

pinch the female passengers standing close to them. If this happens to you, make a fuss. Point at the offender and chastise him in a loud voice. He'll probably slink away. However, to avoid these types of advances, consider choosing reserved seating if you can afford it. It will be money well spent.

In countries like Egypt and India, take advantage of the female-

only sections in buses, trains and subways. Use this excellent opportunity to communicate with local women and their children.

In India, a female's upper arms are considered sensual areas of the body and therefore must never be exposed in public.

## **Alone After Sundown**

Women rightfully tend to be more cautious about going out after sundown.

However, that doesn't mean that you shouldn't go out at all. Simply

take precautions: for example, in planning an evening at the symphony, arrange in advance to have a taxi take you there and back; in deciding where to eat dinner, choose a restaurant that is close to where you're staying.

Since it's always interesting to experience the sights and rhythms of a place after dark, consider joining a sightseeing group. Check with the local tourism centre for any appropriate tours or cultural

events that are available. Make sure that the tour bus picks you up and drops you off at your hotel or hostel.

Alternatively, you may appreciate matinée performances, which are far less expensive and may give you an opportunity to meet others.

If you're not comfortable eating alone in the evening, have your main meal at lunch-time when even the finest restaurants offer their specialities at more reasonable prices.

During the day, why not stop in at a market or supermarket and shop alongside the local women?