

### **Nurse's Recommendations for Students on the UNO Innsbruck program:**

- Prescriptions and antibiotics cannot be refilled without seeing an Austrian doctor so bring enough medicine for 6 weeks and include travel days before the program begins and ends. Ask your insurance for a "vacation override" to be able to fill more than one prescription at once (so you have enough for 6 weeks)
- If you must see a doctor or go to a hospital clinic to obtain prescriptions or antibiotics in Austria, the cost will be anywhere from 25-50 euros in cash. To avoid these extra expenses check with your family doctor about bringing your own prescriptions and or antibiotics.
- Bring prescription medication in your carry-on luggage.
- Do not have prescription drugs sent to you. They will be held up in customs and may be confiscated.
- Bring the following U.S. drugstore items:
  - ✓ Cough Syrup
  - ✓ Headache and general pain medication
  - ✓ Cold and flu medications
  - ✓ Multivitamins
  - ✓ Band-Aids
  - ✓ Imodium
  - ✓ Antacid tablets
  - ✓ Analgesics
  - ✓ Nasal decongestants and Sinus medications
  - ✓ Antibiotic cream
- Talk to your family doctor about getting a prescription for – and bringing - a broad-spectrum antibiotic.
- The nurse does not have medications to dispense.
- The nurse cannot administer shots of any kind.

- Pepcid, Prilosec, Tums, and Benadryl are nearly impossible to get in most European countries.
- Pain medication such as Tylenol or Ibuprofen is rather expensive in Europe.
- Bring any over-the counter medication you are used to taking, especially cold medicine. Many students develop a cold at some point during the program and you will feel better more quickly if you can take the medicine you are used to.
- Local Austrian pharmacies may not have the brand you are familiar with.
- Innsbruck is in a valley, surrounded by the Alps. The weather can change quickly so bring a warm jacket and rain gear, preferably something with a hood. Air conditioning is rare, so bring clothing for hot days and for travel to southern countries.
- Water shoes .....beware of sea urchins and their spines especially if you are planning a trip to the beaches in Croatia.
- Every student is covered by the Study Abroad Insurance Plan provided through the program, BUT if you go to the hospital or see a doctor in Austria or any other European country, **you must pay the bill first**, and then submit the receipt for reimbursement to insurance provider T.W.Lord.

### **Tips to help you prevent and overcome JETLAG:**

- Get a good night's sleep for several nights before your departure. Go to bed a little earlier and get up a little earlier than usual to help prepare your internal clock for the time change.
- The time change between CST and CET is 7 hours+. Set your watch when you arrive in Europe.
- Drink lots of water on the plane. Buy a big bottle of water after you get through security. Drink 2-3 liters of water on a travel day. Avoid caffeine.
- On arrival day, do not take a nap. Exercise and natural light help overcome jetlag. Enjoy the fresh mountain air in Innsbruck by taking a stroll through Old Town or a jog along the Inn River.
- Power through the day and go to sleep at about 10:00 pm.
- Don't drink alcohol! Re-hydrate from the long flight with lots of water.