

# Emergency Preparedness for Students Abroad

These guidelines apply to travel abroad organised by Kristiania. Below is a list of the necessary preparations to be made prior to departure.

## Travel Restrictions

Travel to countries or areas subject to a travel advisory issued by the Norwegian Ministry of Foreign Affairs is not permitted. See [Countries with travel advisories](#) at [regjeringen.no](http://regjeringen.no).

## Security

- a. Students are responsible for their own safety during the trip.
  - i. See *Sikresiden* for advice on risk assessment: [Preventive measures: Before you travel | sikresiden.no](#)
  - ii. If needed, contact [utveksling@kristiania.no](mailto:utveksling@kristiania.no) for assistance in assessing security risks and measures to reduce risk and consequences.
- b. Students must ensure that their semester address abroad is updated in FS. See the user guide [My Profile in FS \(in Norwegian\)](#).
  - i. In the event of minor incidents, first contact local welfare services, the international office at the host institution, or Norwegian foreign service missions via the Ministry of Foreign Affairs' app *Reiseklar*. Kristiania has a [low-threshold psychosocial support service](#), and [national helplines and chat](#) services are available.
  - ii. In the event of major incidents affecting life and health, local emergency services and resource persons must be contacted immediately. The *Reiseklar* app provides contact information. If guidance is needed, contact the Norwegian Seamen's Church 24-hour emergency hotline, tel. +47 951 19 181. Notify Kristiania's International Team as soon as possible at [utveksling@kristiania.no](mailto:utveksling@kristiania.no).
    - o Kristiania's International Team is staffed during office hours only, and responses outside office hours are provided only in exceptional cases.

## Your preparations

- a. Students are required to have:
  - i. valid travel insurance
  - ii. the European Health Insurance Card (for EU/EEA citizens)
  - iii. for students on semester exchange: completion of Kristiania's pre-departure seminar.
- b. Pay particular attention to information on [data security on Sikresiden](#), as well as Kristiania's internal guidelines on data security.
- c. All travellers must register with the Ministry of Foreign Affairs' travel registration service at [reiseregistrering.no](http://reiseregistrering.no) or via the *Reiseklar* app.
- d. Everyone is also recommended to download the Norwegian Seamen's Church app "Nødnummer". Kristiania has an agreement with the Norwegian Seamen's Church for a 24-hour emergency hotline, tel. +47 951 19 181.