



Time Abroad Risk Assessment Template

SVENSKA - Instruktioner

Mål med riskbedömningen

Denna riskbedömning är till för att hjälpa dig att reflektera kring potentiella utmaningar eller risker under din tid utomlands samt att planera hur du kan hantera dem. Syftet är att du ska känna dig tryggare och bättre förberedd.

Hur du ska fylla i formuläret

Tänk på följande när du fyller i riskbedömningen:

- Du kan fylla i formuläret på svenska, engelska eller språket du föredrar.
- Bedöm hur sannolikt det är att risken inträffar samt hur den påverkar din utlandserfarenhet.
- Du kan välja själv om du vill fokusera på alla punkter eller bara några. Du måste inte skriva något till varje risk.
- Var realistisk i din bedömning – vad är de största riskerna i just din värdnation?
- Gör research om ditt land – vilka säkerhetsrekommendationer ger UD och andra källor?

Länkar för förberedelse

- På studentportalen finns sidan [Res säkert](#), med mer information
- Via [universitetsbiblioteket](#) når du "landguiden" som utges av utrikespolitiska institutet och har information om världens alla länder.
- <https://www.swedenabroad.se/sv/> Här finns reseinformation och information om vilken hjälp du som svensk kan få i olika länder.

ENGLISH - Instructions

Purpose of the Risk Assessment

This risk assessment is designed to help you reflect on potential challenges or risks during your time abroad, and to plan how you can manage them. The aim is for you to feel more secure and better prepared.

How to Fill in the Form

Keep the following in mind when completing the risk assessment:

- You can fill out the form in Swedish, English, or the language you prefer.
- Assess how likely the risk is to occur and how it would impact your experience abroad.
- You can choose whether to focus on all points or just some. You do not need to do something for every risk.
- Be realistic in your assessment – what are the biggest risks in your specific host country?
- Do research about your country – what safety recommendations does the Ministry for Foreign Affairs and other sources provide?

Links for preparation

- <https://www.swedenabroad.se/en/about-sweden-non-swedish-citizens/>
Official website of the Swedish embassies and consulates. Here you can find information about travelling.
- On the student portal you can find [Travel safely](#) where you can find more information

Time Abroad Risk Assessment Template

Student Name: _____

| Possible Risk | Examples | How likely is this to happen? | How can it impact your international experience? |
|--|--|-------------------------------|--|
| What norms and values are most fundamental and important to you and how do you react when you meet someone that doesn't share these? What cultural and norm-driven behaviours, ideas and communication style are you bringing with you that you may need to adapt? | In Sweden, equality is valued, and communication tends to be direct and calm, but in some other countries, people might show more emotion when speaking or expect to defer to authority. | | |
| Are there any potential situations or contexts during your stay abroad when you may encounter problems, face risks/threats or conflict due to your background, your values or your study field/topic? | As a student researching LGBTQ+ rights, studying abroad in a country where such topics are taboo or criminalized could pose risks. | | |
| Have you got sensitive or classified information, material or data that you need to protect for example by wiping your phone/computer or borrowing an empty computer? | Sensitive information may include unpublished academic work or personal details like credit card numbers or social security information. | | |

| Possible Risk | Examples | How likely is this to happen? | How can it impact your international experience? |
|---|---|-------------------------------|--|
| | | | |
| Are certain websites or communication tools blocked or monitored? | In Sweden, we enjoy the freedom to use the internet and social media openly, and it is widely accepted to express our opinions. However, in other countries, this may not be the norm. | | |
| What is the situation in the country concerning living conditions, human rights, freedom of speech, academic freedom, corruption? | In some countries, academic freedom is limited, and criticism of the government can lead to surveillance or penalties. | | |
| Are there major differences in societal norms/attitudes/values compared to what you are used to? | In some countries you can get in serious trouble for actions that are more acceptable in Sweden, such as making disrespectful remarks about authorities, participating in demonstrations, disregarding signs, or littering. | | |
| Are there any topics or issues that are particularly sensitive to talk about in the country/region? In what way is that | In some countries, discussing ethnic tensions or criticizing | | |

| Possible Risk | Examples | How likely is this to happen? | How can it impact your international experience? |
|---|--|-------------------------------|--|
| influenced by the situation you're in or your role? (For example, if you are at your workplace/in class/in the field or on your spare time? | the government is highly sensitive. | | |
| How does legislation and political climate in the country/region differentiate from what you are used to? | In some countries, social media is monitored, and certain websites are blocked, unlike in Sweden where internet freedom is protected. | | |
| Are there any products/items that would be illegal or require special permission/license to bring into the country? (medicines, food etc) | Some prescription medications that are common in Sweden, like ADHD medicine, may be illegal or require special permits in certain countries. | | |
| Could you be subjected to pressure, for example due to your identity, political opinions, or other personal factors? | Women traveling to a country with strict gender norms, may face pressure to dress or behave in ways that conflict with their personal values or usual lifestyle. | | |
| The academic culture and approach to education can vary significantly between countries. In Sweden, the academic | In some countries, the academic environment is more hierarchical, and | | |

| Possible Risk | Examples | How likely is this to happen? | How can it impact your international experience? |
|---|---|-------------------------------|--|
| environment is often more relaxed and informal compared to many other countries. | questioning professors may be seen as disrespectful—unlike in Sweden, where open discussion and informality are encouraged. | | |
| What risks may you impose on others during your stay abroad? Could your presence, the questions you ask or participation in your study put other people in a difficult or dangerous position? | Interviewing locals about political issues could expose them to government scrutiny or retaliation. | | |
| Here you can add your own ideas and potential risks | | | |
