

#TRAVEL

Surviving as a vegetarian abroad: tips that actually work

Travelling when you cannot eat certain foods can be hard, but that should not hinder you from exploring all that the world has to offer. It may seem daunting to travel as a vegetarian from a distance, but in fact, it is not as difficult as it may appear. Travelling as a vegetarian may be pleasant and easy if you consider a few essential points.

Delve into the local culinary culture

The first step in planning a trip as a vegetarian is learning about the local cuisine. Do most people consume a lot of meat, or is there a good variety of grains and greens? If you search around on enough travel websites, you can locate

several posts on the local food.

It is also a good idea to ask friends or family who have been to the destination that you are visiting for some detailed information on the cuisine. By doing so, you will also be able to manage the cost of your vegetarian meals beforehand.

Master different vegetarianism vocabularies

Knowing a few vegetarian-related terms in the local language where you will be visiting might come in useful whether you are relying on the phrases provided by your tour guide or using the advanced translation capabilities of Google Translate.

"I am a vegetarian; I do not eat meat; I

consume only plants, like fruits, vegetables, and so on." is an example of a sentence you could keep in your notes or simply memorise. This way, you could get help and advice from people who live there, if your prior planning does not work out.

Snacks on the go

Similar to how making your own meals at home may support your healthy eating choices, bringing snacks on trips can be really helpful. This is of utmost importance if you plan on being in a remote area without many food alternatives, particularly ones that cater to vegetarians.

In order to hold yourself over until your next meal, try snacking on some chips,

bread, chocolate, fruit, or nuts. Before leaving, throw a few hearty snacks in your purse or bag.

Eateries that welcome vegetarians

Seek vegetarian-friendly eateries while you are away by perusing travel apps and reading blog entries by other vegetarians. A plethora of new eateries are now springing up as a result of the global rising popularity of vegetarianism.

In some vegetarian eateries, you may get faux meats, which resemble meat in texture but are really prepared from mushrooms and vegetables. You can be in for quite the culinary adventure, needless to say!

By Samayla Mahjabin Koishy

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Be aware of deception. Partnerships could prove lucrative. Don't jump to conclusions. Your lucky day this week will be Tuesday.



TAURUS (APR. 21-MAY 21)

Look for something entertaining to do. You've got that competitive edge. A little rest will do wonders. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Your creative talent may be recognised this week. Your changing philosophies could lead to new circles. Don't bother getting even. Your lucky day this week will be Friday.



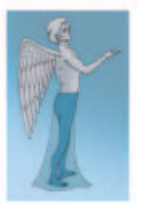
CANCER (JUN. 22-JUL. 22)

Being unappreciated by your boss could make work difficult. Focus on some soul-searching. You've done all you can to help. Your lucky day this week will be Saturday.



LEO (JUL. 23-AUG. 22)

Spend time getting to know others. Loved ones may feel insecure. Build a strong financial future for your family. Your lucky day this week will be Monday.



VIRGO (AUG. 23-SEP. 23)

Travel and social activity will spark interesting talks. Include family in your redecorating plans. Strong willpower will come to your rescue. Your lucky day this week will be Thursday.



LIBRA (SEP. 24-OCT. 23)

Use your own ideas to get ahead. Quick wit and charm will help you gain allies. Romance is likely through unique entertainment. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Take care of chores you've been putting off. Don't push your luck with your boss. Look into improving your health. Your lucky day this week will be Monday.



SAGITTARIUS (NOV. 22-DEC. 21)

Go on business trips if possible. Expect insincere gestures of friendliness. Attend social activities to meet new people. Your lucky day this week will be Tuesday.



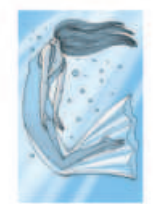
CAPRICORN (DEC. 22-JAN. 20)

Expect tension at home. If uncertain, keep your opinions private. Make special plans for your partner. Your lucky day this week will be Thursday.



AQUARIUS (JAN. 21-FEB. 19)

Watch for empty promises. Think about long-term goals. Quit those bad habits you've picked up. Your lucky day this week will be Sunday.



PISCES (FEB. 20-MAR. 20)

Ask for help when setting up budgets. Involve yourself in a competitive sport. You may find someone at work hasn't been trustworthy. Your lucky day this week will be Sunday.



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