

Health Insurance

Health insurance is mandatory for foreigners travelling to Russia. You should clarify insurance conditions with your insurance company before you travel to Russia.

Any medical assistance for foreigner tourists will involve a cost, so you should have a medical insurance policy. You can receive a medical consultation at any district polyclinic, private clinic or pharmacy.

City Hospital N2 - 43/2, Vinogradnaya st., Sochi +7 (8622) 53-51-25, 53-54-76;
City Hospital N4 - 42, Dagomysskaya st., Sochi +7 (8622) 61-42-30, 61-51-30 ,
City Hospital N6 - 50, Kirov st., Sochi +7 (8622) 40-06-73, 40-05-29

Basic Health Tips

Water Safety

It is recommended that you drink only bottled water

Vaccination

Many think of vaccinations as a childhood or school program, but some illnesses that are uncommon in Canada are a risk when traveling and meeting people from so many different countries in close proximity. This means it is appropriate to check with your team doctor to ensure you have the necessary protection.

You will be traveling to Sochi during peak flu season, make sure you discuss with your physician whether to obtain flu vaccine when it becomes available.

Smoking

Be prepared for smoking environment.

General Advice

- Maintain adequate if not extra hydration
- The ideal approach to feeding would be to begin meals on the schedule of the new time zone.
- Eat smaller more frequent meals at a slower pace
- Higher in protein than carbohydrate and fat during the adjustment phase
- Bring your own food to follow the new time zone schedule.
- Poor digesting or gastrointestinal symptoms? Keep the meals small and more frequent until you adjust.
- In first 48 hours after landing, eat to suppress hunger, not to fill yourself up!
- Protein and fat suppress hunger
- Carbohydrates are less effective
- Use caffeine to reduce fatigue and improve alertness

Pharmacies

- Basic drugs can be purchased without a prescription
- Don't rely on local pharmacies to get prescription medication
- Due to language difficulties, make sure to bring your medication with you for the entire period of your stay and also ensure to have enough pills in case you lose some.
- Bring your medication in the original package.
- **Pack your medication in your carry-on.**

