

Assisting students in staying healthy while abroad is a top priority of the Study Abroad office. The majority of study abroad students will experience some sort of health problem during their time abroad, most likely digestive troubles, dehydration, or exhaustion, as they adjust to their host culture. Even with the care which our staff members give to your health and safety, and even if you carefully follow the guidelines here, we can not guarantee you will not experience a health problem, just as no one can guarantee it here in the United States. Nor can we force you to follow these guidelines when you are on your own. We urge you, however, to pay attention to them, and to exercise the same caution as you would in the United States, in order to have the best experience possible.



INSURANCE

Gonzaga University requires students to have insurance while abroad. Students participating in Gonzaga-in-Florence, Gonzaga-in-Paris, and Faculty-Led programs subscribe to the university insurance and have the cost built into the overall program cost. Students participating in an Exchange and Sponsored Program participants are required to purchase insurance through Gonzaga if it is not provided by the program provider or host university.



STAYING HEALTHY

Students should pay careful attention to what you're eating and drinking at the beginning of the program as your body will have to adjust to the new environment. Drinking plenty of water and getting enough sleep on a regular basis will help mitigate common illness. If you do experience an sickness or health problem, please seek attention as soon as possible.



HEALTH CARE

If you have any ongoing medical conditions, such as allergies or diabetes, you must take special precautions in preparing for and managing your health while abroad. It is important to consider how the stresses of a new environment may impact your health. If you will need continuous care while abroad, please provide medical records to the proper sources before you leave. Keep in mind nutritional requirements such as vegetarian dietary needs can be difficult to handle abroad.



MENTAL HEALTH

Maintaining good mental health while abroad is just as important as taking care of your physical health. Mental health issues can affect anyone, anywhere. Traveling abroad and trying to adjust to another culture is a stressful experience for anyone, and could lead to the emergence or reemergence of mental health issues. We urge you to be open with your study abroad adviser about your pertinent health history, including mental health. Disclosing mental health information helps you plan with others so that the necessary support will be in place when you go abroad.

PRESCRIPTIONS

Taking prescription medication abroad can be tricky. Certain countries have restrictions on which medications individuals can bring in, and depending upon the length of your study abroad experience, bringing enough medication to cover your time in the country may not be allowed. Prescription medications may not be sent through international mail.



DISABILITIES

Gonzaga University is committed to providing qualified students with a disability an equal opportunity to study abroad in a setting appropriate to students' needs, in compliance with the Americans with Disabilities Act, Section 504 of the Rehabilitation Act of 1973 and Washington State Laws. Consistent with themes of justice, respect and dignity in its mission, the University strives to provide an inclusive community for students with disabilities. Foreign universities are not held to the standards of the Americans with Disabilities Act, so students should check with the [DREAM](#) Office if they have questions regarding access to technology, testing and other needs.



EMERGENCIES

In an emergency, please contact Gonzaga's Campus Public Safety and Security Department which maintains a 24-hour emergency hotline. Call the hotline at **509.313.2222** and the Study Abroad Office will get back to you immediately.