**HEALTH REQUIREMENTS FOR WORKSHOP PARTICIPANTS**

1. We’re sorry, but we cannot accept participants who have mobility issues (who use a cane, walker, wheelchair, etc.). The terrain on Corsica can be rough and uneven, particularly walking up and down to the beaches, walking up and down a long hill to Tisha’s family home for dinner, etc. Even if you do not have any of these mobility limitations, you must be able to walk up and down long hills, and up and down rocky paths to some of our painting venues without a problem.

* 1. Remember that you will each be carrying your own luggage at all times (at airports, going into and checking out of accommodations, etc.)
	2. You will also be carrying your art equipment (portable easel, paints, brushes, canvas, etc.) to outdoor painting locations, etc.
1. We also cannot accept participants who are: diabetic, have heart issues/wear a pacemaker, no portable oxygen tanks, etc.
2. ALL PARTICIPANTS are required to obtain their own **International Health Insurance** and provide a copy of your International Health Insurance policy details to us prior to departure from the USA. We will keep these in hand in the event that Tisha has to accompany someone to an emergency clinic and provide the details in French to the reception or treating physician.
	1. Please note that your health insurance **must include** a repatriation coverage so that if necessary, you can be flown back to the USA on a medical evacuation flight at a MUCH lesser cost than if you try to arrange this ad hoc if there is an emergency. This repatriation insurance will also be useful if you have to be medically transported from Corsica to Nice.
	2. **Immunizations for International Travel**: Well in advance of travel, check with your Primary Care Physical to see if they recommend you get any particular immunizations for international travel for you, as each person's health profile is different. The Department of State does not list any particular requirements for France at this time, but your own physician may recommend something based on your medical history/status.

**HEALTH REQUIREMENTS FOR WORKSHOP PARTICIPANTS**

**(CONTINUED)**

* 1. For a basic overview of international immunizations, you can visit this site: <https://wwwnc.cdc.gov/travel>
	2. If you have a COVID Immunization Card, bring it with you.

1. **Bring all of your prescription medications with you!**
	1. At least a month before travel, check on the prescription refills you have to make sure you have enough for the days on the trip plus a few extra.
	2. **Over the Counter Medications (OTC)**: Bring some of your “go-to” OTC medications with you as well, such as Tylenol/Aleve/Advil/Aspirin. These American brand names will not be available in France (although they do have similar types of medications). You should also bring whatever head cold or allergy OTC medication you normally use just in case.

* 1. **Pro Tip:** Bring Immodium and Rolaids (or similar). The differences in food and drinks, as well as travel itself can cause all of us digestive problems and it’s essential to at least have the Immodium tucked away in your purse. We like the Walgreens brand, (“Anti-Diarrheal Loperamide HCI Capsules, 2mg) as the green capsules are small, easily swallowed and quick acting. It’s a lifesaver! As with all OTC medications, check to make sure this will not conflict with one of your prescription medications.
	2. **Extra Glasses and contacts**: If you wear prescription glasses and/or contact lenses be sure to bring extra with you just in case. Of course, don’t forget your sunglasses.

