



Going Abroad with a Disability – Trinity Supports

Studying abroad on an Erasmus is an exciting opportunity, and with the right preparation, students with disabilities can fully benefit from the experience. Here's how Trinity supports you before and during your time abroad.

Before You Go: Plan Ahead

- **Research your host university:** Disability supports differ widely by country and institution. Review the university website or contact their disability support office directly.
 - **Speak to your Disability Officer:** Discuss your specific support needs and how best to prepare for the transition abroad.
 - **Understand cultural differences:** Disability inclusion varies between countries – including legal rights, social attitudes, and infrastructure.
 - **Funding and costs:** You may be eligible for additional financial support through Erasmus+ or the FSD (Fund for Students with Disabilities).
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Your LENS Report

- **Download it from my.tcd.ie** and share it with your host university as a reference for your needs.
 - The **LENS** can guide the host university, but **additional documentation may be required**, such as a doctor's letter or full diagnostic report.
 - Some countries do not recognise the same definitions of disability — it's good to check ahead.
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Contacting the Host University

- Reach out to the **host university's disability or student support office** early.
- Provide your LENS and explain what supports you've received at Trinity.
- Ask about:



- Academic accommodations (e.g. extra time in exams)
 - Campus accessibility
 - Support with housing or transport
 - Mental health and wellbeing resources
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Travel Preparation Tips

- Arrange **accessible housing or transport** early.
 - Bring a **summary of your condition and needs** in the local language if possible.
 - Know how to access **emergency or medical services**.
 - Consider taking part in Trinity's **pre-departure workshop for disabled students**.
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Resources and Contacts

- Trinity Disability Service: askds@tcd.ie | +353 1 896 3111