

doc  
CA1  
EA  
B55  
ENG  
1997

# DOWN VOYAGE

*But...*



**TIPS FOR CANADIANS  
TRAVELLING ABROAD**



Department of Foreign Affairs  
and International Trade

Ministère des Affaires étrangères  
et du Commerce international

Canada<sup>131</sup>

an agreement in writing that you are covered for these conditions. Otherwise, you could find your claim "null and void" under a pre-existing conditions clause.

- ❖ Covers premature births and related neonatal care.
- ❖ Allows for cash advances if a hospital accepts only cash in advance.
- ❖ Pays for the preparation and return to Canada of your remains should you die while travelling.

**Carry details of your insurance with you.** Also, tell your travel agent, a friend or relative at home and your travelling companion how to contact your insurer.

**Get a detailed invoice** from the doctor or hospital before you leave the country. There is nothing more frustrating than trying to get the proper paperwork from thousands of kilometres away.

Remember to always **submit original receipts** for any medical services or prescriptions you received while travelling abroad. Most insurance companies will not accept copies or faxes.

---

### Consider Purchasing Other Insurance

Lost luggage, theft of your purse or wallet, or flight cancellations can happen to you. These annoyances can cause major disruptions when they take place in a foreign country. Think about purchasing a travel insurance package that will compensate you for these inconveniences.

---

### Travelling by Car?

Keep in mind that each country has its own driving regulations. You may be required to obtain an international driver's license or additional insurance. Be sure to learn the local rules of the road before you get behind the wheel. In some countries, the driver may be detained and questioned by the police even though only material damages (such as a fender-bender) have occurred. Country-specific insurance

must be purchased for travel by car to Mexico and Central America. This is usually available at border crossings.

---

### Money Matters

Canadian currency and travellers' cheques in Canadian dollars are not always widely accepted. Before you leave Canada, consult a bank or a foreign currency agent to find out the most appropriate currency to carry. Travellers' cheques in the appropriate currency or in U.S. dollars are often the safest and most convenient option. It's a good idea to have a small amount of the local money on hand when you first arrive — unless, of course, the importation of local currency is a crime. There may be restrictions on taking money in and out of the country. Check with the foreign embassies or consulates in Canada or with your travel agent about currency regulations in countries you plan to visit.

Don't rely exclusively on banking machine cards or credit cards. They won't necessarily be honoured universally.

---

### Women Travelling Solo

Unfortunately, a woman travelling alone can face some unwanted problems, including sexual overtures. If you're travelling by yourself, either for business or pleasure, keep in mind the following precautions:

- ❖ Women are often targeted for street crime. Be extra-vigilant when you're out by yourself. Stay in well-lit, safe areas where there are other people.
- ❖ Dress appropriately and don't wear expensive jewellery or flash large sums of money.
- ❖ Make sure your hotel is sensitive to your needs. Ensure that no secondary room key will be given to **anyone**, even if they say they're travelling with you. If possible, ask for a room close to the elevator and ask the bellhop to check your room before you enter. Ensure that the locks on your windows and doors are working properly and that the

lighting in your room and in the hallway is adequate. More and more hotels are recognizing the importance and clout of women travellers. Try to stay at hotels that are known for looking after your concerns.

- ❖ When out and about, be aware of your surroundings and situation at all times.

There are books that cover the concerns of women travellers and that offer helpful travelling tips. Check with your local bookstore or library before you go.

---

### Travelling with Children

---

If you're travelling to another country with your child and there is a possibility of a custody dispute developing while you're away, you should talk to a lawyer before leaving home. A special publication, *International Child Abductions (A Manual For Parents)* is available from DFAIT's InfoCentre. Please refer to page 30 for details on how to order this publication.

If a person younger than 18 is travelling alone or with only one parent or another adult, notarized documentation certifying that the trip is permitted by both parents should be carried.

---

### Have a Great Trip! But Before You Go...

---

- ❖ Do your research. Learn about the country you plan to visit. Learn a few phrases in the local language.
- ❖ Get supplementary health insurance and travel insurance.
- ❖ Carry proof of insurance coverage, and give a copy to someone at home.
- ❖ Draw up a flexible itinerary and budget. Keep a copy at home.
- ❖ Make sure your passport hasn't expired. Photocopy the identification page, and keep it separate from your passport. Leave another copy with somebody at home.
- ❖ Make sure you have any visas you need.

- ❖ Find out whether or not you or any members of your family are considered nationals of any of the countries you plan to visit.
- ❖ Get all the required vaccinations. If you need to take medication with you, make sure you keep it in its original container. Carry a doctor's prescription for any controlled drugs, and if you use syringes, carry a medical certificate. Leave copies at home as well.
- ❖ Keep the original receipts for any purchases you make, including your hotel bill, rental car agreement and receipts for medical services.
- ❖ If you're a woman, take extra precautions to ensure your safety.
- ❖ Make sure you review all child custody arrangements if you're travelling with a child. If your child is travelling alone, have him/her carry documentation that states that the trip is permitted by both parents.
- ❖ Be sure plant and animal products you are planning to bring back are acceptable to Canada. Travelling pets may require shots and special permits (at a fee). See page 27 for more information and check with a local office of Agriculture and Agri-Food Canada.
- ❖ Don't forget to pack this booklet. It could help you more than you could imagine.

---

## PART TWO: ASSISTANCE IS AVAILABLE

---

### Register at the Canadian Mission

---

If your stay is longer than three months in one country, it is recommended that you formally register at the nearest Canadian mission. This will help us contact you in case of an emergency or crisis. Registration is not usually available in the countries of Western Europe, Japan, Australia, New Zealand and the United States.

In countries where Canada has no direct representation, there may be arrangements in place for you to register with another country's embassy or consulate. For instance, Canada has a formal reciprocal agreement with Australia.

---

### Consular Assistance

---

Canada's missions abroad are ready to help you in case of emergency. In some instances, there may be a fee for services.

What can we do for you?

- ❖ We can contact, at your request, your relatives or friends and ask them to send you emergency funds.
- ❖ We can help you during emergencies such as natural disasters and civil and military uprisings.
- ❖ We can direct you to sources of information about local laws, regulations, cultural customs and how to obtain visas.
- ❖ We can assist with medical emergencies.
- ❖ If you are arrested, we can try to ensure equitable treatment under local laws. At your request, we can inform relatives and friends about your arrest and try to ensure that legal rights and processes are extended to you consistent with the standards of the host country. However, we cannot set aside local laws if you are charged with an offence or intervene in the judicial process of a foreign country. We cannot post bail, pay for a lawyer or pay your fines.
- ❖ If you wish, we can notify your next of kin regarding accidents or deaths and let them know whether, and how, they can help.

**Check the listings at the end of this booklet for information about the Canadian missions in the countries you plan to visit.**

---

### Emergency Consular Services

---

Canadian missions offer 24-hour assistance. During non-office hours, an answering machine will take your message or

# The perfect travel plan: No worries. No surprises.



You can't do anything about the weather. But there's plenty you *can* do to protect yourself from unexpected illness while travelling.

As soon as you start planning your trip, consult your local travel clinic or public health unit for advice on disease prevention, immunization and travel safety.

**C CONNAUGHT**  
A PASTEUR MERIEUX COMPANY

*Excellence in Biologics for a Healthier World*



**No surprise — the perfect travel plan is a healthy one.**

# ROOM WITH A VIEW



## YOUR TRAVEL DESTINATION SHOULD NOT LOOK LIKE THIS

Carrying drugs across a border can get you a prison sentence — or worse. Don't join the more than 450 Canadians currently serving drug-related sentences abroad.

*Drugs: a one-way trip.*



canada's  
drug  
strategy



Department of Foreign Affairs  
and International Trade

Ministère des Affaires étrangères  
et du Commerce international

Canada

your call will be directed to a consular officer in Ottawa, depending upon local arrangements. The machines are monitored by a duty officer. It is essential that you leave a clear and detailed message, including a telephone number where you can be reached. Duty officers worldwide as well as consular officers in Ottawa are remarkably successful at providing emergency assistance.

In an emergency, you can also make a collect call to DFAIT in Ottawa at **(613) 996-8885**. Use the Canada Direct service if it is available.

In some areas where Canada doesn't have a fully established mission, you may obtain emergency consular assistance from the Australian or British missions. Though not equipped to provide you with the same range of services as fully established Canadian missions, they can assist you in an emergency.

---

### Consular Assistance around the Globe

---

A list identifying where you may seek consular assistance abroad is provided at the back of this book.

Please remember that addresses and telephone numbers may change. Should you fail to reach a mission through the number listed in this booklet, call the local operator for the new number.

---

## PART THREE: WHILE TRAVELLING

---

### Respect Foreign Laws and Customs

---

When you're travelling in a foreign country, familiarize yourself with the way of life there. Respect that country's laws, religions, culture, class structure and economic conditions. Though you may not personally agree with some of their beliefs, remember that you are a visitor.

In many countries, appropriate attire — for both sexes — is very important. In some countries, there are laws governing what men and women can and cannot wear in public. Penalties for disobeying local laws can be quite severe.

Be especially respectful of temples, mosques, churches, synagogues and other religious sites. Many of these areas are off-limits to foreigners or people who are not members of that faith. Ask permission first if you would like to take photographs of religious artifacts or buildings.

Not everybody likes to have his or her picture taken. Local people may resent you for taking their photograph or they may demand money for the picture after it has been taken. Always ask first.

Never take photographs of military facilities, a harbour where naval vessels are docked or industrial installations such as oil refineries. You may lose your film and your camera, and could even come under suspicion of espionage.

---

### Take Precautions

The same rules apply abroad as at home, only more so. Foreigners are usually at greater risk than locals — in many countries they are specifically targeted. Do not wander into unknown areas — find out how safe they are first. Do not pick up hitchhikers or cross borders with people you have just met. Watch your luggage and make sure it is locked — **never take anything, even an envelope, across a border for someone else.**

Do not flash large amounts of money or expensive jewellery in public. Use money belts and cases with concealed sections for valuables. Dress appropriately.

Leave a copy of your itinerary with someone at home so that they can contact you in case of an emergency. Phone home occasionally, particularly if you have promised family members or friends that you would do so. We receive thousands of calls every year from worried family members or friends who have not received a promised call.

Keep a separate record of your traveller's cheques and credit cards. **Never carry your passport, travel tickets, identification documents, cash, credit cards and insurance papers together. If you do so, you risk being left with no identification or funds.**

Use the safety deposit box at your hotel. Never leave valuables in your room.

---

### Illegal Drugs

Drug use and trafficking are prohibited in all countries, even though drugs are readily available and openly used in some places. Most countries impose heavy fines and long prison sentences for possession and trafficking.

In some countries, possession of even small amounts of drugs carries the death penalty.

### **Never transport any parcel that isn't yours across a border.**

Choose your travelling companions wisely. Never cross a border with a hitchhiker or as a hitchhiker. Though you may not be carrying anything illegal, your companions may be.

---

### Crime and Punishment

More than 1,200 Canadians are currently imprisoned abroad for various offenses — 60 per cent of those are in the United States.

The laws and customs of countries around the world can be very different from those in Canada. Ignorance of laws is no defence.

**While in a foreign country, you are subject to its laws and regulations. Your Canadian citizenship offers no immunity.** Canadian consular staff abroad must also follow the rules of the host country. If you do find yourself in trouble, they can help you find a lawyer, contact your family and friends, and ensure you receive fair treatment **according to the standards of that country.** However, they cannot pull any strings to reduce your sentence or fine.

---

### Judicial Process

Never assume that the legal system of the country you're visiting is the same as at home. "Innocent until proven guilty" isn't a universally recognized idea. In some countries,

you may not even have the right to legal representation or a trial in your mother tongue.

Some countries don't recognize or respect religious freedom, freedom of association, speech or the press, or equality of the sexes. For instance, guilt by association is presumed in some countries. This means that you may be charged simply for being in the company of a person suspected or found guilty of a crime.

Even if you're an innocent bystander at a demonstration or riot you may be considered a participant and rounded up with those involved. **Your Canadian citizenship does not grant you immunity.**

**If you do find yourself in legal trouble, contact the nearest Canadian mission immediately. If you cannot do so yourself, have someone else do it for you.**

---

## Mail

If you are travelling for an extended period of time, you can arrange to have your mail sent to a post office box or, where possible, to the nearest Canadian mission. In the latter case, the mission will hold on to letter-size mail (not parcels) for you to pick up **in person**. This mail cannot be forwarded to another address.

---

## Travel to the United States

Because of our close relationship with our neighbours to the south, we sometimes forget that we're visiting a foreign country. The same preparations should be made for visiting the United States as for travelling to any foreign country. And it should be remembered that their laws and customs are different from ours at home.

**Always carry your Canadian passport, citizenship or birth certificate when you're travelling to the United States. A driver's licence is not valid proof of citizenship.**

When travelling to the United States, keep in mind that:

- ❖ As soon as you stop at the U.S. border, you are subject to U.S. law. Immigration laws in the United States refuse entry to, among others, people with a criminal record.
- ❖ What you say in answer to the immigration or customs officer can be used against you if you are considered to be, for any reason, inadmissible.
- ❖ When a person is refused entry, the information is entered in the computer and if another entry is attempted, the person is again subject to fines and/or vehicle seizure.

For more detailed information about travel to the United States, please refer to the booklet *Crossing the 49th*. Please see page 30 for details on how to order this booklet.

---

## PART FOUR: RETURNING TO CANADA

---

### Departure Tax

Some countries impose a departure tax at the airport or point of departure. Prior to leaving such a country, make sure you set aside enough money, in local funds, to pay this tax.

---

### Agriculture and Agri-Food Canada: Be Aware and Declare

A single sausage illegally brought into Canada caused foot and mouth disease, destroying cattle and costing Canadians more than \$1 billion. Every year, thousands of travellers fail to declare things like cheese, meat, animal hides, live birds, plants and fruit. These products may carry pests and diseases, and pose a risk to human health.

Foreign pests and diseases could destroy Canada's crops and forests, and wipe out our livestock. This would threaten our ability to produce food and a multi-billion dollar export trade critical to Canada's economic well-being.

We need to protect our country. Canadian law says you **must** declare all plant and animal products you bring back. It restricts and prohibits entry of products that could harm

Canada's agriculture and forestry. To enforce these laws, we have Canadian inspectors with dogs trained to sniff out plant and animal products. Before you leave, call a local office of Agriculture and Agri-Food Canada for more information.

---

### Canada Customs and Import Controls

---

You must declare everything acquired abroad, whether purchases for yourself or gifts, as well as goods bought at a Canadian or foreign duty-free store. Keep your original receipts for possible inspection.

If you've been away from Canada for 24 hours, you may claim C\$50 worth of goods, excluding alcohol and tobacco, duty-free. After 48 hours, you may claim C\$200. You can now claim the C\$500 exemption any time you have been away from Canada for seven days or longer.

Certain goods are restricted from entering Canada. If you are considering importing meat or dairy products, weapons, plants, vehicles, or exotic animals or products made from their skins or feathers, please contact Canada Customs beforehand for guidance.

Obscene materials, hate propaganda, most weapons including firearms, and goods harmful to the environment are prohibited from entering Canada.

**If you have any questions about what you can bring home, call your local Canada Customs office. Someone is available 24 hours a day, year-round, to answer your questions. If you're calling in Canada, dial 1-800-461-9999 to reach the Automated Customs Information System. Outside Canada or from Ottawa, call (613) 993-0534.**

---

### Illegal Souvenirs

---

While travelling outside Canada, you may decide to purchase souvenirs. Unfortunately, many attractive items sold in foreign countries are made from endangered plants or animals.

Crocodile skin briefcases and wallets, python skin boots, ivory bracelets and carvings, coral earrings, cactus rainsticks,

tortoise shells, orchids and parrots are some of the more common items illegally brought back to Canada. These items are included in the more than 40,000 species of wild animals and plants regulated under the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES). Under Canada's new **Wild Animal and Plant Protection and Regulation of International and Interprovincial Trade Act (WAPPRIITA)**, a violation of CITES could lead to seizure of your purchase, as well as stiff penalties of up to \$150,000 and/or prison terms of up to five years.

The same rules apply if you already own an item made from a controlled wild animal or plant and you wish to take it out of Canada. Since other countries also have strict laws, it's safer to leave these items at home.

To determine what you can and cannot legally bring back into Canada please call **Environment Canada** at **(819) 997-1840** or fax them at **(819) 953-6283**.

---

### After Residing Abroad

---

After a stay abroad of more than a year, there are special import provisions for household items and personal belongings when you move back to Canada. Information is contained in the brochure *Moving Back to Canada?*, available from Canadian missions abroad, your local customs office or from the Communications Branch, Revenue Canada, Customs and Excise, Ottawa, Ontario, K1A 0L5, telephone **(613) 993-0534** or **1-800-461-9999** (within Canada).

---

## PART FIVE: PUBLICATIONS OF INTEREST

---

### International Relations

---

- Diplomatic, Consular and Other Representatives in Canada*

This publication may be obtained for approximately \$15.00 each plus GST and shipping by writing to: Canada

Communication Group — Publishing, Ottawa, Ontario, K1A 0S9; or by calling (613) 956-4800.

- A Guide For Canadians Imprisoned Abroad*
- Crossing the 49th (Canadians Travelling to the USA)*
- International Child Abductions (A Manual For Parents)*
- Mexico: Tips for Business and Travel*
- A Guide for Canadian Performing Artists Entering the USA*

These are available through DFAIT's InfoCentre. The address is InfoCentre, Department of Foreign Affairs and International Trade, 125 Sussex Drive, Ottawa, Ontario, K1A 0G2. The telephone number is 1-800-267-8376 (in Canada), or (613) 944-4000.

This information may also be accessed via the Internet. The World Wide Web address is: <http://dfait-maeci.gc.ca>

### Customs

- I Declare*
- Moving Back to Canada?*
- Importing a Motor Vehicle into Canada*
- Importing a Firearm into Canada*

These publications may be obtained by writing to: Communications Branch, Revenue Canada, Customs and Excise, Ottawa, Ontario, K1A 0L5; or by calling 1-800-461-9999; (613) 993-0534 in Ottawa.

### Food Products

- Don't Bring It Back*

This publication may be obtained by writing to: Agriculture and Agri-Food Canada, Communications Branch, Publication Distribution, 930 Carling Avenue, Room 118, Ottawa, Ontario, K1A 0C5; or by calling (613) 759-1000. Ask for the publications branch.

For peace of mind  
when travelling, carry  
**Gold MasterCard.**



*Lost or Stolen Card Replacement*

*Immediate Cash Advances*

*Collision Damage Waiver Coverage*

*Common Carrier Accident Insurance*

*Purchase Protection*

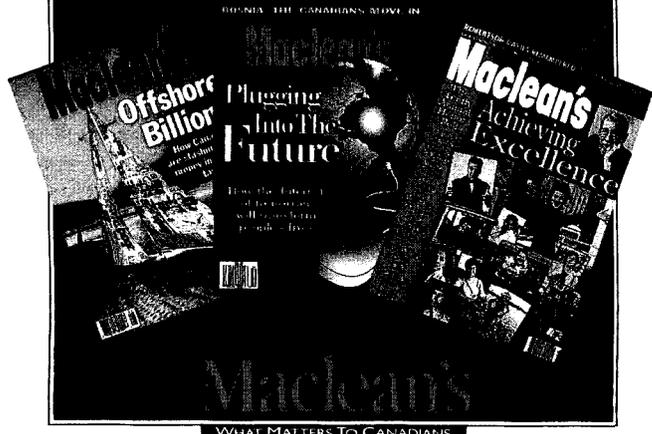


*Your card for Life!*

*Benefits and coverage may vary with financial institutions.  
See your gold card contract for details.*

Maclean's  
Magazine:

for the business  
traveller, holiday  
traveller and  
armchair traveller.



WHAT MATTERS TO CANADIANS

# ATTENTION

Working anywhere  
outside Canada  
without the  
right insurance  
can be risky.

Telfer International, with over 25 years' experience insures Canadians working anywhere outside of Canada, including the US. We provide complete, flexible coverage that most provincial and private insurance plans cannot.

Contact us and we will be pleased to outline our protection's strength and versatility.

Telephone (514) 284-2002 • Fax (514) 284-3203



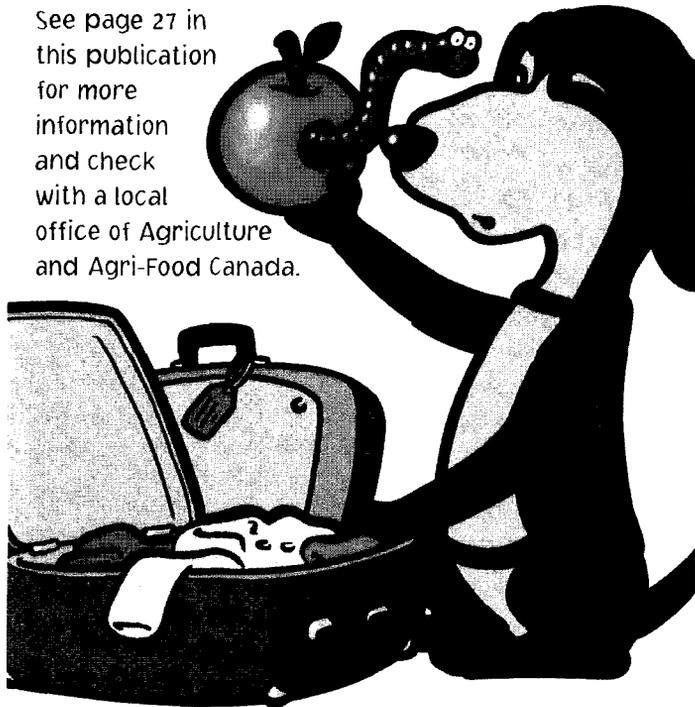
## TELFER

Our protection goes a long way

# PROTECT CANADA

Be sure plant and animal products you are planning to bring back won't harm Canada. Travelling pets may require shots and special permits (at a fee).

See page 27 in this publication for more information and check with a local office of Agriculture and Agri-Food Canada.



Agriculture and  
Agri-Food Canada

Agriculture et  
Agroalimentaire Canada

## Health Issues

- International Travel and Health*  
(Published by the World Health Association)

This book is available for approximately \$15.00, plus GST and shipping costs. It may be obtained by writing to: The Canadian Public Health Association (attention: World Health Organization Department), 1565 Carling Avenue, Suite 400, Ottawa, Ontario, K1Z 8R1; or by calling them at (613) 725-3769, extension 190.

- Don't Drink The Water: The Complete Travellers' Guide to Staying Healthy in Warm Climates*

This book costs \$14.95 plus GST and shipping costs. It is also available from the Canadian Public Health Association at the address and phone number listed above.

- Health Information for Canadian Travellers*

To obtain a copy, write to: The Canadian Society for International Health, 170 Laurier Avenue West, Suite 902, Ottawa, Ontario, K1P 5V5; call them at (613) 230-2654, or e-mail them at [csih@fox.nstn.ca](mailto:csih@fox.nstn.ca)

- Basic Facts About AIDS*

For this booklet, write to: The National AIDS Clearinghouse, 1565 Carling Avenue, Suite 400, Ottawa, Ontario, K1Z 8R1; or call them at (613) 725-3434.

## Citizenship

- How to Prove you are a Canadian Citizen*
- Dual Citizenship*

These publications may be obtained from the Publications Branch of the Public Affairs Department, Citizenship and Immigration Canada. Until May 1, 1996, the address is 200 Promenade du Portage, Level II, Hull, Quebec, K1A 0J9, telephone (819) 953-5118. After May 1, 1996, the address will be 365 Laurier Avenue West, 19th Floor, Ottawa, Ontario, K1A 0J9, telephone (613) 953-5118.

# Using a foreign telephone operator to call home can be a headache.

So take two of these.



Or get one of these,



Call 1-800-561-8868 before you leave Canada to get a handy wallet card listing all the *Canada Direct*\* access numbers. Or find the access numbers listed throughout *Bon Voyage, But...*



Newfoundland Telephone



\*AGT, and Canada Direct\* are trademarks of Teleglobe Canada Inc. The Stentor telephone companies are licensed users.

## BON VOYAGE, BUT...

1

### DEPARTMENT OF FOREIGN AFFAIRS AND INTERNATIONAL TRADE

The Consular Service of the Department of Foreign Affairs and International Trade (DFAIT) is committed to providing effective and efficient services throughout the world to all Canadians. Our pledge is to provide service characterized by sensitivity, empathy, courtesy, speed, accuracy and fairness.

Our services are available through our headquarters in Ottawa and through our network of offices in other countries. Emergency services are available 24 hours a day, seven days a week.

Nothing can ruin a trip more than running into unexpected problems, especially those that could have been easily avoided. The *Bon Voyage, But...* booklet contains valuable information and advice for Canadian travellers. To obtain more information or additional free copies of this booklet, visit your nearest Passport Office or write to:

InfoCentre  
Department of Foreign Affairs and International Trade  
125 Sussex Drive  
Ottawa, Ontario  
K1A 0G2  
tel.: 1-800-267-8376 (in Canada)  
(613) 944-4000

We are on the Internet. Our World Wide Web address is:  
<http://www.dfait-maeci.gc.ca>

We'd like to hear your comments on this booklet. Was it helpful? Write to the above address and let us know what you think.

**Note:** *The information contained in this booklet is subject to change. Please check with the appropriate government departments and organizations mentioned within to ensure you have the most current information.*

**Canadian Embassies, High Commissions and Consulates Abroad**

The following list identifies where you may seek consular assistance in each country. If in an emergency you are unable to contact a Canadian mission, please call collect (via *Canada Direct* where possible) (613) 996-8885.

The *Canada Direct* service is offered by the **Stentor** telephone companies in collaboration with **Teleglobe Canada**. On its international network, **Teleglobe** carries calls from more than 120 countries where *Canada Direct* service is available.

In the telephone numbers on the following pages, a + sign precedes the country code and parentheses ( ) surround the area code, or the country code where there is no area code.

A ★ indicates that *Canada Direct* is available from that country. See page 62 for the *Canada Direct* access numbers.

**AFGHANISTAN** — See Pakistan, Islamabad

**ALBANIA** — See Hungary

**ALGERIA** Canadian Embassy, 27 bis, rue des Frères Benhafid (formerly Rue d'Anjou), Hydra, Algeria; Postal Address: P.O. Box 48, Alger-Gare, 1600 Alger, Algeria; Tel.: + 213 (2) 69 16 11; Fax: + 213 (2) 69 39 20, 69 17 34

**ANDORRA** — See France

**ANGOLA** Consulate of Canada, Rua Rei Katyavala 113, Luanda, Angola; Tel.: + 244 (2) 348-371; Fax: + 244 (2) 393-445

**ANGUILLA** — See Barbados

**ANTIGUA AND BARBUDA** ★ — See Barbados

**ARGENTINA** ★ Canadian Embassy, 2828 Tagle, 1425 Buenos Aires, Argentina; Postal Address: P.O. Box 1598, 1000 Correo Central, Buenos Aires, Argentina; Tel.: + 54 (1) 805-3032; Fax: + 54 (1) 806-1209

**ARMENIA** — See Russia, Moscow

**ARUBA** — See Netherlands Antilles

**AUSTRALIA** ★

**CANBERRA** Canadian High Commission, Commonwealth Avenue, Canberra ACT 2600, Australia; Tel.: + 61 (6) 273-3844; Fax: + 61 (6) 270-4081

**MELBOURNE** Consulate of Canada, 123 Camberwell Road, Hawthorn East, Victoria 3123, Australia; Tel.: + 61 (3) 9811 9999; Fax: + 61 (3) 9811 9969

**PERTH** Consulate of Canada, 267 St. George's Terrace, Perth, Western Australia 6000, Australia; Tel.: + 61 (9) 322-7930; Fax: + 61 (9) 261-7700

**SYDNEY** Consulate General of Canada, Level 5, Quay West, 111 Harrington Street, Sydney, New South Wales 2000, Australia; Tel.: + 61 (2) 364-3000; Fax: + 61 (2) 364-3098

**AUSTRIA** ★ Canadian Embassy, Laurenzerberg 2, A-1010 Vienna, Austria; Tel.: + 43 (1) 531-38-3000; Fax: + 43 (1) 531-38-3321

**AZERBAIJAN** — See Turkey, Ankara

**BAHAMAS (THE)** ★ Consulate of Canada, Shirley Street Shopping Plaza, Shirley Street, Nassau, The Bahamas; Postal Address: P.O. Box SS-6371, Nassau, The Bahamas; Tel.: (809) 393-4271; Fax: (809) 393-1305

**BAHRAIN** ★ — See Kuwait

**BANGLADESH** Canadian High Commission, House CWN 16/A, Road 48, Gulshan, Dhaka, Bangladesh; Postal Address: G.P.O. Box 569, Dhaka 1000, Bangladesh; Tel.: + 880 (2) 88 36 39, 60 70 71; Fax: + 880 (2) 88 30 43

**BARBADOS** ★ Canadian High Commission, Bishop's Court Hill, St. Michael, Barbados; Postal Address: P.O. Box 404, Bridgetown, Barbados; Tel.: (809) 429-3550; Fax: (809) 429-3780

**BELGIUM** ★ Canadian Embassy, 2, avenue de Tervuren, 1040 Brussels, Belgium; Tel.: + 32 (02) 741-0611; Fax: + 32 (02) 741-0619

**BELIZE** ★ Consulate of Canada, 85 Front Street, Belize City, Belize; Postal Address: P.O. Box 610, Belize City, Belize; Tel.: + 501 (2) 33-722; Fax: + 501 (2) 30-060

**BENIN** — See Nigeria, Lagos

**BERMUDA** ★ — See United States of America, New York

**BHUTAN** Canadian Cooperation Office, P.O. Box 201, Thimphu, Bhutan; Tel.: (3) 22109; Fax: (3) 22109

**BOLIVIA** ★ Consulate of Canada, Avenida 20 de Octubre 2475, Plaza Avaroa Sopocachi, La Paz, Bolivia; Postal Address: P.O. Box 10345, La Paz, Bolivia; Tel.: + 591 (2) 37 52 24; Fax: + 591 (2) 432 330

**BOSNIA-HERZEGOVINA** — See Croatia

**BOTSWANA** Consulate of Canada, Vision Hire Building, Queens Road, Plot 182, Gaborone, Botswana; Postal Address: P.O. Box 1009, Gaborone, Botswana; Tel: + 267 30-44-11; Fax: + 267 30-44-11

**BRAZIL ★**

**BRASILIA** Canadian Embassy, Setor de Embaixadas Sul, Avenida das Nações lote 16, 70410-900 Brasília D.F., Brazil; Postal Address: P.O. Box 00961, 70359-900 Brasília D.F., Brazil; Tel.: + 55 (61) 321-2171; Fax: + 55 (61) 321-4529

**SÃO PAULO** Consulate General of Canada, Edifício Top Center, Avenida Paulista 854, 5th Floor, 01310-913 São Paulo, Brazil; Postal Address: P.O. Box 62693, 01214-970 São Paulo, Brazil; Tel.: + 55 (11) 287-2122, -2234, -2213; Fax: + 55 (11) 251-5057

**RIO DE JANEIRO** Consulate of Canada, Rua Lauro Muller, 116, Room 2707, Torre Rio Sul-Botafogo, 22290-160 Rio de Janeiro, Brazil; Tel.: + 55 (21) 542-7593, 275-2039; Fax: + 55 (21) 275-2195

**BRITISH VIRGIN ISLANDS ★** — See Barbados

**BRUNEI DARUSSALAM** Canadian High Commission, Sheraton Utama Hotel, Suite 219, Box 2808, Jalan Tasek, Bandar Seri Begawan 1928, Brunei Darussalam; Tel.: + 673 (2) 22-00-43; Fax: + 673 (2) 22-00-40

**BULGARIA** — see Romania

**BURKINA FASO** Canadian Embassy, Agostino Néto Street, Ouagadougou, Burkina Faso; Postal Address: 01 P.O. Box 548, Ouagadougou 01, Kadiogo Province, Burkina Faso; Tel.: + 226 31-18-94, 31-18-95; Fax: + 226 31-19-00

**BURMA** — See Myanmar

**BURUNDI** — Consulate of Canada, Avenue de France, Bujumbura, Burundi; Tel.: + 257 221-682, 221-632; Fax: + 257 221-627

**BYELORUSSIA** — See Russia, Moscow

**CAMBODIA** Australian Embassy, Villa II, R.V. Senei Vannavut Dum (Street 254), Daun Penh District, Phnom Penh City, Cambodia; Tel.: + 855 (23) 426 000/1; Fax: + 855 (23) 426 003

**CAMEROON** Canadian Embassy, Stamatiades Building, Place de l'Hôtel de Ville, Yaoundé, Cameroon; Postal Address: P.O. Box 572, Yaoundé, Cameroon; Tel.: + 237 23-02-03, 23-23-11; Fax: + 237 22-10-90

**CAPE VERDE** — See Senegal

**CAYMAN ISLANDS ★** — See Jamaica

**CENTRAL AFRICAN REPUBLIC** Liaison Office, Bangui, Central African Republic; Post Address: P.O. Box 973, Bangui, Central African Republic; Tel.: + 236 61.12.70, 61.09.73; Fax: + 236 61.40.74

**CHAD** — See Cameroon, Yaoundé

**CHILE ★**

**SANTIAGO** Canadian Embassy, Ahumada 11, 10th Floor, Santiago, Chile; Postal Address: P.O. Box 427, Santiago, Chile; Tel.: + 56 (2) 696-2256, -7, -8, -9; Fax: + 56 (2) 696-2424

**CONCEPCION** Consulate of Canada, c/o ABN AMRO Bank, Concepcion, Postal Address: P.O. Box 425, Concepcion, Chile; Tel: + 56 (41) 228-811, Fax: + 56 (41) 232-131

**CHINA ★**

**BEIJING** Canadian Embassy, 19 Dong Zhi Men Wai Street, Chao Yang District, Beijing 100600, People's Republic of China; Tel.: + 86 (10) 6532-3536; Fax: + 86 (10) 6532-4311

**SHANGHAI** Consulate General of Canada, American International Centre, West Tower, Suite 604, 1376 Nanjing Xi Lu, Shanghai 200040, People's Republic of China; Tel.: + 86 (21) 6279-8400; Fax: + 86 (21) 6279-8401

**GUANGZHOU** Consulate of Canada, China Hotel Office Tower, Suite 1563-4, Liu Hua Lu, Guangzhou 510015, People's Republic of China; Tel.: + 86 (20) 666-0569; Fax: + 86 (20) 667-2401

**COLOMBIA ★**

**BOGOTA** Canadian Embassy, Calle 76 No. 11-52, Bogota, Colombia; Postal Address: (Airmail) P.O. Box 53531, Bogota 2, Colombia; Tel.: + 57 (1) 313-1355; Fax: + 57 (1) 313-3071

**CARTAGENA** Consulate of Canada, Calle de la Inquisicion Con Santo Domingo esquina, No. 33-08, Cartagena, Bolivar, Colombia; Tel. and Fax: + 57 (5) 664-7393

**COMOROS ISLANDS (THE)** — See Kenya

**CONGO** — See Gabon

**COOK ISLANDS** — See New Zealand

**COSTA RICA ★** Canadian Embassy, La Sabana Executive Business Centre, Building No. 5, 3rd Floor, beside the Contraloría General de la República, San José, Costa Rica; Postal Address: P.O. Box 351-1007, San José, Costa Rica; Tel.: + 506 296-4149; Fax: + 506 296-4270

**CROATIA** ★ Canadian Embassy, Hotel Esplanade, Mihanovićeva 1, 10000 Zagreb, Croatia; Tel.: + 385 (1) 457-7905; Fax: + 385 (1) 457-7913

### CUBA

**HAVANA** Canadian Embassy, Calle 30, No. 518 Esquina a7a, Miramar, Havana, Cuba; Tel.: + 53 (7) 33 25 16; Fax: + 53 (7) 33 20 44

**VARADERO** Consulate of Canada, Calle 7, No. 223, Kawama, Varadero, Cuba; Tel.: + 53 (5) 2078; Fax: + 53 (5) 66-7395

**CYPRUS** ★ Consulate of Canada, 15 Themistocles Dervis Street, Margarita House, Suite 403, Nicosia, Cyprus; Postal Address: P.O. Box 2125, Nicosia, Cyprus; Tel.: + 357 (2) 451-630; Fax: + 357 (2) 459-096

**CZECH REPUBLIC** ★ Canadian Embassy, Mickiewiczova 6, 125 33 Prague 6, Czech Republic; Tel.: + 42 (2) 2431-1108/9/10/11/12; Fax: + 42 (2) 2431-0294

**DENMARK** ★ Canadian Embassy, Kr. Bernikowsgade 1, 1105 Copenhagen K, Denmark; Tel.: + 45 (33) 12 22 99; Fax: + 45 (33) 14 05 85

**NUUK**, (Greenland) Consulate of Canada, Groenlandsfly A/S, 3900 Nuuk, Greenland; Postal Address: P.O. Box 1012, 3900 Nuuk, Greenland; Tel.: + 299 28888; Fax: + 299 27288

**DJIBOUTI** Consulate of Canada, c/o SNC-Lavalin, P.O. 1914, House No. 233, Kampala Street, Djibouti; Tel.: + 253 35-11-59, Fax: + 253 35-44-23

**DOMINICA** ★ — See Barbados

### DOMINICAN REPUBLIC ★

**SANTO DOMINGO** Canadian Embassy, Fimaca Building, Maximo Gomez 30, Corner Juan Sanchez Ramirez, Santo Domingo, Dominican Republic; Postal Address: P.O. Box 2054, Santo Domingo 1, Dominican Republic; Tel.: (809) 685-1136/37/38/39; Fax: (809) 682-2691

**PUERTO PLATA** Consulate of Canada, Calle San Felipe 29, Puerto Plata, Dominican Republic; Tel.: (809) 586-5761, 586-3305; Fax: (809) 586-5762

### ECUADOR ★

**QUITO** Canadian Embassy, Avenida 6 Diciembre No. 2816 and James Orton, Josueth Gonzalez Building, 4th Floor, Quito, Ecuador; Postal Address: P.O. Box 17-11-6512 (CC1), Quito, Ecuador; Tel.: + 593 (2) 564-795, 506-163, 543-214; Fax: + 593 (2) 503-108

**GUAYAQUIL** Consulate of Canada, General Cordova No. 800 and Victor Manuel Rendon, 21st Floor, Office 6, Edificio Torres de la Merced, Guayaquil, Ecuador; Tel.: + 593 (4) 566-747; Fax: + 593 (4) 314-562

### EGYPT ★

**CAIRO** Canadian Embassy, 5 El Saraya El Kobra Square, African Bank Building, Garden City, Cairo, Egypt; Postal Address: P.O. Box 1667, Cairo, Egypt; Tel.: + 20 (2) 354-3110; Fax: + 20 (2) 356-3548

**ALEXANDRIA** Consulate of Canada, Arab Express Shipping Co., 59 El Horria Street, Alexandria, Egypt; Tel.: + 20 (3) 493-9142, 492-9706, Fax: + 20 (3) 490-9696

**EL SALVADOR** Office of the Canadian Embassy, Avenida Las Palmas No. 111, Colonia San Benito, San Salvador, El Salvador; Postal Address: P.O. Box 3078, Centro de Gobierno, San Salvador, El Salvador; Tel.: + 503 279-4655 Fax: + 503 279-0765

**EQUATORIAL GUINEA** — See Gabon

**ERITREA** — See Ethiopia

**ESTONIA** Office of the Canadian Embassy, Toom Kooli 13, 2nd Floor, 0100 Tallinn, Estonia; Tel.: + 372 631-3570; Fax: + 372 631-3573

**ETHIOPIA** Canadian Embassy, Old Airport Area, Higher 23, Kebele 12, House Number 122, Addis Ababa, Ethiopia; Postal Address: P.O. Box 1130, Addis Ababa, Ethiopia; Tel.: + 251 (1) 71 30 22; Fax: + 251 (1) 71 30 33

**FIJI** ★ Consulate of Canada, L.I.C.I. Building, 7th Floor, Butt Street, Suva, Fiji; Postal Address: P.O. Box 10690, Government Building, Suva, Fiji; Tel.: + 679 30 05 89; Fax: + 679 30 02 96

**FINLAND** ★ Canadian Embassy, Pohjoisesplanadi 25B, 00100 Helsinki, Finland; Postal Address: P.O. Box 779, 00101 Helsinki, Finland; Tel.: + 358 (0) 17 11 41; Fax: + 358 (0) 60 10 60

### FRANCE ★

**PARIS** Canadian Embassy, 35 Montaigne Avenue, 75008 Paris, France; Tel.: + 33 (1) 44 43 29 00; Fax: + 33 (1) 44 43 29 99

**LYON** Consulate of Canada, Bonnel Part-Dieu Building, Corner Bonnel and Garibaldi, 74 de Bonnel Street, 3rd Floor, 69428 Lyon, Cedex 03, France; Tel.: + 33 72 61 15 25; Fax: + 33 78 62 09 36

**NICE** Consulate of Canada c/o French Med Tours, 64, avenue Jean-Médecin, 06000, Nice; Tel: + 33-1 93-92-93-22, Fax: + 33-1 93-92-55-51

**SAINT-PIERRE ET MIQUELON** ★ Consulate of Canada, Institut Frecher, C.P. 4370 Saint-Pierre, Saint-Pierre et Miquelon, F-97500; Tel: + 011 (508) 41-55-10; Fax: + 011 (508) 41-55-10

**STRASBOURG** Consulate of Canada, Polysar France, rue du Ried, La Wantzenau, France; Postal Address: Polysar France, P.O. Box 7, 67610 La Wantzenau, France; Tel.: + 33 88 96 65 02; Fax: + 33 88 96 25 17

**TOULOUSE** Consulate of Canada, 30 Strasbourg Boulevard, 31014 Toulouse, France; Postal Address: P.O. Box 138, Toulouse, France; Tel.: + 33 61 99 30 16; Fax: + 33 61 63 43 37

**FRENCH GUIANA** — See Guyana

**GABON** Canadian Embassy, Sci. du Stade, Pasteur Boulevard; Postal Address: P.O. Box 4037, Libreville, Gabon; Tel.: + 241 74 34 64, 74 34 65; Fax: + 241 74 34 66

**GAMBIA (THE)** — See Senegal

**GEORGIA** — See Turkey, Ankara

**GERMANY ★**

**BONN** Canadian Embassy, Godesberger Allee 119, 53175 Bonn, Germany; Tel.: + 49 (228) 812-4001; Fax: + 49 (228) 812-3459

**BERLIN** Canadian Embassy, Berlin Office, 23rd Floor, Internationales Handelszentrum, Friedrichstrasse 95, 10117 Berlin, Germany; Tel.: + 49 (30) 261-1161; Fax: + 49 (30) 262-9206

**DÜSSELDORF** Consulate of Canada, Prinz-Georg-Strasse 126, 40479 Düsseldorf, Germany; Tel.: + 49 (211) 17 21 70; Fax: + 49 (211) 35 91 65

**HAMBURG** Consulate of Canada, ABC Str. 45, 20534 Hamburg, Germany; Tel.: + 49 (40) 35556-295; Fax: + 49 (40) 35556-294

**MUNICH** Consulate of Canada, Tal 29, 80331 Munich, Germany; Tel.: + 49 (89) 21-99-57-0; Fax: + 49 (89) 21-99-57-199

**GHANA ★** Canadian High Commission, 42 Independence Avenue, Accra, Ghana; Postal Address: P.O. Box 1639, Accra, Ghana; Tel.: + 233 (21) 77 37 91, 22 85 55, 22 85 66, 22 85 62; Fax: + 233 (21) 77 37 92

**GREAT BRITAIN ★** — See United Kingdom

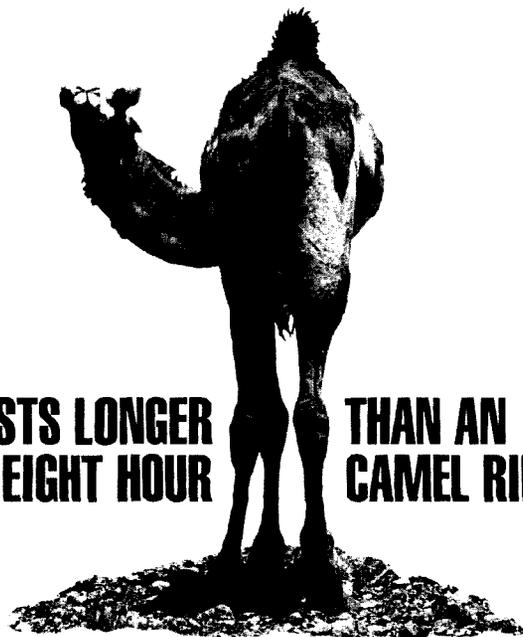
**GREECE ★**

**ATHENS** Canadian Embassy, 4 Ioannou Gennadiou Street, Athens 115 21, Greece; Tel.: + 30 (1) 725-4011; Fax: + 30 (1) 725-3994, 725-3629

**THESSALONIKI** Consulate of Canada, c/o Bank of Nova Scotia 17, Tsimiski St., 546 24 Thessaloniki, Greece; Tel.: + 30 (31) 256-350; Fax: + 30 (31) 256-351

**GREENLAND** — See Denmark

**GRENADA ★** — See Barbados



**LASTS LONGER  
EIGHT HOUR  
THAN AN  
CAMEL RIDE.**

If an 8 hour camel ride isn't the ultimate test, we don't know what is! The next time you have a trip ahead of you, trust Graval Long Acting. It's clinically-proven to give 8 hours of relief from motion sickness. Whether travelling by plane, train, car... or desert beast. Graval Long Acting 75 mg capsules. From the Graval family of products. The anti-nauseant medication doctors recommend most.

**Graval® Long Acting**  
8 hours of Graval relief.



# PICK UP THIS CROCODILE-SKIN CASE AND YOU COULD RECEIVE A NASTY BITE.



In co-operation with over 130 countries, Canada is committed to protecting some 40,000 plant and animal species. Before bringing any item made from them into Canada (even if you owned it before leaving), know the rules.

You risk losing the item, prosecution and fines up to \$150,000.

For more information on current legislation see page 28 or contact:

**CITES\* Administrator**  
Environment Canada  
Ottawa, Ontario K1A 0H3  
Tel.: (819) 997-1840  
Fax: (819) 953-6283

\*Convention on International Trade in Endangered Species of Wild Fauna and Flora

**BON VOYAGE, BUT...**

**45**

**GUADELOUPE** ★ — See Barbados

**GUATEMALA** ★ Canadian Embassy, Edyma Plaza Building, 8th Floor, 13 Calle 8-44, Zone 10, Guatemala City, Guatemala; Postal Address: P.O. Box 400, Guatemala City, Guatemala; Tel.: + 502 (2) 33 61 02; Fax: + 502 (2) 63 42 08

**GUINEA** Canadian Embassy, Corniche Sud, P.O. Box 99, Conakry, Guinea; Tel.: + 224 41 23 95, 41 44 48, Cellular (212) 479-4684; Fax: + 224 41 42 36, Cellular Fax (212) 479-4956

**GUINEA-BISSAU** — See Senegal

**GUYANA** ★ Canadian High Commission, High and Young Streets, Georgetown, Guyana; Postal Address: P.O. Box 10880, Georgetown, Guyana; Tel.: + 592 (2) 72081, -5; Fax: + 592 (2) 58380

**HAITI** ★ Canadian Embassy, Bank of Nova Scotia Building, Delmas Road, Port-au-Prince, Haiti; Postal Address: P.O. Box 826, Port-au-Prince, Haiti; Tel.: + 509 23 23 58; Fax: + 509 23 87 20

**HAWAII** ★ — See United States of America, Honolulu

**HOLY SEE (VATICAN CITY)** ★ Canadian Embassy, Via della Conciliazione 4/D, 0193, Rome, Italy; Tel.: + 39 (6) 6830-7316, 6830-7386, 6830-7398; Fax.: + 39 (6) 6880-6283

**HONDURAS** ★ Consulate of Canada, Los Castanos Commercial Building, 6th Floor, Morazan Boulevard, Tegucigalpa, Honduras; Postal Address: P.O. Box 3552, Tegucigalpa, Honduras; Tel.: + 504 31 45 45, 31 45 51; Fax: + 504 31 57 93

**HONG KONG** ★ Office of the Commission for Canada, 11th, 14th and 16th Floors, One Exchange Square, 8 Connaught Place, Hong Kong; Postal Address: GPO Box 11142, Hong Kong; Tel.: + 852 2810-4321; Fax: + 852 2810-6736

**HUNGARY** ★ Canadian Embassy, Budakeszi Ut 32, 1121 Budapest, Hungary; Tel.: + 36 (1) 275-1200; Fax: + 36 (1) 275-1210

**ICELAND** ★ Consulate General of Canada, Suðurlandsbraut 10, 108 Reykjavik, Iceland; Postal Address: P.O. Box 8094, 128 Reykjavik, Iceland; Tel.: + 354 (5) 68-0820; Fax: + 354 (5) 68-0899

**INDIA** ★

**NEW DELHI** Canadian High Commission, 7/8 Shantipath, Chanakyapuri, New Delhi 110021, India; Postal Address: P.O. Box 5207, New Delhi, India; Tel.: + 91 (11) 687-6500; Fax: + 91 (11) 687-6579, 687-0031



Environment Canada  
Environnement Canada

Canada

**BOMBAY** Consulate of Canada, 4th Floor, 41/42 Maker Chambers VI, Jammalal Bajaj Marg, Nariman Point, Bombay 400 021, India; Tel.: + 91 (22) 287-6027, 287-5479; Fax: + 91 (22) 287-5514

### INDONESIA ★

**JAKARTA** Canadian Embassy, 5th Floor, WISMA Metropolitan, Jalan Jendral Sudirman Kav 29, Jakarta, Indonesia; Postal Address: P.O. Box 8324/JKS.MP, Jakarta 12084, Indonesia; Tel.: + 62 (21) 525-0709; Fax: + 62 (21) 571-2251

**DENPASAR (BALI)** Australian Consulate, Jalan Prof. Moh Yamin 51, Renon, Denpasar, Bali, Indonesia; Postal Address: P.O. Box 3243, Denpasar, Bali, Indonesia; Tel.: + 62 (361) 235-092/3; Fax: + 62 (361) 231-990

**SURABAYA (EAST JAVA)** Consulate of Canada, c/o Maspion Group, Head Office, Jalan Kembang Jepun No. 38-40, Surabaya, East Java, Indonesia; Tel.: + 62 (31) 331-475/330-333; Fax: + 62 (31) 344-331

**IRAN** ★ Canadian Embassy, 57 Shahid Javad-e-Sarfraz (Darya-E-Noor), Ostad Motahari Avenue, Tehran, Iran; Postal Address: P.O. Box 11365-4647, Tehran, Iran; Tel.: + 98 (21) 873-2623; Fax: + 98 (21) 873-3202

**IRAQ** — See Jordan

**IRELAND** ★ Canadian Embassy, 65 St. Stephen's Green, Dublin 2, Ireland; Tel.: + 353 (1) 478-1988 Outside office hours: 478-1476; Fax: + 353 (1) 478-1285

**ISRAEL** ★ Canadian Embassy, 220 Rehov Hayarkon, Tel Aviv 63405, Israel; Postal Address: P.O. Box 6410, Tel Aviv 61063, Israel; Tel.: + 972 (3) 527-2929, 546-5810; Fax: + 972 (3) 544-5685, 527-2333

### ITALY ★

**ROME** Canadian Embassy, Via G.B. de Rossi 27, Rome 00161, Italy; Tel.: + 39 (6) 44-59-81; Fax: + 39 (6) 445-98912, 445-98760

**MILAN** (Consular Section open 9:00 AM to 12:00 PM) Consulate General of Canada, Via Vittor Pisani 19, Milan 20124, Italy; Tel.: + 39 (2) 6758.1; Fax: + 39 (2) 6758.3900

**IVORY COAST** ★ Canadian Embassy, Trade Center Building, 23 Nogues Avenue, Le Plateau, Abidjan, Côte d'Ivoire; Postal Address: 01 P.O. Box 4104, Abidjan 01, Côte d'Ivoire; Tel.: + 225 21-20-09; Fax: + 225 21-77-28

### JAMAICA ★

**KINGSTON** Canadian High Commission, Mutual Security Bank Building, 30-36 Knutsford Boulevard, Kingston 5, Jamaica; Postal Address: P.O. Box 1500, Kingston 10, Jamaica; Tel.: (809) 926-1500; Fax: (809) 926-1702

**MORTEGO BAY** Consulate of Canada, 29 Gloucester Street, Montego Bay, Jamaica; Tel.: (809) 952-6198, 979-8014; Fax: (809) 952-3953

### JAPAN ★

**TOKYO** Canadian Embassy, 3-38 Akasaka 7-chome, Minato-ku, Tokyo 107, Japan; Tel.: + 81 (3) 3408-2101; Consular Services: 3408-7686; Fax: + 81 (3) 3479-5320

**FUKUOKA** Consulate of Canada, FT Building, 9F, 4-8-28 Watanabe-Dori, Chuo-Ku, Fukuoka-Shi, Fukuoka Prefecture, Japan 810; Tel.: + 81 (92) 752-6055; Fax: + 81 (92) 752-6077

**NAGOYA** Consulate of Canada, Nakato Marunouchi Building, 6F, 3-17-6 Marunouchi, Naka-Ku, Nagoya-Shi, Aichi Prefecture, Japan; Tel.: + 81 (52) 972-0450; Fax: + 81 (52) 972-0453

**OSAKA** Consulate General of Canada, Daisan Shoho Building, 12th Floor, 2-2-3, Nishi-Shinsaibashi, Chuo-Ku, Osaka 542, Japan; Postal Address: P.O. Box 150, Osaka, Minami 542-91, Japan; Tel.: + 81 (6) 212-4910; Fax: + 81 (6) 212-4914

**JORDAN** Canadian Embassy, Pearl of Shmeisani Building, Shmeisani, Amman, Jordan; Postal Address: P.O. Box 815403, Amman, Jordan 11180; Tel.: + 962 (6) 666-124; Fax: + 962 (6) 689-227

**KAZAKHSTAN** Canadian Embassy, 157 Prospekt Abaya, 6th Floor, 480009, Almaty, Kazakhstan; Tel.: + 7 (3272) 50-11-51/52/53; Fax: + 7 (3275) 81-14-93

**KENYA** ★ Canadian High Commission, Comcraft House, Hailé Sélassie Avenue, Nairobi, Kenya; Postal Address: P.O. Box 30481, Nairobi, Kenya; Tel.: + 254 (2) 21 48 04; Fax: + 254 (2) 22 69 87

**KIRIBATI** Australian High Commission, Bairiki, Tarawa, Republic of Kiribati; Postal Address: P.O. Box 77, Tarawa, Republic of Kiribati; Tel.: + 686 21-184; Fax: + 686 21-440

### KOREA ★ South Korea Only

**SEOUL** Canadian Embassy, 10th and 11th Floors, Kolon Building, 45 Mugyo-Dong, Jung-Ku, Seoul 100-170, Korea; Postal Address: C.P.O. Box 6299, Seoul 100-662, Korea; Tel.: + 82 (2) 753-2605/06/07/08, 753-7290/91/92/93; Fax: + 82 (2) 755-0686

**PUSAN** Consulate of Canada, c/o Bumin Mutual Savings and Finance Corporation, Suite 32-1, 2-GA, Daecheung-Dong, Chung-Ku, Pusan 600-092, Korea; Tel.: + 82 (51) 246-7024, 246-3205; Fax: + 82 (51) 247-8443, 246-5658

**KYRGYZSTAN** — See Kazakhstan

**KUWAIT** Canadian Embassy, Block 4, 24 Al-Mutawakel Street, Da'ayah District, Kuwait City, Kuwait; Postal Address: P.O. Box 25281, Safat 13113, Kuwait City, Kuwait; Tel.: + 965 256-3025; Fax: + 965 256-4167

**LAOS** Australian Embassy, J. Nehru Street, Phone Xay District, Vientiane, Laos; Tel.: + 856 (21) 413-6020; Fax: + 856 (21) 413-613

**LATVIA** Canadian Embassy, Doma Iaukums 4, 4th Floor, Riga LV-1977, Latvia; Tel.: + 371 783-0141, 782-1161; Fax: + 371 783-0140

**LEBANON** Canadian Embassy, 434 Autostrade Jal-el-Dib, 1st floor, Coolrite Building, Jal-el-Dib, Lebanon; Postal Address: P.O. Box 60163, Beirut, Lebanon; Tel.: + 961 (1) 521-163/4/5; Fax: + 961 (1) 521-167

**LESOTHO** Consulate of Canada, 1st Floor, Maseru Book Centre Kingsway, Box 1165, Maseru, Lesotho; Tel.: + 266 311-256; Fax: + 266 310-462

**LIBERIA** — See Ghana

**LIBYA** Embassy of the Netherlands, 20 Sh. Gelal Bayar, P.O. Box 2801, Tripoli, Libya; Tel.: + 218 (21) 44-41550, 44-41549; Fax: + 218 (21) 44-40386

**LIECHTENSTEIN** ★ — See Switzerland

**LITHUANIA** Office of the Canadian Embassy, Didzioji 8-5, 2001 Vilnius, Lithuania; Tel.: + 370 (2) 220-898, 220-865; Fax: + 370 (2) 220-884

**LUXEMBOURG** ★ Consulate of Canada, c/o Price Waterhouse S.A., 24-26 avenue de la Liberté, Luxembourg L-1930, Luxembourg; Postal Address: P.O. Box 1443, Luxembourg, Luxembourg; Tel.: + 352 40-24-20; Fax: + 352 40-24-55 extension 600

**MACAO** ★ — See Hong Kong

**MACEDONIA, FORMER YUGOSLAV REPUBLIC OF** — See Yugoslavia

**MADAGASCAR** Consulate of Canada, c/o QIT-Madagascar Minerals Ltd., Lot II-M-62 C, Villa Paule Androhibe, Antananarivo 101, Madagascar; Postal Address: P.O. Box 4003, Antananarivo 101, Madagascar; Tel.: + 261 (2) 425-59; Fax: + 261 (2) 425-06

**MALAWI** Consulate of Canada, Accord Centre, Kamuzu Highway, Blantyre-Limbe, Malawi; Postal Address: P.O. Box 51146, Blantyre-Limbe, Malawi; Tel.: + 265 643-277/8; Fax: + 265 643-446

**MALAYSIA** ★ Canadian High Commission, 7th Floor, Plaza MBF, 172 Jalan Ampang, 50450 Kuala Lumpur, Malaysia; Postal Address: P.O. Box 10990, 50732 Kuala Lumpur, Malaysia; Tel.: + 60 (3) 261-2000 Outside office hours: 261-2031; Fax: + 60 (3) 261-3428

**MALDIVES** — See Sri Lanka

**MALI** Canadian Embassy, Quartier Hippodrome, Route de Koulikoro, Bamako, Mali; Postal Address: P.O. Box 198, Bamako, Mali; Tel.: + 223 22 22 36; Fax: + 223 22 43 62

**MALTA** ★ Consulate of Canada, Demajo House, 103 Archbishop Street, Valletta, Malta; Tel.: + 356 233-121, 233-126; Fax: + 356 235-145

**MARTINIQUE** ★ — See Barbados

**MAURITANIA** Consulate of Canada, P.O. Box 428, Nouakchott, Mauritania; Tel.: + 222 534-48; Fax: + 222 540-09

**MAURITIUS** ★ Consulate of Canada, 18 Jules Koenig Street, Port Louis, Mauritius; Postal Address: P.O. Box 209, Port Louis, Mauritius; Tel.: + 230 208-0821; Fax: + 230 208-3391

**MEXICO** ★

**MEXICO CITY** Canadian Embassy, Calle Schiller No. 529 (Rincon del Bosque), Colonia Polanco, 11560 Mexico, D.F., Mexico; Postal Address: P.O. Box 105-05, 11580 Mexico, D.F., Mexico; Tel.: + 52 (5) 724-7900, Toll free 91-800-70629; Fax: + 52 (5) 724-7980

**ACAPULCO** Consulate of Canada, Hotel Club del Sol, Costera Miguel Aleman, at the corner of Reyes Catolicos, 39300 Acapulco, Guerrero, Mexico; Postal Address: P.O. Box 94-C, 39670 Acapulco, Guerrero, Mexico; Tel.: + 52 (74) 85-66-21; Fax: + 52 (74) 86-74-17

**AJIJIC** Consulate of Canada, Hotel Real de Chapala, Paseo del Prado 20, Ajijic, Jalisco, Mexico; Tel.: + 52 (376) 62-288; Fax: + 52 (376) 62-420

**CANCUN** Consulate of Canada, Plaza Mexico Commercial Centre, Room 312, 200 Avenida Tulum, at the corner of Agua, 77500 Cancun, Quintana Roo, Mexico; Tel.: + 52 (98) 84-37-16; Fax: + 52 (98) 87-67-16

**GUADALAJARA** Consulate of Canada, Hotel Fiesta Americana, Local 30, Aurelio Aceves 225, Col. Vallarta Poniente, P.O. Box 44100 Guadalajara, Jalisco, Mexico; Tel.: + 52 (3) 615-6270, 615-6266, 616-5642; Fax: + 52 (3) 615-8665

**MAZATLAN** Consulate of Canada, Hotel Playa Mazatlan, Zona Dorada, Rodolfo Loaiza 202, 82110 Mazatlan, Sinaloa, Mexico; Postal Address: P.O. Box 614, 82110 Mazatlan, Sinaloa, Mexico; Tel.: + 52 (69) 13-73-20; Fax: + 52 (69) 14-66-55

**MONTERREY** Consulate of Canada, Edificio Kalos, Floor C-1, Room 108-A, Zaragoza 1300 Sur and Constitucion, Monterrey, N.L. Mexico; Postal Address: P.O. Box 64000, Monterrey, N.L. Mexico; Tel.: + 52 (83) 44-32-00, 44-27-53, 44-29-06, 44-29-61; Fax: + 52 (83) 44-30-48

**OAXACA** Consulate of Canada, 119 Dr. Liceaga, Suite 8, 68000 Oaxaca, Mexico; Postal Address: P.O. Box 29, Station C, Colonia Reforma, 68050 Oaxaca, Mexico; Tel.: + 52 (951) 33-777; Fax: + 52 (951) 52-147

**PUERTO VALLARTA** Consulate of Canada, 160 Zaragoza Street, Interior 10, Colonia Centro, 48300 Puerto Vallarta, Jalisco, Mexico; Tel.: + 52 (322) 253-98; Fax: + 52 (322) 235-17

**SAN MIGUEL DE ALLENDE** Consulate of Canada, Mesones 38, Interior 15, San Miguel de Allende, Guanajuato, Mexico 37700; Tel.: + 52 (415) 230-25; Fax: + 52 (415) 268-56

**TIJUANA** Consulate of Canada, German Gedovius No. 10411-101, Condominio del Parque, Zona Rio, 22320 Tijuana, Baja California Norte, Mexico; Tel.: + 52 (66) 84-04-61; Fax: + 52 (66) 84-03-01, ask for fax machine

**MOLDOVA** — See Romania

**MONACO** ★ — See France, Paris

**MONGOLIA** — See China, Beijing

**MONTSERRAT** ★ — See Barbados

**MOROCCO** ★ Canadian Embassy, 13 bis, rue Jaafar Assadik, Agdal-Rabat, Morocco; Postal Address: P.O. Box 709, Agdal-Rabat, Morocco; Tel.: + 212 (7) 67 28 80; Fax: + 212 (7) 67 21 87

**MOZAMBIQUE** Office of the Canadian High Commission, rue Tomas Nduda, 1345, Maputo, Mozambique; Postal Address: P.O. Box 1578, Maputo, Mozambique; Tel.: + 258 (1) 492-623; Fax: + 258 (1) 492-667

**MYANMAR** Australian Embassy, 88 Strand Road, Yangon, Myanmar (formerly Rangoon, Burma); Tel.: + 95 (1) 807-11, 800-76; Fax: + 95 714-34

**NAMIBIA** Consulate of Canada, P.O. Box 9704, Windhoek, Namibia; Tel. and Fax: + 264 (61) 235-841

**NAURU** Australian High Commission, Civic Centre, P.O. Box 6, Nauru, Central Pacific; Tel.: + 674 444-3232/3/4; Fax: + 674 444-3227

**NEPAL** Canadian Cooperation Office, c/o Mr. John Moore, Lazimpat, Nepal; Postal Address: P.O. Box 4574, Kathmandu, Nepal; Tel.: + 977 (1) 415-193, 415-389; Fax: + 977 (1) 410-422

**NETHERLANDS (THE)** ★ Canadian Embassy, Sophialaan 7, P.O. Box 30820, 2500 GV The Hague, The Netherlands; Tel.: + 31 (70) 311-1600; Fax: + 31 (70) 356-1111

**NETHERLANDS ANTILLES** Consulate of Canada, Maduro and Curiels Bank, N.V., Plaza Jojo Correa 2-4, Willemstad, Curaçao, Netherlands Antilles; Postal Address: P.O. Box 305, Willemstad, Curaçao, Netherlands Antilles; Tel.: + 599 (9) 66 11 15; Fax: + 599 (9) 66 11 22, 66 11 30

**NEW CALEDONIA** — See Australia, Canberra

**NEW ZEALAND** ★

**WELLINGTON** Canadian High Commission, 3rd Floor, 61 Molesworth Street, Thorndon, Wellington, New Zealand; Postal Address: P.O. Box 12-049, Thorndon, Wellington, New Zealand; Tel.: + 64 (4) 473-9577; Fax: + 64 (4) 471-2082

**AUCKLAND** Consulate of Canada, Level 9, Jetset Centre, 44-48 Emily Place, Auckland, New Zealand; Postal Address: P.O. Box 6186, Wellesley Street, Auckland, New Zealand; Tel.: + 64 (9) 309-3690; Fax: + 64 (9) 307-3111

**NICARAGUA** ★ Consulate of Canada, De los Pipitos, 2 blocks west, Nogal Street, No. 25, Bolonia, Managua, Nicaragua; Postal Address: P.O. Box 25, Managua, Nicaragua; Tel.: + 505 (2) 68 04 33, 68 19 83; Fax: + 505 (2) 68 04 37

**NIGER** Office of the Canadian Embassy, Mali Béro Boulevard, Niamey, Niger; Postal Address: P.O. Box 362, Niamey, Niger; Tel.: + 227 75-36-86/7; Fax: + 227 75-31-07

**NIGERIA**

**LAGOS** Canadian High Commission, Committee of Vice-Chancellors Building, Plot 8A, 4 Idowu Taylor Street, Victoria Island, Lagos, Nigeria; Postal Address: P.O. Box 54506, Ikoyi Station, Lagos, Nigeria; Tel.: + 234 (1) 262-2512, 262-2513, 262-2514 Outside office hours: 262-2515; Fax: + 234 (1) 262-2517

**ABUJA** Canadian High Commission Liaison Office, Plot No. 622, Gana Street, Zone A5, Maitama, Abuja, FCT, Nigeria; Postal Address: P.O. Box 6924 WUSE, Abuja, FCT, Nigeria; Tel.: + 234 (09) 523-5434; Fax: + 234 (09) 523-5435

**NIUE** — See New Zealand

**NORWAY** ★ Canadian Embassy, Oscar's Gate 20, 0244 Oslo, Norway; Postal Address: Oscar's Gate 20, 0244 Oslo, Norway; Tel.: + 47 22 46 69 55 Outside office hours: 22 46 69 59; Fax: + 47 22 69 34 67

**OMAN** Consulate of Canada, Flat No. 310, Building 477, Way 2907, Moosa Abdul Rahman Hassan Building, A'Noor Street, Ruwi, Oman; Postal Address: P.O. Box 1275, Muttrah, Oman 114; Tel.: + 968 791-738; Fax: + 968 791-740

#### PAKISTAN

**ISLAMABAD** Canadian High Commission, Diplomatic Enclave, Sector G-5, Islamabad, Pakistan; Postal Address: G.P.O. Box 1042, Islamabad, Pakistan; Tel.: + 92 (51) 21 11 01 Outside office hours: 21 11 07; Fax: + 92 (51) 21 15 40

**KARACHI** Consulate of Canada, c/o Beach Luxury Hotel, Room 120, Moulvi Tamiz Uddin Khan Road, Karachi 0227, Pakistan; Tel.: + 92 (21) 561 0672; Fax: + 92 (21) 561 0684

**PANAMA** ★ Canadian Embassy, Edificio Banco Central Hispano, Samuel Lewis Avenue and Gerardo Ortega Street, 4th floor, Panama, Republic of Panama; Postal Address: P.O. Box 3658, Balboa, Panama, Republic of Panama; Tel.: + 507 264-9731 or 264-7115; Fax: + 507 263-8083

**PAPUA NEW GUINEA** ★ Consulate of Canada, 2nd Floor, The Lodge, Bampton Street, Port Moresby, NCD, Papua New Guinea; Postal Address: P.O. Box 851, Port Moresby, NCD, Papua New Guinea; Tel.: + 675 213 599; Fax: + 675 213 098 or + 675 224 824

**PARAGUAY** ★ Consulate of Canada, El Paraguayo Independiente 995, Mezzanine, Offices 1 and 2, Asunción, Paraguay; Postal Address: P.O. Box 883, Asunción, Paraguay; Tel.: + 595 (21) 44 95 05, 49 17 30; Fax: + 595 (21) 44 95 06

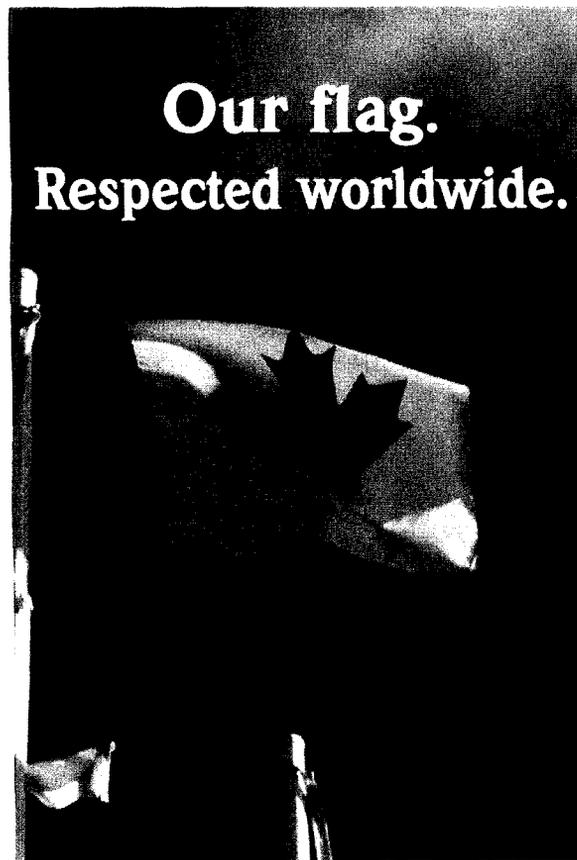
**PERU** ★ Canadian Embassy, Calle Federico Gerdes 130, Miraflores, Lima, Peru; Postal Address: P.O. Box 18-1126, Miraflores Post Office, Lima, Peru; Tel.: + 51 (1) 444-4015 Outside office hours: + 51 (1) 444-4688; Fax: + 51 (1) 444-4347

**PHILIPPINES (THE)** ★ Canadian Embassy, 9th and 11th Floors, Allied Bank Centre, 6754 Ayala Avenue, Makati, Metro Manila, Philippines; Postal Address: P.O. Box 2168, Makati Central Post Office, 1299 Makati, Metro Manila, Philippines; Tel.: + 63 (2) 810-8861; Fax: + 63 (2) 810-8839

**POLAND** ★ Canadian Embassy, Ulica Matejki 1/5, 00-481 Warsaw, Poland; Tel.: + 48 (22) 629 8051; Fax: + 48 (22) 629-6457

#### PORTUGAL ★

**LISBON** Canadian Embassy, Avenida da Liberdade 144/156, 4th Floor, P-1250 Lisbon, Portugal; Tel.: + 351 (1) 347-4892; Fax: + 351 (1) 347-6466



Canadian  
Heritage

Patrimoine  
canadien

Canada<sup>134</sup>



## THE RIDER TRAVEL GROUP



### *Corporate Travel Focus:*

Rider exclusively serves Canada's corporate travel needs. As this is our only focus, travel services are customized to fit your business needs.

### *National Expertise:*

Rider's offices coast to coast assure quick and effective response to your travel needs.

### *International Scope:*

Get the best value worldwide through Rider's international expertise, the strength of our global affiliates, and our 24 hour International Desk.

### *Innovation and Value:*

Rider's superior counsellor service is enhanced by the use of the most advanced travel booking and administration technologies available.

### *Canada's Leader in Corporate Travel Management*

370 King St. West, Suite 700, Toronto, Ontario M5V 1J9  
Tel: (416) 593-8866 / Fax: (416) 593-7158

World Exchange Plaza, 45 O'Connor St., Suite 700, Ottawa, Ontario K1P 1A4  
Tel: (613) 235-1212 / Fax: (613) 235-8866

## BON VOYAGE, BUT...

55

**FARO** Consulate of Canada, Rua Frei Lourenço de Santa Maria No. 1, 1st Floor, P-8000 Faro, Portugal; Postal Address: P.O. Box 79, P-8001 Faro, Portugal; Tel.: + 351 (089) 80 37 57, 80 30 00; Fax: + 351 (089) 80 47 77

**PUERTO RICO** ★ - See United States

**QATAR** ★ — See Kuwait

**ROMANIA** ★ Canadian Embassy, 36 Nicolae Iorga, 71118 Bucharest, Romania; Postal Address: Post Office No. 22, Box 2966, Bucharest, Romania; Tel.: + 40 (1) 222-9845; Fax: + 40 (1) 312-0366

**RUSSIA** ★

**MOSCOW** Canadian Embassy, 23 Starokonyushenny Pereulok, Moscow, 121002 Russia; Tel.: + 7 (095) 956-6666; Fax: + 7 (095) 956-1577

**ST-PETERSBURG** Consulate General of Canada, 32 Malodetskoslki Prospekt, St. Petersburg, 198013 Russia; Tel.: + 7 (812) 325-8448; Fax: + 7 (812) 325-8393

**RWANDA** Office of the Canadian Embassy, Parcel 1534, Akagera Street, Kigali, Rwanda; Postal Address: P.O. Box 1177, Kigali, Rwanda; Tel.: + 250 73210, 73787; Fax: + 250 72719

**SAINT CHRISTOPHER AND NEVIS** ★ — See Barbados

**SAINT LUCIA** ★ — See Barbados

**SAINT VINCENT AND THE GRENADINES** ★ — See Barbados

**SAN MARINO** ★ — See Italy

**SAO TOME AND PRINCIPE** — See Gabon

**SAUDI ARABIA**

**RIYADH** Canadian Embassy, Diplomatic Quarter, Riyadh, Saudi Arabia; Postal Address: P.O. Box 94321, Riyadh 11693, Saudi Arabia; Tel.: + 966 (1) 488-2288, 488-0292, 488-0275, 488-0531, 488-1221; Fax: + 966 (1) 488-1997

**JEDDAH** Consulate of Canada, Headquarters Building, Zahid Corporate Group, Jeddah 21492, Saudi Arabia; Postal Address: P.O. Box 8928, Jeddah 21492, Saudi Arabia; Tel.: + 966 (2) 665-1050; Fax: + 966 (2) 669-0727

**SENEGAL** Canadian Embassy, 45, avenue de la République, Dakar, Senegal; Postal Address: P.O. Box 3373, Dakar, Senegal; Tel.: + 221 23 92 90; Fax: + 221 23 87 49

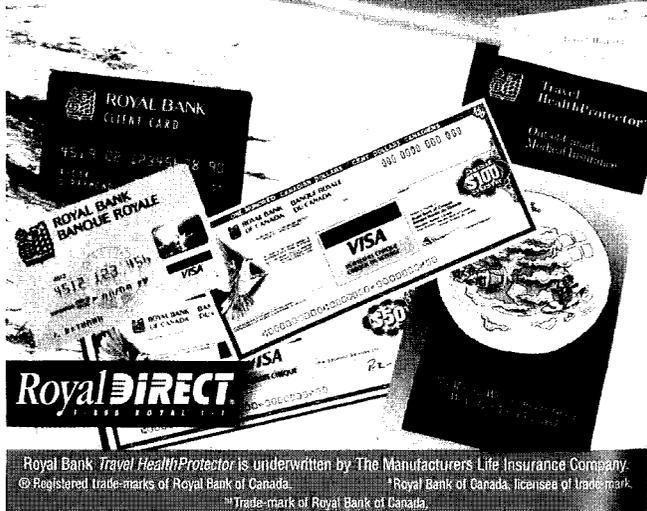
**SEYCHELLES** — See Tanzania

**SIERRA LEONE** — See Ghana



ROYAL BANK

# VACATION ESSENTIALS



Royal Bank Travel Health Protector is underwritten by The Manufacturers Life Insurance Company.  
© Registered trade-marks of Royal Bank of Canada. \* Royal Bank of Canada, licensee of trade-mark.

\*\*Trade-mark of Royal Bank of Canada.

## BON VOYAGE, BUT...

3

The Department of Foreign Affairs and International Trade would like to thank the following companies and organizations for their assistance in publishing this booklet:

- Agriculture and Agri-Food Canada
- Anti-Drug Information Program
- *Canada Direct*\*
- Connaught Laboratories Limited
- Desjardins Travel Insurance
- Department of Canadian Heritage
- Environment Canada
- Frank W. Horner Inc. – Gravel
- Ingle Health
- *Maclean's*, Canada's Weekly Newsmagazine
- MasterCard International
- The Rider Group
- Royal Bank
- SmithKline Beecham Vaccines
- Telfer International Inc.  
(International Insurance Consultants)
- TravelGold™ providing comprehensive travel insurance and assistance to the world for over 30 years.

\* *Canada Direct* is a trademark of Teleglobe Canada, Inc.  
The Stentor telephone companies are authorized users.

**SINGAPORE** ★ Canadian High Commission, IBM Towers, 80 Anson Road, 14th and 15th Floors, Singapore 0207; Postal Address: Robinson Road, P.O. Box 845, Singapore 9016, Singapore; Tel.: + 65 225-6363; Fax: + 65 225-2450

**SLOVAKIA** ★ Consulate of Canada, c/o Blaha & Erben & Novak & Werner, Advokatska Kancelaria, Stefanikova 47, 811 04 Bratislava, Slovakia; Tel.: + 42 (7) 498-754; Fax: + 42 (7) 36 12 20

**SLOVENIA** — See Hungary

**SOLOMON ISLANDS** Australian High Commission, corner Hibiscus Avenue and Mud Alley, Honiara, Solomon Islands; Tel.: + 677 21561/2/3; Fax: + 677 23691

**SOMALIA** — See Kenya

### **SOUTH AFRICA** ★

**PRETORIA** Canadian High Commission, 1103 Arcadia, Hatfield 0028, Pretoria, South Africa; Postal Address: Private Bag X13, Hatfield, Pretoria 0028, South Africa; Tel.: + 27 (12) 342-6923; Fax: + 27 (12) 342-3837

**CAPE TOWN** Canadian High Commission, 19th Floor, Reserve Bank Building, 60 St. George's Mall, Cape Town 8001, South Africa; Postal Address: P.O. Box 683, Cape Town 8000, South Africa; Tel.: + 27 (21) 23-5240; Fax: + 27 (21) 23-4893

**DURBAN** Consulate of Canada, Postal Address: P.O. Box 5448, Durban 4000, South Africa; Tel: + 27 (322) 301-197; Fax: + 27 (322) 031-024

**JOHANNESBURG** The Canadian High Commission Trade Office, Cradock Place, 1st Floor, 10 Arnold Street, Rosebank, Johannesburg, ic of South Africa; Postal Address: P.O. Box 1394, Parklands 2121, Johannesburg, South Africa; Tel.: + 27 (11) 442-3130; Fax: + 27 (11) 442-3325

### **SPAIN** ★

**MADRID** Canadian Embassy, Goya Building, 35 Nunez de Balboa Street, 28001 Madrid, Spain; Postal Address: P.O. Box 587, 28080 Madrid, Spain; Tel.: + 34 (1) 431-4300; Fax: + 34 (1) 431-2367

**BARCELONA** Consulate of Canada, Travessera de les Corts 265, 08014 Barcelona, Spain; Tel.: + 34 (3) 410-6699; Fax: + 34 (3) 410-7755

**BILBAO** Consulate of Canada, c/o Basetrans S.A., Avda. Juan Antonio Zunzunegui, 2-1, 48013 Bilbao, Spain; Tel.: + 34 (4) 427-6922; Fax: + 34 (4) 427-1578

**MALAGA** Consulate of Canada, Horizonte Building, Plaza de la Malagueta 3, 1st Floor, 29016 Malaga, Spain; Postal Address: P.O. Box 99, 29080 Malaga, Spain; Tel.: + 34 (5) 222-3346; Fax: + 34 (5) 222-4023

**SEVILLE** Consulate of Canada, 30 Constitución Avenue, 2nd Floor, Room 4, 41001 Seville, Spain; Tel.: + 34 (5) 422-9413

**SRI LANKA** ★ Canadian High Commission, 6 Gregory's Road, Cinnamon Gardens, Colombo 7, Sri Lanka; Postal Address: P.O. Box 1006, Colombo 7, Sri Lanka; Tel.: + 94 (1) 69 58 41, 69 58 42; Fax: + 94 (1) 68 70 49

**SUDAN (THE)** — See Ethiopia

**SURINAME** Consulate of Canada, Waterkant 90-94, Paramaribo, Suriname; Postal Address: P.O. Box 1849-1850, Paramaribo, Suriname; Tel.: + 597 471-222; Fax: + 597 475-718

**SWAZILAND** — See South Africa

### **SWEDEN** ★

**STOCKHOLM** Canadian Embassy, Tegelbacken 4, 7th Floor, Stockholm, Sweden; Postal Address: P.O. Box 16129, S-10323 Stockholm, Sweden; Tel.: + 46 (8) 453-3000; Fax: + 46 (8) 24 24 91

**GOTHENBURG** Consulate of Canada c/o Atlantic Container Line Sweden AB, Sydattlanten, Skandiahammen, 403 36 Gothenburg, Sweden; Tel.: + 46 (31) 64 55 80; Fax: + 46 (31) 64 55 75

### **SWITZERLAND** ★

**BERNE** Canadian Embassy, Kirchenfeldstrasse 88, 3005 Berne, Switzerland; Postal Address: P.O. Box 3000, Berne 6, Switzerland; Tel.: + 41 (31) 352 63 81; Fax: + 41 (31) 352 73 15

**GENEVA** Permanent Mission of Canada to the Office of the United Nations, Consular Section, 1 Pré-de-la-Bichette Street, 1202 Geneva, Switzerland; Tel.: + 41 (22) 919-9200; Fax: + 41 (22) 919-9233

**SYRIA** ★ Canadian Embassy, Lot 12, Mezzeh Autostrade, Damascus, Syria; Postal Address: P.O. Box 3394, Damascus, Syria; Tel.: + 963 (11) 611-6692, 611-6851; Fax: + 963 (11) 611-4000

**TAHITI** — See New Zealand, Auckland

**TAIWAN** ★ Canadian Trade Office in Taipei, 13th Floor, 365 Fu Hsing North Road, Taipei, Taiwan; Tel.: + 886 (2) 547-9500; Fax: + 886 (2) 712-7244

**TAJKISTAN** — See Kazakhstan

**TANZANIA** Canadian High Commission, 38 Mirambo Street, Corner Garden Avenue, Dar es Salaam, Tanzania; Postal Address: P.O. Box 1022, Dar es Salaam, Tanzania; Tel.: + 255 51 46000/1/2/3/4; Fax: + 255 51 46005, 51 46009 (24 hours)

**THAILAND ★**

**BANGKOK** Canadian Embassy, Boonmitr Building, 11th Floor, 138 Silom Road, Bangkok 10500, Thailand; Postal Address: P.O. Box 2090, Bangkok 10500, Thailand; Tel.: + 66 (2) 237-4125 Duty Officer: 480-8963; Fax: + 66 (2) 236-6463, 267-5295

**CHIANG MAI** Consulate of Canada, c/o Raming Tea Co. Ltd., 151 Moo 3 Super Highway, Tasala, Chiang Mai 50000, Thailand; Tel.: + 66 (53) 24 22 92, 24 56 83; Fax: + 66 (53) 24 26 16

**TOGO** — See Ghana

**TONGA** Australian High Commission, Salote Road, Nuku'Alofa, Tonga; Tel.: + 676 23-244; Fax: + 676 23-243

**TRINIDAD AND TOBAGO ★** Canadian High Commission, Huggins Building, 72 South Quay, Port of Spain, Trinidad and Tobago; Postal Address: P.O. Box 1246, Port of Spain, Trinidad and Tobago; Tel.: (809) 623-7254; Fax: (809) 624-4016

**TUNISIA** Canadian Embassy, 3, rue du Sénégal, Place d'Afrique, Tunis, Tunisia; Postal Address: P.O. Box 31, Belvédère, 1002 Tunis, Tunisia; Tel.: + 216 (1) 796-577 Outside office hours: 798-004; Fax: + 216 (1) 792-371

**TURKEY ★**

**ANKARA** Canadian Embassy, Nenehatun Caddesi No. 75, Gaziosmanpasa 06700, Ankara, Turkey; Tel.: + 90 (312) 436-1275; Fax: + 90 (312) 446-4437

**ISTANBUL** Consulate of Canada, Büyükdere Caddesi 107/3, Bengün Han, 80300 Gayrettepe, Istanbul, Turkey; Tel.: + 90 (212) 272-5174, 275-0780; Fax: + 90 (212) 272-3427

**TURKMENISTAN** — See Kazakhstan

**TURKS AND CAICOS ISLANDS ★** — See Jamaica

**TUVALU** — See New Zealand, Auckland

**UGANDA** Consulate of Canada, 4 Ternan Avenue, Nakasero, Kampala, Uganda; Postal Address: P.O. Box 20115, Kampala, Uganda; Tel.: + 256 (041) 258-141; Fax: + 256 (041) 234-518

**UKRAINE ★** Canadian Embassy, 31 Yaroslaviv Val Street, Kiev 252034, Ukraine; Tel.: + 380 (44) 212-2112, 212-0212, 212-2235; Fax: + 380 (44) 225-1305, 212-2339

**UNITED ARAB EMIRATES ★** Consulate of Canada, Juma Al Majid Building, Suite 708, Khalid Ibn Al Waleed Street, Bur Dubai, United Arab Emirates; Postal Address: P.O. Box 52472, Dubai, United Arab Emirates; Tel.: + 971 (4) 52 17 17; Fax: + 971 (4) 51 77 22

**UNITED KINGDOM ★**

**LONDON** Canadian High Commission, Macdonald House, 1 Grosvenor Square, London, W1X 0AB, England, U.K.; Tel.: + 44 (171) 258-6600; Consular Services: 258-6316; Passports: 258-6356; Fax: + 44 (171) 258-6533

**BELFAST** Consulate of Canada, 378 Stranmillis Road, Belfast, Northern Ireland, BT9 5ED

**BIRMINGHAM** Consulate of Canada, 55 Colmore Row, Birmingham B3 2AS, U.K., Tel.: + 44 (121) 236-6474; Fax: + 44 (121) 214-1099

**EDINBURGH** Consulate of Canada, 3 George Street, Edinburgh, EH2 2XZ, Scotland, U.K.; Tel.: + 44 (131) 220-4333

**UNITED STATES OF AMERICA ★**

**WASHINGTON** Canadian Embassy, 501 Pennsylvania Avenue, North West, Washington, D.C. 20001, U.S.A.; Tel.: (202) 682-1740; Fax: (202) 682-7726; Atlanta Consulate General of Canada, One CNN Center, South Tower, Suite 400, Atlanta, Georgia 30303-2705, U.S.A.; Tel.: (404) 577-6810 Outside office hours: (404) 577-6812; Fax: (404) 524-5046

**BOSTON** Consulate General of Canada, 3 Copley Place, Suite 400, Boston, Massachusetts 02116, U.S.A.; Tel.: (617) 262-3760; Fax: (617) 262-3415

**BUFFALO** Consulate General of Canada, 1 Marine Midland Center, Suite 3000, Buffalo, New York 14203-2884, U.S.A.; Tel.: (716) 858-9500; Fax: (716) 852-4340

**CHICAGO** Consulate General of Canada, Two Prudential Plaza, 180 North Stetson Avenue, Suite 2400, Chicago, Illinois 60601, U.S.A.; Tel.: (312) 616-1860; Fax: (312) 616-1877

**DALLAS** Consulate General of Canada, St. Paul Place, 750 North St. Paul Street, Suite 1700, Dallas, Texas 75201-3247, U.S.A.; Tel.: (214) 922-9806; Fax: (214) 922-9815

**DETROIT** Consulate General of Canada, 600 Renaissance Center, Suite 1100, Detroit, Michigan 48243-1798, U.S.A.; Tel.: (313) 567-2340; Fax: (313) 567-2164

**HONOLULU** Australian Consulate General, Penthouse Suite, 1000 Bishop Street, Honolulu, Hawaii 96813-4299, U.S.A.; Tel.: (808) 524-5050, 524-5054; Fax: (808) 531-5142

**LOS ANGELES** Consulate General of Canada, 550 South Hope Street, 9th Floor, Los Angeles, California 90071-2627, U.S.A.; Tel.: (213) 346-2700; Fax: (213) 620-8827

**MIAMI** Consulate of Canada, 200 South Biscayne Boulevard, Suite 1600, Miami, Florida 33131, U.S.A.; Tel.: (305) 579-1600; Fax: (305) 374-6674

**MINNEAPOLIS** Consulate General of Canada, 701 Fourth Avenue South, Suite 900, Minneapolis, Minnesota 55415-1899, U.S.A.; Tel.: (612) 333-4641; Fax: (612) 332-4061

**NEW YORK** Consulate General of Canada, 1251 Avenue of the Americas, 16th Floor, New York, New York 10020-1175, U.S.A.; Tel.: (212) 596-1600; Fax: (212) 596-1790

**PUERTO RICO** ★ Consulate of Canada, 107 Cereipo Street, Alt. De Sta. Maria, Guaynabo, Puerto Rico 00969; Tel.: (809) 790-2210; Fax: (809) 790-2205

**SEATTLE** Consulate General of Canada, 412 Plaza 600, Sixth Avenue and Stewart Street, Seattle, Washington 98101-1286, U.S.A.; Tel.: (206) 443-1777; Fax: (206) 443-1782

**URUGUAY** ★ Canadian Embassy, Torre Libertad, Plaza Cagancha 1335, Office 1105, 11100 Montevideo, Uruguay; Tel.: + 598 (2) 92 20 30; Fax: + 598 (2) 92 20 29

**UZBEKISTAN** — See Kazakhstan

**VANUATU** Australian High Commission, KPMG House, Port Vila, Vanuatu; Tel.: + 678 22-777; Fax: + 678 23-948

**VENEZUELA** ★ Canadian Embassy, Edificio Torre Europa, 7th Floor, Avenida Francisco de Miranda, Caracas, Venezuela; Postal Address: P.O. Box 62302, Caracas 1060-A, Venezuela; Tel.: + 58 (2) 951-6166; Fax: + 58 (2) 951-4950

#### VIET NAM

**HANOI** Canadian Embassy, 31 Hung Vuong Street, Hanoi, Viet Nam; Tel.: + 84 (4) 23 55 00; Fax: + 84 (4) 23 53 33

**HO CHI MINH CITY** Consulate of Canada, Suite 102-203, Dong Khoi Street, District 1, Ho Chi Minh City, Viet Nam; Tel.: + 84 (8) 242 000 ext. 3320; Fax: + 84 (8) 294 528

**WESTERN SAMOA** Australian High Commission, Fen Gai Ma Leata Building, Beach Road, Tamaligi, Apia, Western Samoa; Postal Address: P.O. Box 704, Apia, Western Samoa; Tel.: + 68 (5) 234-11, 236-13, 252-32; Fax: + 68 (5) 231-59

**WEST INDIES ASSOCIATED STATES** — See Barbados

**YEMEN** Consulate of Canada, Yemen Computer Co. Ltd., Building 4, 11th Street off Haddah Street, Sanaa, Yemen; Postal Address: P.O. Box 340, Sanaa, Yemen; Tel.: + 967 (1) 20 88 14; Fax: + 967 (1) 20 95 23

**YUGOSLAVIA, FEDERATED REPUBLIC OF (SERBIA and MONTENEGRO)** Canadian Embassy, Kneza Milosa 75, 11000 Belgrade, Yugoslavia; Tel.: + 381 (11) 64 46 66 Outside office hours: 64 45 47; Fax: + 381 (11) 64 14 80

**ZAÏRE** The Canadian Office, Embassy of the United States of America, 310, avenue des Aviateurs, Kinshasa, Zaïre; Tel.: + 243 (12) 21 532, 21 913, 21 910, 21 737 ext. 2314; Fax MCI Operator: + 243 43 805

**ZAMBIA** Canadian High Commission, 5199 United Nations Avenue, Lusaka, Zambia; Postal Address: P.O. Box 31313, Lusaka, Zambia; Tel.: + 260 (1) 25 08 33; Fax: + 260 (1) 25 41 76

**ZIMBABWE** ★ Canadian High Commission, 45 Baines Avenue, Harare, Zimbabwe; Postal Address: P.O. Box 1430, Harare, Zimbabwe; Tel.: + 263 (4) 73 38 81; Fax: + 263 (4) 73 29 17

### International calling made easy with *Canada Direct*™ service

When you're abroad, making calls to Canada or other countries can be difficult because of language problems or unpredictable long distance rates and hotel surcharges.

With the *Canada Direct* service, you get:

**Canadian rates** – which are lower than overseas long distance rates in most other countries. (Check country-to-country rates with the *Canada Direct* operator for calls to adjacent countries – country-to-country is a premium convenience feature).

**Canadian operators** – who will serve you in either English or French.

**Choice of billing** – to your *Calling Card*, *Call-Me*™ service or collect, or to a *HELLO!*™ phone pass.

**A fast and easy way** – to call home or to call other countries.

### HOW TO USE CANADA DIRECT

#### Calling from a touch-tone phone:

- 1 Refer to the chart for the *Canada Direct* access number for the country you are in. Call Canada from any country listed. And call country-to-country from any of the shaded countries.
- 2 If you are in a hotel, follow hotel instructions to get an outside line. (*Canada Direct* is provided to hotels toll-free. Some hotels may apply a surcharge to each call regardless. Check with the hotel administration to determine if surcharges are applied.)
- 3 Dial the *Canada Direct* access number.
- 4 Follow the voice prompts to select language choice and method of payment. (Never give a credit card number). You may use a *Calling Card* or *Call-Me* service. Or, you may select "0" to place a call using a *HELLO!* phone pass or to call Canada collect. To speak to a *Canada Direct* operator, press "0" at any time during the voice prompts.
- 5 If you are using a *Calling Card*, you may place up to five calls in a row without hanging up – simply press # after each call, then follow the voice prompts.
- 6 For fax calls, pick up the handset and follow steps 2 - 5. For modem calls, refer to the *Canada Direct* web site for instructions: [http://www.stentor.ca/canada\\_direct](http://www.stentor.ca/canada_direct).

#### Calling from a rotary-dial phone

Follow steps 1 - 3, then wait for the *Canada Direct* operator to answer your call. You may use a *Calling Card* or *HELLO!* phone pass to place calls anywhere, or you may call collect to Canada.

**Calls to Canada** are billed at Canadian international rates. Time-of-day discounts apply, based on the time and day in Canada. *TelePlus Overseas*™, *Real Plus*™ and *Advantage*™ discounts also apply on *Calling Card* and *Call-Me* service calls. **Calls to other countries** are billed at country-to-country rates. Only time-of-day discounts apply. Check the rates with the *Canada Direct* operator. This is a premium convenience feature.

### Legend

- ◆ Wait for a second dial tone.
- Service available on dedicated phones that display the *Canada Direct* symbol.
- Service only available on public pay phones.
- ▲ Public phones require coins or phone card.
- ▨ Country-to-country calling available from a shaded country to locations within that country or most other countries (some restrictions may apply).

Alaska	see US
Antigua ■	1-800-744-2580
Argentina	001 800 222 1111 (from major cities)
Australia	1 800 551 177 1 800 881 150
Austria ▲	022 903 013
Azores	05 017 1 226
Bahamas	1-800-463-0501
Bahrain	80 01 00
Baleaic Islands ▲	800 99 00 15
Barbados	1-800-744-2580
Belarus (Mogilev, Gromel)	8 ♦ 10-800-111
(Vitebsk, Grodno, Minsk, Brest)	8 ♦ 800-111
Belgium ▲	0 800 100 19 0 800 700 19
Belize (hotels (pay phones)	558 816
Bermuda ■	1-800-744-2580
Bolivia ▲	0 800 0101
Brazil	000 8014
Canary Islands ▲	900 99 00 15
Cayman Islands	1-800-744-2580
Chile	123 00 318 800-800-226
China	186 186
(from all major cities)	

Colombia	980 19 0057
Costa Rica ▲	0 800 015 1161
Croatia	89 385 0101 (service not available from pay phones)
Cyprus ▲	080 900 12
Czech Republic	00 42 000151
Denmark ▲	80 01 00 11
Dominica	1-800-744-2580
Dominican Republic	1-800-333-0111
Ecuador	999 175
Egypt ▲ (from Cairo) (elsewhere)	365 3643 02-365 3643
Fiji	004 690 1005
Finland ▲	9800 1 0011
France	19 00 16 after Oct 16 96: 0 800 99 00 15
Germany	01 3000 14
Ghana	0 19 233
Greece ▲	008001811
Grenada ■	1-800-744-2580
Guadeloupe	see France
Guam	950 1604
Guatemala ▲	198
Guyana (Georgetown)	0161 161
Haiti	001-800-522-1055
Hawaii	see US
Honduras	126
Hong Kong	800 1100

Hungary ▲	00 800 01211
Iceland ▲	800 9010
India	000167
Indonesia ▲	001 801 16 008 801 16
Inmarsat 9 & M	
Atlantic Ocean East	61#
Atlantic Ocean West	64#
Pacific Ocean	62#
Indian Ocean	63#
Iran	●
Ireland	1800 555001
Israel	177 105 2727
Italy ▲	172 1001
Ivory Coast	00 1100
Jamaica (hotels)	0 800 222 0016 876
Japan ▲	0039 ♦ 161 0066-55-161
Kenya	0 800 14
Korea (South) ▲	009 0015
Liechtenstein ▲	155 8330
Luxembourg	0 800 0119
Macao	0800 100
Madeira	05 017 1 226
Malaysia ▲	800 0017
Malta	0 800 890 150
Martinique	see France
Mauritius	73110
Mexico	95 800 010 1990
Monaco ▲	see France
Montserrat ■	1-800-744-2580
Morocco	002110010
Netherlands ▲	06 0229116
New Zealand	000919
Nicaragua	168
Norway ▲	800 18 111
Panama	123
Papua New Guinea	05 07 151 40
Paraguay	008 13 800
Peru	199
Philippines ▲	105 10 or 102-6-18 or 106-6-10
Poland	00800114118
Portugal	05 017 1 226
Puerto Rico	1-800-496-7123
Qatar	0800 015 77

Romania	01 800 5000
Russia (Moscow only)	755-5045
Saint Barthélemy	see France
Saint Kitts & Nevis ■	1-800-744-2580
Saint Lucia	1-800-744-2580
Saint Martin	see France
Saint Vincent ■	1-800-744-2580
San Marino ▲	172 1001
Scotland	see UK
Singapore	8000 100 100
Slovakia	00 42 000151
South Africa	0800990014
Spain ▲	900 99 00 15
Spanish North Africa ▲	900 99 00 15
Sri Lanka	01 430077
(Metropolitan Colombo)	430077
St-Pierre et Miquelon	see France
Sweden ▲	020 789015
Switzerland ▲	1558330
Syria	0811 (service not available from pay phones)
Taiwan ▲	0080120012
Thailand	001 999 15 1000
Trinidad & Tobago	●
Turkey ▲	00 800 16677
Turks & Caicos ■	01-800-744-2580
Ukraine	8 ♦ 10 0 17
United Arab Emirates	800 141
United Kingdom	0500 89 1016 0800 89 0016
United States	1-800-555-1111
Uruguay	000 419
Vatican City ▲	172 1001
Venezuela ▲	800 11100
Virgin Islands (US)	1-800-496-0008
(British) ■	1-800-744-2580
Wales	see UK
Zimbabwe	110897



You can always get help  
from someone you trust.

Yet so close.

Find out more!

Call 1-800-463-7845

and ask for telephone operator No. 130.

Also available at participating caisses,  
credit unions and select travel agencies.

Desjardins

**TRAVEL**  
Insurance

Offered by Desjardins-Laurentian Life Assurance



Desjardins Helping you do it your way

DON'T FORGET!

- ✓ PASSPORT
- ✓ INGLE TRAVEL INSURANCE
- ✓ BOON VOYAGE BUT
- ✓ TOOTH BRUSH -



Health ADVANTAGE  
AVANTAGE Santé

24-Hour Worldwide Emergency Assistance.

Upfront Payment and Easy Access.

Coverage starts as Low as **\$9.95**,  
You are protected All Year Round,  
Whenever & Wherever You Travel.

**Call Now 1 800 216-3588**

Ask For Operator #101

**INGLE™**

H E A L T H

SOMEONE TO WATCH OVER YOU!



## CONTENTS

<b>BON VOYAGE, BUT.....</b>	<b>6</b>
<b>PART ONE: BEFORE YOU GO.....</b>	<b>7</b>
Learn About Your Destination .....	7
Make Sure Your Passport is in Order.....	8
Do You Need a Visa?.....	9
Charter Flights .....	9
Dual Nationality .....	10
People with Special Needs .....	10
Medical Advice Is Important.....	10
Vaccinations.....	13
AIDS .....	13
Medication.....	14
Pregnancy.....	14
Upon Your Return .....	15
Supplemental Health Insurance.....	15
Other Insurance .....	16
Travelling by Car? .....	16
Money Matters .....	17
Women Travelling Solo.....	17
Travelling With Children .....	18
Have a Great Trip, But.....	18
<b>PART TWO: ASSISTANCE .....</b>	<b>19</b>
Register at the Canadian Mission .....	19
Consular Assistance.....	20
Emergency Consular Services .....	20
Consular Assistance around the Globe.....	23

<b>PART THREE: WHILE TRAVELLING .....</b>	<b>23</b>
Foreign Laws and Customs.....	23
Take Precautions.....	24
Illegal Drugs .....	25
Crime and Punishment .....	25
Judicial Process .....	25
Mail .....	26
Travel to the United States.....	26
<b>PART FOUR: RETURNING TO CANADA .....</b>	<b>27</b>
Departure Tax .....	27
Agriculture and Agri-Food Canada.....	27
Canada Customs and Import Controls.....	28
Illegal Souvenirs .....	28
After Residing Abroad.....	29
<b>PART FIVE: PUBLICATIONS OF INTEREST .....</b>	<b>29</b>
International Relations.....	29
Customs.....	30
Food Products.....	30
Health Issues.....	35
Citizenship .....	35
<b>Canadian Embassies, High Commissions and Consulates Abroad.....</b>	<b>36</b>
<b>Canada Direct Access Numbers .....</b>	<b>62</b>

## BON VOYAGE, BUT...

Canadians love to travel. Each year we make more than 90 million trips abroad for both business and pleasure. The vast majority of these excursions go off without a hitch.

But unfortunately all trips don't come with a hassle-free guarantee. Accidents, illnesses, legal problems and linguistic and cultural difficulties can occur when you're travelling.

Most problems are minor and you can usually solve them yourself. But if you run into more serious obstacles, our Canadian missions are there to assist you.

If you're sick, in trouble or have lost your passport, our missions will do all they can to smooth your way.

*Bon Voyage, But...* will help you plan ahead. Read it before you book your next business trip or vacation abroad. And pack it in your luggage — it's a handy reference book of travel tips, important phone numbers and addresses of Canadian missions around the world. A companion publication, *Crossing the 49th*, gives Canadian travellers specific information about travel to the United States. For more information on ordering this **free booklet**, turn to page 30.

## PART ONE: BEFORE YOU GO

Preparation is the key to a successful trip. By doing your homework before you leave, you minimize your chances of something going wrong.

---

**Learn about Your Destination**


---

Before you board that airplane or train, take the time to learn about the political, cultural and economic environment of your destination. Learn at least a few key phrases in the country's language. Even a modest command of the local language will go a long way.

When you're travelling, the laws of the country you're visiting apply to you too. **Never** assume that because you're a Canadian citizen you're immune to foreign laws.

Some countries experience ongoing wars, insurgencies or sporadic unrest. Find out if your destination is known to be dangerous for foreigners. Check with the Department of Foreign Affairs and International Trade before you leave:

- ❖ Call the Department's Consular Operations and Emergency Services Division in Ottawa at **1-800-267-6788** (in Canada only), or **(613) 944-6788** (if you're in Ottawa or abroad) for travel information reports. These reports will give you background information on security and political conditions, health conditions and entry requirements (e.g. if you need a visa) for foreign countries. Information is no further than your fingertips seven days a week, 24 hours a day, 365 days a year. If you would like to receive information by fax, dial **1-800-575-2500** and follow the instructions. In Ottawa call **(613) 944-2500**.
- ❖ You can also find this information on the Internet. Our World Wide Web address is: <http://www.dfait-maeci.gc.ca>
- ❖ If you're abroad, contact the nearest Canadian mission. Addresses and telephone numbers are listed at the end of this booklet.

- ❖ To reduce your long distance costs when travelling, you may wish to use *Canada Direct\**, an operator-assisted long distance service that allows you to place calls to Canada or to other countries via a bilingual Canadian operator. For a list of all the *Canada Direct* access numbers, call **1-800-561-8868** (toll-free in Canada). They are also available on page 62 of this booklet.

While you are abroad, tune in to Radio Canada International (RCI) for the latest news. RCI also broadcasts messages from the Canadian government during emergency situations. A schedule of times and frequency of broadcasts to different parts of the world can be obtained by calling the Canadian Broadcasting Corporation at **(416) 205-3311** in Toronto. Ask to be connected to RCI. In Montreal, call **(514) 597-7555**.

---

### Make Sure Your Passport Is in Order

Your passport is the best proof of your Canadian citizenship. You and all family members should have a valid passport if you plan to travel outside Canada. If you have any questions about passports call **1-800-567-6868**. Locally you can call: in Toronto, **(416) 973-3251**; in Ottawa-Hull, **(613) 994-3500**; in Vancouver, **(604) 775-6250**; or in Montreal, **(514) 283-2152**.

Applications for Canadian passports may be obtained at passport offices, Canadian missions, travel agencies, and at the nearest Northern Store in northern communities. Allow at least three weeks for delivery.

If your passport is due to expire within the next six months, check with your destination's embassy or consulate in Canada for their rules and restrictions regarding passport validity and expiration. Some countries will not let you enter if your passport is close to expiring.

**Before you leave on your trip, be sure to complete the "Who to notify in case of emergency/next of kin" section.** This will help us quickly notify your family or friends if an emergency situation arises.

**Make a photocopy of your passport's identification page and keep it separate from the original when you travel. For added security, leave a photocopy with a friend or a relative at home. These simple steps may speed the replacement process if you lose your passport.**

If your passport is lost or stolen while you are travelling, contact the nearest Canadian mission immediately for a replacement **after** reporting the loss or theft to the local police. Make sure you get a copy of the police report or the report number. Before a new passport can be issued, you must complete an application form, produce written evidence of your Canadian citizenship (e.g. a birth or citizenship certificate), produce a copy of the police report or report number, present new photographs and pay the required fee.

---

### Do You Need a Visa?

You need a visa to travel to certain countries. Check with your travel agent or with the country's embassy or consulate in Canada to determine the requirements. You can also call DFAIT's Consular Operations division at **1-800-267-6788** (toll-free in Canada) or **(613) 944-6788**.

### Apply for visas well in advance of your trip.

When you arrive at your destination, be prepared to prove that you have enough money to support yourself during your stay.

Be aware of the rules and restrictions governing visas and your length of stay. This knowledge can save you both time and money.

Some countries will only allow you to enter if you can prove you will be leaving — be prepared to show your return or onward ticket or any visas that demonstrate you plan to visit another country.

---

### 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.

### Check If You Have 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 DFAIT's Consular Operations 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.

### Access for 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 public library or bookstore.

### Get Medical Advice before You Go Away

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.



One night we're on the Ginza in Tokyo, and my wife says, I'm hungry, let's eat here. We go in, and order, we're not sure what. It comes and

**SHE'S ABOUT TO EAT  
SOME RED THING  
ON HER PLATE,  
AND IT'S MOVING.**

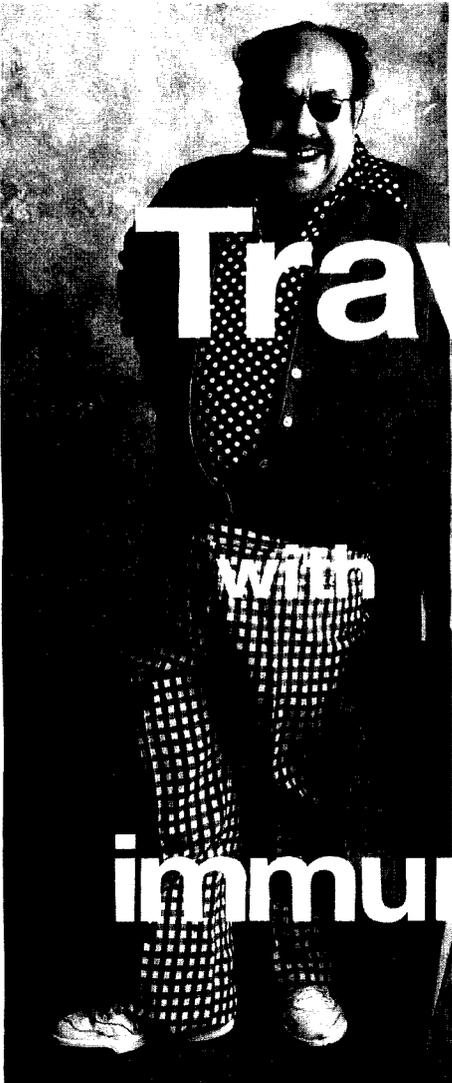
Well, she later said it was a local delicacy and that everything would be OK, but it got me thinking, hey, what if one of us gets sick here?



NO MATTER WHERE YOU GO OR WHAT YOU DO, WE'RE THERE FOR YOU.  
WITH 24-HOUR-A-DAY CUSTOMER ASSISTANCE.  
COMPREHENSIVE WORLDWIDE COVERAGE. AND HIGHLY COMPETITIVE RATES.  
TRAVELGOLD™ TRAVEL INSURANCE MADE SIMPLE. CALL US FOR DETAILS.

**1-800-665-3381 ext.084**

TravelGold™ is the registered trademark of North American Air Travel Insurance Agents Ltd. Administered by Travel Underwriters 5302-5811 Cooney Road, Richmond, B.C. V6X 3M1 Underwritten by Canadian Group Underwriters Insurance Company, a member of the Worldwide GRE group of companies. Mississauga, Ont. Some restrictions may apply.



Hepatitis A is a virus that attacks the liver, causing serious illness.

Because it lives in water, it's easy to catch.

Hepatitis A is also the most common traveller's disease preventable by a single vaccine.

The Canadian Liver Foundation recommends vaccination prior to travels outside North America, western Europe, Australia, New Zealand or Japan.

For immunity, talk to your doctor, travel clinic, or the Canadian Liver Foundation at 1-800-563-5483.

CANADIAN  
LIVER  
FOUNDATION

You can also call the Quarantine Health Services of Health Canada at (613) 957-8739 for general information. More detailed information can be obtained 24 hours a day via the FAXLINK System by calling (613) 941-3900 from the handset of your fax machine and following the instructions.

### Vaccinations

If you are travelling to exotic destinations, 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. DFAIT's Consular Operations Division can provide you with this information. Call 1-800-267-6788 (in Canada only) or (613) 944-6788.

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 diseases such as tetanus, diphtheria, polio, measles, mumps or rubella (German measles). All adults should ensure they're protected from tetanus and diphtheria by receiving a booster shot every 10 years.

**If you're travelling with infants or small children**, you may need to arrange an alternate or accelerated childhood immunization schedule for them. Talk to your pediatrician, family doctor or travel medical clinic.

### AIDS

AIDS/HIV is a global disease. Some countries require proof of AIDS testing. Have the test conducted and obtain the results **before** you travel. Call Health Canada at (613) 957-8739 to find out if the country you plan to visit requires this

paperwork. You can also receive information by fax by dialling (613) 941-3900 from the handset of your fax machine and following the instructions.

When travelling, take all the same precautions you do at home. Do not assume that condoms will be readily available. Even if they are, they may not meet the safety standards set by the World Health Organization.

Remember: Using intravenous drugs is not only illegal but extremely risky — especially if you share needles.

### **Medication**

If you take medication, be sure to pack an extra supply just in case you're away for longer than expected. Carrying a duplicate of your original prescription is highly recommended — especially when travelling to countries that are particularly sensitive about drugs. Also, carry an extra prescription that lists both the generic and trade names of the drug, just in case your medication is lost or stolen. This is also a good idea if you wear glasses or contact lenses — having an extra prescription makes them easier to replace.

**Do not try to save luggage space by combining medications into a single container. Keep all medications in the original, labelled container to avoid problems.**

Find out whether your medication is sold in the country you are visiting. Also check to see that it is legal — some over-the-counter medications in Canada are illegal in other countries or require a prescription. Obtaining a note from your doctor that states the medical reasons for your prescription and recommended dosage as required is also encouraged.

If you need syringes for a medical condition such as diabetes, it is very important that you take along an appropriate supply. As well, you should carry a medical certificate that shows they are for medical use.

### **Pregnancy**

If you are pregnant, talk to your doctor if you plan to travel abroad. Some vaccinations may not be recommended. Also,

check your travel and health insurance plans carefully to ensure they cover health complications arising from pregnancy.

### **Upon Your Return**

If you have been ill while abroad or become ill upon return, contact your doctor immediately. Be able to provide your physician with the specifics of any treatment you received while you were away.

If you have a fever or a flu-like illness upon your return see your physician as soon as possible, especially if you've just returned from an area where malaria is common. You can help your doctor by telling him/her the countries you visited.

---

### **Supplemental Health Insurance Is Crucial**

---

**Don't rely on your provincial health plan to pick up the tab if you get sick or are injured while you're abroad.** At best, your health plan will cover only a portion of the bill. **It's your responsibility to obtain and understand the terms of your supplementary insurance policies.** Some credit cards offer their holders health and travel insurance. Don't assume it provides adequate coverage by itself.

Be sure to ask whether or not your policy:

- ❖ Has an in-house worldwide emergency hotline you can call if you're in trouble. Check to see if it is open 24 hours a day, seven days a week; whether the operators are multilingual; and if nurses or physicians are on-staff.
- ❖ Pays foreign hospital and related medical costs, and if so, whether it pays "up front" or expects you to pay and be reimbursed later.
- ❖ Provides for your medical evacuation to Canada.
- ❖ Pays for any required medical escort (doctor/nurse) to accompany you back to Canada.
- ❖ Excludes pre-existing medical conditions. If such conditions exist, notify your insurance company and get