

Come On Girl, You've Got This

A Guide to Solo Travel
for Women



By Zama Buthelezi



Author's Note

Come On Girl, You've Got This: A Guide to Solo Travel for Women, was written with the first-time female solo traveller in mind. It's for the woman who's ready to take that trip but just needs a little guidance, a dose of confidence, or a sign that she's on the right path.

Whether it's your very first solo adventure, or you've walked this road before and now want to do it with more confidence, presence, and meaning. This guide is here to help you feel prepared, empowered, and excited. I created it for women like *you*: curious, soft, brave, and done waiting for the "perfect" moment.

Part travel guide, part pep talk, and all heart... this is your sign to go.

You've got this, girl!

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Table of Contents

- Introduction
- My Why for This Guide
- Mindset & Confidence
- Why Go On a Solo Trip?
- Why Travelling with Friends Doesn't Always Work
- Where Am I Even Going?
- Deciding Where to Go
- Research! Research! Research!
- But... Will I Be Safe?
- Don't Betray Yourself!
- Pros and Cons of Solo Travel
- Safe Accommodation & Transport
- Look the Part to Get the Treatment You Want
- What to Pack (and What to Leave Behind)
- Budget? Yes, Babe. But Make It Work For You
- Booking the Trip Without Losing Your Mind
- Tech Stuff (But Keep It Light)
- Boring But Necessary
- Set the Scene for Your Return
- Settling In Once You Arrive
- Eating Alone Without Feeling Awkward
- Making Friends on the Road
- The Little Things That Make a Big Difference
- The Version of You That Comes Home
- The Calm After the Leap
- Here's a Little Pep Talk for the Road
- Meet the Woman Behind the Guide



Welcome To The World of Solo Travel

Introduction

Hello, Gorgeous lady! Welcome to the world of solo travel! Solo travel for females is a rising wave of liberation. More and more women around the globe are doing it, and more importantly, they are loving it! Ask any woman who's ever travelled solo, and she'll likely tell you it was one of the best things she's done for herself. It's empowering, freeing, and magical. Once you've done it, chances are it'll become your favourite way to travel.

This guide draws from my personal experiences as a solo female traveller, along with insights I've gathered from fellow women on similar journeys. It's here to help you feel prepared, emboldened, and ready to take the world by the passport. Whether you're in the mood for adventure, unwinding with style, or chasing five-star sunsets, solo travel can and *will* change your life. Let's dive in!

My Why for This Guide

Since my first solo trip, I've been a cheerleader for female solo travel. I came back feeling like a new woman; stronger, more confident, and with a sparkle in my eye that hadn't been there before. I'd faced challenges, navigated them, and walked away like a cute little superhero. It taught me how capable I truly am.

But don't get me wrong, it wasn't all rainbows and rosé. I made mistakes. Rookie mistakes. And I don't want you to make the same ones. And as a Travel Planner now, I make it my mission to make every journey feel personal and unforgettable. I want your first solo trip to be a memory you cherish, not one you need to recover from.

Mindset & Confidence

Solo travel starts long before your boarding pass is in hand. It begins in your mind with the decision to go. You have to get clear on your why. Are you celebrating something? Healing from something? Searching for something? Whatever it is, hold it close. That intention becomes your compass.



The right mindset can carry you through culture shock, language barriers and emotional wobbles. You don't need to have it all figured out; you just need to trust that you'll handle things as they come. Confidence grows in the doing. Every time you choose courage over comfort, you remind yourself that you can do hard things. And that, darling, is the real magic.

Tips for a Strong Mindset:

- Keep your plans private until they're confirmed. Friends and family often project their fears, and their doubts can plant seeds of fear before you've even taken the first step.

- Don't let doubt creep in once your trip is booked. Focus on your intention and stay positive.
- Affirm yourself daily. "I am safe. I am deserving. I am ready."
- When you land, walk tall. Even if you're lost, smile and strut like you own the city.

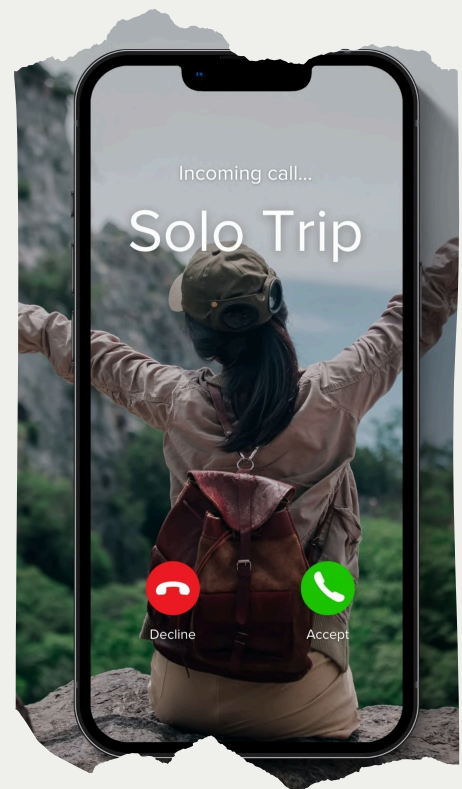
Fear is natural, but don't let it be your guide. Trust your instincts and remember, confidence is your best travel companion.

Why Go On a Solo Trip?

Maybe your friends keep ghosting the group chat. Maybe your schedules never align. Maybe you just want to move at your own pace.

Solo travel means freedom. No compromises. No babysitting grown adults on vacay. No mood swings to manage. It's just you, your desires, and the open road.

Travelling solo and travelling with friends are two very different experiences. One's a group assignment. You can wing it, let someone else take the lead, or argue over who's in charge of directions. But solo travel... That's your personal project. When you show up prepared, you get all the gold stars and the bragging rights. It's giving: "*She understood the assignment.*"



Why Travelling with Friends Doesn't Always Work

It's like living with your bestie; it sounds fun, until you realise you have totally different habits.

Travelling with someone whose vibe doesn't match yours can ruin the whole experience. One wants to wake up at 6 a.m. to hike, the other wants to sleep in and order room service. One wants to splurge, the other wants to budget every sip of water.

It can be really draining, especially if the other person expects you to do everything *together*. That kind of pressure can cause serious tension. Unless you've travelled together before and nailed your rhythm, it's a gamble. You might win big... or it could cost you. And anything that costs you your peace is expensive.

Where Am I Even Going?

So, you've decided to take the plunge and travel solo.... Yasss girl! But now you're staring at the world map, playing eeny, meeny, miny, moe or scrolling endlessly through TikTok travel reels wondering, "Where on Earth do I even start?" Take deep breaths... Let's break it down.



Start With Your “Why”. Before picking a destination, ask yourself: Why do I want to travel right now? Is it to rest and recharge? Do I want to explore and get lost in a new culture? Am I running to something... or away from something? Or do I just want to sip wine in a robe with an attitude that screams “main character”?

Culture & Vibes:

Are you craving solitude or soul connection? Beaches or bustling bazaars? Spiritual retreats or street food and salsa?

Your “why” will help narrow down your “where.” If your soul is begging for peace, skip the buzzing big cities. If you’re craving adventure, you probably don’t need five-star luxury, maybe you need five new stamps in your passport.



Do your research. Watch travel vlogs and YouTube videos. Read blog posts by other women who’ve been there. Check forums like TripAdvisor, listen to travel podcasts, and dive into destination-specific guides. Look beyond the glossy brochures and go to where the honest stories live.

Some questions to ask yourself:

- Will I feel welcome here?
- How do they treat women, especially solo ones?
- What are the visa rules for my passport?
- What’s the general vibe? Slow and peaceful, or fast and fabulous?

Listen, your first solo trip doesn’t need to be your dream trip. It just needs to be *yours*. And wherever you end up, on a sun-drenched island, in a vibey city, or hiking through misty mountains, you’ll find more than a location. You’ll find clarity, courage, and parts of yourself you didn’t even know you were looking for.

So, where are you going?.... Wherever you damn well please!

Deciding Where to Go

Some will say, “Start close to home.” And that’s fine if it works for you. But honestly? I say go big if it feels right. I’ve felt safer walking the streets of a foreign country than I ever did in my own backyard. If you choose a destination that’s known to be safe, then safety doesn’t need to be your biggest worry. Plus, getting your passport stamped and making it in a foreign country all on your own, will boost your confidence a thousand times more than a local trip. Pick a place that excites you and feels right in your gut. Do your research, follow the safety tips, and trust yourself.

You’ve got this!

Research! Research! Research!

Listen, this isn’t the time to be spontaneous with bookings. You’re not just planning a trip, you’re curating an experience.

Never make the mistake of going to a new place, especially in a different country, without doing your due diligence. Do your research and make sure to cross-check your sources to ensure accurate information about your destination.

Honey, I tried vibes over research and I found out the hard way. My first solo trip almost ended in disaster. Thanks to a bit of luck, being in the right place at the right time, and a familiar accent in an unfamiliar place, it turned out great enough for me to want to do it again.... and again. But trust me, you don’t want to rely on luck alone.



Research your accommodation and transport options properly. Read reviews from other female travellers. Learn about the culture of the place you're visiting so you don't accidentally offend the locals or end up breaking the law without knowing. What's normal in your country could be a big no-no somewhere else.

Know where the embassies, hospitals, and police stations are, just in case. You can even ask for that info when you check into your accommodation. Most places are happy to help.

But... Will I Be Safe?

Ah, safety. The one word that creeps into every conversation when you tell people you're travelling alone. Cue the dramatic gasps, the clutching of pearls, and the "but what if something happens?" brigade.

Let me just say this... concerns about safety are valid. But so is your desire to see the world on your own terms. The key is to approach solo travel the same way you would a girls' night out: be aware, stay alert, and don't do anything you wouldn't do back home (unless it involves a dreamy Italian and a Vespa)... in which case, text your bestie first and let her know what's up.

A tip: Make friends with hotel staff. They're often happy to keep tabs when they know you are alone. Make them your on-the-ground allies. Let them know if you're heading out with new friends, where you're going, and with whom. It's a small habit that adds a layer of safety.



Here are some of my hard-earned lessons and real-life tips to help you feel safer and more confident while solo globetrotting:

1. Stay Sober Enough to Make Decisions.

By all means, sip that rooftop champagne by glass. Just know your limits, especially when you're solo. Alcohol dulls your senses, and you need all of them sharp when you're navigating new cities, new faces, and new vibes. Keep it cute, keep it clever.

2. Avoid Sharing Real-Time Locations Publicly.

Save the Insta story for later, babe. No one needs to know you're alone at Hotel So-and-So *right now*. Post that dreamy beach pic a few hours or even a couple of days later. Your followers will survive the delay. Your safety comes first. Heck, I still owe my WhatsApp fans beach content from 8 months ago. Last I checked, they are doing just fine without it.

3 Share Your Whereabouts with Your SOS Crew

Share your location with people you love and trust, especially when you're on the move with strangers, including cab drivers. Create a WhatsApp group with your inner circle, drop a pin, send pics of people you are with, even a quick selfie, whatever keeps the connection alive. Even if they're just flooding the chat with memes while you're halfway across the world, it'll give you peace of mind knowing someone always knows where you are.

4. Move Smart.

Not everyone needs to know you're flying solo. If a situation feels dodgy, there's no harm in bending the truth a little. Say you're meeting friends or that your partner's just around the corner.

5. Blend In, But Still Be You.

You don't need to cosplay as a local to stay safe, but try not to stand out like a tourist billboard either. Do a little research, know what's culturally appropriate where you're headed, and pack accordingly.

6. Trust Your Gut. She Knows Things.

You know that little voice that whispers, "Mmm, something feels off"? She's not just being dramatic; she's wise. Whether it's turning down an invite or leaving a sketchy neighbourhood, your instincts are your built-in bodyguard. Listen to her.

7. Scream if You Have To.

As women, we're taught to be polite even when we're uncomfortable. Forget that. If someone's creeping you out, make noise. Say no. Leave. Cause a scene if you must. Your safety reigns supreme. Not their comfort.



8. Travel Insurance is Always Recommended.

You think you won't need it, until you do. Delayed flights, food poisoning, lost baggage, or a twisted ankle from chasing the sunset. It could happen. Travel insurance is your invisible safety net.

9. Keep Copies of Everything.

Passport? Make a copy. Bookings? Print them. Emergency contacts? Write them down the old-school way and stash a copy in your bag. A little admin before you fly can save you from a whole lot of chaos if things go sideways.

Here's the truth: you don't need to be fearless to travel solo, just prepared. You're not being paranoid; you're being smart. And the more you travel, the stronger your safety instincts become.

Because while the world can be wild, it's also wonderful. It's full of warmth, kindness, curiosity, and the kind of magic that'll change your life if you let it.

So yes, take precautions. Pack your common sense and your cute sandals. But don't let fear write your story.

Don't Betray Yourself!

Travel is personal, and your travel style can evolve. You may start out craving beachside cocktails and end up zip-lining through rainforests.

I used to be a lounge-by-the-beach girl. That changed real quick! I discovered I love cultural immersions, adventure and those cute, feel-good experiences. I've ticked off over a hundred activities and experiences and counting...from walking with lions and surviving gruelling hikes, to the very girly, bucket-list-worthy Flying Dress experience.

Oh, and one more thing... I can't stand bad hotels.

So, figure out what YOU want and honour that. Don't cut corners that matter to you. Don't book a cheap, dingy hotel if you know it'll ruin your mood. You deserve your dream travel experience.

If you're shy, don't force yourself into group experiences. Book private transfers and tours. Your guide or driver will become your buddy, giving you both company and freedom.

Pros and Cons of Solo Travel

Like anything worth doing, solo travel comes with its highs and lows... the sparkle and the solitude. Here's a quick look at the pros and cons to help you decide if it's the kind of adventure you're ready to sign up for.

Let's start with the not-so-fun stuff:

Cons

- It can get pricey since there's no one to split costs with.
- You might feel lonely, especially if you're not naturally outgoing.
- Some experiences may require more than one person, so you might have to skip a thing or two.

This is where the beauty lies:

Pros

- **It may be safer: (yes, really!):** This is a pro you may not have thought of. While travelling in a group might feel safer, travelling solo can actually be the safer choice, especially when the group includes faux friends. There are countless stories of friendships gone sour, some even trending worldwide. Be mindful of who you travel with. Not everyone deserves a seat next to you on a plane.
- **Freedom of movement:** You do what you want, when you want.
- **Spontaneity:** You can ditch your plans and go with the flow.
- **Character-building:** You'll discover how resourceful and resilient you really are. You'll be surprised by how much you can handle when it's just you, your bags and a brand new city.
- **Making friends:** It's easier than you think! A simple "Where are you from?" can spark a whole friendship, whether for a moment or a lifetime. Every person you connect with adds something special to your memories.
- **Better treatment:** People will often go out of their way to look after a confident solo traveller, especially when you're well put together. I once missed a flight and a complete stranger offered to pay for my new ticket... he didn't even ask for my number. VIP upgrades? Oh yes, they do happen! It's much easier to bump up one person than a whole group. People genuinely want you to have a good time when they see you riding solo.
- **Improved social skills:** Solo travel instinctively pulls you out of your shell. You may find yourself speaking up more, asking questions, and getting comfortable starting conversations.
- **You are likely to be more cautious:** When you're on your own, your decisions are fully yours, and that naturally makes you more careful. There's no peer pressure, no herd mentality nudging you into things you'd normally avoid.

Safe Accommodation & Transport

Hotels, hostels, Airbnb's, guesthouses, the options are endless. But when you're solo, your priorities shift. You want comfort, safety, and an atmosphere that says, "I can unwind here". My recommendation? Hotel sis, especially for your first solo trip. Choose a good one in a safe, central location. Hotels are generally safer, more reliable, and usually come with 24-hour staff and support.

Avoid Airbnb's and holiday apartments unless you're confident about the area and host. Especially avoid those located in isolated areas. It's not unheard of to be locked out or not receive your keys because you were late or missed the key collection cut-off time.

Transport-wise: Avoid hopping into random cars. Use official taxis, e-hailing apps, or hotel-arranged rides. It varies by country, so research transport norms before you go. Again, Research! Research! Research!

Look the Part to Get the Treatment You Want

How you present yourself is how the world will treat you. Period. I don't make the rules, sis. But once I started following them, my soft life application got approved. Because babyyy, I did not come to this world to suffer. Don't fight the system, make it work for you.

Before you even think about boarding that plane, make sure your hair is done and edges laid. If your trip is longer than a week, think protective style. You don't want to be wasting precious holiday hours flat-ironing and detangling.



Now let's talk makeup. You don't need a full beat with contour and lashes that flap when you blink. But a little effort, a fresh face with a touch of gloss, a brow brushed into place, maybe a bit of blush to warm the cheeks, it goes a long way. People respond to effort. You'll have people offering you help you didn't even ask for.

And please, *please*, don't let me catch you with a bonnet at the airport. Airports are not bedrooms. You are outside! Wear a cute cap or a scarf if you must, but keep it intentional. You never know who you'll sit next to. A potential business contact. A future bae. A flight attendant who knows someone who knows someone. Travel is full of surprises... look like you're ready for them.

This isn't about vanity, it's about energy. When you look good, you move good. And when you move good, the world treats you accordingly. You don't need to spend a fortune to look the part, designer or not. Personally, I would rather roll up to a 5-star hotel with a suitcase full of Shein and get five-star service and treatment.

What to Pack (and What to Leave Behind)

Ah, packing. That sacred pre-trip ritual where logic leaves the chat and you suddenly think you'll need six pairs of heels for a beach holiday. I've come a long way here, but I still catch myself packing more *'just in case'* outfits than necessary, then having to scale back.

Let me help you rein it in, babe.

Your suitcase isn't just luggage, it's your sidekick. You want it light enough to carry up a flight of stairs, but packed smart enough to cover all your fabulous moods and unpredictable weather tantrums.

Start With the Vibes, Not the 'What-If's'.

Before you throw in that sequin jumpsuit "just in case", ask yourself: what am I actually doing on this trip?

City exploring? Beach lounging? A mix of both? You're not reinventing your entire identity on this trip; you're just experiencing new scenery. Dress accordingly. And remember, also pack for the culture, not just the climate. Respect is never out of style.

Packing Tips:

Pack smart. Pack light. Pack like the woman who's about to take on the world.



- Pack essentials and a couple of outfits in your hand luggage, so if your checked bag gets lost or delayed, you won't be left with nothing to wear.
 - Respect the culture. That cute pair of booty shorts might be perfect for beachside cocktails, but not so much for temple visits or strolls through traditional villages. You'll end up layering up like it's a fashion emergency. The goal isn't to dim your light, just to respect the space you're shining in and avoid drawing unwanted attention or coming across as insensitive in more traditional settings.
 - Wear dresses whenever possible, especially ones that flatter you. They give off feminine energy, and from my experience, people tend to be more gentle when you look like a lady. So don't be shy to use your natural feminine energy as your secret weapon.
-
- Pack light, stylish and functional. Bring versatile outfits that can transition from day to night.
 - If you want to stand out, don't be afraid to rock bright colours.
 - Don't forget accessories, a good hat and some sunnies can go a long way.
 - Leave room in your luggage for souvenirs and unexpected purchases. Overpacking can lead to excess baggage fees and discomfort.
 - Pack all your important travel documents well in advance of your trip. Always double-check your passport's expiration date. Renew it if needed, to avoid any last-minute panic.

Ultimately, pack for the YOU. You want to be on this trip. Not just comfy, but confident too. Not just dressed, but unforgettable.

And oh, while you're busy curating the perfect vacay wardrobe, don't forget to brush up on local customs and learn a few basic phrases in the local language. A little effort goes a long way. Knowing how to greet someone, say thank you, or mind your manners can open doors and hearts. It shows respect, and you'd be amazed at how warmly people respond, even when you butcher the pronunciation.

Budget? Yes, Babe. But Make It Work For You



Be honest about what you can afford. Not just flights and accommodation, but meals, transport, entry fees, and any unexpected costs that may come up.

While affordable doesn't necessarily mean basic, if a deal seems too good to be true, it probably is. Do your homework before you book, not every bargain is a blessing. Rather save up for the experience you truly want than cut corners and come back with a suitcase full of regrets. Prioritise the experience over the aesthetic. Sure, you can post the content, but only you live the moment. Make sure you live it well.

Look out for places where your currency stretches further. Bali, Vietnam, Thailand, parts of Eastern Europe, and many African gems (hey cousins, Kenya and Namibia!) can give you an elevated experience without draining your life savings.

Booking the Trip Without Losing Your Mind

Right, you've chosen your destination. You're hyped. Your Pinterest board is flourishing. But now it's time to actually book the thing... and suddenly you're spiralling. Flights, accommodation, transfers, SIM cards, travel insurance, vaccination requirements, currencies... KUNINGI! (Issalot!)

Breathe babe. I got you.

Let's break it down and make this part as painless as possible, because this trip is supposed to be your soft launch, not a full-blown admin meltdown.

1. Flights First. Always.

Begin with the most important detail: your flights. Confirm your travel dates and secure your flights before booking accommodation. There's no point in reserving a beautiful stay only to realise that flights on those dates are unavailable or unaffordable.

Don't delay your accommodation booking for too long either. Once your flights are confirmed, move swiftly to secure a place to stay. The best options tend to get booked quickly, especially during peak travel periods.

2. Please Don't Sleep on Accommodation

And yes, pun intended! Where you stay can make or break your trip. You don't want to get sick and be stuck in a dingy room, or come back tired from a full day out only to face bad lighting and no hot water. Weather can turn and plans can shift, your accommodation should always feel like a safe, clean, comfortable base.

3. Master Your Days, Master Your Trip

Unless you're truly adventurous, spontaneous, and outgoing, don't wing your itinerary. Book all your activities in advance, including rest days. This takes the stress off your shoulders, so you won't be stuck scrambling for things to do or staring at an empty day wondering what's next.

4. Don't Wing Your Arrival

You do not want to land after a long flight, half-dazed and needing a wee, only to be haggling with a taxi driver or figuring out a train system in a language you don't speak. Book a transfer in advance where possible. Or at the very least, know your route and backup plan.

5. Visas, Vaccines & Vexing Rules

- Check visa requirements early.
- Some countries let you apply online, some need embassy visits, and some want you to basically submit your life story and a blood sample.
- Double check yellow fever requirements, vaccination rules, and any current travel advisories. They can change often and catch you off guard.

Note: Carry clear printed copies of all your important travel documents. The digital girlie in me hates it, but border officials don't care if your phone dies at the wrong time.

6. Phone & Data: Stay Connected

Check if your network has decent roaming packages. If not, get a local SIM or an eSIM. Activate data before you land. You'll thank yourself when you touch down and don't need to go hunting for dodgy airport Wi-Fi.

7. Money Moves

- Tell your bank you're travelling so they don't block your card when you buy sushi in Tokyo.
- Always have some local currency on hand, even if it's just for a taxi or snack.
- A mix of cash and card is best. And girl, don't keep it all in one place, we're not out here losing our entire budget with one misplaced tote bag.

8. Outsource the Stress

If it's all feeling like too much, get help! A good travel agent or tour operator can take care of the heavy lifting, flights, accommodation and logistics, so you can focus on the fun part. But don't just pick anyone. Make sure you work with someone who actually listens and builds the trip around *you*. My first solo trip nearly flopped because the agent didn't bother to ask what kind of experience I was looking for.

Here's the deal: booking your trip can feel like a lot, but it's just a series of little decisions stacked on top of each other. And once it's done? Ohhh, baby. The freedom that comes from having a plan in place is chef's kiss. So go on, tick those boxes, confirm those bookings, and make those dreams official. You're not just planning a trip. You're claiming your freedom.

Tech Stuff (But Keep It Light)

- Universal adapter (don't play yourself).
- Power bank, especially for those 12-hour sightseeing days.
- Maybe a Kindle or tablet if you read, journal or stream.
- Noise-cancelling headphones if you're fancy. Earplugs if you're not.
- Laptop? Only if you have to. Otherwise, unplug and be free.



Boring But Necessary

- Passport + copies
- Travel insurance info
- Credit/debit cards + backup stash of cash
- Printed copies of key travel documents (don't count on Wi-Fi in the wild)
- Emergency contacts written down somewhere non-digital

Set the Scene for Your Return

Packing and prepping for your trip can get hectic, and in the chaos, it's easy to leave your place a mess. If you live alone, do yourself a favour, leave your space clean before you go. Coming back to a messy home after a beautiful trip is like crashing back to reality with no seatbelt.

Unpacking is already a mission, so the last thing you need is to be scrubbing sinks when your mind's still sipping cocktails and watching sunsets.

Vacay withdrawals are real. Don't make re-entry any harder than it needs to be. Leave your home clean and feeling fresh, fluff the pillows, leave fresh linen on the bed. Make your return feel like a soft landing, not a slap from the real world.

Settling In Once You Arrive

You've landed. You've survived immigration, found your luggage (hopefully), and maybe even figured out how to say "hello" in the local language. You step outside the airport, and (((boom))) Hello world! The air feels different, the energy is new, and it finally hits you: You did it. You're really here. Whether it's the buzz of a big city, the calm of a beach town, or the chaos of a local taxi rank, take a moment to soak it all in. This is the start of something unforgettable.

Eating Alone Without Feeling Awkward

Alright, let's talk about one of the biggest solo travel myths, or should I say maths? Eating + Alone = Awkwardness. Wrong equation, babes!

Pull up a chair, queen. Solo dining is actually one of the best ways to soak up the vibe of a place, indulge your foodie fantasies, and practice the fine art of people-watching, all without any interruptions.

Here's how to own that solo meal like a pro:

1. Claim Your Table Like a Boss

Don't shrink or hide in a corner. Choose a spot with a view or somewhere you feel comfy, a window seat, a bar stool, or right in the heart of the action. Make it yours. Don't tuck yourself away, especially if you're hoping to meet people. Be open, not just in your gestures, but in your energy too. And if you don't feel like chatting? Pop in those earphones. It's the universal sign for "Stay away."



2. Order What You Really Want

No compromises. Fancy dessert? Yes, please. That extra side of chips? Go for it. Ordering what your heart desires without restriction can lift your spirit. It's a simple way to boost your mood and savour the freedom of the journey. Unless you're on a month-long vacation, you can count your calories when you get home.

3. Make Eye Contact and Smile

If you feel up to it, chat with the waiter or chef. Compliment the food. Ask for recommendations. You'll be surprised how a little friendliness can make you feel connected.

4. Embrace the People-Watching

Solo dining gives you front-row seats to real-life theatre. Watch the locals or other tourists, overhear snippets of conversation, enjoy the soundtrack of clinking glasses and laughter. It's entertainment on the house.

So next time you sit down alone, raise your glass to freedom, to curiosity, and to enjoying your own company like the queen you are.

Making Friends on the Road



So, you're out there living your best solo life, snapping selfies, eating all the carbs, soaking in sunsets... but then it hits: it would be kinda nice to have someone to laugh with over that weird statue or share a bottle of wine with on that cute rooftop.

Making friends as a grown woman in a strange country? It's giving first day of school, but hear me out, it's not as scary as it sounds. You're not weird for wanting connection. You're human. Here's how I do it (without giving pick-me energy):

1. Start With a Smile, Not a Speech

You don't need an Oscar-winning intro. A simple, "Hey, are you also trying to figure out if that's the bus stop or a vending machine?" will do just fine. Start small; big friendships often grow from the silliest little moments. There are solo travellers out there hoping to meet other solo travellers, so don't be afraid to strike up a conversation.

2. Your Vibe Attracts Your Tribe

Don't try to be cooler or more outgoing than you are. Show up as yourself, the funny, curious, open-hearted you. People gravitate towards real. (And if they don't, they're not your people. Keep it moving.)

3. Don't Be Afraid to Ditch the Duds

You're not stuck with anyone. If someone's energy is off or the vibe isn't vibing, exit stage left. Solo travel is freedom. That includes the freedom to say, "Actually, no thanks."

The Little Things That Make a Big Difference

It's not always the big bucket list moments that stay with you. Sometimes, it's the little things, the quiet in-betweens that settle deepest into your memory.

Like sipping your morning coffee slowly, with nowhere to be and no one to answer to. Or the feeling of figuring out public transport in a foreign city and thinking, "Look at me, out here doing the things!" Or that one stranger who offered help before you even asked, and suddenly the world felt softer.

There's a particular kind of joy in choosing your own rhythm. In walking down a street simply because it looks interesting. In not needing permission to take a detour or stay an extra night just because it feels right.

The Version of You That Comes Home

Braver. Softer. More curious. You'll realise you can be on your own without being lonely, and that your own company isn't something to tolerate, it's something to treasure.

These are the gifts solo travel gives you quietly, without fanfare. Not the flashy Instagram moments (though those are great too), but the ones that live in your heart long after you've unpacked your bags. Never to be deleted. They are memories and experiences no one will ever take away from you.

The Calm After the Leap

At first, it's all adrenaline and wide-eyed wonder... "Oh my word, I'm actually doing this!" But with every trip, that buzz softens. It settles into something quieter, deeper. You start to feel capable in a way that's hard to explain, like you trust yourself a little more with every journey. You begin to notice more... A perfect sunset. A song in a shop that reminds you of home. The way light hits a wall just right in the late afternoon. The kind of things we often miss in the rush of real life.

So yes, book the ticket. Take the leap. Trust the journey. Because it's in these little things that the biggest shifts begin.

Here's a Little Pep Talk for the Road

Hey you,

The one who's been dreaming, planning, doubting, Googling at 1 am: "is it safe to travel solo as a woman?"

The one who's finally decided to choose herself.
Let me remind you, you don't need to have it all figured out before you go. You just need to be willing...

Willing to trust yourself.

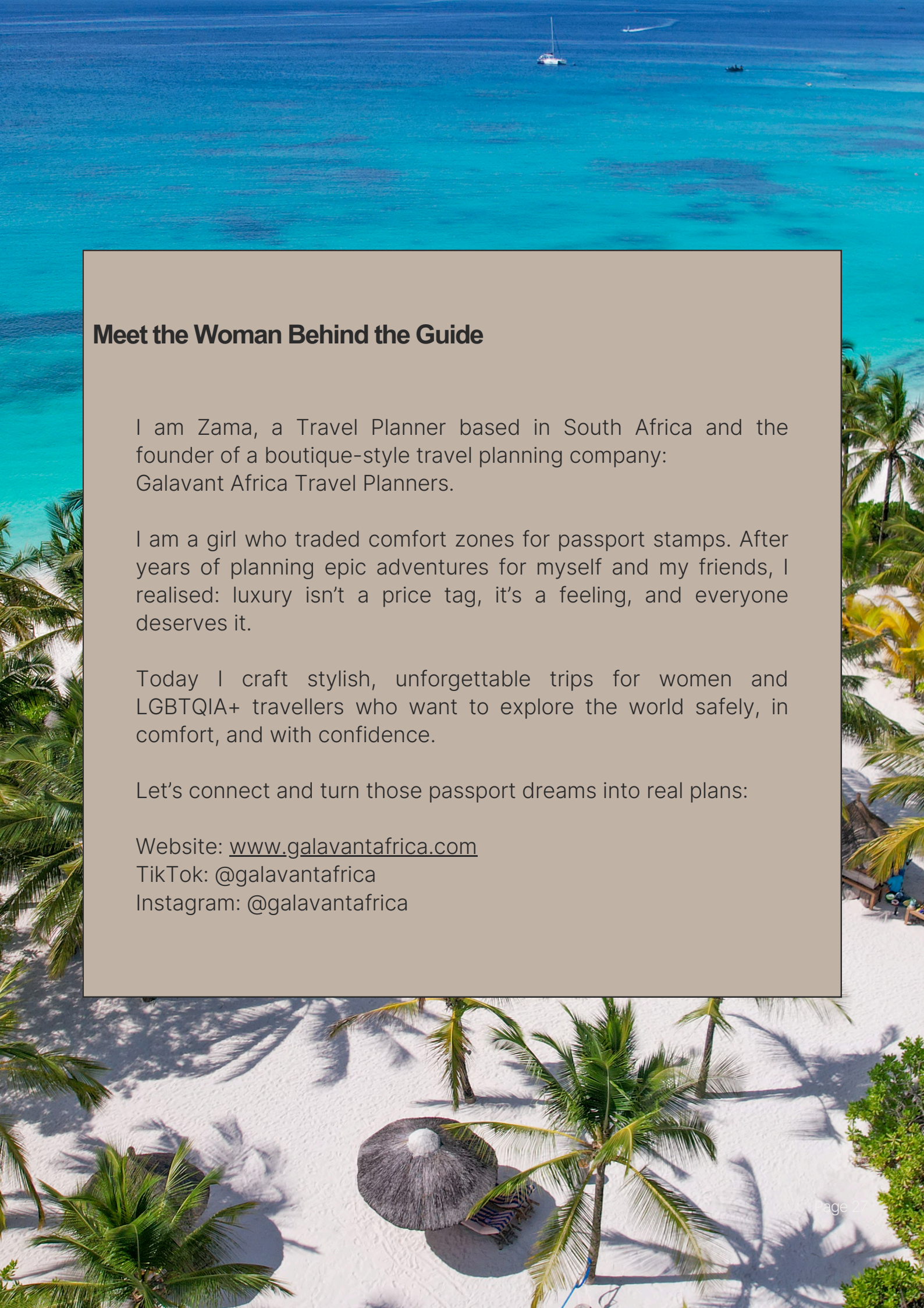
Willing to get a little uncomfortable.

Willing to be surprised by the world, yes, but mostly by you.

Solo travel isn't about being fearless. It's about feeling the fear and packing the bag anyway. So wherever you're headed, whether it's your first solo trip or your fifth... Go with curiosity. Go with courage. Go with that quiet confidence that says, "I don't know what I'll find, but I know I'll be just fine."

Come on girl, you've got this.
The world has been waiting for you.





Meet the Woman Behind the Guide

I am Zama, a Travel Planner based in South Africa and the founder of a boutique-style travel planning company: Galavant Africa Travel Planners.

I am a girl who traded comfort zones for passport stamps. After years of planning epic adventures for myself and my friends, I realised: luxury isn't a price tag, it's a feeling, and everyone deserves it.

Today I craft stylish, unforgettable trips for women and LGBTQIA+ travellers who want to explore the world safely, in comfort, and with confidence.

Let's connect and turn those passport dreams into real plans:

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