

# TABLE OF CONTENTS

## INTRODUCTION

Why Traveling for Her? .....	vi
Who should read this book? .....	vii
How to use this book .....	ix
What do you think? .....	xi

## PART I: INSPIRATION

<b>Chapter 1: Why Travel?</b> .....	2
Thoughts on why we travel .....	2
Why do you want to travel? .....	11
Why aren't you traveling? .....	12
Quantify what you need to travel .....	12
Action plan to make travel a reality .....	13
Travel Challenge #1 and Chapter Notes.....	17
<b>Chapter 2: Just the Facts: Interesting Facts About     Women Travelers</b> .....	18
Travel Challenge #2 and Chapter Notes.....	21
<b>Chapter 3: Inspirational Stories of Travel</b> .....	22
Travel Challenge #3 and Chapter Notes.....	33
<b>Chapter 4: Travel Self-Assessment: What's Stopping You?</b> ....	34
My travel excuses and beliefs .....	34
Risk .....	36
Get out of the zone: the comfort zone!.....	37
Five steps to get out of your comfort zone.....	39
Travel Challenge #4 and Chapter Notes.....	41
<b>Chapter 5: Travel Self-Assessment: Your Inner Traveler</b> .....	42
What kind of traveler are you? .....	42
The perfect travel experience .....	49
Travel Challenge #5 and Chapter Notes.....	51

## PART II: INFORMATION: TRIP PLANNING

<b>Chapter 6: Where In The World? Finding Your Destination...</b>	54
Destination ideas and suggestions .....	54
Ecotourism.....	74
Where do you want to travel and why? .....	76
Travel Challenge #6 and Chapter Notes.....	89
<b>Chapter 7: Researching Your Destination .....</b>	78
How to research your destination.....	78
Language .....	80
Health/medical.....	81
Traveling with disabilities.....	82
Safety .....	83
Weather/seasons .....	84
Maps/geography.....	86
Currency .....	86
Passports and visas.....	87
Travel Challenge #7 and Chapter Notes.....	89
<b>Chapter 8: From Here to There: Modes of Transportation .....</b>	90
Planes .....	90
Trains.....	92
Automobiles .....	94
Ships .....	97
Travel Challenge #8 and Chapter Notes.....	99
<b>Chapter 9: Home Away From Home: Where to Stay .....</b>	100
Hotels/motels .....	100
Vacation rentals .....	103
Bed & breakfasts .....	104
Hostels.....	106
Friends/family .....	107
Home exchange.....	108
House sitting .....	110
Work exchange .....	111
Camping .....	112
Other accommodations.....	114
Travel Challenge #9 and Chapter Notes.....	115

<b>Chapter 10: Me or Us: Who to Travel With</b> .....	116
Solo travel .....	116
Traveling solo when you're married .....	124
Travel companions .....	125
Group travel .....	131
Lesbian travel .....	134
Traveling with children .....	135
Traveling with pets.....	137
Travel Challenge #10 and Chapter Notes.....	139
<b>Chapter 11: Dollars and Sense</b> .....	140
Relative value of money .....	140
Currency .....	141
How long should I stay?.....	147
Where/how to get money for travel.....	150
How to get the best travel deals .....	154
Frequent traveler programs .....	158
Your budget on paper .....	161
Travel Challenge #11 and Chapter Notes.....	165
<b>Chapter 12: Booking Your Trip</b> .....	166
Travel agents .....	166
Internet travel booking .....	169
Travel Challenge #12 and Chapter Notes.....	173
<b>Chapter 13: Do I Need That? How to Pack</b> .....	174
What to pack and what NOT to pack .....	175
Packing checklists.....	189
Travel Challenge #13 and Chapter Notes.....	191
<b>Chapter 14: Did I Leave the Iron On? To-Dos</b>	
<b>Before You Go</b> .....	192
Vital information .....	192
House sitting .....	194
Utilities .....	195
Mail.....	196
Auto-responders/voicemail messages .....	196
Bills .....	198
Credit cards .....	199
Phones .....	199
Travel insurance .....	201
Friends/family .....	204
Travel Challenge #14 and Chapter Notes.....	205

## PART III: INFORMATION: LIFE ON THE ROAD

<b>Chapter 15: I Have Arrived!</b> .....	208
Transportation.....	208
Settling into your home away from home .....	211
Guidebooks/maps/GPS.....	212
Travel Challenge #15 and Chapter Notes.....	215
<b>Chapter 16: People, Places and Things</b> .....	216
Language .....	216
Small-talk and self-introductions .....	218
Fitting in like a local .....	220
New friends and acquaintances .....	222
Romance on the road .....	222
What should I do? .....	224
Tourist attraction hopping .....	228
Tipping.....	228
Postcards and mail .....	229
Souvenirs .....	229
Basic essentials of daily living .....	230
Travel Challenge #16 and Chapter Notes.....	233
<b>Chapter 17: Staying Safe and Healthy</b> .....	234
Safety.....	234
Health/medical.....	240
How to beat homesickness.....	247
In case of emergency .....	248
Travel Challenge #17 and Chapter Notes.....	249
<b>Chapter 18: Working on the Road</b> .....	250
To work or not to work?.....	250
Technology/Internet basics.....	253
Security .....	256
Travel Challenge #18 and Chapter Notes.....	257
<b>Chapter 19: Things Every Woman Should Do</b>	
<b>While Traveling</b> .....	258
Travel Challenge #19 and Chapter Notes.....	263

## PART IV: INFORMATION: RETURNING HOME

<b>Chapter 20: Done Already? Returning Home</b> .....	266
Preparing for the trip home.....	267
Customs .....	269
Travel Challenge #20 and Chapter Notes.....	271
<b>Chapter 21: Adjusting to Life After Travel</b> .....	272
Wow, I've changed!.....	272
Wow, this place changed!.....	273
Reliving your trip through pictures and stories.....	274
Planning your next trip.....	275
Travel Challenge #21 and Chapter Notes.....	277
<b>Chapter 22: Bon Voyage!</b> .....	278
<b>Travel Links</b> .....	280
<b>Index</b> .....	288