BEFORE YOU GO

• Disclose mental health history on the health form
• Know your warning signs
• Make a plan for known mental health concerns & medications!
• Be aware of resources on the ground

MORE INFO

Counseling and Psychological Services (CAPS)
919-966-3658
www.caps.unc.edu
Walk-in services welcome

Campus Health Services
919-966-2281
www.campushealth.unc.edu
www.campushealth.unc.edu/services/international-travel-clinic

UNC Study Abroad Office
919-962-7002
www.studyabroad.unc.edu
CULTURE SHOCK
Feeling a sense of unease or unfamiliarity with how or why things “work” the way they do.

INITIAL ADJUSTMENT
Becoming more familiar with daily life in the new culture.

ISOLATION
Feelings of homesickness; experiencing frustration with accomplishing everyday tasks; missing social cues.

ACCEPTANCE AND ADAPTATION
Greater ability to navigate the new culture; understanding habits, customs, food, and establishing ties within the community.

WHILE YOU'RE AWAY
• Know what to expect
• Avoid social media—be present!!
• Build social support where you are
• Keep a pulse on how you’re doing

IF YOU ACCEPT THE DISCOMFORT OF THIS SITUATION, IT MAY ALSO OPEN UP OPPORTUNITIES TO EXPERIENCE MORE JOY AND CONNECTION.

TRAVELING WITH MEDICATIONS
• Have enough medication for the duration of your travel, plus a little extra in case of unforeseen delays. You may not be able to obtain the same medication in your host country.

• Allow for several business days for your pharmacy to try to obtain approval from your insurance company for extended medication supplies.

• You may need to make a provider appointment to obtain prescriptions for extended supplies of medications.

• Some countries have strict guidelines about medications that may be transported into the country. Check with the embassy of the host country.

• Keep your medication in the originally labeled bottles in your carry-on luggage.

SELF-CARE
Practice good self-care while away: eat well, practice good sleep hygiene, avoid mood altering substances (alcohol and other drugs), exercise, and take medications and see a doctor for physical illnesses.