



ASIA
EXCHANGE
A KEYSTONE COMPANY



BEYOND
ABROAD
A KEYSTONE COMPANY

GUIDE

HEALTH & SAFETY

Maintaining Health and Safety While Studying Abroad



asiaexchange.org

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.

Exchange students are responsible for the cost of treatment during their stay in Phuket, Thailand should any medical emergencies arise. You must, therefore, have medical insurance coverage as a requirement, and verify that the insurance policy you carry covers hospitalization and medical care occurring during international travel, as well as repatriation to your home country in case of a serious medical emergency. All international students are required to purchase an international student health insurance plan. You will be requested to present a copy of your insurance to the International Office at PSU before your semester. An insurance certificate will be also requested at the airport when arriving in Phuket as mentioned earlier (3. Documents you need when arriving)



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 are flying in the 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](#)

SAFETY ISSUES

Phuket, Thailand, is generally considered a safe destination for international students, but there are several factors to keep in mind:

Safety Aspects:

1. **Low Violent Crime Rate:** Violent crime is relatively low, making it safer for residents and tourists alike.
2. **Friendly Locals:** Thai culture is known for its hospitality. Many locals are welcoming and helpful, which can make settling in easier for international students.
3. **Established Expat Community:** There is a large community of expatriates and international students, which can provide support and social opportunities.

5. Natural Disasters: Phuket is prone to tropical storms and occasional flooding. Being aware of local emergency procedures is important.

Overall, Phuket can be a safe and enjoyable place for international students. By staying informed, practicing common safety measures, and engaging with the local community, students can have a positive experience while studying in Thailand.



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

