

## Overseas Travel

### Risk Assessment: Student Mobility – Portugal

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

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| Department:                         | Student Mobility, Student Opportunity                                                                                                                                                                                                                                                                                                                                                                                                          |
| Location(s) to be visited:          | Portugal                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Purpose of journey:                 | Student Mobility                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Name and role of traveller(s):      | List held with Student Mobility                                                                                                                                                                                                                                                                                                                                                                                                                |
| Name of line manager or supervisor: | Jonathan French/Maria Fox (Head of Student Mobility)                                                                                                                                                                                                                                                                                                                                                                                           |
| Dates of proposed travel:           | Academic Year 2026 – 2027                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Information taken from:             | <a href="https://www.gov.uk/foreign-travel-advice/">https://www.gov.uk/foreign-travel-advice/</a> (FCDO)                                                                                                                                                                                                                                                                                                                                       |
| Living In Country Guidance          | <a href="https://www.gov.uk/guidance/living-in-portugal">https://www.gov.uk/guidance/living-in-portugal</a><br><b>Before you travel</b><br>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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| Coronavirus             |                            |                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Money                   |                            |                                                            | <p>The currency in Portugal is the Euro.</p> <p>See information regarding pickpocketing under 'Crime'.</p> <p>Research and make yourself fully aware of the cost of living for Portugal. 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 Portugal set and enforce entry rules. If you're not sure how these requirements apply to you, contact the <a href="#">Portuguese Embassy in the UK</a>.</p> <p><b>Passport validity requirements</b><br/>Portugal follows <a href="#">Schengen area rules</a>. Your passport must:</p> <ul style="list-style-type: none"> <li>• have 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> |

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|  |  |  | <p>You will be denied entry if you do not have a valid travel document or try to use a passport that has either been reported lost or stolen or is damaged.</p> <p><b>Dual nationals</b><br/>When returning to the UK, British citizens must carry a valid <a href="#">British passport</a> or <a href="#">certificate of entitlement</a>. See <a href="#">Dual citizenship</a>.</p> <p><b>Visa requirements</b><br/>You can <a href="#">travel without a visa to the Schengen area</a>, which includes Portugal, for up to 90 days in any 180-day period. This applies if you travel:</p> <ul style="list-style-type: none"> <li>• as a tourist</li> <li>• to visit family or friends</li> <li>• to attend business meetings, cultural or sports events</li> <li>• for short-term studies or training</li> </ul> <p>The requirements for <a href="#">working in Portugal</a> are different.<br/>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 in the 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.</p> <p style="text-align: center;"><b>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').</b></p> <p>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.<br/>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.<br/>At Portuguese border control you may need to show:</p> <ul style="list-style-type: none"> <li>• an onward or return ticket</li> <li>• proof you have enough money for your visit</li> </ul> <p><b>Staying longer than 90 days in a 180-day period</b><br/>To stay longer, you must <a href="#">meet the Portuguese government's entry requirements</a> (in Portuguese).<br/>If you're in Portugal with a residence permit or long-stay visa, this does not count towards your 90-day visa-free limit.<br/>Read about <a href="#">entry processes if you live in Portugal</a>.</p> <p style="text-align: center;"><b>New Schengen entry requirements</b><br/>From 12 October 2025, the European Union's (EU) new Entry/Exit System (EES) will begin roll out.</p> |
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|  |  |  | <p>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.</p> <p>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.</p> <p>EES may take each passenger a few extra minutes to complete so be prepared to wait longer than usual at the border.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Read more <a href="#">information on the EU Entry/Exit System and to understand which countries are in the Schengen area</a>.</p> <p><b>Travelling with children</b></p> <p><u>Non-resident children travelling to Portugal</u></p> <p>Children aged 17 and under travelling to Portugal alone, or with a person who is not their parent or legal guardian, must:</p> <ul style="list-style-type: none"> <li>• carry a letter of authorisation to travel from their parent or guardian, together with a copy of their parent or guardian's passport.</li> </ul> <p>Make sure the letter includes:</p> <ul style="list-style-type: none"> <li>• the child's full name, date of birth and passport number</li> <li>• the child's dates of arrival and departure</li> <li>• the name of the adult in Portugal who will be responsible for them during their stay</li> <li>• the full names, dates of birth, passport numbers and contact details of the parent or guardian</li> <li>• the parent or guardian's signature and date of issue</li> <li>• a copy of the parent or guardian's passport</li> </ul> <p>If you bring a child to Portugal without a letter of authorisation, your entry will be delayed and may be refused.</p> |
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|                                                                                                           |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p>Teenagers aged 17 and under who travel alone, or with friends of the same age, and who are not being met on arrival by a parent or guardian, may be refused entry if they do not have a letter of authorisation.</p> <p><u>Non-resident children leaving Portugal</u><br/>Non-resident children aged 17 and under who leave Portugal alone, or with a person who is not their parent or guardian, must have a letter of authorisation unless they are returning to their country of origin.</p> <p><u>Resident children leaving Portugal</u><br/>A child aged 17 or under who is resident in Portugal must carry a properly certified letter of authorisation if travelling without their parent or legal guardian. See more details in the <a href="#">Living in Portugal guide</a>.</p> <p><b>Vaccine requirements</b><br/>For details about medical entry requirements and recommended vaccinations, see TravelHealthPro's guides for <a href="#">Portugal</a>, <a href="#">The Azores</a>, <a href="#">Madeira</a> and Porto Santo.</p> <p><b>Customs rules</b><br/>There are <a href="#">strict rules about goods that can be brought into and taken out of Portugal</a>. You must declare anything that may be prohibited or subject to tax or duty.</p> <p><b>Taking food into Portugal</b><br/>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>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> </ul> | <p><b>Laws and cultural differences</b></p> <p><b>Personal ID</b><br/>You must provide photo ID if asked by a police officer. The police have the right to hold you at a police station until they have confirmed your identity. It is mandatory to carry ID when driving.</p> <p><b>Gambling</b><br/>Gambling is only legal in places licensed by the government, such as official casinos. Games of chance, including bingo, are illegal if they're held on unlicensed premises.<br/>The police may act on reports of illegal gambling in unauthorised premises without warning. You could be arrested, charged and fined or given a prison sentence. If in doubt, ask if the venue is licensed.</p> <p><b>Illegal drugs</b><br/>Illegal drugs, including cannabis, carry severe penalties. You should expect a long jail sentence and heavy fines for smuggling illegal drugs, including when transiting through the airport.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

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|                                                         |  | <ul style="list-style-type: none"> <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>Airports in Portugal have excellent technology and security for detecting illegal items. This is also used to scan the baggage of transiting passengers.</p> <p><b>Local laws governing public behaviour in Albufeira</b><br/>The municipality of Albufeira has introduced a <a href="#">Code of Conduct</a> which bans inappropriate behaviour in public places. Check out <a href="#">the rules</a> that are now in force. If you break the rules, you could be fined on the spot from between 150 and 1800 euros.<br/>The Town Council has placed restrictions on the sale of alcohol from shops and supermarkets in certain parts of Albufeira between 11pm and 8am. For more information on the measures, including the areas affected, see <a href="#">Albufeira Town Hall's website</a>.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Equality and Diversity<br/>LGBTQ information</b>     |  |                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>No advice specifically for Portugal but please see general LGBTQ travel advice at <a href="https://www.gov.uk/guidance/lesbian-gay-bisexual-and-transgender-foreign-travel-advice">https://www.gov.uk/guidance/lesbian-gay-bisexual-and-transgender-foreign-travel-advice</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Social/Political<br/>Unrest or Terrorism:</b>        |  | <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 safety/security grounds then seek approval from HoD/Line Manager</li> <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><b>Terrorism</b><br/>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.<br/>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 Portugal</b><br/>Terrorist attacks in Portugal cannot be ruled out.</p> <p><b>Political Situation</b></p> <p><b>Political Demonstrations</b><br/>Demonstrations, political gatherings and marches are not uncommon, particularly in cities. While most demonstrations are peaceful, if you are near areas where they are taking place, you should remain aware of what is happening around you and follow the advice of the police and local authorities.</p> <p><b>Strike action</b><br/>Strike action that causes travel disruption, including at airports, can take place. Strikes can be announced at short notice. For updates on any disruption that may affect your travel plans, check the local news and follow the advice of your travel provider or tour operator.</p> |
| <b>Crime:<br/>Personal attack /<br/>kidnap: Dangers</b> |  | <ul style="list-style-type: none"> <li>• Awareness of risk of theft or pickpockets</li> <li>• Awareness of local scams or hotspots</li> </ul>                                                                                                                                                                                                                                                                       | <p><b>Protecting yourself and your belongings</b><br/>Crime rates are low but pickpocketing, bag-snatching and theft from holiday properties are common in major tourist areas. Foreign-registered and hire cars are often targeted by thieves. Thieves may use threats or violence. To reduce your personal risk:</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

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| <p>associated with travelling alone; arriving at night, etc.:</p> <p>Theft or loss of ID documents and other belongings: passport, driving license, bank cards, travel tickets, laptop</p> |  | <ul style="list-style-type: none"> <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> | <ul style="list-style-type: none"> <li>• keep sight of your belongings at all times</li> <li>• beware of thieves using distraction techniques</li> <li>• avoid carrying all your valuables together in handbags or pockets</li> <li>• leave spare cash and valuables in a safe place</li> <li>• avoid leaving items in an unattended car</li> </ul> <p><b>Public transport</b><br/>Pickpocketing is a risk. Take care on public transport and at busy stations and crowded bus and tram stops.</p> <p><b>Holiday accommodation</b><br/>Check your holiday accommodation is secure. Lock all doors and windows at night and when you go out.<br/>If you're worried about security at your accommodation, speak to your tour operator or the owner, or contact the:</p> <ul style="list-style-type: none"> <li>• <a href="#">Polícia de Segurança Pública (PSP)</a> – the public security police force that covers cities</li> <li>• <a href="#">Guarda Nacional Republicana (GNR)</a> – the national guard that covers smaller towns and rural areas</li> </ul> <p><b>Drink spiking, alcohol and sexual assault</b><br/>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>• take a photograph of the name and address of your accommodation to help you find it at the end of the night</li> <li>• set up a group chat 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>• always use pre-arranged taxis and do not accept lifts from unmarked vehicles or with strangers</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 Portugal are often stronger than those in the UK.<br/>Report anything that does not feel right to local authorities or hotel or club management.</p> <p><a href="#">Warwick Business Travel Insurance Details</a></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</p> |
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|                           |  |                                                                                                                                                                                          | <p>your personal safety) please call the number on the following page:<br/> <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Travel Preparation</b> |  | <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 Portugal, 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</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 Portugal</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:<br/> <a href="https://warwick.ac.uk/services/legalandcomplianceservices/insurance/keypolicies/traveloverseas">https://warwick.ac.uk/services/legalandcomplianceservices/insurance/keypolicies/traveloverseas</a></p> |



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|                                                                         |  |                                                                                                                                                                                                                                                                                                                                                                       | <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <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 information for Portugal</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 <a href="#">what health risks you'll face in Portugal</a>.</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 Portugal. 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 Portugal 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.</p> <p>Check to see whether you need approval to <a href="#">bring in medication from the UK</a>.</p> <p>UK prescriptions are not recognised in Portugal. Carry enough medication for your visit.</p> <p>If you need a repeat prescription, go to the nearest health centre or hospital A&amp;E. You may have to pay for your medication.</p> <p>Not all medicines from the UK are available in Portugal. Make sure you have a prescription from your GP and check with a doctor in Portugal who may be able to issue a prescription for a local equivalent.</p> <p>You will need to go to a pharmacy to get most medicines, though some non-prescription medication is sold at health stores in supermarkets and shopping centres. Find a pharmacy on the <a href="#">Pharmacy Association website</a>.</p> <p>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> </ul>                                                                                                                                                                                                                                                                                   | <p><b>Emergency medical number</b></p> <p>Dial 112 and ask for an ambulance.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

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|  |  | <ul style="list-style-type: none"> <li>• Access to doctors/dentists.</li> <li>• Payment methods for medical treatment.</li> </ul> | <p>Contact your insurance or medical assistance company quickly if you're referred to a medical facility for treatment.</p> <p>If you're feeling unwell, but it's not an emergency, call:</p> <ul style="list-style-type: none"> <li>• Mainland Portugal: (+351) 808 24 24 24, press 9 for English. If you have hearing loss and cannot hear on the phone, you can make contact by <a href="#">videocall or webchat</a> (Portuguese language website).</li> <li>• Madeira and Porto Santo: (+351) 800 24 24 20</li> <li>• Azores: (+351) 808 24 60 24</li> </ul> <p><b>Healthcare in Portugal</b></p> <p>FCDO has a <a href="#">list of medical providers in Portugal</a>, where some staff will speak English.</p> <p><b>Travel and mental health</b></p> <p>Read <a href="#">FCDO guidance on travel and mental health</a>. There is also <a href="#">mental health guidance on TravelHealthPro</a>.</p> <p><b>Contact your travel provider and insurer</b></p> <p>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.</p> <p><b>Refunds and changes to travel</b></p> <p>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 <a href="#">changing or cancelling travel plans</a>, including:</p> <ul style="list-style-type: none"> <li>• where to get advice if you are in a dispute with a provider</li> <li>• how to access previous versions of travel advice to support a claim</li> </ul> <p><b>Support from FCDO</b></p> <p>FCDO has guidance on staying safe and what to do if you need help or support abroad, including:</p> <ul style="list-style-type: none"> <li>• finding <a href="#">lawyers</a>, <a href="#">funeral directors</a> and <a href="#">translators and interpreters</a> in Portugal</li> <li>• dealing with a <a href="#">death in Portugal</a></li> <li>• being <a href="#">arrested or imprisoned in Portugal</a></li> <li>• getting help if you're a <a href="#">victim of crime</a></li> <li>• what to do if you're <a href="#">in hospital</a></li> <li>• if you're <a href="#">affected by a crisis</a>, such as a terrorist attack</li> </ul> <p><b>Contacting FCDO</b></p> <p>Follow and contact FCDO travel on <a href="#">Twitter</a>, <a href="#">Facebook</a> and <a href="#">Instagram</a>. You can also sign up to <a href="#">get email notifications</a> when this travel advice is updated.</p> <p>You can also <a href="#">contact FCDO online</a>.</p> |
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|                      |  |                                                                                                                                                                                                                                                        | <p><b>Help abroad in an emergency</b><br/>If you're in Portugal and you need emergency help from the UK government, contact the <a href="#">British Embassy Lisbon</a>.</p> <p><b>FCDO in London</b><br/>You can call FCDO in London if you need urgent help because something has happened to a friend or relative abroad.<br/>Telephone: 020 7008 5000 (24 hours)<br/><a href="#">Find out about call charges</a></p> <p><b>Medical treatment</b><br/>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 Portugal can be high.</p> <p><b>If you have a medical emergency contact the University Insurance company immediately:</b><br/><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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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| <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> <li>• Ensure all internal transfers are booked in advance of travel (where possible).</li> </ul> | <p><b>Transport risks</b></p> <p><b>Road travel</b><br/>         If you are planning to drive in Portugal, see <a href="#">information on driving abroad</a> and check the <a href="#">rules of the road in the RAC's Portugal guide</a>. The guide lists driving regulations and other legal requirements you need to be aware of.<br/>         You can use a UK photocard driving licence to drive in Portugal. If you still have a paper driving licence, you may need to <a href="#">update it to a photocard licence</a> or get the <a href="#">correct version of the international driving permit (IDP)</a> as well.<br/>         You can bring your own vehicle to Portugal for up to 183 days in any 12-month period. You must not use your vehicle for any other purpose than tourism or loan it to anyone else.<br/>         If you want to stay longer, you must apply to the <a href="#">Portuguese Customs authority</a> to have the car legally imported. You'll be fined if you leave the country without your car.<br/>         Check if you need a <a href="#">UK sticker to drive your car outside the UK</a>.<br/>         If you are visiting Portugal, you may be able to use your <a href="#">Blue Badge</a> in some circumstances. Check local parking rules.<br/>         Check <a href="#">how long you can use your UK licence if you live in Portugal</a>.</p> <p><b>Tolls</b><br/>         Make sure you understand <a href="#">the toll system</a> in Portugal and how to pay toll charges. If you think you may have used a toll road without paying, check the <a href="#">Toll Payment Portal</a>.</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>                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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| Minor injuries and ailments |  | <ul style="list-style-type: none"> <li>• Carry basic First Aid kit.</li> </ul>                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Sunburn                     |  | <ul style="list-style-type: none"> <li>• Avoid by prevention – hat, sunglasses, and sunblock.</li> <li>• Carry appropriate treatment.</li> </ul>                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Leisure activities          |  | <ul style="list-style-type: none"> <li>• Ensure you are adequately insured (the University insurance does <u>not</u> provide cover for non-business related activity)</li> <li>• Skiing, white water, bungee jumping, diving. Etc.</li> </ul> | <p><b>Outdoor activities and adventure tourism</b></p> <p><b>Beaches and swimming</b><br/> Every year, people drown in the sea and in swimming pools in Portugal. Take care when walking close to the water's edge, especially along unsupervised stretches of beaches. Waves can be unpredictable and have a strong undertow. Do not:</p> <ul style="list-style-type: none"> <li>• swim at beaches that connect to or from rivers as they can have strong undercurrents</li> <li>• swim at any beach without lifeguards</li> <li>• dive into unknown water as hidden rocks or shallow depths can cause serious injury or death</li> </ul> <p>Beware of rip tides, which can cause drowning. If you are caught in a rip tide, do not try to swim against it. Swim parallel to the coastline until you no longer feel the current, then try to swim towards the shore.</p> <p>Follow any lifeguard instructions and warning flags:</p> <ul style="list-style-type: none"> <li>• red means danger: do not go into the water</li> <li>• yellow means caution: you can walk in the water, but you cannot swim</li> <li>• green means it is safe to swim in the water</li> </ul> <p>See <a href="#">water safety on holiday</a> from the Royal Life Saving Society.</p> <p><b>Cliff erosion</b><br/> Look out for signs warning of cliff erosion. Falling rocks are a hazard, particularly in the Algarve. The authorities can fine people who ignore warning signs.</p> <p><b>Hiking in Madeira and the Azores</b><br/> Hiking in Madeira and the Azores can be challenging. Choose paths that suit your fitness and experience.<br/> Be prepared for narrow, uneven paths and heights. Wear suitable clothing and walking boots. Take extra care if it has rained, as the ground may be slippery and unstable. Check with your tour guide or local organiser that it is safe before you set off.<br/> Leave details of where you are going with your hotel reception and take a phone with you. Reduce the risk by walking with a group or following a guide.<br/> See more information about staying safe, walkway closures and access restrictions on <a href="#">Visit Madeira</a> and <a href="#">Visit Azores</a>.</p> |

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|                                    |  |                                                                                                                                                                   | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Natural disasters</b>           |  | <ul style="list-style-type: none"> <li>Assessment of the risk of typhoons, earthquake, tsunami, avalanche, etc</li> </ul>                                         | <p><b>Extreme weather and natural disasters</b><br/>Find out what you can do to <a href="#">prepare for and respond to extreme weather and natural hazards</a>.</p> <p><b>Wildfires</b><br/>There is an increased risk of wildfires from April to October when the weather is hot and dry. Wildfires can start anywhere in Portugal. Wildfires are highly dangerous and unpredictable. The Portuguese authorities may evacuate areas and close roads for safety reasons. You should:</p> <ul style="list-style-type: none"> <li>check the <a href="#">fire risk index</a> for your location (in Portuguese)</li> <li>familiarise yourself with <a href="#">local safety and emergency procedures</a></li> <li>follow the advice of the Portuguese authorities</li> <li>call the emergency services on 112 if you see a fire</li> </ul> <p>Starting a fire, even if it is by accident, is illegal and you could get a fine or a prison sentence. For information about active wildfires and forecasts, visit the Portuguese Met Office website for information on <a href="#">Portugal</a> and <a href="#">Madeira</a>.</p> <p><b>Earthquakes</b><br/>Earthquakes are a risk in Portugal. For more information, see the <a href="#">Portuguese Met Office</a> (for mainland Portugal) or the <a href="#">Earthquake Information and Surveillance Centre</a> (for the Azores). The US Federal Emergency Management Agency website has advice about <a href="#">what to do before, during and after an earthquake</a>.</p> <p><b>Extreme weather warnings</b><br/>For severe weather warnings, go to the <a href="#">European Meteorological Services website</a>.</p> |
| <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>Monday 9<sup>th</sup> February 2026</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

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|  | <a href="#"><u>Frequently Asked Questions (warwick.ac.uk)</u></a> |
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