

The World Health Organization publishes *International Travel and Health*. This book may be obtained for approximately \$21.42, plus GST and shipping costs, by writing to: Canadian Public Health Association, 1565 Carling Avenue, Suite 400, Ottawa, ON K1Z 8R1 or by calling **(613) 725-3769**, ext. 190. The Association also publishes *Don't Drink the Water: The Complete Travellers' Guide to Staying Healthy in Warm Climates*.

Health Information for Canadian Travellers may be obtained free of charge by writing to: Canadian Society for International Health, 1 Nicholas Street, Suite 1105, Ottawa, ON K1N 7B7; by calling **(613) 241-5785**; or by accessing the Internet (<http://www.csih.org>).

Coping with Culture Shock

Pursue Favourite Activities

Spend time enjoying your favourite music or hobbies. Doing things that remind you of home can boost your spirits and help you adjust to living in a different culture.

Provincial Contacts for Health-Care Insurance and Medical Care

Alberta

Alberta Health
724-7th Avenue S.W.
Calgary, AB T2P 0Z5
Tel.: (403) 297-6411

Alberta Health
10025 Jasper Avenue
P.O. Box 1360
Edmonton, AB T5J 2N3
Tel.: (403) 427-1432

British Columbia

Medical Services Plan
1515 Blanchard Street
P.O. Box 9035
Victoria, BC V8W 9E3
Tel.: (250) 952-3456
Toll-free: 1-800-663-7100
(within British Columbia)

Ministry of Health
Acute and Continuing Care
Program
1515 Blanchard Street
Victoria, BC V8W 3C8
Tel.: (250) 952-3456
Lower mainland: (604) 669-4211