

# STUDENT EXCHANGE

2022



F · S · H · S

FINNISH STUDENT HEALTH SERVICE

# Travel insurance, Notification to the Ministry of Foreign Affairs

- Be sure to get travel insurance for the entire trip and check its boundary conditions (diving, climbing, kayaking, including things related to the corona, etc.).
- Make a travel announcement on the website of the Ministry of Foreign Affairs (um.fi/tatkustusilmoitus)
- Order a European Health Insurance Card from Kela if you are traveling within Europe (EU and EEA countries and Switzerland)

➔ <http://www.kela.fi/eurooppalainen-sairaanhoitokortti>

# Certificates and statements

- FSHS healthcare professionals primarily issue health certificates and statements related to studying. Issues related to work or hobbies, etc., belong mainly to occupational healthcare, a health centre or the private sector.
- Certificates regarding studies and the ability to study
  - Statements regarding assessment of unsuitability for study
  - Healthcare report on health reasons affecting study progress (when Kela has required for a report on study progress)
  - Healthcare report for applying for extension to complete studies
  - Study-related examinations, certificates and statements required by the Infectious Diseases Act and other legislation
  - **Other certificates required by the legislation for exchange studies forming a compulsory part of studies or degree course (*Any laboratory or imaging examinations associated with exchange studies are subject to a charge.*) NOTE! The tests are performed outside the FSHS.**

# Make sure your basic vaccinations are up to date

- If you are going abroad, check beforehand that your basic vaccinations are up to date.
- Make sure that you've had two MMR vaccinations (against measles, mumps and rubella), polio vaccination as a child, as well as tetanus/dtap vaccinations (against diphtheria, tetanus and pertussis – whooping cough) according to the standard vaccination programme. A booster dose of polio vaccine is given only when travelling to a risk country. Dt/dtap is given as a child, at secondary school, during military service and/or at the age of 25. After this, a booster dose (dT) should be given every 20 years.
- Find out about your vaccination history by checking your vaccination card or maternity clinic card or by contacting the military service, local health centre, patient records archive, occupational healthcare or private medical clinic.
- If you know you only need basic vaccinations (MMR, tetanus-d, dtap and polio) or vaccinations against hepatitis or tick-borne encephalitis, contact our national service number or SelfChat.

# FSHS Travel health advice

- Make a detailed travel plan before your trip.
- Complete a pre-travel health survey on the Self online service as early as possible. Check the vaccines you have already received so you can fill in the information about them in the form. By completing the survey **at least 2 to 3 months before your trip**, you will receive any prescriptions and begin any necessary vaccination programmes in time.
- If you're due to start your trip in less than 6 weeks, also contact the FSHS unit of your study town to find out if a vaccination against hepatitis is required.
- A public health nurse will review your survey and will send you travel advice via Self. Travel health advice is provided in conjunction with a doctor.
- If you have underlying medical conditions or you are on regular medication, you need anti-malarial medication or there are other issues in your survey that require particular attention, the public health nurse will call you within 10 working days using the phone number entered in the FSHS patient register. Make sure that your contact information in Self is correct. Please also note that the call will come from an unknown number.
- Several vaccinations, such as those against hepatitis A, hepatitis B, Japanese encephalitis and yellow fever require a doctor's prescription. If any vaccines and/or anti-malarial medications are required, an FSHS travel doctor will issue an ePrescription direct to the pharmacy. Remember to buy the necessary vaccines from a pharmacy. The availability of some vaccines is limited. Check the availability of the vaccines that you need from the pharmacy.

# More information

- [Travel advice \(who.int\)](https://www.who.int)
- <https://www.terveyskirjasto.fi/sisalto/matkailijan-terveysopas>
- <https://www.terveyskirjasto.fi/mat00043/korona-virustauti-covid-19>

# In case of illness

- Travel insurance!
- Note! FSHS cannot provide reception services abroad.
- Add an ICE (in case of emergency) emergency contact to a person close to you.
- Find out about health services in your destination before you need them.
- The embassies of Finland and other EU countries will help if necessary. Find out the contact information in advance.
- In a bigger emergency: SOS International (an international alert center owned by Nordic insurance companies) [www.sos.dk/en](http://www.sos.dk/en) 24h / +45 7010 5054.

## Also to note

- If you have a basic illness that requires regular medication, get the necessary medications in time from the health care unit and check adequacy during the trip / where you can get more medication if needed.

You can make a difference by your own behavior:

- Different traffic culture
- Alcohol and other intoxicants
- Sexually transmitted diseases
- Sun protection



Have a safe trip!

