



## Recommended Websites

### Australian Government Information

#### Department of Foreign Affairs and Trade:

<http://www.smartraveller.gov.au>

This Australian Government portal provides destination specific travel advisories for people travelling overseas. Security issues are highlighted and graded. Major health concerns are also covered. You are able to subscribe to automatically receive email updates each time the Department changes their travel advisories. The site also covers many travel-related issues such as "living and working overseas," "backpacking," "international driving permits" etc and is well worth a visit.

#### Department of Health and Aging:

<http://www.immunise.health.gov.au>:

An excellent site covering immunization programmes in Australia. Any changes to the childhood immunization schedule are mentioned on the site. Details on various vaccines used in Australia, including travel vaccines, can be accessed in the Vaccines Handbook.

#### Health Insurance commission:

[http://www.hic.gov.au/yourhealth/services\\_for\\_travellers/index.htm](http://www.hic.gov.au/yourhealth/services_for_travellers/index.htm)

This site covers Australia's reciprocal health agreements with other countries – what you are entitled to receive under these agreements and what you need to carry to have access. Information for these countries (UK, New Zealand, Republic of Ireland, Norway, Sweden, Finland, Malta, Italy and The Netherlands) is provided through PDFs which can be downloaded from the site. This site also has important information on travelling with medication acquired in Australia. Taking medication out of Australia may be illegal. Details are available on:  
[http://www.hic.gov.au/you...ine\\_overseas.htm](http://www.hic.gov.au/you...ine_overseas.htm)

### Important International Health Sites for Travellers

#### World Health Organisation (WHO) Geneva:

<http://www.who.int/ith/en/>

This excellent site for intending travellers provides useful health information on a variety of subjects including general health risks, air travel, vaccine preventable disease, common infectious diseases and malaria. The information is available as PDFs for downloading.

#### Center for Disease Control (CDC) Atlanta:

<http://www.cdc.gov>

This very comprehensive site is not just about travel health. CDC is an agency of the Department of Health and Human Services (HHS), which is responsible for protecting the health and safety of all Americans and for providing essential human services, especially for those people who are least able to help themselves. Founded in 1946 to help control malaria, CDC has remained at the forefront of public health efforts to prevent and control infectious and chronic diseases, injuries, workplace hazards, disabilities, and environmental health threats. The Travel Health component of the site <http://www.cdc.gov/travel> provides regional health advice for intending travellers, including information on vaccinations and malaria.



## **Department of Health, South Australia:**

<http://www.dh.sa.gov.au/pehs/communicable-diseases-index.htm>

You've Got What? This excellent site has been compiled by the Communicable Diseases Branch (CDC) of the South Australian Department of Health. Downloadable fact sheets are available on a range of health problems. A basic understanding of disease causation is provided and the means of prevention or treatment. Some diseases are notifiable and these are also listed.

## **Health Canada:**

[http://www.phac-aspc.gc.ca/tmp-pmv/pub\\_e.html](http://www.phac-aspc.gc.ca/tmp-pmv/pub_e.html)

Remains current on global health issues.

## **Committee to Advise on Tropical Medicine and Travel (CATMAT):**

<http://www.phac-aspc.gc.ca/tmp-pmv/catmat-ccmtmv/>

Good resource for policy and global health issues past and present.

## **International Society for Travel Medicine (ISTM):**

<http://www.istm.org/>

The International Society of Travel Medicine (ISTM) is committed to the promotion of healthy and safe travel. The site has a list of Travel Clinics run by members of the organization.

## **The International Association of Medical Assistance to Travellers (IAMAT):**

<http://www.iamat.org/>

This organization was established in the 1960s and has a book for travellers listing English speaking doctors in every corner of the globe. It is a non-profit organization and you can join for a donation. The booklet will take about 4 weeks to arrive.

## **CIA World Fact Book.**

<http://www.odci.gov/cia/publications/factbook/index.html>

Country specific information with useful maps. Easy to navigate site with useful maps.

## **Travel Industry**

### **Lonely Planet:**

<http://www.lonelyplanet.com/>

Profiles on many destinations world-wide are available through this very comprehensive and interesting site.  
<http://www.lonelyplanet.com/destinations/loc-asi.htm>

### **Getaway:**

<http://www.getaway.ninemsn.com.au/>

Comprehensive travel site providing excellent fact sheets on a variety of destinations covered in the channel 9 television programme.

**Yahoo Travel:**

<http://au.travel.yahoo.com/>

Useful information on accommodation, flights and various deals world-wide. Chat and message board services available.

**Travelocity:**

<http://www.travelocity.com/>

Well set out travel site with good destination specific information

## Specific Travel Health Topics

**Diabetes Australia:**

<http://www.diabetesaustralia.com.au/.../TravelandDiabetes.pdf>

Downloadable document covering issues related to traveling with diabetes.

**Diabetes New Zealand:**

<http://www.diabetes.org.nz/managing/travel-t1.html>

Practical advice for people traveling with insulin dependent diabetes.

**Diabetes and Travel: Royal Children's Hospital Melbourne:**

[http://www.rch.org.au/diabetesmanual/manual.cfm?doc\\_id=2749](http://www.rch.org.au/diabetesmanual/manual.cfm?doc_id=2749)

Comprehensive information on what to do for diabetic children who may be traveling.

**Global Dialysis:**

<http://www.globaldialysis.com/default.asp>

Global Dialysis has been created as a resource for dialysis patients who want to travel or holiday internationally

**Undersea and Hyperbaric Medicine Society (UHMS):**

<http://www.uhms.org/>

The UHMS is an international not for profit organization with members from more than 50 countries. The Society is the primary source of information for diving and hyperbaric medicine physiology world-wide. Useful site with links to many different topics associated with underwater medicine.

**Access-Able Travel Source:**

<http://www.access-able.com/>

Excellent site for those traveling with a disability.

**Society of Accessible Travel and Hospitality (SATH):**

<http://www.access-able.com/>

Good section on Travel Tips and Access. The Guest Book provides some feedback from people who have used the information.



### **Qantas Fearless Flyers:**

<http://www.fearlessflyers.com.au/>

This site provides information on "fear of flying" and details some of the courses available to people who want to fly.

### **High Altitude Medicine Guide:**

<http://www.high-altitude-medicine.com/>

High quality site with broad based information on traveling at altitude. Very useful for those wishing to understand the physiological changes at altitude and aspects of prevention. Clean site which is well presented.

### **International Society for Mountain Medicine:**

<http://www.ismmed.org/>

This site has an excellent bookstore which interfaces with Amazon.

## **Useful General Sites for Travellers**

### **BBC Weather Guide:**

[http://www.bbc.co.uk/weat...html?country\\_guide](http://www.bbc.co.uk/weat...html?country_guide)

Good site providing information on climate details by destination.

### **Project Visa:**

<http://projectvisa.com/>

Guide to Visa requirements by destination

### **Universal Currency Converter:**

<http://www.xe.com/ucc/>

How much will your currency buy!