

OREGON STATE UNIVERSITY
STUDENT HEALTH SERVICES TRAVEL CLINIC

BOUND FOR WESTERN EUROPE, AUSTRALIA, OR NEW ZEALAND?

Check out our health tips to bring everything together before you go!



HOW YOU CAN PREPARE

Traveling to Western Europe, Australia, and New Zealand is similar in safety and risk as travel to other developed countries. Whether a ten-day trip to a European city or a three month Study Abroad program in Australia, there are many resources to assist you in planning a trip where the thought at the end of the journey is an excited: “**When can my next adventure be?**” The following information may assist you with your pre-travel preparation so there are few bumpy rides once abroad.

Planning to leave Western Europe and visit North Africa or other neighboring countries, or leave Australia or New Zealand to tour SE Asia? A Travel Consult appointment is highly recommended if you plan to visit countries **outside** of Western Europe, Australia, or New Zealand.

After reviewing this information you are welcome to call SHS at **(541) 737-9355** to schedule a travel consult, if you wish, for Western Europe, Australia, or New Zealand.

TRAVEL RESOURCES

Both of the following online resources allow free access to travel advice always available wherever you are in the world. These can be used for your current trip planning, as well as accessing additional country information should your travel plans change.

TRAVEL HEALTH ONLINE

Travel Health Online allows access to country information and a complete library of travel information.

Create a password at www.tripprep.com.



CENTER FOR DISEASE CONTROL

The CDC Travelers' Health Website features destination pages, vaccine, safety and health topics, and updated travel health notices. Based on the Centers for Disease Control and Prevention (CDC) Health Information for International Travel, first published in 1967, this travel site and the following 2 apps are a fun and user-friendly way to incorporate health and safety in to your travel planning. As you progress through the remainder of this program, click on the link to read further topic information from the CDC.

For information regarding Travel Health notices and how to stay safe,
[click here](#) for access to the CDC Travel notices site.



HAVE A MOBILE PHONE? CONSIDER DOWNLOADING THESE FREE CDC APPS!



TravWell

TravWell allows you to create a travel guide based on destinations and includes vaccine recommendations, travel checklists and packing lists that are destination specific. The app also allows storage of travel documents, immunization and medication records, and can set reminders to get vaccine booster doses. It is also available for use offline, and includes emergency service phone numbers for destinations.



Can I Eat This?

Can I Eat This gives CDC recommendations about food and drink recommendations to help keep you safe from foodborne illness. Simply select the country you're in and answer a few questions about food or beverage choices, and the app will tell you whether the item is likely to be safe or not.



GENERAL INFORMATION

As well as learning about safety issues, use a general guidebook to inform yourself of the country highlights and customs. Make 2 copies of the photo page of your passport, bringing one copy with you and leaving one copy at home. Check the country embassy or consulate website to view visa entry requirements and any restrictions on bringing in medications.

Sign up with the Smart Traveler Enrollment Program (STEP) at <http://step.state.gov> to receive email updates on health, political, and geographical issues. [Click here](#) for more information regarding insurance, and [click here](#) for information regarding health care abroad.

HEALTH INSURANCE

Determine if your current health insurance covers you abroad, and if it provides medical evacuation coverage. Know the limitations of the policy and the contact procedure. In addition with assistance for major injuries and/or hospitalizations, insurance companies often offer phone or email advice with other health questions or concerns.

Your Study Abroad program may already include health and evacuation insurance as part of the program. After confirming this coverage with your program, extend your insurance coverage if you are staying and traveling after your program ends. The International Association for Medical Assistance to Travelers, wwwIAMAT.org may be a helpful site in locating health care abroad. U.S. Embassies may be able to offer guidance in an emergency.

OVERALL HEALTH & WELLNESS

Routine vaccines:

Are your routine vaccinations up-to-date? A vaccine containing tetanus protection, either a Td or Tdap vaccine, if not already given, should be within the last 10 years. If traveling during the flu season, whether in Europe or the Southern Hemisphere, a flu vaccine is recommended. Please call the SHS Nurse Advice Line, 541-737-2724, or your medical provider to learn if your routine vaccinations are up-to-date.

Current Physical and Mental Health:

Even a short-term trip can become unpleasant if a current health concern progresses during travel. See your health care provider if you feel unwell prior to your trip, or if you have an existing medical condition, physical or mental, that is stable now, but could increase during travel. [Click here](#) for information regarding traveling with an existing medical condition, and [click here](#) for information regarding mental health and travel.



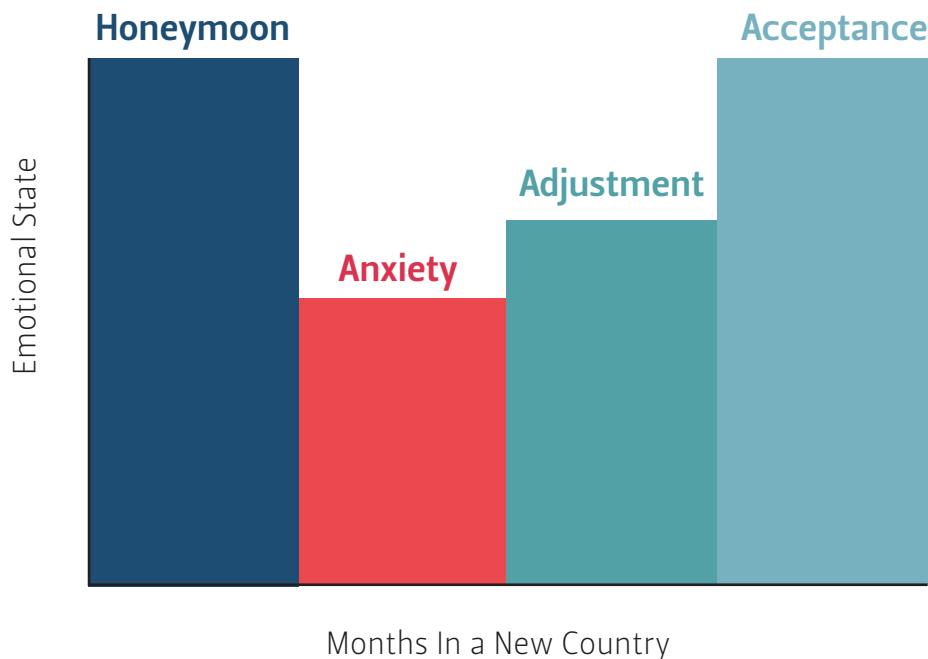
STRESS & CULTURE SHOCK

Traveling to a new country is exciting! “Everything is fun. Everything is new, so why do I feel stressed?” Travel can surprisingly increase stress, particularly if the living experience is not what is expected or the time abroad is long-term. What will be your strategy to increase resilience and manage stress while abroad? What has been helpful to you in the past? Some travelers have mentioned techniques such as yoga or meditation, exercise, journaling or drawing, and talking with friends or Study Abroad leaders. Seek professional guidance if you begin to feel these measures are not successful for you.

WHAT ABOUT CULTURE SHOCK?

Culture shock may be less noticeable in these countries, but areas that may contribute are language differences, including slang, food and currency differences, and behavior and social norms and expectations.

STAGES OF CULTURE SHOCK



■ Honeymoon

Arriving and being incredibly excited and happy that you don't notice differences.

■ Anxiety

You may wonder, “Why did I come here?” and dislike some differences you may notice.

■ Adjustment

You recognize and adopt the differences as they become more normal in your daily abroad life.

■ Acceptance

You accept these differences in countries, and being integrating them in to your experience.

When you return home from being abroad, you may experience reverse culture shock, where being home is now abnormal. Remember, you are having a normal reaction!



FIRST AID KIT

Purchase a travel size first aid kit. For information regarding what should be essential to include, [click here](#).

Pack prescription medication in carry-on luggage, and pack copies of prescriptions (including generic names).

Bring a letter from your medical provider, written on letterhead stationery, for controlled medications and injectable medication.

Check with the American Embassy to make sure your medication is allowed in the country of travel.

Women: Consider adding emergency contraception to your first aid kit.

LONG FLIGHTS: JET LAG AND BLOOD CLOTS

When you arrive to your new home, you may also experience jet lag. You may be able to minimize the effects of jet lag before, during and after your travel with these tips. For more information, [click here](#).

Before Travel

Exercise, eat well and rest plenty.

Start going to bed an hour or two later or earlier (depending on travel direction)

Consider breaking up the flight with a long layover

During Travel

Flying to Western Europe, Australia or New Zealand can involve long periods of air travel! Consider these recommendations to reduce your risk of blood clots.

[Click here](#) for additional information. Avoid large meals, alcohol and caffeine, but drink plenty of water

Get up and walk around during your flight, and sleep on the plane if you can

After Travel

Eat meals at appropriate local time

Avoid excess alcohol or caffeine

If tired, take short naps (20–30 minutes) so you can still sleep at night



ADVENTURE, SWIMMING & DIVING, SUN EXPOSURE, AND HOT CLIMATES

Adventure

Adventure travel is a popular trend to see a country from a different perspective. You can be safe by using a reputable outfitter. Look for companies that have been in business for several years, have current operating licenses, and are members of professional associations. For more information regarding adventure travel and safety, [click here](#).

Swimming & Diving

Never swim alone, and never swim under the influence of drugs or alcohol. Check local beach conditions before entering the water. Learn the risks associated with local sea animals. Be aware that parts of Australia do not allow beach swimming during certain parts of the year due to crocodiles and poisonous jellyfish present. [Click here](#) for more information regarding safe swimming and diving.

Sun Exposure & Hot Climates

Wearing sunscreen and drinking plenty of fluids can prevent excessive sun and heat related illnesses. If applying bug spray, use sunscreen first. If sunburnt, do not expose yourself to sun or heat until burn has resolved. Australia and New Zealand lack ozone layer in southern areas, and sunscreen is expensive. Reapply sunscreen of SPF50+ often, and in all conditions. [Click here](#) for information on sun exposure, and [click here](#) for information regarding hot climates.

BUG BITES & ANIMAL SAFETY

Insect Concerns

Review the country-specific information for health concerns related to insect bites. Ticks can be a problem in parts of Europe if hiking in wooded areas. Mosquitoes or “Mozzies”, as the Australians say, may be a concern in certain regions of the country. [Click here](#) to read about protection against insect bites.

Animal Safety

When is an animal contact a concern? [Click here](#) for animal safety tips and what to do if an injury occurs. Pay particular attention to your surroundings when hiking due to a surprise encounter with a snake or wild animals.



PERSONAL SAFETY: Be Careful, Be Cautious, Have a Backup Plan.

Make new friends while being aware of situations that may include unsafe sex, alcohol, drugs, and personal safety (especially at night or when alone).

Tips To Increase a Safe Situation

Safety in numbers

Be alert, listen to advice of locals and fellow travelers

Develop street sense: try not to be in the wrong place at the wrong time

Try to be inconspicuous yet confident

Sexual Health

Travel is often associated with an increase in casual sexual activity. One reference indicates between 5% and 50% of short-term travelers reported sex with a new partner. It is recommended that all persons have condoms available to prevent sexually-transmitted infections (STD's). For information regarding STD's, [click here](#). Women may consider bringing ECP (emergency contraception) in their First Aid Kit in case it is difficult to obtain, if needed.

The following websites provide Sexual Assault Support during international travel, www.866uswomen.org or <http://sashaa.org>. Contact your travel health insurance provider for advice, medical assistance and support, if needed. The U.S. Embassy or Consulate may offer additional assistance in an emergency. Consider a post-trip medical appointment if you had sex abroad and have concerns about possible STD's.

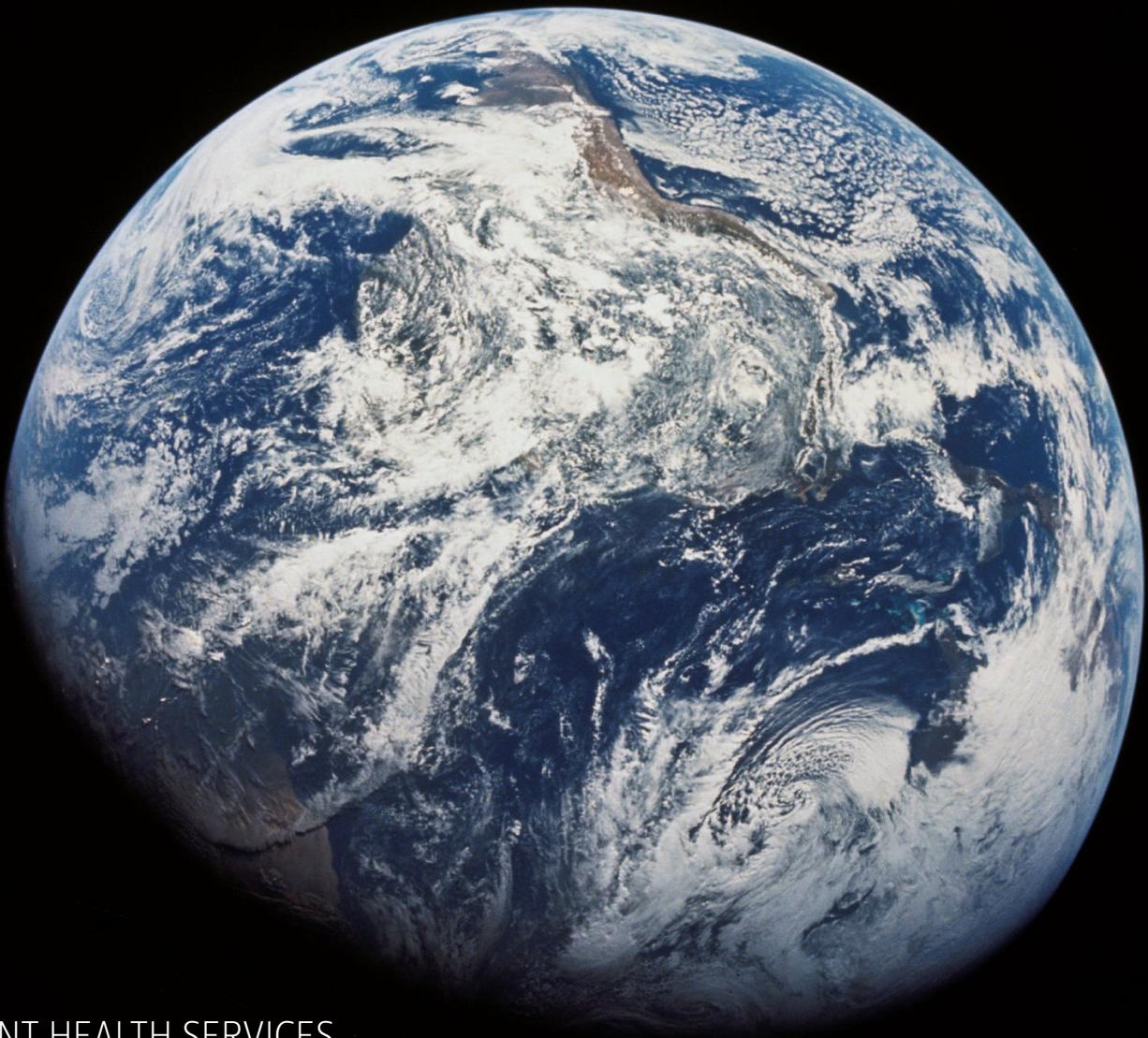
Alcohol

The country you are visiting may have a younger drinking age than at home. Know your "Alcohol limit" to keep you in the safe zone. Be watchful of changing your current low-risk drinking behavior due to being in a country that does not monitor or have the same legal consequences. Additionally, alcohol can lead to disinhibition with consequences of unintentional injury, unprotected sex or other health concerns.

Accidents & Injuries

Around the world, 10–25% of travel deaths are due to injury, often caused by vehicle accidents in developing countries. Be mindful of traffic that comes from a different direction than you are used to. Use seatbelts in cars and helmets if you rent a bicycle or motorcycle. Follow safety guidelines if trying new activities, such as diving, hang-gliding, mountaineering, or taking a motorcycle off-road. Have travel medical evacuation insurance and know the local "911" number to call in case of emergency.

EXCITEMENT
CULTURE
TRAVEL ENLIGHTENMENT
ADVENTURE **OPPORTUNITY**
EXPERIENCE FIT
HEALTHY MIND-EXPANDING
EDUCATION



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