



How to Take Your First Solo Trip

Step-by-step of what to do
before, during, and after :)

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Hello and Welcome!

This course is for **anyone who wants to solo travel** but isn't sure how.

It is structured around what to know before, during, and after your trip.

No prior travel knowledge or experience is needed!

Only a strong case of wanderlust (a deep desire to travel) 😊

I gotchu bestie!!

Course Outline I

Before your trip:

1. Funding your trip
2. Taking time off
3. Planning your trip
 - a. Self-inquiry exercises
 - b. Helpful apps
 - c. Finding flight deals
 - d. Choosing accommodation
 - e. Other logistics
 - f. Researching your destination
 - g. Planning the itinerary



Course Outline II

During your trip:

1. Navigating your trip

a. Getting around

b. How to navigate public transport with

Google Maps

2. What Should I Do?

3. Meeting People

4. Safety Advice

5. Food

a. Eating alone



Course Outline III

After your trip:

1. Resetting
2. Reflecting
3. Sharing
4. What's next?



INTRODUCTION: About Lydia

If I had to choose one thing that's made me who I am today — without hesitation, I would say solo traveling.



@lydiaschultzz

Solo traveling has now taken me to over a dozen countries around the world and has completely transformed the person I was before: shy, timid, and unsure of myself.

I look back on old pictures of myself and sometimes feel like I'm looking at a different person. That's how much solo traveling has changed me.

INTRODUCTION: continued...

Facing an unknown world head-on with no one else to depend on built a kind of confidence and self-assurance that I would not have learned otherwise.

And because I know the power of solo travel, it's one of my passions to inspire others who wish to solo travel but are unsure of how.

Maybe you've been wanting to try solo traveling, but have never done it before; or perhaps you look at other solo travelers in admiration, but don't think it could ever be you.

Well, I'm assuming the role of your travel BFF and am going to give you all the resources you need to take your first solo trip.

Let's begin.

"The journey is the destination."

What's Next?

Now that you have all the knowledge of how to solo travel, be sure to check out my *next course* on

How to Be a Better Traveler:

how to deepen your travel experiences even more and learn how to make your travels more beneficial to your destination and more enriching for yourself.

This course will go into everything you need to know about being a **mindful** and **responsible tourist** so tourism can be **more sustainable** for **current** and **future generations**.



For more resources on solo traveling, budget travel, and responsible tourism

go here next...

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