

COPING WITH CULTURE SHOCK

A smart traveller finds out everything she can about the culture, customs and role of women in the countries she plans to visit. She learns what to expect and prepares for as many situations as possible.

One of your best sources of travel information is other women. Connect with them through women's associations and online travel networks (see the "For More Information" section). Ask for their advice. Note their recommendations on hotels, bed and breakfasts, and restaurants. Find out if they have friends or know of organizations that you could contact at your destination.

Supplement the mainstream media with travel books, newsletters, magazines and websites just for women. They offer an understanding view of the health, safety, cultural and emotional issues experienced by females on the road.

Surf the Internet. Post your queries on web-based bulletin boards. You could get responses from helpful travellers around the world. But beware of those who may use the Internet for malicious purposes.

Seek out women at home who were born and raised where you plan to visit or who have travelled there frequently.

They are perfect guides to appropriate behaviour and dress for women in that culture. Get them to teach you a few key words and phrases in the local language.

For more information on coping with culture shock, see the "While Abroad" section of our website.



"Travelling is the ultimate education. It teaches us to see the beauty in our differences and how to accept them."

Gillian Marx, Media Relations, Newfoundland and Labrador Tourism