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GUIDE

HEALTH & SAFETY

Maintaining Health and Safety While Studying Abroad



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HEALTH AND SAFETY

Health and safety are important aspects of student life, especially for international students living in Korea. Here's a general guide on what to consider:

1. HEALTH INSURANCE

National Health Insurance (NHI): All international students staying in Korea for more than six months are required to enroll in the National Health Insurance system. This provides access to affordable healthcare.

Private Health Insurance: Some students may opt for additional private insurance to cover services not included in the NHI.

Health Services: Korea has well-equipped hospitals and clinics. International students can access public health centers, university clinics, and hospitals for their medical needs.



2. EMERGENCY SERVICES

Emergency Numbers:

119: Fire and medical emergencies.

112: Police emergency line.

1339: Korea Centers for Disease Control and Prevention (for COVID-19 or infectious diseases).

Ambulance Services: Ambulances are available for free, but the patient may be responsible for hospital costs.

3. SAFETY IN PUBLIC

Personal Safety: Korea is considered one of the safest countries in the world with low crime rates. Violent crime against foreigners is rare, but it's important to stay aware of your surroundings, especially in busy areas.

Transportation Safety: Public transportation, including buses and subways, is reliable and safe. Late-night buses and taxis are also widely used. Some taxis may overcharge foreigners, so it's best to use apps like Kakao Taxi, which show estimated fares.

Natural Disasters: Korea occasionally experiences typhoons and minor earthquakes. Always follow government alerts and safety instructions during such events.

4. WORKPLACE AND CAMPUS SAFETY

On-campus Safety: Most universities, including Hankuk University of Foreign Studies, have security offices, and many campuses are monitored by CCTV.

Part-time Jobs: If you decide to work part-time, ensure that the work environment follows proper safety regulations. Korea has labor laws in place to protect part-time workers, including international students.

5. HEALTH AND WELLNESS RESOURCES

Counseling Services: Many universities offer counseling for international students dealing with homesickness, stress, or other personal issues. Check your

university's student services for available support.

Mental Health Support: The stigma around mental health is decreasing, and there are more resources now available, including hotlines and support centers for those struggling with mental health issues.

6. CULTURAL SAFETY

Cultural Adaptation: Korea has a strong cultural identity, and understanding local customs and etiquette can help ensure smooth interactions. For example, learning about the importance of bowing, polite language, and removing shoes before entering homes will help.

7. STAYING INFORMED

Government Websites: Sites like HiKorea and the Ministry of Justice provide updated information for international students, including visa regulations, healthcare, and emergency contact details.

Apps:

Emergency Ready App: Provides safety information and emergency contact numbers.

Kakao Talk: Widely used for communication in Korea, and it's essential for connecting with locals and staying updated on local events.

8. VACCINATIONS

Make sure that your vaccinations are up to date before going abroad.
The essentials:

- **MMR**
- **Diphtheria-tetanus**

Consider also: **Hepatitis A and B**

Other vaccinations are usually optional; their necessity depends on the destination, the length of the stay, and other destinations you may plan to visit.

Some vaccinations can also be bought in Asia more affordably than in your home country (Japanese encephalitis and Malaria, for example). It may take a while for the immunity to develop. Ask your doctor for more information.

By staying informed and proactive, international students can ensure a safe and healthy experience while studying in Korea.



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

