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For  
**Women  
Travelers**



**Everyone traveling abroad should research local customs, but women should be especially attentive.**



***stay safe.  
go from here.***



### **Walk this Way (And Talk this Way)**

If you are a woman in a foreign country, even dressing in a burlap sack and sensible shoes may not protect you against the unwelcome advances of strangers. Always try to stay with a group when exploring locally and avoid walking alone at night. In addition, don't feel the need to be overly polite if you are bothered by someone. While it may seem rude to be unfriendly to a stranger, creating boundaries to protect yourself is important. Use facial expressions, body language, and a firm voice to fend off any unwanted attention.

### **I am Woman: Hear Me Roar?**

Traveling through foreign lands gives you a unique opportunity to observe a rich tapestry of cultures and customs—which may include very different ideas about gender roles. Some countries have more conservative views about what constitutes appropriate female behavior. Remember, you're a visitor. Do some research on social mores before you go and respect the customs of the nation. You may not agree with all of the cultural practices you learn about, but you should abide by them while in that country.

### **What NOT to Wear: Use Your Fashion Sense**

In some countries, wearing the wrong things can get you arrested or lead to a dangerous situation. Different countries have different standards of what is appropriate. Research the culture before you go and pack accordingly. On arrival, note the clothes and makeup local women are wearing and try to follow their lead. Keep flashy jewelry to a minimum to prevent attracting the attention of criminals looking for targets. Any fashion statement you DO make should show consideration for the country you are visiting.

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