

or 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.

In countries where it is available, take advantage of the female-

only section 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 rightly 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 out, arrange in advance to have a taxi take you there and back. When 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 matinee 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 lunchtime when even the finest restaurants offer their specialties at more reasonable prices.

In Saudi Arabia, a woman must wear an abaya (a long black dress that covers the body from the shoulders to the toes). A scarf should be carried at all times to cover the head when requested.