

# Your right to access your data

You also have a right to a copy of your personal data within 30 days of your request.

All you need to do for this is to submit a request in writing to the organisation in question. You may need to identify yourself to the organization so they are sure it is actually you – note that the time limit is suspended until your identity has been determined.

In addition, you have a right to be provided with the following information:

- a. where the personal data came from;
- b. the recipients or classes of recipients of the personal data;
- c. any countries or territories outside the Islands to which the personal data is transferred;
- d. how the security and integrity of your personal data is maintained; and
- e. the right to make a complaint to the Ombudsman.

You can use our [model form](#) to submit your request to access your personal data.

If you're interested in learning more about this topic, visit our [guidance for organisations](#).