



Q: I'm a retired teacher and want to travel by myself. It gives me total independence and freedom to set my own pace. I've gone with groups, but gave up due to restrictive schedules, boring companions and other bothers. What's your opinion on a single, 67-year-old senior woman seeing the world by myself? *Ms MML, Boston MA*

A: We strongly suggest you travel with at least one healthy companion. This is necessary where current conditions may be dangerous. While planning, search online for crime rates, political unrest and other reasons to be cautious or stay away.

When checking in, ask the hotel host about current safety conditions. When in public, especially crowded areas, keep your purse safe under an elbow with shoulder strap. Secure phone or camera, and wrap the straps around a wrist. Obey safety rules, and keep your companion close at all times.