



101

TIPS *for* WOMEN TRAVELERS

Overseas Adventure Travel



“I am not the same having seen the moon
shine on the other side of the world.”

—Mary Anne Radmacher
Artist & author

*A woman who has dedicated herself to inspiring and
celebrating greatness in women, Mary Anne Radmacher
is herself inspired by travel, as these words show.*

Dear Traveler,

My husband Alan once told me that I am most alive when I am traveling. I consider that one of the greatest compliments he ever paid me. Travel has been at the core of my life since I was a little girl, sneaking a look at travel books under the covers when I was supposed to be sleeping.

It has been many years since then, and I have been privileged to visit countries on every continent, accumulating adventures and meeting wonderful people who have enriched my life in so many ways. One thing I've learned from all these experiences is that we can always learn from each other. From first-time travelers to those who have traveled around the world, we can all benefit from sharing tips and advice.

Alan and I have always been awed by the generosity of OAT and Grand Circle travelers and associates, who are always quick to reply when we ask for their stories and expertise. So, when we put out a call for new tips for this edition of *101 Tips for Women Travelers*, we were not surprised by your response.

While we could easily have put together a volume called *501 Tips for Women Travelers*, we decided to keep this book at a manageable size. So, in these pages, you'll find the best of the best tips offered by our female travelers, online Travel Forum and Facebook followers, and associates and guides around the world. We are so grateful to all of you who contributed your thoughts and ideas.

I hope that this edition of *101 Tips for Women Travelers* gives even the most experienced travelers new ideas for making the most of their trips. At the back of this volume, you'll also find a number of resources that can help you prolong the joy of travel, including travel-related books, films, and Internet resources and apps.

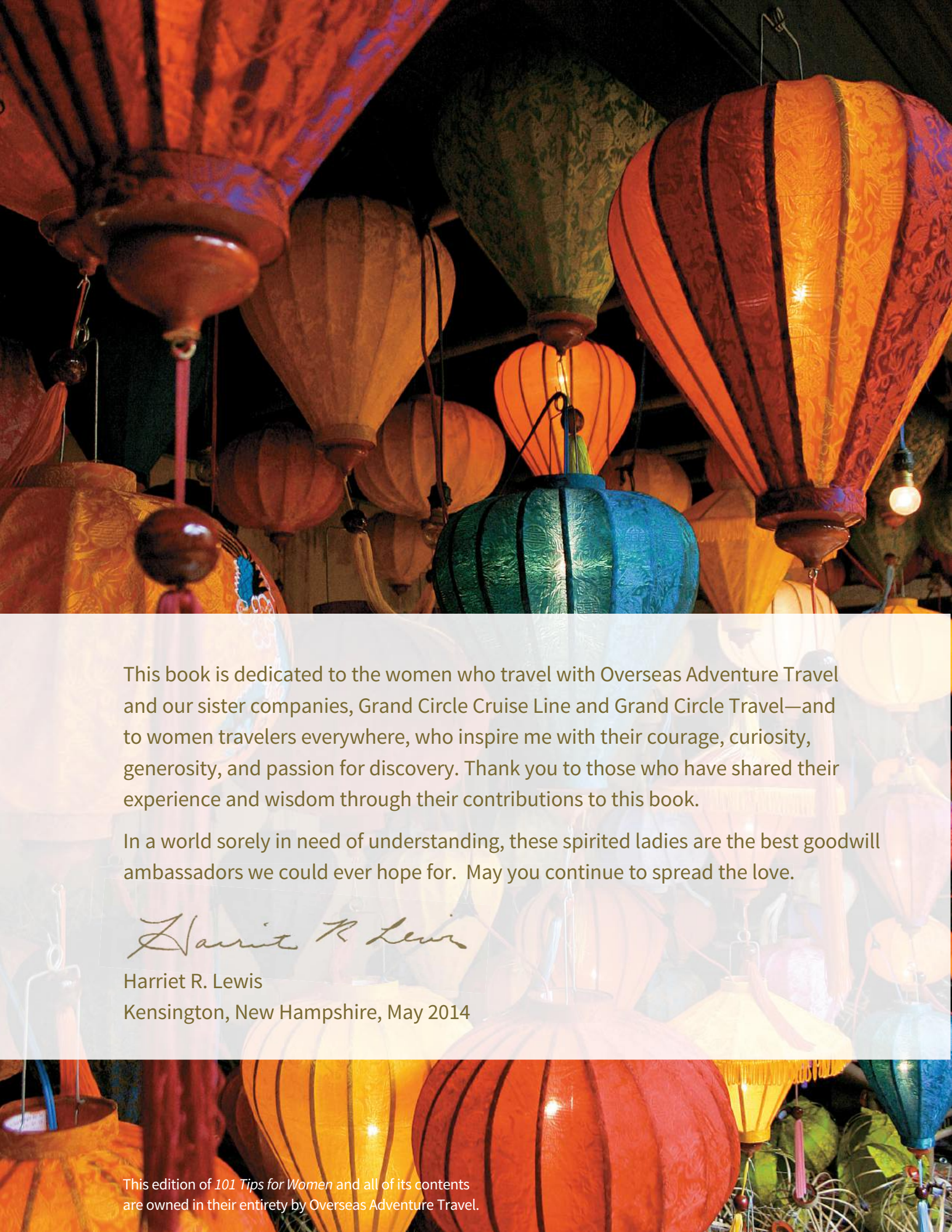
Even more than that, I hope this book inspires women everywhere to pack their bags and set off for new adventures in destinations they'd only dreamed of before. We've come a long way since the days of the women you'll find profiled in these pages, and you might be surprised at how easy it is to explore.

To me, the most important tip of all is simply to keep an open mind. Let go of expectations and immerse yourself in the culture and heritage of the lands you are visiting. At Grand Circle Corporation, our greatest goal is to change the life of every traveler who journeys with us, one trip at a time. It is only by opening our hearts toward truly understanding our fellow world citizens that we can make the world a better place.

Bon voyage and warm wishes,

Harriet Lewis

Vice Chair, Grand Circle Corporation



This book is dedicated to the women who travel with Overseas Adventure Travel and our sister companies, Grand Circle Cruise Line and Grand Circle Travel—and to women travelers everywhere, who inspire me with their courage, curiosity, generosity, and passion for discovery. Thank you to those who have shared their experience and wisdom through their contributions to this book.

In a world sorely in need of understanding, these spirited ladies are the best goodwill ambassadors we could ever hope for. May you continue to spread the love.

Harriet R. Lewis

Harriet R. Lewis

Kensington, New Hampshire, May 2014

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GETTING READY TO GO

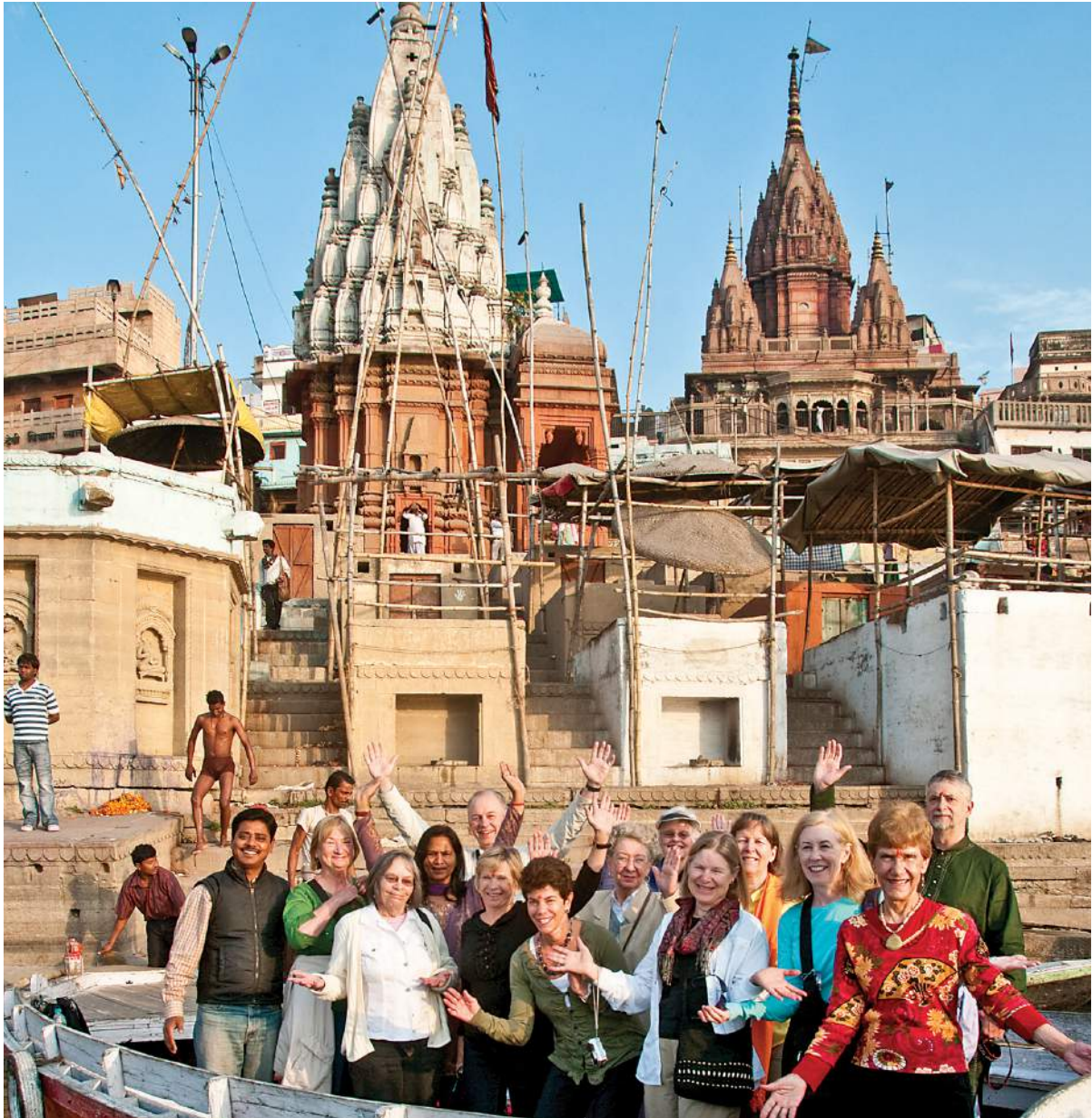
OK, you've picked a destination and made all the necessary reservations and payments. So, you're good to go, right? Well, almost. There are certain "must do's" before any trip, of course, like setting light timers, putting your mail on hold, arranging automatic bill payments, canceling newspaper delivery, and making sure your plants get watered and your pets are taken care of. For me, I like to sprinkle each day's "to do" list with a few fun activities relating to the trip, such as learning a few key phrases of the local language, picking up a book about local history and culture, or studying the plants and flowers I'll be seeing. (I love to garden, so this is one of my favorites.) Here are a few other suggestions that perhaps you hadn't thought of.

HOME SECURITY, DOCUMENTS & PLANNING

1. Tell the neighbors you'll be away.

In addition to locking all doors and windows before you leave, you should let your neighbors know exactly when you'll be away and give them your contact number. Someone back home should also have a copy of your itinerary so they can reach you in case of an emergency.

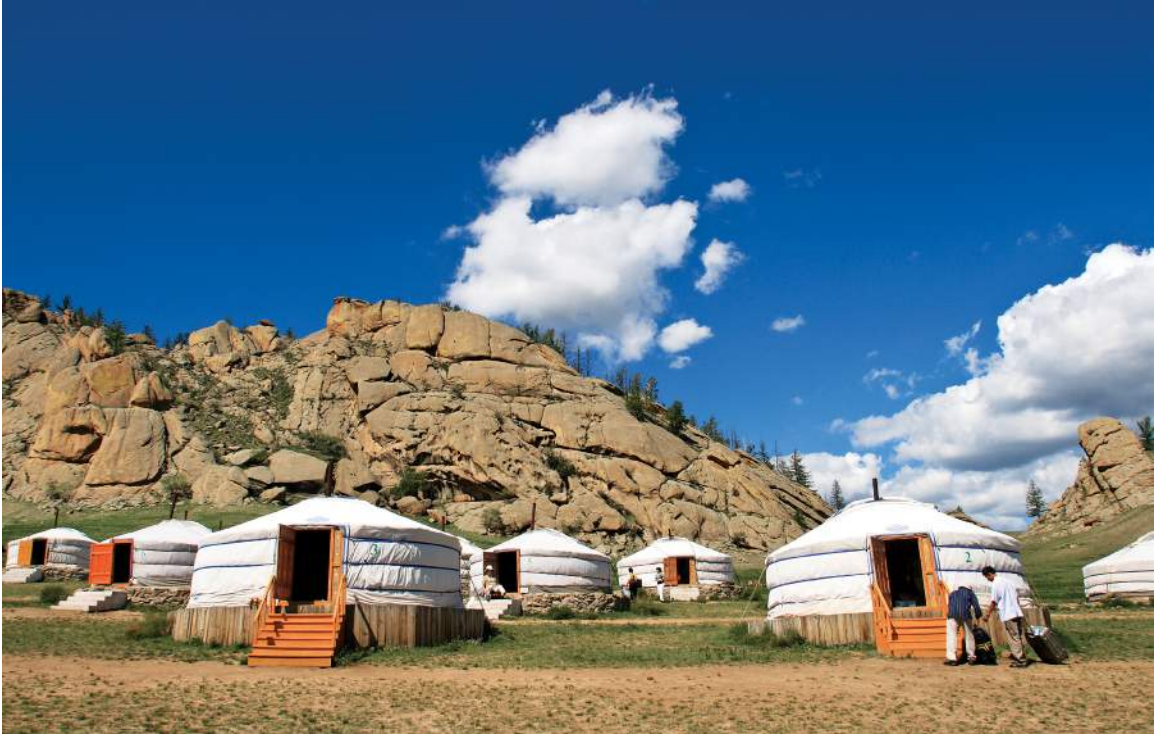
—Margaret, 2-year associate, Boston



“By opening our hearts toward truly understanding our fellow world citizens, we make the world a better place.

I can't think of any greater reason to pack your bags.”

—Harriet Lewis



2. Make sure your passport is up to date.

Some countries now require a passport valid for six months *after* your return to the United States. If you don't have a passport, apply for one at least six months before you plan to travel. For information about passport applications and renewals, visit passports.state.gov

— Mary Ann, 9-year associate, Boston

3. Email your vital information to yourself.

Scan or take a digital photo of any important documents, including your travel documents, passport, driver's license, and credit cards, or save them onto a flash drive. Then email them to yourself. That way, if anything gets lost or stolen, you can easily retrieve the information.

— Gail, 11-time traveler, Wisconsin

4. Bring lists for medical emergencies and packed items.

Make an itemized list of everything in your checked luggage, and carry it in your purse. This way, if your luggage doesn't arrive when you do, you can quickly reconstruct the information for the airline and insurance company. The other essential list you carry should cite all

your medications, including dosages. Then make two copies of your list—one for your carry-on and the other for your suitcase.

— Louise, 11-time traveler, Colorado

5. Make arrangements with your local bank and cell phone provider.

If you're planning on using your ATM card or cell phone abroad, notify your bank or cell phone provider before you go. You should also find out what their fees will be abroad. You might be able to save on service fees from your bank if it has reciprocal agreements with banks where you'll be traveling. Be sure to ask them for the phone number to call for a lost or stolen credit/debit card.

— Marjorie, 13-year associate, Boston

6. Do your homework.

Learning ahead of time about the history, culture, politics, and people of the country you're visiting will enrich your experience. (The Appendix to this guide offers suggestions for [books](#), [movies](#), and [websites](#) that can help you prepare for your trip.)

— Sukie, 22-year associate, Boston

7. Download or register for online tools.

One of my favorite travel-related [Internet resources](#) is checkmytrip.com, a website that allows you to track numerous itineraries, send copies to people, and view seats, etc. It even has tools that help you prepare for everything from weather and currency to airport guides and maps. The website also has a mobile version.

— Bonnie, 3-year associate, Boston

8. Get a dental checkup prior to your trip.

No one wants to endure a toothache while on vacation (especially on a plane, where cabin pressure can cause severe pain), so seeing your dentist beforehand is a wise precaution.

—Sheri, 10-year associate, Boston

“Own only what you can always carry with you:
know languages, know countries, know people.
Let your memory be your travel bag.”

—Aleksandr Solzhenitsyn

A Nobel Prize-winning author who gave up everything to travel to America, Aleksandr Solzhenitsyn reminds us what’s most important to take on your trip.



Amelia Edwards (1831–1892)

Novelist and journalist Amelia Edwards recounts her travel adventures in the Dolomites in Untrodden Paths and Unfrequented Valleys, and her book describing her travels A Thousand Miles Up the Nile was an immediate hit. Recognizing the increasing threat to Egypt’s ancient ruins by tourism and development, Edwards became a tireless public advocate for their research and preservation. In 1882, she cofounded the Egypt Exploration Fund (now the Egypt Exploration Society) and served as its joint Honorary Secretary until her death. She also founded the first Chair in Egyptology (a science she helped to create) at University College, London. Because of the hard work of Amelia and other adventuresome women like her, we can be sure that generations to come will be able to see ancient history firsthand.

Includes excerpts from No Place for a Lady, by Barbara Hodgson, published by Ten Speed Press.



TO BRING OR NOT TO BRING

That is the question that can make the difference in whether or not you have everything you need for your vacation without feeling like a pack mule. In the appendix, you'll find a list of [clothing and essentials](#) we've compiled from our contributors. (For example, always pack a swimsuit, even if you're going to Antarctica. You just never know when it might come in handy!) But there are other tips that can help you make the most of the space in your suitcase, prevent wrinkling or breakage, maximize your chances of having lost luggage returned to you, and more. You'll find the best of these tips here.

TIPS FOR PACKING & SUPPLIES

9. Multi-purpose your fabric softener sheets.

Packing a few fabric softener sheets in your suitcase is a great way to keep your clothes smelling fresh. They're also said to repel mosquitoes, so tie a sheet through a belt loop when outdoors during mosquito season. They also prevent musty luggage, so place an individual sheet inside your empty backpack before storing. If you are driving and your rental car smells musty, place a sheet under the front seat.

—Priscilla, 20-year associate, Boston

10. Pad your breakables.

Leave about $\frac{1}{4}$ of your suitcase or duffel bag empty. Fill the empty space with rolls of bubble wrap and a small dispenser of tape for wrapping your gifts and souvenirs. You can also pad fragile items with a down coat (or pillow). Not only is this a great way to stay warm and comfortable on your trip, but it also keeps valuables from rolling around in your suitcase. Pack flat pieces of cardboard at the bottom of your suitcase for 8x10 group photos, postcards, or artwork. And a 6"-diameter cardboard tube can hold fragile handcrafts, rolled-up prints, and other treasures.

—Lorain, 7-time traveler, Washington

11. Minimize, minimize, minimize!

Fold everything neatly and arrange it by clothing type (e.g., pants, underwear, T-shirts, sweaters, etc.) on the bed. If you can't fit it all onto a double bed, you have too much. Be ruthless: if you're not planning to wear something at least three times, then don't take it on your trip. If it doesn't dry quickly and easily, don't take it on your trip. And remember that something simple, like a lightweight scarf, is sufficient to accessorize your outfit.

—Sandrea, 13-time traveler, Texas

12. Pack strategically.

To avoid wrinkling, put a complete outfit on a hanger and slip it inside a dry-cleaner bag. Lay the bags flat and fold them over each other. Unpacking is a snap! Laying clothes flat and rolling them up together avoids wrinkles and saves space in the suitcase. Place clothing in Ziploc® bags, sorted either by outfit or by category (for example, underwear or socks). Squeeze the air out to keep clothes flat and save space in the suitcase. Ziploc® bags are also handy for medications, cosmetics, wet clothing and swimsuits, photo and electrical

equipment, brochures and ticket stubs, dirty laundry, and more. eBags® packing cubes are also good organizational tools. To maximize space even further, wrap hairbrushes or your hair dryer in plastic and tuck those inside your shoes.

— Kim, 18-year associate, Boston

13. Increase your odds of having lost luggage returned to you.

Make a copy of your itinerary — complete with flight numbers, destinations and hotels, and, if you are on a tour, your tour operator's emergency contact number — and place it at the top of your suitcase. That way, the airline will know exactly where to direct it if it gets lost. Carrying a photo of your packed luggage can be an extra help in non-English-speaking countries. And in the more likely event that your luggage arrives when you do, pack your nightgown on top so you don't have to fish around for it after a tiring journey.

— Katie, 8-year associate, Boston

14. Plan what to bring before you pack.

To make sure you don't forget an essential, make a list of things you need ahead of time. Check the climate of the country you're going to visit, and take only the lightest garments you can and still be comfortable. Layering clothing is always a good strategy when traveling.

— Nan, Trip Leader, Burma

15. Bring athletic bras on exotic vacations.

Many adventure vacations, such as African safaris and rain forest adventures, involve travel on bumpy roads. Minimize any discomfort this might cause you by bringing along one or two athletic bras for those portions of the trip.

— Debbie, 2-time traveler, California

16. Bring duct tape and other gear that serves more than one function.

A tourniquet can be used for non-medical purposes, i.e., to tie curtains back, open jars and bottles, and hold an ice or heating pack to sore joints and muscles. Dental floss can repair broken jewelry or hang laundry. And most popular is duct tape, which can hold suitcases together; repair eyeglasses, umbrellas, shoes, or cameras; and serve as a bandage in an emergency. To save space, wrap it around a pencil to about ¼" in diameter. That way, you'll always have a pencil handy, too!

— Nancy (from Facebook) & Eugenia, 13-time traveler, California

17. Don't throw away those hotel shower caps!

They can come in mighty handy. They're ideal for wrapping shoes before packing—both on the trip you're on and on future trips. The elastic keeps the plastic tight over the soles, to prevent them from getting your clothes dirty. Shower caps can also be used for packing moist items, such as washcloths, or to cover your camera on a rainy day. Back at home, you can use them to cover bowls or plates of food, then either rinse and reuse them or throw them away.

— Melba, 10-time traveler, California

18. Always carry toilet paper everywhere.

You never know when a toilet stall will run out of paper—or never have it at all. In many countries, toilet paper often is not the custom. Before you leave for your destination, prepare ahead by winding a length of toilet paper around your fingers and packing it in your purse or fanny pack. Another idea is to take the cardboard core out of nearly-empty rolls of toilet paper and flatten them down before packing. A packet of tissues or individually packaged towelettes also work just fine. And bring hand sanitizer along, too, just in case.

— Tina, 6-time traveler, California

19. Dress with respect.

Remember to respect other cultures when picking out your travel attire. Always avoid showing bare arms, knees, and midriffs in places of worship. In many countries, attire that's permissible in urban areas becomes less so in rural ones, so plan accordingly.

— Aziz, OAT Trip Leader, Morocco

“Reminds me of my safari in Africa.

Somebody forgot the corkscrew and for several days
we had to live on nothing but food and water.”

— W.C. Fields

*One thing W.C. Fields did not forget to pack was his sense of humor—
something we all should remember to do!*



Mary Kingsley (1862–1900)

If you ever thought you had a hard time packing, consider Mary Kingsley. It was highly unusual in the Victorian era for a sheltered, middle-class, unmarried woman to travel alone. Still, Mary maintained the proprieties. Insisting that “you have no right to go about Africa in things you would be ashamed of at home,” she waded through West African swamps and rivers in Victorian drawing room dress. That included wearing stays and awkward long skirts in the hot, humid climate while fording rivers, tipping canoes, and falling into trappers’ pits.

Excerpt from Wilder Shores: Lady Travelers of the 18th and 19th centuries. An exhibit presented by UCLA Library Department of Special Collections.



WHAT'S IN YOUR WALLET?

The old song says, “Money makes the world go ’round.” What’s certainly true is that you need money to go all around the world! But how do you make sure you have it when you need it? ATMs have made a big difference since the days when I started traveling. (Just make sure you have a four-digit numeric PIN, required for most international transactions.) It’s important to familiarize yourself with local currencies before you go, and I personally don’t bother with travelers’ checks any more—many places no longer even accept them. Here, our travelers and travel planners share other ideas for handling cash throughout your journey, from preparing in advance and getting through airport security to the trip itself—and even what to do when you haven’t spent it all before you get back!

WHAT TO BRING, HOW MUCH TO BRING, WHAT TO DO ABOUT LOCAL CURRENCY

21. Create your own currency converter.

Foreign currency can be like a foreign language, so study it in advance. But it also helps to have a cheat sheet for each of the countries you’re visiting. There are several websites that have conversion rates in a variety of denominations. Create a cheat sheet and have it laminated

at an office-supply store or cover it in clear packing tape, and it will hold up well throughout the trip.

— Sandy, Iowa, OAT Travel Forum

22. Don't launder money—but do iron it.

Many countries want new-looking American bills and won't accept old ones. Get new bills around Christmas time, as banks often have them for gifts. If your bank doesn't have new bills available, you can always iron them to make them look new. They also take up less room in your wallet when they are pressed.

— Lorraine, New Jersey

23. Never go out with empty pockets.

You should always carry small amounts of cash—you never know when you'll need it—but please break the money into small bills. ATMs are set to dispense the largest and fewest bills possible, so, instead of asking for (say) 1,000 of the local currency, ask for 900. This way, it will be forced to dispense smaller bills. If you can, get a small amount of cash in the local currency before you leave. This will be helpful if you arrive somewhere late at night and have no time to change money at the airport. Even if the exchange rate is higher at home, the convenience is worth it. In some countries, hoard your small coins, because you will probably need them for the restrooms.

— Pok, 5-year associate, Cambodia

24. Hide your money in different places.

Wear a money belt or neck pouch—and wear it on the inside of your clothing: It is meant to be hidden. And don't put all your eggs in one basket. Take cash, a debit card, and a credit card—and don't put them all in one place. Put some cash and a card in your wallet and some in a money belt. That way, if a pickpocket gets your wallet, you still have



cash and a way to get money out of the ATM. Zippered cosmetic pouches let you keep different currencies separated. I also put money in various places in my baggage. If you need to, make a list of the places where you've hidden your money and put it someplace that's not easy to get at.

— Jo Anne, Arizona, OAT Travel Forum

25. Tip generously.

Be generous. We try to budget a little extra to just give away when the opportunity presents itself. Small tips can mean a lot to tour guides, drivers, waiters, hotel staff, restroom attendants, etc. I bargain hard in stores and souvenir shops, but rarely with an artisan who is making something with his or her hands and selling it on the street.

— Karen, California, OAT Travel Forum

26. Save euros for your next trip.

At the end of each trip, rather than converting a commonly used currency like the euro back into U.S. dollars, consider setting it aside for your next trip. When transiting through the Eurozone, you gain the flexibility of having some money to use at a connecting airport, or you can convert it directly to the currency you'll need for your next trip. This way, you minimize the number of currency exchange fees you might incur otherwise.

— Fong, 7-year associate, Boston

“To travel is worth any cost or sacrifice.”

— Elizabeth Gilbert, *Eat, Pray, Love*

Elizabeth Gilbert sacrificed a lot when she hit the road on the journey that produced her best-selling book. What would you be willing to sacrifice for your travels?

27. Prepare tip envelopes in advance.

If you are on an organized tour, before you leave on your trip, look at what you have planned for each day of your itinerary to decide who should receive a tip that day (local guides, bus drivers, etc.). Then print out labels for each day and attach them to tip envelopes. At the end of each day's tour, you can just pull out the appropriate envelope and give it to the recipient. I also throw in a blank card so I can write a personal note if I wish.

— Julie, 11-year associate, Boston



Lady Marguerite Blessington (1789–1849)

What would you do if you suddenly found yourself in dire need of funds? Would you be able to convert your love of travel into income? Lady Blessington did.

Born into poverty, Lady Marguerite Blessington lived a life of extravagance after marrying the Earl of Blessington. By the time the earl passed away in 1829, however, his fortune was gone, and Lady Blessington was confronted by fabulously large debts. To help pay them off, she wrote travel books. London society, however, was scandalized by her relationship with her stepdaughter's husband — who continued to live with Lady Blessington even after his marriage had ended. When Lady Blessington returned to Paris in 1849, her belongings had been yanked from under her by the bailiff. She died a month later.



GETTING THERE & GETTING AROUND

Believe it or not, in the 1930s, airplanes on transatlantic flights lured customers with creature comforts like separate lounges, a dining area, and even full-size beds! Economy class came into being around the late 1940s, but even so, passengers still dressed up to fly. As we know, over the years since, seats have shrunk, fees have skyrocketed, getting through security has become time-consuming, and, on most airlines, free refreshments are as obsolete as the dodo bird. It's still possible, however, to make the best of the situation, and our travelers and travel planners share tips on how to do just that.

PREPARING FOR YOUR FLIGHT, TIPS FOR THE AIRPORT & THE PLANE, UTILIZING LOCAL TRANSPORTATION

28. If you're using your frequent flyer miles, pay for your ticket and use the miles for your companion.

When you pay for your own ticket and use your frequent flyer miles for someone else, you get one reward ticket, and you still get credited the miles for your flight. It's a double win!

—Maureen, 13-year associate, Boston



“Did you ever notice that the first piece of luggage
on the carousel never belongs to anyone?”

— Erma Bombeck

May the first piece of luggage you see on the carousel always be yours!

29. Cope with motion sickness by choosing the right seat.

If you're prone to motion sickness, prepare for it ahead of time by picking the right spot on the ship, plane, train, or bus. On a ship, the best place is in the front or middle of the ship, or on the upper deck. For airplane travel, it's typically best to sit in the front of the plane or over a wing. When traveling by train or bus, pick a seat near the front (facing forward) next to the window.

— Catherine, 1st-year associate, Boston

30. Leave your money belt out until you get past security.

New scanning machines at airport security can pick up on a money belt as something hidden beneath your clothing, resulting in your being pulled out for pat-down and additional questioning. So I now put the money belt in my backpack until I'm past security, then put it on under my clothing. And if there's anything you don't want tossed into a tray, put it in a zipped compartment of your purse.

— Becki, Tennessee, OAT Travel Forum

31. Where you put your luggage lock does make a difference.

Proper lock placement can mean the difference between getting a suitcase at the end of your journey and getting a plastic bag containing what's left of your personal effects. Luggage zippers are designed to come together and provide a slot where your lock can slip through. Remember that luggage locks are not designed to keep people out of your bag, but rather to keep your contents in.

— Denise, 2-year associate, Boston

32. Save your boarding pass to your photo album in your electronic device.

When using your wireless device to show your boarding pass, save it as an image to your photo album in advance of your trip. That way, you can retrieve it faster than waiting for it to load via WiFi.

— Eve, 10-year associate, Boston

33. Put eye cream all over your face, especially on the plane.

Dry skin can be an issue — especially in the pressurized atmosphere of an airplane cabin. To keep your face moisturized, regular lotion is fine — but eye cream is even better, because it's thicker than regular cream. You'll arrive at your destination feeling fresher.

— Diane, 20-year associate, Boston

34. Stay hydrated during the flight.

Pressurized airplane cabins are dehydrating, and altitude affects your need for liquid, so it's important to drink plenty of fluids during your flight. Water is best, but if you find that boring, consider bringing single-serving packets of a powdered flavoring, such as Crystal Light. Avoid coffee and alcoholic beverages, as these are dehydrating. And don't drink the water from the tap on the airplane.

— Elsie, 2-time traveler, Florida

35. Use Airborne and Vicks VapoRub for your health.

Take Airborne, an herbal supplement designed to boost your immune system, before your flight to help stay healthy on the plane. Or you might put a dollop of Vicks VapoRub under each nostril, renewing as needed throughout your flight. It helps keep your nasal passages moisturized and deter airborne germs.

— Ann, 4-time traveler, Florida



36. In-seat exercises can help you feel relaxed.

Move your head back and forth and from side to side to relieve neck tension. Loosen your shoulder muscles by shrugging. Stimulate your abdominal and buttock muscles by contracting and releasing several times. Point your feet and wiggle your toes. Flex your hands and spread your fingers wide, then make a fist.

—Christine, 20-year associate, Boston

37. Relieve ear pressure.

Just before takeoff, “pop” your ears by holding your nose shut, closing your mouth, and attempting to blow air through your nostrils. Hard candy can also help you pop your ears during take-off and landing. During the flight, swallow frequently, chew gum or candy, and “pop” your ears as pressure builds. If you’re prone to earaches, take an antihistamine or decongestant 30–45 minutes before takeoff.

—Julia, 1st-year associate, Boston

38. Take a nap to get over jet lag.

Set your watch to the destination time as soon as you get on the plane. And to help get over jet lag right away, take a two-hour nap upon arrival (be sure to set your alarm!), then shower and go out for the evening. The [Anti-Jet-Lag Diet](#) developed at the U.S. Department of Energy’s Argonne National Laboratory can also help you beat jet lag.

—Victoria, 5-year associate, Ecuador

39. Go green and use public transit in your destination.

Using public transportation is not only green, it saves you some green. And it's a great way to "do as the locals do" and understand life in your host city. Since subway stations can be intimidating in unfamiliar places, it doesn't hurt to familiarize yourself with the local system before venturing out. Go online and you can often get details of the routes, fares, and procedures you'll need to know. Big city transport systems often sell multi-day passes, either as bar-coded tickets or vouchers that you can quickly exchange onsite. Print out a copy of the map so you can get acquainted with the routes, or download an [app](#) onto your smartphone or tablet computer.

— Kathy, 14-year associate, Boston



Amelia Earhart (1897–1937?)

When Amelia Earhart took her first airplane ride, she knew she wanted to be at the controls. Within six months she had bought her own plane and soon set her first women's record in it, as she rose to an altitude of 14,000 feet. When she received a call in 1928 inviting her to become the first woman to fly across the Atlantic, she promptly said yes — and did it. In 1932, she became the first woman and second person to fly solo across the Atlantic. Sadly, in a 1937 attempt to pilot the first around-the-world solo flight, her plane disappeared. Her fate remains a mystery.



HEALTH & HYGIENE

I'll put it bluntly. If you're not feeling healthy, you're not going to make the most of your trip. I indulge myself as much as anyone when I travel. I have been known to stay out late and get up early, and to sample the local specialty — no matter how many calories it is. Generally, though, I do try to take care of myself, so that I can enjoy every moment of my trip. And so do the women who offer these tips for feeling — and looking — your best.

STAYING HEALTHY, LAUNDRY TIPS, PERSONAL HYGIENE, BEAUTY TIPS

STAYING HEALTHY

40. Enhance your immune system with nutritional supplements.

Travel can take a toll on your immune system, so I always load up on my vitamins when I'm on a trip. Emergen-C or Airborne are both designed to support your immune system with crucial vitamins and minerals (like vitamin C and zinc). Plus, since my diet tends to change when I'm abroad, these types of supplements ensure I am still getting some important nutrients. Probiotics aid your digestion. I also bring a bottle of Echinacea to help keep myself fit all along the way.

— Catherine, 1st-year associate, Boston



41. Stay hydrated—but make sure the water is safe.

Drink plenty of water throughout your travels. If tap water is unsafe, try using a portable water filter or Aqua Potable water-purifying tablets—it will save you the cost of purchasing bottled water. The new, collapsible water bottles are great. When they're not full, they can simply be rolled up and put in your pocket. Use only bottled water to brush your teeth—and keep your mouth closed when you shower in places where water is suspect. (You might even shower with mouthwash in your mouth to remind yourself to keep your mouth closed!) See what looks like a refreshing river or stream? Don't jump in unless you are certain that the water doesn't carry river flukes (bilharzia/schistosomiasis). Better to be hot, sweaty, and dirty than to risk getting this horrid disease.

—Sandra, 2-year associate, East Africa

42. Always bring a washcloth.

Washcloths are not always supplied, even in the nicest hotels. The best ones are made of microfiber, because they dry fast. If you can't find one in the bed-and-bath section of the store, go to the automotive section, where they come in all sizes.

—Mary Ann, 9-year associate, Boston

43. Check the CDC for medical advice for your destination.

Study the [Centers for Disease Control \(CDC\)](#) website carefully for each country you plan to visit, and use that information to consult your physician about vaccines and other medical advice. Get a flu shot before you go, and I also recommend bringing first-aid basics such as Band-Aids, an ace bandage, antibiotic ointment, aspirin, and Imodium, just in case.

— Laura, New Mexico, OAT Travel Forum

44. Be careful what you eat.

Don't eat anywhere where there aren't a lot of people at the local regular eating hours—the food could be dodgy! Avoid street foods. And where fresh fruits and vegetables are concerned, if they can't be boiled or peeled, don't eat them.

— Margaret, 2-year associate, Boston

45. Get a good night's sleep—no matter what it takes.

Don't feel as though you have to do everything. Who wants to be too tired to enjoy the trip? Rest occasionally if your body is saying to! Also, if you're concerned about the comfort or hygiene of the pillow at your lodgings, consider bringing your own. You can purchase an inflatable, Tempur-Pedic, or down travel pillow at home and squish it into your backpack or carry-on to give you added comfort on the plane, too.

— Victoria, 5-year associate, Ecuador

46. Take two of everything “medical.”

From prescription glasses and contact lenses to dentures, these personal items are hard to replace overseas, so bring a back-up. You should also bring duplicates of your prescriptions. And since foreign

trade names are different from those used in the U.S., ask your doctor or pharmacist for the generic drug name rather than a brand name.

— Diane, 20-year associate, Boston

LAUNDRY TIPS

47. Plan your laundry schedule in advance and pack accordingly.

Before we leave, I look closely at the itinerary to see when we'll be staying at the same hotel multiple nights. Then, I plan to do hand laundry the first evening, in order to assure sufficient time for items to dry. Knowing how many (and which) nights are “prime” for doing hand laundry allows me to determine how much clothing to bring with me. Also, when selecting the clothing to wear on your international flight and the extra set of clothing for your carry-on, make sure you select clothing that will dry overnight, just in case your luggage doesn't arrive with you.

— Becki, Tennessee, OAT Travel Forum



48. Try these handy makeshift laundry products.

You can bring a 2-oz. bottle of detergent with you, but shampoo (especially baby shampoo) works just as well. Or mix equal parts baking soda and white wine vinegar, let clothes soak, then rub and rinse. Bring along a rubber stopper for sinks without stoppers. For clothesline, you can use a length of heavy nylon fishing line, bungee cords, string, or even dental floss! You can also hang lightweight clothes on curtain rods and shower curtain rods in a pinch. To hang wet clothes, you might bring along lightweight clothespins, blow-up hangers, or child-sized hangers. To keep shoes and boots clean, pack a fingernail brush.

— Priscilla, 20-year associate, Boston

49. Remove stains with commercial or homemade spot removers.

Dab a drop of shampoo on the stain, spray with water, and brush, then use a hair dryer (cool mode). To remove difficult stains that normally would require bleach, apply fresh lemon juice to the spot, let dry in the sun, and hand wash. For greasy stains caused by butter, mayonnaise, and the like, apply a white-flour paste, let dry, and gently scrape off. (You can carry a small amount of flour in a zip-lock bag — but be prepared to field questions from airport security!) Commercial spot removers are also available, but I find that baby wipes work as well as stain sticks.

— Judy, 3-time traveler, Massachusetts

PERSONAL HYGIENE

50. Take good care of your feet.

Be sure to break in new shoes before you leave on your trip! During your vacation, soak your feet in warm water for about 20 minutes every day to boost blood circulation and ensure you start the next day off on

the right foot. For tired feet, cold water running over them can provide instant relief. And there are a couple of commercial products that can help prevent blisters and sore spots while you're away: [Velvetex™](#) [Moleskin](#), soft microfiber padding you can put over tender areas of your foot; and [Dr. Scholl's® for Her Rub Relief® Strips](#), anti-friction glide strips.

—Lynn, OAT Trip Leader, China

51. Be creative when standard toilets aren't available.

In some countries, it is common for bathrooms to take the form of a pit in the ground or a “throne” without a seat. You can be prepared by purchasing an FUD (female urination device), such as [GoGirl™](#) or [Urinelle](#) — washable, reusable gadgets that allow women to relieve themselves standing up, with minimal undressing. (Practice with it before you leave for your trip!) Another tactic is to carry paper or soft plastic cups in your purse with you each day. (Not hard plastic—it can develop unfortunate cracks.) Simply urinate into the cup, empty it into the pit, and toss the cup into the wastebasket. I also always have a “potty kit” that contains wipes, hand sanitizer, lotion, and small plastic bags. Even in the U.S., not all restrooms have these important items.

—Cate, Maine, OAT Travel Forum

52. Use panty liners to stay fresh—and cut down on laundry.

Panty liners take up very little space in your luggage, they weigh almost nothing, and, by replacing them daily, they can extend the use of a pair of panties for two or three days. Replacing a panty liner at the end of a long flight can also help you feel fresher when you deplane. Slip a panty liner into your briefs when on long drives. If you have to use “the bush toilet,” no need for tissue to litter the environment!

—Sandra, 2-year associate, East Africa

53. Don't let the bedbugs—or mosquitoes—bite.

In areas where you suspect there might be bedbugs, rub the sheets with a dryer sheet, and place them under the mattress and between your clothes in your suitcase. To help repel mosquitoes, I rub the sheets on my skin and also put them in my back and front pockets. Another way to discourage mosquitoes is to rub Listerine on my skin. Or wear loose cotton or linen pants sprayed with repellent. Not only is this cooler, it also prevents getting the repellent directly on your skin.

—Marlene, 11-year associate, Boston

54. Swipe deodorant on . . . your face!

If you're spending time in a super-hot location, try this celebrity makeup artist trick: Swipe your deodorant clean, then swipe it over spots you're likely to sweat on your face (like your forehead and upper lip). The ingredients that keep your underarms dry will work the same way on your face. Be sure to use a gel deodorant that won't leave a white residue on your skin. (Just don't do it every day.) Then, apply moisturizer and makeup as usual.

—Nancy, 10-year associate, Boston

55. Take an extra toothbrush.

If you drop your toothbrush, you'll be glad to have an extra one, and they don't weigh much or take up much room. If you get sick, it's a good idea to switch to a new toothbrush, and in areas where you have to use bottled water to brush your teeth, having a new one to switch to might just be nice to have. You should also throw away your toothbrush at the end of any adventure trip.

—Sue, Texas, OAT Travel Forum



BEAUTY TIPS

56. Minimize the number of products you take with you.

Cut down on your packing by choosing multipurpose items. For example, rather than concealer, face lotion, and sunblock, try a tinted moisturizer or BB cream. These products will keep your face moisturized, while also evening your complexion and keeping you safe from the sun. Other great multipurpose products include lip and cheek tint, face wipes that remove dirt and makeup while also



Florence Nightingale (1820–1910)

Raised in an upper-class Victorian home, Florence Nightingale threw herself into travel at age 25 as way of escaping the confines of home. Among her travels was a voyage to Egypt, which was then still a new destination for European travelers. In her book entitled Letters from Egypt: A Journey on the Nile, 1849–1850, Nightingale reveals herself as a keen observer of her surroundings, an enthusiastic adventure traveler, and a woman who lusted after new experiences. This visit to Egypt and a later trip to France contributed significantly to her ideas about nursing — ideas that would change the course of medical history.



moisturizing the skin, and dual-ended pencils that feature eye-liner and matching eye shadow.

— Catherine, 1st-year associate, Boston

57. Leave the jewelry at home.

After 15+ years of foreign travel, I've learned no one really cares what jewelry you're wearing. I wear the same necklace and earrings every day. You should never take anything you don't want to lose. You might even consider substituting a cheap gold or silver band for your wedding ring. If you must wear jewelry, costume jewelry is recommended.

— Barbara (from Facebook)

58. Recipe for concentrating shampoo and conditioner.

To concentrate your favorite shampoo and conditioner, just pour the shampoo into one pie plate and the conditioner into another. Place them in the oven at a low temperature (about 200–250°) for several hours. Much of the water will evaporate, leaving very thick liquids. Using a funnel, pour these liquids into small travel bottles

and label them. All you need is just a few drops at a time, and they'll last for weeks.

— Sheila, 4-time traveler, Michigan

59. Try your destination's natural beauty products.

It's a wonderful way to immerse yourself in the local culture — and feel good about yourself. For example, in Italy, Greece, or Spain, use olive oil as a moisturizer. And sand from beaches and deserts makes an excellent exfoliant. Cut a few slices of cucumber and place them on your face after washing. Keep them there for at least ten minutes to refresh your skin after a day of travel.

— Joan, OAT Trip Leader, China

60. In the deep tropics, don't even bother to put on make-up.

It just slides off your face. To help stay comfortable in hot climates, carry a small spray bottle of good water to spray on yourself. It's so cooling.

— Pam (from Facebook)



“Airplane travel is nature’s way of making you look
like your passport photo.”

—Al Gore

*As women, we may be conditioned to be overly concerned about appearance—
but remember it’s what we experience in life that makes us interesting.*



Wang Zhaojun (1st century BC)

One of China’s ancient “Four Beauties,” Wang Zhaojun was a concubine of Emperor Yuan — yet was never bedded by him, due to his custom of choosing his consorts of the basis of their portraits. (Since Zhaojun refused to bribe the court artist, he’d intentionally painted her in an unflattering light.) When the Hun barbarian Khan Huhanye sought a political marriage, Zhaojun volunteered. It was an act of great bravery, since no Chinese woman (or man) would have willingly chosen to venture nearly 1,000 miles through the barren, bitter cold of the steppes and Gobi Desert. When the emperor finally laid eyes on Zhaojun during departure ceremonies, he realized his mistake, but it was too late. Zhaojun ended up being greatly loved by the Huns and is still revered as a symbol of unity.



PLAYING IT SAFE

I'm a strong believer in the basic decency and goodness of human beings—and have experienced it myself, even in the most troubled places in the world. To me, being open to new people and new experiences is the most rewarding part of travel, and if you just use common sense, you can have a safe and pleasurable adventure anywhere. So my biggest tip for you on this subject is not to let fear of the unknown prevent you from seeking out life-changing experiences. The tips offered here, however, are wise precautions for the savvy traveler.

PROTECTING YOUR MONEY, PROTECTING YOURSELF

61. Take precautions in your hotel room.

When you check in, don't let the receptionist announce your room number out loud so everyone can hear. (If he or she does, request a different room.) Make sure your room's locks work — not only the door into the hallway, but also any door to the balcony or a connecting room. Even though it might be a bit more noisy, ask for a room within two doors of an elevator, and have your room key in your hand when you step off the elevator. Don't accept a room on an L-shaped corridor off the main hallway. You're much safer in a room where there's more foot traffic going by. Before you close your door, prop it open with your luggage or a door stop and make sure nobody is hidden anywhere



inside: in the closet, under the bed, or behind the shower curtain. Small rubber doorstops are light and easy to pack. Jamming one in the door can deter unwelcome visitors looking for an easy way in. And never let any repair person in without checking with the front desk first.

—Pauline, Massachusetts, OAT Travel Forum

62. Have an exit strategy.

Fire or any other disaster is a worst-case event, so do at your hotel as you would do on an aircraft: make sure you know where the nearest exit is located and the route from your room. In case of fire near your room, devise an alternate exit plan in advance.

—Vnette, 22-year associate, Boston

63. Be careful how you carry your purse.

Avoid bringing expensive, brand-name purses, and always be aware of where your purse is. Hold it tight when you're in a public place, and never put it on the back of your chair, on the chair next to you, or under your seat. Your lap is the best place for it.

—Olga, 1st-year associate, Russia

64. Never ever look like a tourist.

Never have the bemused “I think I’m lost” tourist look. Always look as though you know where you’re going, even if you don’t. Consult maps, etc., before leaving the ship or hotel, but if you need directions, stop in a shop rather than asking a stranger on the street.

—Toby, Tennessee, OAT Travel Forum

65. Don’t be too embarrassed to shout for help.

If you are harassed, cry out loudly, carry a whistle to draw attention to yourself, or point to someone nearby, wave excitedly, shout greetings as if you know them, and run over to them or to safety.

—Julia, 1st-year associate, Boston

66. Be careful that you don’t look too wealthy or too sexy.

Leave all jewelry at home. You don’t want to announce that you are “wealthy” even by wearing trinkets. Dress down. Avoid shorts, tank tops, and mini-skirts, and don’t show cleavage or wear skin-tight clothes.

—Laura, New Mexico, OAT Travel Forum

67. Watch what you drink—and with whom.

Do not get drunk. It will make you vulnerable. And do not accept drinks from a stranger. If possible, watch the bartender pour the drinks to make sure that nothing is put into your drink.

—Nadda, Trip Leader, Thailand



“If you reject the food, ignore the customs, fear the religion
and avoid the people, you might better stay home.”

— James A. Michener

*Sound advice from the author of Tales of the South Pacific, Hawaii, Iberia,
The Bridges at Toko-Ri, and many other travel-inspired best-sellers.*



Female Pirates

Women have been pirates for as long as humans have taken to the high seas — and many were just as ruthless (and more inventive) than their male counterparts. Around 850 A.D., the Danish Queen Alvida became a pirate to escape an unwanted marriage (and was eventually captured by, and wed to, her jilted suitor). Whole families of Chinese pirates lived at sea, including Ching Shi — the most feared pirate of the early 1800s. In the West, although the Pirate Coda (or Code) forbade women from becoming pirates, Anne Bonney and Mary Reade terrorized merchants from ship to shore. Known as the “Ladies from Hell,” they are most famous for going into battle topless.



WHEN GOING SOLO'S THE WAY TO GO

A few years ago, my husband Alan and I opened a gallery at Grand Circle headquarters in Boston, where we display travel posters from our own private collection and other travel-related art and artifacts for the general public. We recently held one of my personal favorite exhibits called “No Place for a Lady,” featuring women throughout history who defied convention and set out to explore the world at times when women were discouraged from traveling alone. I’m glad to say that times have certainly changed, and I applaud everyone who doesn’t let a lack of a travel partner prevent them from discovering the world. Here are tips from just a few of those women.

SPECIAL TIPS FOR THOSE WHO CHOOSE TO GO IT ALONE (OR WITH FRIENDS)

68. Be open to new experiences.

If you believe that most people are generally good, you will open yourself to the most amazing adventures. If you’re lost, pick a direction and walk confidently forth until you are in a place where you feel comfortable to ask for directions. You might find yourself exactly where you never knew you wanted to be!

—Pavi, 1-year associate, Boston

69. Talk to people.

Be willing to just go up to people and introduce yourself. Most people will “take you in.” You might also try striking up a conversation with a local woman, even if you know little of the local language. More often than not, local people are just as interested to learn about your life as you are to learn about theirs. The quickest way to find common ground with local women anywhere in the world is by showing them pictures of your family. Postcards of the area around your hometown are another good icebreaker. Hopefully, you’ll make a friend!

— Nancy, Texas, OAT Travel Forum

70. Be realistic about how much luggage you can handle by yourself.

You’ll be handling your luggage a lot if you have several flights, so make sure you can manage it. Before your go, carry your suitcase around the block to make sure you can handle it by yourself — or that you won’t be overburdening another travel mate who offers to help out.

— Lois, Florida, OAT Travel Forum

71. Wear a wedding ring, whether you’re married or not.

In many countries, married women are more readily accepted — and respected — than women who are not. You’ll find that a cheap gold band on your ring finger may help you fend off Romeos. And if you’re married, replacing your wedding band with an inexpensive version will spare you heartache if it gets lost or stolen.

— Jennifer, 5-time traveler, Idaho

72. Be as organized and self sufficient while traveling as you are at home.

Do your homework before you go. Read about the locations and have a list of activities for your free time. You may be invited to join others, but maybe not, so be prepared to fill your free time with activities you've researched and that interest you. Most of all, just go and have a good time!

— Lois, Florida, OAT Travel Forum

73. Best seat in the house? The bar.

Even seasoned women travelers occasionally feel self-conscious dining alone in public restaurants. A good way to overcome awkwardness is to take a bar seat and order your meal there. The bartender will usually try to make you feel at home, strike up a conversation, and often engage others at the counter to join in. It's a great way to enjoy some conviviality — and, hopefully, a good meal.

— Mary Ann, 9-year associate, Boston

74. Take a matchbook or business card from your hotel before you set out to explore.

Avoid losing the way back to your hotel when you're in a new city — especially one with an unfamiliar alphabet. Stick a few matchbooks or business cards imprinted with the hotel name and address into your purse. That way, if you need help getting back, you can simply show it to a taxi driver who can then deliver you safely to your door. The hotel won't mind. It's good advertising for them, too!

— Sukie, 22-year associate, Boston

75. Give emergency contact information to a travel mate.

When traveling with a group, if someone traveling with a partner or friend becomes ill, one will take care of the other. What about those traveling solo? I write up a sheet with emergency contact information, including my doctor, and also list medications I take, as well as insurance information and numbers. Then I ask a travel mate to keep it with her papers. At the end of the trip, I treat this person to a drink or lunch/dinner, as we both are thankful she didn't have to use it!

— Esther, Illinois, OAT Travel Forum

76. Don't hesitate to ask for help at the airport.

If you have any mobility or stamina issues, do not hesitate to ask for mobility assistance in airports, particularly large airports with long lines. All major airports have attendants there for that purpose. (A tip is not required but will be appreciated.) This applies to everyone but is probably most applicable to solo women travelers.

— Christine, 20-year associate, Boston





“To awaken alone in a strange town is one of the
pleasantest sensations in the world.”

— Freya Stark, British explorer and travel writer

If you have ever hesitated to set off on your own, take inspiration from Freya Stark, a solo traveler during the early 1930s who was unafraid to explore lands most Europeans then had never been, such as the Middle East and Persia.



Barbara Washburn

For a girl who had never gone camping, climbing Denali (Mt. McKinley) was not on Barbara Washburn’s bucket list ... until she took a job at Boston’s Museum of Science and married the man who would cultivate her natural zest for adventure. In 1947, the mother of three became the first woman to summit North America’s highest peak—but that was only the tip of the iceberg of her accomplishments. Together with her husband Brad, she advanced our understanding of the world’s great mountain ranges, leading mapping and photographic expeditions to Denali, the Grand Canyon, and the Matterhorn. In 1981, they began working on what became the most detailed and accurate map ever made of Mt. Everest. Today, she contributes to several charities and educational programs for children, and serves as an Honorary Director of Grand Circle Foundation.



ELECTRONIC DEVICES

I sometimes wonder what our great friend Sir Edmund Hillary might have done if he had had the technology we have today when he made his historic ascent of Mount Everest in 1953. Would he have spent his evenings at base camp reading his Kindle? Checking the news on his iPad? Setting the alarm on his smartphone? Perhaps he would have. Sir Edmund was always quick to embrace new ideas. And so are we. Here are some of the thoughts we've gathered on making the most of the latest technology.

WHAT TO DO IN ADVANCE OF YOUR TRIP, HOW BEST TO USE DEVICES ABROAD

77. Bring whatever you need to power up your device abroad.

No matter which electronics you take on your vacation, it would be a shame not to be able to use them because you forgot to bring the proper cord and adapter. I recommend [the 4-in-1 Adapter](#). It's easy to carry, and you can use it anywhere in the world (although you may need a converter, depending on the voltage of your device). If you can, make sure your devices all use the same USB cord. Also, a snap-on keyboard is also a handy add-on for your tablet. And bring your passwords!

—Michelle, 4-year associate, Boston

78. Load up your Kindle, Nook, or iPad with books, movies, and TV shows before you go.

If you have a long flight ahead of you, I highly suggest downloading a podcast or two. Not only are podcasts an extremely convenient (and free) form of entertainment, but they won't make you motion sick like reading a book might. Plus, there are podcasts about every destination you can dream of, meaning you can spend your flight learning about your destination from experts. But if you'd rather add some diversity to your podcast mix, there are also excellent comedy, TV and film, sports, education, arts, and business podcasts available.

—Catherine, 1st-year associate, Boston

79. Select a Kindle with a built-in light.

I always use a Kindle with a built-in light, so no matter what happens with the power, I can always read in bed before I sleep.

—Emily, 3-year associate, East Africa

80. Keep up with the latest news on your cell phone.

You can get the latest news update on your mobile phone by logging into your [Facebook](#) or [Gmail](#) account. To make it easy, it's best to always keep the mobile phone and or tablet fully charged before leaving your hotel room.

—Nan, Trip Leader, Burma

81. Use your smartphone as an alarm clock.

I use my smartphone as an alarm clock and a calculator. No worries about batteries — I've never had any problem recharging it anywhere.

—Marga, Florida, OAT Travel Forum



“The life you have led doesn’t need to be
the only life you have.”

— Anna Quindlen

What a wonderful message Anna sends here—essentially, dream big and get going!



Gertrude Bell (1868–1926)

Overshadowed by her colleague, T.E. Lawrence—the dashing British Army officer immortalized as “Lawrence of Arabia”—Bell was a formidable force of change in the Middle East at the turn of the 20th century. Born into a privileged family in Yorkshire, England, Bell possessed an adventurous spirit from the start. At age 32, she fell in love with the Middle East, becoming fluent in Arabic, working on high-profile archaeological sites, and meticulously documenting her observations. Today, she is known as the “mother of Iraq” for having single-handedly created a sovereign Arab nation from a scattering of former Ottoman provinces.



KEEPING IN TOUCH

What could be simpler than communicating in this day and age, right? Just pick up your cell phone and call someone from your contact list, or drop them an email. Well, yes and no. Even though we no longer have to search for a pay phone or wait for the international operator to patch us through, there's still some complexity around rate plans, apps, and other resources. Our savvy travelers and associates share their advice.

SOCIAL MEDIA & COMMUNICATING FROM ABROAD IN THE ELECTRONIC AGE

82. Check with your cell phone provider about pricing.

If you're going to use your cell phone, talk to your provider. Most offer deals on international roaming. Or talk to your provider about unlocking your phone. Then, you can buy a local SIM card and use it in combination with an international phone card.

—Emily, 3-year associate, East Africa

83. Have loved ones call your hotel landline.

Ask friends or relatives to call your hotel landline from their home phone at an appointed time. It is always cheaper than calling from a cell phone.

—Olga, 1st-year associate, Russia

84. Phone home using the Internet and smartphone apps.

There are a number of Internet sites today that let you make video phone calls for free or at rates that are far below most international telephone rates. The ones I use are Viber, Skype, and SMS (Short Message Service). If you and your loved ones have iPhones, Apple's [FaceTime](#) feature is invaluable. If you have WiFi access, you can spend a few minutes catching up and enjoying the sight of familiar faces from back home — without costly international call or data fees. [What'sApp](#) is another smartphone application that lets you to “text” family and friends anywhere in the world where you can get a WiFi connection.

— Pok, 5-year associate, Cambodia

85. Planning to send postcards? Save time (and space) by bringing pre-printed address labels.

Those sheets of address labels that come in the mail are just made for travel! Print out labels with the names and addresses of family and friends you plan on mailing postcards to, and stick a sheet or two of your pre-printed address labels in your luggage to use as the return address. You can also use them to identify water bottles and other personal items, and give them out as contact information to new friends.

— Marilyn Sue, 15-time traveler, California

86. Share your experiences electronically.

Photo-sharing sites like [Flickr](#) and [Picasa](#) are a great way to give loved ones back home a firsthand look at your travel experiences. You can also set up a travel blog through [WordPress](#), [Blogger](#), or [TravelBlog](#) to preserve your memories and share them with others.

— Michelle, 4-year associate, Boston

87. Don't be intimidated by social media!

Social media sites like [Facebook](#), [Twitter](#), and [YouTube](#) are great ways to stay in touch, and they're cheaper and more convenient than most traditional methods of communication. They're also much easier to use than you might think!

—Michelle, 4-year associate, Boston

“Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends.”

—Maya Angelou

In a world where we often focus on our differences, American author and poet Maya Angelou reminds us of how travel can bring us together.



Sacajawea (1788–1812)

In 1804–1806, Meriwether Lewis and William Clark were commissioned to explore the Pacific Northwest. They hired a French trapper as a guide, but were more interested in his young wife, Sacajawea, who could serve as their translator. Born a Shoshone in the Rocky Mountain region of what is today Idaho, Sacajawea was kidnapped at 12 years old and taken to the Hidatsa-Mandan villages in North Dakota. Her background served the expedition well, as she was able to communicate in two Native American languages. And simply by being a woman — especially one with a baby — she conveyed a message of peace to the Native Americans they encountered, who were more likely to trust her white companions when they saw Sacajawea.



WORTH A THOUSAND WORDS

Let's face it. A picture is worth a thousand words—but only if it captures the moment you want to preserve. It also helps if you can remember when and where it was taken! That can be tricky when you're away from home and taking dozens of photos a day. For tips on taking photos and videos you'll treasure and want to share with friends and family back home, I asked our in-house experts for their advice and best practices. Here's what they came up with.

TIPS FOR TAKING EXCELLENT DIGITAL PHOTOS & VIDEOS

EQUIPMENT

88. Consider your destination when picking your equipment—and prepare for extreme temperatures.

You don't want your camera equipment to weigh you down when you're traveling. Unless you're going on an African safari, you might leave your heavy long lens at home, for example. In humid areas like Costa Rica or the Amazon, camera lenses can fog up when you step outside from an air-conditioned space. Holding the camera in your hands and even rubbing it to warm it up can speed up its adjustment

to the temperature. Putting the camera in silicon packets or rice overnight can help keep it dry. At the other extreme — Antarctica or Patagonia, for example — make sure you have a camera that can handle the low temperatures, and carry extra batteries with you in a warm place, such as a vest or pants pocket under your coat.

— Christina, 6-year associate, Boston

89. Bring the right supplies.

Be sure to bring a clean cloth — especially in dusty locations — a blower, plastic bags in case of rain, a 3-to-2-prong converter, extra batteries, and multiple memory cards. With multiple memory cards, you won't lose all your photos if one gets lost. (You might also take a picture of a card with your name and email address at the start of each new memory card, to improve your chances of having it returned to you in case of loss.) If you want a stabilizer, bring a monopod or [Gorillapod](#) instead of a tripod. And a bag that doesn't look like a camera bag helps reduce the risk of theft.

— Meredith, 9-year associate, Boston

90. Never pack camera equipment in checked luggage.

If you are bringing expensive equipment on your trip, your carry-on bag is the safest place for it. And don't put it in the overhead bin. Keep it where you can keep an eye on it.

— Nicole, 3-year associate, Boston



“Take only memories, leave only footprints.”

— Chief Seattle

The ancestral leader of the Suquamish Tribe, Chief Seattle is best known for his peaceful accommodation of white settlers and for an 1854 speech expressing his views on Native American land rights and environmental responsibility.

GENERAL TIPS & ADVICE

91. Check out photos of your destination before you go.

Researching your destination in advance of your trip helps you plan what photos you want to take and figure out the best angles for your shots. It also helps you to be more efficient — an important consideration if you're traveling with others.

— Meredith, 3-year associate, Boston

92. Use the “Rule of Thirds.”

For best composition, imagine dividing your image into thirds horizontally and vertically, so that there are nine segments. Position the elements you want to emphasize along the lines or at their intersections, rather than dead center.

— OAT Photo Team, Boston

93. Be courteous.

Respect local customs when photographing or videotaping people. Ask permission (smile and point at the camera if you don't speak the language). In some countries, such as Morocco or Tanzania, your subject might expect a tip, so have small bills handy. Consider showing your subjects their pictures. If someone doesn't want his or her picture taken, don't take it. And never photograph children without their parents' permission.

— Meredith, 9-year associate, Boston



94. Take two shots of everything.

Get at least two shots of everything you're photographing or filming. For still photos, get one framed horizontally, one vertically. That way, you have options when you want to frame prints and hang them in your home.

—Victoria, 3-year associate, Boston

95. Reduce glare with sunglasses.

Polarizing filters reduce glare and reflections, and generally add a richness to colors when you are shooting in outdoor settings. But many digital cameras do not accept filters. Never fear, you can achieve the same effect by placing your polarized sunglasses over the lens. Just hold them as close to the lens as possible, and before shooting, doublecheck in your viewfinder to make sure you don't have the sunglass rims in your shot.

—Amanda, 1st-year associate, Boston

96. Shoot in the early morning and late afternoon.

The low slanting light brings out shadows and details you'll miss at high noon. At sunrise and sunset, your subjects will be bathed in a soft, golden glow. At other times, look at interesting ways to play with the light in a setting, rather than fighting against it. Sunspots, streaks of light shining through a church window, or the way shadows can play on a statue's face are not the typical postcard shots, but they can perfectly capture the mood and feel of a setting.

—Victoria, 3-year associate, Boston

DIGITAL PHOTOGRAPHY ADVICE

97. Download photos daily—but wait until you get home to edit.

Downloading your photos daily helps to ensure that they won't get lost. But don't be too quick to edit them! You might feel differently about certain shots after you get home and have more time to evaluate them.

—OAT Photo Team, Boston

98. Use photography to keep track of your itinerary.

Every morning, I take a picture of the itinerary for the day, including the date, where we were, and what we did. That way, when I get home, I know exactly what day we did what.

—Debra, Florida, OAT Travel Forum



VIDEO ADVICE

99. Keep the camera horizontal and steady.

Always shoot with the screen at a horizontal orientation, and be careful about unintended tilting. Rest the camera on a steady object or still on a tripod during filming when possible, and do not walk while shooting, if you can help it as the footage will be shaky. Get a steady shot before attempting to pan or tilt the camera. And when filming objects in motion or people in profile, leave space in the frame in front of the motion or space.

— OAT Video Team, Boston

100. Pay attention to the “audio” in your video.

Adding narration to your video makes it more compelling to others, by explaining what is being shown and what it was like for you to experience it. By thinking of your video in terms of a beginning, middle, and end, you can turn it into a real story. You should also be aware of the ambient sounds around you, from train whistles and the bustle of a marketplace to birdcalls in the jungle, and emphasize anything that sounds unique.

— OAT Video Team, Boston

101. Simplify, simplify, simplify.

Two minutes is about as long as you can expect a video to hold anyone's attention. To help keep your video short and sweet, keep your focus on a single subject or action.

—OAT Video Team, Boston

“Why do you go away? So that you can come back.

So that you can see the place you came from with new eyes and extra colors. And the people there see you differently, too.

Coming back to where you started is not the same as never leaving.”

—Terry Pratchett, *A Hat Full of Sky*

How would you answer the question posed by the British author best known for his fantasy and science fiction novels, including the Discworld series?



Jane Dieulafoy (1851-1916)

Do you love travel enough to defy the government? That is exactly what Jane Dieulafoy had to do. She and her husband Marcel (an engineer) made lengthy, and dangerous, expeditions deep into Persia measuring, surveying and photographing sites for possible excavation. At Susa, they discovered magnificent faïences (glazed pottery), now in the Louvre. Rather than travel through Persia imprisoned in a suffocating chador, she rode en cavalier, dressed as a horseman. Since 19th-century French law made it illegal for a woman to wear men's clothing, she applied for, and got, “permission de travestissement.”

All descriptions on this panel include excerpts from *Wilder Shores: Lady Travelers of the 18th and 19th centuries*. An exhibit presented by UCLA Library Department of Special Collections.

APPENDIX:

OUR BOOK OF LISTS

- DIGITAL RESOURCES
- PACKING ESSENTIALS
- CLOTHING SIZES
- FOREIGN PHRASE GUIDE
- INTERNATIONAL TIME ZONES
- AROUND THE WORLD IN FILM
- TOP TRAVEL-RELATED BOOKS
- BANDANARAMA

DIGITAL RESOURCES

Apps

Getting Ready to Go

Cruise Critic: Offers reviews of all kinds of cruises, as well as ship information

Flight Stats: Track the departures, arrivals, & progress of flights

GateGuru: Provides traveler commentary about the amenities at airport gates and other useful airport information

Rivercruiseinfo: Offers reviews of all kinds of river cruises, as well as ship information

SeatGuru: Provides information about air fares and seating, as well as flight alerts

TripAdvisor: Provides traveler reviews of hotels, tours, and restaurants

Conversions

Science Made Simple: Metric and imperial converter that is good for converting temperatures and other size measurements (such as deli food, medications, etc.)

SizeGuide: Includes clothing and shoe sizes in all countries

XE: Currency converter that converts any amount into any currency

Necessities

Flashlight: Turns the screen of your phone into a flashlight

Mastercard Cirrus ATM locator: Shows you the location of the closest Cirrus ATMs

SitOrSquat: *Worldwide restroom finder that tells you the location of the closest WC, as well as its cleanliness rating*

Smart Traveler (State Department info): *A service provided by the U.S. government to U.S. nationals, providing easy access to frequently updated official country information, travel alerts, travel warnings, maps, U.S. embassy locations, and more*

Time And Date: *World clock that shows you what time it is anywhere in the world*

Visa PLUS ATM locator: *Shows you the location of the closest PLUS ATMs*

Weather.com: *Up-to-date weather anywhere in the world*

Staying in Touch

Facetime: *Video chat service that can be used on an Apple device anywhere you have an Internet connection*

Skype: *Video chat service that can be used anywhere you have an Internet connection*

WhatsApp: *App that allows you to send and receive texts without paying for SMS services*

Translations

Tap & Say: *Interactive phrasebook app with audio that lists phrases you can tap to hear the pronunciation*

Word Lens: *Instantly translates pictures of words (signs, menus, etc.) into another language*

Maps: Around Me: *Pinpoints where you are and advises you what's nearby (banks, restaurants, hospitals, etc.)*

Google Earth: *Satellite imagery of any place on Earth*

Google Maps: *Maps and directions anywhere in the world*

Skyview: *Maps out the constellations and stars from any picture of the night sky*

News

International New York Times: *Keeps current with world news*

USA Today: *Keeps current with U.S. news*

Internet Resources

Communication

v4.jiwire.com: *directory of worldwide hotspots*

cybercafes.com: *net café guide for hundreds of worldwide locations*

travlang.com: *basic travelers' terms in more than 80 languages*

Currency & Finance

oanda.com: *foreign exchange rates and create a currency converter "cheat sheet"*

mastercard.com/atm: *for Cirrus ATMs*

visa.com/atmlocator: *for PLUS ATMs*

Food

chowhound.chow.com: *local food and restaurant recommendations from locals and expatriates around the world*

Getting Ready to Go

travel.state.gov: National Passport Information Center (NPIC)

cbp.gov: U.S. Customs & Border Protection: traveler information

nc.cdc.gov/travel: Centers for Disease Control and Prevention website for travelers with international health information

timeanddate.com: clock to count down seconds/minutes to departure date; time zone calculator; day/night map; weather; various calculators; iPad/Smartphone apps

kropla.com: “Electricity Around the World”: summarizes electrical system in use in most countries, with details on what plug types to bring

oatshop.com: Overseas Adventure Travel store

travelite.org: travel tips: packing light, choosing luggage, etc.

upl.codeq.info: “The Universal Packing List” website: creates a “custom” packing list by answering questions about travel dates/locations, type of transportation, activities, etc.

onebag.com: “One Bag.com - The Art & Science of Traveling Light”

airfarewatchdog.com: continually updated site with airline baggage fees

tsa.gov: Transportation Security Administration (screens luggage in U.S.)

seatexpert.com: to request best seat assignments

seatguru.com: to request seat assignments

Weather

intellicast.com

weather.com

wunderground.com

PACKING ESSENTIALS

Essential Documents (2 copies of each: 1 for your purse, 1 for your suitcase:)

- ☐ Passport, valid for at least 6 months after departure
- ☐ Credit card
- ☐ Picture ID
- ☐ Travel insurance information
- ☐ Emergency contact information
- ☐ Prescriptions (medications, eyeglasses)

Essential Clothing

- ☐ More tops than skirts or pants
- ☐ Heavy socks that can double as slippers
- ☐ Comfortable walking shoes
- ☐ Scarves and bandanas
- ☐ Swimsuit, even in Antarctica (you never know!)
- ☐ Nightie
- ☐ Warm sweater or jacket, even when traveling to a warm climate
- ☐ Lightweight windbreaker, rain jacket, or poncho

Essential Supplies

- ☐ Addresses and phone numbers (embassies, neighbors, etc.)
- ☐ Batteries for cameras, hearing aids, alarm clock, etc.
- ☐ Camera, case, and small tripod device
- ☐ Cell phone (check carrier in advance)
- ☐ Cleansing wipes
- ☐ Corkscrew
- ☐ Cosmetics (2 oz. or less)
- ☐ Duct tape (wrapped on a pencil)
- ☐ Earplugs and eye mask (for flight and at destination)
- ☐ Electrical adapter
- ☐ Extension cord
- ☐ Fabric softener sheets
- ☐ Flashlight (small)
- ☐ Hand sanitizer
- ☐ Insect repellent (best if combined with sunscreen)
- ☐ Journal
- ☐ Lip balm
- ☐ Manicure set with scissors, tweezers, and nail clipper

- ☐ Medical kit, including medications for colds, stomach and intestinal problems, and seasickness; bandaids, anti-itch cream (including MONISTAT®), sleep aids, antibiotic cream, pain reliever, Orajel®, hot and cold patches, an ace bandage, and medications for colds, stomach and intestinal problems, and sea sickness
- ☐ Memory cards
- ☐ Mending kit (small), including safety pins and iron-on hemming tape for emergencies
- ☐ Nightlight (with converter)
- ☐ Pen/pencil
- ☐ Pocket-sized notebook
- ☐ Powdered beverages (such as coffee and Gatorade)
- ☐ Reading light (small)
- ☐ Rubber bands
- ☐ Scented votive candle for relaxing at the end of the day
- ☐ Sunscreen (best if combined with insect repellent)
- ☐ Swiss Army knife
- ☐ Tissues (small packets)
- ☐ Toilet paper (small supply)
- ☐ Towelettes
- ☐ Travel alarm clock
- ☐ Travel hair dryer (check hotels first to see if needed)
- ☐ Travel iron (or pack iron-free items)
- ☐ Umbrella (small)
- ☐ Washcloth (quick-dry)
- ☐ Water bottle
- ☐ Ziploc® bags in assorted sizes

Essential Toiletries

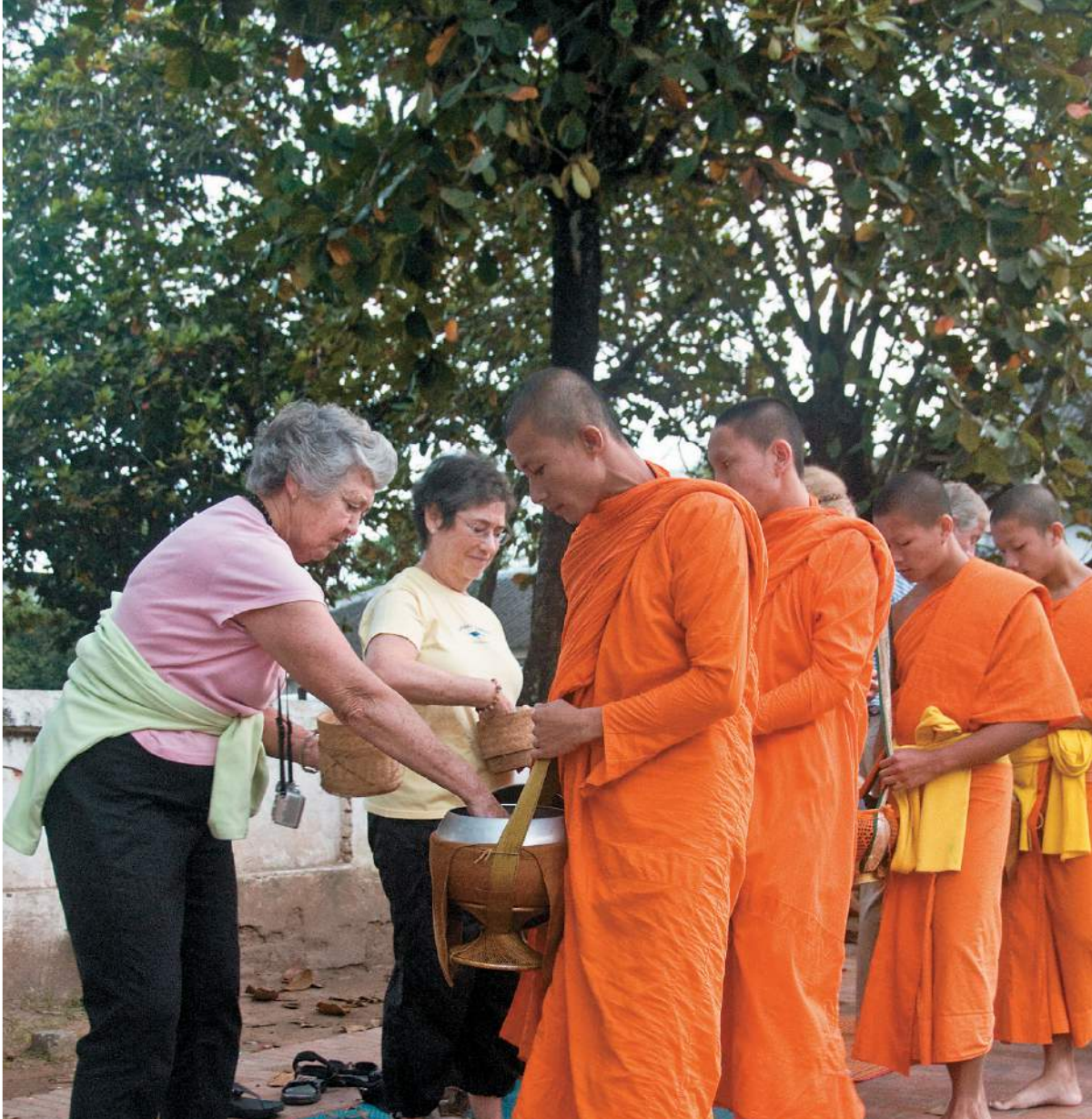
- ☐ Dental Floss
- ☐ Deodorant
- ☐ Eye make-up remover
- ☐ Face cream
- ☐ Hair brush and comb
- ☐ Hair elastic
- ☐ Razor (disposable)
- ☐ Shampoo + conditioner
- ☐ Toothbrush + toothpaste
- ☐ Toothpaste

CLOTHING SIZES

Code: A=American, J=Japanese, E=English, C=Continental

Women's	A	J	E	C
Dresses, Suits, Coats	8	7	10	38
	10	9	12	40
	12	11	14	42
	14	13	16	44
	16	15	18	46
	18	17	20	48
Sweaters, Blouses	10	M	34	40
	12	M	36	42
	14	L	38	44
	16	L	40	46
	18	LL	42	48
	20	LL	44	50
Shoes	5	22 ½	3 ½	34 ½
	5 ½	23	4	35
	6	23 ½	4 ½	35 ½
	6 ½	24	5	36
	7	24 ½	5 ½	37
	7 ½	25	6	38
	8	25 ½	6 ½	38 ½
	8 ½	26	7	39
	9	26 ½	7 ½	39 ½
	10	27	8	40
Men's	A	J	E	C
Jackets, Coats, Sweaters	38S	A6	38S	48-6
	39R	A7	39R	50-6
	38E	SAB4	38ES	44-4
	39S	AB5	39S	46-4
	40S	AB6	40S	48-4
	41R	AB7	41R	50-4
Shirts	15 ¾	40	15 ¾	40
	16	41	16	41
	16 ½	42	16 ½	42
	17	43	17	43
	17 ½	44	17 ½	44
	18	45	18	45
Shoes	8	25	6 ½	41
	8 ½	26	7	42
	9	26 ½	7 ½	42
	9 ½	27	8	43
	10	27 ½	8 ½	43
	10 ½	28	9	44
	11	28 ½	9 ½	44
	11 ½	29	10	45
	12	29 ½	10 ½	46

Note: This table is meant as a guide only. Sizes will vary somewhat.



“Travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living.”

—Miriam Beard, American historian

How have your travels changed you?

FOREIGN PHRASE GUIDE

English	Chinese (simplified)	French	Hindi	Spanish
Hello	Ni hao (pronounced nee ha-ow)	Bonjour	Namasté	Hola
Goodbye	Zai jain (pronounced zay je-an)	Au revoir	Namasté	Adiós
Please	Xie xie (pronounced sheh sheh)	S'il vous plaît	Kripaya	Por favor
Thank you	Xie xie (pronounced sheh sheh)	Merci	Shukriyaa or Dhanyavad	Gracias
You're welcome	Bu ke qi (pronounced boo ker chi)	De rien	Koi baat nahin	De nada
How much?	Duo shao qian? (pronounced dwor shaw chian)	Combien?	Yeh kaisey diyaa?	¿Cúantos?
Where's the rest room?	Xi shou jian zai na? (pronounced see show jen sigh nar)	Où est le W.C.?	Sanchallya kahaan hai? de baño?	¿Dónde está el bano?
I don't understand	Wo bu ming bai (pronounced war boo ming buy)	Je ne comprends pas	Mujhey samajh mein nahi aataa	Yo no comprendo
Taxi	Di shi (pronounced dee shee)	Taxi	Taxi Cab Auto	Taxi
Help!	Jiu min! (pronounced jiu min)	M'aidez!	Madad	¡Ayúda me!

FOREIGN PHRASE GUIDE

English	Chinese (simplified)	French	Hindi	Spanish
Do you speak English?	Ni hui shuo Yingyu ma? (nee wee shoy hing hu ma)	Parlez-vous anglais?	Kya apa angrezi bolate haim? (kee-ya ahp in-grey -zee bow-tay)	Habla usted Inglés?
Tourist information	Lvyou xinxi chu (loo-yo shin shee)	Information touristique	Paryatana ki janakari (par-yah-tin kee jahn-karee)	Información turística
Metro/subway	Dì tie (tee ah tee ah)	Métro	Metro (mee-tro)	Metro
Bank	Yin hang (een hang)	Banque	Bainka (bank-ah)	Banco
Post office	Yóujú (yo jhoo)	Bureau de poste	Karyalaya posta (kah-ray-lay-ah post)	La oficina de correos



FOREIGN PHRASE GUIDE

English	Swahili	Turkish	German
Hello	Hujambo (hoo jahm bo)	Merhabā (mare-ha-ba)	Hallo
Goodbye	Kwa heri	Hoşçakal! said by person leaving (hosh-cha-kal) Güle! said by person staying (guu-leh)	Auf Wiedersehen
Please	Tafadhali (tah fah dah lee)	Lütfen (lut-fen)	Bitte (BIT-tuh)
Thank you	Asante (a sahn tee) (teh shek uer eh der eem)	Teşekkür ederim (DAN-keh shoon)	Danke schön!
You're welcome	Mwakaribishwa (mwa-kah-ree-beesh-wah)	Bir şey değil (beer-shey dey-eel)	Bitte sehr (BIT-tuh zayr)
How much?	Kiasi gani? (kee-ah-see gah-vee)	Kaç para? (koch pa rah)	Wie viel (vee fee-el)
Where's the rest room?	Choo kiko wapi? (chaw-kee-koh- wah-fee)	Tuvalet nerede? (too-vah-let neh-reh-dey) hahm)	Wo ist der ruheraum? (wo iss deh roo-her- hahm)
I don't understand	Sielewi (see-eh-lev-ee) (on lah may or um)	Anlamıyorum (ich vershtee ess nikt)	Ich verstehe es nicht
Taxi	Teksi (tehk-see)	Taksi (tahk see)	Taxi
Help!	Msaada! (sah-dah)	Imdat! (eem dot)	Helfen!
Do you speak English?	Unasema kiingereza? (oona-say-mah- keen- gen-ray-zah)	İngilizce konuşuyor musunuz? (eeng-ee-leez-jay koh-noo-shoo- yor moo-soo-nooz)	Sprechen Sie Englisch? (SHPRE-chen zee EHNG-lish)
Tourist information	Utali habari (oo-tah-lee ha-bah-vee)	Turizm danışma (too-reezm da-nuhsh-mah)	Touristen- Informationszentrum
Metro/subway	Stesheni ya treni (steh-sheh-nee yah treh-nee)	Metro (metro)	U-Bahn
Bank	Benki (behn-kee)	Banka (ban-kah)	Bank
Post office	Posta (poh-stah)	Postane (post-han-eh)	Postamt

FOREIGN PHRASE GUIDE

English	Thai	Russian	Japanese
Hello	Sawatdee (sah wah dee khaa)	Privet (pree-vee-yet)	Kon'nichiwa
Goodbye	Sawatdee	Do svidaniya (doe see-dahn-ya)	Sayōnara
Please	Kruna (karunaa)	Pozhaluysta (poce-ha-laweesta)	Dozo (doe-zah)
Thank you	Kob kun kaa (kob nah kahn)	Spasibo (spa-see-ba)	Arigatō
You're welcome	Mai pen rai	Dobro pozhalovat (daw-brah pah-jhalavrah)	Dōitashimashite (doo itashima-shite)
How much?	Thea hjr (tower rye)	Skol-ko (skul-ka)	Ikura (ee-koo-rah)
Where's the rest room?	Hông náam yòo tēe nǎi? (hong nam yoo tee nai)	Skazhite pozhalusta, gde toilet? (ska zate poze-halista aydah toilet)	Otearai wa doko desu ka?
I don't understand	Mai khao chai (mai kao jai kaa)	Ne ponimayu (nay pon-ee-my-oh)	Watashi wa rikai shite imasen
Taxi	Thaeksi (tek see)	Taksi (tahk see)	Takushi
Help!	Chuay duay! (choo-ai doo-ai)	Pomogite! (po-mo-jheet)	Tasukete!
Do you speak English?	Kun pôot paa-sǎa ang-grít rěu bplào? (koon poot paa-saa ang-grít reu bplao)	Vy govorite po-angliyski? (vee go-vo-rite po-anglay-eski)	Ey-go o ha-na-shi-mahska?
Tourist information	Khxm̐ul kar th̐xng theiyw (kahm-woon gahn tung tee-ow)	Turisticheskaya informatsiya (tourista keskya informatia)	Kankō jōhō (kahn-ko jo-ho)
Metro/subway	Rot fai (roht fai)	Mietro (mee-yet-ra)	Metoro
Bank	Th̐nākhār (tah nah kahn)	Bahk (bahnk)	Ginkō
Post office	Prai-sanee (brai sah nee)	Pochta (poh chtah)	Yūbin-kyoku

INTERNATIONAL TIME ZONES





“When you travel, remember that a foreign country is not designed to make you comfortable. It is designed to make its own people comfortable.”

— Clifton Fadiman, American broadcaster

This legendary broadcaster and intellect—who also helped found the Book-of-the-Month Club—knew a thing or two about assimilating to different cultures: his parents emigrated to the U.S. from Russia.

AROUND THE WORLD IN FILM

OK, some of these are obvious, some are guilty pleasures, some are classics, and *all* made me want to visit the countries they depict.

Africa

African Queen

Constant Gardener

Guelwaar

Hotel Rwanda

The Last King of Scotland

Tsotsi

A World Apart

The Americas

South America

Voices of the Andes

Asia

China & Tibet

Dreaming Lhasa

Old Dog

India

The Best Exotic Marigold Hotel

Japan

Memoirs of a Geisha

Europe

France

An Affair to Remember

The Big Blue

Charade

French Kiss

Jean De Florette

My Father's Glory

My Mother's Castle

Swann in Love

Swimming Pool

To Catch a Thief

The Well-Digger's Daughter

Germany & Austria

Before Sunrise

Greece & Turkey

Boy on a Dolphin

*Crossing the Bridge—
The Sound of Istanbul*

The Kings of Mykonos

Mama Mia

My Life in Ruins

Uzak

Italy

Cinema Paradiso

Dangerous Beauty

The Last Kiss

My House in Umbria

Only You

Roman Holiday

Stealing Beauty

Summertime

The Talented Mr. Ripley

Tea With Mussolini

Three Coins in the Fountain

Up at the Villa

Wings of the Dove

Russia

Dr. Zhivago

Gorky Park

The Russia House

United Kingdom & Ireland

Braveheart

Dancing at Lughnasa

Far and Away

Into the West

Mrs. Brown

The Queen

Rob Roy

A Room With a View

The Secret of Roan Inish

Sense & Sensibility

Young Victoria

South Pacific

Australia

Australia

My Brilliant Career

Rabbit-Proof Fence

Walkabout

Whale Rider

We of the Never Never

TOP TRAVEL-RELATED BOOKS

General

Nonfiction

A Time of Gifts: On Foot to Constantinople by Patrick Leigh Fermor (1977)

Falling Off the Map: Some Lonely Places of the World by Pico Iyer (1994)

The Size of the World by Jeff Greenwald (1997)

Fresh Air Fiend: Travel Writings by Paul Theroux (2001)

Tales of a Female Nomad: Living at Large in the World by Rita Golden Gelman (2001)

The Art of Travel by Alain de Botton (2002)

Black Sea by Neal Ascherson (2006)

The Geography of Bliss: One Grump's Search for the Happiest Places in the World by Eric Weiner (2008)

Eighty Days: Nellie Bly and Elizabeth Bisland's History-Making Race Around the World by Matthew Goodman (2013)

Fiction

Kim by Rudyard Kipling (1901)

The Alchemist by Paul Coelho (1988)

Africa

Out of Africa by Isak Dinesen (1937)

West with the Night by Beryl Markham (1942)

When the Going was Good by Evelyn Waugh (1947)

The Sheltering Sky by Paul Bowles (1949)

Long Walk to Freedom: The Autobiography of Nelson Mandela (1994)

The Poisonwood Bible by Barbara Kingsolver (1998)

Dark Star Safari by Paul Theroux (2003)

Scribbling the Cat: Travels with an African Soldier by Alexandra Fuller (2004)

When a Crocodile Eats the Sun: A Memoir of Africa by Peter Godwin (2007)
Whatever You Do, Don't Run, True Tales of a Botswana Safari Guide
by Peter Allison (2007)

Morocco

In Morocco by Edith Wharton (1920, reissued in 2009)
Their Heads Are Green and Their Hands Are Blue by Paul Bowles (1963)
Sahara Unveiled: A Journey Across the Desert by William Langewiesche (1995)

Tunisia

The War with Hannibal by Titus Livy (AD 17, translated 1965)

Antarctica

The Worst Journey in the World by Apsley Cherry-Garrard (1922)
Alone: The Classic Polar Adventure by Admiral Richard E. Byrd (1938)
Endurance, Shackleton's Incredible Voyage by Alfred Lansing (1959)
The Last Place on Earth, Scott and Amundsen's Race to the South Pole
by Roland Huntford (originally published in 1979 as *Scott and Amundsen*)
Skating to Antarctica: A Journey to the End of the World by Jenny Diski (1997)

Asia

China

Tai-Pan by James Clavell (1966)
The Great Railway Bazaar by Paul Theroux (1975)
Iron & Silk by Mark Salzman (1986)
Riding the Iron Rooster by Paul Theroux (1988)
Behind the Wall by Colin Thubron (1989)
The River at the Center of the World by Simon Winchester
(1995, reissued 2009)
The Size of the World by Jeff Greenwald (1997)
River Town: Two Years on the Yangtze by Peter Hessler (2001)
Empire of the Sun by J. G. Ballard (2005)

India

Hindoo Holiday by J. R. Ackerley (1932)
The Long Walk by Slavomir Rawicz (1956)
An Area of Darkness by V. S. Naipaul (1965)
Slowly Down the Ganges by Eric Newby (1966)
The Raj Quartet by Paul Scott (1966-1975)
Midnight's Children by Salman Rushdie (1981)
India: A Million Mutinies Now by V. S. Naipaul (1991)
City of Djinns by William Dalrymple (1993)
Chasing the Monsoon by Alexander Frater (1993)
The Great Hedge of India by Roy Moxham (2001)
A Fine Balance by Rohinton Mistry (2001)
Maximum City: Bombay Lost and Found by Suketu Mehta (2004)
Along the Ganges by Ilija Trojanow (2006)

Japan

The Narrow Road to the Deep North & Other Travel Sketches
by Matsuo Basho (1694)
Thousand Cranes by Yasunari Kawabata (1949)
Shōgun by James Clavell (1975)
Dave Barry Does Japan by Dave Barry (1993)
The Tale of Murasaki by Liza Dalby (2000)
The Inland Sea by Donald Richie (2002)
Wrong About Japan by Peter Carey (2004)
Travelers' Tales Japan by Donald W. George and Amy G. Carlson (2005)

Nepal/Tibet

Seven Years in Tibet by Heinrich Harrer (1954)
The Snow Leopard by Peter Matthiessen (1978)
Video Night in Kathmandu by Pico Iyer (1988)
The Hotel on the Roof of the World by Alec Le Sueur (2001)

Southeast Asia/Vietnam/Cambodia

A Barbarian in Asia by Henri Michaux (1933)

The Quiet American by Graham Greene (1956)

From a Chinese City by Gontran De Poncins (1957)

All the Wrong Places by James Fenton (1988)

The River's Tale: A Year on the Mekong by Edward Gargan (2003)

Thailand

Anna and the King of Siam by Margaret Landon (1944)

Old Bangkok by Michael Smithies (2006)

Central & South America

Lost City of the Incas: The Story of Machu Picchu and Its Builders

by Hiram Bingham (1948, reissued 2003)

One Hundred Years of Solitude by Gabriel Garcia Marquez (1967)

In Patagonia by Bruce Chatwin (1977)

The Path Between the Seas: the Creation of the Panama Canal

1870-1914 by David McCullough (1978)

The Motorcycle Diaries by Ernesto “Che” Guevara (2003)

The Whispering Land by Gerald Durrell (2006)

The Amazon

In Trouble Again by Redmond O'Hanlon (1988)

Tales of a Shaman's Apprentice by Mark Plotkin (1994)

The Enchanted Amazon Rain Forest, Stories from a Vanishing World

by Nigel J.H. Smith (1996)

The River of Doubt by Candice Millard (2006)

The Lost City of Z by David Grann (2009)

State of Wonder by Ann Patchett (2011)

Galápagos

Voyage of the Beagle by Charles Darwin (1839)

The Beak of the Finch, A Story of Evolution in our Time by Jonathan Weiner (1995) (Pulitzer Prize winner)

Europe

Croatia/Balkan Countries

Black Lamb and Grey Falcon by Rebecca West (1942)

The Impossible Country by Brian Hall (1994)

England

The Pillars of the Earth by Ken Follett (1989)

Ireland

How the Irish Saved Civilization by Thomas Cahill (1994)

Trinity by Leon Uris (1990)

France

A Year in Provence by Peter Mayles (1989)

Greece

Bitter Lemons of Cyprus by Lawrence Durrell (1957)

Corelli's Mandolin by Louis De Bernieres (2001)

Sailing the Wine-Dark Sea: Why the Greeks Matter by Thomas Cahill (2003)

Italy

A Thousand Days in Venice by Marlena di Blasi (2002)

The Mediterranean

The Pillars of Hercules by Paul Theroux (1995)

Turkey

The Lycian Shore by Freya Stark (1956)

Riding to the Tigris by Freya Stark (1959)

Crescent and Star: Turkey Between Two Worlds by Stephen Kinzer (2001)

Birds Without Wings by Louis De Bernieres (2004)

Turkey: Bright Sun, Strong Tea by Tom Brosnahan (2005)

Middle East

The Histories by Herodotus (circa 440 B.C.)

Letters from Egypt: A Journey on the Nile, 1849–1850

by Florence Nightingale (1854; published 1987)

The Innocents Abroad by Mark Twain (1869)

Seven Pillars of Wisdom: A Triumph by T.E. Lawrence (1926)

The Road to Oxiana by Robert Byron (1937)

Cairo Trilogy by Naguib Mahfouz (1956-57)

Exodus by Leon Uris (1958)

Arabian Sands by Wilfred Thesiger (1959)

Ancient Evenings by Norman Mailer (1983)

Jerusalem: One City, Three Faiths by Karen Armstrong (1996)

Passionate Nomad: The Life of Freya Stark by Jane Geniesse (2001)

The Kite Runner by Khaled Hosseini (2003)

Reading Lolita in Tehran: A Memoir in Books by Azar Nafisi (2003)

Traveling Through Egypt, From 450 B.C. to the Twentieth Century

(anthology edited by Sahar Abdel-Hakim, 2004)

The Dancing Girls of Lahore: Selling Love and Saving Dreams in

Pakistan's Pleasure District by Louise Brown (2005)

The Egyptologist: A Novel by Arthur Phillips (2005)

Lipstick Jihad: A Memoir of Growing up Iranian in America and

American in Iran by Azadeh Moaveni (2005)



Walking the Bible: A Journey by Land through the Five Books of Moses

by Bruce Feiler (2005)

Desert Queen: The Extraordinary Life of Gertrude Bell: Adventurer,

Adviser to Kings, Ally of Lawrence of Arabia by Janet Wallach (2005)

Down the Nile: Alone in a Fisherman's Skiff by Rosemary Mahoney (2007)

A Thousand Splendid Suns by Khaled Hosseini (2007)

South Pacific

The Journals of Captain Cook by James Cook (1768-1779, abridged edition 2000)

Tales of the South Pacific by James Michener (1947)

The Kon-Tiki Expedition: By Raft Across the South Seas by Thor Heyerdahl (1950)

The Songlines by Bruce Chatwin (1987)

The Fatal Shore by Robert Hughes (1988)

Once Were Warriors by Alan Duff (1990)

In a Sunburned Country by Bill Bryson (2000)

Whale Rider by Witi Ihimaera (2005)

BANDANARAMA 25 Uses for a Scarf

Personal Appearance

1. Head scarf or headband

Keep hair back or tie into a ponytail

2. Neckwear accessory

Dress up an outfit or change your look

3. Shoulder wrap

An elegant alternative to jackets or sweaters

4. Bracelet

Just wrap it around your wrist for a unique alternative to jewelry

5. Belt scarf

6. Zipper pull

On the Road

7. Napkin

8. Placemat

9. Dish cloth

10. Packaging

11. Camera lens cleaner

12. Sunglass lens cleaner

13. Shoe shiner

14. Seat cover

15. Gifts

Personal Hygiene & Medical Situations

16. Bandit-look face scarf

17. Cooling necktie

18. Handkerchief

19. Washcloth

20. Cold compress

21. Tourniquet

22. Sling

23. Splint

Sleep Aid

24. Sleep blindfold

25. Pillow cover

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Grand Circle Corporation is a global enterprise comprised of a family of international travel companies geared to Americans over 50 and a charitable Foundation. We are committed to helping change people's lives by offering high-impact experiences to our travelers and by building local communities through philanthropy, social entrepreneurship, and volunteerism. Our Grand Circle family includes:

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Established in 1998, our award-winning [Grand Circle Cruise Line](#) consists of 16 owned river ships and myriad private charters. We offer 15 river cruises and cruise tours throughout Europe and Russia, as well as eight small ship cruise tours to Burma, Antarctica, Panama, the Dalmatian Coast, Greece and the Greek Islands, the Aegean, the Adriatic, and beyond. Voted the #1 World's Best River Cruise Line by readers of *Condé Nast Traveler* in both 2013 and 2012, Grand Circle Cruise Line is widely known for exceptional value and high-quality experiences around the world.

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Launched in 1958 to serve American Association of Retired Persons (AARP) members, [Grand Circle Travel](#) today offers popular international vacations to all older Americans. Key to the company's popularity are the pillars upon which we build every vacation: comprehensive value, leisurely pacing, varied choice, and cultural discovery. Grand Circle offers 19 vacations, including 18 escorted land tours and a cruise tour. In addition to exceptional value, our company is known for our resident, expert Program Directors and our signature Discovery Series of cultural and educational events and activities, which range from visits to local homes and schools to classes in language and local cooking.

GRAND CIRCLE FOUNDATION

Philanthropists and Grand Circle owners Alan and Harriet Lewis established [Grand Circle Foundation](#) in 1992 as a way to give back to their hometown of Boston and the communities around the world where we live and operate. Since its inception, our Foundation has donated or pledged \$97 million to more than 300 humanitarian, cultural, and educational organizations worldwide, including about 100 schools, in 50 countries. More than 92% of Grand Circle's associates from our 44 offices participate in one or more of 40 philanthropic volunteer projects each year.



“Life is either a daring adventure or nothing.”

– Helen Keller

Despite being blind and deaf since the age of 19 months, this courageous woman traveled to more than 40 countries around the world over the course of her amazing lifetime.