

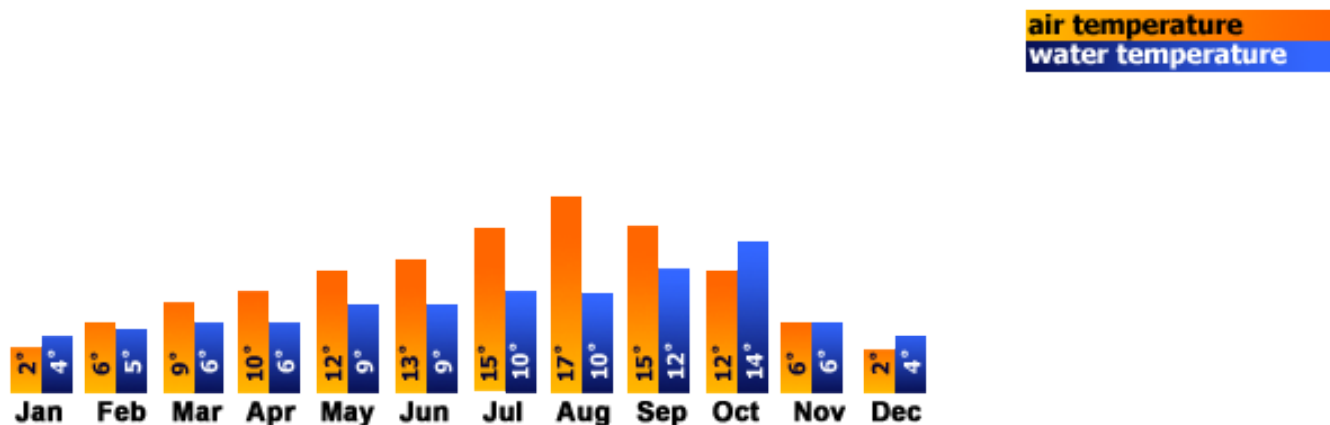
**Location:** Canada is a country occupying most of northern North America, extending from the Atlantic Ocean in the east to the Pacific Ocean in the west and northward into the Arctic Ocean. It is the world's second largest country, after Russia and the largest on the continent.

**Languages:** Bilingual: English and French. The use of the two languages reflects the mixed colonial history – Canada has been under both British and French rule.

**Religion:** 75% of the population belong to the Christian faith: Anglican, Roman Catholic and United Church of Canada. There are numerous other active denominations and religions

**Time:** GMT – 3.5 (GMT – 2.5 from the second Sunday in March to first Sunday in November)

**Weather & Water Temperature:** Air temperature ranges from 2°C in January to 20°C in August. Water temperature ranges from 2°C in January to 12°C in August. Please choose your exposure suit accordingly or contact us for advice for your holiday.



**Electricity:** 110 V American standard outlets, flat plugs. Bring an adaptor. We also highly recommend that you take a surge adaptor with you if using expensive and valuable appliances. If you have a specific electrical requirement please contact one of the Scuba Team who can discuss this with you and advise you accordingly.

**Currency:** Canadian dollar is the recommended currency. All major credit cards are accepted but might experience high surcharges.

**Tipping:** Normal practice is usually 15% of the bill, more if service is exceptional. Tipping your server is standard practice in restaurants and bars. If you are unsure what to give please do hesitate to contact us.

**Visas:** British Citizens joining a tour or holiday do not require. Non UK passport holders should contact the Canadian embassy on +44 (0)207 258 6600

**Food & Drink:** The biggest form of health problems with divers and tourists alike is being dehydrated. Please drink plenty of water before and after a dive.

**Foreign & Commonwealth Office Travel Advice:** For up to date advice on foreign travel please visit <http://www.fco.gov.uk>.

**Health & Vaccinations:** Requirements vary from country to country, your own GP is the best person to speak to regarding relevant requirements. Make your GP aware that you will be scuba diving, as some medication is not recommended for Scuba divers.

**Clothing:** We recommend taking warm clothes for between dives the appropriate exposure suit depending on when you are travelling. Good walking shoes are a must. Importantly even though it may be cold you can still get sun burnt. Please ensure you take plenty of sunscreen a hat and sunglasses.

**Passports:** Passports must be valid for at least 6 months on your return to the UK.

*Please note that although we maintain and revise this information frequently, the information contained within these documents is subject to change without notice. Please check with one of our travel consultants for the latest information.*