

Before You Go Checklist

Below you will find a helpful checklist with reminders to guide you every step of the way, ensuring you don't overlook anything as you get ready for studying abroad.

Important Dates:

- Date of departure: _____
- Time of departure: _____
- Semester start date: _____



Documents and essentials:

- Passport
- Student ID
- Visa, if requested
- Tickets (printed or digital)
- A list of emergency contacts and numbers
- Cash in local currency
- Credit cards

Healthcare:

- Medications and letter from GP (both in carry-on luggage)
- EHIC card or GHIC card (it can take around 2-3 weeks to get it)

Please note: To carry syringes and needles on board the aircraft, medical documentation must be provided, and they must be in their original, correctly labelled packaging.

Travelling in a wheelchair:

Passengers with disabilities or reduced mobility are entitled to free assistance at any European airport:

- ✓ Some companies, for example KLM, allow the transport of a manual wheelchair in the cabin, if it does not exceed 12 kilos and a size of 55 x 35 x 25 cm, free of charge.
- ✓ Electric or battery-powered wheelchairs can only be transported in the hold, free of charge.

Please note: Contact the airline in advance to inform them about bringing a wheelchair and to request special assistance.

Travelling Post Brexit:

- ✓ British students can still study in the EU, but the relevant UK Student Finance body will most probably not fund your studies.
- ✓ Find out about available [travel grants and bursaries](#) for exchange students with disabilities. Purchase comprehensive travel insurance while you are still in the UK.
- ✓ Double check that all your health needs are covered by your insurance policy and talk to your provider if you have any questions.
- ✓ Check the Living in Country Guides in advance on the gov.uk website, which include important information on residency rules and visa requirements.
- ✓ Don't forget to get a valid Student European Health Insurance Card (EHIC) or Student Global Health Insurance Card (GHIC).

Useful emergency contact numbers:

- ☎ NHS Overseas Healthcare Services: +44 (0)191 218 1999 - Monday to Friday, 8am to 6pm
- ☎ NHS Counter Fraud Authority: +44 800 028 4060 - 24/7
- ☎ FCDO Consular services for British nationals: +44 (0)20 7008 5000 - 24/7

For more information on other post-Brexit guidelines and more tips on how to organise your departure, read our article: "[Before you go: tips & advice for students with disabilities](#)".