

Checklist before departure

Please go through and check all the actions before departure to increase your safety during your exchange.

Action	Check
Have you downloaded the app “UD Resklar” and taken part of the information available about the country you are intending to visit?	
Have you taken part of the information available for the country on the Ministry for Foreign Affairs' website? https://www.regeringen.se/uds-reseinformation/	
Have you registered your stay abroad through Svensklistan? https://www.swedenabroad.se/sv/svensklistan/	
Do you have a valid passport/VISA for your travel destination?	
Have you taken a copy of your passport and saved it digitally in a safe, accessible location?	
Do you have a valid European health insurance card (this concerns travels within EU)? https://www.forsakringskassan.se/english/travel-work-study-or-receive-care-abroad/travel-or-receive-medical-or-dental-treatment-abroad	
Have you checked if you need to have any vaccines or if there are any recommended vaccines for your travel destination? https://www.1177.se/en/Vasterbotten/other-languages/other-languages/	
Have you saved your contact details and important phone numbers in another way than in your phone?	
Have you informed your institution, the International Office and the host organisation about your travel plans and your ICE-contacts (In Case of Emergency)?	
Have you informed your relatives about your travel plans?	
Have you checked which insurances you are covered by during your stay abroad?	

Have you taken part of important safety information from the host organisation?	
Have you written down your credit card number? Make sure to store the information elsewhere than in your wallet.	
Have you written down a phone number that you can call to block your credit card? Make sure that the number is accessible in different places.	