

Since December 11, 2001, Canadian children need their own passport. The practice of adding a child's name to a parent's passport is no longer permitted. For more information on this issue, consult our booklet *Bon Voyage... But*.

Before setting out, come to terms with the fact that you'll be travelling at your child's pace, not your own.

When travelling by air with an infant, carry a bottle or pacifier for the baby to suck on during takeoff and landing. This helps to equalize ear pressure and keeps the baby more comfortable.

If you're breast-feeding, take your cues from local women, since cultural practices vary from country to country. However, when in doubt, try to breast-feed in private.

Never leave a young child unattended. Always keep some form of identification in your child's pocket in case you accidentally become separated.

For emergency identification purposes, take along several recent photographs of your child. You may also wish to leave extra copies of those photographs with a family member.

"I've been travelling with my kids since the youngest was three months old. When she fussed, I went into a larger than life singing or dancing routine to distract her. Often, this made fellow travellers laugh and sympathize instead of trying to get as far away as possible from an upset mother and child."

Kathy Kastner, vice-president,
The Parent Channel

Teach your child never to open the door of your hotel room to anybody.

When entering or leaving a hotel elevator, keep your child right beside you. If the doors close too quickly, he or she could be stranded.

If your child is under 16 and is not listed on your passport, you must have a certified document from the child's father giving permission for the child to travel.

If you're travelling to another country with your child and there is a possibility of a custody dispute developing in Canada or abroad while you're away, talk to a lawyer before leaving home. For details, refer to our publication *International Child Abductions: A Manual for Parents* (see the "For More Information" section).

Provincial and territorial authorities in Canada are responsible for authorizing international adoptions. If you're thinking of adopting a child from another country, you must first obtain information about the adoption regulations of the province or territory in which the child will reside. While adoption is a provincial/territorial responsibility, Citizenship and Immigration Canada (CIC) is responsible for allowing an adopted child entry into Canada.

Although same-sex marriages are legal in Canada, they are not recognized in many countries. Attempting to enter as a same-sex married couple may result in refusal by local officials. Consult the Travel Reports for country specific

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

Entry can be refused if the child does not hold the appropriate immigrant visa. A visa may be denied even if the adoption has already been completed.

For more information, consult the CIC publication *International Adoption and the Immigration Process* (available on-line only) or contact your provincial/territorial authorities or the CIC call centre nearest you (see the "For More Information" section).

information. Homosexual activity is a criminal offence in some countries. For more information, contact the foreign government office accredited to Canada.

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,