

International Centre for Disability and Rehabilitation

International Clinical Internship Handbook

2014

Disclaimer: The information provided in this handbook is of a general nature only and is not intended or designed to provide specific advice to the user. It is the responsibility of the user to independently seek advice and confirm the information relevant to their specific situation.

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Introduction

Deciding to go overseas to work, study or volunteer is no small undertaking. Through investing time in research and planning, you can significantly cut down on in-country stress. In recognition of the importance of cross-cultural preparedness, this handbook has been produced for University of Toronto Rehabilitation Sciences' students who are planning to do a placement in another country. This information is intended to complement the country-specific handbook that each student will also receive.

This guide is a work in progress. As such, we welcome your evaluation of its usefulness as a tool and encourage suggestions regarding what information would benefit future students. This guide is for general information purposes only and it is the responsibility of the reader to seek independent professional advice for all aspects of their travel (e.g. health, safety, immigration) prior to embarking on their international placement.

ICDR History

Founded in 2004, the [International Centre for Disability and Rehabilitation \(ICDR\)](#) is a centre in the [Rehabilitation Science Sector](#) at the University of Toronto, and is committed to advancing research and education in the rehabilitation sciences to improve the lives of people with disabilities worldwide. We achieve our mission through authentic long-term partnerships with colleagues and organizations in resource-poor settings. Our education, research and service activities strive to address the priority health concerns of the communities with whom we partner.

ICDR has a strong history of sending University of Toronto students studying in the Occupational Therapy, Physical Therapy, and Speech Language Pathology sectors to a variety of countries around the world. Since 2004, ICDR has sent over 120 students to placements in West Africa, East Africa, China, India, Israel, UK, Scotland, the West Indies, and the US.

Section 1: Pre-departure Planning

Attributes for Overseas Effectiveness

When deciding whether you would make a good candidate for going overseas, consider whether you are flexible, adaptable and able to cope with change or processes that do not go as expected. It is essential that you are willing to learn and that you are aware of your own biases. Knowing ahead of time which situations might stress you will allow you to prepare.

It is important that you have an understanding of the complexity of global health issues and recognize the interacting factors that affect health, particularly in low and middle-income resource settings. In fact, a Joint US/Canadian Committee on Global Health Care recommends that you should have competencies in 6 major areas:

1. *Global burden of disease* – have a basic understanding of the global causes of morbidity and

mortality, as well as how gender and income influence health.

2. *Health implications of travel, migration and displacement*
3. *Social and economic determinants of health* – have a basic understanding of the economy and social norms and values in the country you are traveling to and how these impact health and the delivery of healthcare
4. *Globalization of health and healthcare* – understand that the quality of healthcare in these countries is the result of global trends in healthcare practice, commerce and culture
5. *Healthcare in low-resource settings* – determine barriers to healthcare in low and middle-income resource settings to better prepare you for working with clients/patients in these countries
6. *Human rights in global health* – make sure to reflect on the need for services in the country you are travelling to – recognize that support and services should be grounded in the belief that healthcare delivery is a human right as opposed to something that comes out of charity or sympathy

Also, there are nine values and principles of global health that will prepare and help you develop the necessary skills while you are abroad.¹ These include:

1. **Social justice** - fair and impartial access to the benefits of society including the right to health
2. **Sustainability** - living and working within the limits of available physical, natural and social resources in ways that allow living systems to thrive in perpetuity
3. **Reciprocity** - multidirectional sharing and exchange of experience and knowledge among collaborating partners
4. **Respect** - for the history, context, values and cultures of communities with whom we engage
5. **Honesty and openness** - in planning and implementation of all collaborations
6. **Humility** - in recognizing our own values, biases, limitations and abilities
7. **Responsiveness and accountability** - to students and faculty and diverse communities with whom we are involved
8. **Equity** - promoting the just distribution of resources and access, especially with respect to marginalized and vulnerable groups
9. **Solidarity** – ensuring that objectives are aligned with those of the communities with which we are working

Mental Preparedness

It is normal to feel intimidated or nervous about entering a country or culture that is significantly different than that of your own. Talk to others who have visited your destination and ask them questions to help alleviate worries. Some areas that you will want to research include local attitudes towards:

- Religion
- Dress
- Drugs

¹ Redwood-Campbell L, Pakes B, Rouleau K, Macdonald CJ, Arya N, Purkey E, et al. Developing a curriculum framework for global health in family medicine: emerging principles, competencies, and educational approaches. BMC Med Educ 2011 Jul 22;11(1):46.

- Alcohol consumption
- Public displays of affection
- Gender roles/inequalities

Furthermore, research information on:

- Cultural values, rituals, and traditions
- Weather
- Geography
- History
- Language
- Food
- Medical facilities
- Relations with Canada
- Working conditions
- Cost of living
- Political system

A great deal of this information can be found on the [Lonely Planet website](#) or other travel guides, so consider purchasing one of these. It may also be useful to start a journal before leaving to identify where your worries lie. Remember, when you've done your homework you'll be ready to enter this next adventure.

Travel Documents

Passport

If you do not already have a passport, apply for one as soon as possible since many countries request that your passport be valid for at least three months prior to your visa application, or for several months after your planned departure date. It is recommended that you apply for a new passport if your current passport expires in less than one year. This will help government officials feel more assured about your departure from their country. Applications may be obtained at the post office, applied for by mail or through [passport offices](#) located in larger cities.

Visa

You may have to obtain a visa for entry into the country you wish to go to prior to departure. You can determine if a visa is required by checking with that country's immigration department and/or by contacting that country's embassy in Canada. You will also need to confirm what type of visa to apply for and what supporting information will need to be submitted (e.g. some countries require letters of invitation from a local organization). Give yourself ample time as some embassies have slow processing times.

If you are planning on travelling to surrounding countries, ensure you apply for a Multiple Entry visa, which costs more than a Single Entry visa.

Immunization Records/Vaccinations

Many countries will expect you to show proof that you have received the required vaccinations to enter the country. For example, in yellow fever-affected countries, you will be required to show proof of vaccination upon arrival to be allowed entry into the country. You may also be required to show proof of yellow fever vaccination if travelling to a second country after being in a country with a risk of yellow fever.

Visiting a travel clinic is your best bet – your family doctor is probably not familiar with your specific needs as a long-term traveller facing a whole new world of tropical diseases. To locate a travel clinic nearest you, the Government of Canada recommends using the Public Health Agency of Canada's list of [designated yellow fever vaccination centres](#). Also, the [University of Toronto Health Service](#) offers travel medical appointments for academic-related travel at a reduced rate of \$20 with a note from your departmental clinical coordinator. The sooner you can get an appointment, the better. A number of vaccinations require a series of shots that may have to be given up to a month apart.

Health

Before leaving you should:

- Have an annual check-up. Get your doctor to write you a note explaining why you need any prescription medications you'll be carrying.
- Obtain the necessary vaccinations you need and whether you'll need extra doses in country.
- Ensure you have the necessary health/travel insurance.
- Get prescriptions and extra medications for any ongoing illness.
- Get a second set of glasses/contact lenses and bring along copy of you prescription.

Packing

For the sake of mobility, pack as light as possible! Little things add up in weight and size. Remember that although you may be isolated at some points, most of what you need is available in cities. Be sure to check the weight restrictions on your flight tickets! Try to leave extra room in your pack - you'll probably have more to bring back on your way home. Small stuff-sacks, pouches, and organizers help if you are constantly living out of a bag. It makes it easier to repeatedly pack and unpack.

Checklist

- Visa
- Passport
- Health and/or Travel Insurance
- Ticket
- Local currency
- Access to funds for living expenses
- Spare passport size photos
- Photocopy of all important documents (visa, passport, insurance etc.)
- If you have a smartphone consider taking photos of your documents

- Important telephone numbers (i.e. Canadian embassy, local police, etc.)
- Vaccinations and medications
- Guidebook

Section 2: In-Country Adaptation

Prior to your departure, it is recommended that you review the [Government of Canada's Country Travel Advice](#) for official information regarding country-specific issues and situations that may affect your safety and well-being during your placement.

Precautions to Take While Travelling

Safety in Your Accommodation

- Make sure you lock the door at all times.
- While you are out, ensure that you hide valuables and/or money in a safe place.
- If you plan on staying out late, make sure you let someone know when you'll be back
- Always read the fire safety instructions in your accommodation and look for where the nearest fire and alternate exits are located.

Safety on the Street

- Be especially careful when travelling in crowded areas (e.g., market places, train stations, etc.).
- Avoid using narrow alleys, short cuts and poorly lit streets.
- Do not disclose your travel plans to strangers.
- Beware of pickpockets and scam artists. Always keep your belongings close at hand, and be wary of strangers who approach you.
- Always try to ask for directions only from individuals in authority.
- Make a list of emergency telephone numbers you may need during your stay. These include: police, fire, your accommodation number, and the Canadian embassy or consulate
- Try to learn a few key phrases in the local language or have them in writing so that you can signal for police or medical help, if the situation arises.

Safety on Public Transportation

- Always ride licensed taxis that have clear official markings. Avoid unmarked taxis.
- Always have your belongings close at hand when riding crowded trains or buses. Consider making a wire cable lock to lock your pack/bag on long bus rides. Keep items like MP3 players, wallets, and cell phones out of view.
- Try to plan your trips in advance. If you are taking a train or the bus, know which stop you have to get off at.
- Do not travel alone at night.
- Be sure to bring extra money in case you get lost or stranded or need to take another taxi, train or bus.

Handling Your Money Safely

- Avoid carrying large amounts of cash.
- Do not flash large amounts of cash when paying for items.
- After every transaction, ensure that your credit card is returned to you.
- When exchanging your money, deal only with authorized agents.
- Report lost or stolen items immediately to the local police. Make a copy of the police report for insurance claims.
- After making a police report, report the loss or theft of:
 - Credit cards to your credit card company
 - Airline tickets to the airline or travel agent
 - Passport to the Canadian embassy or consulate

Emergency Assistance in Canada

The University of Toronto Safety Abroad Office provides various services and resources to support students in placements outside of Canada, including emergency assistance. To access this service, you are required to register through the [online database](#).

In addition, the Foreign Affairs, Trade and Development Canada offers a free online service called [“Registration of Canadians Abroad”](#) that will keep you connected to Canada in case of an emergency.

Cultural Adaptation

Cultural adaption to a new country often requires one to see themselves as a “learner.” This approach gives you a chance to take a step back, learn from others’ behaviour, ask questions and be open to new ways of working with others. Cultural adaption is an on-going process versus something to be completed, so be patient. Often without being aware of it, cultural differences can lead to varying assumptions, behaviours and ways of dealing with conflict. The following outlines some of the most important factors to consider in the workplace.

- **Intercultural communication** - Westerners tend to be more direct than many other cultures. Often people will talk about sensitive issues “under the surface.” Speaking directly about something can be considered rude. This may be frustrating for Westerners in the workplace so ask colleagues in private for clarification.
- **Cultural sensitivity** - some topics can be sensitive and not appropriate to discuss in the workplace in certain countries. Examples include religion, money, gender roles and politics.
- **Cultural norms in the workplace** – differing amounts of structure, different work ethic and communication styles can often frustrate Westerners in the workplace. Be open-minded and realize that everyone works differently. Discuss with your supervisor his/her expectations of you so you are not confused.
- **Gender roles** - in many other countries these roles can be very different then in the West and you will need to consider if and when to speak up.

Culture Shock

Culture shock involves your reaction to unfamiliar or new surroundings. Each person reacts differently but it is not unusual to feel an inability to cope with your new circumstances. Culture shock can initially encompass feelings of extreme positivity to a location, with these feelings tempered over time. Waves of emotions as the mind and body adapt is all part of culture shock. Realizing that you are a minority and that your racial identity matters in your host country is a major contributing factor in experiencing culture shock. You are likely to be subject to increased attention and may be stereotyped for being wealthy or privileged, among other issues. While you will likely be given wonderful hospitality at some points, you may also face inflated prices at markets or people constantly staring at you. Exposure to these situations can bring on feelings of powerlessness, exhaustion, defensiveness, guilt, anger or confusion. These are natural reactions but there are various coping strategies.

Coping Strategies:

- Find others to confide in
- Be realistic about your expectations for what you want to accomplish and how you will integrate in the new culture
- Exercise
- Learn to laugh at yourself
- Try new things and try to find something positive in each experience
- Find a quiet place to think or write.

Use the acronym BE CEWL (Be cool):

Be realistic about your expectations

Exercise

Confide in others

Engage in something positive

Write about your experience

Laugh at yourself

Homesickness

Although you'll be prepared and excited for your placement, it is inevitable that you will miss home, and experience feelings of homesickness. To tackle these feelings, you must realize that you are bound to feel homesick during your trip. Be prepared to pack items that remind you of home; like pictures of loved ones, books, music, etc. Always try to stay in touch with family and friends on a regular basis. Skype or other such programs can be a great comfort when feeling homesick. To combat feelings of loneliness, build friendships with other students. If you are feeling homesick, talk to them about it – they are probably going through the same thing too.

Always think positive. It might be helpful to list all the rewarding new experiences you are having during your placement as a reference whenever you are feeling homesick. Write down how these are helping you grow personally and professionally.

Living Expenses

Living expenses will vary considerably depending on the country you are visiting. When products are inexpensive there is often a temptation to buy many things. Be conscious of the weight and size and whether you can fit these items in your luggage for the flight home. If you decide you must buy certain things in some countries it can be inexpensive to send things by ship, as opposed to taking it back on the plane with you. Look into these alternatives if there are things you feel you can't live without.

Common Travel-Related Diseases

Mosquito-Borne Diseases

Malaria

Malaria is transmitted when you are bitten by an infected mosquito. Symptoms include fever, chills, vomiting, diarrhea, delirium, headache, and neck pain. Malaria tests are quite cheap and the disease can be easily treated if diagnosed early on. Nothing can prevent malaria completely, however when used in tandem, oral anti-malarials, mosquito repellent and mosquito nets are very effective at lowering the risk of contracting it. Oral anti-malarials will also lessen the severity of symptoms if you do have a bout of malaria.

Oral Anti-Malaria Medication

Below are brief summaries of past-participants' experiences about the most common anti-malarials. Be sure to ask your travel doctor for more information.

- **Doxycycline** is an antibiotic taken daily. Doxycycline is readily – and cheaply – available in most countries. If taken on an empty stomach, Doxycycline can cause debilitating nausea; therefore it is important that you have a meal before taking this antibiotic! Also, Doxycycline can increase sensitivity to sunlight and the chance of sunburn; however, sunscreen is usually adequate protection. Some female users also experience yeast infections.
- **Mefloquine** (aka Lariam, Mephaquine) is taken once a week. There is a lot of debate regarding ill-effects of Lariam use. Negative side effects reported include panic attacks and paranoia. There aren't any particular advantages to Lariam, so it might not be worth the gamble.
- **Malarone** is a newer drug with a high price tag. Malarone is taken once daily with food. Malarone is considered by many to be the most effective anti-malarial and to have the least side effects. It is very expensive but covered by most prescription plans.

Yellow Fever

Yellow fever is another mosquito-borne disease that is endemic in Africa and South America. The severity of this disease can range from asymptomatic to fatal. Typically, symptoms may take 3 to 6 days to appear, and include fever, migraine, reduced appetite, pain in the abdomen, vomiting and dehydration. In more severe cases, the disease can attack the liver, causing jaundice, internal bleeding and organ failure. Currently, there is no cure for yellow fever, but fortunately, there is a vaccine. If it is your first time getting the yellow fever vaccine, it is a legal requirement for yellow-fever affected

countries that you receive the vaccine at least 10 days prior to traveling. The single-dose vaccine is effective for 10 years or more and is available at designated [Yellow Fever Vaccination Centres](#).

Dengue Fever

Dengue fever is the most common mosquito-borne disease, and is widespread in Asia, South America, Africa and Oceania. After being bitten by an infected mosquito, symptoms typically take 4 to 7 days to appear. Symptoms include severe flu-like symptoms such as fever, headache, joint/muscle pain, pain behind the eye and rashes. However, it is not unusual for some people not to show any symptoms. Rarely (approximately 1% of cases), dengue fever may progress into dengue haemorrhagic fever (DHF), which includes the previously mentioned symptoms along with bleeding under the skin, pain in the abdomen and vomiting. It can also lead to shock, and eventually death. Although there is no vaccine or cure for dengue fever, most people recover from the disease within a few days. Defence against Dengue fever would be to avoid getting bit by mosquitoes, avoid the two peak periods of mosquito biting activity which are in the morning for several hours after daybreak and in late afternoon several hours before dark. Also use insect repellent, wear loose, long-sleeved shirts and long pants when outdoors.

Mosquito Nets

To be purchased in Canada. A pesticide-treated mosquito net hung over your bed is the best protection against mosquito-borne diseases. It is particularly important since the peak biting period of mosquitoes is during the early hours of the morning – typically between 1 and 4am. Invest in a high quality net that is durable and easy to put up and take down. The best type of net is one that includes a small folding fan-like frame and a door for easy access. Models that suspend from the ceiling rather than a four point attachment system are much easier to use. Some students have found it helpful to bring plastic hooks you can attach to the wall to help set up nets. If you don't invest in a higher quality net, chances are you will stop using it. Spider Net and TRIPPS are both excellent choices.

Traveller's Diarrhea

Traveller's diarrhea is the most common illness affecting travellers each year. You can get traveller's diarrhea when you eat or drink food or water that has come into contact with faeces. To prevent this, practice safe food and water precautions. Some suggestions include eating food that is well cooked, drinking bottled water, and frequently washing your hands with soap and warm water. In case you do become affected, it is important that you rehydrate - always carry oral rehydration salts, as this is one of the simplest treatments for diarrhea. If you experience related symptoms, such as abdominal pain, anti-motility medication can help relieve the pain.

Hepatitis A

Hepatitis A is another common disease that is contracted by ingesting contaminated food, water and having unsafe sex. It is difficult to determine whether a person has contracted the virus because many do not exhibit any symptoms. However, the most distinct symptoms include nausea, vomiting, diarrhea, low-grade fever, loss of appetite, fatigue, rash, jaundice, dark-coloured urine, and pain in the liver or the right side of the abdomen. Usually, these cases are mild and go unnoticed. To prevent contracting the disease, you must obtain the Hepatitis A and Hepatitis B vaccinations prior to your

placement. If you get the full series of vaccines to treat both Hepatitis A and B, you are considered immune for life. While these vaccines are effective, it is important that you eat clean, well-cooked food, drink bottled water, and practice safe sex.

For an exhaustive list of other travel-related diseases, visit the [Public Health Agency of Canada](#).

Water Purification

Although clean drinking water is usually readily available for purchase in countries around the world, it's recommended to have some form of water purification system for unexpected situations. Pristine is a great option for treating water. It is a combination of two chemicals that are used in municipal water treatment systems in Canada. It is highly effective, relatively inexpensive, and has no side effects with long term use. It's also very helpful to have a good water bottle, such as a Nalgene. A small-mouthed bottle is best, especially when riding on a bumpy road. Boiling water can also be poured directly into these bottles. Another useful tool is a portable UV water treatment pen that kills many water borne bacteria (see www.steripen.com for more information).

First Aid/Health Kit

The following is a list of suggested items to include in your kit that are applicable for travel to many areas of the world. You will probably want to review this list with your doctor.

- Polysporin
- Contraceptives/
Condoms
- Moist towelettes
- Moleskin for
blisters
- Hand sanitizing gel
- Headache/pain
medication
- Cotton swabs and
pads
- Thermometer
- Cold/cough
medication
- Tensor bandage
- Vaseline petroleum
jelly
- Sunburn treatment
- Rehydration salts
- Multivitamins
- Mosquito bite
treatment
- Ciprofloxin
- Diarrhea
medication
- Lip balm with
sunscreen
- Sunscreen (sweat-
proof kinds)
- Yeast infection
treatment

Health Insurance

Students are required to get their own health insurance for their time abroad because OHIP will cover only very particular emergency health services for travellers. Make copies of your policy and carry two with you separately and leave one in Canada. It is worthwhile to compare a few policies in terms of cost and coverage. Be familiar with your policy and know everything that it does and does not cover. Have the emergency contact number available. As well, know when your health insurance plan expires. If you extend your travel after the program is complete, be sure to arrange that you or someone in Canada can contact your health insurance provider to extend your coverage if necessary.

Travel Insurance

Just like health insurance, travel insurance covers emergency medical expenses (sickness or accident). In addition to that, travel insurance also covers other unforeseen emergencies while traveling. These include:

- Loss of travelling equipment (lost, stolen or damaged baggage, personal effects or travel documents, delayed baggage)
- Damage to rental properties
- Theft
- Legal expenses
- Trip cancellations/interruptions

Students can arrange temporary travel insurance to cover the duration of that trip, or they may opt for a “multi-trip” policy that is valid within a particular time frame, and covers an unlimited number of trips. Coverage varies, and can be purchased from banks or other travel insurance companies.

Money Access

There are a variety of ways to manage your money overseas, each with their own strengths and weaknesses. It is advisable to choose more than one method for security and convenience’s sake. Financial arrangements must be made ahead of time, as some of these methods require pre-departure preparation. Research the best method of money access for the country you are visiting.

Some methods to look into include:

- ATMs – Confirm what bank cards are accepted at the ATMs in country
- Cash - Euro and American dollar are the most common currency accepted
- Credit Cards (although often not accepted)
- Travellers’ Cheques (may be very difficult to cash in some countries)
- Western Union and other money transfer companies

Clothing

In many countries, looking professional is an expectation. Please remember that dressing too casually for a situation can be taken as a sign of disrespect. Do not dress down or wear sloppy clothing at school or work. In general, in hot climates, aim for extremely light cotton clothing to keep you cool. It is also important to note that different countries and regions within these countries have different levels of modesty, and gender-specific articles of clothing. Research the expectations and learn the local dress code beforehand in order to avoid accidental disrespect.

Food

Food is a fantastic way to be introduced to a new culture. You may be exposed to new tastes and types of food that will expand your horizons on what's edible. "Street Food" can be one of those exciting ways to experience the taste of your new country. However, it is important to be cautious of certain foods such as meats, uncooked foods like salads and unpasteurized juices. In many countries, you will quickly learn which vendors are the best, and it can prove to be a very cost effective method and enjoyable way of feeding yourself.

Other countries' citizens may not be as accustomed to alternative eating habits such as vegetarianism or veganism. Be sure to explain to your hosts beforehand what your habits are. If you are planning on remaining a vegetarian during your time overseas you should stock up on vitamins and other supplements before you arrive in order to ensure proper nutrition.

Entertainment

An important part of your stay overseas is to have fun! There will be countless things to do in each selected country – it is up to you to determine what options exist and the safety of these choices. Many places will allow you to do weekend trips which are often a great option.

Transportation

You will likely have to normalize yourself to a new transportation system in the country you are visiting. If you are taking mini-buses or shared transport, be prepared to sacrifice personal space and comforts as many drivers often try to fit as many passengers as possible into the vehicle. That being said, if you are in any moderately sized or large cities there is always the option of private taxis. Again always be aware of your surroundings, specifically as local transport can be an easy grab for thieves.

Communication

There are a number of different methods to keep in touch with loved ones at home. Research options in your host country, surrounding:

- Cell phones (unlocked)
- Email and internet availability
- Direct mail

Additional Tips

Do not bring SIN cards, birth certificates, and all the other junk you would normally keep in your wallet. Make copies or scan these documents and save them to your e-mail account. You can always access them on a smartphone or wherever internet is available. Aside from a passport, other forms of identification are rarely needed. **HOWEVER**, make 2 copies of your passport,

visa, health card, birth certificate, health insurance and ticket; one for you to keep and the other for whoever is arranging your affairs in Canada.

Register with the Canadian Embassy in the country you are visiting to ensure your safety if the country becomes unstable and to receive reports on the state of certain sections of the country.

Section 3: Re-entry

Reverse Culture Shock – the difficulty someone can experience re-adjusting back into their home country after time spent travelling/working abroad. People are often surprised when suffering from reverse culture shock because they do not expect to have difficulty adjusting to their own culture. Some contributing factors to reverse culture shock include: idealizing your home country while away and then being disappointed upon return, thinking things are going to be the same when you return and/or having suffered from culture shock when entering into a new country.

The effects of reverse culture shock are similar to culture shock and include: feeling alienated and alone, frustration at Western culture, misunderstood by family/friends, guilt for leaving co-workers and friends behind, and depression. Like culture shock, reverse culture shock can come in stages and varies from person to person. Being able to recognize reverse culture shock and understanding the effects of it will make it easier to get through. If after a few weeks you are still suffering from the effects of reverse culture shock or they are increasing you should seek help through a counsellor. Your organization may be able to recommend a counsellor familiar with culture shock/reverse culture shock.

Sources to Reference

If you have reached the point where you are fairly certain that you want to do an overseas placement, it is time to narrow your choice to the country or countries you are most interested in. The list below provides a good starting point for acquiring information on your country of interest.

- [Government of Canada international country profiles and travel tips](#)
- [Government of Canada travel advice and advisories](#)
- There is also a very useful book [“The Big Guide to Living and Working Overseas”](#)