



Disability Services at host organisation



Medications - available/acceptable?



Insurance - coverage/exemptions

Health & Wellbeing



Have you thought about...

Exchange

Internships

Short-Term Study

Placements



Cultural attitudes and access to health services



Vaccinations required?



Medical supports in situ

Health, Wellbeing, Disability and Inclusion Checklist

Have you thought about...

When considering the below, think about your destination country, as well as any countries you plan to travel through.

Disability Services at host organisation

- What services do you require and are they available at your preferred host institute/organisation?
- How do you contact the Disability Services Team at your host institute/organisation?
- Do a search on your host website for services team before you go and see what valid documentation they require.
- Make an appointment with your Student Advisor or Counsellor at UQ to advise them that you are going on exchange and to help prepare for while you are away. Ask them for any tips on managing if the services offered in your host institution are not the same as offered at UQ.
- Make sure you have valid medical documentation that describe your condition and the support you require for your host organisation.
- It might be helpful to take a copy of your current Student Access Plan (SAP) or details of exam adjustments with you to help discuss adjustments with your host institution. Please note however, that your host institution may be unable to provide the same adjustments that are in your plan.

Medications

If you are on medication, it is recommended you consult your prescribing doctor to discuss your requirements while overseas:

- Are you able to take your medication into the destination country?
- Do medications need to be in original packaging when travelling through customs/immigration?
- Are you able to fill a script for the same medication in your destination country? If not, are there suitable substitutes you can purchase in country?
- Will you require a doctor's note to explain your medication when going through customs/immigration?

Insurance

- Does UQ's corporate travel insurance cover your needs?
- Do you need to complete a [Fit for Travel form](#)?
- Do you need to purchase additional cover?

Medical supports in situ

- What medical services are available to you through the host institute/organisation?
- What costs are associated with the above medical services?
- If you have a pre-existing condition, carry an introductory letter from your doctor in case you need to see a doctor while overseas.
- Contact your travel insurance company if you require medical attention overseas.

Vaccinations

- What vaccinations do you require for your destination, including transit and holiday countries?
- How far in advance do you need to get these vaccinations?
- What proof of vaccination will you need?

Cultural attitudes and access to health services

- Cultural attitudes to medical conditions vary from country to country. Do you know how to access healthcare in your destination country?