

ing any required vaccination (see also Health Care Abroad on Page 12).

## Travel in Areas of Political or Civil Unrest, or in Remote Areas

Canadians planning to travel in areas where their personal safety might be at risk are encouraged to contact the Department of External Affairs for information on the latest developments and on the risks involved. To do so, either:

- a) write or call the Department in Ottawa (telephone (613) 992-3705);
- b) call the nearest passport office (see inside front cover); or
- c) if outside Canada, contact a Canadian mission (see page 20).

Before travelling in remote areas or proceeding on mountain climbing expeditions, Canadians should consult the Canadian mission in or accredited to the country concerned and obtain special insurance to cover medical evacuation. Furthermore, they are urged to leave detailed itineraries with responsible persons before departure to facilitate the task of search and rescue parties in case of mishap.

## Registering at Canadian Posts Abroad

If you reside in or are visiting a country for an extended period, you should register with the appropriate Canadian diplomatic or consular post (see page 20 onward). You can do so by visiting or writing the post.

If you expect your visit to be short, you are encouraged to sign the visitor's book in the public reception area at the diplomatic or consular mission giving your local address or itinerary. This will make it easier for the Post to assist if they are asked by friends or family residing elsewhere to pass an urgent message to you.



Consular registration is particularly important in areas where political conditions are tense or unsettled, or where natural disasters may occur. Your registration card will help the post locate and contact you in an emergency. Having registered, you should also be prompt to give notice of departure or change of address.

## Warning ...

Canada does not have diplomatic or consular relations with, and therefore cannot provide normal consular services or assistance to Canadians travelling in: Albania, Cambodia (Kampuchea), North Korea, Taiwan, Namibia, and the so-called independent homelands in the Republic of South Africa.

## Dual Nationality

Through birth, derivation from parents, marriage or naturalization you may be regarded by another country to be one of its citizens even though, under Canadian law, you are a Canadian citizen. During a visit to the other country