

CONTENTS

BON VOYAGE, BUT.....	6
PART ONE: BEFORE YOU GO	7
Learn About Your Destination	7
Make Sure Your Passport Is in Order	8
Do You Need a Visa?.....	9
Schengen Convention Countries	9
Charter Flights	10
Dual Nationality	10
People with Special Needs.....	10
Medical Advice Is Important.....	11
Vaccinations.....	11
AIDS	13
Medication.....	13
Pregnancy.....	14
Upon Your Return	14
Supplemental Health Insurance.....	14
Other Insurance	16
Travelling by Car?	16
Money Matters	16
Women Travelling Solo.....	17
Travelling with Children	17
Have a Great Trip, But.....	18
PART TWO: ASSISTANCE IS AVAILABLE	19
Register at the Canadian Mission	19
Consular Assistance.....	19
Emergency Consular Services	20
Consular Assistance Around the Globe.....	21

PART THREE: WHILE TRAVELLING.....	21
Foreign Laws and Customs.....	21
Take Precautions.....	22
Illegal Drugs	22
Sexual Exploitation of Children	24
Crime and Punishment	24
Judicial Process	25
Mail	25
Travel to the United States.....	25
PART FOUR: RETURNING TO CANADA.....	26
Departure Tax	26
Canadian Food Inspection Agency.....	26
Canada Customs and Import Controls.....	28
Illegal Souvenirs	30
After Residing Abroad.....	30
PART FIVE: PUBLICATIONS OF INTEREST.....	31
International Relations.....	31
Customs	32
Food Products.....	32
Health Issues.....	32
Citizenship	34
Canadian Embassies, High Commissions and Consulates Abroad	35
<i>Canada Direct Access Numbers</i>	62