Psychological health of travellers

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**Abstract**

The presentation contextualizes the traveller’s and international assignee’s mental health experience, particularly to destinations where appropriate psychological structures are not in place. It addresses the challenges of adjusting to an increasingly demanding business and study environment, the limitations of travel insurance coverage for mental health conditions, travel with psychotropic medication, and access to psychiatric care.

The presentation discusses how to prepare and support travellers, students, and international assignees to ensure their sustained performance and wellbeing. It also provides guidance on approaches and interventions to enhance their psychological capital.

**Learning objectives**

After the presentation, participants can:

* Explain the external environment and mental health factors facing travellers and international assignees
* Prepare international assignees and travellers for a short-term or long-term trip or work assignment
* Understand the medico-legal issues regarding travel insurance, including medical questionnaires and post-claim underwriting