



AVOIDING HARASSMENT

There is potential for sexual harassment and intimidation around the world. Be prepared. Do your research before you leave home. Find out as much as you can about the roles of both women and men where you plan to visit.

Avoid wearing provocative, form-fitting clothing.

A woman alone may be considered fair game. Prepare yourself mentally for propositions, suggestive comments or catcalls. Then simply ignore them.

In some cultures, it is considered improper for a woman to travel solo. When travelling to countries that present such challenges, you might want to team up with a companion. Two women travelling together often have an easier time.

In some cultures, making eye contact with a man, or simply smiling, may suggest that you want his company. Some women solve this problem by wearing dark glasses or by maintaining a formal demeanour.

Be aware that, in countries where you look different from the local population, both men and women may openly stare at you and make no attempt to hide their curiosity.

Behave confidently, as if you know exactly where you are going and what you are doing.

Take your cue from the local women. As a rule, if they do not sit in cafés alone or wear sleeveless dresses, neither should you.

Never hitchhike or accept rides from strangers. Ask local hotels to recommend reputable taxis and, whenever possible, try to double up with someone you know when travelling by cab.

Crowded trains and buses can be hot spots for anti-social behaviour. Some men use this opportunity to touch or pinch the female passengers near them. If you are targeted,