



---

**Travelling By Car?**

---

Keep in mind that each country may have its own driving regulations. You may be required to obtain an international driver's license or additional insurance. Be sure to learn the local rules of the road before you get behind the wheel.

In some countries, the driver may be detained and questioned by the police, following an accident that results in no serious damage or personal injury (such as in a fender-bender).

---

**Money Matters**

---

In many countries, Canadian currency and travellers cheques in Canadian dollars are not widely accepted. Before you leave Canada, consult a bank or a foreign currency agent to find out the most appropriate currency to carry. It's a good idea to have a small amount of the local money on hand when you first arrive — unless, of course, the importation of local currency is a crime. There may be restrictions on taking money in and out of the country. Check with the foreign embassies or consulates in Canada or with your travel agent about currency regulations in countries you intend to visit.

Don't rely exclusively on banking machine cards or credit cards. They won't necessarily be universally honoured.

---

**Have a Great Trip! But Before You Go...**

---

- ❖ Do your research. Learn about the country you plan to visit. Learn a few phrases in the local language.
- ❖ Get supplementary health insurance and travel insurance.
- ❖ Carry proof of insurance coverage, and give a copy to someone at home.
- ❖ Draw up a flexible itinerary and budget. Keep a copy at home.



- ❖ Make sure your passport hasn't expired. Photocopy the identification page, and keep it separate from your passport. Leave another copy with somebody at home.
- ❖ Make sure you have any visas you need.
- ❖ Find out whether or not you or any members of your family are considered nationals of any of the countries you plan to visit.
- ❖ Get all the required vaccinations. If you need to take medication with you, make sure you keep it in its original container. Carry a doctor's prescription for any controlled drugs, and if you use syringes, carry a medical certificate. Leave copies at home as well.
- ❖ Don't forget to pack this booklet. It could help you more than you could imagine.

---

**PART TWO: ASSISTANCE IS AVAILABLE**

---

---

**Register at the Canadian Mission**

---

If your stay is going to be any longer than three months in one country, it is recommended that you formally register at the nearest Canadian mission. By doing so, you will enable us to contact you in case of an emergency or crisis. Normally, registration is not available in the countries of Western Europe, Japan, Australia, New Zealand and the United States.

In countries where Canada has no direct representation, there may be arrangements in place for you to register with another country's embassy or consulate. For instance, Canada has a formal reciprocal agreement with Australia.