Her Own Way A WOMAN'S SAFE-TRAVEL GLUDE

Published by Foreign Affairs and International Trade Canada

To obtain more information or additional free copies of this booklet, visit the Consular Services website (travel.gc.ca), e-mail enqserv@international.gc.ca, or call 1-800-267-8376 (in Canada) or 613-944-4000.

This publication is available in alternative formats upon request.

Information in this publication is readily available for personal and public non-commercial use and may be reproduced, in part or in whole and by any means, without charge or further permission from Foreign Affairs and International Trade Canada. We ask only that users exercise due diligence in ensuring the accuracy of the materials reproduced; that Foreign Affairs and International Trade Canada be identified as the source department; and that the reproduction not be represented as an official version of the materials reproduced, nor as having been made in affiliation with the department or with its endorsement.

All information in this publication is provided on an "as is" basis without warranty of any kind, either expressed or implied. Foreign Affairs and International Trade Canada makes all reasonable efforts to ensure that the information contained in this publication is accurate at the time it is published. The department, as the publisher, is solely responsible for the accuracy, completeness, timeliness, and reliability of any such information. The information, however, is subject to change at any time without notice. Consult our website and resources in the "For More Information" section for the most up-to-date information. The reader is also encouraged to supplement this information with independent research and professional advice.

© Her Majesty the Queen in Right of Canada, represented by the Minister of Foreign Affairs, 2011

Cat. No.FR5-4/2011 ISBN 978-1-100-53708-5

