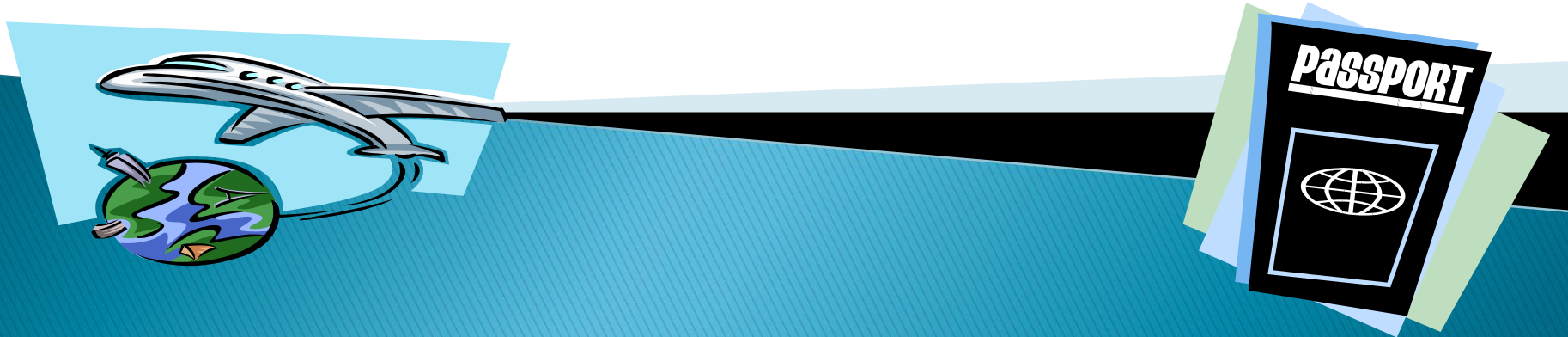


Tips for a Healthy International Internship Experience

Health & Counselling Services

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International Student Counsellor



Covered Today:



- ❑ Physical Health & Emotional Health – what do you need to think about?
- ❑ What To Do Before You Go
- ❑ How to Take Care of Yourself While There
- ❑ Coping Strategies & Tried and Tested Tips

✓ Checklist for Physical Health



- ❑ Schedule travel clinic appointment
- ❑ Schedule vaccinations and immunizations
- ❑ Have a thorough medical and dental check-up before leaving
- ❑ Blood type info can be helpful
- ❑ Be aware of physical and mental health providers (English speaking) www.IAMAT.org

Before You Go



▶ Health Insurance

- Check parent's insurance coverage
- Advise provincial insurance you'll be away, especially if you're going to be away for at least 6 months
- Obtain from travel agent, The Prescription Shop or CAA

▶ Vaccinations

- At least 2 months before departure
- Travel health assessment service on campus
- Travel Clinics *



❑ T.B skin test

- From Health Services



❑ Prescription Medication

- Large enough supply, check expiry dates, in original bottles
- Letter from physician, if needed

❑ Allergy Kit

- Refrigerate serum
- Epi-pen



❑ Birth Control

❑ Alert Bracelet

- For a stable, chronic condition

❑ Dental Examinations

- And wisdom teeth removal?

❑ Eye Examination

- Second pair of glasses
- Contact lens cleaning solution
- Good protective sunglasses

▶ International Health Concerns

- Check out Centre for Disease Control for
- Current information on diseases worldwide and recommended precautions for travelers



Additional Pre-travel checklist

- ❑ Be aware of medical and hygiene conditions in host country, particularly in developing countries.
- ❑ Know where you can obtain medical care.
- ❑ Use caution with heat and sun exposure.
- ❑ Consider the risk of special activities: high altitude trekking, diving, hunting, camping, etc.
- ❑ 2 great websites for health information
 - ❑ www.travelhealth.gc.ca
 - ❑ <http://travel.gc.ca/travelling/health-safety> .



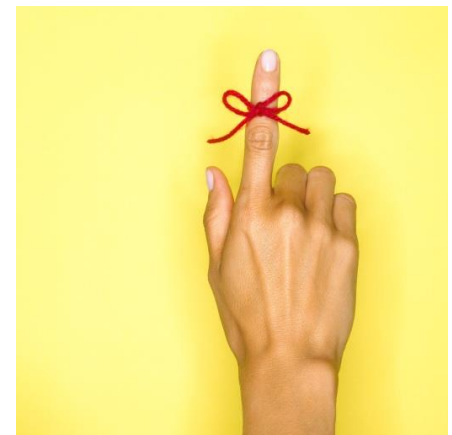
Now You're There – Take Care of your Physical Health!

- ▶ Find out where medical facilities are
- ▶ Wash your hands often
- ▶ Eat Healthy
 - Depending on the country, boil it, bottle it, purify it, peel it or don't eat it, avoid ice
- ▶ Regular Physical Exercise
- ▶ Healthy sleep routine – Jet Lag!
- ▶ Avoid blood transfusions, if possible – since some countries do not have adequate blood screening services
- ▶ Sex, Drugs & Alcohol
 - Risks of being sexually active during program, unknown drugs, at-risk drinking and different laws



Checklist for Emotional Health

- ❑ Research your host country – learn about local culture, customs and be aware of the laws of host country
- ❑ Be aware of homesickness & culture shock
- ❑ Consider how stress impacts you personally
- ❑ Know the services that are available at the host university
- ❑ Arrange peer support
- ❑ Pack meaningful items from home



Now You're There – Take Care of your Emotional Health!

- ▶ **Take time to get used to your host country** (jet-lag, weather, food, living conditions, language, culture...)
- ▶ **Understand the signs**
 - Feelings of loneliness, sadness or isolation
 - Increased anxiety over small details
 - Concentration difficulties
 - Excessive eating, smoking drinking to cope
 - Withdrawal
- ▶ **Regular Physical Exercise, Healthy Sleep Routine, Eat Well**
- ▶ **Develop a social network**



Coping Strategies



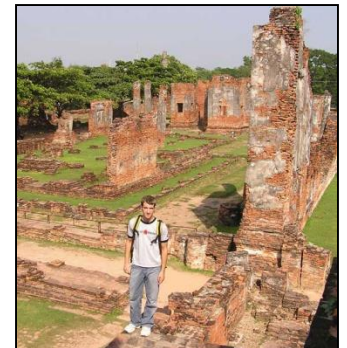
- ▶ Journaling
- ▶ Talk to a friend or a relative at home – email, Skype, blog, whatsapp instant msg
- ▶ Relaxation Techniques
 - Breathing exercises, yoga, relaxation music and candles, etc
- ▶ Meditation, prayer, time for reflection
- ▶ Being kind and patient with yourself in times of stress, try to find humour in situations
- ▶ Deal with stress as it arises, ask for help



Tried & Tested Tips



- ▶ Prepare and organize yourself before you arrive in the host country
- ▶ Join in.....events in the workplace, societies and activities, try something new
- ▶ Get out of the usual places and explore with curiosity
- ▶ Get to know local people, local language
- ▶ Take advantage of support services as needed!



Difficulties Coping?

- ▶ Contact the Counselling Services at the host placement – HR?
- ▶ Employment Assistance Program (EAP)
- ▶ Off site counselling – if you have additional coverage through Psychologists/Counsellors etc



“Certainly, travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living”

–Miriam Beard

Questions? berak.hussain@carleton.ca

And when you return, come to the “Welcome Back” reception and share your experiences with us and other student travelers, please visit our website for more info

