



Health and safety checklist for UvA students doing field work abroad

Health

1. Contact the municipal public health service (GGD) or student doctors for information on any measures you need to take (vaccinations / medicine). Student doctors can be reached at 020 525 2878 / 4772.
2. Check general health information for a good pharmacy for when you travel abroad, for example <http://wwwnc.cdc.gov/travel>
3. The destination country may have different hygiene standards than the Netherlands. Quality of drinking water and food purchased from street vendors are just two areas where precautions may need to be taken.

Safety

1. What is the security situation in the destination country or countries where you will be staying? Check the Ministry of Foreign Affairs website for travel advisories: <https://www.gov.uk/foreign-travel-advice>
2. Act and dress according to local customs and be aware of local by-laws.
3. Store the local emergency number in your telephone as well as the general UvA emergency number: +31 (0)20 525 **2222**).

Insurance

1. Find out if you need additional insurance coverage. This depends on the type of work you will be doing and the location where you will be working. For more information visit <http://studyabroad.uva.nl/practical-matters/insurance/insurance.html>

Travel documents

1. Make sure you have a valid passport (make a copy of your passport and keep the copy separate from your actual passport).
2. Find out if you need a visa for the destination countries you will be visiting.
3. Make sure you have valid (plane) tickets for your round trip.

Finances

1. Make sure your ATM card and credit card are valid and check whether you need another card for the destination country.
2. Don't store all your bank and credit cards in the same place and don't travel with large amounts of cash on your person.

Accommodations

1. Make arrangements for accommodations well in advance of your arrival.
2. Check the accommodations for hygiene standards and emergency exits.
3. Make sure your contact person at home can easily reach you. Provide this person with your local address and telephone number.

Your contact person at home and at the UvA

1. Make sure your contact person at home can easily reach you. Provide this person with your local address and telephone number.
2. Make sure that the UvA can contact you if necessary. Provide the UvA with the email and telephone number of your research supervisor.

Upon your return

1. Some symptoms (psychological or physical) may emerge while you are abroad or later after you have returned home.
2. Always report any symptoms to your research supervisor, study adviser or a student doctor (020 525 2878 / 4772), or to your general practitioner.
3. You can always consult the student doctors, even if you are unsure about whether you are exhibiting symptoms.

