

should obtain an official entry stamp in their passports either when they first arrive or within 72 hours. This entry stamp allows you to stay for longer than three days or visit the other Schengen countries. Failure to register with the proper authorities may result in fines and/or deportation. If you would like further information about the entry requirements for Schengen countries, contact their embassies or consulates in Canada **before** you depart.

Charter Flights

Before you book a charter flight to your destination, check out both the travel agency's and the charter company's credentials with either the Better Business Bureau or a local consumer advisory organization.

Dual Nationality

To avoid unpleasant surprises, find out whether you, your spouse, or any other family member are citizens of another country. If you are considered a "national," you may be compelled to do military service or pay special taxes. Your child custody arrangements in Canada may not be recognized. In extreme cases, you or your child may not be allowed to leave. Check your status with the country's embassy or consular mission in Canada before you travel. In regard to custody questions, contact Foreign Affairs' Consular Case Management division at **1-800-267-6788** (in Canada) or **(613) 944-6788**.

If you do run into problems because of your dual nationality, contact the nearest Canadian mission immediately.

People with Special Needs

Many countries do not provide access for people in wheelchairs or make allowances for those with special hearing, sight or other physical requirements. Contact your local access organization or talk to others who have travelled to your destination in the past. There are also several guides

published about international travel and people with special needs. Check your local library or bookstore.

Medical Advice is Important

Your family physician or a travel medical clinic are good sources of medical advice. If you are being treated for an illness or are taking medication, ask your doctor before you leave if there are any special precautions you should take during your trip.

For a list of travel medical clinics in Canada, call the Canadian Society for International Health at **(613) 230-2654**.

Health Canada's Laboratory Centre for Disease Control (LCDC) provides travel health information through the Internet (<http://www.hwc.ca/hpb/lcdc>) and through a fax retrieval system, FAXlink. To access FAXlink, call **(613) 941-3900** using the handset of your fax machine and follow the instructions.

Vaccinations

Before travelling to any destination, find out **well in advance of your trip** if you need any special vaccinations or preventive medications for such illnesses as yellow fever, typhoid, meningitis, Japanese encephalitis, hepatitis or malaria. For instance, a meningococcal vaccination is required for pilgrims travelling to Mecca, Saudi Arabia, for the annual *Hajj*. And an International Certificate of Vaccination for yellow fever may be a legal requirement to enter certain countries. Your doctor, local office of the Canadian Society for International Health, LCDC FAXlink service, **(613) 941-3900** or LCDC Web site, <http://www.hwc.ca/hpb/lcdc> can provide you with this information.

Start your vaccination shots **at least three months before** you leave. In some cases, you may need several inoculations with waiting periods between each injection.

Make sure that your **routine immunizations are up to date**. If you weren't exposed to certain diseases as a child, or weren't immunized, you could be at an increased risk of acquiring