

If you're travelling to another country with your child and there is a possibility of a custody dispute developing in Canada or abroad while you're away, talk to

a lawyer before leaving home. For details, refer to our publication *International Child Abductions: A Manual for Parents* (see the "For More Information" section).

International Adoptions

Provincial and territorial authorities in Canada are responsible for authorizing international adoptions. If you're thinking of adopting a child from another country, you must first obtain information about the adoption regulations of the province or territory in which the child will reside. While adoption is a provincial/territorial responsibility, Citizenship and Immigration Canada (CIC) is responsible for allowing an adopted child entry into Canada.

Entry can be refused if the child does not hold the appropriate immigrant visa. A visa may be denied even if the adoption has already been completed.

For more information, consult the CIC publication *International Adoption and the Immigration Process* (available on-line only) or contact your provincial/territorial authorities or the CIC call centre nearest you (see the "For More Information" section).

The Older Traveller

This is a wonderful time in your life to be travelling. In most cultures, age brings respect. Children will gravitate to you. Local women will be protective, and you'll suffer less from unsolicited male advances.

Check your library for the many travel books written especially for the older adult. They contain

valuable information about obtaining discounts, avoiding single supplements, educational holidays and the many group travel opportunities available for those of mature age.

Planning an adventure holiday involving hiking or a lot of walking? If you're not already involved in fitness activities,