

Nancy's first six months at a foreign university were fascinating, as she explored the beautiful city, got to know her community and improved her skills in the local language. But, little by little, her fascination turned into alienation. Nancy started eating compulsively, negatively stereotyping the local people, and feeling more and more miserable. Even so, she resolved to stick it out – at least for a while. Eventually, she felt much less depressed, regained her sense of humour and only occasionally yearned for home.



TRAVEL LIGHT, TRAVEL SMART

It is best to travel light.

As a woman alone, you will be far less vulnerable and much more independent if you are not loaded down with heavy luggage and extra bags. Depending on your style of travel, a small suitcase on wheels or a backpack is a good choice. A tote bag or small day pack is useful for shorter excursions. Try to have at least one hand free at all times.

It is wise to keep your luggage locked at all times. Carry several small locks and two sets of keys.

Avoid expensive-looking camera bags and other showy accessories, which may mark you as a wealthy tourist.

Luggage tags with flaps that hide your name and address from inquiring eyes are a smart idea. They protect your anonymity and thwart would-be thieves who may try to identify the empty home you have left behind.