

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

You can learn about the food specialties of the area and put together a meal to eat as a picnic in your room. Even with wine, it's less expensive than eating out every night.

Understand that, in some parts of the world, "respectable" women

don't go out alone in the evening. In these places, a flagrant rejection of this custom could very

well put you in jeopardy. Instead, after a long day of sightseeing, welcome the opportunity to rest, relax and rejuvenate yourself, so you can

be ready to enjoy another full day of new experiences.

In Saudi Arabia, a woman is not allowed to drive a motor vehicle or ride a bicycle. She must have a male driver.

## Maintaining Connections

You should maintain contact with at least one person back home, especially if you're travelling solo. By letter, fax, e-mail or telephone, let that person know where you are and where you're heading next.

Off travelling for the day? You should leave a note in your room

explaining where you're going. If you run into trouble, at least there will be clues to follow.

"Travelling — it opens your eyes. It makes you realize how well off we are here in Canada."

*Captain Nicole Sauvé,  
airline pilot*

Always carry a business card from your hotel or B&B. If you get lost, approach

another woman on the street and show her the address on the card. She may be able to point you in the right direction.