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GUIDE

# HEALTH & SAFETY

Maintaining Health and Safety While Studying Abroad



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# HEALTH AND SAFETY

## INSURANCE

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 the treatment yourself and charge it from your insurance company afterward. Also, check the cancellation policy from the airline you're flying in case of falling ill. Once again, check 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. Student 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. Students who do not have insurance can contact and coordinate with the international office in Hanyang University and they can avail themselves via the Korean insurance company that is being introduced for the international students. Regardless of the insurance type, the insurance must be able to cover possible medical expenses, injuries, etc.

## 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, Hanyang 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.

## VACCINATIONS

Make sure that your vaccinations are up to date before leaving your home country. In addition to the basic vaccinations (MMR and diphtheria-tetanus), travelers are often advised to get vaccinated against Hepatitis A and B. Other vaccinations are optional and depend on the destination, the length of the stay, and other possible travel destinations. Vaccination matters always depend on the individual, so remember to consult your physician about the essential ones and ask also about other health issues that might be on your mind. It may be hard to find straightforward instructions on vaccination issues. Inform your doctor of your upcoming travels and if you plan to spend an extensive amount of time in the countryside because it might have an effect on which vaccinations are needed.

## NATIONAL PHENOMENON PRECAUTIONS IN SEOUL

Seoul experiences various natural phenomena throughout the year. Here's how to stay safe:

**1. Typhoons and Heavy Rain:** Season: Typically, from June to September.

**Precautions:**

- **Stay Informed:** Monitor weather forecasts and local news for typhoon warnings. Have a basic emergency kit ready, including water, snacks, and a flashlight and stay away from rivers and low-lying areas during heavy rain.

**2. Air Quality Issues Concern:** Air pollution can be a problem, especially in winter and spring.

**Precautions:**

- **Check Air Quality Index (AQI):** Use apps or websites to monitor air quality. Limit Outdoor Activities on days with poor air quality, minimize outdoor exercise and wear a mask if necessary.

**3. Winter Weather Conditions:** Cold temperatures and snowfall can occur from December to February.

**Precautions:**

- **Dress Warmly:** Layer your clothing to stay warm and wear appropriate winter gear. Watch for Icy Surfaces and be careful on sidewalks and streets, as they can become slippery.

**4. Flooding Risk:** Heavy rainfall can lead to flash floods in certain areas.

## **Precautions:**

- **Stay Alert:** Avoid areas near rivers during heavy rain and heed any evacuation orders. Know Your Routes and familiarize yourself with higher ground and emergency exits in your area.

## **5. Emergency Contacts:**

- **Police:** 112
- **Fire Department:** 119
- **Ambulance/Medical Emergencies:** 119
- **Foreigners' Emergency Assistance:** 1588-1755 (provides support in English)
- **Seoul Global Center:** 02-2075-4136 (offers assistance and information for foreigners)
- **Korean Medical Association:** 1544-9119 (for information about hospitals and clinics)

## **6. Local Hospitals**

Here are some local hospitals near Hanyang University ERICA Campus that cater to international students:

- **Hanyang University Hospital (ERICA):**

Address: 55 Hanyangdaehak-ro, Sangnok-gu, Ansan, Gyeonggi-do

Services: This is the university's own hospital, which provides various medical services and has staff who can assist international students.

- **Ansan Hospital:**

Address: 2, Gwaebang-dong, Danwon-gu, Ansan, Gyeonggi-do

Distance: About a 10-minute drive from the campus.

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

- **Hallym University Dongtan Sacred Heart Hospital:**

Address: 9, Hallymdaehak-gil, Hwaseong, Gyeonggi-do

Distance: Approximately 20-30 minutes by car.

Services: Comprehensive medical care and support for international patients.

- **Asan Medical Center:**

Address: 88, Olympic-ro 43-gil, Songpa-gu, Seoul (a bit further, but well-known)

Distance: About 30-40 minutes by car.

Services: One of the largest hospitals in Korea, with excellent facilities and English-speaking staff.

It's advisable for students to check the university's international office for any specific recommendations or arrangements with local hospitals.



# NATIONAL HEALTH INSURANCE

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*

