





Immunizations

The World Health Organization (WHO) and Health Canada Travel Health provide information on disease outbreaks and recommended vaccinations for different regions of the world. Look for the link to it in the "Resources" section.



Personal Health Needs

While transporting prescription drugs, keep them in original packaging with labels.



Bring prescription drugs in your carry-on baggage, but check with the airline about their rules first.

Prescriptions drugs legal in Canada may not be legal in other countries. Check this before traveling.

If possible, bring enough medication for the entire period you will be away.

Bring copies of prescriptions.

Personal Health Needs



Check the safety standards where you will be living while abroad. They could be very different than what you are used to.

Make sure there are working smoke detectors (consider bringing a portable battery-operated one with you).

Make sure doors and windows are properly locked.

Make note of fire escapes and exit routes in case of emergencies.



Mental Health

Most people will have trouble adjusting at the beginning of their time away. Give yourself time to do this.

A change in climate can affect energy levels and overall health.

Sometimes existing (but previously under control) mental health issues can be exacerbated by the anxiety associated with living abroad and being cut off from your support network.

If you think you might be at risk, please speak to your health care professional to devise a strategy for staying healthy while abroad.

Mental Health

Culture shock and the stress of living in unfamiliar surroundings can be particularly difficult.

There are "Culture" modules later in this process, that will give you a better understanding of what to be aware of, and when, who and how to ask for help.



Mental Health

Deciding not to go abroad does not mean that you will never go abroad.

Should you experience mental health issues while abroad (anxiety attacks, the symptoms of "culture shock" not subsiding, etc.) seek out professional assistance in your host country/institution.



Returning home or deciding not to go is not a failure. Maybe the timing just wasn't right for you.

You can also call the Queen's University Emergency Support Program (ESP). The ESP can make arrangements for you to speak to a counsellor from Queen's Student Wellness Services via phone, Skype or email.



Personal Health Needs

Monitor your physical and mental health after returning home.

Have a medical check-up once you return. Some illnesses are asymptomatic while others may take time to show symptoms.

Check out the Government of Canada Travel Health website for more information.

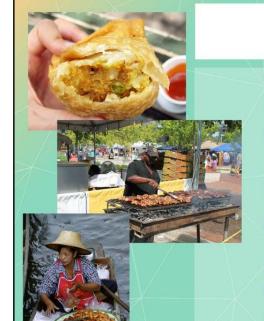


Food

Consider your dietary needs as you plan your time away.

Plan how you will be able to maintain a healthy diet if you have food restrictions, e.g. being vegan in a region with little access to non-meat products.





Cultural attitudes to food preferences, restrictions and allergies can vary.

In some places, allergies to peanuts will not be taken seriously, as it is very uncommon in the local population.

Explain the severity of the allergy and remain respectfully adamant on foods that you are not able to eat.

Food

Some foods which are perfectly safe for local people to eat, may react very differently in those new to a region.

Avoid eating uncooked food and food from street vendors.

Fruits and vegetables that can be peeled are safer.

Drink bottled water or boiled water.

If you have serious or life threatening allergies/ conditions, you should wear a medic alert bracelet in the event that you are unable to communicate.



eg. OHIP + AMS or OHIP + parent's plan

Health Insurance

You will need BOTH primary (eg. provincial (eg. OHIP) AND supplemental (eg. AMS) health and travel insurance while abroad.

Your provincial health insurance (e.g. OHIP, UHIP) provides you VERY LIMITED OUT OF COUNTRY COVERAGE.

Your supplemental (AMS, SGPS, your parent's work "plan", etc.) normally has out-of-country emergency medical coverage.

You need both while outside Canada.

Check it out before you go!

Health Insurance - Important NOTE

If your OHIP (provincial or primary) has expired, your supplemental travel health policy is NOT valid.

Make sure your PRIMARY HEALTH INSURANCE (PROVINCIAL/UHIP) will remain valid the entire time you are away.

If you are an international student, covered by UHIP, contact QUIC to learn more about your coverage.

Check it out before you go!



Accessibility and Accommodation

Different cultures will interpret and approach disability differently.

Identify what services you will need while abroad.

If necessary, talk to the staff coordinating your program to determine if/what arrangements can be made for you.

Consider how you will answer questions about your disability to your host community.

Laws and regulations of countries and institutions will reflect these different approaches.



Accessibility and Accommodation

Companions of persons with disabilities may need to provide support in new ways when in another country.

Please learn if there are laws/regulations regarding companions; especially if they are required to administer medication.

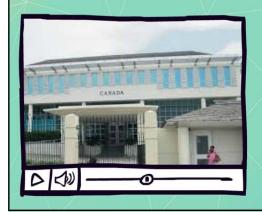


Health Care

Access to health care may be limited or restricted.

Make sure your out-of-country emergency medical insurance covers air evacuation to your home country in the event of serious illness or injury.

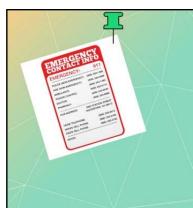
COMMUNICATION WHILE ABROAD



Important Contact Information

Have the contact info for the Canadian embassy (or your home country's embassy) in your host country.

Carry the Queen's Emergency Contact Card with you at all times.



Communication While Abroad

Take important contact info in your hand luggage.

Leave a copy of your itinerary with family/friends.

Know how to use local phones before finding yourself in an emergency situation.

Make a collect call home shortly after arriving in your host country.













Communication While Abroad



Look for and bookmark local and international news sources.

In the event of an emergency this will be your best source of information.

Check the "Resources" page at the end of this module for links.

What Can Queen's Do For You In An Emergency?

The Emergency Support Program (ESP) at Queen's University is in place to support you while you are abroad on a Queen's program.

All members of the Queen's community are provided with the emergency phone number which they can call collect at any time. When the number is called, trained Queen's staff are contacted to respond to the emergency.

What constitutes an emergency?

An emergency is anything you consider to be an emergency including challenges related to cultural and personal adjustment, theft, medical emergencies/injuries, and visa-related problems.

What Can Queen's Do For You In An Emergency?

Queen's University will attempt to support you as best as possible, BUT please note that this is a support service only.

In the past Queen's has assisted students through illness, injury, cultural adjustment, earthquakes, tsunamis, terrorist attacks and escalating violence in a region.

Please register with the Canadian (or your country's) Embassy or Consulate in your host country. Links are provided at the end of this module.

What Can Queen's Do For You In An Emergency?

Emergency Contact If this student is in serious difficulty while outside CANADA please call the local contact (to neverse) and/or Queen's University Campus Security (24 hrs) in Kingston, Otratic, Canada. Collect calls are accepted. +1-613-533-6111 Campus Security will contact the appropriate University personnel to provide assistance. Please carry this card with you at all times while travelling on a Queen's University personnel to provide assistance. In all other cases, use the contact number on the front of this card. Local Contact in (1047/Caneury) Name: Telephone: Foreign Affairs Canada Emergency #+1-613-990-8885 inshortath anapteal. Valid until August 31st of the academic year in which you are studying / working / travelling abroad.

Make sure to pick up an Emergency Contact Card, from your faculty/department, or from QUIC, before you depart.

You can also download and print the card. The link to it is in the "Resources" section at the end of this module.

REMINDER: If your safety is threatened contact the local authorities immediately!

Consider writing your local emergency number(s) on the back of your card.

Canadian Consular Services contact info is on this card too.



