

Safety Advice and Tools

In this document you can find some useful advice and tools on safety for your time abroad. These can come in handy in case of emergencies like personal health problems, natural disasters, terrorist attacks, et cetera. We of course hope that you will not need them!

Following all steps mentioned in this document is not mandatory, but we recommend you to have a careful look before your departure in order to be well prepared.

In case you have any questions or remarks about the information listed below, please contact the International Office by sending an email to sn-international@hva.nl.

- **Mandatory: Fill out the emergency form. Save a copy for yourself and take a print with you**
 - In case you will be doing an internship abroad, fill out the form in Centuri
 - If you will study abroad, please fill out the online form on the AZ 'Abroad study & internship' / 'Buitenland stage & studie'

- **Save important phone numbers in your telephone**
 - For direct assistance in case of serious illness, personal accident or death in a foreign country, give direct notice to ACE assistance. Available 24/7 at telephone number: +31 (0) 10 289 3536. If needed, the HvA Faculty of Sports and Nutrition will be contacted consequently.
 - The emergency number of the Dutch Ministry of Foreign Affairs: +31 247 247 247. If you're not Dutch, save the emergency number of the Ministry of Foreign Affairs of your home country
 - The phone number of your health and travel insurance
 - The phone number of the embassy
 - Local emergency numbers (of the place you're staying)
 - The phone number of the International Office of the host university or contact person of your internship company

- **Save important documents**
 - Put a document with the following details in your wallet:
 - Your personal contact details: name, birth date, gender, passport details, phone number, insurance numbers
 - Name and contact details of your emergency contact person
 - Make a few copies of your passport and put them in different bags. Save a scan of your passport in your mailbox, on a usb-stick and send a copy to your emergency contact person

- **Download the Chubb Travel Smart app**
 - You will be contacted immediately by the emergency contact person of the HvA in case there is an emergency at the location you're at
 - You can download the app via de app store (both Apple and Android). Search for 'Chubb Travel Smart'. To register, you have to fill out your email address and password [DL221283](#).
 - The app only works when your location data are turned on

- **Register with the Ministry of Foreign Affairs**
 - If you're Dutch, you can do this with the Dutch Ministry of Foreign Affairs (MinBuza). In case there is an emergency in the country you are staying in, MinBuza will know that you are there and can contact you. The registration tool of MinBuza is called [24/7 BZ Informatieservice](#) and you can find it here: <https://informatieservice.nederlandwereldwijd.nl/>
 - If you're not Dutch, it's advisable to register with the Ministry of Foreign Affairs of your home country

- **Regularly check the travel advice for the country you're staying in**
 - On the following page MinBuza posts its travel advice: <https://www.nederlandwereldwijd.nl/reizen/reisadviezen> (in Dutch)
 - MinBuza also has an app, called [24/7 BZ Reis](#), with travel advice, emergency tips, et cetera. See: <https://www.nederlandwereldwijd.nl/actueel/nieuws/2016/08/12/reisadviezen> .
 - If you're not Dutch, you can check the travel advice on the website of the Ministry of Foreign Affairs of your home country

- **Download another emergency app on your smartphone**
 - There are several apps in which you can save the contact details of people you wish to inform instantly in case something happens. Examples:
 - 'I'm OK' app
 - 'Safety check' app
 - 'Facebook Safety Check'

- **Have a look at websites with tips on health and safety.**
 - A few examples:
 - <https://www.joho.org/nl/veiligheid-het-buitenland-en-problemen-op-reis-voorkomen-en-oplossen>
 - <http://travels.kilroyworld.nl/planning/noodgevallen>
 - <http://travels.kilroyworld.nl/planning/veilig-reizen>
 - <http://www.independenttraveler.com/travel-tips/safety-and-health>
 - <https://www.worldnomads.com/travel-safety>
 - <http://locationindependent.com/travel-safety-tips-cant-afford-ignore/>