

Between September 1 and 30, the Canadian Service for Overseas Students and Trainees (CSOST) operates a special "Overseas Students Reception Desk" at the airports of Montreal, Toronto and Vancouver. Its representatives, on duty from 9.00 a.m. to midnight, will be wearing armbands with the words "Overseas Students - Reception - Etudiants d'Outre-mer".

If you arrive at an airport and there is no one there to meet you, you may travel into the city by airport bus or airport limousine. This is much less expensive than hiring a taxi.

If you are travelling by boat and wish to be met, it is recommended that you should write to CSOST, 338 Somerset Street West, Ottawa 4, Canada, at least one month before you arrive to give the name of the boat, class of passage, the port and date of your arrival in Canada. After landing at a seaport, you may need to travel from the pier to the railway station, bus station or hotel by taxi. Generally, the taxi-fare is registered on a meter and fares are charged at a fixed rate according to the distance travelled, with an additional charge for heavy pieces of luggage, such as trunks.

Travel in Canada: Most bus, railway and airport terminals have an information counter where timetables are given out free and information can be obtained. If you wish to insure your baggage, you should make inquiries at the information counter.

Bus travel: Bus travel is the least expensive but the slowest means of transportation. You are allowed to take 150 pounds of baggage free on each ticket.

Railway travel: Trains in Canada run on Standard Time, whereas, during the summer, many parts of Canada are on Daylight Saving Time, which is one hour ahead. When you buy your ticket for a train journey during the summer you should make sure at what time according to the city time the train departs or arrives. This may save you considerable confusion. There are seven time zones in Canada: Newfoundland, Atlantic, Eastern, Central, Mountain, Pacific and Yukon Standard Time. Travelling from east to west you set your watch back; from west to east you set your watch ahead. Railroads allow 150 pounds of baggage free on each ticket. Baggage may be sent in advance, in which case you will receive a numbered ticket with which you can reclaim it on arrival. The least expensive form of travel by train is by day coach. To buy sleeping accommodation, you must have a first-class or tourist ticket. There are various types of sleeping accommodation; the least expensive is an upper berth. Passengers usually tip sleeping-car porters at least 50¢ a night. Most trains have a dining car where hot meals are served. Many also have a coffee shop or dinette for light meals. The charges are high on trains for full meals.