

for International Education, 85 Albert Street, 14th Floor, Ottawa K1P 6A4, Canada, at least one month before arrival, giving the name of the ship, class of passage, port and date of arrival in Canada.

Temporary accommodation

Single men and women can usually find temporary accommodation at a YMCA or YWCA, where rooms are generally less expensive than at a hotel. It is often convenient to reserve a room for a night or two on arrival, until one has time to find other accommodation. In some cases, it may be necessary to share a room. Accommodation for one night will cost about \$25.

Hotels

The price quoted in a Canadian hotel is for the room only; meals are not included. A single room with bathroom costs a minimum of \$40-\$70 per day. Rooms can be reserved by telephone or letter, but will not be held beyond the stipulated day of arrival unless part of the room's cost (deposit) has been paid in advance. There is a specified check-out time when rooms must be vacated. Arrangements can always be made for baggage to be looked after, or "checked", until a guest is ready to leave. Failure to observe the check-out time usually involves a charge for an additional day.

Travel in Canada

Most bus, railway and airport terminals have an information counter where free timetables and information can be obtained. If you wish to insure your baggage, you should ask at the information counter.

Bus: Bus travel is the least expensive but the slowest means of transportation on very long trips. On shorter runs of 160-480 km, bus travel is generally faster than train travel. Buses allow each traveller 68 kg of baggage free.

Railway: Railways allow 68 kg of baggage free on each ticket. Baggage may be sent in advance, in which case a numbered ticket will be issued for reclaiming it on arrival. The least expensive form of travel by train is day-coach. Sleeping accommodation costs extra and is bought with the transportation ticket. There are various types of sleeping accommodation, the least expensive being an upper berth. Passengers usually tip sleeping-car porters at least \$2 a night. Most trains have a restaurant, where hot meals are served. Transcontinental trains have dining cars.