

What Can Women Do To Avoid Sexual Harassment When They Travel On Vacation?

Contributed by Dorothy Yamich
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The women of today are venturing out and traveling more globally than at any time in history. Female travelers, whether traveling alone, with a companion, or as a group, are encountering different cultures, religions, and societies. With this freedom comes some significant risks that men may never encounter. It is therefore prudent for women who plan to travel to learn how to handle themselves when on holiday, studying abroad, or traveling on business.

What are some things you can do that may help you have a safer and more enjoyable travel experience?

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If the local women cover their hair and their arms and legs then you should do that also. Do not wear bikinis, swimsuits, or short shorts in towns where local women are all covered up. Dress conservatively.

Avoid direct eye contact with men as they might construe this as flirtatious. Do not talk, smile, or wave to strange men who smile or say hello to you. If a man follows you, cross the street. If this doesn't work, find a policeman, or enter a store and ask for help.

If you need to ask for directions, always ask a woman. And, if you are traveling by bus or train, always sit with other women.

It is a good idea to carry a versatile head scarf in your handbag just in case you need to cover your head and arms.

You may want to wear a fake wedding ring to help ward off and discourage any unwanted male advances if you are not married.

You should wear a referee's whistle around your neck under your blouse. It could come in handy.

Consult guide books on the countries and areas that you are traveling to or through to give you a heads up on what to expect. Also, carry a foreign language phrase book with you to help you communicate with people when you get there.

Do not wear expensive looking jewelry, watches, camera carrying cases, or even designer handbags. You don't want to tempt any would be robbers or muggers. Take a conservative outfit along with you in case you need to wear one on certain occasions.

If you are traveling alone, it is best to travel light. For one thing you will be more mobile because you aren't loaded down with luggage. If it's not too small for your belongings, a wheeled, carry-on bag, or a backpack may be your best bet. It is important to try and have one hand free at all times. Having two hands free is even better. You should wear a shoulder bag that has a strong, wide strap that will fit over your head. Wearing the shoulder bag this way may help prevent someone from grabbing the bag and running away with it. The bag should also have secure, zippered pockets.

Dorothy Yamich has a passion for travel. She has lived and traveled extensively throughout Europe as well as traveled in North America, Central America, and the Caribbean. She is a travel consultant and specializes in luxury cruises as well as vacation packages. To quickly find and book cheap holidays, at the best price possible, every time you feel like traveling, visit [Travel Tips Guide](#), for more information.