Introduction	. 2
Lessening the Culture Shock	. 3
Travel Light, Travel Smart	. 4
Extra Security Makes Sense	. 5
Air Travel	. 6
Accommodation	. 7

Networking Along the Way 8

D1622 2	DEI13E	
Avoidin	g Harassment	10
) Alone A	After Sundown	11

Maintaining Connections	12
Staying Healthy	13
Coping with Foreign Bathrooms	16
The Pregnant Traveller	16
Travelling with Children	18

International Adoptions	19
The Older Traveller	19
Businesswomen Abroad	20
Consular Assistance	21