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KEY=CRUISES - BRADY CONRAD

THE BEST CRUISE DESTINATIONS

Insight Guides

CRUISE OPERATIONS MANAGEMENT

Elsevier Cruise Operations Management provides a comprehensive and contextualised overview of hospitality services for the cruise industry. As well as providing a background to the cruise industry, it also looks deeper into the management issues providing a practical guide for both students and professionals alike. A user-friendly and practical guide it discusses issues such as: *• The history and image of cruising • How to design a cruise and itinerary planning • Roles and responsibilities on a cruise ship • Customer service systems and passenger profiles • Managing food and drink operations onboard • Health, safety and security* Cruise Operations Management presents a range of contextualised facts illustrated by a number of case studies that encourage the reader to examine the often complex circumstances that surround problems or events associated to cruise operations. The case studies are contemporary and are constructed from first hand research with a number of international cruise companies providing a real world insight into this industry. Each case study is followed by questions that are intended to illuminate issues and stimulate discussion. The structure of the book is designed so the reader can either build knowledge cumulatively for an in-depth knowledge of managerial practices and procedures onboard a cruise ship, or they can "dip in" and make use of specific material and case studies for use within a more generic hospitality or tourism learning context. * Comprehensive overview of hospitality services and operations written specifically for the cruise industry * Uses contemporary examples to illustrate the unique aspects of this industry providing a clear understanding of managing operations onboard * Flexible format enables readers to build knowledge cumulatively or jump in and make use of specific material within a hospitality or tourism learning context

ALASKA PORTS OF CALL

Fodor's Complemented by helpful advice on what to pack, when and how much to tip, and how to choose dinner seating, this updated guide to Alaskan cruises describes Alaska's nineteen ports, recommended shore excursions, places to shop and eat, and suggestions for the best places for hiking, fishing, and more. Original. 12,000 first printing.

CRUISING THE SOUTHERN AND WESTERN CARIBBEAN

A GUIDE TO THE SHIPS AND THE PORTS OF CALL

Hunter Publishing, Inc Here is an invaluable guide to the cruise lines, the ships themselves and their ports of call in the Western and Southern Caribbean, extending from the Bahamas down to Trinidad and even Venezuela. You will have between eight and 10 hours in each cruise port you visit. This guide tells you how to make the most of that time by focusing on the best sights and activities at every stop. For each port, the author provides an over-view description, a detailed map, complete information on how to get around, a "one-day sightseeing tour," both in the port itself and beyond, recreational activities from golf and tennis to hiking and beach-going, shopping, and tours of historical sites.

YOU SHOULD TEST THAT

CONVERSION OPTIMIZATION FOR MORE LEADS, SALES AND PROFIT OR THE ART AND SCIENCE OF OPTIMIZED MARKETING

John Wiley & Sons Learn how to convert website visitors into customers Part science and part art, conversion optimization is designed to turn visitors into customers. Carefully developed testing procedures are necessary to help you fine-tune images, headlines, navigation, colors, buttons, and every other element, creating a website that encourages visitors to take the action you seek. This book guides you through creating an optimization strategy that supports your business goals, using appropriate analytics tools, generating quality testing ideas, running online experiments, and making the adjustments that work. Conversion optimization is part science and part art; this guide provides step-by-step guidance to help you optimize your website for maximum conversion rates Explains how to analyze data, prioritize experiment opportunities, and choose the right testing methods Helps you learn what to adjust, how to do it, and how to analyze the results Features hands-on exercises, case studies, and a full-color insert reinforcing key tactics Author has used these techniques to assist Fortune 500 clients You Should Test That explains both the "why" and the "how" of conversion optimization, helping you maximize the value of your website.

THE COMPLETE GUIDE TO CARIBBEAN CRUISES, 2ND EDITION

Fodors Travel Publications An up-to-date guide for cruise lovers provides authoritative reviews and descriptions of every major ship sailing the Caribbean, along with full-color photographs, detailed coverage of ports of call--as well as local excursions and costs--and tips for travelers regarding the major U.S. ports of embarkation. Original.

TRAVEL BUSINESS AND MORE

STEP-BY-STEP STARTUP GUIDE

Entrepreneur Press Pack Your Bags…Full of Profits At over a billion dollars, the travel industry is evolving, creating new trends and new opportunities for eager entrepreneurs like you. Our experts take you step-by-step as you embark on your most exciting adventure—starting a business. Discover success as an independent travel or specialty tour professional offering unique opportunities—in both geography and market niche—that even online discount travel sites can't compete with. From exotic getaways to adrenaline-pumping extreme tours and time-saving technology to important regulations, learn how to conduct business by land, air, or sea. Led by our experts, find your travel niche, establish your business, price your time and packages, master important destination details, and much more. Plus, access an abundance of resources including important associations, travel-specific software, mailing lists, and in-the-trenches tips from successful travel and tour operators. Covers: Hot travel markets including: business, leisure, adventure, honeymoons, family, men only, women only, seniors, and more Designing and pricing your services and packages to compete in the travel marketplace Managing your finances Using efficient software systems and mobile technology for daily operations Complying with the rules of security and domestic and foreign travel Advertising and promoting online and in print Growing your business And more From finding your travelers to delivering a trip of a lifetime and everything in between, learn what you need to know to become a high-flying success! The First Three Years In addition to industry specific information, you'll also tap into Entrepreneur's more than 30 years of small business expertise via the 2nd section of the guide - Start Your Own Business. SYOB offers critical startup essentials and a current, comprehensive view of what it takes to survive the crucial first three years, giving you exactly what you need to survive and succeed. Plus, you'll get advice and insight from experts and practicing entrepreneurs, all offering common-sense approaches and solutions to a wide range of challenges. • Pin point your target market • Uncover creative financing for startup and growth • Use online resources to streamline your business plan • Learn the secrets of successful marketing • Discover digital and social media tools and how to use them • Take advantage of hundreds of resources • Receive vital forms, worksheets and checklists • From startup to retirement, millions of entrepreneurs and small business owners have trusted Entrepreneur to point them in the right direction. We'll teach you the secrets of the winners, and give you exactly what you need to lay the groundwork for success. BONUS: Entrepreneur's Startup Resource Kit! Every small business is unique. Therefore, it's essential to have tools that are customizable depending on your business's needs. That's why with Entrepreneur is also offering you access to our Startup Resource Kit. Get instant access to thousands of business letters, sales letters, sample documents and more - all at your fingertips! You'll find the following: The Small Business Legal Toolkit When your business dreams go from idea to reality, you're suddenly faced with laws and regulations governing nearly every move you make. Learn how to stay in compliance and protect your business from legal action. In this essential toolkit, you'll get answers to the "how do I get started?" questions every business owner faces along with a thorough understanding of the legal and tax requirements of your business. Sample Business Letters 1000+ customizable business letters covering each type of written business communication you're likely to encounter as you communicate with customers, suppliers, employees, and others. Plus a complete guide to business communication that covers every question you may have about developing your own business communication style. Sample Sales Letters The experts at Entrepreneur have compiled more than 1000 of the most effective sales letters covering introductions, prospecting, setting up appointments, cover letters, proposal letters, the all-important follow-up letter and letters covering all aspects of sales operations to help you make the sale, generate new customers and huge profits.

QUARANTINE!

HOW I SURVIVED THE DIAMOND PRINCESS CORONAVIRUS CRISIS

Post Hill Press What happens when you find yourself at the epicenter of a global crisis over a contagious new virus? Bestselling writer Gay Courter and her filmmaker husband learned the answer to that question in early February 2020, just as they were about to disembark from the Diamond Princess in Tokyo after a dazzling two-week southeast Asian cruise. Weeks before lockdowns and social distancing became the new normal, the Courters and their shipmates suddenly found themselves trapped in a posh penitentiary—courtesy of the Japanese Ministry of Health. Confined to their cabin and its balcony, they watched in terror as more and more sick and contagious passengers were loaded into ambulances and the world's press swarmed the port. Rather than passively endure their nightmare-come-true, they launched a campaign to get themselves and everyone else off the ship. With the help of the global media and some well-placed connections, they managed to influence high-ranking U.S. government officials—right up to and including the White House—to bring everyone home to safety. Quarantine! is the insider's book on the Diamond Princess episode, a suspenseful real-life drama recounting Gay and Phil's twelve-day ordeal aboard ship, their tenacious efforts to get the U.S. government to repatriate them and other Americans, and their additional fifteen-day quarantine under federal order behind chain-link fencing at the pointedly less-than-posh Lackland Air Force Base in Texas. The COVID-19 crisis has affected the entire world. In her inimitable, long-admired voice, Gay Courter tells how it feels to wonder if you will be the next victim. For updates on Phil Courter's documentary, Quarantine! How We Survived the Diamond Princess Coronavirus Crisis, visit quarantinediamondprincess.com.

SEATRADE CRUISE REVIEW

THE SLEEP DOCTOR'S DIET PLAN

SIMPLE RULES FOR LOSING WEIGHT WHILE YOU SLEEP

Rodale Books Losing weight while you sleep may sound too good to be true, but in fact the connection between inadequate sleep and weight gain (among a host of other negative medical results) has long been recognized by medical researchers. Turning this equation on its head, clinical psychologist and board-certified sleep expert Dr. Michael Breus shows that a good night's sleep will actually enable you to lose weight, especially if you have been chronically sleep deprived. The Sleep Doctor's Diet Plan is designed to help any person who has been frustrated by her inability to shed weight by giving her the tools to overcome the stress, poor habits, and environmental challenges that stand between her and adequate rest. Sleep deprivation is a frustrating reality for many women faced with chronic stress or hormonal changes--and the fatigue, moodiness, and weight gain that come with it might just be the tip of the iceberg. While helping thousands of women implement simple health and lifestyle changes to improve the quality and the quantity of their slumber, Dr. Breus has witnessed not only an upsurge in their energy levels and a diminishing of myriad health concerns, but also significant weight loss achieved without restrictive dieting or increased amounts of exercise. In The Sleep Doctor's Diet Plan, Dr. Breus delves into the science behind this sleep-weight-loss connection, explaining exactly how sleep boosts your metabolism, ignites fat burn, and decreases cravings and overall appetite, and he presents a realistic action plan to help you get your best sleep--and your best body--possible. He shows how you can overcome your personal sleep obstacles with a slumber-friendly evening routine, stress management techniques--even recipes for healthy meals and snacks--to help you fall asleep more easily. If you are ready to stop tossing and turning night after night, if you are done downing coffee to conquer nagging fatigue, and if you have bounced from one diet to another in an effort to find one that really, finally helps you lose the pounds you want, The Sleep Doctor's Diet Plan has the information, advice, and practical strategies you need to get deep, revitalizing sleep--and achieve a slimmer, healthier body in the process.

BERLITZ CRUISING AND CRUISE SHIPS 2020 (TRAVEL GUIDE EBOOK)

Apa Publications (UK) Limited If you want a holiday that's hassle-free, virtually pre-paid, and that lets you see lots of places while only needing to pack and unpack once, then you should try a cruise. This best-selling book is the cruise industry bible: it gives you all the information you need to choose the right cruise for you. Meticulously updated every year by cruise expert Douglas Ward, it is divided into two main parts: the first helps you work out what you're looking for in a cruise holiday and how to find it; the lively text and colour photographs describe every aspect of life on board, including safety, the highs and lows of the cruise experience and how to save money. The second part contains unbiased reviews and fascinating detail of almost 300 ocean-going cruise vessels, and grades them on service, food, entertainment and facilities, using an internationally recognised ratings system.

VEGETABLES AND DESSERTS

Random House Incorporated More than two hundred clear and easy-to-follow recipes for nutritionally adapted versions of classic vegetable and dessert dishes are accompanied by detailed nutritional

information

BEAUTY SLEEP

LOOK YOUNGER, LOSE WEIGHT, AND FEEL GREAT THROUGH BETTER SLEEP

Penguin A WebMD sleep consultant draws on cutting-edge information to present an accessible reference to sleeping well, citing the role of sleep deprivation in such health concerns as poor eating, aging, and growth, in a resource that outlines a twenty-eight-night program for addressing short-term sleep problems. Originally published as Good Night. Reprint. 25,000 first printing.

THE TOTAL TRAVELER GUIDE TO WORLDWIDE CRUISING

An award-winning travel writer specializing in cruises, Blum offers sound advice on everything first-time cruisers need to know; what to pack alternatives to megaship, cruises, and more. Essential for all novice cruisers.

RICK STEVES MEDITERRANEAN CRUISE PORTS

Rick Steves Set sail and dive into Europe's magnificent port cities with Rick Steves Mediterranean Cruise Ports! Inside you'll find: Rick's expert advice on making the most of your time on a cruise and fully experiencing each city, with thorough coverage of 23 ports of call Practical travel strategies including how to choose and book your cruise, adjust to life on board on the ship, and save money Self-guided walks and tours of each port city so you can hit the best sights, sample authentic cuisine, and get to know the culture, even with a short amount of time Essential logistics including step-by-step instructions for arriving at each terminal, getting into town, and finding necessary services like ATMs and pharmacies Rick's reliable tips and candid advice on how to beat the crowds, skip lines, and avoid tourist traps Helpful reference photos throughout and full-color maps of each city Useful tools like mini-phrasebooks, detailed instructions for any visa requirements, hotel and airport recommendations for cruise access cities, and what to do if you miss your ship Full list of coverage: Provence, Marseille, Toulon and the Port of La Seyne-sur-Mer, Cassis, Aix-en-Provence, Nice, Villefrance-sur-Mer, Cap Ferrat, Monaco, Cannes, Antibes, Florence, Pisa, Lucca, the Port of Livorno, Rome, the Port of Civitavecchia, Naples, Sorrento, Capri, Pompeii, Herculaneum, the Amalfi Coast, Venice, Split, Dubrovnik, Athens, the Port of Piraeus, Mykonos, Santorini, Corfu, Olympia and the Port of Katakolo, Crete and the Port of Heraklion, Rhodes, Istanbul, Ephesus, and The Port of Kusadasi Maximize your time and savor every moment in port with Rick's practical tips, thoughtful advice, and reliable expertise. Heading north? Pick up Rick Steves Scandinavian & Northern European Cruise Ports.

STERN'S GUIDE TO THE CRUISE VACATION

Xlibris Corporation

STERN'S GUIDE TO THE CRUISE VACATION: 20/21 EDITION

Xlibris Corporation "The extent of detail given . . . is good not only for the novice cruiser finding their way around . . . but also for the veteran cruiser who wants to know the latest about the newest ships." "This is the book with which to gain a full and thorough understanding of the wonderful world of cruising. Repeat cruisers and novices alike will gain from the volume of features, menus, daily schedules, photos, as well as details on every cruise ship and port of call throughout the world. This should be the encyclopedia for any cruise aficionado" (World of Cruising). "People who've never cruised before or those who have but find themselves faced with a confusing onslaught of new ships need to know a great deal, and this book goes a long way in providing it" (Chicago Tribune). "Stern's Guide to the Cruise Vacation is one of the most comprehensive authorities and a must-have for both the novice and the seasoned cruiser" (Porthole Cruise Magazine).

THE TRAVELER'S WEB

AN EXTREME SEARCHER GUIDE TO TRAVEL RESOURCES ON THE INTERNET

Information Today, Inc. Presents a vast range of online travel sites as well as savvy search tips and techniques that are designed to help readers improve the travel-planning process. Readers will learn how to make the most of the Web for leisure and business travel, from planning and reservations to countless ways the Internet can enhance the experience of destinations and cultures around the world.-From publisher description.

STERN'S GUIDE TO THE CRUISE VACATION: 2017 EDITION

DESCRIPTIONS OF EVERY MAJOR CRUISE SHIP, RIVERBOAT AND PORT OF CALL WORLDWIDE.

Xlibris Corporation "The extent of detail given . . . is good not only for the novice cruiser finding their way around . . . but also for the veteran cruiser who wants to know the latest about the newest ships" (CyberCruises.com). "This is the book with which to gain a full and thorough understanding of the wonderful world of cruising. Repeat cruisers and novices alike will gain from the volume of features, menus, daily schedules, photos, as well as details on every cruise ship and port of call throughout the world. This should be the encyclopedia for any cruise aficionado" (World of Cruising). "People who've never cruised before or those who have, but find themselves faced with a confusing onslaught of new ships need to know a great deal, and this book goes a long way in providing it" (Chicago Tribune). "Stern's Guide to the Cruise Vacation is one of the most comprehensive authorities and a must-have for both the novice and the seasoned cruiser" (Porthole Magazine).

STERN'S GUIDE TO THE CRUISE VACATION 2007

Pelican Publishing Pelican's luxury-travel expert Steven B. Stern completely updates this guide each year to provide the most current and accurate descriptions of nearly 300 cruise ships. These listings include not only Alaskan, Mediterranean, and Caribbean cruises but also offbeat destinations like European barge trips and more. Every new edition also contains actual shipboard menus, activity schedules, price categories, and hints on how to best enjoy an eight-hour stay in port.

STERN'S GUIDE TO THE CRUISE VACATION: 2015 EDITION

Xlibris Corporation This valuable guide assists you in selecting the ship best suited to your taste, advises you on how to prepare for your cruise, and explains what to expect once you are onboard. Stern discusses every major port of call worldwide, listing details on attractions, beaches, hotels, restaurants, shopping, sports, and other recreation. He also includes guidelines on how to make the most of an eight-hour stay in port.

STERN'S GUIDE TO THE CRUISE VACATION: 2014 EDITION

Xlibris Corporation This valuable guide assists you in selecting the ship best suited to your taste, advises you on how to prepare for your cruise, and explains what to expect once you are onboard. Stern discusses every major port of call worldwide, listing details on attractions, beaches, hotels, restaurants, shopping, sports, and other recreation. He also includes guidelines on how to make the most of an eight-hour stay in port.

CRUISE CONFIDENTIAL

A HIT BELOW THE WATERLINE: WHERE THE CREW LIVES, EATS, WARS, AND PARTIES -- ONE CRAZY YEAR WORKING ON

Travelers' Tales In *Cruise Confidential*, Brian David Bruns spills the dirt — or in this case, the dirty water — on those romantic, fun-filled vacations at sea. His hilarious chronicle of the year he spent working for Carnival Cruise Lines takes readers down into the areas where the crew works and lives, leaving readers gasping with laughter as they're assaulted nonstop with events that range from the absurd to the utterly bizarre. Stewards fighting over food. Cutlery allowances and other nonsensical rules. What the crew calls those onboard (no, it's not "passengers"). And of course, the sex. An abundance of ready, willing, and able bodies eager for action on a vessel replete with nooks and crannies leads to love in some mighty strange, and seemingly impossible, places. Breezy, entertaining, and informative, *Cruise Confidential* is essential reading for those planning a cruise or for anyone who just needs a good laugh.

STERN'S GUIDE TO THE CRUISE VACATION 2009

Pelican Publishing

GOOD NIGHT

THE SLEEP DOCTOR'S 4-WEEK PROGRAM TO BETTER SLEEP AND BETTER HEALTH

Dutton Adult A WebMD sleep consultant draws on cutting-edge information to present an accessible reference to sleeping well, citing the role of sleep deprivation in such health concerns as poor eating,

aging, and growth, in a resource that outlines a twenty-eight-night program for addressing short-term sleep problems.

CONDÉ NAST'S TRAVELER

THIS IS YOUR CAPTAIN SPEAKING

MY FANTASTIC VOYAGE THROUGH HOLLYWOOD, FAITH AND LIFE

Thomas Nelson The remarkable life, career, and faith journey of the star of *The Love Boat* and *The Mary Tyler Moore Show*. For 16 years, millions of Americans welcomed Gavin MacLeod into their living rooms every Saturday night. This veteran of stage and screen transformed himself from a seasoned character actor into the leading, lovable father-figure of *The Love Boat* at the height of TV's boom years. For more than 30 years, Gavin MacLeod has served as the global ambassador for Princess Cruises. Speaking to thousands of travelers each year, and signing hundreds of autographs at every port, he stands poised to celebrate his amazing journey with a look back at the golden era of American television. The consummate storyteller, Gavin shares his fondest memories of meeting and working with countless stars, such as Cary Grant, Steve McQueen, Gregory Peck, Bette Davis, Frank Sinatra, Ethel Merman, Ella Fitzgerald, Ronald Reagan, Milton Berle, and Fred Astaire. From his humble theatrical beginnings in upstate New York, to Radio City Music Hall and on to Hollywood, Gavin MacLeod was on the fast track to success. However, a few hard life lessons—like dealing with a divorce—taught Gavin that the key to happiness was only through a deep faith in God, and he feels his work for Christ is more important than any award. Three years later his remarriage proved that a great struggle can culminate in a happy ending.

FOOD FACES

150 FEASTS FOR THE EYES

Rizzoli Publications This colorful book of food art invites even the most discriminating palate to play with his or her food. Edible ingredients are transformed into whimsical happy faces by the expert hand of chef Rudi Sodamin. In this inventive volume, he uses both everyday and luxury foods—grapes, apples, chile peppers, salmon roe, caviar, and black truffles, among many other items—to craft more than 150 funny faces that are sure to inspire both laughter and wonder. Like a modern Arcimboldo, Sodamin has carefully assembled these images using nothing but food items. Each face is a unique piece of art: vibrant in color, rich in texture, and constructed in an incredibly imaginative way. This book has a universal appeal that crosses all ages, languages, cultures—and food groups. Food Faces makes a great gift for anyone who needs a little lift.

STERN'S GUIDE TO THE CRUISE VACATION: 2018/2019 EDITION

DESCRIPTIONS OF EVERY MAJOR CRUISE SHIP, RIVERBOAT AND PORT OF CALL WORLDWIDE.

Xlibris Corporation "This is the book with which to gain a full and thorough understanding of the wonderful world of cruising. Repeat cruisers and novices alike will gain from the volume of features, menus, daily schedules, photos, as well as details on every cruise ship and port of call throughout the world. This should be the encyclopedia for any cruise aficionado. (World of Cruising)"--Amazon.com.

MICHIGAN LIVING - MOTOR NEWS

THE CHEAPSKATE'S GUIDE TO CRUISES

THE VERY BEST TRIPS FOR THE LOWEST COST

Citadel Press Offers money-saving suggestions for planning a cruise vacation, profiles major cruise lines, and describes alternate cruising options

FODOR'S THE COMPLETE GUIDE TO ALASKA CRUISES

Fodor's "Portions of this book appear in Fodor's Alaska."

KIPLINGER'S PERSONAL FINANCE

The most trustworthy source of information available today on savings and investments, taxes, money management, home ownership and many other personal finance topics.

KIPLINGER'S PERSONAL FINANCE

The most trustworthy source of information available today on savings and investments, taxes, money management, home ownership and many other personal finance topics.

BERLITZ COMPLETE GUIDE TO CRUISING AND CRUISE SHIPS

Apa Productions With more than 330,000 sold, this recognized "bible of the cruise industry" rates more than 256 major and minor ships cruising the world's oceans and waterways. Dramatically new and improved, the 2006 edition boasts exciting new features: compelling full-photography, colorful maps depicting principal cruise destinations, feature articles on new trends in the industry, and a comprehensive assessment of the Queen Mary 2. First-time cruise-goers, experienced passengers, and travel professionals alike will all find this an invaluable guide. Author Douglas Ward is considered one of the world's foremost authorities on cruising and has logged nearly 5,000 days at sea in his 38 years of experience.

STERN'S GUIDE TO THE CRUISE VACATION

2010 EDITION

Pelican Publishing

THE ROTARIAN

Established in 1911, The Rotarian is the official magazine of Rotary International and is circulated worldwide. Each issue contains feature articles, columns, and departments about, or of interest to, Rotarians. Seventeen Nobel Prize winners and 19 Pulitzer Prize winners - from Mahatma Gandhi to Kurt Vonnegut Jr. - have written for the magazine.

PANAMA ADVENTURE GUIDE

Hunter Publishing, Inc A detailed guide to every aspect of the destination: history, culture, foods, restaurants, hotels, sightseeing, things to do - written by an author who knows the place intimately.

FLIGHT ATTENDANT JOB FINDER & CAREER GUIDE

Planning Communications Flight attendants may live exciting and glamorous lives, but only ten out of every 1,000 applicants get hired. Author Tim Kirkwood applies his 23 years of flight attendant experience to reveal the inside scoop on the ins and outs of this unique process. Book jacket.

THE "PEOPLE POWER" HEALTH SUPERBOOK: BOOK 22. WORLD MEDICAL GUIDE (VACCINATIONS, MEDICAL SERVICES, MEDICAL TOURISM, DISABLED PEOPLE ACCESS WORLDWIDE, WORLD MEDICAL KNOWLEDGE)

Lulu Press, Inc If you're traveling abroad, find out what diseases are prevalent where you're going and get the vaccinations. Some countries won't let you in unless you have proof of certain vaccinations. The most common ones are tetanus, diphtheria, polio, measles, cholera, smallpox, hepatitis, typhoid and yellow fever. Your state health department or the Center of Disease Control (877-fyi-trip, 800-458-5231, 800-311-3435, 888-232-3228) should be able to help you with immunization/ vaccination requirements in foreign countries. Some governments require immunizations to protect their people from visiting foreigners and to protect foreigners from any health risks in their country. Ask the embassy of the country you're going to if you need special immunizations such as for yellow fever, malaria, or cholera. You might also need a health certificate and possibly an AIDS test. Health inspections and immunization requirements at international borders come down to two things: