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## General Tips?

Posted by JMB2008 - 2009/03/24 12:35

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Hi-

My name is Jamie, I'm new to your site. Do you have any general tips for travelling abroad as a vegetarian? I'd really appreciate any help. I plan on taking a trip to the caribbean later this year, maybe to St. Lucia or Jamaica.

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## Re:General Tips?

Posted by danferreri - 2009/03/24 13:34

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Jamie-

Congratulations on being the first poster on our forum! As always my first recommendation would be: E-mail us! We can answer any questions you might have. But otherwise, follow these tips that I found over at e-how.

Book a trip with a tour operator that specializes in vegetarian travel. There are many operating now. Ask a travel agent, or check with vegetarian resources.

Research before you go. Buy travel books, read Web sites, obtain travel brochures. Learn about the country you are about to visit.

Buy a pocket language dictionary. Make sure it has a listing for common foods that you may find in a local restaurant.

Contact local vegetarian societies once you arrive at your destination. Many countries have them, and they can help you find veg-friendly establishments.

Ask around. Ask other vegetarians for tips on their experiences in a certain country. Ask veggie support groups. Put up notices on bulletin boards before you leave for your trip.

Be creative. If there's nothing on the menu, order a few side dishes. Ask for the potatoes, salad and stewed beets, for example. Create your own meals.

Buy food at local markets. Make up your own sandwiches. Buy bread, veggies and a bottle of water and have a picnic at the park.

Bring your own supplies, such as utensils, cups, etc., along with you on your trip. You will then be prepared for picnics and other make-your-own meals.

Be flexible. If you are going to Paris, you will find all the veggie food you want. But if you are going to Mongolia, the choices may be quite slim. You may have to alter your eating habits if you wish to eat. For example, if you are a strict vegan, you may have to eat cheese or drink milk, as nothing else may be available.

Choose your vacations wisely. If you are a strict vegan, you may have to forgo certain types of trips, such as rugged expeditions that allow for limited provisions.

Alert hosts in advance. If you are going to be a guest overseas, such as an exchange student, let the host or organization know you are a vegetarian. They will be able to accommodate you better once you arrive.

Book a trip with a tour operator that specializes in vegetarian travel. There are many operating now. Ask a travel agent, or check with vegetarian resources.

Dan Ferreri  
Travel Consultant  
Veggie Vacations

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## Re:General Tips?

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Posted by admin - 2009/03/24 23:37

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This Vegan Vacation site has been great. I really like the last post and I will use some of these tips when I plan my next vacation! Thanks!

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## Re:General Tips?

Posted by admin - 2009/03/25 00:07

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## Re:General Tips?

Posted by admin - 2009/03/25 00:13

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## Re:General Tips?

Posted by admin - 2009/03/25 00:29

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