

refused if the child does not hold an immigrant visa. An immigrant visa for the child will not be issued without the prior approval of the province/territory. Obtaining this approval from outside the country can be a difficult and lengthy process; agreement may be denied even if the adoption has already been completed.

For more information, contact your provincial/territorial authorities or a CIC call centre at:

Montreal — (514) 496-1010

Toronto — (416) 973-4444

Vancouver — (604) 666-2171

For toll-free access anywhere else in Canada, call **1-888-242-2100** or check the CIC Web site (<http://www.cic.gc.ca>).

The Older Traveller

This is a wonderful time in your life to be travelling. In most cultures, age brings respect. Children will gravitate to you. Local women will be protective, and you'll suffer less from unsolicited male advances.

Check your library for the many travel books written especially for the older adult. They contain valuable information about obtaining discounts, avoiding single supplements, educational holidays and

the many group travel opportunities available for those of mature age.

Planning an adventure holiday involving hiking or a lot of walking? If you're not already involved in fitness activities, consider beginning an appropriate exercise program at least a month before your departure.

Expecting to carry a backpack? You might want to do a few training walks to get used to it. You can start light and work your way up to carrying the full capacity.

In China, sandals without a heel-strap are viewed as bedroom slippers and are generally considered inappropriate outdoor footwear.

If you're experiencing the hot flashes of menopause, pack a wardrobe of "layers" that can easily be adjusted to your fluctuating body temperature.