

200+  
Tips

 THE   
SOLO  
TRAVELLER'S  
COMPASS

*How To Travel Solo  
But Not Alone*

JUSTINE WADDINGTON

THE SOLO TRAVELLER'S COMPASS

First published in Australia in 2014

A Rendezvous Group Pty Ltd

Suite 29, 104 Bathurst Street

Sydney NSW 2000 Australia

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National Library of Australia Cataloguing-in-Publication entry

Author: Waddington, Justine

Title: The Solo Traveller's Compass: How To Travel Solo But Not Alone / Justine Waddington

ISBN: 9780992481902 (paperback)

Subjects: Travel--Guidebooks

Travel--Handbooks, manuals, etc.

Dewey Number: 910.202

Cover by Boxer & Co.

Author photo by Danielle Stirgess

Internal design by Ana Cosma

Cartoon Illustrations by Leon Szpiller

Printed in Australia by SOS Print + Media Group

Disclaimer

This book includes information, advice and opinions which are general in nature and can only serve as a guide. There are more than 200 tips in this book which cover a variety of topics and are what I consider, to be a helpful guide to the most commonly asked questions. However by limiting the tips to around 200 I am not suggesting that these are the only possible travel tips. Readers should consider their individual circumstances and do their own research for their travel destinations. All travellers should be aware that even if well informed, your personal safety cannot be guaranteed when you travel.

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# ABOUT THIS BOOK



For me, the smallest things bring the simplest joys when I travel. The day-to-day interactions with people you meet along the way. The challenge of navigating a new town. The delight of picking up some of the local lingo. An awakening of your senses with new sights, sounds, tastes and smells. The discovery of culture and lifestyles in contrast to your own. Just having the time to stop, smell the roses and delight in the world around you.

My curious nature and independence made me a great candidate for solo travel. That said, it's not always been an easy road and there have been times when I wished I'd had a travel buddy in tow. The term 'solo traveller' can conjure up an image of trail blazers, Indiana Jones-style adventurers or soul searching travellers like Elizabeth Gilbert from the renowned 'Eat, Pray, Love'. But, for many people, none of these prospects are appealing options.

I wonder how many people forgo travel because they haven't got a travel buddy? Daunted by the prospect of starting out alone, I have no doubt that there are lots of solo travellers missing out.

So where does that leave travellers without a travel buddy?

## Group Travel for Solo Travellers

This book is a culmination of my own experiences as a solo traveller, spanning across more than twenty years. The Solo Traveller's Compass is written for any solo traveller who doesn't want to travel completely alone, finding solace in the prospect of joining a travel group of like-minded people and sharing their journeys.

I seek to inspire every person without a travel buddy to experience solo travel through the many group travel options available. Whether you are facing the prospect of travelling solo for the first time, have dabbled in solo

travel without taking any big steps, are newly single and wondering what it's like to travel without a partner; or just haven't travelled alone for a while and are feeling less than confident about the prospect, then this is the book for you.

The book sets out practical advice for planning your holidays and presents the many options and benefits of joining group travel. Although I haven't set out to cover the topic of independent travel, there is still a lot of helpful information for anyone who is planning some independent travel.

It's my goal to dispel any fears and doubts that are stopping you from being a solo traveller. With good planning and knowing what to expect, you will be well equipped to set out on a holiday, perhaps for the first time without a travel mate. I will share what I've learned about solo travel through personal anecdotes and travel stories, along with a whole heap of helpful tips.

## Making Navigation Easy

When I was deciding on how to approach writing this book, I took my mind back to my early days of solo travel. The first thing I did was to buy a 'Let's Go' backpacker travel guide. It was like my destination bible, and it was my daily reading both while I was planning my travels and while I was away. However, on reflection, what I was missing was a book that was stacked with tips, things to know, things to do and things not to do. And that's how I came up with my approach for *The Solo Traveller's Compass*, and the title of the book.

There are three sections to this book, which cover the major parts of any journey: 'Getting Started', 'Before You Go' and 'On Your Trip'.

With over 200 practical tips, you'll be off to a good start.

### GETTING STARTED

Getting Started is about making your decision to travel, then considering the right style of travel group for you, while also giving some insights into sharing, or not sharing a room.

## BEFORE YOU GO

Now that you've decided where you're going and which group you want to join, it's time to make your pre-trip preparations. Pre-departure planning can be quite overwhelming, especially if you've not travelled internationally before. I'll take you through all the essentials, including some travel agent insider know-how. You'll feel fully equipped to navigate all your pre-departure planning; starting with passports, visas and travel insurance considerations, money matters, tips for booking flights, and thinking about your travel health. If you're off to a country that speaks another language, there are even some tips about learning the local language.

And of course, there's the all essential trip packing advice along with some handy checklists.

## ON YOUR TRIP

The day has arrived! You're taking off. It's either your debut as a solo traveller, or something you've not done for a while. Now, it's all about you and up to you to make the most of your trip. This section is about maximising your trip and having the best possible experience.

You may find it handy to take this book with you on your travels, as it talks about tips when you're at the airport, and getting about once you're at your destination. Also, if it's your first experience with group travel, the information on travel etiquette covers some pointers you may not have thought of already. And the 'Safety First' chapter is a must read for all travellers.

Last, but not least, I hope that you have a very happy and safe journey. It's time to take a leap of faith, step out on your own and find out why you will never look back!