

# Security while on exchange

- Preparations - Safety information – Insurance – Emergency -



# Content

- Responsible Internationalisation
- Security
  - Digital
  - Physical
  - Mental wellbeing
- Risk Management
- Insurance
- Crisis situation

Adjust to your context, your personal situation and where you are going!



# Responsible Internationalisation

- Geopolitical changes – a more unpredictable world...  
...but international collaboration is still essential
- Universities must adapt eg:
  - Update processes and conscious decisions
  - Better IT security
  - Inform students and researchers
  - Collaborate more nationally – and internationally
- Students
  - Prepare before going abroad
  - Act responsible while abroad



**EARTH**  
PLANET - #08



# Digital security

**Local laws!**

- Passwords
- Storing information in clouds
- Sending information via internet
- Social media, posts, likes, groups
- Devices

# Gather data for projects - social media

Information gathering can be sensitive and attract the interest of the host country's authorities and others who are in the country for research or work.

Bear in mind that your questions and contacts may arise interest, which may also lead to interest in your digital activity.

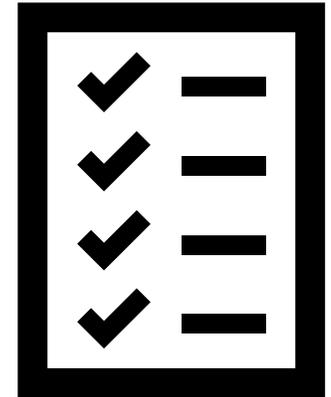
Deactivate location services and avoid posting updates about your whereabouts on social media.

Always ask people if they want to be in a photo and if you have their permission to upload the photo on social media. Always ask before tagging .

Avoid posting photos showing people's faces, especially people you don't know.

# Plan and prepare

- How is the internet access?
- What happens if your computer crashes?
- How do you save your data for the thesis project?
  - Power bank?
  - USB drive?
  - Cloud?
- Do you need to bring an extra mobile phone?
- Have a back up plan!



*The better prepared you are for things not going as planned, the easier it is to resolve situations when they arise.*

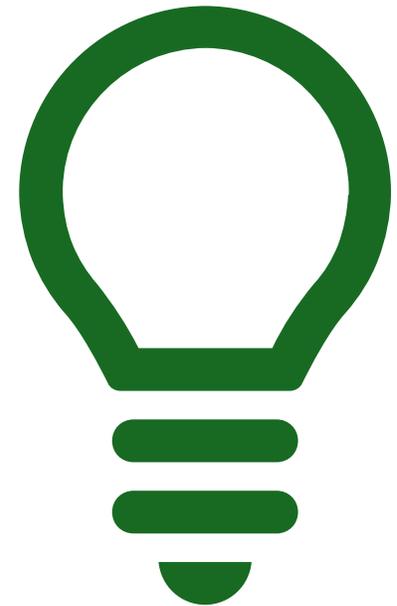


# Tips

- Disa – MSBs online course in information security. For free and certificate issued at the end of the course:

[MSB – Digital informationssäkerhetsutbildning för alla \(Disa\)](#)

- [JU information IT-security](#)



# Physical security



**Refers to measures and practices that protect individuals from physical harm or threats. This includes:**

- Travelling Safety**
- Accommodation**
- Medicine and Health**

# Medicin and Health

- Vaccinations
- Bring medicin that you need
  - Check with the relevant embassy regarding medication if it is legal?
  - Do you need a certificate for bringing it into the country? If yes, get it and bring it!
  - Bring prescriptions
- Regular doctor's appointments?
  - The insurance Student OUT from Kammarkollegiet does only include emergency visits
  - Online doctor's appointments during the exchange possible?
- Hospital and doctor abroad, check where in advance

# Safe travelling

- Keep your passport, travel documents, and medications in your carry-on luggage. Prescriptions may be useful to have in case of security checks on carry-on luggage.
- Have copies of your passports and travel documents, both scanned and paper copies. It's a good idea to leave a copy with a family member.
- Avoid arriving by plane too late in the day, especially if you won't be picked up at the airport.
- Check beforehand if your mobile phone will work in the country; if not, consider buying a local SIM card at the airport.
- Check if your bank card will work; do you need it? Good to bring an extra credit card. Not too much money on your bank card.
- Do you need to bring cash?

## Local travelling

- Only travel with reputable transport companies, even if they are more expensive
- Travel with others if possible
- Avoid travelling to areas/neighbourhoods where the government has little control
- Avoid boats if possible; risks associated with substandard boats and international waters



# Accommodation



Choose carefully if you need to find an accommodation on your own!

- First night, stay at a hotel if needed
- Rooms between floors 2–4 (due to fire, burglary and evacuation, etc.)
- There may be a risk of living in an area with people who are poor/marginalized – even if you want to live with this group because of your studies. Make sure you have received a good introduction to the area and have people you trust nearby!
- Choose apartment complexes with good external security: guards/key locks/fences/peepholes in the door.
- Check if it's possible to get an accommodation near other people you work with.
- Ask the partner university for guidance.



Apply risk management to your health as well. Take preventive measures *before, during* and even *after* your travel. For example:

- Drink safe water
- Avoid uncooked food. **Boil it, peel it, cook it or forget it!**
- Practice good hygiene
- Keep in good physical shape
- Avoid unprotected sex
- Take medication as recommended
- Wear appropriate clothing and footwear
- Use a bed net and insect repellent



*Security-related threats:*

- *Pickpockets – Robbery – Theft*
- *Sexual harassment/violence*
- *Movement in border areas*
- *Checkpoints (unsanctioned)*
- *Drugs and alcohol*
- *Dangerous animals*

- Do not walk home alone after dark.
- Do not take a taxi alone from the street after dark.
- Do not display your assets or valuables, logos.
- Carry cash with you (but not too much).
- Be careful about going home drunk – your judgement is significantly impaired even after a small amount of alcohol.
- Be aware of warning signs: does it seem like someone is always showing up when you are on your way home/keeping an eye on you? Is someone asking questions about where you live and about yourself?
- Who/where can you turn to if you experience a sudden security risk or discomfort in/around your home?



# Local conditions – know your destination!

Important preventive safety measure!

! Things may change quickly- Stay updated on current changes!

## Socio-cultural factors

Legal = socially acceptable?

- Religion
- Gender roles
- Hierarchies
- Jokes
- Disagreement
- Pictures
- Clothing

Gender norms  
Societal norms

- Culture and cultural expectations
- Family, personal, religious values
- Power dynamics
- Mainstream media
- Community influences
- Parental and Peer influences

## Legislation

- Is it legal to drink alcohol in certain places only?
- Is certain social media illegal?
- Can unmarried couples rent hotel rooms together?
- Sexual orientation and rights?
- Gender recognition?
- Drugs? Smuggling – be aware!
- Penalties – death penalty?
- ...

## Political factors

- What is the political climate like?
- Are there existing or recent conflicts?
- Can politics be discussed openly?
- Are there certain colours or symbols that can be associated with political groups?
- What degree of secrecy/control characterises the country you are travelling to?
- What degree of control does the government have over the country/society?
- Are there areas in the country/city you are travelling to that are controlled by others?
- Is the police in the country reliable?
- Is there a security service to deal with?
- What is the perception of Swedes/your nationality in the country?



## Sources for information, examples:

- Lonely Planet
- [UD travel information](#)
- [UK travel advice](#)
- [Check Sweden Abroad](#)
- [Learn about human rights \(Swedish government\)](#)

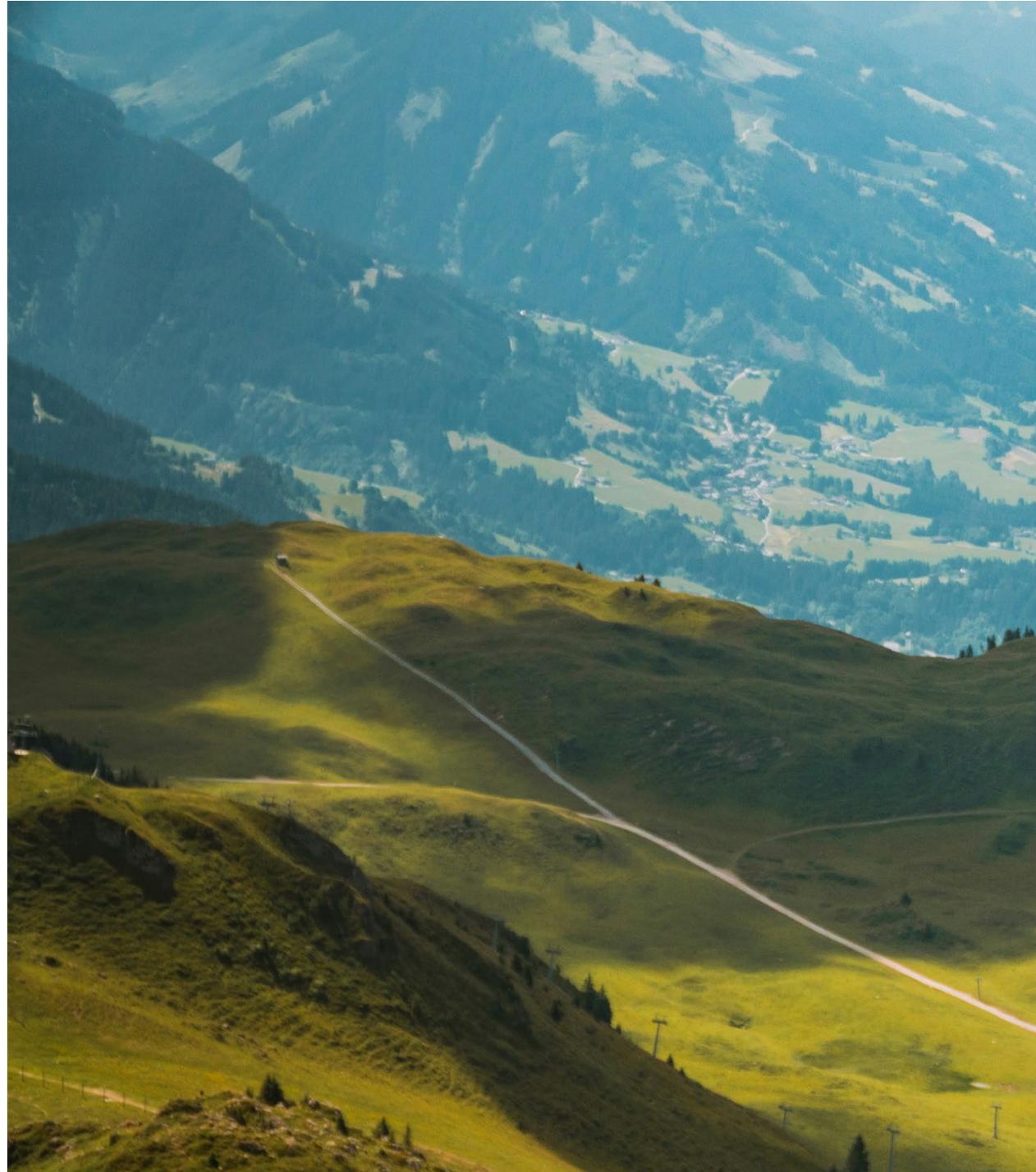


Mental wellbeing

# Stress and different reactions

Going abroad to live in a different environment is a wonderful experience. But that does not mean that it is easy all the time.

- Feeling alone
- Difficulties with communication
- Frustration
- Unspoken rules, social codes
- Poverty, violence, inequality
- Adapting to a new context



Be attentive to warning signs indicating that you are experiencing excessive stress!

Cumulative stress, which increases gradually over time, is harder to detect than an acute stress reaction. Signs may include:

- Strong, recurring, or constant feelings of discomfort/anxiety
- Difficulty fulfilling tasks/ concentration/ memory issues
- Increased irritability
- Changes in behaviour: reluctance to do something you normally find enjoyable/rewarding
- Sleep difficulties
- Loss of appetite

- **Honeymoon** – the new culture is experienced in a romantic light, wonderful and new
- **Frustration** – This phase is often characterised by mood swings that can occur without any apparent reason or due to minor problems. Anxiety or depression is common.
- **Adjustment** – personal development takes place, gradually adapting to the new culture and creating new routines
- **Acceptance** – A feeling of being at home in the new environment, while cultural differences become apparent. An acceptance of other cultures emerges.
- **Reverse culture shock** – when you are back home and have developed as an individual.

## STAGES of CULTURE SHOCK



Try to understand,  
don't  
generalise or  
criticise!

All of this  
helps you  
develop as a  
person

# Help and support

No task is so important that  
it should cost your health in  
any way!

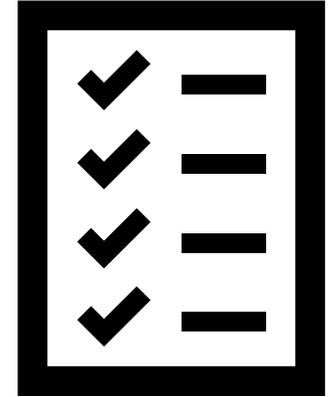
If something happens: seek help!

Delaying seeking help risks making you feel even worse in the long run.

- Utilize JU's support, such as Student Health Care
- Feel free to contact International Office at JU
- Contact similar functions at the partner university
- Do you have any friends or acquaintances in the country whom you trust?
- If you need psychological help immediately, see if you can contact someone in Sweden or at an international clinic. Prepare, know where to find the contacts before!

# Plan and prepare

- Make sure you are well informed about the country's culture and safety
- Diet, sleep, rest and recovery!
- Social context, keep in touch with loved ones.
- Can you find a relevant context where you are?
  
- Who at home can you call at any time of the day if you need support or advice over the phone?
  - Write it down for yourself
  - Ask/speak to the person before you travel so they are ready to support you.



# Risk management

- **Economic risks:**  
Scams e g related to housing, Theft or robbery, Other types of scams (credit cards, online)
- **Health risks:**  
Medicines that are illegal. Medicines that require prescription.
- **Physical risks:**  
Traffic accidents. Dangerous areas – e g in a city. Natural disasters. Terrorist attacks.
- **Political risks:** Demonstrations, manifestations, polarized world, insecurity etc.



→ **Prevention measure:**  
Reduce the likelihood of something happening

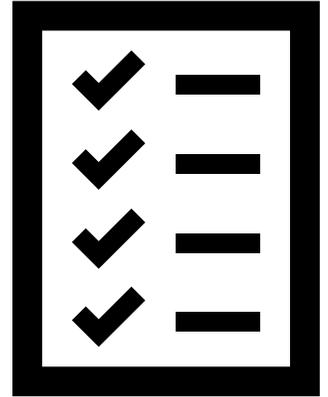
→ **Mitigation measure:**  
Reduce the impact

Swedish bank cards - make a small cash withdrawal upon return home so that the bank knows/can track that the cardholder is back in Sweden and can block the card in the event of fraud attempts.



# Plan and prepare

- Write down *ALL* the risks connected with security and health in your situation during your stay abroad.
- How do you identify them?
- What effect would these risks have on you?
- **What can you do to prevent or mitigate them?**



# Insurances

## European Health Insurance Card (EHIC)

- Exchange in EU, EU citizens only
- Obtain from your authority in your home country (SE Försäkringskassan)
- To be used first!

## Student OUT

- Provided by Kammarkollegiet
- Only valid in the country of stay + direct travel to and from the country
- Valid for 2 weeks before and 2 weeks after the exchange semester
- Emergency only. Not planned care.
- Purchase another insurance policy if you are travelling outside the country and if you are staying for more than 2 weeks before/after the field study!
- Insurance certificate in MOA
- Connection to UD's travel advice! 3 levels.  
*Not necessary travel* – Exchange is not necessary. *No travel at all* – the insurance is not valid! *Leave the country* – leave! Student's responsibility!

Information and conditions:

- [Student web](#)
- [Kammarkollegiet websida](#)
- Claim made at the website of Kammarkollegiet

Questions about the insurance conditions and details: Kammarkollegiet

Contact at JU/sign claim: Service Center

## Plan and prepare

- Read and get to know the insurance!



# In a crisis situation

## Falck Global Assistance

- Assists abroad in case of medical care, repatriation or other emergency assistance
- 24-hour assistance worldwide
- Always staffed by doctors and nurses
- Keeps track of the security situation in the country
- Acts quickly and is on site when needed
- If you need help with emergency repatriation or changed travel advice, contact Falck

Inform!

- International Office
- The partner university

Falck Global Assistance  
Telephone: [+46 8-587 717 49](tel:+46858771749)  
Fax: [+46 8 587 717 62](tel:+46858771762)  
E-mail: [fga@se.falck.com](mailto:fga@se.falck.com)

[Obtain more information about Falck Global Assistance from their website](#)

### Student web information

<https://ju.se/student/en/exchange/in-case-of-emergency.html>

## Plan and prepare

- Add the numbers in your phone!
- Check the website!



# Swedish embassies [www.swedenabroad.com](http://www.swedenabroad.com)

CAN can help with:

- obtaining a new passport
- advice on money transfers – helping you to help yourself!
- solving problems and contacting relatives in emergencies or cases of acute illness
- referrals to public defenders, solicitors, doctors, interpreters
- information about evacuation in connection with crisis situations

CANNOT help with:

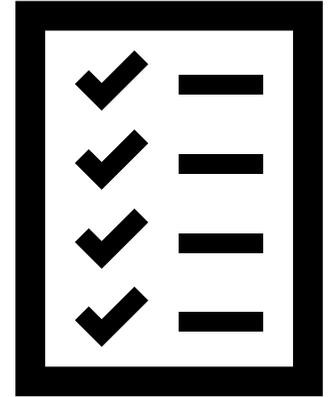
- banking services
- paying debts, fines or bail
- getting you released from custody/prison
- travel agency matters

In places where Sweden does not have an embassy/consulate, you can contact the embassy of a Nordic or EU country.

Other nationality? Check the embassy of your country and what they can do for you!

# Plan and prepare

- Keep updated and follow travel advice given by the Swedish Ministry of Foreign Affairs (UD) and follow UD travel advice.
- Download the app "UD resklar" – get information about security
- Follow UD on Facebook and Twitter etc
- Sign up at the "Svensklistan"  
<https://www.swedenabroad.se/sv/svensklistan/> or similar list for your home country!
- Put your insurance card/certificate with your details in your wallet/mobile phone so that it is easy to find.
- Enter contact details and information about any medications/illnesses under ICE 'In case of emergency' in the mobile phone you are taking with you.



## **Contacts:**

International Office

[Add a case, Service Center](#)

## **Emergency**

Email: [Outgoing.student@ju.se](mailto:Outgoing.student@ju.se)

Phone: +46 (0)36 101000

Team Out

Josefine, Mudar, Sofia, Monika, Anna and  
Nikolina



Plan and prepare  
for a successful  
stay abroad!

Good luck!