



Planning to go abroad for training or an internship or just to see the sights? Take your social protection with you!

Please be aware that **your level of coverage may vary depending on the country you are going to**. For a smooth trip, find out more to make sure you are prepared before you leave.

If you are going to another European country

If you are staying in Europe and going to another European Union/ European Economic Area member State, Switzerland, or the United Kingdom, log in to your [ameli account](#) and order your **European Health Insurance Card (EHIC)**, which serves as proof of insurance in France and entitles you to coverage for your medical expenses abroad. **Important!** The United Kingdom left the European Union on January 31, 2020, which means that you will need to complete additional paperwork.

[To learn more](#)

If you will be traveling outside Europe

If you will be traveling to a country outside the European Union/ European Economic Area, Switzerland, the United Kingdom, or Quebec, **your rules for coverage vary depending on whether or not you will be receiving compensation and how much you will be paid**. Moreover, as the cost of medical care is very high in certain countries, it is recommended that you take out an **insurance policy** that guarantees reimbursement for any medical care you may need.

More information is available from:

- [your local health insurance fund \("CPAM"\)](#)
- [France's Center for European and International Social Security Coordination \(Cleiss\)](#)

Care received abroad reimbursed via your ameli account

If you require care abroad, you may request the reimbursement of your care online using your [ameli account](#).

[To learn more](#)

Where to learn more and how to contact "l'Assurance Maladie"

[ameli.fr](#) for information on news, entitlements and how to apply, reimbursements, and health

Your [ameli account](#) to use all of the services available through your personal account

The [ameli forum](#) for any general questions

By calling **3646** (no surcharge) Monday through Friday from 8:30 a.m. to 5:30 p.m.

In person, by going to [your local health insurance fund \(« CPAM »\)](#)