



HEALTH RESOURCES

Get your health questions answered before you go abroad!

LEARNING & OTHER ABILITY ACCOMMODATIONS

Students must register for special accommodations with the [Office of Student Accessibility](#) as soon as possible and well before you go abroad!

NUTRITION & EXERCISE

For basic info, talk to your [IP Ambassador](#). We'll also cover this at orientation.

If you have specific health-related dietary needs, you must register for special accommodations with the [Office of Student Accessibility](#) as soon as possible and well BEFORE you go abroad.



HEALTH INSURANCE & MEDICATIONS

All IP students (except Lausanne) are required to obtain health care and dental coverage for non-urgent/pre-existing needs.

Through International SOS, you have access to emergency care and free consultations on managing your health needs abroad. Review our [health and safety page](#) for further information.

MENTAL & SPIRITUAL HEALTH

Talk to the [Counseling Center](#) or the [Chaplain's Office](#) before you go.

You will have access to 5 free mental health sessions from International SOS and/or access to a local counselor at your program location.

[Click here](#) to learn more info on mental health resources abroad.