ACADEMIC ACCOMMODATIONS

- Are you registered with the Accessibility Resources & Services Office? If so, please send Anna Wilson an automated accommodations notification from your student portal (this is the same process you complete to notify your professors on campus.) Her email address is wilsonac@email.unc.edu and you can enter SAO for the course. You can request your same accommodations for study abroad.
- This information cannot come from a personal physician or therapist, as we can only make requests for the accommodations currently recommended for you by UNC.
- Please note that the Study Abroad office cannot guarantee that your program will provide the same academic accommodations you receive here.
- As soon as Anna has conferred with your program, she will notify you either as to what accommodations will be arranged, or what procedure you must follow to arrange accommodations with your program.

TRAVELLING WITH MEDICATION

- Investigate whether or not your medications can be brought through customs in your host country.
- Confirm you will be able to obtain and fill the amount of prescription to cover the full time you are abroad.
- Write the names of all medications you take on the back of your insurance card.
- Keep all medications in their original packages and have your prescription and a letter from your doctor to accompany them.
- Important info about travelling with medications: https://www.osac.gov/Pages/ContentReportDetails.aspx?cid=17386

ALLERGIES TO MEDICATIONS

- Inform on-site staff of your allergies to ensure that you will not be administered these medications should you have an emergency or fall ill while abroad.
- Please contact Anna Wilson (wilsonac@email.unc.edu) if any special arrangements need to be made prior to departure.

FOOD ALLERGIES

- Inform your program director, homestay family, friends, professors, and roommates about your allergies if they are severe.
- If you use an epi-pen, please train these same people on how to administer it should it ever become necessary.
- Research local foods in your host country.
- Make an "allergy card" (in the local language, if possible), reflecting foods you cannot eat, to be used when grocery shopping and eating out.

• Allergy translations: http://www.food-info.net/allergy.htm

DIABETES

• These links provide info about managing diabetes during study abroad: http://www.idf.org
• www.MIUSA.org

MENTAL HEALTH

• You should discuss how to manage your mental health with your health care provider before you leave for study abroad.
• Contact your insurance company if you want to discuss staying in contact with your same health professional while abroad.
• Need to discuss special accommodations or want to arrange meetings with a health professional in your host country? Please make an appointment with Anna Wilson (wilsonac@email.unc.edu).

MOBILITY ISSUES

• Need to discuss special accommodations? Please make an appointment with Anna Wilson (wilsonac@email.unc.edu).
• Just for info, the earlier we can start working together, the better!
• The potential for needed arrangements depends on the availability of accommodations on your specific program and country, but we will do what we can to make requests.

MEDICAL CONDITIONS

• You should discuss how to manage your medical condition with your health care provider before you leave for study abroad.
• Need to discuss special accommodations? Please make an appointment with Anna Wilson (wilsonac@email.unc.edu).
• The potential for needed arrangements depends on the availability of accommodations on your specific program and country, but we will do what we can to make requests.
• Some medical conditions or the use of certain medications (like birth control) can cause a higher risk of blood clots while flying. It is helpful to stretch your legs, walk around the plane, and in some cases to wear attire that compresses your legs in-flight. Here’s more info: http://www.cdc.gov/ncbddd/dvt/travel.html

FOR STUDENTS WITH HTH INSURANCE

• Official web site: http://www.hthstudents.com/contact.cfm
• Above is the HTH (your study abroad insurance provider) student web site.
• Be sure to register with them – you will soon receive an automated email from them if you haven’t yet about registration.
• Their web site provides helpful information customized just for students, such as drug equivalency information, contact details for local health professionals, and country-specific information.
• We encourage you to utilize this resource while preparing for and while on your program.

ALLERGIES

• Inform your program director, homestay family, friends, professors, and roommates about your allergies if they are severe.
• If you use an epi-pen, please train these same people on how to administer it should it ever become necessary.

CURRENT IMPACT

• Here you will find a document called "Current Impact Statement."
• Filling this out is optional, and is just to provide you another outlet in explaining your condition to assist us in possibly setting up accommodations for you abroad.
• Please respond to the questions on this form if you think it will be helpful in planning your term abroad.