

Travel checklist

Your passport details

Passport number:	
Date of Issue:	Date of Expiry:
Ensure that you carry all pages of your visa documents with your passport – Do not pack them in your suitcase / luggage . Carry a <u>copy</u> of your passport or other photographic ID with you.	

Travel Insurance – Carry emergency card with you at all times and take all policy documents with you

Insurance Policy Number:	
Date cover begins:	Date cover ends:
Take EHIC card if travelling to Europe	

Contact details at your host university

Name of contact:
Email of contact :
Phone number of International / Erasmus office :
Try not to arrive on campus at night. If unavoidable ensure that exchange office advises on where to collect your key (for accommodation) and that you have the address/contact details easily to hand on arrival.

Staying safe and healthy

Are you currently receiving medication?	Yes <input type="checkbox"/> No <input type="checkbox"/> If yes – Have you spoken to your GP so you can take your medication with you?
Are you planning to travel whilst studying abroad?	Yes <input type="checkbox"/> No <input type="checkbox"/> If yes : - Leave details with your family and friends of where you are travelling to, with who, when, how, and provide them with a contact number where they can reach you in case of emergency. - Before you travel, consult the FCO website for foreign travel advice.
Are you looking for off-campus housing?	Yes <input type="checkbox"/> No <input type="checkbox"/> If yes : Have you checked the area is safe? <input type="checkbox"/> Is the area well-lit and near public transport links? <input type="checkbox"/> Meet all new flatmates before you sign the tenancy agreement.

Plan your way home beforehand	
Reliable local taxi (check with host university)	Company name: Number:
Public transport	Last train/tram/tube times: Bus night times:

- **Do not hitchhike!**
- Don't leave baggage unattended and keep valuables on your person. Be aware of pickpockets who operate in crowded areas.
- Be aware that laws regarding alcohol vary from each country or US state.
- Make sure you have enough money to cover emergencies and any unexpected delays.
- Ensure you have more than one means of payment with you (cash, debit card, credit card).
- Ensure you have written down emergency and other contact numbers on paper.
- Europe has a comprehensive rail network. For information on rail passes covering travel in up to 20 countries, have a look at [Eurail](#). The EU has a guide on your [passenger rights](#) when travelling by train.

Stay in touch

Student Support at Sussex P n: +44-1273-877466 E: studentsupport@sussex.ac.uk	Emergency enquiries University of Sussex +44-1273-873333	If you are abroad and need emergency help, please contact the nearest British embassy, consulate or high commission , or your own embassy if you do not have British nationality.
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