



university of
applied sciences

THERE'S A WORLD TO EXPLORE

Focus on Safety and Wellbeing

NHL Stenden University of Applied Sciences values and promotes international education opportunities and you are probably very much looking forward to your upcoming new experience. Nonetheless, it is very important to bear in mind that you will be living and working in a different cultural environment and that you are aware that things can go wrong. For example, serious illness, involvement in an accident, arrest, theft of important papers, etc.

We realise that you are a young, responsible adult but we do **value your safety, security and wellbeing**. With this document, we would like to emphasize the importance and awareness of certain issues before you start your international experience.

Arrange in advance

You must make sure that your contacts at home and at NHL Stenden have all your detailed and up-to-date information such as home address, doctor's address, insurance company, and (mobile) phone numbers. Unfortunately we have experienced quite some challenges in the past while students were abroad. If something happens in the country/city where you are staying, we will do our utmost to contact you.

Insurance

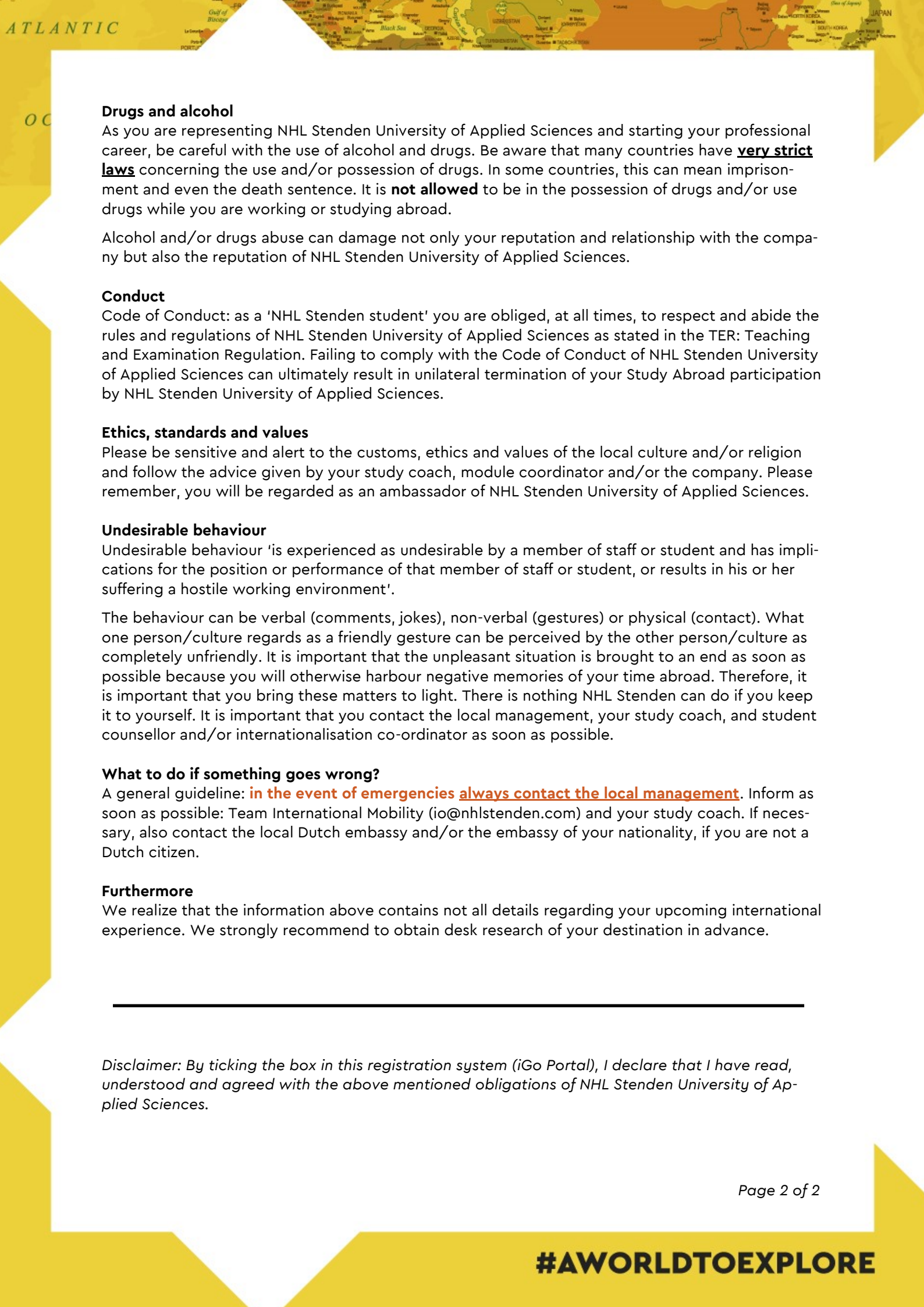
You should always check/contact your insurance company to find out what is already covered and what needs additional covering. E.g. you need to make sure that you have (international) health insurance, travel and cancellation insurance, private liability and accident insurance. Furthermore, if you drive a car during your stay in another country, please make sure that you are well insured. Do not forget to check whether you are insured for 'dangerous' sports as e.g. skydiving, rafting, (scuba) diving. You should take a supplementary insurance if you are not sufficient insured. Please carry contact and policy numbers with you.

Safety

Please be aware that you will be living in a different country. It is regarded as wise to refrain from activities that might jeopardize your safety (e.g. hitchhiking, driving a car alone, individual sport activities like skiing and hiking etc. or travelling to dangerous areas without being accompanied).

Health care

- Please be aware of the alarming risks regarding HIV/AIDS in many countries, and take the appropriate precautions.
- Be aware of the risks of TB (Tuberculosis) in South Africa. Upon return you are advised to have a *Mantoux test* done via the GGD to check if you are diagnosed on TB.
- If required, obtain the necessary vaccinations before you leave and be sure to carry your vaccinations passport with you.
- Be aware of the precautions you (should) have to take in terms of malaria and dengue. Though, this depends of the country where you are going to. Please contact your physician, Meditel (www.meditel.nl) or the GGD (www.ggd.nl).
- Use a mosquito repellent spray or cream containing DEET, wear protective clothing and use a mosquito net in malaria and dengue areas.
- Bring along a medical passport in English and notify your medical contact person.



Drugs and alcohol

As you are representing NHL Stenden University of Applied Sciences and starting your professional career, be careful with the use of alcohol and drugs. Be aware that many countries have **very strict laws** concerning the use and/or possession of drugs. In some countries, this can mean imprisonment and even the death sentence. It is **not allowed** to be in the possession of drugs and/or use drugs while you are working or studying abroad.

Alcohol and/or drugs abuse can damage not only your reputation and relationship with the company but also the reputation of NHL Stenden University of Applied Sciences.

Conduct

Code of Conduct: as a 'NHL Stenden student' you are obliged, at all times, to respect and abide the rules and regulations of NHL Stenden University of Applied Sciences as stated in the TER: Teaching and Examination Regulation. Failing to comply with the Code of Conduct of NHL Stenden University of Applied Sciences can ultimately result in unilateral termination of your Study Abroad participation by NHL Stenden University of Applied Sciences.

Ethics, standards and values

Please be sensitive and alert to the customs, ethics and values of the local culture and/or religion and follow the advice given by your study coach, module coordinator and/or the company. Please remember, you will be regarded as an ambassador of NHL Stenden University of Applied Sciences.

Undesirable behaviour

Undesirable behaviour 'is experienced as undesirable by a member of staff or student and has implications for the position or performance of that member of staff or student, or results in his or her suffering a hostile working environment'.

The behaviour can be verbal (comments, jokes), non-verbal (gestures) or physical (contact). What one person/culture regards as a friendly gesture can be perceived by the other person/culture as completely unfriendly. It is important that the unpleasant situation is brought to an end as soon as possible because you will otherwise harbour negative memories of your time abroad. Therefore, it is important that you bring these matters to light. There is nothing NHL Stenden can do if you keep it to yourself. It is important that you contact the local management, your study coach, and student counsellor and/or internationalisation co-ordinator as soon as possible.

What to do if something goes wrong?

A general guideline: **in the event of emergencies always contact the local management**. Inform as soon as possible: Team International Mobility (io@nhlstenden.com) and your study coach. If necessary, also contact the local Dutch embassy and/or the embassy of your nationality, if you are not a Dutch citizen.

Furthermore

We realize that the information above contains not all details regarding your upcoming international experience. We strongly recommend to obtain desk research of your destination in advance.

Disclaimer: By ticking the box in this registration system (iGo Portal), I declare that I have read, understood and agreed with the above mentioned obligations of NHL Stenden University of Applied Sciences.