



#ITravelAlone

Female Solo Traveler Ultimate Guide



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Introduction

Traveling alone. Just two words, but so many meanings. For those ones that already went, memories. For those who want to go, doubts. All of us at Worldpackers want to help women add new meanings to those two words. After all, traveling alone as a woman is possible if you have the right tools and self-confidence to pursue your dream.

That's why our **Worldpackers Female Team** – Andira Medeiros, Ana Quintero, Anna Mota, Camila Agostinho, Fabi Werneck, Karol Andrade, Ludmila Ameni e Paula Ramao – have united efforts to write this guide, that aims to simplify the steps for solo female travelers. We have divided it in three sections with 5 topics each, that will focus on:



We wrote this guide because we believe that the possibility to experience the world with your own eyes is so amazing that it must be democratized. We want to revolutionize the way we think and make choices about traveling, so one day there will be no prejudice or fear that will stop women from conquering what they desire. Worldpackers has an amazing mission to inspire people to travel, once travel has changed a person - they change the world.

This is a guide written by women for all

the women out there.

We encourage you to embrace this experience. We want you to find new destinations, friends, lovers and dreams. Leave your limits at home to be whoever you want to be outside your comfort zone. We are here build this revolution together with you, and this guide is just the beginning.

**With love,
Worldpackers Girls**

XOXOX



Section 1 - What do you have to worry about before traveling?

1.1 - Get required documents:

Dreaming about your next destination is always a good thing to do. But before buying the tickets, it is indispensable to check all the documents you will need to have a perfect trip.

Start with the visa. That is how you'll figure out if anything different from a regular tourist visa is needed. [Project Visa](#) is a really useful website, which gives you straight-forward information on any country!

Find the right travel insurance. It can cover a wide variety of situations, from the trip it-

self to medical and dental care. The programs offer you different coverage options, and you can choose which one fits your budget best. But look out! There are some points that deserve your attention when making your choice. They are: the duration of the coverage; the coverage for your personal items, like your cellphone and laptop; which activities are covered – for example, don't go bungee-jumping in New Zealand before ensuring it covers radical sports! – and, of course, the medical coverage. Three options known for being good for solo travelers are: [World Nomads](#) and [True Travellers Insurance](#) – this last one just for European citizens.

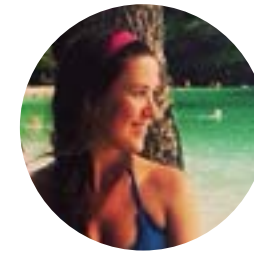
Check special requirements. Some regions could have specific requirements for tour-

ists, such as vaccines. By visiting [this website](#) you can find some really useful information about what kind of vaccines are mandatory before traveling and where to get them.

Make copies everywhere. Make a copy of your passport and documents before traveling, send it to your e-mail or print it. By doing this you are protecting yourself from being in a situation without your critical documentation.



Worldpackers Girl's Golden Tip



by:
Ludmila

“When I went to Thailand, I had to take the vaccine for yellow fever. Most people think it’s a waste of time to worry about those things, but not doing them can actually ruin your whole trip. In my case, it was essential since when I arrived at the immigration they asked me to show the international certificate to entry the country!”

1.2 - Start packing and re-packing:

You probably have already heard it, but it's always good to remember: travel as light as you can. When traveling alone, it's good to let your hands free to hold maps, mobile and travel guides.

Think about the essential. When choosing what to take, think and rethink about what you'll actually need. Although that varies from person to person, ten dresses probably aren't necessary. Choose basic clothes that match between themselves. So – if you find it a problem – you don't feel like you're dressing in the same thing everyday!

Don't forget the pack weight. This can vary according to the place you're going, so always do your research! In most countries, to avoid extra charge for oversize or overweight baggage when flying, your checked bag must weigh 23 kilos (50 pounds) or less. Also, it cannot exceed 157 cm (62 inches) with total length + width + height.

Get a padlock. If you're sharing accommodation, it's always safer to keep your things locked. Most places give you a locker, but generally they are pretty small. So for not having to worry about your stuff, and enjoying your experience completely, having a padlock is the key.

5 backpack brands tested and approved:

- [Deuter](#)
- [North Face](#)
- [Osprey](#)
- [Quechua](#)
- [Tortuga](#)



Worldpackers Girl's Golden Tip



by:
Camila

“During my trips, I have learned that a good backpack is the best friend you can have. So forget about luggage on wheels. I always pack only the essential and prefer light fabric clothes, that are easy to wash and fast to dry.”

1.3 - What you should know about transportation:

There's always a thousand ways to get from one place to another. That's why choosing which kind of transportation you're going to get isn't always easy. But one thing is for sure: you should be able to choose whatever way YOU think is better for your experience. Thinking about that, we will give some tips to facilitate your choosing process!

Know your way. Check your maps and transportation schedules before leaving the place that you're staying. Looking lost while wan-

dering in a different country can turn you into a target. An useful website to help with choosing your transport is [Inspirock](#) – a totally free online tool where you can plan your trips, choosing between going by plane, car, train, bus or whatever is available. Use it also to book your trips in advance! In Asian countries, for example, it is very common that the tickets are sold out by the middle of the week, so you have to book it by Wednesday if you plan to go away on the weekend.

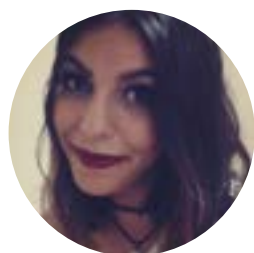
What if I want to get a ride? You can. Carpooling is a term that has been more spreaded each day since the launch of the app [Uber](#). For not getting into traps, it's important to use the community sense – which is the base for apps such as Uber and [BlaBlaCar](#) – in a

profitable way. Read the reviews and see the comments before choosing who is going to share the car with you. And, whenever is possible, look for other women that will make you feel safer!

Hitchhiking. It's always a little bit risky to hitchhike as a female traveler, but that doesn't mean it can't be done with precaution. Sometimes hitchhiking as a woman can be easier, because often women stop for other women. Even families may stop to help a woman from a situation in which they think she could be in danger or if it's raining/snowing. So don't think it's too difficult, face your fears and have a few preventative techniques to protect yourself.

Keep it safe. While traveling alone you can feel unsafe, and to avoid this feeling you can use some quick tips. When you get a ride, a Uber or a taxi, telling the driver that he looks like a friend or a relative, and asking if you can take a picture of him to show them, is one example. You can also take a picture his license. Another idea is to pretend that you're talking to your friends or family and follow the journey in your GPS to make sure you're on the right path. When it comes to buses and trains, make sure you book a single chair and beware of sleeping buses.

Worldpackers Girl's Golden Tip



by:
Ana

“Talking to locals and families is a great tip for avoiding getting trapped with transportation. During my trip to India, that was the way I discovered that foreigners usually got tricked and were charged higher prices for the bus and train tickets. So I learned to bargain and lower the costs!”



1.4 - Different types of accommodation:

Your accommodation represents a great part of your trip. It sets your experience's mood and probably the way you're going to connect with people! Now we'll present you different types of accommodation so you can explore and decide which one fits you best!

Exchanging skills for accommodation. Imagine yourself collaborating with people from different nationalities and having a profound cultural experience. You can choose between hostels, eco-villas and social projects that will be your temporary home for a couple of days (or even weeks). Search through Verified Hosts

and, if you have any question, talk to your Travel Fairy (24/7 online support). That's the kind of experience you can get using [World-packers!](#)

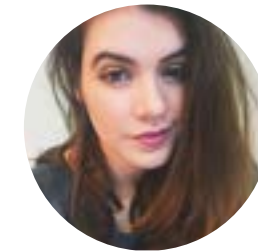
Hotel and Bed & Breakfast. For those travelers that are looking for comfort and don't want to worry about anything while traveling! With a good research, it is possible to find some that can fit in a small budget like the famous [Ibis Budget](#). Go for it if comfort and privacy are your thing.

Hostel. A great way to meet people! Most of the times, the shared dorms and shared bathrooms are compensated by the amazing friends that you will carry forever. If you aren't in such a collaborative mood, there are

also hostels that offer you a private room, a private bathroom and even a private kitchen! In case you don't feel comfortable with sharing your room with men, most hostels have female dormitories that can be perfect for you. On [Hostelworld](#), you can find over 8 million verified guest reviews about hostels all over the world.

Shared homes. Low budget option where you can choose to rent houses/apartments or opt for a single bedroom, using apps like [Airbnb](#), or find hosts that will receive you for a short period of time just for the connexion, which became famous through [Couchsurfing](#). Both are good ways to connect with locals, but it is good practice that that you keep an eye on the reviews and look for hosts that give you confidence while talking to them!

Worldpackers Girl's Golden Tip



by:
Anna

“In my last trip to Spain, I stayed in a really great hostel, but it didn't have a 24 hour working reception. So, it's really important that you pay attention to those details when choosing your accommodation, or you can end up with no place to sleep in your first day in a city!”

1.5 - Keep your money safe:

It seems like money will always be the biggest obstacle when following your dreams and conquering the world. Remember that trips are things that can be planned in advance! So with some organization, it's always possible to make them happen.

Always do your research. Look for travelers tips on the bargains that you can find while traveling somewhere. Use trip planners to organize your expenses! Budget Your Trip (www.budgetyourtrip.com) is an online tool that certainly will help you a lot with that!

Think about the possibilities. It is always good to have more than one payment type. Whether you prefer debit, credit card or cash, having a backup plan is essential in case something happens.

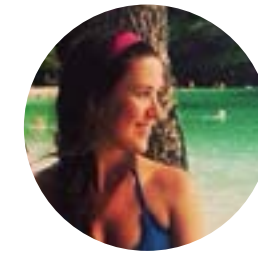
Withdrawing & Money Belt. A few banks give you ATM withdrawal without any fees, so check with your bank first. Beware of where you are and who's watching you, always ask at the reception of where you're staying where are the most secure places to withdraw money. Don't count money in front of people and Find a money belt or neck wallet to keep your valuables safe while traveling.

Carry it in different places while traveling. Divide the amount of money that you're car-

rying and put it in different places, like in your purse, backpack or nécessaire. That prevents you from being robbed, losing everything and being left in a bad situation. It's super exciting when we find money somewhere else other than our wallet, right?



Worldpackers Girl's Golden Tip



by:
Ludmila

“Within all the options to take money in a international trip, the best for me is a pre-paid credit card. It gives you a lot of guarantees, and it is also really easy to carry and use it. But I’ll never leave the hotel without any cash! In small cities they normally don’t accept cards for little expenses like food, souvenirs and gifts, for example.”



Section 2 - Ok, now I'm a solo traveler. What should I do?

2.1 - Don't ignore safety tips:

Keep in mind that feeling safe while traveling demands your attention just like in your everyday life. BuzzFeed made an awesome compilation of safety tips for women traveling alone, [that is worth a read - check it out!](#) Let's highlight some essentials for you:

Try to stay in open and public places. Especially at night and if you are wandering without any friends. As all the tips that we're gonna give you here, this prevents you from being seen as a target in the eyes of undesired ones. Populated areas are always a good way to avoid a complicated situation,

and you can always ask for help.

Avoid looking like a tourist. Walking around with your face in a guidebook or a map will attract undesired attention in your way. The more you stand out, the more you present yourself as someone who doesn't know the location, which makes you more vulnerable to thieves and pickpockets, for example. So dress down and avoid jewelery when walking the streets alone.

Understand the local culture. Respecting customs and traditions will save you from ending up in tricky situations. It is fundamental that you understand and respect the culture, religions, and how to properly dress. Sometimes, choosing to cover your legs,

shoulders, arms or head is an option on the side of your own protection.

Know your address. Get the business card or ask the receptionist/host to write down the name, address, and phone number of your accommodation. Then, if you get lost or are at a transport and can't communicate with the driver, you can hand it to them.

Worldpackers Girl's Golden Tip



by:
Paula

"In my way as a solo traveler, I have bumped into many questions that are specifically de-

signed for girls, like "you are really traveling on your own?", or "you have no one to go along with you?" and "how do you have the guts to travel alone?". If you travel alone, I am sure you will hear them at least once. And I guess the best that you can take out of it is to learn how to stand as someone that strives to build a better world, but that is not naive. There are risks everywhere and you need to know how to avoid them and keep yourself safe. You need to know where you are going. But keep in mind that risks should exist because you are a traveler going to an unknown place, not because you are a female traveler. Be bold, girl."

2.2 - Follow your guts:

Even if you have never traveled alone, as a super-woman that you (definitely) are, you always feel when you are getting into a dangerous area. If you don't feel confident about your hostel, for example, immediately start to look for another one!

So, listen. Listening to your body's subtle signals and intuition is essential when making good decisions. Specially for us, women, that have different moods and feelings in some moments of the month.

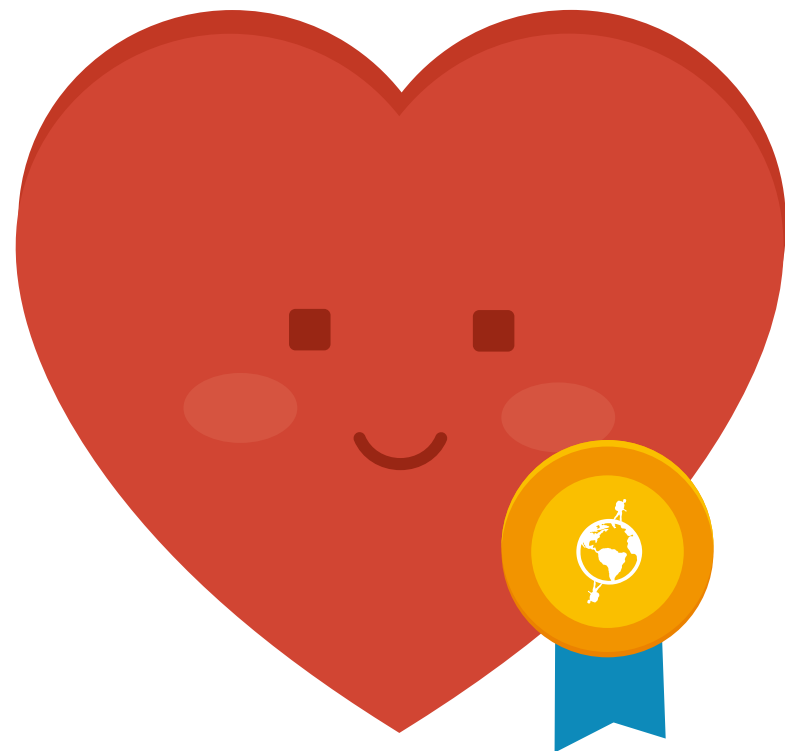
And feel it. The feeling you get about a person in the first 10 seconds expresses an “an-

cient biological wisdom”, says David Myers in his book *Intuition: Its Powers and Perils*. Feel the energy and decide if it's a nice place to be at that time or if you should move along.

Observe around you. Decisions are not only made by our inner selves, but are also influenced by the atmosphere that surround us. So listen and feel not only yourself, but also where you are. Look what other people are doing and how they are doing it. This combination will make you feel confident about where and with who you are.

Don't be afraid to ask. There is no better way to get where and what you want. You definitely are awesome, but playing the superheroine while traveling alone isn't the

best option! Your doubts are probably other people doubts as well, so locals won't have problems with answering them.



Worldpackers Girl's Golden Tip



by:
Karol

“My advice in following your guts is: always believe in your own innate wisdom, you are a woman and you have a special power: the sixth sense. Never follow others, especially if something is saying you shouldn't. Find other girls and talk to them.”

2.3 - Be open minded:

Locals are the best people to tell you what you should and shouldn't do in anywhere you go. So always look for them! Remember: there are tons of good people in the world!

Walking tours. Even if you aren't a big fan of tours, it is a good way to know and observe places to eat, party, or just explore. They are normally done by locals and that is the easiest way to connect with one of them! You can find them easily by googling "(entry the name of your destination) walking tour" or you can also book a personal one with apps like With Locals (<https://www.withlocals.com/>). Cool Cousin (<https://www.coolcousin.com/>)

[in.com/](https://www.coolcousin.com/)) is another app where you get personal recommendations from locals without even leaving your country!

Think about extra activities. If you aren't in a hostel atmosphere and plan to stay for a while in the place, looking for programs such as an yoga class at a local gym can connect you with interesting people that will help you to know where to go and what to do around the city area.

Studies & Courses. Exploring a new culture, while improving your skills or learning new ones can make an excellent combination. So looking for public universities can be a good option while traveling. In most countries, they have courses available for foreigners

and normally are amazing atmospheres for meeting new people.

Share meals with strangers. There are people who say that food is the purest representation of a culture. So in what way could you make a better cultural exchange than sharing meals? If you are in a hostel, you can simply buy ingredients to cook and ask people to have dinner with you! Not in a cooking mode and looking for new experiences? Try Meal Sharing (<https://www.mealsharing.com/>). There you can find hosts all over the world that will cook for you in exchange of a little contribution.

Worldpackers Girl's Golden Tip



by:
Andira

“When I was young, I was a really shy girl. As I grew up, I tried to be energetic and less reserved. Only when I decided to travel that I could see there’s a whole new level of being eloquent. Talking to locals and getting to know people wasn’t something easy at first, but now I can’t live my life without being open minded and chatty. It’s a daily effort, but it’s so worth it.”

2.4 - Look for other solo female travelers:

Traveling alone definitely doesn't mean being alone! There are thousands of women traveling by themselves just waiting to share their experiences with you.

Community. There are online communities and Facebook groups, such as [Travelettes](#), created just for female travelers and that can make you feel less lonely when being on your own. [She is Wonderful](#) is one of them. There you can find stories and connect with other women that will give you amazing tips about traveling, or even meet up along the way! :)

Sorority is crucial. Sorority in the meaning of understanding the problems of other girls that you meet in your travels (and in your life), in the same way you expect them to understand you. Once you establish a relationship of experience exchange with women, feeling alone will seem like a smaller problem. We all need a friend and we should help each other no matter what.

Offer help and tips to other girls. Put yourself in their shoes (hey, sorority here!). Once you see a woman who appears to be needing help, don't hesitate in offering it. They're maybe too shy to ask, or not even sure what/who they are supposed to ask help to. And

use social media to extend this habit to the online world. Make yourself available for traveler girls that want to exchange experiences and tips!

5 female groups to exchange info:

- [Facebook group - Badass Solo Female Travellers](#)
- [Women's Travel Club](#)
- [Pink Pangea](#)
- [Women Travel blog](#)
- [Wanderlust and Lipstick](#)

Worldpackers Girl's Golden Tip



by:
Karol

“There’s a theory that anyone in the planet can be connected to anyone else in just six steps. So through just five other people, you are effectively connected to any person. That is why my advice to every women traveling solo is to always ask for your friends for recommendations of girls who live there, or that are going to travel to this place at the same time. As a female solo traveler, you must know where you are going and you should use the power of your own network. It is amazing, not only to be safe but also to get to know the place through the local eyes.”

2.5 - Technology is your friend:

Apps can be your best friends while traveling. Here are some that you can use and explore.

Always have the WiFi. Never lose the connection using collaborative apps that give you WiFi passwords everywhere you go. Try [Instabridge](#), Wefi Pro and [Wifi Magic by Mandic](#).

Don't lose your pictures. If you are going to use your phone to take pics, never ever forget to sync them to cloud (iCloud, Dropbox, Box, Google Photos). We can always buy a new phone but it's impossible to relive the

same moments again.

Battery status. Always carry extra juice for your phone because it will surely be your best guide and running out of battery is not an option, right? Buy a PowerBank to connect when you're in need of battery.

Emergency numbers. Essential for your trips, and that can be on your phone with just one download. Emergency Phone Numbers - World is an app that have emergency numbers (police, medical and fire) of over 130 countries. With it, you can even add a personal important contact which is easily reachable - a family member, for example.

Worldpackers Girl's Golden Tip



by:
Fabi

“About apps, I will always trust Citymapper. It’s a super easy app and much better than Google Maps. Ah, and I really like to use Google Translator! Besides the text translation tool (online and offline), it uses your camera to translate text instantly.”





Section 3 - What happens after I come back?

3.1 - Organize your expenses and learnings:

Most people aren't big fans of thinking about returning home, but you should ensure that after long trips you have enough money to support yourself for 2 or 3 months – or until you are earning money again.

Don't run out of cash. Running out of money while traveling is every traveler's fear. If your wallet was stolen or if you just spent more money than expected, you're in big trouble. Some people give haircuts, other help as waiters or receptionists, but you need to keep track of your expenses to buy your ticket back home. Unless your parents or some-

one else are willing to wire you money, don't ever run out of cash without a backup plan.

Try to find jobs related to travel. You could be an expat, a digital nomad or even a vagabond. Try to find something you love and use your skills to do it. Making money with something we are passionate about is the dream of every young traveler. The people who have travel jobs invested their time and resources to learn how to make it work — which means you can do the same if you make it a priority. One thing you can start doing is becoming a [Freelancer](#).

Don't lose track. While traveling, even if you have planned your budget, don't lose track of it. Keep writing down your expenses so

you know how much money will you have when you come back. An app that can help you with that is [Goosit](#). It connects all your destinations, and allows you to sum up your expenses with accommodation, transportation and also extra activities, like museums and restaurants.

Learn something new. If you're still wondering if you should come back or stay where you are, perhaps it's time to [Learn Something New](#). You can use your new skills to find a job to keep you on the road traveling or even go back to home with a new purpose.

Worldpackers Girl's Golden Tip



by:
Paula

“Before getting to a destination, I look for information on backpackers groups in order to have an idea of how much it will cost and also to create my itinerary. Also, I write down how much I will spend on hostels, airplane and bus tickets, attractions and also food. Once I know that, I decide if I have the right amount of money to take the trip. It is a really good start so you don't have debts after a really awesome trip.”

3.2 - How to cope with reality when you come back?

Solo trips normally make you discover pieces of yourself that were lost during your life. It's difficult to fit those in your old routine. Do not worry, with time things will find their place and you will be back to feeling good - maybe even better than before.

Don't stick to old habits. Coming back home doesn't mean becoming an old version of yourself. You can - and should - incorporate your new habits in your routine. So if you didn't have time to exercise before

traveling, and discovered yourself as a yoga master during your trip, don't let your activities at home overshadow your new passion.

There's no need to rush. You need to find the perfect timing of your new life.. Try not to push yourself to do things in a rush like you did while traveling. You don't have to experience it all at once. Breathe in, breathe out. Time is on your side.

Get to know your feelings. One of the most useful skills we need in order to be in good relationship with others is the ability to identify our emotions or feelings. You can practice meditation or talk to people about what you've experienced. Most importantly, you

need to find inner peace and don't let returning home in a bad way.

Think about what you want. Now that you have decided to come back, this is the perfect time to think about what you want in life moving forward. You've changed and you need to find something to focus on. Otherwise, you'll use traveling as an escape from real life. This is why once you've traveled for the first time all you want to do is leave again. Don't think about traveling again until you have figured out what you want for your life.

Worldpackers Girl's Golden Tip



by:
Andira

“Well all I can say is that in the beginning it's going to be really tough. After two years traveling the world, coming back to Brazil was really hard for me. Especially during conversations with friends and family, sometimes they don't care about your new experiences at all. They don't know how much you've changed and you don't know how to tell them that. Only with time you'll start to feel at home and think about what's next.”

3.3 - Dealing with your family and friends:

Maybe they're supportive. Maybe not. Maybe they criticize you or maybe they go along with you. Remember what matters the most is you! What were you looking for when decided to have this experience? What have you brought it with you from all the places you've traveled? What are your dreams and goals? How will that experience help you to be one step closer to them – or even reach them?

Highlight your biggest apprenticeships. Embrace your choices and what you have learned from them. Now it's time to practice what you have learned about yourself and to

share with your friends and family how you have changed for the better. Show them you can be a better version of yourself.

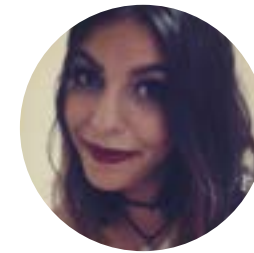
Bring back the good times. Remember the reasons why you enjoy hanging out with your friends and all the good things you learned from family. Keep those thoughts in your mind when you feel like an outsider or an outcast.

Not everybody wants to hear your stories. You'll be this new shiny person with lots of stories to tell about all the incredible places they've never heard before, but not everyone is interested. There's a limit of storytelling, sooner or later, you're going to reach it. When you do, don't bother with it and keep

on collecting your stamps for your own personal joy.

Don't criticize your own culture. Criticizing your own culture doesn't solve the problem, because each one of us are, without exception, a member of a constantly shifting set of overlapping cultures. When you've seen different religions and languages, you might think that your own nation should change or is inferior somehow, but criticizing people around you will only stress them out. You should change your behavior and embody the change you want to see in the world, just like Mahatma Gandhi said. This change starts with you.

Worldpackers Girl's Golden Tip



by:
Ana

“Understand that your family worries because they care, right? So a good and clear conversation about those things will be great for both sides, believe me. Above all, you will have dealt with the experience by yourself and this is probably the bravest thing you will ever do for your personal growth.”

3.4 - Finding a new job or going back to college:

The feeling of returning to your starting point is even stronger when it comes to studies or job. But there are some things that you can keep in mind to soften that feeling.

Give life a purpose. Run from what you do in the automatic mode. Look for activities, in studies or in a new job, that make sense for you. Purpose is what gives us the strength to carry on, if not through dire conditions, then through difficult changes, transitions, and situations. Remember that feeling you had

while traveling, right? Then try to relive this satisfaction with something new.

Get rid of the post-trip depression. Some people called it post-vacation blues, others called it post-holiday blues and a few called it post-travel depression. It doesn't matter how you called it, we all have had this weird feeling of something is missing. You might realize how boring and unsatisfactory your normal lifestyle routine is compared to what you have lived elsewhere. However don't let this mood take control of your life, get rid of it as soon as possible and start planning your exciting future!

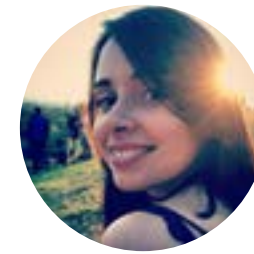
Bring together your new ideology. Unite what you already knew before going on the

road with your new learnings. Think about the great things that you can make now, putting them together. So practicing them in new studies or in a new job position may be an interesting goal for your after trip. How can you gather all this knowledge to do something good?

5 Websites to learn languages and new skills.

- [Skillshare](#)
- [Future Learn](#)
- [Duolingo](#)
- [Lynda](#)
- [Babbel](#)

Worldpackers Golden Tip



by:
Camis

“When I got back from my last long term trip, I was so lost. I needed a job so I simply sent my CV to any company. Results? I got a job pretty fast, but I hated it. Two months later I quit. So my advice is: take your time. If you already established a goal for your professional life, go for it. If you’re lost like I was, don’t rush things. You’ve changed, so embrace your new self and a place where your talents and previous experiences are count into your credit.”

3.5 - Building up new dreams after conquering the world!

You have been through the planning part. You've traveled for a while and had the experience of a lifetime. Now you are back to where you've started and it is up to you to make that new step of your life a wonderful transition to a bright future.

Home is where your heart is. Home isn't the name of a place, a city or a country for you anymore. It is you, it is inside of you. You've felt at home in many places around the world and made friends from many nationalities. So make plans that will turn your home, your new

body and mind, into the best one possible for your new way of thinking.

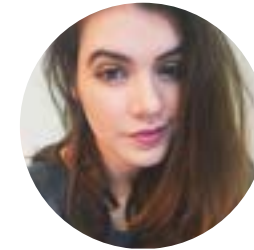
Don't limit yourself. You are bigger, stronger, braver than you think. Don't try to fit in the same dreams that the old version of you had. Make a list of things that you have conquered to have a better overview of what you think is missing. Then make a list of big things you still want to achieve. Pursue your dreams until they come true.

Less consumerism. Nobody would ever say the secret to a joyful, meaningful life is to buy a lot of stuff. We all know we can live with less clothes, less shoes, less furniture. You've experienced life without all of these things, you've traveled with only a backpack and it was

enough. Will Rogers said it like this, “Too many people spend money they haven’t earned, to buy things they don’t want, to impress people they don’t like.” So remember, consumerism is not a pathway to happiness.

Gratitude, Empathy, & Self Esteem. Perhaps these are the best learnings from a long term trip. Practicing gratitude and empathy means thankfulness, noticing simple pleasures, understanding another person and acknowledging everything that you’ve learned during your travels. Not using make-up and feeling beautiful the way you are, finding yourself vulnerable but not insecure, and finding peace with your self esteem. As a woman, there’s nothing more significant than being able to accept yourself without any judgements.

Worldpackers Girl’s Golden Tip



by:
Anna

“After I came back, it took me a couple of months to realize that I didn’t necessarily have to be on the road again to find my dreams. So I guess it is important to keep that in mind. You are the only one in charge of your desires, sets and goals. No matter where or when.”



Epilogue

Girls just want to have fun(damental rights). We all want to have fun without worries, we all want to be respected, we all want to be whatever we want to be. So why can't we? Because wanting is not enough, not anymore. Now we deserve it. We deserve to be female solo travelers.

**This is not a campaign or a movement.
It's a revolution! We should all travel alone
because we deserve to be free.
Travel should be a universal right.**

The hashtag **#ITravelAlone** has been used by solo female travelers to encourage other women to let go of misconceptions about traveling. Don't let anyone dictate how you should travel. Tell everyone your story, the good and bad things. Send us videos, pictures, gifs. Let's empower ourselves by sending this message to the world and, once for all, change the way women travel.

Hope this guide gives you the push you needed to hit the road. We have a community of more than 150.000 women from 93 countries talking and helping each other on Worldpackers' website. And remember Beyoncé:
WHO RUN THE WORLD? Girls.



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