

THE ESSENTIALS RULES FOR TRAVELING SOLO, SAFELY AND
FULLY ENJOY THE ADVENTURE

10
GOLDEN
RULES
FOR
FIRST
SOLO
EXPERIENCES

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WRITTEN BY ANAIS CAUGANT

STARTING TO SOLO
TRAVEL WAS THE BEST
THING I'VE DONE WHEN
TURNING 20



IT IS THE **UNIQUE** &
REWARDING
OPPORTUNITY TO
DISCOVER NEW
HORIZONS, PEOPLE AND
ABOVE ALL, **YOURSELF**

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However, it comes with its
challenges.

This mini-guide presents you the
10 essential rules
for a successful first solo trip.

Whether it's managing safety,
handling unexpected situations, or
making the most of your journey,
these tips will help you have an
unforgettable experience.

Let's start with it!



SUMMARY

RULE 1

PREPARE BEFORE
YOU GO

RULE 2

DO NOT LET
FEAR HOLD YOU
BACK

RULE 3

LEARN BASIC
LOCAL PHRASES

RULE 4

KEEP SAFETY IN
MIND

RULE 5

PLAN AHEAD BUT
REMAIN OPEN

RULE 6

ENJOY THE
MOMENT

RULE 7

BE OPEN TO NEW
ENCOUNTERS

RULE 8

MANAGE YOUR
BUDGET
EFFECTIVELY

RULE 9

DON'T LET
SETBACKS
DISCOURAGE YO

RULE 10

TRUST YOURSELF



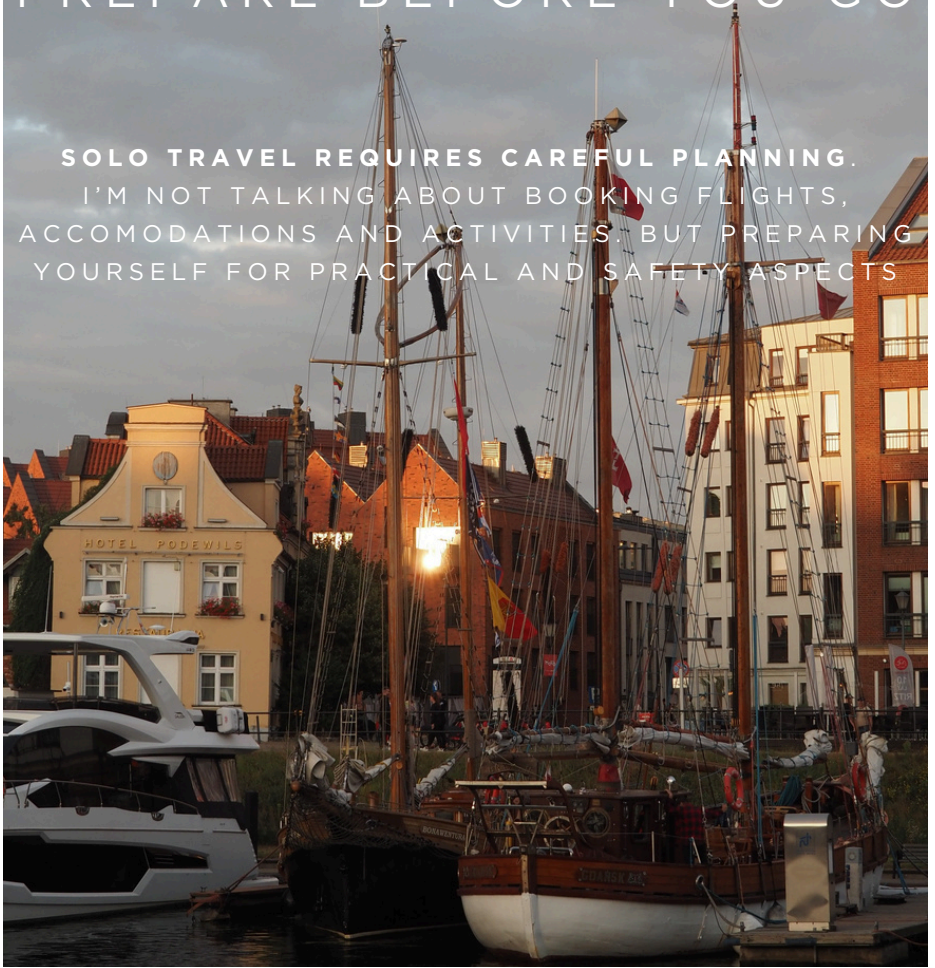
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RULE N°1

PREPARE BEFORE YOU GO

SOLO TRAVEL REQUIRES CAREFUL PLANNING.

I'M NOT TALKING ABOUT BOOKING FLIGHTS, ACCOMODATIONS AND ACTIVITIES. BUT PREPARING YOURSELF FOR PRACTICAL AND SAFETY ASPECTS



I've made many mistakes on my firsts solo trips - travelling without any cash, loosing my handbag and needing to block my credit card leaving me with only 50€ in cash on a foreign country, putting myself in unsafe situation I could have totally avoid. I would have loved to have a handbook to help me mqke better choices during those first experiences,

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CHECK YOUR DOCUMENTS

ENSURE YOUR PASSPORT IS VALID (MORE THAN 6 MONTHS BEFORE RETURNING, ENOUGH PAGES FOR A STAMP AND IN A GOOD SHAPE). CHECK THAT YOU HAVE ANY NECESSARY VISAS & MEDICAL ATTESTATIONS FOR YOUR DESTINATION.

SET UP COMMUNICATION TOOLS

DOWNLOAD ESSENTIAL APPS LIKE *GOOGLE TRANSLATE* OR *DEEPL*, OFFLINE MAPS, *WHATSAPP* TO CONTACT FAMILY & FRIENDS ABROAD AND A LOCAL RIDE-HAILING APP (SUCH AS *UBER* OR *BOLT*) BEFORE YOUR TRIP.

IF YOU'RE TRAVELING TO A COUNTRY WITH SAFETY CONCERNS, CONSIDER REGISTERING WITH YOUR EMBASSY IF THEY PROVIDE A TRAVELER TRACKING PROGRAM FOR EMERGENCIES.

PLAN YOUR FINANCES

INFORM YOUR BANK ABOUT YOUR TRAVEL PLANS TO PREVENT YOUR CARDS FROM BEING UNEXPECTEDLY BLOCKED. CARRY A COMBINATION OF CASH, A CREDIT/DEBIT CARD, AND ADDITIONAL EMERGENCY CASH STORED SECURELY IN A SEPARATE LOCATION. REMEMBER, AS YOU'LL BE ALONE ABROAD, IT'S CRUCIAL TO BE SELF-RELIANT AND PREPARED TO HANDLE ANY SITUATION INDEPENDENTLY.

HEALTH AND SAFETY PREPARATIONS

RESEARCH REQUIRED OR RECOMMENDED VACCINATIONS FOR YOUR DESTINATION (ESPECIALLY ASIA & SOUTH AMERICA) PACK A BASIC FIRST AID KIT WITH ESSENTIALS (PAIN RELIEVERS, BAND-AIDS, FLU MEDICATION) AND ANY PERSONAL MEDICATIONS YOU MIGHT NEED.

BACK UP IMPORTANT INFORMATION

CREATE DIGITAL AND PHYSICAL BACKUPS OF ESSENTIAL DOCUMENTS LIKE YOUR PASSPORT, VISA, TRAVEL INSURANCE, AND EMERGENCY CONTACTS. STORE DIGITAL COPIES IN SECURE CLOUD STORAGE AND KEEP PRINTED COPIES IN A SEPARATE, SAFE LOCATION. THIS ENSURES YOU HAVE ACCESS TO CRITICAL INFORMATION IF YOUR BELONGINGS ARE LOST OR STOLEN.





RULE N°2
DO NOT LET FEAR
HOLD YOU BACK

**IT'S COMPLETELY NORMAL TO FEEL A BIT
APPREHENSIVE ABOUT YOUR FIRST SOLO TRIP**

I've been feeling the same way the night before my first solo trip—excited but also filled with self-doubt. What if I was too shy to meet anyone? What if I was putting myself in danger as I'm too innocent? To make things worse, I hadn't told anyone about this solo trip,, especially my parents, because they would have been crazy.. It was just me, on my own, taking this big step.

Still, I chose not to let fear hold me back from exploring the world

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START WITH A DESTINATION THAT MATCHES YOUR COMFORT LEVEL

CHOOSE A PLACE WHERE YOU FEEL RELATIVELY SAFE AND CONFIDENT, SUCH AS A TOURIST-FRIENDLY CITY OR A COUNTRY WITH A REPUTATION FOR WELCOMING SOLO TRAVELERS. GRADUALLY BUILD YOUR COURAGE FOR MORE ADVENTUROUS DESTINATIONS.

BREAK DOWN YOUR FEARS INTO SMALLER STEPS

IDENTIFY WHAT SPECIFICALLY WORRIES YOU (AS GETTING LOST, BEING LONELY) AND CREATE SMALL, ACTIONABLE STEPS TO ADDRESS EACH CONCERN.

FOR EXAMPLE, PRACTICE USING MAPS IN YOUR HOMETOWN OR SCHEDULE VIDEO CALLS WITH LOVED ONES TO STAY CONNECTED.

JOIN GROUP ACTIVITIES OR TOURS

SIGN UP FOR GUIDED TOURS, COOKING CLASSES, OR GROUP EXCURSIONS. THESE PROVIDE A SENSE OF SAFETY, OPPORTUNITIES TO MEET NEW PEOPLE, AND MOMENTS OF SOCIAL INTERACTION WHILE STILL ALLOWING YOU TO TRAVEL SOLO.

TRUST ME YOU WILL NOT BE THE ONLY ONE, NOBODY IS GOING TO JUDGE YOU BECAUSE YOU DO IT ALONE AND THEY WILL WELCOME YOU WITH PLEASURE

NOT EVERYTHING WILL BE PERFECT. AND THAT'S OK !

SOLO TRAVEL COMES WITH CHALLENGES –LOST ITEMS, LANGUAGE BARRIERS, OR UNEXPECTED CHANGES. THOSE MOMENTS SHOULD NOT DISCOURAGE YOU BECAUSE IT'S PART OF THE JOURNEY AND IT WILL GIVE YOU TRAVEL STORIES TO SHARE IN THE FUTURE !



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JAVA ISLAND, INDONESIA

A photograph of the Eiffel Tower in Paris, France, with the Olympic rings logo visible on its structure. The tower is set against a blue sky with light clouds. The text is overlaid on the upper portion of the image.

RULE N°3
*LEARN BASIC LOCAL
PHRASES*

EVEN IF YOU DON'T SPEAK THE LOCAL LANGUAGE,
KNOWING A FEW BASIC WORDS **CAN MAKE ALL THE
DIFFERENCE**

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KNOW THE KEY SURVIVAL PHRASES

FOCUS ON LEARNING BASIC EXPRESSIONS THAT ARE USEFUL FOR DAILY INTERACTIONS, LIKE "HELLO," "THANK YOU," "PLEASE," "HOW MUCH?" AND "WHERE IS...?" THESE SIMPLE PHRASES WILL HELP YOU FEEL MORE COMFORTABLE NAVIGATING YOUR SURROUNDINGS.

DOWNLOAD LANGUAGE LEARNING APPS

DUOLINGO OR BABBEL WILL HELP YOU FAMILIARIZE YOURSELF WITH ESSENTIAL WORDS AND PHRASES. THESE APPS CAN ALSO HELP YOU PRACTICE PRONUNCIATION AND VOCABULARY ON THE GO.

CARRY A PHRASEBOOK OR TRANSLATOR APP

IT WILL HELP YOU IN MORE COMPLEX SITUATIONS AND PROVIDE A SAFETY NET WHEN YOU DON'T UNDERSTAND SOMETHING AND NEED QUICK COMMUNICATION. CARRYING A SMALL PHRASEBOOK MIGHT SEEM OLD-FASHIONED, BUT IT CAN BE INCREDIBLY USEFUL IF YOU DON'T HAVE YOUR PHONE WITH YOU.

PLUS, IT'S BEEN PROVEN THAT YOU'LL RETAIN THE WORD MORE EASILY IF YOU SEARCH IN A PHYSICAL DICTIONARY!

PRACTICE WITH LOCALS OR OTHERS TRAVELERS

MOST LOCALS WILL APPRECIATE YOUR ATTEMPT TO SPEAK THEIR LANGUAGE, AND BE EVEN MORE FRIENDLY ! AND IT CAN HELP YOU GET OVER ANY FEAR OF MAKING MISTAKES. NOBODY WILL JUDGE YOU TO TRY AND YOU'LL LIKELY LEARN NEW PHRASES ALONG THE WAY.



RULE N°4

KEEP SAFETY IN MIND



I made the mistake once in Italy of sharing too much personal information with someone who had bad intentions. Fortunately, nothing serious happened because I followed my instincts. But it could have turned out badly...

YOUR SAFETY IS A PRIORITY
ESPECIALLY WHEN TRAVELING ALONE, STAY
VIGILANT AND AVOID CERTAIN TRAPS

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TRUST YOUR INSTINCTS

IF SOMETHING DOESN'T FEEL RIGHT, LISTEN TO YOUR GUT. WHETHER IT'S A LOCATION, PERSON, OR SITUATION, IT'S ALWAYS BETTER TO ERR ON THE SIDE OF CAUTION AND REMOVE YOURSELF FROM ANY UNCOMFORTABLE ENVIRONMENT.

KEEP YOUR BELONGINGS SECURE

USE ANTI-THEFT BAGS OR MONEY BELTS TO PROTECT YOUR VALUABLES. ALWAYS BE MINDFUL OF PICKPOCKETS IN CROWDED AREAS AND AVOID CARRYING LARGE AMOUNTS OF CASH OR VALUABLES IN EASILY ACCESSIBLE PLACES.

AVOID DESERTED SPOTS ESPECIALLY AT NIGHT

AT NIGHT, STICK TO WELL-LIT, BUSY STREETS AND AVOID WANDERING INTO ISOLATED OR POORLY LIT AREAS. THE MORE VISIBLE AND ENGAGED YOU ARE WITH YOUR SURROUNDINGS, THE SAFER YOU'LL BE.

LIMIT ALCOHOL CONSUMPTION

I KNOW IT'S TEMPTING TO ENJOY LOCAL DRINKS ON A BAR WITH PEOPLE YOU JUST MET IN A FOREIGN COUNTRY. BUT APART IF YOU ARE WITH A TRUSTFUL BUNCH OF PEOPLE AVOID DRINKING TOO MUCH TO STAY ALERT. BEING IN CONTROL OF YOUR FACULTIES ENSURES YOU CAN MAKE BETTER DECISIONS AND AVOID RISKY SITUATIONS.

SHARE YOUR ITINERARY

LET A TRUSTED FRIEND OR FAMILY MEMBER KNOW YOUR DAILY PLANS, INCLUDING WHERE YOU'RE GOING AND WHEN YOU EXPECT TO RETURN. THIS WAY, SOMEONE WILL KNOW YOUR WHEREABOUTS IN CASE OF AN EMERGENCY.

AVOID SHARING TOO MUCH PERSONAL INFORMATION

BE CAUTIOUS ABOUT REVEALING TOO MANY PERSONAL DETAILS, ESPECIALLY WITH STRANGERS. AVOID SHARING YOUR ACCOMMODATION, ITINERARY, OR TRAVEL PLANS UNLESS NECESSARY, AS IT HELPS PROTECT YOUR PRIVACY AND REDUCES POTENTIAL RISKS.





RULE N°5
PLAN AHEAD BUT REMAIN
OPEN

FLEXIBILITY WILL BE ONE OF YOUR BEST FRIEND WHILE SOLO TRAVELING, BUT A **LITTLE PLANNING IS STILL NECESSARY** FOR THINGS TO GO SMOOTHLY

I'm so fortunate to have had the chance to do all these activities that I wouldn't have been able to do if I had a tight schedule with X activities every day. For instance, in Croatia, I met two best friends from Austria who invited me to ride with them on motorbikes and visit the coast of Montenegro. I immediately agreed! It could have never happened if I had a tight schedule ...

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LEAVE ROOM FOR SPONTANEITY

RESEARCH KEY ACTIVITIES & PLACES IN YOUR DESTINATION, BUT ALLOW FOR FLEXIBILITY TO EXPLORE OFF-THE-BEATEN-PATH PLACES OR FOLLOW LOCAL RECOMMENDATIONS.

PLAN WITH EXTRA TIME

ALWAYS HAVE SOME SPARE TIME BETWEEN ACTIVITIES AND DESTINATIONS, AS DELAYS OFTEN HAPPEN. THIS WAY, YOU CAN ENJOY YOUR TRIP WITHOUT THE STRESS OF RUNNING LATE OR MISSING OUT ON EXPERIENCES.

BE PREPARED FOR UNEXPECTED CHALLENGES

BE PREPARED WITH A BACKUP PLAN FOR COMMON TRAVEL SETBACKS, SUCH AS LOST LUGGAGE OR FLIGHT CANCELLATIONS. HAVING A TRAVEL INSURANCE WILL HELP YOU IN THIS CASE. EXPECT THAT NOT EVERYTHING CAN GO AS EXPECTED.

PACK LIGHT BUT PACK SMART

BRING VERSATILE CLOTHING AND ESSENTIAL ITEMS THAT YOU CAN MIX AND MATCH. PACKING LIGHT GIVES YOU THE FREEDOM TO ADAPT TO WEATHER CHANGES OR SPONTANEOUS ACTIVITIES WITHOUT THE BURDEN OF HEAVY LUGGAGE.

FOR INSTANCE, IF PACKING FOR ANY TROPICAL PLACE YOUR LUGGAGE SHOULD BE SUPER LIGHT AS YOU ONLY NEED LIGHT APPARELS. YOU CAN ALSO BUY ESSENTIALS ONCE YOU'RE THERE



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HUAHINE, FRENCH POLYNESIA



RULE N°6
ENJOY THE MOMENT

SOLO TRAVEL GIVES YOU THE CHANCE TO **FOCUS**
ON THE EXPERIENCE WITHOUT DISTRACTIONS AT
YOUR OWN PACE.
TAKE THE TIME TO ENJOY EVERY MOMENT.

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PUT AWAY YOUR PHONE

TAKE TIME TO DISCONNECT FROM YOUR PHONE AND FULLY IMMERSE YOURSELF IN YOUR SURROUNDINGS.

I KNOW IT'S HARD BUT AVOID CONSTANT PHOTO-TAKING OR CHECKING SOCIAL MEDIA. YOU'LL SEE THAT BEING PRESENT AND ENJOY THE MOMENT WILL BRING YOU MORE HAPPINESS THAN POSTING A STORY ON INSTAGRAM

CHERISH SPECIAL MOMENTS THROUGH YOUR EYES

TAKE PHOTOS WHEN SOMETHING TRULY MOVES YOU OR FEELS SPECIAL, BUT DON'T FEEL THE NEED TO DOCUMENT EVERY SINGLE MOMENT. LET SOME MEMORIES LIVE IN YOUR MIND, NOT JUST YOUR CAMERA ROLL.

THIS IS ACTUALLY HARD FOR ME TO FOLLOW THIS RULE BECAUSE I TEND TO SHARE WHAT I SEE WITH THOSE WHO AREN'T WITH ME—MY PARENTS—BUT THEN I REMEMBER THAT THEY WOULD LOVE ME TO PUT AWAY MY CAMERA AND PHONE TO JUST ENJOY THE PRESENT MOMENT.

BE PRESENT AND REFLECT ON IT

TAKE A FEW MINUTES EACH DAY TO PRACTICE MINDFULNESS, WHETHER YOU'RE STROLLING THROUGH A MARKET OR RELAXING AT A CAFÉ. LOOK WHERE YOU ARE, HOW FAR YOU'VE BEEN BY YOUR OWN COURAGE !

AS WELL YOU MIGHT WANT TO KEEP A TRAVEL JOURNAL TO CAPTURE YOUR THOUGHTS AND EMOTIONS. WRITING DOWN YOUR EXPERIENCES HELPS YOU PROCESS THEM AND ENSURES YOU REMEMBER THE MOMENTS THAT MIGHT OTHERWISE SLIP AWAY.





RULE N°7
STAY OPEN TO NEW
CONNECTIONS

APART IF YOU PLAN YOUR FIRST SOLO TRIP TO
AVOID INTERACTION WITH HUMANS AND ENJOY
YOUR OWN COMPANY, TRAVELING SOLO IS A
FANTASTIC OPPORTUNITY TO MEET NEW PEOPLE,
IF YOU KNOW HOW TO BUILD CONNECTIONS

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BOOK SOCIAL ACCOMMODATIONS

OPT FOR HOSTELS, GUESTHOUSES, OR SHARED ACCOMMODATIONS WHERE COMMUNAL SPACES ENCOURAGE INTERACTION. THESE PLACES OFTEN HAVE ORGANIZED EVENTS OR COMMON AREAS WHERE TRAVELERS NATURALLY CONNECT

PARTICIPATE IN GROUP ACTIVITIES

JOIN GROUP TOURS, COOKING CLASSES, OR CITY WALKS WHERE YOU CAN MEET OTHER TRAVELERS WHILE ENJOYING A SHARED EXPERIENCE. THESE ENVIRONMENTS MAKE IT EASIER TO START CONVERSATIONS WITH LIKE-MINDED PEOPLE

BE OPEN TO SPONTANEOUS CONNECTIONS

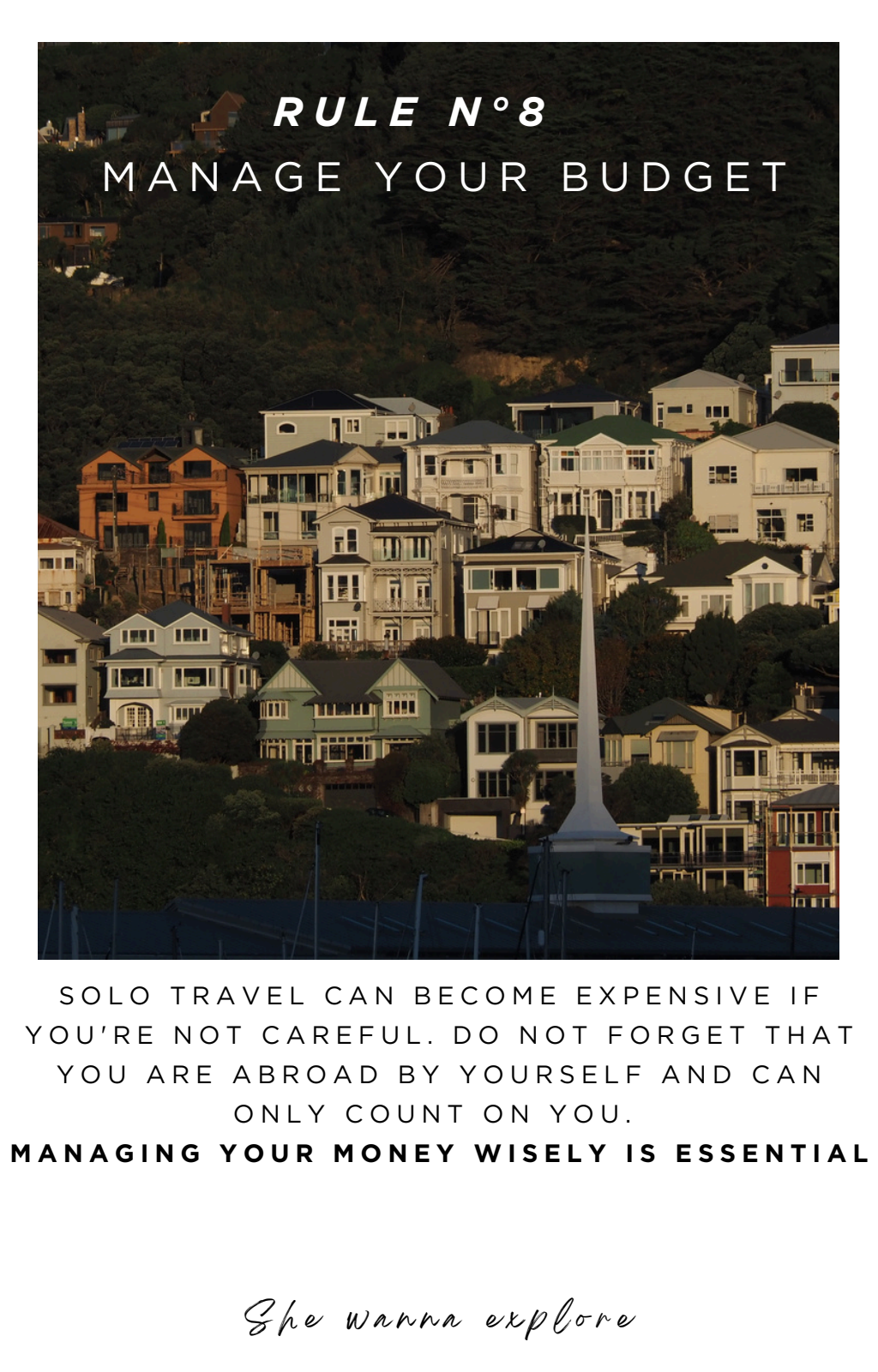
DON'T SHY AWAY FROM MEETING PEOPLE UNEXPECTEDLY. WHETHER IT'S SOMEONE SITTING NEXT TO YOU ON A BUS OR A SOLO DINER AT A RESTAURANT, SEIZE THE OPPORTUNITY TO START A CONVERSATION. ALWAYS RESPECT THEIR BOUNDARY THO.

I ONCE MET THIS LOVELY BRASILIAN WOMEN OF MY AGE WHO HELPED ME IN LISBON' METRO. WE HAD A SHORT CONVERSATION IN THE TRAIN AND SHE LATER PROPOSED ME TO HAVE A COFFEE. 3 YEARS AFTER WE ARE STILL IN CONTACT !

USE SOCIAL MEDIA AND APPS TO CONNECT

SOCIAL MEDIA PLATFORMS ESPECIALLY FACEBOOK GROUPS OR TRAVEL APPS LIKE *COUCHSURFING* OR *MEETUP* WILL HELP YOU FIND OTHER TRAVELERS OR LOCALS INTERESTED IN SHARING EXPERIENCES, TOURS, OR MEALS.





RULE N°8
MANAGE YOUR BUDGET

SOLO TRAVEL CAN BECOME EXPENSIVE IF YOU'RE NOT CAREFUL. DO NOT FORGET THAT YOU ARE ABROAD BY YOURSELF AND CAN ONLY COUNT ON YOU.

MANAGING YOUR MONEY WISELY IS ESSENTIAL

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SET A DAILY BUDGET

DETERMINE HOW MUCH YOU CAN SPEND EACH DAY AND STICK TO IT. ALLOCATE SPECIFIC AMOUNTS FOR FOOD, ACTIVITIES, AND TRANSPORTATION TO AVOID OVERSPENDING.

FOR INSTANCE AN AVERAGE BUDGET IN PARIS WILL BE 50€ (5€ TRANSPORTATION - FREE MUSEUMS OR 10€ EXPOSITION- 15€ WITH THE LUNCH FORMULA - 30€ ON A FANCY DINNER) WHILE IN WARSAW IT WILL BE 30€.

LOOK FOR FREE OR LOW-COST ACTIVITIES

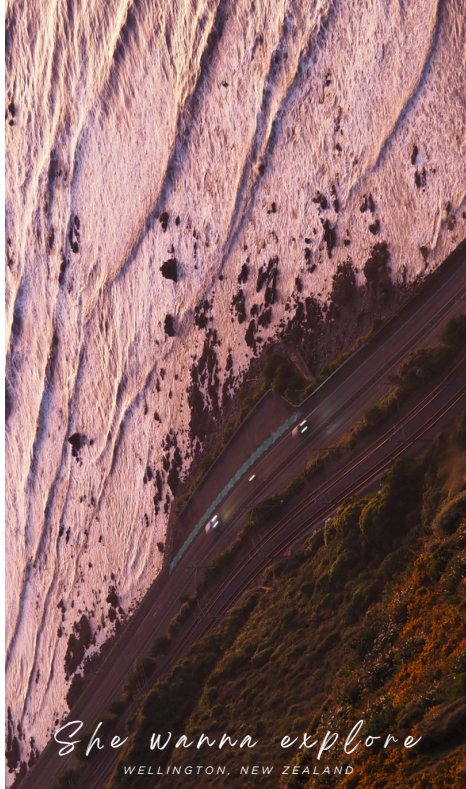
RESEARCH FREE WALKING TOURS, MUSEUMS WITH FREE ENTRY DAYS (USUALLY ON THE FIRST SUNDAY OF THE MONTH), OR PUBLIC PARKS AND LANDMARKS. MANY CITIES OFFER AFFORDABLE OR EVEN FREE WAYS TO EXPLORE THEIR CULTURE AND ATTRACTIONS.

USE PUBLIC TRANSPORTATION

INSTEAD OF TAXIS OR RIDESHARES, TAKE LOCAL BUSES, TRAINS, OR METROS. PUBLIC TRANSPORTATION IS NOT ONLY BUDGET-FRIENDLY BUT ALSO A GREAT WAY TO EXPERIENCE DAILY LIFE IN THE AREA.

AVOID CURRENCY EXCHANGE FEES

YOU CAN ASK YOUR BANK TO HAVE A TRAVEL-FRIENDLY CREDIT/DEBIT CARD WITH NO FOREIGN TRANSACTION FEES, OR GET AN ONLINE BANK LIKE *WISE* OR *REVOLUT* THAT GUARANTEE NO EXCHANGE FEES. ONCE IN THE COUNTRY, WITHDRAW LOCAL CURRENCY FROM ATMS WHEN NEEDED TO AVOID COSTLY EXCHANGE RATES AT AIRPORTS OR KIOSKS.



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WELLINGTON, NEW ZEALAND



RULE N°9

DO NOT LET A NEGATIVE
EXPERIENCE DEFINE
YOUR JOURNEY

IT'S POSSIBLE THAT NOT EVERYTHING WILL GO AS PLANNED ON YOUR FIRST SOLO TRIP, AND YOU MIGHT END UP HAVING AN EXPERIENCE THAT DOESN'T MEET YOUR EXPECTATIONS. BUT EVERY MISSTEP IS AN OPPORTUNITY TO LEARN, AND I PROMISE YOU—
YOUR NEXT ADVENTURE WILL BE EVEN BETTER!

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FOCUS ON WHAT YOU CAN CONTROL

WHILE YOU CAN'T CONTROL EVERY ASPECT OF YOUR TRIP, YOU CAN MANAGE YOUR MINDSET AND RESPONSES. STAYING POSITIVE AND FLEXIBLE CAN TURN EVEN A CHALLENGING MOMENT INTO A MEMORABLE ADVENTURE.

DON'T LET ONE TRIP DEFINE SOLO TRAVEL

A SINGLE BAD EXPERIENCE DOESN'T MEAN SOLO TRAVEL ISN'T FOR YOU. EVERY DESTINATION AND TRIP IS UNIQUE—YOUR NEXT ONE COULD COMPLETELY CHANGE YOUR PERSPECTIVE.

KEEP TRYING AND STAY OPEN

THE BEST ADVENTURES OFTEN HAPPEN WHEN YOU STEP OUT OF YOUR COMFORT ZONE AGAIN AND AGAIN. APPROACH EACH TRIP WITH AN OPEN HEART AND MIND, KNOWING THAT BETTER EXPERIENCES AWAIT.

BE KIND TO YOURSELF

IT'S OKAY TO FEEL DISAPPOINTED, BUT DON'T BE TOO HARD ON YOURSELF. EVERY TRAVELER, NO MATTER HOW EXPERIENCED, HAS STORIES OF TRIPS THAT DIDN'T GO AS PLANNED. IT'S ALL PART OF THE JOURNEY.

I had a not-so-great experience on second solo-trip in Mallorca, Spain.

I didn't meet anyone open to connecting, even tho staying in a hostel. But it was post COVID so not so many tourists. I ended up spending four days on my own. I still made the most of it, but it left me with a bit of a bitter taste ... A year later, I decided to try again, this time in Croatia, and it turned out to be one of the best experiences of my life!



RULE N°10

TRUST YOURSELF

SOLO TRAVEL IS ALL ABOUT TRUSTING YOURSELF. YOU ARE YOUR OWN GUIDE, AND YOU HAVE THE ABILITY TO MAKE THE RIGHT DECISIONS FOR YOURSELF.

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THANK YOU FOR
DOWNLOADING THIS
GUIDE. I HOPE IT INSPIRES
YOU TO A NEW WAY OF
EXPLORING THE WORLD.

I'D LOVE TO GET YOUR FEEDBACK.
IF YOU HAVE ANY ENQUIRIES, YOU
CAN WRITE ME AT

shewannaexplore@gmail.com

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ALL THE PHOTOS ON THIS GUIDE COME
FROM MY BLOG

SHEWANNAEXPLORE.COM

THERE, I WRITE POSTS ABOUT PLACES I'VE
LOVED TRAVELING TO, TIPS FOR MOVING
ABROAD, HIKING ITINERARIES AROUND THE
WORLD AND MUCH MORE

YOU CAN ALSO FOLLOW ME ON SOCIAL
MEDIA AT

@SHEWANNAEXPLORE

TO GET UPDATES ♥

*See you there,
Anaïs*

