



Health

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Health

UCEAP Pre-Departure Health Clearance Requirement

The Health Clearance

Start the process early. The deadline is 60 days before the official start of your program.

The health clearance is a non-waivable prerequisite to participate in UCEAP. It will help you and your doctor make informed health decisions before departure. Depending on your UC campus Student Health Center process, it can include a confidential review of your health history through a secure online system with your physician or campus health services, guidance on what travel vaccines to receive before departure, and a review of any continued treatment or services needed abroad. For selected countries, an online travel course is required.

After completing the health clearance and leading up to departure, new medical needs and changes in health can occur. Inform your UCEAP adviser of any changes. You may be required to get a second clearance.

Online travel course for some countries

If required for your host country, UCEAP's online travel course should complement your pre-departure health and safety preparation, provide information to prevent illnesses, and promote healthier travel. This course does not replace an in-person appointment with a travel health specialist for necessary travel medications and immunizations.

Travel vaccines

Plan ahead

Depending on your destination, you may need travel-related vaccinations. Visit your doctor or travel health clinic to set up a vaccination schedule since many come in a series. Start this process early. Some countries require proof of vaccination against some vaccine preventable diseases such as Yellow Fever.

Visit a travel specialist 4 to 6 weeks before leaving the US, since many travel vaccines require multiple shots and take time to become fully effective.

If you are covered by campus health insurance, get the vaccine while eligible as most travel vaccines may be covered. Contact your [campus health insurance office](#).

The UCEAP travel insurance does not cover vaccines.

Confidentiality of your medical information

All information that we collect is kept strictly confidential and only shared with program officials who can help during pre-departure planning and/or an emergency.



Know Before you Go

Inform Yourself: Planning and awareness will decrease health risks

Arriving in a new country is a busy time with many changes to cope with, including differences in food, weather and customs. In this type of situation, with all its stresses, you can find yourself paying less attention than usual to your health.

Existing health problems could be made worse when adjusting to unfamiliar food, a different climate and the emotional strains of being away from home. It can be easy to concentrate on your studies and forget about taking care of yourself.

Educate yourself.

- Visit the US Centers for Disease Control and Prevention [Travelers' Health destination pages for health recommendations and information](#). Choose the country or countries you will be visiting.
 - Check "[Travel Health Notices](#)" for your destination. Find out about travel health conditions and advisories at your destination and learn how to prevent injuries and the spread of infectious diseases.
 - Make an appointment with a travel health specialist to get travel vaccination advice. The UCEAP travel insurance does not cover vaccinations. If you are enrolled in campus student insurance, verify with your campus Student Health Insurance Office whether vaccinations are covered. Discuss your travel plans and any physical or psychological condition with the health professional doing your UCEAP Health Clearance. Visit a travel medicine specialist for specific recommendations and answers. The best time to see the doctor is at least 4–6 weeks before your trip. Have a plan in case you need to see a doctor while abroad for continued treatment and budget for this expense.
- **Forward planning, appropriate preventive measures, and careful precautions can substantially reduce the risks of adverse health consequences.**

Consider, in particular:

- Culture shock
- Physical changes in the environment (e.g., altitude, humidity, temperature, UV exposure)
- Allergies (e.g., food, medication, environment)
- Behavioral changes to facilitate adaptation (e.g., flexibility, respect of local culture and mores, etc.)
- Accidents are the most frequent cause of problems: road-traffic accidents, slip and falls, animal bites or stings, water-related accidents and violent mishaps all occur, often when under the influence of alcohol.
- Immunizations and chemoprophylaxis to prevent/reduce the risk of some endemic diseases present at your destination;
- Local medical facilities that may differ than in the US.

Before Departure: Identify medical services and resources abroad

Identify host country health care resources before your trip in case of a medical emergency. Consult with UCEAP Systemwide. This is especially important if you have a preexisting medical condition. Information about local medical care may be provided after arrival during your UCEAP on-site orientation. You can also access the local [US Embassy](#) list of medical facilities online.

- **Print your UCEAP insurance card and carry it with you at all times as instructed in your pre-departure checklist.**



Prevention While Traveling

Your health while traveling

- Risks will vary depending on geography, accommodation, and your personal behavior.
- To prevent many common travel illnesses, be careful about food and water, protect against insect and mosquito bites, and wash hands frequently.
- Riskier activities (e.g., paragliding, bungee jumping, moped-riding, drinking excessively) increase the likelihood of negative consequences.
- Leave animals alone. Animal bites or scratches can transmit rabies. Seek help if you are bitten.

Mass gatherings and your health and security

Mass gatherings ranging from major sports events to fairs, festivals, concerts or political rallies may pose special risks. Large numbers of people in small areas can facilitate the spread of infectious diseases or increase the risk of injury (e.g., catastrophic stampedes, collapse of venues, fires, crowd violence and damage to political and commercial infrastructure).

Tips:

- Knowledge of the country or region you visit is essential.
- Be aware of the most likely health risks associated with the event you are attending, and determine what you can do to stay healthy and safe.
- Avoid gatherings where drug and alcohol use could contribute to dangerous behavior, where political or religious fervor may contribute to violence, or where inadequate facilities may contribute to an unhealthy environment.
- Avoid densely congested areas with limited exits. Wherever you are, make sure you always know how to get out.
- Be aware of emergency precautions, the locations of exit routes from the venue, and the nearest medical facilities.
- If you find yourself in the middle of a moving crowd do not fight against the pressure, do not stand still or sit down, because you could easily get trampled. Move in the same direction of the crowd; take advantage of any space that may open up to move to the side of the crowd where the flow is weaker.

Managing preexisting medical conditions while traveling

Living and studying in a foreign environment may cause unexpected physical and emotional stress, which can exacerbate some chronic conditions. Do not take health risks that you wouldn't at home.

If your immune system is weakened from a disease such as HIV/AIDS, cancer, or from chemotherapy or medicines, talk to your doctor before departure about your travel plans in detail. There may be added risks related to travel.

UCEAP countries where hygiene and sanitation, medical care, and water quality are of a high standard pose relatively less risks for your health. In contrast, UCEAP countries where hygiene, sanitation, and medical services are below standards, and clean water is unavailable may pose serious health risks; therefore, it is important to follow health precautions before, during, and after the journey. Learn about your destination and have a plan.



Know what to do during a health emergency while abroad

You never know when and where an emergency will occur. Keep contact information (phone numbers and addresses) of local services and all emergency contacts for your program. Share this list with your parents.

UCEAP representatives both in California and abroad are prepared and experienced to respond during any kind of emergency. If you need advice in finding a doctor or counselor, need a refill of your prescription, or if you are not feeling well, contact the Study Center staff or host institution.

Allergies

Research and plan your trip thoroughly in consultation with your doctor. An allergic reaction can occur within minutes or up to hours after exposure and it could compromise your education abroad experience.

Medical Alert ID

If you have significant allergies or chronic medical conditions, consider wearing a medical alert bracelet or a Medic Alert emblem. For more information, you can contact [American Medical ID](#).

What Is Anaphylaxis?

Anaphylaxis is a serious allergic reaction. It can happen very quickly and can cause death.

Anaphylaxis symptoms usually occur within minutes of exposure to an allergen. Sometimes, however, anaphylaxis can occur a half-hour or longer after exposure.

Common anaphylaxis triggers include:

- Certain medications, especially penicillin
- Foods, such as peanuts, tree nuts (walnuts, pecans, almonds, cashews), wheat, fish, shellfish, milk and eggs
- Insect stings from bees, yellow jackets, wasps, hornets and fire ants

Less common causes of anaphylaxis include:

- Latex
- Medications used in anesthesia
- Exercise

Other triggers can also cause anaphylaxis. You might know if you are allergic to something, but you can also have anaphylaxis even if you do not know you have an allergy.

With anaphylaxis, you can get very sick, very quickly. Your symptoms can also change. You may first get hives on your skin. Soon after that, you may throw up or have trouble breathing. **Each time you have anaphylaxis, you can have different symptoms. Symptoms also differ from person to person.**

The symptoms you have with anaphylaxis can be worse if you have:

- Asthma
- Other health problems such as lung or heart disease

If you have had anaphylaxis, you should talk with your doctor or nurse **before departure**. If needed, your doctor can do tests to find out what you are allergic to. Your doctor can help you make a plan to prevent future anaphylaxis.

As part of your plan, you can:



- Learn anaphylaxis symptoms so you will know when to get help
- Have an epinephrine (EpiPen) auto-injector with you at all times
- Avoid foods (peanuts, eggs, shellfish, wheat, etc.), medicines (penicillin, codeine, etc.), or insects (bee stings, etc.) you are allergic to.

Tips:

- Think about your destination. What allergens and irritants are common where you will be living and studying? Contact your UCEAP Operations Specialist immediately.
- Talk to your doctor before departure and discuss your UCEAP destination.
- Know the differences between life-threatening food allergies and food intolerance.
- Wear a medical bracelet and/or pendant (www.americanmedical-id.com) and carry a laminated card—in English and in the local language—with a warning about your allergy, to let others know.
- Take an allergy translation card with you to help you communicate in the local language.
- If you have severe allergies or asthma, visit your allergist before traveling to discuss your plans.

Health Risks: General Considerations

Influenza (flu) vaccine

The UCEAP physician consultant strongly encourages a flu vaccine before departure, particularly if you have a chronic medical condition (e.g., asthma, diabetes). Influenza is one of the most common ailments reported by UCEAP students.

Sexually transmitted diseases

Sexually transmitted diseases (STDs) are infections that are spread primarily through person-to-person sexual contact. STDs are the main preventable cause of infertility, particularly in women. Many countries have been unsuccessful in adequately controlling STDs.

The surest way to avoid transmission of STDs is to abstain from sexual contact. Consistent and correct use of latex condoms can reduce the risk of STDs.

Access the CDC [Sexually Transmitted Diseases](http://www.cdc.gov/std) website for more information.

HIV/AIDS

AIDS is a chronic, life-threatening condition caused by the human immunodeficiency virus (HIV). The infection occurs worldwide.

HIV/AIDS Prevention

There is no vaccine to prevent HIV infection and no cure for AIDS, but it is possible to protect yourself and others from infection by educating yourself about HIV and avoiding any behavior that allows HIV-infected fluids into your body.

According to the US Centers for Disease Control and Prevention, the most reliable ways to avoid becoming infected with or transmitting HIV are:

- Abstain from sexual intercourse (i.e., oral, vaginal or anal sex). All partners should get tested for HIV and other sexually transmitted diseases (STDs) before initiating sexual intercourse. Having another STD increases by two to five times the likelihood a person will become infected with HIV and increases the likelihood an infected person will transmit HIV.



- If you choose to have sexual intercourse, practice safe sex. The proper and consistent use of condoms when engaging in sexual intercourse can greatly reduce the risk of acquiring or transmitting sexually transmitted diseases.
- Do not use or allow the use of contaminated, unsterilized syringes or needles for any purpose (drugs, electrolysis, tattooing, acupuncture, medical or dental procedures, etc.). Needles for blood tests or injections must be sterile, preferably disposable, and pre-packaged in a sealed container. If an injection is required, make sure the needles and syringes come straight from a sealed, sterilized package, or have been sterilized with chemicals or boiled for 20 minutes. If in doubt, ask how the equipment has been sterilized. In some countries you can buy needles and syringes and take them to the hospital for your own use. Caution regarding instrument sterilization applies to all instruments that pierce the skin, including needles used for tattoos. If you have diabetes or require routine injections, bring a supply of syringes and needles sufficient for your entire stay abroad.
- Beware of infected blood, blood components, or locally-produced blood clotting factor concentrates and other blood products. Not all countries have mandatory HIV screening of donated blood. In some locales, ascertaining the availability of HIV-screened blood and blood products may be difficult. Not all countries have the resources to sterilize needles, and some countries reuse even disposable equipment. You can inquire at the local US embassy, US consulate, or Red Cross office about safe sources of blood. If an injury occurs and a blood transfusion is needed, the blood needs to be tested for HIV antibodies by trained laboratory technicians. Do not assume that blood you will receive has been screened.

Abuse of alcohol and other drugs

Many students experiment with alcohol and other drugs when they are away from home, particularly when they are in a foreign country where they may be of legal drinking age.

Alcohol is a mind-altering drug, which affects physical coordination and decision making abilities. Alcohol is classified as a depressant because it slows down the central nervous system, causing a decrease in motor coordination, reaction time and intellectual performance. At high doses, the respiratory system slows down drastically and can cause a coma or death. Acute alcohol poisoning can occur when someone drinks too much alcohol in a short time.

If you decide to drink while abroad, drink wisely. People who have been drinking are more at risk of being the victim, or perpetrator, of attacks, robberies, muggings and sexual assaults.

Control your drinking to minimize risky or difficult situations. If you choose to consume alcohol know that you remain responsible for your actions at all times and that alcohol abuse is against UCEAP policy.

Substance abuse may result in serious health problems or even sudden death, which in the case of some drugs can occur after first-time use. In addition, students may face legal consequences for behavior they exhibit while under the influence of alcohol or other substances (e.g., arrest, fines, etc.).

Four Signs of Alcohol Poisoning

Watch out for your intoxicated friends. If any of your friends show even one sign of alcohol poisoning, as below, call emergency services.

- Unconscious or unable to be roused
- Cold, clammy, pale or bluish skin
- Slow or irregular breathing
- Vomiting repeatedly or uncontrollably

**How to Help:**

- Trust your instincts!
- Turn the person on their side to prevent choking while vomiting. Do not make them throw up. They can choke on their own vomit or accidentally inhale vomit into their lungs.
- Do not laugh, ridicule, provoke, anger or threaten the person.
- Do not force-feed them bread or other food.
- Stay with the person. Do not leave them alone or let them “sleep it off.”
- Call the local emergency number, the UCEAP representative, and/or a hospital immediately. Do not hesitate to call for help.
- Stay calm.

Warning Signs for Drug Overdose

Watch out for your friends. If any of your friends show even one sign of drug overdose, as below, call emergency services.

The warning signs vary by substance, but often victims display:

- **Excessive Drowsiness**
If the person is unresponsive, try nudging them or gently pinching their arm. Whether using stimulants or depressants, if someone passes out and will not wake up, it is a warning sign of drug overdose. Call the local emergency services for an ambulance.
- **Abnormal Temperature**
Stimulants increase temperature. Depressants decrease temperature.
- **Abnormal Breathing**
Stimulants speed up breathing. Depressants slow down breathing.
- **Abnormal Skin Color**
Stimulants make skin flushed. Depressants make skin pale.
- **Abnormal Pulse**
Stimulants increase pulse. Depressants decrease pulse.

How to Help

- Stay calm and call local emergency services.

Bed bugs: Know the Facts

Bed bugs are found from North and South America, to Africa, Asia and Europe, and they are currently spreading quickly in parts of the United States, Canada, the United Kingdom and other parts of Europe. Bed bugs have been found in five-star hotels and resorts and their presence is not determined by the cleanliness of the living conditions where they are found.

Some simple preventive measures can be taken to minimize the possible impact on your travels and, more importantly, on your permanent accommodations when you return from your travels.

Travel Light

When traveling, pack only clothing and objects that can be washed or laundered in hot water, which is one easy way to kill any bed bugs. Traveling light also allows you to pack items and clothing into sealable plastic bags when not in use, further protecting against infestation.

Sanitation/Prevention

It is a misconception to think that bed bugs are the result of poor sanitation and/or poverty. After visiting an infested dwelling or hotel/hostel, people usually bring bed bugs into their homes through their luggage or clothes. It is much easier to control a population when the infestation is small.



Be alert and keep clutter down to make it easier to inspect and bed bugs have fewer hiding places. If you travel frequently, and have just returned, watch for signs of bed bugs by checking under your sheets and inspecting your mattress, especially if you have been bitten. If you suspect bed bugs, act immediately, notify the local UCEAP local staff/host institution and wash all your clothes in hot water immediately.

Bed bugs are not a medical or public health hazard as they do not spread disease. Bed bugs can be an annoyance because their presence may cause itching and loss of sleep. Itching may lead to excessive scratching that can sometimes increase the chance of a secondary skin infection.

Bite Symptoms

Some people have reactions that are delayed for several days or more while others do not react at all. Reactions to bites can also vary significantly between individuals from a mild itchy welt to a more severe rash-like symptom. People often confuse itching bed bug welts for mosquito bites. The only way you really can confirm bed bugs are the cause is to find the bugs in your bed or bedroom. Often people are bitten when traveling, making diagnosis even more difficult.

To treat a bite: avoid scratching the area, apply antiseptic creams or lotions, and take an antihistamine.

Do Not Overreact

Bed bugs are not known to transmit disease but you could develop an allergic reaction. If after your travels you have bites, don't scratch, take an antihistamine if you can, and conduct inspections in the weeks and months following your travel. For example, for several months upon returning from an overnight trip it is a good idea to periodically inspect (at least once every few weeks) your bed and upholstered furniture. Bed bugs often go undetected for several months until their populations become larger and they eventually emerge in areas where they are more easily detected. Bed bugs are extremely difficult to control especially if they are not caught during the early stages of the infestation.

If you think that you are experiencing a problem with bed bugs, act swiftly and contact the Study Center and/or local UCEAP representative to conduct a thorough inspection and evaluate the situation. A number of other harmless insects can be confused with bed bugs; it takes a professional eye to identify them.

If you have confirmed that you have bed bugs in your room, and it is not a result of previous traveling or guests, politely ask the Study Center and/or local UCEAP representative to move you to a room with no history of bed bugs.

Medications & Supplies

Prescription medications – Know the local laws and obey them

Host country national laws *mandate* what can be brought into a country. Pharmaceutical regulations differ. Every country has a different classification system for medicines. Although medications in amounts for personal use are rarely inspected or questioned, customs officials can become suspicious of medications in large quantities. Most narcotics, psychotropics and stimulants can be restricted or banned in other countries.

Many countries do not permit pharmacies to fill prescriptions that originate outside their country. To get refills you will need to be evaluated by a local doctor and present a letter from the US doctor explaining your condition, treatment and medication regimen. This will help the local doctor issue a prescription. You will need to pay for the appointment and submit a claim to the insurance company.



Plan ahead and follow these recommendations:

- Ask your doctor how to adjust your medication dosage intake across different time zones.
- Pack your prescription medications in your carry-on luggage. Do not pack medication in checked luggage as it could get lost or delayed.
- Carry prescriptions in original containers with your name on it.
- Pack copies of all prescriptions, including the generic names for medications.
- Have a note, on letterhead stationery, from the prescribing physician (signed and dated) indicating your condition, treatment, and medication regimen. Carry this letter with you through Customs.
- Talk to your doctor. If intending to travel with a controlled drug for personal use, it is prudent to review medication regulations in official government sites. Addresses and excerpted national statutes for most countries can be found at the [International Narcotics Control Board](#).
- Rules on amphetamine-based medications used for attention deficit disorders should always be checked ahead of time.
- Embassies are generally not good sources of information. Check your UCEAP [Program Guide](#) for links to more specific resources.
- If you have diabetes or use injectable medication obtain and carry at all times a doctor's letter explaining the need to carry needles and syringes.
- Do not have medication mailed to you.
- Do not have your parents or anyone else travel with medications that are issued to you. No one can bring additional medications for you into the country. This is considered drug trafficking and could lead to fines and/or incarceration.

Medical Marijuana

Never travel internationally with any amount of medical marijuana.

According to US Federal law you cannot fly on a commercial airliner with marijuana or marijuana-containing products, even if you have a doctor's written prescription for medical marijuana or a medical marijuana identification card (MMIC).

Many countries consider marijuana to be illegal. Students with a US prescription for marijuana can be arrested, prosecuted and deported if in possession of an illegal substance.

UCEAP Travel Insurance and Prescription Medication

Make sure you understand your terms of coverage before you request a refill while in the US or abroad.

You can **fill and pay** for medication prescribed by a licensed physician when coverage is effective (14 days before the official start of the program).

To submit a claim form for a refund:

1. Download and Print the [Claim Form](#)
2. In the 'COMPLETE THIS SECTION FOR SICKNESS CLAIM' cross out 'Date of sickness' and write in "prescription medication"
3. Scan and attach the completed claim form and the pharmacy receipt to an email addressed to claims@acitpa.com. The pharmacy receipt must include the fill date, Rx number, medication name, strength, dosage, quantity, days' supply, amount paid, prescriber name and patient name. Keep copies of everything you submit.



US prescriptions cannot be filled abroad

You will need to see a local physician if you need a refill. It will be important to have a copy of your US prescription and a letter from your treating physician, on letterhead, indicating the condition, treatment and medication regime.

Buying medications over the counter while abroad

According to the US Centers for Disease Control and Prevention (CDC), virtually any drug, including antibiotics and antimalarial medications, can be purchased without prescription in many developing countries. Do not buy these medications. The quality and safety of drugs purchased outside the United States cannot be guaranteed and may not meet US standards and they may even be counterfeit or potentially hazardous because of contaminants. In fact, 36 percent of antimalarials abroad are counterfeit.

Before returning to the US, be aware that medications purchased abroad may not be FDA-approved or allowed into the US.

Contraception

If you need contraception while abroad, it is best to bring it with you. Each country has a different policy regarding availability and dispensing of contraception. Many local doctors will not dispense birth control without an appointment. This appointment is considered preventive care and would not be covered by your UCEAP insurance.

If you fill and pay for your contraception within 14 days before the official start of your program, it may be covered by UCEAP insurance. You will need to pay up front for your medications and submit a claim. Note that although the birth control itself is covered by the UCEAP travel policy, the visit to obtain it is not. Routine care is not covered by travel insurance. If you are covered by campus health insurance while abroad, you may be able to claim the visit to get the prescription. Consult with your campus student health insurance office.

Anti-anxiety and anti-depression medicine

- Never abruptly discontinue your medication.
- Compliance with prescribed medication regimens is important.
- Stopping treatment early—without consulting a doctor—can cause adverse reactions and/or relapse.

Prescription eyewear

The UCEAP insurance does not cover preventive eye exams or prescription eyewear. If you are covered by your campus health insurance while abroad, you may be able to claim this expense. Consult with your campus student health insurance office if eye exams and prescription eyewear is covered through this plan.

If you wear glasses or contact lenses, take an extra pair and your written prescription abroad. Take sufficient quantities of contact lens solution, since it may not be readily available or the product name may not be the same as in the US. For example, Optifree Express is called Optifree Multiaction Solution in Europe, and Renu is called All Care solution in China; the formulation may be different or you may be allergic to the ingredients. The manufacturer may not sell their entire line of products in certain countries. Also, in some countries you may need to see an optometrist, optician or ophthalmologist to get contact lens solutions because they are considered drugs.



Information for students with diabetes

Diabetes management is important when traveling. Plan ahead to ensure that you have all the things you need.

At the airport, before departure from the US, notify the Transportation Security Administration Security Officer that you have diabetes and are carrying your supplies with you. For a list of supplies that are allowed on the plane after screening, visit the [TSA website](#).

Sample first-aid kit

Regardless of your destination, assemble a travel health kit tailored to your needs, length of travel and destinations.

Include in your first-aid kit treatment for minor cuts and abrasions and something for temporary diarrhea, and a variety of bandages, medications, and equipment to stabilize injuries until proper medical attention can be administered. Obtain advice from your physician on assembling a suitable medical kit and visit the [CDC website](#) for a list of recommended items.

Psychological Health

Disclose conditions before departure

Even if you do not have a prior history of mental illness, travel stress, mood changes, anxiety and other mental health concerns can unexpectedly affect you and potentially disrupt you. Study abroad can be a personally rewarding and culturally expanding experience, but it can also be somewhat stressful. Many college-age students experience anxiety, depression, stress and other mental health conditions. In addition, existing mild physical or psychological disorders can be aggravated by the stresses of travel and life in an unfamiliar setting.

You will experience many unique and new situations. Living in a new culture, even for a short time, may cause stressors different from studying at UC. You may encounter a challenging environment for which you may not be as mentally prepared as originally anticipated.

Homesickness is normal, especially if you have never traveled abroad. You may feel frustrated, impatient and irritable at times. You may experience communication problems even if the local language is English. Locals will do things differently and you may consider that their way is as good as yours.

Suddenly developing symptoms related to anxiety can be unsettling. Not knowing why you are experiencing anxiety increases stress levels and can make symptoms worse.

Plan ahead

- Familiarize yourself with the mental healthcare system of your destination and identify a mental health professional whom you can contact immediately in case of an emergency. Work with UCEAP officials.
- Set up a support system in advance, even if you think you will not need it as you could experience some level of stress with the transition of living in a new country. You may have a difficult time adjusting at the beginning.
- Before departure, consult with your doctor whether travel and study abroad are appropriate activities for you. Discuss the potential stresses of traveling and living abroad with your doctor and create a mental health plan while you are abroad. Identify how you will access social support systems, engage in self-care behaviors, and cope with emergencies while you are abroad. Get advice on how to stay healthy and how to communicate with one another while you are abroad; consider the time difference and methods (Skype, texting, e-mail, phone calls, etc.). Ask your doctor about medication management.



- Know before you go how you will pay for appointments with local doctors and how the UCEAP travel insurance policy works. It is not possible for doctors to bill insurance abroad.
- Understand and be aware of the social and cultural acceptance of mental health at your destination. Consider whether it is easy to find a local psychiatrist and/or counselor.

You are responsible for assessing (along with your parent/guardian and physician) any physical or mental health conditions that could be affected by studying abroad; there are certain conditions that may require continued therapy, monitoring, or specific support mechanisms while abroad. Talk to your doctor to discuss if the type of travel and your destination are appropriate for you.

If you disclose in advance of participation, UCEAP can help you to arrange appropriate accommodations abroad, if available.

While Abroad

- Give yourself plenty of time to arrive and go through safety checks. Inform TSA about your condition to make your trip less stressful. Establish a routine. Familiarize yourself with your surroundings. If possible, integrate activities into your daily life that you enjoyed in the US. Know your mental and physical limits. Ask for help when you notice the first sign of distress. Do not try to manage alone. Re-assess your original plans and change them to minimize stress levels. Take your medication as prescribed. Do not reduce or stop the dosage without a doctor's approval. Know who to call locally for help if you feel distressed.

References and resources

The following are UC offices of counseling and psychological services:

UC Berkeley

Counseling and Psychological Services
2222 Bancroft Way
(510) 642-9494

Call (510) 643-7197 to speak to an advice nurse Mon–Fri, 8 a.m. to 4:30 p.m

<https://uhs.berkeley.edu/students/counseling/cps.shtml>

UC Davis

Counseling and Psychological Services (CAPS)
219 North Hall
(530) 752-0871

After hours of operation call CAPS (530) 752-0871 and follow the prompts to reach a mental health counselor (press 55)

<http://shcs.ucdavis.edu/services/>

UC Irvine

Counseling Center
Room 202 Student Services1
(949) 824-6457

For urgent matters, call the main phone number at (949) 824-6457 and select option 2

<http://www.counseling.uci.edu/>

UC Los Angeles

John Wooden Center West
221 Westwood Plaza
24/7: (310) 825-0768

<http://www.counseling.ucla.edu/>

**UC Merced**

H. Rajender Reddy Health Center
Joseph Edward Gallo Recreation & Wellness Center, 2nd Floor

24/7: (209) 228-4266

<http://counseling.ucmerced.edu/>

UC Riverside

Counseling Center
Veitch Student Center
North Wing

Phone: (951) 827-5531

<http://counseling.ucr.edu/Pages/default.aspx>

UC San Diego

Psychological and Counseling Services (P&CS)
Galbraith Hall, Room 190

24/7: (858) 534-3755

<http://caps.ucsd.edu/>

UC Santa Barbara

Counseling Services
Building 599

24/7: (805) 893-4411

<http://counseling.sa.ucsb.edu/>

UC Santa Cruz

Counseling and Psychological Services
1156 High Street

24/7: (831) 459-2628; After office hours, select option 3

<http://caps.ucsc.edu/>

There are many valuable websites that address mental health topics and issues. Below are some useful resources for additional information about mental health.

Befrienders, a network of 400 volunteer crisis centers in 39 countries, across 6 continents. These centers provide help to those in need of emotional support.

The JED Foundation

ULifeline (free, anonymous website that links you to your college counseling center and a library of mental health information)