



Global Learning and Traveling Abroad with a Disability

Tips for travelling abroad with a disability:

01 Know Yourself

Understand your diagnosis, strengths, disability related needs, travel related goals.

It is important to be able to inform others about your needs and any accommodations that you may require to be able to fully participate in the program you select.

Do you require medications?



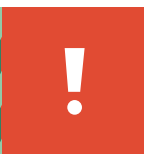
- ✓ Confirm that your medication is legal in your destination country.
- ✓ If you take prescriptions or require specific medical supplies ensure you bring enough with you.
- ✓ It is NOT legal to have medication sent abroad through postal mail.
- ✓ Store all meds in their original containers with their labels attached.
- ✓ Carry medications in your carryon in case your baggage is delayed or lost.

02 Conduct Research

Research the program, destination country and available resources.

Consider the geography, availability of resources and language barriers.

Research the destination country's disability laws and regulations.





Global Learning and Traveling Abroad with a Disability



03 Plan Ahead and Prepare

Preparation is essential to a successful experience:

See your medical provider before you go and consider how you will manage a flare up of symptoms while away.

Review health care options and the availability of medical specialties and Health Care insurance Costs.

Contact the airline in advance of your flight to advise them if assistance is required with mobility aids/carry-on items.



04 Consider Cultural Differences

Local attitudes/perceptions of your disability may be different depending on your travel destination.

Be prepared to handle cultural differences about disabilities, accessibility, and boundaries.

Learn some basic vocabulary in the language of the country you are traveling to relating to your needs.



05 Have Fun!

Travel provides many opportunities to learn and explore. Enjoy the adventure!

