

wear". Clothing to be laundered through the hotel should be sent out immediately upon your arrival. Be certain it will be ready before the date you plan to vacate the hotel. Laundromats, with coin-operated washers and dryers, are available in most cities for those who wish to do their own laundry. There are also coin-operated dry cleaning facilities available in most major cities.

Meals

You will find that meals served by hotel dining rooms and room service are the most expensive. Hotel coffee shops, and other restaurants and cafés may provide greater selection at more moderate prices, but again, standards vary greatly. Government offices often have a cafeteria in the building. There may be times when you are invited to have a "no host" meal. This is a term used by Canadians which means that meals and tips are paid on an individual basis. In this case you would be expected to pay for your own meal.

Medical attention

Should you require hospitalization, a doctor, or dentist, call your local contact or the hotel switchboard operator. If you are taking medicine prescribed by your doctor, you should bring a copy of the prescription in case you need to have it renewed by a doctor in Canada.

Money

Canadian money consists of the following coins: 1 cent (penny), 5 cents (nickel), 10 cents