

to inquire if any travel restrictions are involved before you leave home. (You should also ascertain the need for visas and obtain them, if required, before your departure.)

2. Transportation by air, bus or train while you are in Canada.
3. A daily allowance — a *per diem* allowance as it is called — for meals, hotel rooms, taxi and bus fares within a city, telephone calls, laundry and dry cleaning, gratuities (tips) and similar necessary living expenses during the period of your visit. This allowance should be adequate to cover costs of moderate daily living. Expenditures of personal nature, i.e. gifts, souvenirs, entertainment, must be paid for out of personal funds.
4. Expenses as may be necessary for emergency medical aid.
5. Provision of some books and educational materials, where necessary.