

require time for processing and mailing; they should be submitted to the appropriate foreign mission well in advance of your intended departure.

Several countries maintain **exit controls** and require special procedures or documentation before allowing you to leave. In such cases notify the nearest Canadian diplomatic or consular post (see page 20) upon arrival and departure, giving your full name, permanent Canadian address, passport number and date and place of issue, and details of your itinerary. If you encounter any difficulties in obtaining the necessary departure authorization, contact the Canadian post at once.

You may not be able to use your passport for travel to Arab States and some African countries if it contains any evidence of travel to Israel. However, it may be possible to arrange, on request, to have Israeli visas, entry and exit stamps placed on a separate piece of paper.

As it is also possible that certain African states may refuse you admittance if your passport contains evidence that you have travelled to the Republic of South Africa before your departure, verify your admissibility with the diplomatic mission of each African state concerned.

On arrival in a foreign country you should be prepared to show evidence that you have funds sufficient to support yourself during your intended stay and to prove (for example, by being in possession of a visa) that you will likely be admitted to the country next on your itinerary (See also the Section on Money and Currency, page 12). Many countries will only grant entry if you are in possession of return or onward tickets.

A comprehensive source of information on entry requirements is the monthly publication, *Travel Information Manual (TIM)*, published jointly by several IATA airlines. TIM may be consulted at the ticket offices of certain airlines, travel agencies, and in major public libraries.

Canadians who have reason to doubt they can meet the entry requirements of any country they intend to visit

should request advice, in writing, from the diplomatic or consular mission of that country in Canada. Addresses of foreign missions are given in the booklet *Diplomatic Corps and Consular and Other Representatives in Canada* available against payment from Canadian Government Publishing Centre, Supply and Services Canada, Ottawa, Ont., Canada, (KIA 0S9). Copies of the booklet are available for reference at Passport Offices in Canada and at most main public libraries.

**Hoping to work in another country?** Most have restrictions or controls. Ask the foreign mission concerned before you leave Canada.

## Vaccinations and Medical Advice

Consult your doctor, your Municipal or Provincial Department of Health or an office of Health and Welfare Canada about vaccinations required or recommended for each of the countries you intend to visit. In many cases, the requirements will vary according to your planned itinerary. If you are travelling from an area of the world where yellow fever is endemic, you may be asked for proof of yellow fever inoculation before being admitted to the next country. Health regulations can change with little notice, depending on local circumstances or the occurrence of epidemics. You should re-confirm vaccination requirements just prior to departure and, if your trip is lengthy, during your travels.

Canada no longer requires the presentation of International Certificates of Vaccination upon your return.

**Persons who require specialized medical treatment**, including prescriptions for glasses or contact lenses, should carry a physician's report stating the ailment, the current treatment and the brand and generic names of essential medication. This will greatly facilitate obtaining urgent medical assistance if the medication is misplaced or the luggage containing it is delayed. Similarly, any allergies should be formally documented by a physician's report, as should the medical reasons preventing anyone from receiv-