

Be cautious: in some Islamic countries, alcohol is seen as a narcotic. Penalties for trafficking or possession are very severe.



### Self-Reliance

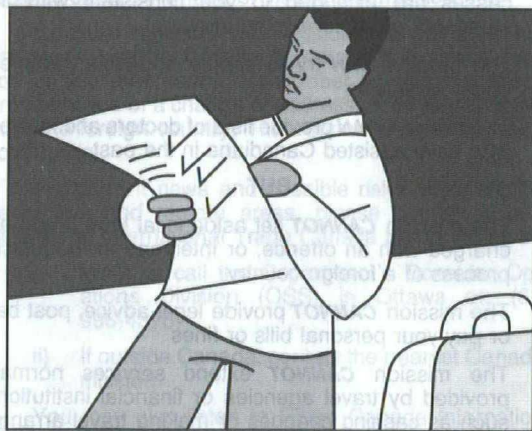
It is not unusual to run into difficulties while travelling abroad. Most will be minor, and you will usually be able to sort these out on your own, or with the help of travel agents, banks and local government services.

The best way to avoid problems, big and small, when you are travelling is to prepare properly before you leave. Get as much information and advice as you can about the countries you plan to visit. First-hand experience in a country is not always the best way to learn about it. You may be unpleasantly surprised, for example, to find out that you have unknowingly broken a foreign law. Knowing a few words in the language of the country that you are visiting is always useful.

While abroad, learn to handle basic day-to-day business, such as banking and travel arrangements. You might be a little baffled at first, but soon you'll be proud to know the in's and out's of the foreign systems. Some of

these day-to-day dealings often add to the enjoyment of your trip!

Of course, if you have serious problems, such as sickness, accident or the loss of funds or your passport, our missions abroad will give you whatever assistance they can.



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## CONSULAR ASSISTANCE

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### Limitations

Whether they be embassies, high commissions or consulates, Canadian missions abroad are ready to help you in case of emergency. However, there are limits to what Canadian missions abroad can do for you and there may be a fee for some services.

- \* The mission **CAN** contact relatives or friends and ask them to send you emergency funds
- \* The mission **CAN** notify next of kin regarding accidents or deaths and let them know whether and how they can help