



# COUNTRY PROFILE

# NETHERLANDS



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**Country :** Netherland  
**Capital :** Amsterdam  
**Language :** Dutch  
**Population :** 16 979 120 inhabit km<sup>2</sup> (2015)  
**Density :** 407 inhabit km<sup>2</sup>  
**Surface area :** 41 530km<sup>2</sup>  
**Currency :** Euro (European Netherlands) - US Dollar (Caribbean Netherlands) - Aruban Florin (Aruba) - Netherlands Antillean Guilder (Curacao, St. Martin)  
**Time zone:** UTC +1 (CET). In summer UTC + 2 (HAEC); UTC-4 (Caribbean Netherlands)  
**Internet domain :** .nl  
**Telephone code :** +31

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## HEALTH SYSTEM

The health system in the Netherlands is one of the most effective in Europe. The quality of care is irreproachable, although the prices are expensive. Access to healthcare is guaranteed for all Dutch people. Insurance is mandatory and accessible to all.

According to the results of the survey of the Swedish NGO Health Consumer Powerhouse (HCP), based on 48 indicators, including the quality of care, patient rights, accessibility to health facilities, the Netherlands are classified in top of the list of countries where the patient is best treated.

According to the figures, 63% of Dutch people are covered by Dutch public health insurance (Ziekenfondsverzekering), which covers basic health care costs. Thus, anyone working in the Netherlands, must pay a sum of about 25 € to the insurance company of their choice.

Subscription to private insurance (special Ziekttekostenverzekering) is also possible for people who do not have public insurance or who have a salary higher than 32,750 €. Before traveling to the Netherlands, it is recommended to take out a health insurance type "World Pass".

## VACCINES

To get to the Netherlands, no vaccine is required. In addition, make sure you update your vaccination.

- **DTPolio :** this includes the 3 main vaccines against diphtheria, tetanus and poliomyelitis.
- Do not forget to immunize yourself against :
- **Hepatitis B :** This vaccine is recommended for long or repeated stays.
- **Measles :** It is recommended that you also update your measles vaccine, a viral disease that is common to everyone.
- **Rabies :** This vaccine is recommended for any traveler wishing to visit a rural area or in contact with animals.

## SICKNESS

There are no particular risks in the Netherlands, but it is still better to protect yourself against :

- **Hepatitis A :** It is transmitted by water and contaminated food. People staying in precarious hygiene conditions need to double their attention.
- **Traveler's diarrhea :** the disease is mainly caused by water, contaminated food and poor hygiene. The risk is low, but prevention is required.
- **STDs :** As in all countries, the risk of STDs is mainly related to people and sex.

People suffering from diseases such as diabetes, hypertension, respiratory insufficiency or long-term illnesses must inform their doctor before their trip.

CARE	Dentist - Crown on ceramic implant	To remove a tooth	Devitalization with white filling
PRICES	300 €	50 €	190 €

## THE DISADVANTAGES OF THE PUBLIC **SYSTEM**

- Waiting times are relatively long.

## THE DISADVANTAGES OF THE PRIVATE **SYSTEM**

- Health care costs are very high

### IN CASE OF **EMERGENCY**

Ambulance, police, fire department

**112**

### WORLD PASS **TIPS**

Health expenditures are often more expensive abroad. To be better reimbursed for your expenses, consider taking out a private insurance, World Pass type, to benefit from :

- 100% reimbursement of health and medical expenses at their real costs
- Direct payment of hospitalization and subsistence costs
- Assistance and medical repatriation
- Civil liability

### DISCOVER MORE ABOUT THIS **DESTINATION**

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