



Female Solo Traveler One-Sheet



You are the biggest friend and enemy to yourself

If you want to go traveling to escape your problems, then these will come along with you and multiply during the trip. Embrace yourself.

General stress level tends to be higher during solo trips

You are constantly dealing with new situations and environments and need to sort them out on your own. You will learn a lot about yourself during solo trips.

Choose a location where you actually feel you want to be

Leave some flexibility to change if the place is not what you hoped for. Use free cancellation option accommodations if possible. If you see there are plenty of options available, try to leave freedom to adjust according to your mood and how you feel in each place.

Use e-sim providers

For local network connection, nowadays there is an easy way to use an e-sim package that is most suitable according to the duration of your stay. Choose a trusted provider or most popular local telecom provider.

Pay not with your main credit card

Keep smaller amounts on your active bank account. Rather use a backup card or one-time cards. For example some fintech solutions like Revolut or similar are good options during travels.

Check for local transport apps

Is it ok to take a taxi on the street, if yes, never pay the taxi drivers big amounts of money, but try to have smaller bills at hand. Prefer local transport apps like Bolt, Uber, Gojek, Grab, whichever is the most popular in that particular country.

Be careful when experimenting with local food

If you are not used to local food, be careful to try local street food, to avoid health issues that can spoil your trip. Think through how big your adventure tolerance is.

Hostels, local day trips are good way to meet new people

Many hostels offer day activities and chillout areas to meet new people and find travel buddies, if you at some point feel interested in having a companion. Be careful with dating apps to avoid potential scammers.