

## Overseas Travel Risk Assessment: Student Mobility – Estonia

The purpose of this Risk Assessment is to ensure that members of the University community are unlikely to be exposed to unacceptable risks which could affect their health, safety or security when travelling abroad on behalf of the University.

This form should be completed by the individual wishing to travel prior to making any firm arrangements to travel, and must be completed in discussion with the relevant line manager or supervisor, allowing sufficient time in advance of travelling for any issues to be addressed.

Before completing this form you should ensure that you (and your manager/supervisor) are familiar with the contents of the Health and Safety and Insurance webpages on travelling abroad.

When completed and approved this risk assessment and its associated itinerary should be carried by the traveller(s) and a copy retained by the Department. Queries on the completion of this assessment should be directed to [HealthandSafetyAdmin@warwick.ac.uk](mailto:HealthandSafetyAdmin@warwick.ac.uk)

**Please consider when completing this form how the country you intend to visit is managing the Covid-19 outbreak. In particular, it may be helpful to consider access to local medical facilities, how local transport is being managed and any local guidelines and social behaviours you may need to adopt**

<b>Department:</b>	<b>Student Mobility, Student Opportunity</b>
<b>Location(s) to be visited:</b>	<b>Estonia</b>
<b>Purpose of journey:</b>	<b>Student Mobility</b>
<b>Name and role of traveller(s):</b>	<b>List held with Student Mobility</b>
<b>Name of line manager or supervisor:</b>	<b>Jonathan French/Maria Fox (Head of Student Mobility)</b>
<b>Dates of proposed travel:</b>	<b>Academic Year 2026 – 2027</b>
<b>Information taken from:</b>	<a href="https://www.gov.uk/foreign-travel-advice/">https://www.gov.uk/foreign-travel-advice/</a> (FCDO)
<b>Living In Country Guidance</b>	<a href="https://www.gov.uk/guidance/living-in-estonia">https://www.gov.uk/guidance/living-in-estonia</a> <b>Before you travel</b> No travel can be guaranteed safe. Read all the advice in this guide and any specific travel advice that applies to you: <ul style="list-style-type: none"> <li>• <a href="#">women travellers</a></li> <li>• <a href="#">disabled travellers</a></li> <li>• <a href="#">LGBT+ travellers</a></li> </ul>

- [solo and independent travel](#)
- [volunteering and adventure travel](#)

**Travel insurance**

If you choose to travel, research your destinations and [get appropriate travel insurance](#). Insurance should cover your itinerary, planned activities and expenses in an emergency.

**About FCDO travel advice**

The Foreign, Commonwealth & Development Office (FCDO) provides advice about risks of travel to help British nationals make informed decisions. Find out [more about FCDO travel advice](#).

[Sign-up for FCDO travel advice email alerts](#) and follow FCDO travel advice on [Twitter](#) and [Facebook](#)

Hazard/Consideration	Risk (High / Medium / Low)	Mitigating Actions (please add to or amend as appropriate)	Comments / Actions
Coronavirus			
Money			<p>The currency in Estonia is the Euro.</p> <p>Research and make yourself fully aware of the cost of living for Estonia. Some countries have a significantly higher cost of living than the UK, and this can seriously impact your placement. We have received feedback from previous students that being aware of this and having fully prepared for the increased cost is essential.</p>
Visa Applications/Entry			<p>This information is for people travelling on a full <a href="#">‘British citizen’ passport</a> from the UK. It is based on the UK government’s understanding of the current rules for the most common types of travel. The authorities in Estonia set and enforce entry rules. If you’re not sure how these requirements apply to you, contact the <a href="#">Estonian Embassy in London</a>.</p> <p><b>Passport validity requirements</b> Estonia follows <a href="#">Schengen area rules</a>. Your passport must:</p> <ul style="list-style-type: none"> <li>• a ‘date of issue’ less than 10 years before the date you arrive – if you renewed your passport before 1 October 2018, it may have a date of issue that is more than 10 years ago</li> <li>• have an ‘expiry date’ at least 3 months after the day you plan to leave the Schengen area (the expiry date does not need to be within 10 years of the date of issue)</li> </ul> <p>Check with your travel provider that your passport and other travel documents meet requirements. <a href="#">Renew your passport</a> if you need to.</p> <p>You will be denied entry if you do not have a valid travel document or try to use a passport that has been reported lost or stolen.</p>

**Dual nationals**

When returning to the UK, British citizens must carry a valid [British passport](#) or [certificate of entitlement](#). See [Dual citizenship](#).

**Visa requirements**

You can [travel without a visa to the Schengen area](#), which includes Estonia, for up to 90 days in any 180-day period without a visa. This applies if you travel:

- as a tourist
- to visit family or friends
- to attend business meetings, cultural or sports events
- for short-term studies or training

The [requirements for working in Estonia](#) are different.

If you're travelling to other Schengen countries as well, make sure your whole visit is within the 90-day visa-free limit. Visits to Schengen countries within the previous 180 days before you travel count towards your 90 days. If you overstay the 90-day visa-free limit, you may be banned from entering Schengen countries for up to 3 years.

**Until the Entry-Exit System (EES) is fully rolled out, make sure you get your passport stamped on entry and exit (read 'New Schengen entry requirements').**

If you're a visitor, border guards will look at your entry and exit stamps to check you have not overstayed the 90-day visa-free limit for the Schengen area.

If your passport is missing a stamp, show evidence of when and where you entered or left the Schengen area (for example, boarding passes or tickets) and ask the border guards to add the date and location in your passport.

At Estonian border control, you may also need to:

- show a return or onward ticket
- prove that you have enough money for your stay – the amount varies depending on your accommodation

**Staying longer than 90 days in a 180-day period**

To stay longer than 90 days, check the [Estonian government's entry requirements](#).

If you're in Estonia with a residence permit or long-stay visa, this does not count towards your 90-day visa-free limit.

Read about [entry processes if you live in Estonia](#).

**New Schengen entry requirements**

From 12 October 2025, the European Union's (EU) new Entry/Exit System (EES) will begin roll out.

This means that when you travel into the Schengen area for short stays, you may need to register your biometric details, such as fingerprints and a photo. You do not need to take any action before you arrive at the border, and there is no cost for EES registration. On your first visit into a Schengen country from 12 October onwards, you may be asked to register your details at a special booth before proceeding to the immigration desk. Follow directions from your travel operator or the staff at your port of entry. You may also need to provide either your fingerprint or photo when you leave the Schengen area. Children aged 11 or younger will not have their fingerprints scanned but can be required to have their photo taken.

EES may take each passenger a few extra minutes to complete so be prepared to wait longer than usual at the border.

EES will not be rolled out to all ports of entry at once, the numbers of passengers being registered at each port of entry will vary, and some destinations may take up to 6 months to fully roll out the new process.

Until EES is fully rolled out your passport will continue to be stamped, even if you've already been registered for EES. Once EES is fully rolled out, it will replace the current system of manually stamping passports when visitors arrive in the Schengen area for short stays and you will input biometric details every time you enter or exit.

If you enter the Schengen area through the Port of Dover, Eurotunnel at Folkestone or Eurostar at St Pancras International and you are asked to register for EES, the information will be taken at the border before you leave the UK.

Read more [information on the EU Entry/Exit System and to understand which countries are in the Schengen area](#).

**Travel from Ukraine, Russia and Belarus**

If you are arriving in Estonia from Ukraine, Russia or Belarus, check the [Estonian government crisis website](#).

**Travel from Russia**

You can reserve crossings and check the real-time [level of traffic at border crossing points from Russia](#) on Estonia's 'Go Swift' website.

**Vaccine requirements**

For details about medical entry requirements and recommended vaccinations, see [TravelHealthPro's Estonia guide](#).

**Customs rules**

There are strict rules about [goods you can take into or out of Estonia](#). You must declare anything that may be prohibited or subject to tax or duty.

			<p><b>Taking food and drink into Estonia</b> You cannot take <a href="#">meat, milk or products containing them into EU countries</a>. There are some exceptions such as powdered baby milk, baby food and special foods or pet feed required for medical reasons.</p> <p><b>Restrictions on Russian vehicles</b> There are restrictions on vehicles with Russian licence plates in Estonia. See the <a href="#">Estonian Ministry of the Interior’s website for more information</a>.</p>
<p><b>Local knowledge, understanding of customs and conditions</b></p> <p><b>Cultural differences</b></p>		<ul style="list-style-type: none"> <li>• Experience of travel to, or working in, the region before</li> <li>• Obtain guidance and information from the host organisation</li> <li>• Research via relevant web-sites</li> <li>• Consider dress, behaviours and sensitivities</li> <li>• Local laws, fees or levies.</li> <li>• Awareness of attitudes towards protected characteristics, e.g. disability, sexual orientation, gender reassignment etc.</li> <li>• Dress in accordance with local laws/customs</li> <li>• Avoid behaviour that may fall foul of local customs/laws/cultures.</li> <li>• Report and support at Warwick: <a href="https://warwick.ac.uk/students/welcome/spring/livingatuniversity/reportandsupport">https://warwick.ac.uk/students/welcome/spring/livingatuniversity/reportandsupport</a></li> </ul>	<p><b>Laws and cultural differences</b></p> <p><b>Illegal drugs</b> Illegal drugs, including cannabis, are strictly prohibited, even in very small quantities. Severe penalties apply for possessing, using, buying, or smuggling illegal drugs, including when transiting through airports. You should expect long jail sentences of up to 10 years and heavy fines. Airports in Estonia have excellent technology and security for detecting illegal items. This is also used to scan the baggage of transiting passengers.</p>
<p><b>Equality and Diversity</b></p> <p><b>LGBTQ information</b></p>			<p><b>LGBT+ travellers</b> Same-sex sexual activity is legal in Estonia, and same-sex marriages have been recognised since 1 January 2024. Read more <a href="#">advice for LGBT+ travellers</a>.</p>
<p><b>Social/Political</b></p> <p><b>Unrest or Terrorism:</b></p>		<ul style="list-style-type: none"> <li>• Check the FCDO website for up-to-date advice.</li> <li>• If the FCDO advises against travel to destination(s) on</li> </ul>	<p><b>Terrorism</b> There is a high threat of terrorist attack globally affecting UK interests and British nationals, including from groups and individuals who view the UK and British nationals as targets. Stay aware of your surroundings at all times.</p>

		<p>safety/security grounds then seek approval from HoD/Line Manager</p> <ul style="list-style-type: none"> <li>• Consider not just the country in question but also any territories as identified in FCDO pages</li> <li>• Reschedule visit or modify itinerary if at all feasible.</li> </ul>	<p>UK Counter Terrorism Policing has information and advice on <a href="#">staying safe abroad</a> and what to do in the event of a terrorist attack. Find out <a href="#">how to reduce your risk from terrorism while abroad</a>.</p> <p><b>Terrorism in Estonia</b> Although there's no recent history of terrorism in Estonia, attacks cannot be ruled out. Attacks could be indiscriminate including in places visited by foreign nationals. Stay aware of your surroundings, keep up to date with local media reports and follow the advice of local authorities.</p>
<p><b>Crime:</b></p> <p><b>Personal attack / kidnap: Dangers associated with travelling alone; arriving at night, etc.:</b></p> <p><b>Theft or loss of ID documents and other belongings: passport, driving license, bank cards, travel tickets, laptop</b></p>		<ul style="list-style-type: none"> <li>• Awareness of risk of theft or pickpockets</li> <li>• Awareness of local scams or hotspots</li> <li>• Cash and card security/awareness</li> <li>• Be aware of specific local risks</li> <li>• Precautionary measures should be taken to protect personal safety.</li> <li>• Inform hosts of itinerary.</li> <li>• Be aware of specific local risks.</li> <li>• Travel during daylight hours if possible.</li> <li>• Keep items secure.</li> <li>• Record details of numbers, issue dates, etc. and store separately both with you and at home.</li> <li>• Have emergency contact numbers</li> <li>• Report to police if theft suspected</li> <li>• Minimise amount of cash carried</li> </ul>	<p><b>Crime</b> Pickpockets can be a problem in bars and nightclubs in Tallinn's Old Town.</p> <p><b>Drink spiking, alcohol and sexual assault</b> Attacks or assault, including sexual assaults, are rare but do occur. The risk is highest late at night around popular nightlife locations. To reduce your personal risk:</p> <ul style="list-style-type: none"> <li>• save the location of your accommodation on your maps app, so it's easier to find at the end of the night</li> <li>• set up a WhatsApp group to keep in touch with others in your group</li> <li>• keep an eye on each other's drinks to make sure they do not get spiked</li> <li>• do not let a friend walk back to their hotel alone</li> <li>• do not give a drunk person more alcohol</li> </ul> <p>Alcohol and drugs can reduce your vigilance, making you less in control. If you drink, know your limit. Drinks served in bars in Estonia are often stronger than those in the UK. Report anything that does not feel right to local authorities or hotel or club management.</p> <p><b>Taxi safety</b> Always use pre-arranged taxis or official taxis with 'TAKSO' signage. Do not accept lifts from unmarked vehicles or with strangers. If you use an app, check that the car details match the car assigned to you. See '<a href="#">transport risks</a>' for more details.</p> <p><b>Bank card skimming</b> Keep cards in sight when paying in shops and restaurants. Read more about <a href="#">how to avoid card skimming</a>.</p> <p><b><a href="#">Warwick Business Travel Insurance Details</a></b></p> <p>Only emergency medical treatment is covered under this policy. Please note that there is no emergency medical cover if you are a national in the country you need medical attention in. For emergency medical assistance or security assistance (if there is risk to your personal safety) please call the number on the following page:</p>

			<p><a href="https://warwick.ac.uk/services/legalandcomplianceservices/insurance/keypolicies/traveloverseas">https://warwick.ac.uk/services/legalandcomplianceservices/insurance/keypolicies/traveloverseas</a></p> <p>Report and Support: <a href="https://reportandsupport.warwick.ac.uk/">https://reportandsupport.warwick.ac.uk/</a></p> <p>Wellbeing Services: <a href="https://warwick.ac.uk/services/wss/">https://warwick.ac.uk/services/wss/</a></p>
<p><b>Travel Preparation</b></p>		<ul style="list-style-type: none"> <li>• Up to date EHIC/GHIC if eligible (transit)</li> <li>• Valid vehicle insurance (you cannot use the Business Travel Insurance policy).</li> </ul>	<p>Before you travel check that:</p> <ul style="list-style-type: none"> <li>• your destination can provide the healthcare you may need</li> <li>• you have <a href="#">appropriate travel insurance</a> for local treatment or unexpected medical evacuation</li> </ul> <p>This is particularly important if you have a health condition or are pregnant.</p> <p><b>Health insurance cards</b></p> <p>To get medically necessary state healthcare in Estonia, you need a Global Health Insurance Card (GHIC) or a European Health Insurance Card (EHIC).</p> <p>The NHS's <a href="#">getting healthcare abroad webpage</a> has details about:</p> <ul style="list-style-type: none"> <li>• how to apply for a GHIC</li> <li>• how to get temporary cover if you lose your card or it does not arrive in time</li> <li>• who qualifies for a new EHIC instead of a GHIC</li> <li>• what treatment counts as medically necessary</li> </ul> <p>A GHIC or EHIC is not an alternative to travel insurance. You may have costs your GHIC or EHIC does not cover, including:</p> <ul style="list-style-type: none"> <li>• changes to travel and accommodation bookings</li> <li>• additional standard costs for treatment</li> <li>• medical repatriation to the UK</li> <li>• treatment that is ruled non-urgent</li> <li>• private healthcare</li> <li>• private clinics</li> </ul> <p>There is also <a href="#">guidance on healthcare if you're living in Estonia</a>.</p> <p><b><a href="#">Warwick Business Travel Insurance Details</a></b></p> <p>Only emergency medical treatment is covered under this policy. Please note that there is no emergency medical cover if you are a national in the country you need medical attention in. For emergency medical assistance or security assistance (if there is risk to your personal safety) please call the number on the following page:  <a href="https://warwick.ac.uk/services/legalandcomplianceservices/insurance/keypolicies/traveloverseas">https://warwick.ac.uk/services/legalandcomplianceservices/insurance/keypolicies/traveloverseas</a></p> <p>Report and Support: <a href="https://reportandsupport.warwick.ac.uk/">https://reportandsupport.warwick.ac.uk/</a></p>

			Wellbeing Services: <a href="https://warwick.ac.uk/services/wss/">https://warwick.ac.uk/services/wss/</a>
<b>Exposure to infection: Known endemic illnesses in destination(s)</b>		<ul style="list-style-type: none"> <li>• Take medical advice and arrange vaccination/inoculation/prophylaxis as appropriate</li> <li>• Consider the following conditions in particular: Cholera, Diphtheria, Hepatitis B, Japanese Encephalitis, Malaria, Meningitis, Poliomyelitis, Tetanus, Tick-borne Encephalitis, Tuberculosis, Typhoid and Yellow Fever.</li> </ul>	<p><b>Vaccine recommendations and health risks</b></p> <p>At least 8 weeks before your trip:</p> <ul style="list-style-type: none"> <li>• check the latest <a href="#">vaccine recommendations for Estonia</a></li> <li>• see where to get vaccines and whether you have to pay on the <a href="#">NHS travel vaccinations page</a></li> </ul> <p>See what <a href="#">health risks you'll face in Estonia</a>, including biting insects and ticks.</p>
<b>Pre-existing medical conditions</b>		<ul style="list-style-type: none"> <li>• Take medical advice.</li> <li>• Carry written details of medical condition, adequate supplies of prescribed medication, details of blood group, etc.</li> <li>• Consider translation of information into local language.</li> <li>• Share with colleagues where appropriate</li> </ul>	<p>If you're on prescription medication, make sure you bring enough with you or have access to a supply in Estonia. Certain medicines may not be available and you <u>may be prohibited</u> from bringing others into the country. For more information and advice, check with your GP and the Embassy of Estonia before travelling.</p> <p>If you have a health condition, or you are pregnant, you may need specialist healthcare abroad. Check whether your destination country can provide the healthcare you may need and ensure you have <a href="#">appropriate travel insurance</a> for unexpected medical evacuation or local treatment.</p> <p><b>Medication</b></p> <p>The legal status and regulation of some medicines prescribed or bought in the UK can be different in other countries. If you need advice about what you can take into Estonia, contact the <a href="#">Estonian Medicine Agency</a>.</p> <p>Check to see whether you need approval to <a href="#">bring in medication from the UK</a>.</p> <p>Not all medicines from the UK are available in Estonia. Make sure you have a prescription from your GP and check with a doctor in Estonia who may be able to issue a prescription for a local equivalent. Read <a href="#">best practice when travelling with medicines on TravelHealthPro</a>.</p>
<b>Health and Local medical facilities</b>		<ul style="list-style-type: none"> <li>• Hospital proximity and standards.</li> <li>• Access to doctors/dentists.</li> <li>• Payment methods for medical treatment.</li> </ul>	<p><b>Emergency medical number</b></p> <p>Dial 112 and ask for an ambulance.</p> <p>Contact your insurance or medical assistance company quickly if you're referred to a medical facility for treatment.</p> <p><b>Healthcare in Estonia</b></p> <p>FCDO has a list of <a href="#">medical providers in Estonia</a> where some staff will speak English.</p>

**Travel and mental health**

Read [FCDO guidance on travel and mental health](#). There is also [mental health guidance on TravelHealthPro](#).

**Contact your travel provider and insurer**

Contact your travel provider and your insurer if you are involved in a serious incident or emergency abroad. They will tell you if they can help and what you need to do.

**Refunds and changes to travel**

For refunds or changes to travel, contact your travel provider. You may also be able to make a claim through insurance. However, insurers usually require you to talk to your travel provider first.

Find out more about [changing or cancelling travel plans](#), including:

- where to get advice if you are in a dispute with a provider
- how to access previous versions of travel advice to support a claim

**Support from FCDO**

FCDO has guidance on staying safe and what to do if you need help or support abroad, including:

- finding [lawyers](#), [funeral directors](#) and [translators and interpreters](#) in Estonia
- dealing with a [death in Estonia](#)
- being [arrested or imprisoned in Estonia](#)
- getting help if you're a [victim of crime](#)
- what to do if you're [in hospital](#)
- if you're [affected by a crisis](#), such as a terrorist attack

**Contacting FCDO**

Follow and contact FCDO travel on [Twitter](#), [Facebook](#) and [Instagram](#). You can also sign up to [get email notifications](#) when this travel advice is updated.

You can also [contact FCDO online](#).

**Help abroad in an emergency**

If you're in Estonia and you need emergency help from the UK government, contact the [British Embassy in Tallinn](#).

**FCDO in London**

You can call FCDO in London if you need urgent help because something has happened to a friend or relative abroad.

Telephone: 020 7008 5000 (24 hours)

[Find out about call charges](#)

			<p><b>Medical treatment</b></p> <p>As stated above, make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation. The cost of medical treatment in Estonia can be high.</p> <p><b>If you have a medical emergency contact the University Insurance company immediately:</b>  <a href="https://warwick.ac.uk/services/legalandcomplianceservices/insurance/keypolicies/traveloverseas">https://warwick.ac.uk/services/legalandcomplianceservices/insurance/keypolicies/traveloverseas</a></p> <p><b>Please note that there is no emergency medical cover if you are a national in the country you need medical attention in.</b></p> <p><b>Note: The University Business Travel Insurance is not private health cover. The insurance is for emergency health treatment only. You may also wish to take out private health insurance for the duration of your stay.</b></p> <p><b>Wellbeing Services:</b> <a href="https://warwick.ac.uk/services/wss/">https://warwick.ac.uk/services/wss/</a></p>
<b>Accommodation</b>		<ul style="list-style-type: none"> <li>• Pre-book accommodation</li> <li>• Stay in recognised accommodation</li> <li>• Familiarise yourself with emergency exits</li> <li>• Security staff and arrangements</li> <li>• Secure storage/safes</li> </ul>	<p>Student mobility students hosted at a partner University will be supported with finding accommodation by the partner.</p> <p>Language Assistants are supported by the School(s) that they are allocated to by the British Council</p> <p>Work placements students are required to find their own accommodation with local support.</p> <p>Suitable accommodation can be difficult to identify and secure, it is recommended that you don't leave it too late to find this. We have had students whose placements have been impacted by being unable to secure suitable accommodation.</p> <p>Please be aware that some partner Universities have compulsory 'meal plans' these can prove to be expensive if you have special dietary requirements.</p>
<b>Transport</b>		<ul style="list-style-type: none"> <li>• Use only registered taxis</li> <li>• Arrange airport collection where possible</li> <li>• Check safety and road worthiness of any hire vehicle</li> <li>• Avoid driving at night</li> <li>• If possible, share long distance driving</li> </ul>	<p><b>Road travel</b></p> <p>If you are planning to drive in Estonia, see <a href="#">information on driving abroad</a> and check the <a href="#">rules of the road in the RAC's Estonia guide</a>. The guide lists driving regulations and other legal requirements you need to be aware of.</p> <p>You can drive in Estonia with a UK driving licence. You must have the original V5C vehicle registration document with you. Check for more details on the <a href="#">Estonian state portal</a>. Check if you need a <a href="#">UK sticker to drive your car outside the UK</a>.</p> <p>If you are visiting Estonia, you may be able to use your <a href="#">Blue Badge</a> in some circumstances. Check local parking rules.</p>

		<ul style="list-style-type: none"> <li>• Ensure all internal transfers are booked in advance of travel (where possible).</li> </ul>	<p>Hire car companies often have stricter requirements for their customers, such as a year of driving experience or a higher minimum age.</p> <p>Do not drink and drive. If you are tested and found to have more than a quarter of England's legal limit of alcohol in your body, you may get a fine and possible imprisonment.</p> <p><b>Taxis</b></p> <p>Do not hail unmarked taxis – they're illegal. Make sure the taxi has:</p> <ul style="list-style-type: none"> <li>• a price list on the back window</li> <li>• the driver's licence in a visible place</li> <li>• a working meter</li> <li>• 'TAKSO' signage (for taxis at taxi ranks)</li> </ul> <p>You can also use taxi apps like Bolt, Forus and Uber.</p>
<b>Communications</b>		<ul style="list-style-type: none"> <li>• Consider access to landlines or alternative handsets if mobile phone is lost or stolen.</li> <li>• Back-up chargers or batteries for phones or electronic devices</li> <li>• Access to network or wi-fi</li> </ul>	Loss of mobile phones or laptops are not covered on the University Insurance policy
<b>Utilities/Cyber Issues</b>		<ul style="list-style-type: none"> <li>• Compatibility of equipment</li> <li>• Voltages and safety equipment</li> <li>• Power cuts or interruptions</li> </ul>	Check whether plug adapters will be required
<b>Insect and animal bites</b>		<ul style="list-style-type: none"> <li>• Consider likely insect/animal issues in particular area</li> <li>• Avoid by prevention – repellents, clothing, etc.</li> <li>• Consider use of nets in accommodation</li> <li>• Carry appropriate treatment</li> </ul>	See what <a href="#">health risks you'll face in Estonia</a> , including biting insects and ticks.
<b>Contaminated water/food</b>		<ul style="list-style-type: none"> <li>• Avoid food or water which could be contaminated.</li> <li>• Carry water sterilising tablets.</li> </ul>	Check whether bottled water is recommended
<b>Minor injuries and ailments</b>		<ul style="list-style-type: none"> <li>• Carry basic First Aid kit.</li> </ul>	
<b>Sunburn</b>		<ul style="list-style-type: none"> <li>• Avoid by prevention – hat, sunglasses, and sunblock.</li> <li>• Carry appropriate treatment.</li> </ul>	
<b>Leisure activities</b>		<ul style="list-style-type: none"> <li>• Ensure you are adequately insured (the University insurance</li> </ul>	The Warwick Business Travel Insurance will not provide cover for non-business (study) related activity. Ensure you take out personal insurance. Also having the correct license if you are hiring a vehicle is essential.

		<p>does <u>not</u> provide cover for non-business related activity)</p> <ul style="list-style-type: none"> <li>• Skiing, white water, bungee jumping, diving. Etc.</li> </ul>	
<b>Natural disasters</b>		<ul style="list-style-type: none"> <li>• Assessment of the risk of typhoons, earthquake, tsunami, avalanche, etc</li> </ul>	
<b>Research or work activities</b>		<ul style="list-style-type: none"> <li>• Awareness of safe systems of work</li> <li>• Awareness of local safety measures</li> <li>• Remoteness of work sites</li> </ul>	Will be covered by the Host Institution
<b>Completed by Department:</b>			<b>Student Mobility, STUDENT OPPORTUNITY</b>
<b>Date:</b>			<b>Tuesday 27<sup>th</sup> January 2026</b>
			<b><u><a href="#">Frequently Asked Questions (warwick.ac.uk)</a></u></b>