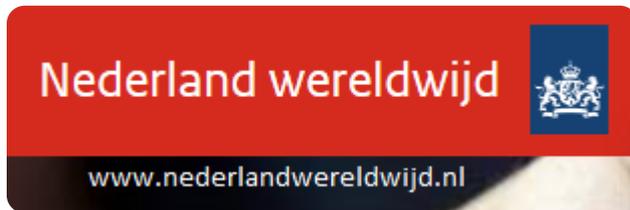


## Travelling abroad safely



Erik Steenbergen  
e.steenbergen@ispbv.nl

## The journey begins at home!

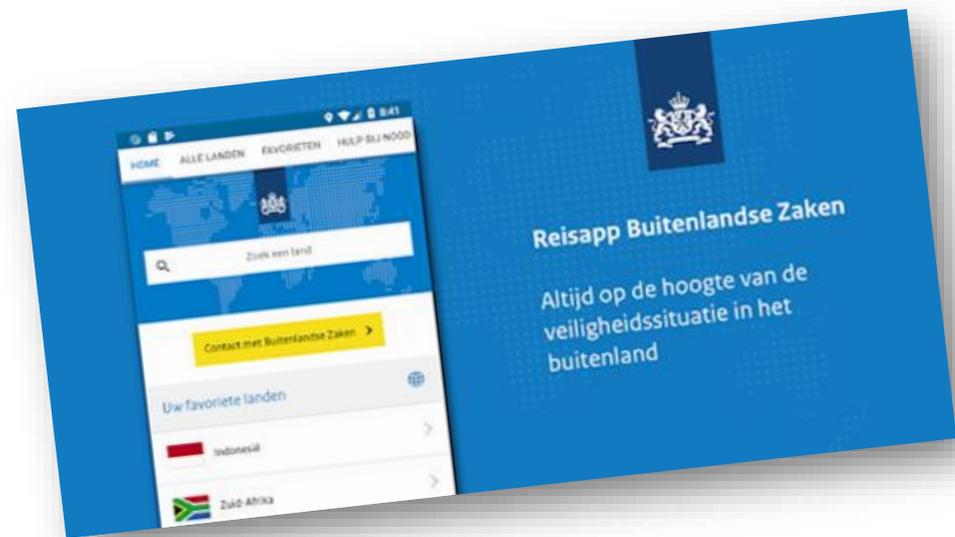


<https://www.gov.uk/foreign-travel-advice>

- Check your insurance policy
- Let people know where you are going
- Follow the guidelines of HZ

## Important information

- Save important phone numbers on your mobile phone
- Make sure you are traceable
- Let people know where you are (going)



## What to during your journey/stay abroad?

- Inform your family/friends about your last minute changes
- Inform your family/friends about your arrival and departure dates
- Make sure you are traceable
- Follow the rules and regulations of the authorities
- Take care that you are informed about local and current situations



## What if something happens and I need help?

- Emergency number
- Advice and immediate assistance
- Support in case of an emergency



## General tips





*We solve*