



# Global Opportunity Support for Disabled Students

## Contents

1. Introduction
- 2-3. Additional considerations
4. Further considerations
5. Disability specific information per country
6. Accessing support abroad
7. Study abroad checklist

All disabled students at the University of Lincoln can access specific **Disability & Mental Health Career Coaching appointments** with our specialist Careers Adviser Becki Commins. This can be an opportunity to discuss reasonable adjustments or disability rights, and how to find this information. Please email [careers@lincoln.ac.uk](mailto:careers@lincoln.ac.uk) to request a career coaching appointment.

If you would like any further information or support, please use our [online tool](#) which will direct you to the most appropriate support for your query.

This guide has been created to support disabled\* students who are considering taking on a Global Opportunity to highlight the support available to you. Whether you are looking at applying for an academic semester or year abroad, or a short-term summer opportunity, you can access a range of support. This guide includes support you can access directly through Careers & Employability, the University of Lincoln, and additional external resources.

\*Under the Equality Act (2010) you are disabled if you have a long-term physical or mental health condition which has lasted or is likely to last 12 months or more and causes a significant impact on your ability to carry out normal day to day activities. This can include chronic illnesses, physical and mental health, and neurodivergent conditions.

The definition of 'disability' may differ depending on which country you are visiting. We recommend doing your own research into each countries laws and what support you could be able to access.



# Additional considerations

When you are thinking about taking on a Global Opportunity, there may be additional considerations you need to make in regard to your disability or health condition. Below is a list of aspects you may wish to consider.

If you are hoping to visit a specific university, we recommend checking their website to see if you can find information on accessibility or disability support. You can get in touch with your destination university to request a factsheet which is a single page document containing the main information for incoming exchange students. This can make your research easier as the university may be able to direct you to helpful resources.

Whilst it is not our usual practice to share details of your disability status with your destination partner, in exceptional circumstances this is something we may be able to agree with you. For more information on this, email [go@lincoln.ac.uk](mailto:go@lincoln.ac.uk).



## Choosing a location

### **Accessible resources and**

**infrastructure:** Check your destination university's website for any accessibility or diversity webpages as these may include information about accessible resources and infrastructure which you may require. You could also do research online to find other students experiences of your chosen university as this could offer more insight into what the campus is like.

**Cultural attitudes:** Familiarise yourself with the attitudes of your host country towards disabilities and the terms used to address disabled people as this can differ from the UK.





# Additional considerations



## Travelling

**Travel to the country:** Will you need any assistance when travelling to your location? You may need to book passenger assistance with your airline or rail provider. Make sure you attach handling instructions to any mobility equipment, to reduce the risk of damage. It's best to make the airline aware of your needs before you travel so you receive the right support across your journey. Some operators may ask for evidence of your disability so remember to travel with your medical documentation. Make sure to have an emergency plan for if your equipment is damaged. You should also check if you can claim any costs from your insurance for any damages.

**Personal equipment:** To make traveling easier, it might be worth buying a compact version of your equipment or arranging to hire it abroad if possible. Taking your equipment for a maintenance check and packing a basic repair kit that includes spare parts is essential.

**Travel whilst there:** will you need to move around a lot from your accommodation to the campus? What modes of transport are available, and will this be accessible to you? If you're planning on driving, make sure your disability is covered by the insurance policy. Look into whether disabled permit parking is available at your university if required, and research the application process for this.



# Further considerations

**Your support network:** Think about strategies for managing and maintaining your mental health while you are away from many of your familiar support networks. You may want to think about ways you can stay in contact with your support network as well as accessing support from the **Student Wellbeing Team**.

**Disability legislation:** Research disability rights and laws in your chosen location. Look into local disability groups and charities that may be able to support you once you arrive.

**PASS plans:** Research how your destination university currently assists other disabled students. Try to find any reviews written by former or current students with disabilities. As a disabled student at the University of Lincoln, you may have a Personalised Academic Study Support (PASS) plan. If you are accepted for your opportunity, you may want to review your PASS plan to work out which adjustments you may be able to continue whilst abroad. This information is something you would need to share with the destination partner and is not information the Global Opportunities team can share with them directly. You should also have access to the student support services at your destination.

**Visas:** For information regarding visas, please get in touch with **Student Support** who may be able to advise further.

**Financial support:** The **Student Support** team can offer advice on how your travel could impact any benefits you currently receive such as Personal Independence Payments (PIP).

**Medication:** Some common medications are neither accessible nor legal in some countries. Make sure to check if your medications will be allowed into the country. If not, get in touch with your GP to arrange an alternative. You may also wish to speak to your GP to understand if it is possible to order medication in advance.

**Medical insurance:** You'll need medical insurance if you want to study abroad. The cost and coverage of the insurance policy will depend on your disability. For more information on insurance, get in touch with the Insurance Team:

**[insurance@lincoln.ac.uk](mailto:insurance@lincoln.ac.uk)**.

**Personal care assistants:** If you receive personal care from a family member or friend, they may be eligible to apply for a different visa which would allow them to come with you. For more information, please get in touch with **Student Support**.

If you aren't sure on details for these considerations, we recommend researching the location you wish to stay in to find as much information as you can.



# Disability specific information per country

This section includes information on disability specific legislation in different countries. We do not have information for every country, and recommend you do your own research into the legislation in that country to ensure you have access to the most up to date information.

**The UK:** Universities are legally required to make campuses inclusive and accessible for all. This includes changing rules or practices, altering or removing physical barriers, and providing support services or devices.

**The USA:** The Americans with Disabilities Act 1990 means that universities and colleges must make reasonable adjustments for students with disabilities. This is one of the reasons why the US is the most popular study abroad country.



**Australia and New Zealand:** These progressive countries have legislation in place to ensure that all individuals are protected from discrimination and have worked hard to make public amenities and facilities accessible to everyone.

**Germany:** Germany is making great strides towards becoming one of the most accessible countries in the world. The country's capital, Berlin, was the 2013 winner of the Access City Award which celebrates a city's attempts to make public spaces, infrastructure, and transportation more accessible.

**Scandinavia:** Norway, Denmark and Sweden have also been recognized for their efforts to improve the accessibility of their cities for individuals with disabilities.



# Accessing support abroad

You will still be eligible to access support and information from University of Lincoln services, including Careers & Employability, and Student Wellbeing.

## **Studying or working abroad webpage:**

this webpage includes support from the Global Opportunities team including information on the Turing Scheme.

**Global Opportunities appointments:** if you have any specific questions, concerns, or would like to know more about taking on a Global Opportunity, you can book an appointment with one of the Global Opportunities team. The Global Opportunities team will be here to support you through the process.

## **Diversity, Equality, and Mental Health**

**hub:** this page has a collection of information and resources relating to protected characteristics under the Equality Act (2010) including a page on specialist support for disabilities.

**Student Wellbeing Centre:** The Student Wellbeing team can offer support, advice, or guidance with any challenges or difficulties students may face during your academic studies. The team can also offer disability related support whilst you are at University.

## **NHS Overseas Healthcare Services:**

telephone: +44 (0)191 218 1999

## **Studee – The ultimate guide to studying abroad with a disability**

## **GoOverseas: student blog around disability and study abroad**

**Umio** – Before you go: studying abroad with a disability

- Contact your travel provider in advance regarding your travel requirements.
- You are legally entitled to support, which is known as ‘Special Assistance’. This means that airports and airlines are legally required to provide support and assistance, which helps to ensure you have a stress free journey.
- You can request special assistance for at the airport and also for connecting flights and travelling through to your destination airport.
- You can take your own wheelchair with you, but it will need to be stored in the hold. Make sure to contact your airline in advance to arrange special assistance and to let them know that you would like to bring your own personal mobility aid with you.







## Study abroad checklist

The below points cover disability related aspects you may wish to consider before taking on a Global Opportunity. For more general information on Global Opportunities.

-  Research into laws and social attitudes around disability in your destination country.
-  Locate information on accessibility of your chosen destination using partner university websites.
-  Plan out your travel including any passenger assistance, an emergency plan in case anything gets lost or damaged, and modes of transport when you are there.
-  Review your PASS plan to understand adjustments you may be able to continue abroad. For support in understanding reasonable adjustments, please book a Disability & Mental Health Career Coaching appointment with our specialist Careers Adviser Becki Commins.
-  Check what your insurance plan covers and whether you will need to take out any additional medical insurance.
-  Confirm whether your current medications are legal and accessible in your destination country. If not, get in touch with your GP for advice on what to do.

**For further support and information regarding Global Opportunities, please get in touch with the Global Opportunities team at [go@lincoln.ac.uk](mailto:go@lincoln.ac.uk).**