

IMPORTANT ADVICE FOR YOUR INTERNATIONAL STUDY VISIT

(Erasmus students: Please be sure to read also the Guidelines in Section 8 of your [Erasmus Handbook](#).)

Take out a travel insurance policy – this is a requirement for all our students on study abroad.

If your host university offers an Orientation Programme, you should attend it and pay close attention to the advice and guidance offered on studying and living in your given destination.

Be vigilant at rail or bus stations. Always keep a close eye on your luggage/valuables. Avoid lingering at railway stations at night. Be aware of things that could make you look vulnerable, such as consulting maps in public places. Find out if any areas of the city are considered unsafe. Parks and public gardens are best avoided at night, particularly if you are alone.

Research the host country, and make yourself aware of cultural differences. Sometimes unfamiliarity with these can result in misunderstandings and awkward or even dangerous situations.

Approved student housing is generally a good option from a safety and security point of view. If you choose private rented accommodation, you should make sure it is in a safe area and that you have considered security aspects such as access doors, locks, fire evacuation procedures, etc.

If you are staying in a student residence, always lock your room when you are leaving it, even if it's only for a few minutes. If you are staying in a house/apartment, make sure that your belongings are safe by ensuring no unauthorised person has access to them: lock the relevant doors any time you are going out.

You may have noticed that alcohol is frequently portrayed as playing a big role in the international student experience. Please bear in mind that alcohol can impair your judgement and lead to poor decision-making and risky or dangerous behaviour. It can lead to unpleasant, embarrassing or violent incidents and can jeopardise your well-being and safety. Please be careful if you choose to drink alcohol while on study abroad.

When socialising or travelling, make sure that some friend always knows of your whereabouts. When socialising, never leave your drink unattended. Ensure you are never out and about alone late at night, even to travel a short distance. Look out for each other, and make sure you have money for a taxi to go home. It's advisable to dress similarly to the native students while socialising.

While studying abroad, you are an ambassador for your country and your university, and it is expected that you show respect for the host country, its people and their customs.

Make a note of local emergency numbers in your destination town/city (police/doctor/hospital). If any general emergency or crisis situation arises where you are, keep in contact with your family and with the University of Galway. Follow the instructions of the authorities and seek advice from your host university's international office about any concerns you might have.

If you have a health condition requiring medication or ongoing treatment, be sure to make provision for this in advance. Take supplies of your medication and make sure that you have the details in case of emergency and that you are able to access replacement supplies if necessary.

Discuss any academic problems with your University of Galway coordinator(s) as soon as they arise. Contact your Mobility Officer if you encounter other problems. Remember that the University of Galway Counselling Service is available to you while you are abroad, and online appointments can be arranged. (studentcounselling@universityofgalway.ie)

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