



friendship force
INTERNATIONAL

Solo Travel: tips and tricks



By FFI staff Britton Holmes and Valerie Malfara

Best Practices for **zoom**

Share your video: Avoid backlight from bright windows. Adjust your camera to be at around eye level if possible.

Mute your microphone: To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking.

Be mindful of background noise: When your microphone is not muted, avoid activities that could create unnecessary noise.

Use the chat function: You can send a question or statement to everyone or privately to a participant.

Raise your hand: If you'd like to speak or ask a question, use the 'raise hand' function that can be found on the list of participants.

Introduction and agenda

Goals: discussing basic tools to help plan a solo-trip, exchanging about our experiences and memories

- 1) Meet your hosts
- 2) Why travel solo?
- 3) Is it safe?
- 4) Alone but not lonely
- 5) Where shall I go?
- 6) Discussions in breakout rooms

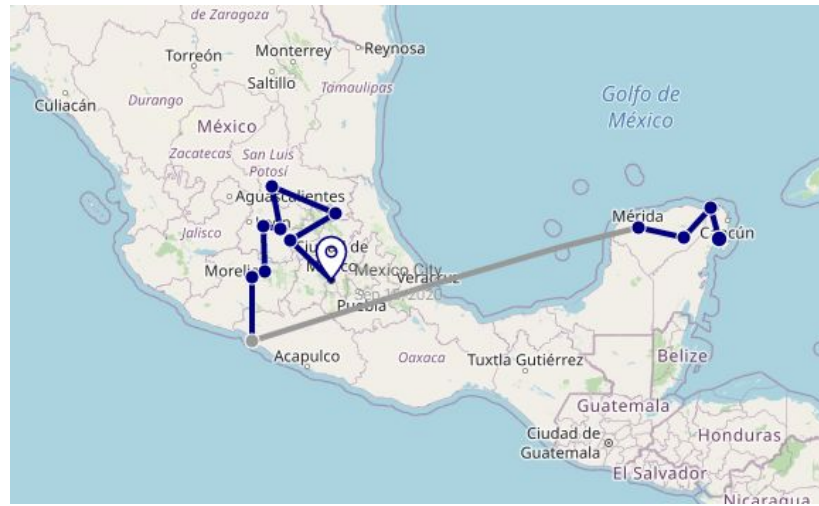
Conclusion



Meet your host : Britton Holmes



Britton's Solo Travels



-2016: Colombia, Ecuador, Galapagos Islands, Bolivia, Chile, Peru

-2018: Mexico (Zihuatanejo, Patzcuaro, Morelia, San Miguel de Allende, Guanajuato, San Luis de Potosi, Huasteca Potosina, Queretaro, Ciudad de Mexico)

"We travel, initially, to lose ourselves; and we travel, next, to find ourselves. We travel to open our hearts and eyes and learn more about the world than newspapers will accommodate."
Pico Ayer

Meet your host : Valerie Malfara



Valerie's solo adventure



- Latin America (Guatemala, Salvador, Honduras, Nicaragua)
- South America (Peru, Brazil, Chile, Argentina, Uruguay)
- Australia
- Singapore
- Burma
- India

Why travel solo ?

- Empowering and uplifting , sense of achievement
- Freedom
- Meet new people, being more open to new encounters
- Welcome new experiences - put down your phone!
- Step out of your comfort zone
- No need to wait for or compromise with a travel partner
- Get to know or reconnect with yourself / face your demons!



Is it safe?

- Is it really safer to stay home ?!
- Do your homework : research, learn about the culture, do's & don'ts
- Foreign travel advice : use with care
- Guidebooks : good but can be outdated
- Travel forums : **recent** feedback & tips from travellers or expats (Tripadvisor, Thorntree, Rick Steve's forum)
- Blending in, respecting the local culture to avoid misunderstandings
- Use common sense and follow your intuition :
- if something feels dubious, it probably is !



Is it safe?

Remember that 99% of the people are good but if things ever go wrong :

- Have a plan in place (copy of passport, emergency funds, family contact numbers, travel insurance details, embassies and consulates' addresses) Don't rely solely on your phone.
- Take a second to analyse your options before you react
- Don't let your emotions overwhelm you



Alone but not lonely

- Journal & take lots of photos
- Use home-hosting or meet-up organisations to meet others and make new friends
 - Friendship Force, Couchsurfing, Women Welcome Women Worldwide, Servas
- Volunteer!
 - WWOOF, Workaway, Helpx, or talk to local orgs. to find projects
- Join groups for day-trips, city tours, classes
- Research accommodations that are popular with other solo travellers
 - Hostel private rooms, AirBNB private rooms, bed & breakfasts'
- Talk to strangers!
 - But always listen to your intuition.



Where shall I go ?

- Always research your destination first!
- Think about the experience you want - adventure, budget, outdoorsy,
- Get experience with “easy” destinations that aren’t too different than what you are used to before heading to places that are more challenging.
- Solo-travel friendly regions
 - South East Asia, Europe, New Zealand etc.



Resources :

<https://www.smartertravel.com/single-travel-tips-going-solo/>

<https://www.adventurouskate.com/about-this-blog/about-kate/>

<https://solotravelerworld.com/category/how-to-travel-alone/solo-female-travel/#2>

<https://www.women-on-the-road.com/> : an over 50 woman sharing her experience and tips

<https://www.travelandleisure.com/trip-ideas/solo-travel/best-countries-for-solo-travelers>

A wide-angle photograph of a gravel road stretching into the distance. The road is flanked by dry, yellowish-brown grass. In the background, a range of jagged, snow-capped mountains rises against a sky filled with large, white and grey clouds. The lighting suggests a bright day with some shadows.

“Life begins at the end of your comfort zone.”

– *Neale Donald Walsch*