

## Introduction

From the young to businesswomen to energetic grandmothers, Canadian women are travelling like never before. They're travelling solo, in pairs, with their children and as members of interest groups. And while women travel for many of the same reasons as men do, their social concerns, as well as their health and safety needs, are very, very different.

Female travellers are directly affected by the religious and societal beliefs of the countries they visit. As they make their way around the globe, chances are they'll be called upon to adapt the way they dress or the manner in which they interact with the male population. They might even find that, in some places, it's inappropriate to be outdoors after sundown. The more that women prepare themselves for these differing attitudes, the richer and safer their travelling experiences will be.

Whether you're a breast-feeding mother, a busy executive or an older traveller, as a woman you'll have a unique set of health concerns to contend with on the road. A bit of pre-planning and

research in this area will prove to be invaluable once you're on your way.

Everyone knows that, when travelling, a woman must be extra vigilant in terms of safety and security. What steps can she take to avoid possible sexual harassment? How can she make her hotel room secure?

This publication is filled with practical tips specifically of interest to the female traveller. Its prime objective is to inform and inspire Canadian women to travel safely. For general information on planning a safe trip, see our booklet *Bon Voyage... But*, which is listed in the "For More Information" section. And bon voyage!