



40 Tips for a Safe and Successful Trip

Follow Silvia on Her Smart-Travel Adventure Abroad

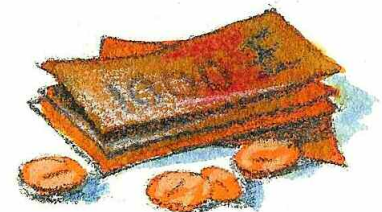
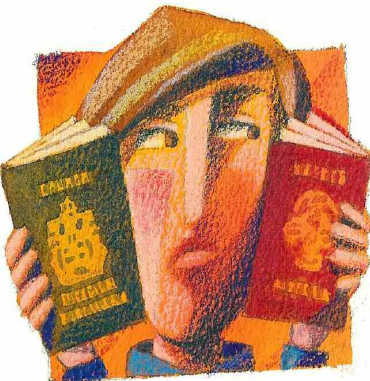
To celebrate her 40th birthday, Silvia decides to take a trip abroad. She's never been outside of Canada, so she speaks with a travel counsellor, who helps her choose a destination and provides useful tips. Silvia is interested in Brazil, where her parents were born. The travel counsellor advises Silvia to:

1. Check the Consular Services website, www.travel.gc.ca, for safe-travel information and read the Brazil Travel Report.
2. Purchase travel-health insurance.
3. Consult with a travel-health expert, especially since she's going to a tropical region.



Silvia finds a wealth of information at www.travel.gc.ca and learns that she should take the following steps before leaving Canada:

4. Sign up on-line for the *Registration of Canadians Abroad* service.
5. Make sure there is no Travel Warning for her destination.
6. Ensure that her passport will be valid for at least six months beyond the date of her anticipated return to Canada.
7. Obtain a tourist visa, which is required for all visits to Brazil.
8. Find out if she is a dual national, since she may have acquired Brazilian citizenship through her parents (she reads the *Dual Citizenship* booklet on-line to learn more about this complex issue).
9. Subscribe to the free Travel Updates service to get the latest information on her destination.
10. Print a copy of the *Traveller's Checklist* for important reminders of what to do before going abroad.
11. Map out a travel itinerary and budget.
12. Note contact details for the Consular Services Emergency Operations Centre ([613-996-8885](tel:613-996-8885); sos@international.gc.ca).
13. Leave copies of her passport identification page, itinerary, and insurance policy with friends or family.
14. Purchase local currency before arriving at her destination, so she can pay for taxis or other small expenses, and also confirm how much currency she is allowed to bring into the country.
15. Check whether her bank and credit cards and travellers' cheques are accepted in the destination country.
16. Check whether an international driving permit is required.
17. Learn more about the local culture by reading the Country Profile for Brazil.



Silvia decides to visit a travel-health clinic, since the Brazil Travel Report mentions an increase in dengue fever and a recent outbreak of yellow fever. A travel-health expert gives Silvia advice on appropriate precautions to take:

18. Consult the Public Health Agency of Canada's Travel Health Advisory at www.travelhealth.gc.ca for more information on how to protect her health while in Brazil.
19. Make sure her childhood immunizations (measles, polio, tetanus, diphtheria) are up to date.
20. Bring extra medication or supplies in their original packaging, as they may not be available abroad, and carry a doctor's note for prescription medications.

While Silvia is packing her suitcase, her mom stops by and urges her to:

21. Keep an eye on her luggage to ensure it's not tampered with and make sure she complies with all airport security requirements.
22. Stay in touch with family and friends in Canada while she's abroad.
23. Take copies of safe-travel publications, such as *Bon Voyage, But...* and *Her Own Way* (available at www.travel.gc.ca).
24. Learn some key phrases in the local language to enhance her experience and make her trip go more smoothly.



Silvia arrives in Brazil and meets up with her cousin Gabriel, who gives her some helpful tips on how to stay safe. He suggests that she:

25. Be aware of her surroundings, not look conspicuous, and avoid showing signs of affluence (like expensive jewellery).
26. Stay away from large crowds to avoid pickpockets and the possibility of getting accidentally caught up in an illegal demonstration.

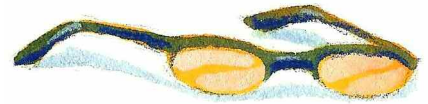


During her stay, Silvia decides to visit Iguazu Falls, near the border with Argentina and Paraguay. She double-checks the Brazil Travel Report, which advises Canadians to:

27. Exercise a high degree of caution at all times and avoid travelling alone, especially at night, when visiting border areas.
28. Cover up and use insect repellent to prevent mosquito-borne diseases, such as malaria and dengue fever.
29. Avoid swimming in fresh water to reduce the chance of exposure to water-borne diseases.

So, Silvia takes Gabriel along with her. While Silvia is taking photos at the waterfalls, her backpack is stolen. Luckily, she has taken the following precautions, as suggested on the Consular Services website:

30. Carry photocopies of the passport identification page and visa.
31. Secure original travel documents, money, and other valuables and conceal them in a money belt.
32. Carry extra eyeglasses in case the main pair is lost or broken.
33. Report the incident to the local authorities.



Silvia and Gabriel stop at a roadside restaurant on the way back from Iguazu Falls. Silvia wisely takes Gabriel's advice to:

34. Not drink the local tap water and order bottled water instead.
35. Peel all fruits and vegetables and avoid dairy products and undercooked meat to minimize the chances of illness.
36. Pay for the meal in cash, as credit and debit card fraud is a problem, and such cards should be used sparingly.



On her way home, Silvia decides to stock up on her parents' favourite drink — *cachaça*. She follows the advice of the Consular Services publication *Bon Voyage, But...*, which states:

37. Canadians can bring back up to 40 ounces of liquor.

She also wants to take a rare rainforest plant home with her, and Gabriel's buddy, João, asks her to bring back a present for a friend of a friend in Canada. Silvia then recalls the following advice:

38. Never carry endangered species across international borders.
39. Never take a package for someone else across a border.

Upon arrival at the airport in Canada, Silvia is happy that she has taken the advice of her travel counsellor, family, and Canadian Consular Services, allowing her to enjoy a safe and successful trip.

40. For additional safe-travel advice, be sure to visit www.travel.gc.ca ...and *bon voyage!*

