

It's a go!

Participants Information Guide

Canada, Canada-New Brunswick and Canada-Quebec

.....
The VI Games of La Francophonie in Lebanon



*Jeux de la
Francophonie
Liban 2009*



Canadian
Heritage

Patrimoine
canadien

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Everything you need to know.

VI Games of La Francophonie
September 27 to October 6, 2009

YOUR NAME

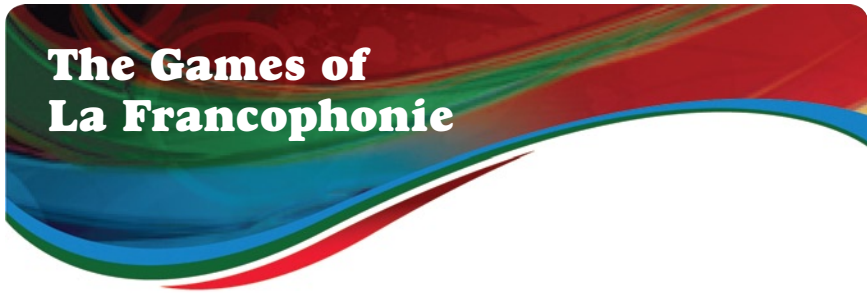
BEIRUT: PIGEONS ROCKS IN THE RAOUCHE AREA

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History of the Games

The Games of La Francophonie are held every four years. A huge event for young people, the Games of La Francophonie bring together hundreds of athletes and artists from across La Francophonie. In 2009, more than 3,000 participants from 48 delegations are expected to attend. The Games of La Francophonie are unique in that they are the only international games that feature both cultural and sport competitions.

The Games of La Francophonie were created in 1987 during the Summit of La Francophonie in Quebec City. The mandate of the *Comité international des Jeux de la Francophonie* (CIJF), which reports to the *Organisation internationale de la Francophonie* (OIF), is to oversee the overall organization of the Games in the host country.

The OIF is a multilateral structure based on the shared use of the French language and common values. The OIF today comprises over one third of the member countries of the United Nations, namely 70 States and Governments (members or observers) on five continents, including the governments of Canada, New Brunswick and Quebec.

Participation of Canada

Since the inception of the Games of La Francophonie, the Canadian delegation has consisted of three teams: Canada, Canada-New Brunswick and Canada-Quebec. This tripartite representation reflects the desire of Canada and these two provinces to participate in different aspects of La Francophonie. It also demonstrates the historical and traditional importance that Quebec and New Brunswick attach to their Francophone roots.

Athletes are chosen according to a selection process determined by each national sport organization, based on excellence criteria specific to each association, while respecting the procedure established by the CIJF. Artists are chosen through a national cultural competition. An international jury, appointed by the CIJF and supported by the OIF, selects the final candidates.

Team Canada selects members from across the country, while Team Quebec and Team New Brunswick select members from their respective provinces. Selection is based on excellence, not on linguistic affiliation. Athletes and artists whose mother tongue is not French and who do not speak French may participate in the Games of La Francophonie.

Games of La Francophonie since its inception:

July 1989	Morocco	38 delegations, 1,700 participants
July 1994	France	45 delegations, 2,700 participants
August 1997	Madagascar	30 delegations, 2,300 participants
July 2001	Canada	51 delegations, 2,400 participants
December 2005	Niger	44 delegations, 2,500 participants
September 2009	Lebanon	48 delegations enrolled to date, 3,000 participants expected



LEBANON 2009

The VI Games of La Francophonie will be held in Beirut, Lebanon, from September 27 to October 6, 2009. The artists and athletes forming each of the teams of the Canadian delegation will be supported by their team's mission staff. The Government of Canada has taken measures to ensure the safety of the participants. Royal Canadian Mounted Police (RCMP) representatives will be on site to ensure safety measures provided by Lebanese authorities are appropriate and to ensure that everything goes smoothly.

LEAVING THE GAMES SITES

For safety reasons, avoid leaving the official Games sites and downtown Beirut. If you plan on leaving these areas, **you must notify your Team Leader and your Head of Mission and complete an off-site form** available at the reception desk. You will be asked to provide information on your travel plans including a phone number where you can be reached and your date and time of return.

TRAVEL WARNINGS

The Department of Foreign Affairs and International Trade Canada issues recommendations for Canadians traveling to Lebanon. The following is an excerpt of those recommendations. We strongly recommend you read the Travel Report for Lebanon in its entirety, available at: www.voyage.gc.ca.

OFFICIAL WARNING: Foreign Affairs and International Trade Canada advises against non-essential travel to Lebanon.

The Francophonie Games will take place in Beirut from September 27 to October 6, 2009. Games organizers have developed a security and support infrastructure for participants, who will be supervised by a multidisciplinary team during their stay. Canadian participants are advised to stay on the Games sites at all times. It is highly recommended that Canadians keep this Travel Report in mind before considering any unsupervised tourist activities. Canadians are reminded that the decision to travel is the sole responsibility of the traveller.

OFFICIAL WARNING: Foreign Affairs and International Trade Canada advises against all travel to Tripoli; the south of the Litani River, especially the areas near the border with Israel; and to the city of Sidon and its surroundings.

How well do you know your country?

Some useful information :

Canada

Area: Nearly 10 million km², making it the second biggest country in the world after Russia
Population: More than 32 million
Languages: French (21.8%), English (57.2%), other (19.7%)
Capital: Ottawa
Motto: From sea to sea
Member of La Francophonie since: 1970

New Brunswick

Area: Nearly 73,500 km², making it the third smallest province in Canada
Population: About 730,000
Languages: French (33%), English (67%) – New Brunswick is the only officially bilingual province in Canada
Capital: Fredericton
Motto: Hope restored
Member of La Francophonie since: 1977

Québec

Area: Nearly 1,600,000 km², making it the biggest province in Canada
Population: More than 7.5 million – the second most populous province after Ontario
Languages: French (79%), English (7.7%), other (11.9%)
Capital: Québec
Motto: "Je me souviens" [I remember]
Member of La Francophonie since: 1971

Lebanon in Brief

Capital: Beirut

Language: Arabic (official language), French, English, Armenian and others

National currency: Lebanese Pound (US\$1 = LBP1,500, fixed rate)

Political system

Lebanon (in Arabic, "Loubnân," which means white and makes reference to the snow that covers the mountains in winter) is a parliamentary democracy. Its national assembly counts 128 seats, divided between Christians and Muslims, elected by direct universal suffrage. The Lebanese constitution stipulates that the president is elected by parliament for a six-year term by a two-third majority. Tradition dictates that the president is a Maronite Christian and the prime minister a Sunni Muslim. In 2008, Michel Sleiman was elected president of Lebanon. Subsequent to the results of the parliamentary elections held on June 7, 2009, Saad Hariri (Future Movement party) was named prime minister of the new government.

Geography

Lebanon is one of the smallest countries in the world, with an area of 10,400 km² it is about 1,000 times smaller than the size of Canada! It is approximately 250 km long (distance between Ottawa and Montreal) and 40 to 70 km wide. Located in Asia, in the Middle East, it is bordered by Syria to the north, Israel to the south, and the Mediterranean Sea to the west. It boasts 220 km of coastline. Its terrain features two parallel mountain ranges, Mount Lebanon to the west and the Eastern Lebanon Mountain Range to the east. Between the two mountain ranges sits the high Bekaa plateau.



“Jebel ech Cheikh,” or Mount Hermon, signifies the mountain of the old, white-bearded chief. Its summit is 2,814 meters above sea level, the highest in Lebanon. It is snow-covered almost year round.

Climate

Lebanon has a Mediterranean climate. Winter is cool and rainy (it snows in the mountainous regions) and summer is hot and humid on the coast, but dry in the mountains. Did you know that the country of the cedar tree is sunny about 300 days a year? In July-August, temperatures reach 30°C. September-October is the ideal period to visit, discover and travel across this country renowned for its ancient civilization.

Population

The population of Lebanon is close to 4 million people. However, about 13 million expats of Lebanese origin (diaspora) live abroad. Lebanon’s capital, Beirut, is home to more than a million inhabitants. In fact, the *New York Times* listed Beirut as the leading city to visit in 2009!

The other major cities in Lebanon include the following: Tripoli, Sidon, Tyre, Nabatieh, Baalbek, Zahlé and Jounieh.

Religions

Lebanon is a multiconfessional country with the greatest religious diversity in the Middle East (the State officially recognizes 18 religions). Muslims, including Shiites, Sunnis, Druze, Alawis and Ismailis, constitute about 60% of the population. Christians, primarily Maronite, Greek Orthodox and Greek Catholic, form nearly the entire other half of the Lebanese population. Religion occupies an important place in Lebanese culture. It is considered to be a serious insult to criticize religion.

Languages

Arabic is the official language of Lebanon. The majority of the Lebanese population speaks *North Levantine Arabic*, also called *Lebanese Arabic* or *Lebanese-Syrian Arabic*. Close to 45% of the population is entirely or partially French-speaking. *L’Orient Le Jour* is the most widely read French daily newspaper in Lebanon. The last few years have seen an increase in the use of English, especially in the business world and among young graduates.

Education

Education is important to the Lebanese people. The literacy rate and level of education in Lebanon is among the highest in the Arabic world. Nearly 87% of adults can read and write, and most youths are enrolled in university.

Economy

Tourism and the service sector (banks and others) form the engine of the Lebanese economy. Agriculture also plays an important role. Fruit, including citrus fruit, as well as grapes (vineyards) are grown in the mountains (Mount Lebanon). Grain crops are grown on the high inland Bekaa plateau.

National holidays

There are four official holidays between September and November 2009

September 20: Eid al-Fitr (end of month of Ramadan)

November 1: All Saints Day

November 22: National holiday (independence in 1943)

November 27: Eid al-Adha (Feast of Sacrifice)

Culture & Sport

Lebanese literature (Amin Maalouf), poetry (Khalil Gibran) and traditional Arabic music still play an important role in Lebanese culture. Dabke, the national dance, is a lively and upbeat folk dance. UNESCO even designated Beirut the World Book Capital City in 2009! The most popular sports in Lebanon are soccer and basketball. As well, the Lebanese taekwondo team has recently won several international championships.

One of the oldest village in the world is in Lebanon

In Byblos, located in northern Lebanon, archaeologists have discovered remnants of prehistoric huts, primitive weapons and clay jars dating back to the Neolithic and Chalcolithic ages belonging to fishing communities that lived on the Mediterranean coast over 5,000 years B.C.

Significance of the Lebanese flag

Red (sacrifice) and white (peace)
with a green cedar tree (symbol of Lebanon) in the middle

National motto

My homeland is always right



Canada-Lebanon relations

Canada-Lebanon bilateral relations are rooted in the strong ties generated by Canada's Lebanese community and the large Canadian diaspora in Lebanon. The first Lebanese immigrants arrived in Montreal in 1882. The community now numbers close to 350,000, making it the largest ethnic Arab group in Canada. This relationship is strengthened by close cultural ties and participation in La Francophonie.

Since the conflict in 2006, Canada has agreed to contribute up to \$50 million in support to Lebanon. This includes the commitment made at International Conference of Support to Lebanon, organized in Paris in January 2007 to contribute \$20 million over three years to facilitate the country's economic and social development. Canada also provided financial support to the *Organisation internationale de la Francophonie* for the planning of the VI Games of La Francophonie.

In Lebanon, Canada is represented by the Embassy of Canada in Beirut. Lebanon is represented by an Embassy in Ottawa.



Before Your Departure

Passport & visa

Ensure that your passport's expiration date is at least six months after the scheduled date of your return to Canada. If this is not the case, you must renew your passport before you leave.

A visa is also required to enter Lebanon. Your sports federation or mission staff has arranged to obtain your visa.

It is recommended that you make copies of all your important documents (passport and visa, credit cards, ID card, medical prescriptions, etc.). Leave a copy of each document at home with a friend or family member, keep another set in your baggage and give the third set to your team leader. Make an additional copy of your passport and visa (to carry with you while you are out and about in Lebanon). Mission staff will ask for your original passport when you arrive in Lebanon and they will keep it in a safe place during your stay in the country.

Credentials card

A Mission Leader will give you a credentials card when you arrive at the Games' Village.

It is important to remember that the credentials card is recognized as a valid ID card **solely** on official Games sites. You must carry a photocopy of your passport with you at all times when leaving official Games sites.

Your credentials card is precious!

Your credentials card gives you access to all official Games sites. It also gives you access to the various services offered at the Games' Village and gets you free entry to all of the Games' sports and cultural competitions.

Vaccinations

No specific vaccinations are required for travel to Lebanon other than those normally recommended for Canada (tetanus, hepatitis A and B).

Insurance

The mission staff is responsible for obtaining insurance for your stay in Lebanon. You will also be insured for hospital, medical and paramedical care and services. Your insurance will be in force from your date of departure from Canada until you return to Canada.

Things to know

Currency

The currency of Lebanon is the Lebanese Pound (LBP). Coins come in denominations of 50, 100 and 250, and paper bills in denominations of 1,000, 5,000, 10,000, 20,000, 50,000 and 100,000.

Currency Exchange Table*

CAN\$1 = LBP1,300

US\$1 = LBP1,500 (fixed rate)

CAN\$0.75 = LBP1,000

*In July 2009

How to pay for your purchases

The best way to pay for purchases is in Lebanese Pounds (LBP) or in US dollars. If you pay in US dollars, your change will be given to you in LBP at a fixed exchange rate of LBP 1,500 per US dollar. All merchants use this exchange rate.

You should also bear in mind that although paying with credit cards is becoming increasingly widespread, it is not offered everywhere. Keep some cash with you in case you take a taxi or buy shawarma from a small restaurant.

Banks

Lebanon has long been considered the Switzerland of the Middle East, not only because of its mountains, but also for the reputation of its banking system. As such, you will have no problem exchanging traveller's cheques or currency.

There will be a banking hall with a currency exchange office and automatic teller machines in the Games' Village.

As well, most banks have automatic teller machines that accept international banking cards. Banks are open Mondays to Fridays 8:30 a.m. to 4 p.m. and Saturdays from 8:30 a.m. to 1 p.m.

Time difference

Between Lebanon and the Maritimes	<i>6 hours</i>
Between Lebanon and eastern Canada (Quebec and Ontario)	<i>7 hours</i>
Between Lebanon and central Canada (Manitoba)	<i>8 hours</i>
Between Lebanon and Alberta and Saskatchewan	<i>9 hours</i>
Between Lebanon and British Columbia	<i>10 hours</i>

Phoning Canada

Participants with unlocked cell phones can purchase a SIM card in Lebanon to obtain a local phone number. This will cost about US\$25 and allow you to make local and international calls by buying airtime. Calls to Canada are billed at about US\$1.24 for 40 seconds between 7 a.m. and 10 p.m. and US74¢ for 40 seconds after 10 p.m. (the same rates apply for local calls, but the rates are per minute rather than per 40 seconds).

It would be better to buy a prepaid calling card for US\$10 when you arrive and use one of the many telephone booths that will be set up in the Games' Village. International calls cost US40¢ per minute before 10 p.m. and US2¢ per minute after 10 p.m.

Tip from a seasoned traveller!

Tell your family and friends to buy international calling cards. Call Canada with your prepaid calling card and ask them to call you back. The call will only cost a few cents, as outgoing calls from Canada are a lot less expensive.

Electricity

In Canada, power runs on 110 to 120 volts. In Lebanon, it runs on 220 volts, 50Hz.

If you plan to use electrical appliances, e.g., a hair dryer, camera, etc., then you should get a 110 volt to 220 volt adapter and/or transformer.

Air transportation

Baggage

You are responsible for retrieving your bags at the airport. Your name must be clearly identified on your bags. We will provide you with two labels for this purpose.

MAXIMUM ALLOWED

***Two bags of 23 kg each and NOT one bag of 46 kg
One carry-on bag not exceeding five kg and not measuring more than
115 cm (sum of three dimensions)***

The cost of excess baggage is usually very expensive and it is your responsibility. Arrangements will be made in advance for special equipment, such as vaulting poles, contrabasses, etc.

It is not unusual for baggage to be delayed or lost in international travel. It is therefore recommended that you pack a few useful items in your carry-on baggage, for example, comfortable clothing and a change of underwear, medication, a toiletry kit, a toothbrush and toothpaste, and especially your wallet and identity papers (ID cards, passport and visa, etc.).

Please note that liquid containers of more than 100 ml / 100 g (3.4 oz) will be confiscated if you store them in your carry-on bag.

What do you have to bring with you?

Pack clothing suitable for Lebanon's climate. In the fall, the temperature in Beirut ranges between 25°C and 35°C and, although the chances of rain are minimal, humidity can be very high.

As for laundry, there will be laundromat facilities available at the Games' Village but bring a small amount of laundry detergent so that you can hand wash a few items, if necessary.

The dress code in Lebanon is more relaxed than in most Middle East countries. However, modest dress consistent with local customs and sensitivities is recommended. Sleeveless garments and shorts may be acceptable at tourist locations but should be avoided when visiting religious sites such as churches and mosques.

A few tips

For your flight

To improve your comfort during the flight, wear flexible, loose clothing and comfortable shoes, preferably closed-toe. The humidity level on aircrafts is fairly low so make sure you drink enough juice and water and avoid consuming alcoholic and caffeine-based beverages, as they cause dehydration. You can also apply moisturizing cream and lip balm and wear glasses instead of contact lenses.

To reduce the effects of jet lag

Ensure that you are well rested before your departure. Eat light meals before and during the flight. Soon after takeoff, set your watch to the local time of your destination. When you arrive, try to spend your time mostly outside. Avoid naps or limit them to 30 minutes and get up and go to bed based on local time.



Websites

Visit the following websites for more information on the Games and Canada's participation:

Organizing Committee of the Games of La Francophonie: www.jeux2009.org

Comité international des Jeux de la Francophonie: www.jeux.francophonie.org

Team Canada: www.jeuxdelafrancophonie2009.pch.gc.ca

Team Canada-New Brunswick: www.gnb.ca/jeux

Team Canada-Quebec: www.jeuxfrancophonie.com

TV5 Quebec-Canada

The opening and closing ceremonies of the Games of La Francophonie will be broadcast live on TV5 Québec Canada! Games highlights will also be broadcast daily after the evening news.

Broadcast Schedule

Opening ceremonies: broadcast live on September 27 at 2 pm

Closing ceremonies: broadcast live on October 6 at 2 pm

Games highlights: broadcast every evening at 11:20 pm

Be sure to visit the TV5 Quebec-Canada website (www.vivezlesjeux.tv5.ca), which will show about twenty video clips on the Games in Lebanon and our Canadian participants. Tell your family and friends to visit the website and send you words of encouragement. The site will be launched on September 17, at the same time TV5 will begin airing television clips. (in French only)

Quick reference

Toothpaste, padlocks, disinfectant hand wash... Are you worried you might forget something? Use this quick reference and leave with peace of mind!

Clothing

- Ceremony uniform
- Village uniform
- Sneakers, preferably white
- Walking shoes / sandals
- Cap / hat
- Underwear
- Bathing suit / cover-up

Flight kit

- Airline tickets
- Passport and visa
- Cash / bank cards / traveller's cheques
- Medical journal
- 3 photocopies of your passport and your visa
- 2 photocopies of your important documents: credit cards, ID cards, medical prescriptions, etc.
- Suitcase / carry-on bag (in case your baggage gets lost)

Toiletries

- Toothbrush / toothpaste
- Soap
- Deodorant
- Shampoo / conditioner
- Hair styling products
- Shaving cream / razor / blades
- Moisturizing cream
- Facecloths
- Beach towels
- Feminine hygiene products
- Sunscreen, at least SPF 30
- Disinfectant hand wash

Accessories

- Medication kit / prescriptions
- Small sewing kit
- Anti-allergy medication
- Contact lenses / lens products
- Glasses
- Sunglasses
- Camera (film, if necessary)
- Books / magazines
- Address book
- Battery-operated alarm clock
- Handbag
- Belt pouch
- Padlocks
- Laundry detergent

Embassy of Canada to Lebanon

Physical address:

First Floor, Coolrite Building, 43 Jal El Dib Highway, Lebanon

Mailing address:

The Embassy of Canada
P.O. Box 60163 Jal El Dib, Lebanon

Telephone: (011 961 4) 71 39 00

Fax: (011 961 4) 71 05 95 or (011 961 4) 71 05 93

Email: berut@international.gc.ca

Website: www.lebanon.gc.ca

Representing Canada: Ambassador Martial Pagé

Tips for healthy travel

- **Before leaving, undergo a health assessment** through your physician and be sure to complete the medical questionnaire
- **Prepare yourself to adapt** to the time difference and cultural differences
- **If you require any prescription medication, be sure** to carry a document proving your needs
- **Practice caution** with water and food
- **Wash your hands frequently**
- **Drink a lot of water** to avoid dehydration
- **Wear sunscreen** with at least SPF 30
- **Always use a condom** when having sexual relations with someone you meet while traveling
- **Keep in mind that swimming** carries risks, namely exposure to parasites



Life at the Games' Village

Welcome to Lebanon! – “Ahlan wa Sahlan!”

When you get off the plane you will be greeted by mission staff members and representatives of the organizing committee and taken to a special Customs line for people participating in the Games. Have your passport and a completed entry record in hand in order to expedite the process.

Once you have cleared Customs, you will need to retrieve your baggage from the carousel and carry it to the baggage minivans. Please note that special transportation has been arranged for oversized equipment, such as vaulting poles, contrabasses, etc.

Your group will then board a bus that will take you to the Village. Travel time from the airport to the Village is about 15 minutes; the distance is about 11 km.

When you arrive at the Games' Village, you must first retrieve your baggage. Your group will then be called together, at which time you will receive your credentials card, a list of emergency phone numbers and your room key. At the same time, your passport will be collected for safe keeping.

Team Secretariats

Team Canada, Team Canada-New Brunswick and Team Canada-Quebec will each have a Secretariat in the Village. The Secretariats will be run by qualified mission staff who will provide you with support and ensure your well-being during your stay.

In case of emergency, your family can reach you at any time by contacting your team's Secretariat. Your support staff will inform you of the emergency phone number at a later date.

Have a question about a sports or cultural competition site?

For any questions regarding competition sites and schedules, recommendations on places to go, competition results for Canadian teams, or to see pictures, go to the Canadian delegation's reception desk located on the ground floor of the Canadian delegation residences.

Games' Village

The Lebanese University - Hadath will be transformed into the Games' Village during the Games. The following services will be offered in the Faculty of Engineering, which is at the heart of the Village:

- A banking hall;
- A general store;
- Sports clothing boutiques, craft stores and souvenir shops;
- A cyber café;
- A laundromat.

Internet & computers

About 40 computers will be available for participant use. Credits can be bought by participants wishing to use the Internet. Remember to be patient, however, as technology and connection speeds are not the same as they are in Canada. A Wi-Fi network will also be available across the Village.

Telephone

Telephone booths will be set up in various locations across the Village.

001 + area code + phone number

Postal service

There will be a post office in the Village. Mail will be collected every day. Allow about five (5) business days to receive mail from Canada. Stamps for mail to Canada cost LBP1,000.

Other services offered at the Village:

- Pharmacy
- Cash snack bar located close to the residences
- Rooms with televisions in the housing complexes
- Meeting rooms (reservation required)
- Workshops for the cultural disciplines
- Tracks and training grounds
- Nine-lane Olympic pool
- Canadian Medical Team, including massage therapists, physiotherapists and chiropractors
- Scales in the Canadian Medical Clinic identical to scales on training sites
- Reception desk for the Canadian delegation
- Prayer room for Muslims

There will be a gym with a weight room located at the Collège des Pères Antonins, about seven (7) minutes by bus from the Games' Village.

Activities in the Village

There will be entertainment in the Village's outdoor amphitheatre. Theme evenings (African night, French night, Lebanese night, etc.) will be held every other day in order to introduce you to the various facets of Francophone culture.

As well, during the Games, 75 to 100 exhibitors, mostly Lebanese, will display their products in kiosks in the Village.

Accommodation

The three teams of the Canadian delegation will be housed in Lebanese University residences. These modern residences boast air conditioning and windows. You will share your room with two other people.

Each room has three beds, a mini-refrigerator, a desk and two chairs, a closet with hangers and a toilet and shower area. Extra-long beds are available on request.

Towels, foam pillows, sheets and blankets will be provided, as well as soap and toilet paper. Each day your room will be cleaned and the towels changed; the cotton sheets will be changed every three days.

Lounge areas with televisions have been arranged by the organizing committee.

Snack machines will be placed at various locations in the housing complexes.

Laundry

There will be areas with coin-operated washers and dryers in each of the housing complexes. A laundry service will also be available at the Faculty of Engineering. Bring a little laundry detergent with you so you can hand wash a few items, if necessary.

Curfew

There is no curfew imposed by the organizing committee. HOWEVER, the mission staff will inform you of the rule for your particular team. Whatever the rule may be, keep in mind that there should be no noise after 11 p.m. to ensure that everyone gets enough sleep the night before they compete.

Meals

A renowned Lebanese chef will supervise the meal services and, in collaboration with a team of dieticians, create menus that take into account the nutritional needs of participants.

Meals will be served in the Village cafeteria. The cafeteria spans two floors and can accommodate up to 1,200 people. A buffet will be served on each floor to avoid long line-ups. The cafeteria will be open at specific times; these will be given to you after you arrive. You must have your credentials card with you to enter the cafeteria.

While you are in the Games' Village, you may choose to eat either at the cafeteria free of charge or at the cash snack bars at your own expense.

Because of the distance between the Village and the table tennis and beach volleyball competition sites, meal services will also be offered to athletes at these competition sites.

Meal baskets

Supervisors wishing to request meal baskets for participants who will be unable to travel to the Village for meals during the day must do so at the reception desk at least 24 hours in advance.

Food allergy / intolerance

As soon as you arrive at the Village, inform the reception desk of any food allergy or intolerance so that necessary arrangements can be made for you during your stay.

Water and other beverages

An unlimited supply of bottled water will be available during the Games. Bottled water will be available at the Village cafeteria and at all training and competition sites. Water coolers will be placed on each floor of the residences so you can fill up your bottle as needed. Juice and other beverages served in the cafeteria will be prepared using bottled water. Cold 2% and skim pasteurized cow's milk will also be available in the cafeteria.

Alcohol

There will be no alcohol sold at the Village. However, while personal alcohol consumption will not be prohibited, it should be done with discretion and with the approval of your supervisors. The legal drinking age in Lebanon is 18 years old. Glass bottles are prohibited outside the residences.

Uniforms & official ceremonies

Uniforms

You will receive two official uniforms: the opening ceremony uniform and the Village uniform.

The opening ceremony uniform consists of five (5) items:

- bermuda shorts for men/capri pants for women
- a short-sleeved t-shirt
- a sleeveless vest
- a hat
- a shoulder bag

The Village uniform consists of seven (7) items:

- a track suit jacket and long pants
- a pair of shorts
- two short-sleeved t-shirts
- a long-sleeved, hooded sweatshirt
- a travel bag on rollers

The three Canadian teams have the same uniforms but with their own team colours and logos. The uniforms are easy to maintain and can be adapted to suit changes in temperature.

It is compulsory to wear all the items of the opening ceremony uniform with the shoulder bag and hat being optional. Shoes are not included. We ask that you wear sandals or sneakers (preferably white).

Opening ceremony

The opening ceremony will take place on September 27 at 6 p.m. at the Cité sportive Camille Chamoun stadium. The stadium holds more than 40,000 people.

Delegations will travel together to the opening ceremony. Departures to the stadium will take place over the course of the afternoon. Once you arrive at the stadium, you must wait in the building adjacent to the stadium, i.e., Centre Pierre Gemayel. No meals will be served on site, so we recommend you eat before leaving the Village and take a snack with you.

The ceremony will consist of a protocolar portion, including the parade of the delegations, as well as an artistic presentation. It will be a colourful show, celebrating Lebanese culture and the international Francophonie. It will be aired on TV5Monde and shown on TV5 Quebec-Canada.

Closing ceremony

The closing ceremony will take place on October 6 at approximately 8 p.m. after the final soccer match which will be attended by all participants.

The closing ceremony will be less formal and shorter than the opening ceremony. It will feature the Caracalla dance theatre troupe. It will also be shown on TV5 Québec-Canada.

Awarding of medals and closing ceremony

It is compulsory to wear the Village pants or shorts, shirt and short-sleeved t-shirt at the awarding of medals and at the closing ceremony. The hat is optional.

Local transportation

Easily identifiable road signs indicating pick-up and drop-off locations will be located in the Village and in all the official Games sites.

A traffic lane will be designated for all transportation vehicles related to the Games, (e.g., VIP, delegation cars, buses) that are servicing the competition sites. You should still plan to leave early. Beirut is plagued by traffic and it will be difficult to get participants from site to site, even with a traffic lane designated for this purpose. Also note that security could delay travel time.

Transportation services will be available from September 25, i.e., two days before the Games begin, until October 7. Shuttle services to each of the sites and to downtown will leave from the entrance to the Village. You will get a shuttle schedule upon your arrival.

Buses will be provided for each of the soccer and basketball teams. Buses will also be provided to take dancers and singers and their musicians to training sessions, practices and competitions. Those taking part in other competitions and events will travel with participants from other delegations in buses that are assigned to their disciplines.

In order to facilitate travel within the Village site, which is very vast, shuttles will also run regularly between the Village entrance and the bus parking area.

There are two taxi companies that are recommended in Beirut: **Alliance Taxi** and **Allo Taxi**. **Allo Taxi** will have cars parked at the Village entrance at all times during the Games and will offer rides downtown at a fixed rate. Only use these two taxi companies.

Health

The Canadian delegation will have the benefit of its own medical clinic at the Games' Village. If you require care, go to the Canadian Medical Clinic rather than to the medical clinic provided by the organizing committee, set up to serve all of the delegations.

Medical facilities will also be set up at each of the sports and cultural competition sites.

The Canadian Medical Team

There are 15 members in the Canadian Medical Team including physicians, therapists, massage therapists, chiropractors and physiotherapists. The services are specifically intended for members of Teams Canada, Canada-New Brunswick and Canada-Quebec. In case of medical complications, the emergency medical insurance will provide you with complete coverage and extended assistance for foreign travel.

Have a check up with your physician and your dentist before you leave. Once you are in Lebanon, only eat cooked food and drink bottled water. Don't hesitate to consult a member of the Canadian Medical Team at the first signs of not feeling well.

H1N1

Due to the H1N1 epidemic, Lebanese authorities have implemented screening measures at the Rafic Hariri International Airport.

HIV-AIDS

Sexually transmitted diseases (STD), including HIV-AIDS, are found in every country in the world. You may be exposed to a viral infection, especially if you have unprotected sex. You can obtain free condoms at the Canadian Medical Clinic.

Security

Royal Canadian Mounted Police (RCMP) representatives will be on site to ensure safety measures provided by Lebanese authorities are appropriate and to ensure that everything goes smoothly.

If you witness an unusual situation that could endanger your safety or that of other participants, inform your trainers, mission staff or RCMP representatives.

You will receive a card with their cell phone numbers tied to your credentials card.

Recommendations

Despite the actions taken to reduce the risks of theft or assault, remain vigilant. Show common sense and follow basic prevention rules:

- Don't leave the competition sites or Village area by yourself
- Don't take out your money in the view or presence of others
- Wear your handbag/backpack so that it is not easily stolen; if possible, use a belt or a bag with a buckle on the side and not at the back, and wear it around your hips
- Avoid putting your wallet in your back pocket
- Never leave all your money in one place
- Don't bring too much money and don't wear valuable jewellery
- Keep an eye on your camera (carry it in front of you)
- If you are approached and get mugged, DO NOT RESIST.

Leaving the Games sites

If you're planning a trip downtown, pick safe areas of the city by getting more information on the places you want to visit (sightseeing tours, bars or nightclubs, shopping, etc.) at the Canadian reception desk. Make sure your Team Leader knows your itinerary and your approximate time of return.

Avoid leaving the official Games sites and downtown Beirut. If you plan on leaving the Games sites or downtown Beirut **you must notify your Team Leader and your Head of Mission and complete an off-site form** available at the reception desk. You will be asked to provide information on your travel plans including a phone number where you can be reached and your date and time of return.

Local laws

Exercise caution when taking photographs of non-tourist sites. It is prohibited to photograph or videotape government buildings, military personnel, equipment and installations.

Note that homosexual activity is illegal in Lebanon.

The legal drinking age in Lebanon is 18 years. Possession and use or trafficking of illicit drugs may result in jail sentences served in local jails and heavy fines.

You are subject to local laws. A serious violation may lead to a jail sentence or even a death sentence.

Protest

If you notice signs of a protest (gathering of people, banners, yelling and chanting):

- Don't stay there, as you could be mistaken for a protester
- Leave the premises immediately and head in the opposite direction or perpendicularly to the event
- Seek refuge in the closest safe location, e.g., Games' Village, a police station, hotel, hospital, department store, Embassy, etc.
- Contact your Team Leader immediately

Travel warnings

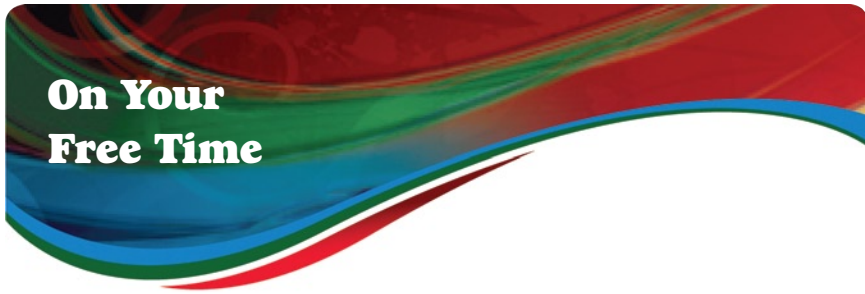
The Department of Foreign Affairs and International Trade Canada issues recommendations for Canadians traveling to Lebanon. The following is an excerpt of those recommendations. We strongly recommend you read the Travel Report for Lebanon in its entirety, available at: www.voyage.gc.ca.

OFFICIAL WARNING: Foreign Affairs and International Trade Canada advises against non-essential travel to Lebanon.

The Francophonie Games will take place in Beirut from September 27 to October 6, 2009. Games organizers have developed a security and support infrastructure for participants, who will be supervised by a multidisciplinary team during their stay. Canadian participants are advised to stay on the Games sites at all times. It is highly recommended that Canadians keep this Travel Report in mind before considering any unsupervised tourist activities. Canadians are reminded that the decision to travel is the sole responsibility of the traveller.

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OFFICIAL WARNING: Foreign Affairs and International Trade Canada advises against all travel to Tripoli; the south of the Litani River, especially the areas near the border with Israel; and to the city of Sidon and its surroundings.



On Your Free Time

Encourage the teams of the Canadian delegation

Your credentials card enables you to attend all of the competitions of the Games of La Francophonie as a spectator. Don't pass up the chance to cheer on Canadian participants at their sports and cultural competitions. Schedules for the Canadian teams will be posted at the reception desk of the Canadian delegation.

Have a few hours of free time?

If you would like to sign up for one of the excursions organized by the Games' organizing committee and take advantage of the opportunity to meet Games participants from other countries in the Francophonie, go to the reception desk to find out whether the excursion is recommended and complete a off-site authorization form. The form must be signed by your Head of Mission and your Team Leader. Several sightseeing tours are organized in Beirut and the areas surrounding the Lebanese capital. Those interested can sign up at the Village's tourist information desk, located in the Faculty of Engineering.

Getting downtown from the Village

We recommend you use the shuttle service provided by the organizing committee when travelling to the Games' Village or downtown Beirut.

You can also use **Alliance Taxi** or **Allo Taxi**. **Allo Taxi** will always have cars parked at the entrance to the Village and will offer fixed rates for trips downtown. Alliance and Allo are the only two taxi companies recommended. Do not use any other taxi companies, even those leaving from downtown. Ask your driver for his/her phone number so you can arrange pick up for a ride home.

Keep in mind that many taxi drivers speak neither French nor English.

Things to do and see in Beirut

Take a stroll around downtown Beirut and admire its impressively restored old, arabesque ochre- and pastel-coloured buildings boasting gracious arches and wrought-iron scrollwork.

Visit what remains of ancient baths, markets and Roman buildings on Rue des Banques.

Savour a strong, traditional Lebanese coffee and delicious pastries from one of the Parisian-style sidewalk cafés.

Go for a walk or a jog along the famous Corniche of Beirut, called the Rock of Raouche after its rock, and admire the impressive Pigeons' Rock.

Visit the National Museum of Beirut, where you will find treasures that trace the history of the region—prehistoric Egyptian objects, Phoenician statues and glassware, and Roman and Byzantine jewellery.

Explore the city's religious heritage by visiting its mosques and churches built between the 12th and 19th centuries.

Hit the fashionable clothing and shoe stores on Hamra Street or at the ABC shopping centres in Achrafieh.

Get a taste of Beirut nightlife in one of the 50 pubs with an address on Gemmayze and Monot avenues.

Souvenirs

You can find various locally-made handicrafts in the Games' Village or in Beirut's downtown boutiques.

Lebanese craftspeople are renowned for their finely embroidered purple fabrics, their silk work and gold- and silver-threaded clothing; the fine jewellery inspired by the Arabic tradition, their beautiful carpets and weaves as well as their beautiful glass-blown, copper, pottery and ceramic pieces, which they create in the methods of their ancestors.

These pieces are sold in several specialty boutiques in the capital city and at the Maison de l'Artisan, an official government organization that oversees the marketing of Lebanese handicrafts.

Seize the opportunity to buy gold (24 K) and silver jewellery sold at very good prices in Lebanon.

Lebanese wine from the Bekaa Valley is one of the first wines made in the history of the world—some 6,000 years B.C.! The best-known are Ksara, de Kefraya and Château Musar. Lebanon also produces arak, a traditional, anise-based spirit which is drunk with water. You are allowed to bring back two 750 ml bottles of alcohol in your checked baggage, provided you are of legal drinking age.

Business hours

Most stores are closed on Sundays, with the exception of a few department stores. Regular hours are weekdays from 9:30 a.m. to 6 p.m. and Saturdays from 9:30 a.m. to 1 p.m. Most supermarkets are open from 8:30 a.m. to 8 p.m.



Returning to Canada

Ready to come back!

A few days before your departure, your mission staff will provide you with details about your return to Canada and they will give you back your passport.

Returning baggage

Be sure to finish most of your packing the day before you leave. This will minimize the risk of forgetting items. Remember that the airlines have restrictions on the number of pieces and maximum weight of baggage. You should keep these limits in mind when you are shopping.

Customs

When you arrive in Canada, you will go to Customs and declare all the goods you purchased during the trip. After an absence from Canada of seven (7) or more days, you are entitled to a customs exemption equivalent to CAN\$750. However, please note that there are restrictions to importing certain products. In this context, avoid bringing into Canada fruits, vegetables, dairy products and meats, products made from species threatened with extinction and cultural goods considered to have historic value to Lebanon.

Keep in mind that you are allowed to travel with two (2) 750 ml bottles of alcohol in your baggage if you are of legal drinking age in the province or territory into which you are entering Canada (18 years in Alberta, Manitoba and Quebec; 19 years for the other provinces and territories).

For more information on customs restrictions and personal exemptions, download the pamphlet "I Declare" produced by the Canada Border Services Agency at www.asfc-cbsa.gc.ca/E/pub/cp/rc4044.

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Embassy of Canada to Lebanon:

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