

## **SAFETY GUIDELINES FOR LUT EXCHANGE STUDENTS, 30 Nov. 2018**

Familiarise yourself with the security issues and general customs of the destination prior to starting the study abroad period.

### **Having problems abroad?**

#### **Turn to:**

- your host university or institution → contact the local international affairs coordinator
- LUT Student Services ->  
Suvi ([suvi.tiainen@lut.fi](mailto:suvi.tiainen@lut.fi)), +358 40 502 2196,  
Anne ([anne.makkonen@lut.fi](mailto:anne.makkonen@lut.fi)), +358 40 182 4533 and/or  
Janne ([janne.hokkanen@lut.fi](mailto:janne.hokkanen@lut.fi)), +358 40 900 3617  
→ If you cannot reach them, send an e-mail: [opinto@lut.fi](mailto:opinto@lut.fi)
- the local police or other authorities
- the local Finnish mission
  - If the destination country does not have a Finnish mission, you can turn to the mission of another Scandinavian country, and outside the EU to the mission of another EU country.

If possible, inform LUT University about severe illness, accident, crime or any natural disaster, terror attack or similar emergency situation that threaten to jeopardise your stay or studies in the host country. In crisis situations described above, contact also the local consular staff of your country in the area.

Problems are easier to address if you have taken care of the following:

### **TRAVEL NOTIFICATION**

- If you are travelling abroad, submit a travel notification to the Ministry for Foreign Affairs of Finland or to the relevant Finnish mission.
- A travel notification means giving your personal data, contact details during your stay abroad, and information about your journey to the Ministry in case of emergencies or crises.
- Information on submitting a travel notification: <https://um.fi/matkustusilmoitus>

## ICE CONTACTS

- Enter the abbreviation ICE meaning “in case of emergency” in front of the name of your emergency contact on your mobile phone. It will help to find who to contact if you are injured or ill. You can add it in front of more than one name.

## EMERGENCY CONTACT’S DETAILS TO LUT

- You have given an emergency contact when you have applied for student exchange in Mobility Online. Make sure that the contact details are up to date.

## IMPORTANT LINKS:

Finnish missions abroad:

<https://um.fi/missions>

Consular services:

<https://um.fi/consular-services1>

Ministry for Foreign Affairs releases in Finnish:

<https://um.fi/matkustustiedotteet-a-o>

ICE contacts

<https://www.punainenristi.fi/ensiapuohjeet/ice-lyhenne-kannykkaan>