**Understanding Travel Medicine**

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Travel Medicine is a fairly young and highly dynamic multidisciplinary specialty. It focuses on pre-travel preventive care. Since its establishment roughly three decades ago the specialty of travel medicine has become of rapidly growing importance as international travel has been increasing massively. Travel is not just associated with tourism but also incorporates work, volunteerism, medical care and migration. People at the extreme ends of the age spectrum wish to travel, as do people with complex premorbidities and immunosuppression. Novel and emerging diseases and disease outbreaks pose a threat to the traveller and may indeed be spread by travel around the world to endanger public health.

The practice of travel medicine therefore requires expertise in travel-related illnesses and up-to-date knowledge on the global epidemiology of infectious and non-infectious health risks. Travel medicine practitioners neeed to be aware of health regulations, immunsation requirements, novel emerging infections and changing patterns of antimicrobial resistance.

A comprehensive assessment for each individual traveler is essential in order to accurately evaluate risks associated with specific destinations, itineraries and with the travellers themselves.

* This talk aims to give an introduction to the principles of travel medicine.
* We will discuss morbidity and mortality related to international travel.
* Useful sources of information in travel medicine will be shared.