EN: Safety information for Erasmus+ incoming participants - SNSPA

In any emergency in Romania call 112 (free, 24/7, English available), then tell the SNSPA Erasmus+ Office.

Emergency contacts

Contact	When to use it	Phone / e-mail
112	Ambulance, police, fire brigade	112
SNSPA Central Erasmus+ Office	Any incident, during office hours [M-F; 09-17]	Tel. +40 21 312 25 35; Fax +40 21 312 25 35 erasmus@snspa.ro
Departmental Erasmus+ coordinator	Academic matters, interruption of your mobility	• Faculty of Public Administration – erasmus@administratiepublica.eu • Department of International Relations and European Integration – anamaria.costea@dri.snspa.ro • Faculty of Management – anda.gheorghiu@facultateademanagement.ro • College of Communication and Public Relations – erasmus@comunicare.ro • Faculty of Political Science – erasmus@politice.ro
Your embassy or consulate in Romania	Lost documents, arrest, hospitalisation, crisis	[filled in by participant]
Your insurer's 24/7 assistance line	Before any major medical cost	[filled in by participant]

Health

- EU, EEA and Swiss citizens: bring your European Health Insurance Card (EHIC). It gives access to medically necessary care in the public system.
- Non-EU citizens need private health insurance valid in Romania for the whole stay; it is also required for the residence permit.
- Hospital emergency departments (UPU) treat anyone in an emergency. For ordinary illness, ask the Erasmus+ Office for a recommended clinic or English-speaking doctor.
- Pharmacies (*farmacie*) are widespread; some are open 24/7. Bring prescriptions for regular medication, in English.

- Keep all medical reports and receipts for your insurer.

Earthquakes and RO-ALERT

Bucharest lies in a seismic area, so occasional earthquakes are possible.

- **RO-ALERT** is the national warning system. It sends messages with a loud alarm to all mobile phones in an affected area, free of charge and with no registration. Keep emergency alerts enabled in your phone settings and follow the instructions.
- **During an earthquake:** stay inside, drop, take cover under a sturdy table or next to an interior wall, and hold on. Keep away from windows and do not use lifts or stairs while the shaking lasts.
- **Afterwards:** leave the building calmly by the stairs, move to an open area, expect aftershocks, and use text messages rather than calls.
- Confirm you are safe to the Erasmus+ Office as soon as you can.
- When choosing accommodation, ask whether the building has a seismic risk classification and avoid buildings marked with a red seismic-risk sign.

Daily safety

- Romania is generally safe. The usual risk is pickpocketing in crowded places and on public transport.
- Use licensed taxis or ride-hailing apps; do not accept rides offered in the street or at the airport arrivals hall.
- Carry a copy of your ID and keep the original in a safe place when you do not need it.
- Cross streets at marked crossings and take care in traffic.
- Report any theft to the police and ask for a written report.
- Harassment or discrimination of any kind can be reported confidentially to the Erasmus+ Office; a report never affects your status or grant.
- If you feel low, anxious or isolated, contact SNSPA counselling service. If you or a friend are in danger, call 112.

Legal stay

- **EU, EEA and Swiss citizens** staying longer than 3 months register with the General Inspectorate for Immigration (IGI) and receive a registration certificate.
- **Non-EU citizens** enter on a long-stay study visa (type D) and apply to IGI for a residence permit before the visa expires, at least 30 days in advance.
- The Erasmus+ Office issues the supporting documents (enrolment certificate, proof of accommodation where applicable) and explains the procedure at arrival.
- Keep your passport, visa and residence permit valid for the entire stay; tell the Erasmus+ Office about any change of address.
- Rules and deadlines are set by IGI (igi.mai.gov.ro); check the current requirements there.

Emergency contact form (template)

To be completed by every incoming participant and sent to the SNSPA Central Erasmus+ Office within the **first week after arrival.** Please report any change immediately.

Field	**Details**
Full name	
Home institution, faculty or department, study programme or position	
Type of mobility (study, traineeship, teaching, training)	
Host faculty or department at SNSPA	
Mobility period (from – to)	
Mobile phone (home and Romanian number)	
E-mail	
Address in Romania	
Emergency contact person: name, relationship, phone, e-mail	
Second contact person (optional)	
Insurer, policy number, 24/7 assistance phone	
EHIC number and expiry date (if applicable)	
Medical information you want us to know in an emergency (allergies, treatments) – optional	
Contact at the home institution (name, phone, e-mail)	

Consent: I agree that SNSPA may use these details solely to handle emergencies during my mobility and may contact the person named above if I am unable to communicate.

Date: _____ Signature: _____