

Study Abroad / Going on Erasmus Checklist for CIT students with a learning difference, health condition or disability

CIT students going abroad to study for a semester or year and who are registered with the CIT Disability Support Service may need to consider whether they need supports in their host college and how to get these if needed. This checklist is designed to help you with preparing for this.

Prepare to Travel

Check the **CIT International Office webpage**: <http://international.cit.ie/> with information on preparing to travel if studying abroad, and **if going on Erasmus**: <http://international.cit.ie/index.cfm/page/erasmus.outgoing>

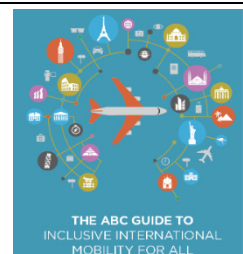
Explore location of the host college and travel networks.

Source the residential accommodation application form for the host college.

Check **AHEAD guide for studying abroad**:
<https://ahead.ie/studyabroad>



Check the EAIE **ABC guide to Inclusive International Mobility**: <https://www.eaie.org/our-resources/library/publication/Tools-Templates/abc-guide-inclusive-international-mobility.html>



ExchangeAbility International Exchange Erasmus Student Network: <https://exchangeability.eu/exchangeability>

MappED - provides students with information on accessibility of university facilities: <https://mapped.eu/>

If going on Erasmus please visit **Erasmus + application process webpages**:
<http://ec.europa.eu/programmes/erasmus-plus/>
and EURIreland: <http://eurireland.ie/>



Research the supports for students within the Host College

Make sure you research the disability and student supports available in the host college - go to their website, and email student services, course contacts and perhaps student's union officers as required depending on the college. (Remember there may be some big differences between countries and colleges).

Who are your key contacts within the host college? (Course contact, accommodation, Disability Support, Counselling, Health etc.)

How do students register for disability supports? Who is the Disability Support Contact in the host college?

What supports/reasonable accommodations are available to students within this host college? Are they different to those in CIT?

What Evidence of Disability Documentation do you need to provide to register and how recent must this be? Contact the Disability Officer in the host college to find this out before meeting the Disability Service staff within CIT.

Do you need to apply for additional funding for any the supports that you may need in the host college? (See page 4 for information on Erasmus+ funding)

Meet with the CIT Disability Support Service



Organise to meet or speak with the CIT Disability Support Service (DSS) as soon as possible after your application.

Discuss supports that you have used in CIT and the supports/reasonable accommodations that are provided within your host college.

Discuss how disclosure happens within the host college.

Discuss accommodation and specific requirements if necessary.

Discuss transport to and from the host college every day.

Discuss funding options if applicable.

Do you need to make an Erasmus + application for funding for disability related supports or application for additional funding?

Update your Needs Assessment document if required or does the CIT DSS need to provide you/host college with a letter/information (with your consent)?

Discuss if you need to do any further research or take any actions like funding applications before studying abroad.

Other things for you to think about

What are my key strategies to maintain my health and well-being while I am away?

What are the things to consider when I arrive at my host college? Please review the information on this link on the CIT Erasmus webpage:
www.cit.ie/international/erasmus/outgoingerasmusstudents/faq

What if I am experiencing difficulties related to my learning difference, health condition or disability when I am away from home and the host college is not helping?

Make sure to locate and explore personal supports within or external to my host college. Are these English speaking if I need them?

Are there any medication considerations while I am in another country? Do I need to renew any medication scripts before going to my host college? Do I need to check what medication is allowed in the country?

What does the health centre cover/provide in my host college? Is there a charge for this and is this covered by insurance?

What does my health insurance cover abroad?

Will I have a contact person if there are any issues?

What happens if I do not finish my study term? Who should I contact if I return home early?

(Please note this checklist was adapted from a checklist developed by Trinity College Dublin DSS)

Possible additional funding available for students with learning differences, health conditions or disabilities going on Erasmus



The way other colleges and countries provide supports can be very different to here in Ireland and in CIT. Many colleges may be able to provide supports for you such as exam supports without any additional cost. It is important that you do your research to see if you need any supports when studying on Erasmus that may incur any extra costs.

You may be able to apply to Erasmus + as it has additional funding available for eligible students with disabilities for additional costs of supports.

You can apply for costs for transport, personal support (temporary or permanent), academic support (like learning support), assistive technology, other aids/equipment, and any other assistance.

You will need to get the exact costs of the supports from your host institution and/or external provider in your host country.

Please contact the CIT Erasmus Office: erasmus@cit.ie or the CIT DSS: dss@cit.ie for more information and a copy of the funding application form.

The DSS can help support you to complete the form that you will need to return to the CIT Erasmus office. The DSS can also provide information to your host institution with your permission.

- If you are going on Erasmus in **Semester 1 of 2019/20**, you need to contact the DSS as soon as possible, especially if you feel like you may need additional funding for supports from Erasmus+. **The application closing date for submitting a completed application is mid July 2019.**
- If you are going on Erasmus in **Semester 2 of the next academic year**, please contact the DSS as soon as possible in the new academic year, as the Erasmus Office will need to contact the HEA about applying for additional funding for supports from Erasmus+.