

INTRODUCTION

Now, more than ever, this booklet is a woman's key to safe and successful travel. Since the first edition was published nearly 10 years ago, the world of women's travel has evolved. From young backpackers to experienced businesswomen, females of all ages are exploring the planet in growing numbers. They are venturing further and touring, studying and working in more remote and sometimes less secure areas than they once dared. This trend continues against a global backdrop of increasing security concerns and our own country's changing societal norms. Like never before, it is essential that women educate themselves to travel the world safely and responsibly.

While women travel for many of the same reasons as men do, their social concerns, as well as their health and safety needs, are different. Female travellers are more directly

affected by the religious and societal beliefs of the countries they visit. As they make their way around the globe, they need to adapt the way they dress and how they interact with local populations. The more they prepare themselves for differing norms and attitudes, the richer and safer their travels will be.

In some countries, it is considered improper for a woman to wear a bikini; in others, she should not go out alone after dark. Businesswomen who travel and work abroad may find that their productivity increases in direct proportion to their knowledge of the cultural do's and taboos of foreign boardrooms. Women thinking of marrying overseas need to learn beforehand about a country's customs and laws regarding relationships and marriage.

Whether you are a breast-feeding mother, a busy executive or an older traveller, as a woman, you will have unique