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GUIDE

HEALTH & SAFETY

Maintaining Health and Safety While Studying Abroad



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YOUR WAY ABROAD

beyondabroad.org

HEALTH AND SAFETY

INSURANCE AND HEALTHCARE

Every exchange student is required to make sure that their insurance policies are in order before going abroad. Make sure your insurance is valid during the entire semester! This will most likely save you money.

Most travel insurances are only valid up to three months at a time so you should consult your insurance company about longer stays abroad. Normally, you pay a little extra for prolonging the insurance.

Most of the time, you will pay for the treatment yourself and charge it from your insurance company afterward. Also, check the cancellation policy from the airline you are flying in case of falling ill. Once again, check the AE website for more information.

Asia Exchange recommends two travel insurance providers: STAY Travel Insurance of HanseMerkur and Worldnomads.



HanseMerkur is one of the biggest insurance companies in Germany. Their products are not limited to Germans, however, but can be booked by everyone everywhere at an equal price. Their insurances are suitable for all types of shorter and longer stays abroad, whether studying, interning, working, or traveling. All kinds of extreme sports are covered as well. The insurance is flexible and can be always extended from abroad in case you decide to stay longer. The health insurance of HanseMerkur is the most affordable insurance of its kind and only available via Asia Exchange. Find all terms and conditions as well as fees and benefits [on our website](#). There you will also find information on other products such as flight cancellation and luggage insurances.

Worldnomads is a qualified global travel insurance provider, with coverage for extreme sports and other adventurous activities. You can get an insurance from Worldnomads even if you are already traveling. Click [here](#) to learn more.

Health Care in Korea

For those students who will be staying in the on-campus dormitory, a tuberculosis test is required. Students can take the tuberculosis test in their home country or later in Korea. In Korea, students can take it at the nearest health care center or from the TB test bus that the dormitory arranges.

Insurance in Korea

International students are required to hold insurance that fully covers the medical expenses throughout their stay in Korea.

National Health Insurance

All incoming exchange students staying in Korea need to acquire National Health Insurance when in Korea due to altered government policies. As this is normally an expensive option, Dong-A University recommends you check whether your insurance provider in your home country has insurance plans equivalent to the National Health Insurance in Korea in order to substitute the NHI for insurance from your home country.

Please see [here](#) for further information from Hanyang University about National Health Insurance.



SAFETY ISSUES

Busan is a vibrant city with much to offer, and it's generally a safe place for students. However, it is nice to have some safety precautions during your semester abroad.

1. General Safety

- **Crime Rate:** Busan has a low crime rate, but like any city, stay alert to your surroundings.
- **Petty Crime:** Be cautious of pickpockets in crowded places, such as markets or busy streets. Keep your belongings secure.

2. Getting Around

- **Public Transportation:** The subway and buses are safe and efficient. Make sure to hold onto your bag and be mindful of your belongings, especially during rush hour.
- **Walking at Night:** Stick to well-lit areas and busy streets if you're out after dark. Avoid quiet or secluded places.

3. Weather Awareness

- **Typhoons & Heavy Rains:** If you're here during the summer months, stay updated on weather forecasts, as typhoons can occur. Follow local advice and safety protocols.

4. Health & Hygiene

- **Stay Healthy:** Practice good hygiene, such as handwashing, to avoid illnesses. Be aware of any local health advisories.

5. Emergency Contacts: Save important contact numbers:

- **Police:** 112
- **Fire & Medical:** 119
- **Ambulance/Medical Emergencies:** 119
- **Foreigners' Emergency Assistance:** 1588-1755 (for assistance in English)

6. Local Hospitals

- **Dong-A University Hospital:** Address: 26, Daeyoung-ro 264beon-gil, Seo-gu, Busan.

Services: Offers a wide range of medical services and has English-speaking staff.

- **Busan National University Hospital:** Address: 1, Asiad-daero 75beon-gil, Yeonje-gu, Busan

Services: Offers a wide range of medical services and has English-speaking staff.

- **Busan National University Hospital:** Address: 1, Asiad-daero 75beon-gil, Yeonje-gu, Busan

Services: Provides comprehensive healthcare services, including emergency care.

- **Kim's Hospital:** Address: 11, Seongjindong 1-ga, Dong-gu, Busan

Services: Known for good service and often has English-speaking staff.

- **Seongji Hospital:** Address: 90, Seonhwa-ro, Dong-gu, Busan

Services: Offers general medical services with some English-speaking staff available.

- **Busan Medical Center:** Address: 20, Daebong-ro, Dong-gu, Busan

Services: A large hospital with various specialties, including emergency services.

7. Respect Local Culture

- **Cultural Sensitivity:** Understanding and respecting local customs can help you avoid misunderstandings and make your stay more enjoyable. A little effort goes a long way!

Natural Phenomena Precautions in Busan

Busan is a wonderful city to explore, but it's important to be prepared for natural events like typhoons, heavy rain, earthquakes, and winter weather. Here are some essential tips to keep you safe:

1. Typhoons

- **Stay Updated:** Check weather forecasts regularly, especially from June to September when typhoons are common.
- **Emergency Kit:** Have a small emergency kit ready with water, snacks, a flashlight, and a first aid kit.
- **Stay Indoors:** If a typhoon warning is issued, stay inside, avoid traveling, and keep away from windows.

2. Heavy Rain and Flooding

- **Know the Area:** Be aware of areas prone to flooding, especially near rivers.
- **Avoid Floods:** Do not walk or drive through flooded areas. Stay informed about local warnings.

3. Earthquakes

- **What to Do:** In an earthquake, drop to the ground, take cover under sturdy furniture, and hold on until the shaking stops.
- **Emergency Contacts:** Save emergency contact numbers and know your building's evacuation routes.

4. Winter Weather

- **Dress Warmly:** From December to February, it can get cold, so wear layers and appropriate winter clothing.
- **Watch Your Step:** Be careful on icy sidewalks and roads. Good footwear can help prevent slips and falls.
- **Stay Informed:** Monitor weather updates for snow or extreme cold, and plan accordingly.

5. General Preparedness

- **Have a Plan:** Make a safety plan with your friends or roommates. Decide where to meet in case of an emergency.
- **Stay Connected:** Keep your phone charged and have important contacts saved for quick access.

Drugs

South Korea, drug laws are extremely strict, with severe penalties for possession, use, or trafficking of illegal substances. Commonly banned drugs include marijuana, cocaine, methamphetamines, and ecstasy. Although drug use rates are relatively low, authorities maintain a vigilant stance, and legal repercussions can include arrest and detention, which may adversely affect your stay in the country. Socially, drug use is heavily frowned upon, and involvement in drugs can lead to negative consequences for your reputation. To stay safe, it's essential to understand local laws and avoid environments where drug use is common. If offered drugs, it's best to decline politely.



YOUR WAY ABROAD

The world has an interesting way of giving great experiences
to the ones who are passionate about their dreams.

Miia Muukkonen, Asia Exchange student

