



# EUROPEAN STUDIES CENTER

A Jean Monnet European Union Centre of Excellence  
A US Department of Education National Resource Center

## Brussels Study Tour Safety Information

### **Stay Informed**

- Visit [travel.state.gov](http://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.
  - Click [HERE](#) for a list of companies that provide international medical coverage as well as other services.
  - As a reminder 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. Pitt students and staff are covered under [International SOS](#) and we recommend this provider.
- **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) 811-4546

Email: UScitizenbrussels@state.gov

- **Smart Travel Tips**
  - Please note: every room in the Martin's Brussels EU Hotel is equipped with a safe. We recommend that you use the safe to store your personal documents during the tour.

## **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 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.

## **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 Study Tour).
  - Note: Make sure that your phone will work in Belgium. Work with your carrier to purchase an international plan 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.
- You are required to inform staff organizers of any independent travel during the tour (i.e. a day trip to Bruges, Belgium). Also inform your family/loved ones of your plans in advance as well. 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". For more information on situational awareness, please see <https://www.stratfor.com/weekly/practical-guide-situational-awareness>.
- 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 (such as Facebook's Check-in Safe feature), where available.