



## Brussels-Lux Study Tour Safety Information

(updated 3/1/24)

### Stay Informed

- Visit [travel.state.gov](https://travel.state.gov) for detailed information regarding travel and safety while abroad through the U.S. Department of State.
- **Health:** On the State Department's website you can find health information through detailed country profiles as well as other health information related to medical insurance, prescriptions, etc.
  - For this tour, proof of international health insurance is required and you are strongly encouraged to have additional coverage of international medical evacuation and repatriation. UNC-sponsored participants have the opportunity to opt-in to GeoBlue coverage. All other participants are covered by Pitt's ISOS plan.
  - The University of Pittsburgh's contract with **International SOS** provides comprehensive health and security coverage to Pitt-sponsored travelers abroad (while on University-sponsored programs). ISOS provides medical and medical assistance coverage while you are abroad on the Pitt-sponsored portions of your travel (your Study Tour dates). Learn more about [What is Covered](#).
- **Emergency Services**
  - If you're in an emergency situation while in Belgium, use the following numbers:
    - 100 for fire and ambulance emergencies
    - 101 for police emergencies
    - 112 (European emergency number) for all emergencies from your cell phone (will work from US carriers)
- **U.S. Embassy in Brussels:** In the event of an emergency, the US Embassy in Brussels should be one of your first points of contact.

U.S. Embassy Brussels  
27 Boulevard du Régent (the Consular Section is at 25 Boulevard du Régent)  
B-1000 Brussels  
Belgium  
Telephone: +(32) (0) (2) 811-4000  
Emergency After-Hours Telephone: +(32) (0) (2) 811-4000  
Fax: +(32) (2) 811-4500  
Email: [UScitizenbrussels@state.gov](mailto:UScitizenbrussels@state.gov)
- **U.S. Embassy in Luxembourg**
  - 22 Boulevard Emmanuel Servais
  - L-2535 Luxembourg
  - Telephone: +352 46 01 23 00
  - Fax: +352 46 14 01
- **Traveler's Checklist**
  - Please note: every room in the Aloft Brussels Schuman hotel is equipped with a safe. We recommend that you use the safe to store your personal documents during the tour. Please note that you will need to have your passport with you during our site visits.

### Enroll in the Smart Traveler Enrollment Program

- Visit [step.state.gov](https://step.state.gov) to enroll in the Smart Traveler Enrollment Program (STEP).

- This is a free service offered through the State Department to enroll your trip with the nearest US Embassy or Consulate for your travel abroad.
- If you choose to enroll in STEP, the US Embassy in Brussels will provide you with safety updates and warnings if applicable. The Embassy will be able to contact you as well as family and friends (with your approval) in case of an emergency. We **strongly encourage** you to enroll.

### **COVID-Related Precautions**

There are currently no COVID-related restrictions in place for travel between the U.S., Belgium, and Luxembourg. (If you are traveling to any other countries, it is your responsibility to familiarize yourself with applicable requirements and adhere to them.) Of course, COVID-19 restrictions can change, and you should keep yourself informed of the local situation.

As of 20 April 2023, Belgium advises individuals with respiratory symptoms (coughing, sneezing, sore throat, etc.) and immunocompromised individuals to wear [face masks](#).

As of 26 April 2023, Belgium no longer requires mandatory [isolation](#) after a positive COVID-19 test.

Other useful sites to check before travel (updated as conditions change):

<https://be.usembassy.gov/covid-19-information/>

<https://www.info-coronavirus.be/>

### **Study Tour-Specific Policies for Contagious Illnesses**

The health and safety of our educators is of paramount importance to us; for this reason, we have put in place the following guidelines for contagious illnesses (e.g., flu, COVID).

First, all participants are **strongly encouraged** to wear a high-quality face mask while traveling to Brussels (e.g., in airports, on planes, on trains). It is also suggested to wear face masks during site visits and other indoor gatherings. This serves to protect you as well as the other educators you will be joining in Brussels and helps to ensure a rewarding experience for everyone.

If you are experiencing any COVID- or flu-like symptoms, you **must** notify a tour organizer **immediately**. We will help you secure rapid antigen COVID tests. Anyone experiencing symptoms of a contagious illness (e.g., cough, respiratory problems, fever, aches and pains, fatigue, diarrhea, etc.) is required to wear a high-quality, well-fitting face mask when near other tour participants to avoid infecting others. Contagious individuals may be excluded from site visits or required to mask to participate.

### **Other Safety Tips**

- Carry your local cellphone with you at all times, powered up, and pre-programmed with contact information for your program coordinators (i.e., Pitt's European Studies Center staff and your partner university contacts sponsoring your trip on the Brussels-Lux Study Tour).
  - Note: Make sure that your phone will work in Belgium. Work with your carrier to purchase an international plan, if applicable, or [review this website for alternative cell phone options](#).
- Read all emails you receive from your program coordinators carefully and follow their advice assiduously.
- Give a copy of your itinerary to family and friends prior to your departure.
- If you experience ANY symptoms of COVID-19 during the tour, you should alert your tour facilitators immediately, limit contact with others, and wear a well-fitting face mask.

- You are required to inform staff organizers of any independent travel during the tour (i.e., a day trip to Bruges, Belgium) via email ([meetEU@pitt.edu](mailto:meetEU@pitt.edu)). Also inform your family/loved ones of your plans in advance. This saves a great amount of time and heartache during emergencies and allows help to get to you more quickly should something happen.
- Practice situational awareness: make note of good travel routes in cities, locate fire exits when you enter a building, keep abreast of local news through online media/newspapers, and watch for suspicious activity in public. Trust your gut and tell someone if you see something that "doesn't seem right".
- Should you hear of an attack or incident close by you, contact the program coordinators (Pitt as well as your partner university sponsoring your travel) and your loved ones at home as soon as possible to let them know you are safe. You can do this via phone, email, or through social media, where available.