

## Tips for Solo Travelling

- **Always keep a business card from your hotel/ airbnb, hostel etc with you.** If they don't have business cards, have the name, address and phone number written down on a piece of paper. If you ever get disorientated or lost, you can find a taxi to take you back.
- **Reel in your ambitions on the first and last nights of your trip.** At these times, you need things to go well; you are at your most vulnerable when you are just arriving in a place (and most laden down with luggage and stuff), and at your most stressed when you are trying to get on a plane or train on time. On these nights, take it easy on yourself; you might stay near the airport or train station, or splurge on a well-known hotel, or take a cab when you might otherwise save money by taking public transport.
- **Your phone** is your best friend, so treat it well. Google Maps, Skype, Facebook Messenger, WhatsApp – they could be your only link to the outside world. Back it up when the internet is available, get a LifeProof Case – do anything you can to safeguard it from the world. If it goes, you won't just be upset, you'll be lost.
- **Just say NO**  
Sometimes, especially in more hospitable and foreigner-fascinated cultures, the attention you get travelling solo can be a little intense. Learn how to say "no, thank you" in the local language, as well as "absolutely not" – plus the local nonverbal gesture for "no", which is often more effective than both.
- **Have local help numbers**, such as the tourist police, programmed in your phone. You'll probably never need them, but just knowing you have them can give you the confidence to deal with awkward situations. Also store your passport number, insurance details and credit card numbers on your phone.
- **Take care in large cities at night**, watch your drinks, be aware of any local scams and keep a close eye on your valuables.
- **Always be aware of your surroundings.** If you feel uncomfortable, turn around. If you feel like someone is following you, go into a shop or restaurant where there will be other people around. But please remember, things like this rarely happen, so try not to be Paranoid
- **Check in with someone at home** so they know you're safe and having a good time. A quick email does wonders to ease the fears of family and friends at home.

- You'll meet some of the most inspiring people when you travel, but don't forget you're probably one of them too. **Don't be intimidated.**

## **How to not feel lonely on your first solo trip**

Make an effort to **talk to other travellers**, whether they're solo travellers or not, though other solo travellers might work out better for you. Even if you're nervous about approaching people, remind yourself that you never have to see these people again, so who cares what they think?

And they might turn out to be really fun, interesting people. New friends, even just a friend for the day, can make the best travel memories.

If you want to meet other people while you're traveling, **consider staying at a hostel**

If hostels don't appeal to you, check out **MeetUp.com**. MeetUp has loads of groups and seemed to be everywhere

You might have days where you don't want to leave your hotel room because it feels too overwhelming. **Push yourself out the door** and give yourself permission to sit in a square or at a cafe or at a park. **Read a book**, enjoy a coffee or a wine, and just relax and watch the city go by.

Hopefully after a few days, you'll start realizing **it's not so hard**. That it can feel really **liberating** to be on your own.

Realise it doesn't matter what other people think. That traveling by yourself actually shows strength and confidence, not weakness.

Be aware, small things that seem easy at home will feel bigger and harder while you're traveling by yourself and that is ok – just breathe and smile

**Acknowledge those accomplishments.** Towards the end of your trip, treat yourself - a nice meal or a special souvenir to celebrate **this awesome thing you're doing by traveling alone.**

It will slowly start to sink in that it's **not so scary to travel by yourself** after all. A whole world of possibilities will open up to you because suddenly you'll realize you CAN do this. You no longer have to wait around for a friend or a boyfriend or girlfriend to join you on a trip. You can travel solo.

Happy, safe, solo travels.

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