhein-Sieg, offers many advantages, such as financial discounts ([www.isic.de](http://www.isic.de)).
- **Insurances** such as accident and liability insurance for abroad, are especially important in the case of practical internships, and enquiries can be made at health insurance companies, as they commonly offer these as a complete package included in health insurance for abroad.
- We recommend taking out insurance for travel cancellation and for luggage.
- Adapt to different traffic regulations, e.g. driving on the left and other behaviour in traffic. If you intend to drive a vehicle, it is your responsibility to obtain an international driving licence, which is valid abroad.
- For countries outside the European Union as a rule you need a visa. If you are an international student, this might also apply to your European host country. Generally you can find information on the internet website of the respective embassy.
- Make **copies of your passport** and **tickets**, note down important **telephone numbers for emergencies** (embassy, health insurance, credit-card blocking service, etc.).
- **Emergency number for blocking** credit cards, SIM card, etc.: +49116116, [www.sperr-notruf.de](http://www.sperr-notruf.de)
- Leave your contact address abroad at the host university and the contact data of relatives or friends, so that in case of emergency your loved ones can be notified.
- You can find further tips for your stay abroad under <https://www.studieren-weltweit.de>