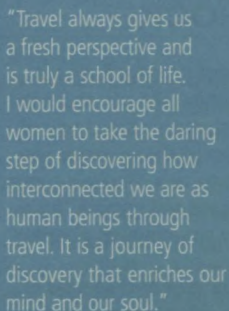


health concerns to deal with on the road. A bit of planning and research in this area will prove invaluable once you are abroad.

Even if you choose luxury hotels over budget accommodations, you must always be vigilant to protect your well-being and security. What steps can you take to avoid sexual harassment? How can you make your hotel room more secure? Where can you obtain consular assistance if you experience problems abroad?

This booklet is filled with practical tips and advice to address these and other issues from a woman's point of view. Its main objective is to encourage Canadian women to take a preventive approach to safe travel. For further information on planning a safe and problem-free trip, see our publication *Bon Voyage, But...* or visit our Consular Affairs website at www.voyage.gc.ca. And bon voyage!



"Travel always gives us a fresh perspective and is truly a school of life. I would encourage all women to take the daring step of discovering how interconnected we are as human beings through travel. It is a journey of discovery that enriches our mind and our soul."

Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada