

different from what you are used to. Failing to find out in advance could result in huge problems later on.

It is best to meet your possible partner on neutral ground. Travel with a return ticket, enough money to stay in a hotel and, in case of problems, information on how to contact the Canadian consulate or embassy closest to your destination.

Safeguard your airline ticket, your money and, most importantly, your passport. Do not divulge information about personal finances or how to access your bank accounts.

Take time to get to know the man and his family. Do not be rushed into marriage. Make your decision only after returning to Canada.

Detailed information on marriage overseas can be found under "Frequently Asked Questions" in the "Before You Go" section of our website.

THE MATURE TRAVELLER

Mature travellers are the fastest-growing segment of the travel market, and the tourism industry is responding with countless opportunities for this demographic group. This could be the best time in your life to travel.

In many cultures, age brings respect. Children gravitate toward you. Local women are protective and you suffer less from unsolicited male advances.

Check your library for the many books written just for the older adventurer. They contain valuable information about obtaining discounts, avoiding single supplements, educational holidays and group packages for mature travellers.

Are you planning an adventure holiday involving a lot of hiking or walking? If not already involved in fitness activities, you should take on a suitable exercise program at least a month before departure.