



Brussels Study Tour Safety Information

(updated 5/10/22)

Stay Informed

- Visit 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. For Pitt-sponsored participants, you will be enrolled in an international insurance plan automatically. For participants sponsored by other Universities, please check with your sponsor. Read below to determine which category you fit into.
 - *If you arranged your travel through the University of Pittsburgh and Anthony Travel* (you received a Request ID from the University of Pittsburgh and all tickets were booked by our Anthony Travel contact), you will receive the advantage of the University of Pittsburgh's contract with **International SOS**, which 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). When you booked your flights through Anthony Travel, you were automatically registered for travel. Click here to learn more about [What is Covered](#).
 - *If your participation in the Study Tour is being sponsored by a university other than the University of Pittsburgh AND if you did NOT arrange your travel through the University of Pittsburgh and Anthony Travel*, you will not necessarily be covered by the ISOS/Cigna program and should check with your medical insurance carrier to determine if it provides coverage while traveling abroad. If it does not, you will need to purchase travel insurance individually and at your own cost. International SOS offers individual plans (see www.internationalsos.com). There are also many other providers and coverage is typically affordable. Please feel free to explore other options.
- **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

- **Traveler's Checklist**

- 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. Please note that you will need to have your proof of vaccination AND your passport with you during many of our site visits.

Enroll in the Smart Traveler Enrollment Program

- Visit 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

U.S. Residents must be current on COVID-19 vaccinations to enter Belgium. This means a full series of Pfizer, Moderna, or Johnson and Johnson within four months from travel OR proof of booster. We will not be able to accept unvaccinated individuals on the Study Tour. See <https://unitedstates.diplomatie.belgium.be/en/coronavirus-covid-19>

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

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

<https://www.info-coronavirus.be/> and <http://www.crisiscentrum.be/>

The U.S. Embassy in Luxembourg: <https://lu.usembassy.gov/> 22 Bd Emmanuel Servais, 2535 Luxembourg

Other Restrictions in Place:

****As of 7 March 2022, the Covid Safe Ticket (see below) will no longer be required in Belgium. We will update this page if the requirement is reimposed.**

This sticker will be in businesses and restaurants to indicate you need to present your CST to enter. This will be most places you go, so you must get one.



Obtaining a Belgian Covid Safe Ticket (which should also work in Luxembourg):

<https://coronavirus.brussels/en/belgian-cst-for-foreigners/> (should be done closer to travel dates, as it will be valid for one month)

Can be accessed and shown on your phone via the CovidSafe.BE app (<https://covidsafe.be/en>)

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, 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 and limit contact with others until a test can be procured.
- 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.

