

Commonly prescribed medications for ADHD are often considered **controlled or illegal substances** in other countries, which makes them subject to strict regulations about in-country availability and capacity to bring them into the country. Each country has different guidance, so please use this guide as you prepare to travel with your medication.

As you read, please know that the following is true for **all programs in all countries**:

1. Never change or alter your medication routine without consulting a medical professional.
2. It is illegal to ship medication or carry medication prescribed to another person across international borders.
3. Should you need a refill abroad (if available), medically necessary appointments and medication costs will be covered or [reimbursed](#) by the health insurance Arcadia Abroad provides you.
4. Doctors who can prescribe ADHD medications abroad have limited availability. You must act quickly in accordance with the guidance provided for your country.
5. Regardless of your medication availability in your host country, Arcadia Abroad **cannot guarantee** that you will be able to secure a refill of your medication as it is up to the medical professionals in your host country.
6. Ultimately, it is the customs agents at the border who will determine if you can enter the country with your medication.

We share this information with you not to instill fear, but to be transparent and honest about what you can expect. **You must take responsibility for this process.** We are here to help you navigate a process that can be quite complicated. We will do our best to keep this guide up to date with guidance from around the world, but it is in your best interest to do your own research on official government websites to ensure that you are prepared.

Select Your Country to Find Your Guidance

Australia

England - London
Programs

England - Outside of
London Programs

Ireland

Italy

New Zealand

Scotland

Spain

Northern Ireland

Wales

Wellness Advisor Information

If you have questions about your ADHD medication or this process, please be in contact with your Wellness Advisor. Email studentwellnessabroad@arcadia.edu and a wellness advisor will be happy to answer your question or arrange an advising appointment.

International SOS

International SOS (often referred to as ISOS) is a medical and security assistance company that Arcadia Abroad partners with to provide you with medical and security information before you go and while you are abroad. Your pre-departure orientation contains more information about ISOS, but for the sake of this guide, you may be advised to call ISOS to assess medication availability in your host country or to schedule an appointment with a local health care provider. To help you prepare for calling ISOS, please refer to [this guide](#). When you call, ISOS will ask you if you consent to sharing information with Arcadia Abroad. This is your choice, but we recommend that you do consent to sharing information with us because it will allow us to better help you with logistics. Depending on your program location, you may not be required to call ISOS, but they are still a resource for you as you navigate this process. If ISOS provides guidance that is confusing or doesn't seem to jive with what you are expecting, you can always ask your Wellness Advisor for further clarification.