

Study Abroad & Erasmus Checklist for Students with a Disability



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## Prepare to Travel

* Check the [Trinity Erasmus webpage for information on preparing to travel](https://www.tcd.ie/study/non-eu/study-abroad/from-trinity/erasmus/Preparation/).
* Check [AHEAD guide for studying abroad](http://ahead.ie/studyabroad).
* Check the [Erasmus + application process link](https://www.tcd.ie/study/non-eu/study-abroad/from-trinity/erasmus/Apply/)
* Explore location of the host university and travel networks.
* Source the residential accommodation application form for the host university.

## Research the Student Supports within the Host University

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In researching the disability supports in the host university, go to the website, and email student services, course contacts and perhaps student’s union officers as required depending on the university.

* Who are your key contacts within the host university? (Course contact, accommodation, Disability Support, Counselling, Health etc.)
* How do students register for disability supports? Who is the Disability Support Contact in the host university?
* What reasonable accommodations are available to students within this host university?
* What evidence of disability documentation is required to register and how recent must this be? Contact the Disability Officer in the host university to find this out prior to meet with the Disability Officer within Trinity.

## Meet with your Disability Officer in Trinity

* Organise to meet with your Disability Officer/Occupational Therapist as soon as possible after application and no later than the end of the 3rd week of June.
* Discuss reasonable accommodations that you have in Trinity and the reasonable accommodations that are provided within your host University.
* Discuss accommodation and specific requirements if necessary.
* Does an Erasmus + application need to be made?
* Discuss transport to and from the host university every day.
* Discuss how disclosure happens within the host university.
* Update your Learning Education Needs Summary (LENS) as required
* Discuss [funding options](http://ahead.ie/studyabroad-funding) if applicable.
* Discuss referral to Occupational Therapist for personal pre-Erasmus planning as required.

## Other things to do

(Occupational Therapists are here to help through these items.)

* What are my key strategies to maintain my health and well-being while I am away?
* What are the things to consider upon arrival in the host university? Please review the information on this [link](https://www.tcd.ie/study/non-eu/study-abroad/from-trinity/erasmus/Arrival/) on the Trinity Erasmus webpage.
* What if I am experiencing disability difficulties when away from home and the host university is not helping?
* Locate and explore personal supports within or external to host University. Are these English speaking if required?
* Are there any medication considerations while you are on Erasmus? Do medication scripts need to be renewed prior to departure?
* What does the health centre cover/provide in the host University? Is there are charge for this and is this covered by insurance?
* What does my health insurance cover abroad?
* Will I have a contact person like my tutor?
* What happens if I do not finish my Erasmus term? Who should I contact on my return?
* Please review the ‘When you return home from abroad’ Erasmus webpage linked [here](https://www.tcd.ie/study/non-eu/study-abroad/from-trinity/Return/). ­