



# Students abroad spring 2022

## Agenda

- Digital security
- Physical security
- Student UT insurance, UD travel advice, important information
- Mental health and adapting to a new culture
- Exchange studies and Covid 19
- Checklist
- Contact information
- Transfer of credits, to be an ambassador, CSN
- Erasmus + stipend (for students going on exchange within Europe)



# Digital security- information online

## *To send information via Internet*

- All information sent over Internet can potentially be read by others. Avoid sending sensitive information via email or saving online.
- Update software to avoid security risks.
- *Passwords*
  - Change password before and after departure.
  - Do not use the same password for different accounts. Choose passwords that you remember but are not easy for others to crack. Come up with a method to have different passwords in different portals. Do not write them down or share them.
  - Many common passwords contain: family members' names, social security numbers, the numbers 123 and exclamation marks



# Digital security

Read about the laws of the host country. Also, be careful not to break local laws online. Do not act as if you were still in Sweden. Swedish law applies in Sweden. Your insurance will not help you if you break the law. Take no risks

Do not interfere with people online, as well as on-site, who commit crimes

- If some websites or certain social media are illegal - do not use them
- Always ask for permission before photographing or tagging someone if their faces are visible. Do not photograph sensitive buildings. Is it permissible and socially acceptable to take pictures of religious ceremonies, for example?
- For example:
  - extramarital affairs är illegal
  - only heterosexual relationships are legal
  - it's forbidden to drink alcohol→ Avoid posting pictures, status updates, sharing or liking other people's posts that could be interpreted as you or someone you got to know in the host country violating these regulations



Physical security





# Physical security- before departure

- Bring medicine / contraceptives that you usually take at home (remember to take as much as you will need, and maybe a little extra)
- Remember that some medicines require a doctor's certificate (in English) (eg sleeping pills). You need to have the certificate when you enter the host country.
- Think about whether there are medications that are good to take with you
- Take all necessary vaccinations in good time before departure
- Bring an extra bank card in case you lose one
- Do not have an excessive amount of money in the account that is linked to a bank card. It is better to transfer a little at a time, make weekly transfers via the bank before departure.



# Physical security- before departure

- Have you checked the security situation in the country?

## *Politics*

- What degree of closeness / control characterizes the country you are going to?
- What degree of control does the government have over the country / society? Are there areas in the country / city you are going to that are controlled by others?

## *National law*

- Are you aware of differences in the country's legislation compared to the one you are used to?
- Are certain crimes punished more severely?
- Is there any topic that is off-topic to discuss?

## *Corruption*

- Be aware of the risks with corruption
- Not just money, also services, gifts, visa invitation to Sweden / Europe



# Physical security- on your way

- Have passports, travel documents, medicines and medical certificates / prescriptions in your hand luggage.
- Make copies of your passport and travel documents to have extra- you can also give a copy to your family in case you loose yours.
- Do not arrive by plane late in the day, especially if you are not picked up at the airport
- Have a planned accommodation the first night
- Check the mobile network: should you buy a local SIM card at the airport?



# Physical security

- Do not walk home alone after dark
- Do not take a taxi yourself from the street after dark
- Do not show your assets / valuables
- Have cash with you (but not much)
  
- Be careful when going home drunk - judgment deteriorates significantly after just a small amount of alcohol
- Be aware of warning signs: does it seem that someone always shows up when you are on your way home / keep an eye on you? Does anyone ask questions about where you live and about yourself?
- Who can you turn to if you experience a sudden security risk or discomfort in / around your home?

## *Travel around*

- Travel only by serious transport, although it is more expensive
- Travel with company is a good thing
- Avoid traveling to areas / districts where the government lacks control



# UD travel advice

- Keep yourself updated and follow UD:s travel advices
- Download the app "UD resklar" to get information about the security situation
- Follow UD on facebook and twitter
- Sign up on "Svensklistan"
- Read about the country you are going to, <https://www.swedenabroad.se/sv/om-utlandet-f%C3%B6r-svenska-medborgare/>
- Read about human rights in the country, reports and links: <https://www.regeringen.se/regeringens-politik/demokrati-och-manskliga-rattigheter/rapporter-om-manskliga-rattigheter-i-varlden/>



# Swedish embassy

## **CAN help with:**

- to get a new passport
- money transfer advice - help for self-help!
- to solve problems and contact relatives in emergencies, acute illness and death
- to contact SOS International or EURO alarm
- referral to public defender, lawyer, doctor, interpreter
- information on evacuation in connection with crisis situation

## **•Cannot help with:**

- banking service
- pay debts, fines or sureties
- to release you from prison
- travel agency matters
- In places where Sweden does not have an embassy / consulate, you can turn to a Nordic or an EU country's embassy

[Swedish embassies:](#)

[www.swedenabroad.com](http://www.swedenabroad.com)

Sign up at "svensklistan"

<https://www.swedenabroad.se/sv/svensklistan/>



# Student UT

- Applies only to the country of residence + direct travel to and from the country
- Valid 2 weeks before and 2 weeks after the exchange studies
- Sign another insurance if you are traveling outside the country of education and when staying more than 2 weeks before / after the semester!

**•Important: Student UT does NOT apply to countries/regions where UD (Ministry of Foreign Affairs) has a dissuasion from *all* travels..**

**•Read the terms and conditions for the insurance!**

**•Within Europe EU/EES, EHIC, (European Health Insurance Card) from Försäkringskassan**

## •Contains:

- Personal injury protection
- Emergency medical and dental care
- Home transport cover
- Visits by family members
- Disruption cover
  
- Property cover (Deductible 1 500 kr)
- Baggage delay
- Cash assistance
- Cover for crisis and disaster
- Liability cover
- Legal protection



## How do I apply for compensation for Student UT?

- Fill in a claim form. Available at Kammarkollegiets website.
  - Search for: "Claim form student UT"
- In the event of theft and assault, a police report is required
- Receipts must be in the original
- The claims form must be signed by the sending university
- An agreement between the sending university and the receiving organization must be included

## How do I get my insurance certificate?

- Admission letter/certificate of semester date to [insurance@mdh.se](mailto:insurance@mdh.se) at latest **December 15th** to have your certificate issued before Christmas. If you don't have an admission letter you can screen shot the semester dates at the university's website and attach it in the email.
- Your insurance certificate will be sent by email.



# Falck Global Assistance

- Assists abroad in need of medical care, home transport or other emergency assistance
- Help around the clock around the world
- Always staffed with doctors and nurses
- Keep track of the security situation in the country
- Acts quickly and is on site when needed
- If you need help with an urgent return journey, changed travel advice, contact Falck

## **Contact information Falck**

Telefon: +46 8 587 717 49

Fax: +46 8 505 939 13

Email: [fga@se.falck.com](mailto:fga@se.falck.com)

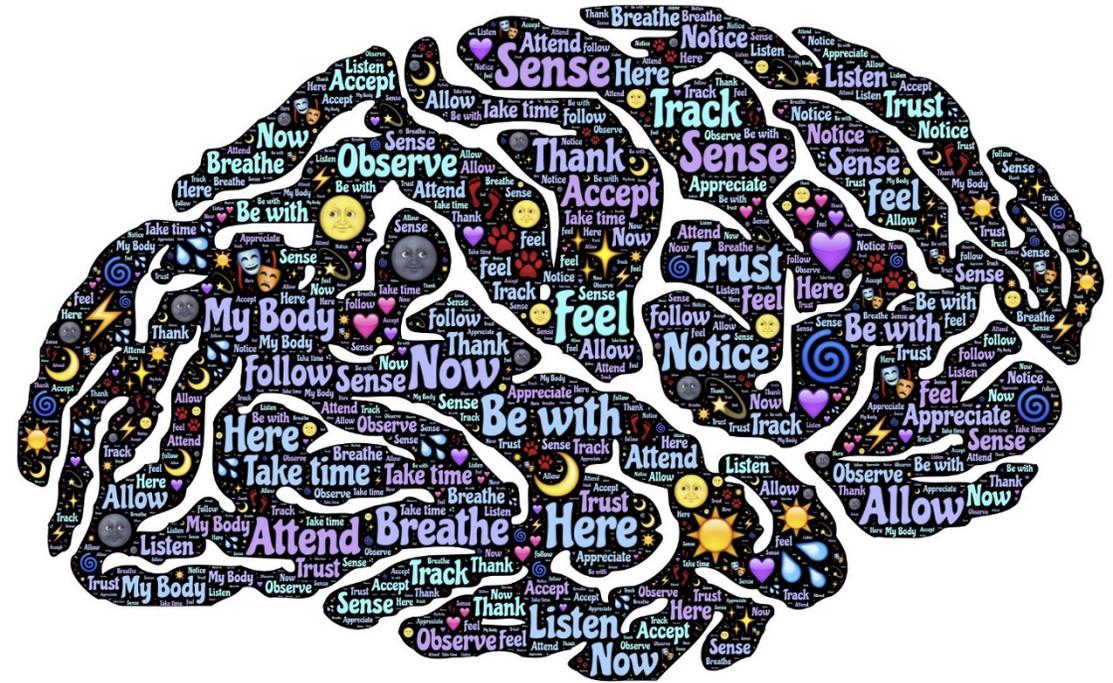
**Enter the phone number in your mobile!**



## Be prepared in case of

- Before leaving, you can contact Falck Global Assistance for advice on the nearest hospital, which you should contact if you need care.
- Take a photo of your insurance certificate with your mobile so you can show it easy.
- Enter contact information and information about any medications / diseases under ICE "In case of emergency" in the mobile you bring.

# Mental safety and health





# Preperations before travel and on site

- Be sure to read up on the country's culture and security
- Diet, sleep, rest and recovery!
- Social context
- keep in touch with friends and family





# Culture shock

- Cultural shock is part of the experience and your own development

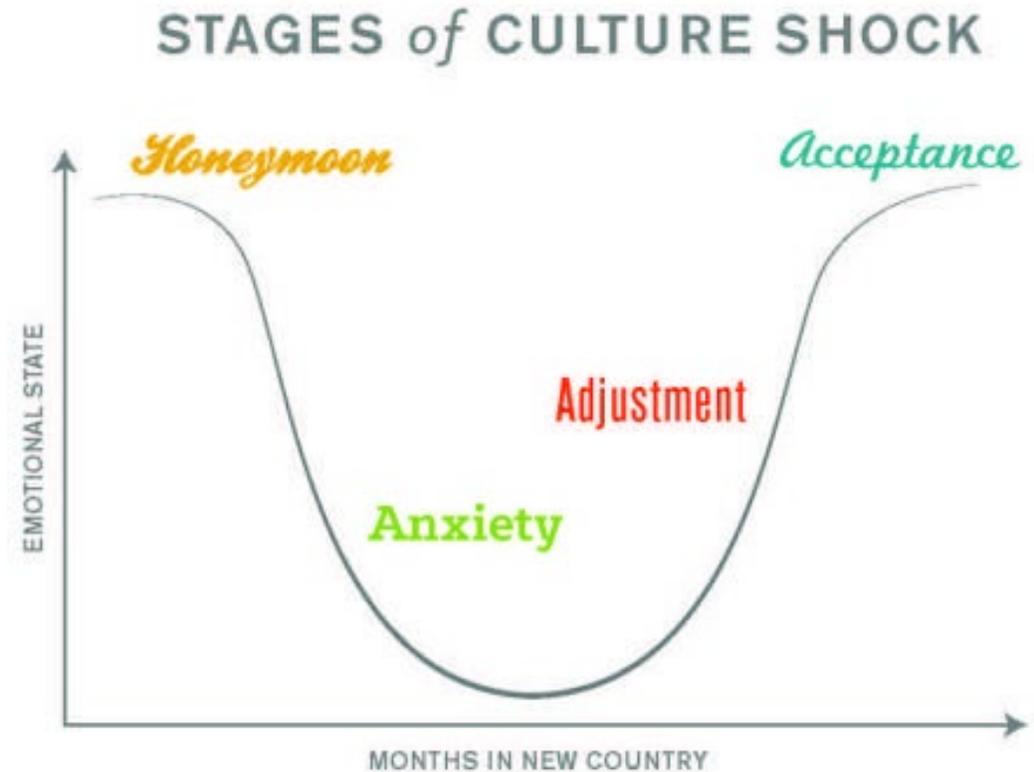
There is wisdom in turning as often as possible from the familiar to the unfamiliar: it keeps the mind nimble, it kills prejudice, and it fosters humor.



George Santayana, 'The Philosophy of Travel'

# Culture and culture shock

- **Honeymoon** –new culture is experienced in a romantic light, wonderful and new.
- **Frustration** – this phase is often characterized by mood swings that can occur without really knowing why or due to minor problems. Anxiety or depression is common.
- **Adjustment** –a personal development takes place that gradually adapts to the new culture and creates new routines.
- **Acceptance** – a feeling of feeling at home in the new surroundings, at the same time as cultural differences become clear. An acceptance towards other cultures arises.





# Stress reactions

- Be alert for warning signs if you are under too much stress.
- If you are exposed to a traumatic experience abroad, it is often perceived as more traumatic than if it takes place at home. You miss your network, your own home, you may not know where to turn.
- Cumulative stress
- Acute stress
- Mental readiness, self-awareness



# Help and support

If something happens: seek help! If you wait to seek help, you risk feeling even worse in the long run.

- Falck Global Assistance
- Your host university
- Student health care - Studenthälsan at MDH

If you need psychological help immediately, get in touch with someone in Sweden or at an international clinic

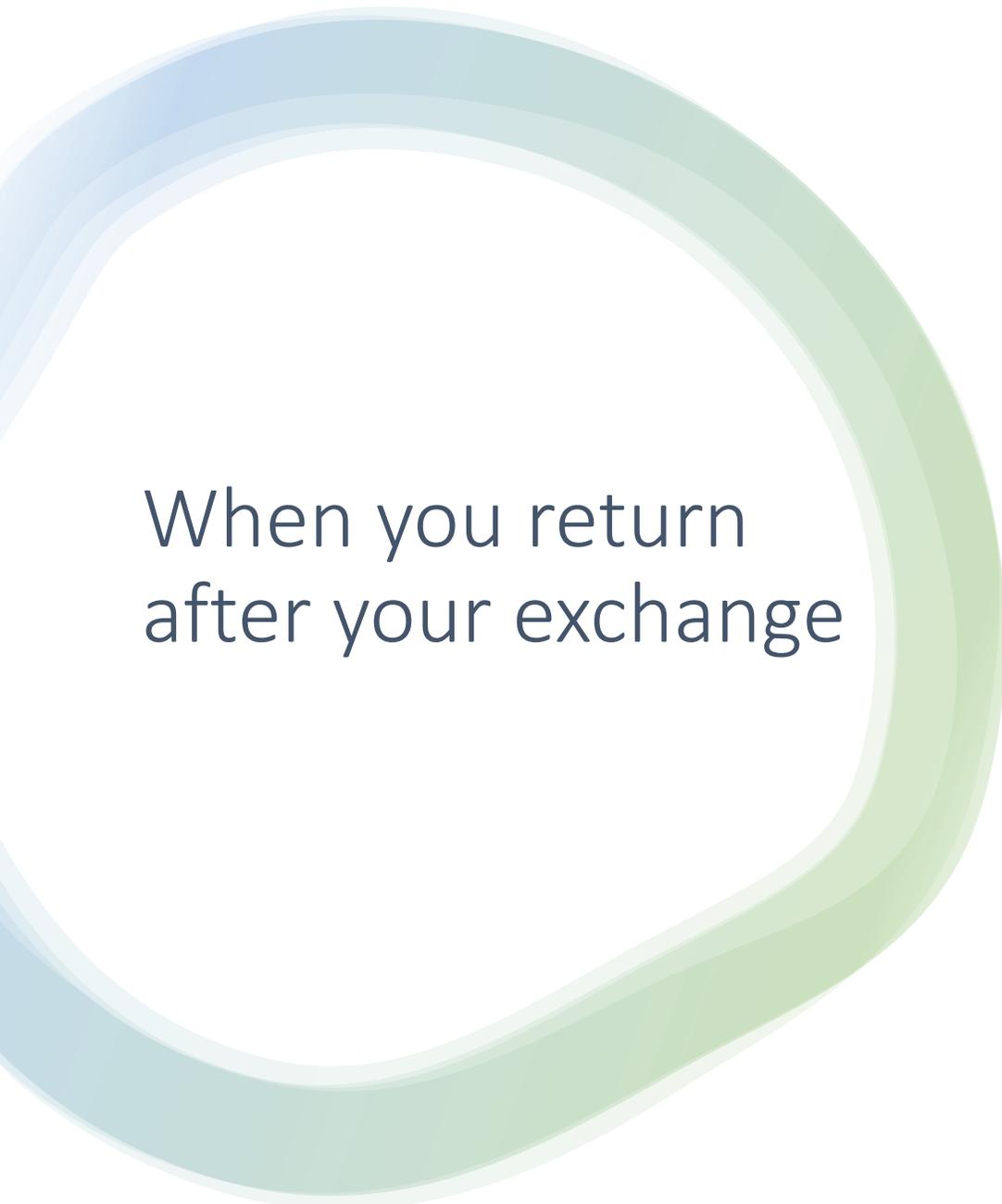
## Other support

- International coordinator at MDH
- Friends, family, classmates



# Travel in a pandemic (Covid19)

- Be aware of what the situation looks like in the country / region / city you are going to. Follow the development of Covid19 and the country / city restrictions closely. Take part of information from credible sources in the country you are in.
- The corona pandemic is still ongoing and no trip is without risks. Rules and restrictions can be changed at short notice and there is still great uncertainty about international travel. If you decide to travel in the current circumstances, it is important to take part of all information about the country before you travel and to carefully prepare for your trip. Should your planned return trip be canceled, it is your responsibility to arrange a new trip. Make sure you have a buffer so you can handle delays and unforeseen expenses.
- To limit the spread of infection it is likely that local authorities will take a number of spread-reducing measures. This may include local and regional transport restrictions but may also affect accessibility to public places and institutions and local quarantine regulations. It is important that you as an individual traveler stay informed about what applies. Countries and cities can also be put in lock downs with short notice.
- Be aware that it can be difficult to get home due to the pandemic when flights, trains, etc. are canceled and countries close their borders. The Ministry of Foreign Affairs cannot always help.
- Be aware that in the event of an interruption, there is no guarantee of completing your study plan as planned, even if the university does its best to help.



## When you return after your exchange

- Transfer of credits
- Credits are not automatically transferred after your semester abroad, you need to apply for them to be transferred!
- In order to apply, you need to submit an application along with the following documents:
  - Official transcript of records
  - Course syllabus and bibliography
  - Definition of semester and credits system (if you study abroad on your own)
- Do not delay in applying for your transfer of credits!
- Grades are not transferred, only credits.



# To be an ambassador for MDH

- Representing MDH
- Reputation
- Continue the Exchanges



# CSN

## **Conditions for being granted CSN fundings**

- You must have been admitted to the exchange studies via the university in Sweden
- you must meet the requirements for study results
- you must study at a certain pace of study

## **Read more or contact CSN**

<https://www.csn.se/bidrag-och-lan/studiestod/utlandsstudier-med-studiemedel/utbytesstudier.html>



# Erasmus +

- Agreements within Europe
- Minimum 90 days
- Maximum 12 month on each study level
- The stipend is based on the month and days abroad

	<b>Receiving country</b>	<b>Amount per month</b>
<b>Group 1</b> <b>Programme</b> <b>Countries with</b> <b>higher living costs</b>	Denmark, Finland, Iceland, Ireland, Luxembourg, Sweden, United Kingdom, Liechtenstein, Norway	460
<b>Group 2</b> <b>Programme</b> <b>Countries with</b> <b>medium living costs</b>	Austria, Belgium, Germany, France, Italy, Greece, Spain, Cyprus, Netherlands, Malta, Portugal	400
<b>Group 3</b> <b>Programme</b> <b>Countries with</b> <b>lower living costs</b>	Bulgaria, Croatia, Czech Republic, Estonia, Latvia, Lithuania, Hungary, Poland, Romania, Slovakia, Slovenia, North Macedonia, Turkey, Serbia	400



# Erasmus +

To be awarded Erasmus + stipend

## **Before and upon arrival to partner university**

- Grant agreement/erasmusvillkor (sent by email)
- Language test, sent to your email
- Certificate of arrival (signed by partner university)
- First payment (80% of total grant)

## **When returning**

- Certificate of attendance (signed by partner university)
- Language test nr 2, automatically sent to your email
- Participant report from EU Commission, automatically sent to your email
- Last payment of grant will be made when all documents are submitted.
- **Please note- remaining percentage of the grant is based on the number of days you actually spend abroad, are you going home earlier than specified in the Certificate of arrival, you will receive a smaller sum, if you stay longer, you receive a larger sum.**



# Contact information

## **Falck Global Assistance**

Telephone: +46 8 587 717 49 (around the clock)

Email: [fga@se.falck.com](mailto:fga@se.falck.com)

## **Kammarkollegiet (Student UT insurance)**

Telephone: + 46 54 22 12 00 (daytime)

Email: [forsakring@kammarkollegiet.se](mailto:forsakring@kammarkollegiet.se)

## **Swedish ministry of foreign affairs/UD**

<https://www.swedenabroad.se/sv/om-utlandet-för-svenska-medborgare/reseinformation/>

Telephone for questions related to Covid19: + 46 8 405 92 00 (daytime)

Telephone for emergencies while abroad: + 46 8 405 50 05

## **Student Health Care at MDH/Studenthälsan**

Telephone: +46 21 10 73 80

Email: [studenthalsan@mdh.se](mailto:studenthalsan@mdh.se)



# Contact information MDH staff

**International coordinators at MDH (courses, transfer of credits, grants, interruptions in studies, insurances and all errands you might need help with)**

International coordinator EST

**Fredrik Berggren** [est-international@mdh.se](mailto:est-international@mdh.se)

International coordinator IDT

**Michaela Rohde** [idt-international@mdh.se](mailto:idt-international@mdh.se)

International coordinator UKK

**Christina Kääriä** [ukk-international@mdh.se](mailto:ukk-international@mdh.se)

International coordinator HVV

**Anna Lind** [hvv-international@mdh.se](mailto:hvv-international@mdh.se)

Central international coordinator (Erasmus + grant)

**Martina Delby** [exchange@mdh.se](mailto:exchange@mdh.se)

**Insurance:** [insurance@mdh.se](mailto:insurance@mdh.se)

**Tjänsteperson i beredskap at MDH (TIB)** (staffed around the clock by MDH staff, can be contacted in case of emergency or serious incidents) **073-960 88 22**



# Checklist

- Prepare yourself by reading about your destination! Be aware of what the situation looks like in the country / region / city you are going to. Follow the development of Covid19 and the country / city restrictions closely. Take part of information from credible sources in the country you are in.
- Download **UD Resklar** for android and iphone
- Svensklistan <https://www.swedenabroad.se/sv/svensklistan/>
- Vaccination?
- Valid passport, visa
- Choose way to travel
- Let your relatives know your itinerary
- Be reachable and stay in contact
- Email your admission letter/certificate of semester date to [insurance@mdh.se](mailto:insurance@mdh.se) at latest **December 15th** to have your insurance certificate issued.