

COPING WITH CULTURE SHOCK

Pursue Favourite Activities

Spend time enjoying your favourite music or hobbies.

Doing things that remind you of home can boost your spirits and help you adjust to living in a different culture.

outside Canada and the United States. In many cases, it is more practical to have your mail delivered to a forwarder in Canada or the United States and have it sent to you periodically by courier.

Internet

Access to the Internet is now widely available around the world but is limited by the quality of local telephone lines and by satellite bandwidth. Be prepared to make repeated calls to get a connection, and do not expect to be able to handle the large volume of information that you would in Canada. You can obtain a list of Internet providers at <http://thelist.internet.com>.

Television and Radio

Canadian news and public affairs programs are available on the DirectTV direct-to-home satellite system, which is based in the United States. These programs are also

accessible via satellite in many parts of Latin America and the Caribbean, and in some other areas of the world. Canadian radio is available in many parts of the world via the CBC short-wave service, Radio Canada International. Where there is sufficient local bandwidth, CBC programs can also be heard over the Internet.

CRIME AND SAFETY

Your Canadian citizenship does not exempt you from local laws and regulations. When you are staying in a foreign country, familiarize yourself with the way of life there. If you do find yourself in trouble, contact the nearest Canadian government office immediately. However, keep in mind that Canadian officials may not be able to help you at all if you have acquired local status, such as citizenship.

The following safety tips can maximize your chances of having a safe journey abroad:

- Watch your luggage and make sure it's locked.
- Never take anything, even an envelope, across a border for someone else.
- Choose your travelling companions wisely. Do not pick up hitchhikers. Though you may not be carrying anything illegal, your companions