

# Selected Participants' Information

## RAAF Veterans Revisit to Korea

### 20-25<sup>th</sup> October 2009

#### Weather

The RAAF Veterans revisit will occur in autumn. The weather in autumn is generally mild, ideal for outdoor activities. Korea's autumn is known for its clear skies and refreshing weather, making this season perfect for outdoor activities. Most sports competitions and regional festivals are scheduled in fall. The average temperature in October is 15 degrees Celsius, though this can fluctuate depending on how long the summer spell lasts and how quickly winter comes.

#### Health Issues

The World Health Organisation (WHO) has confirmed cases of H1N1 Influenza 09 in a number of countries throughout the world, including Republic of Korea. For a list of these countries, visit the [WHO website](#). For further information and advice to Australians on precautionary measures see our [travel bulletin](#) on H1N1 Influenza 09.

We strongly recommend that you take out comprehensive [travel insurance](#) that will cover any overseas medical costs, including medical evacuation, before you depart. Confirm that your insurance covers you for the whole time you'll be away and check what circumstances and activities are not included in your policy. Remember, regardless of how healthy and fit you are, if you can't afford travel insurance, you can't afford to travel. The Australian Government will not pay for a traveller's medical expenses overseas or medical evacuation costs.

Your doctor or travel clinic is the best source of information about preventive measures, immunisations (including booster doses of childhood vaccinations) and disease outbreaks overseas. The [World Health Organization \(WHO\)](#) provides information for travellers and our ['Travelling Well' brochure](#) also provides useful tips for travelling with medicines and staying healthy while overseas.

The standard of medical facilities in the ROK is generally good. However, treatment can be expensive and few staff speak English. Hospitals usually require an up-front deposit and/or confirmation of insurance prior to commencing treatment.

Malaria is a risk in the demilitarised zone and in rural areas in the northern parts of Gyonggi and Gangwon provinces. Other insect-borne diseases (including Japanese encephalitis, typhus and filariasis) also occur. You should consult your doctor or travel clinic about prophylaxis against malaria and take measures to avoid insect bites, including using insect repellent.

The mosquito-borne disease Japanese encephalitis is found throughout many regions of North, South and South-East Asia and Papua New Guinea. A Japanese encephalitis vaccine is registered for use and is currently available in Australia. For further details please consult your travel health doctor.

Water-borne, food-borne and other infectious diseases (including tuberculosis, typhoid, hepatitis and Hand, Foot and Mouth Disease) occur sporadically. We encourage you to consider having vaccinations before travelling. We recommend that you avoid raw and undercooked food. In rural areas, it is recommended that all drinking water be boiled or that you drink bottled water, and that you avoid ice cubes. Seek medical advice if you have a fever or are suffering from diarrhoea.

From March to May, yellow dust, which is carried by strong winds from Mongolia and China, can cause eye, nose, mouth and throat irritations and exacerbate respiratory and cardio-vascular problems.

The World Organisation for Animal Health (OIE) has confirmed cases of avian influenza in birds in a number of countries throughout the world, including in the ROK. For a list of these countries, visit the [OIE website](#). For information on our advice to Australians on how to reduce the risk of infection and on Australian Government precautions see our [travel bulletin](#) on avian influenza. You should take care to ensure eggs are thoroughly cooked, for example in meals such as the popular Korean dish bi-bim-bap, which often includes raw eggs.

### **Money and Valuables**

Before you go, organise a variety of ways to access your money overseas, such as credit cards, travellers' cheques, cash, debit cards or cash cards. Check with your bank whether your ATM card will work overseas.

Make two photocopies of valuables such as your passport, tickets, visas and travellers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

While travelling, don't carry too much cash and remember that expensive watches, jewellery and cameras may be tempting targets for thieves.

As a sensible precaution against luggage tampering, including theft, lock your luggage. Information on luggage safety is available from Australia's [Civil Aviation Safety Authority](#).

Your passport is a valuable document that is attractive to criminals who may try to use your identity to commit crimes. It should always be kept in a safe place. You are required by Australian law to report a lost or stolen passport. If your [passport](#) is lost or stolen overseas, report it [online](#) or contact the nearest [Australian Embassy, High Commission or Consulate](#) as soon as possible.

You are required to pay an additional fee to have a lost or stolen passport replaced. In some cases, the Government may also restrict the length of validity or type of replacement passports.