Contents

Introduction2
Lessening the Culture Shock3
Travel Light, Travel Smart4
Extra Security Makes Sense5
Air Travel6
Accommodation7
Networking along the Way8
Dress Sense9
Avoiding Harassment10
Alone after Sundown11
Maintaining Connections12
Staying Healthy12
Health Tips for the Woman Globetrotter14
Coping with Foreign Bathrooms16
The Pregnant Traveller17
Travelling with Children18
International Adoptions19
The Older Traveller20
Businesswomen Abroad21
References, Resources and Recommended Reading22