

How to Appear Confident While Traveling Alone

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Traveling alone can be scary and liberating at the same time. After all, you don't want to hold yourself back if your spouse or partner doesn't want to travel. You don't want to hold yourself back if your friends don't want to travel. If you appear confident when you travel, you won't have a problem. Many people travel alone and so can you. All you have to do is **decide** that you want to travel alone and go for it.

How to Appear Confident While Traveling Alone

1. Hold your head up high! If you walk with your head down, you won't appear to have confidence when you travel alone. Walk down the street with your head held high and own your power. Stand up straight and square your shoulders. Act like a traveler and not a tourist.

2. Look people in the eye. Make eye contact with people; however, some cultures believe it's rude to look people in the eye. You don't want to look away from people either, but you want to strike a balance between the two. It's important to show the locals that you're confident and know where you're going.

3. Act like you're familiar with an area. If it's your first time traveling alone, act like a 'seasoned' traveler. Walk into stores and restaurants as if you've been there before. Make light conversation with the locals. Most importantly, relax and enjoy your vacation.

4. Speak to people. Don't be afraid to speak to people and ask them to point you in the right direction if you're lost. Most importantly, don't 'freak out' if you are lost; act confident even if you don't feel like it. Stop at a local store and calmly ask for directions.

Tip: Ask locals about the latest and greatest restaurants and night life. Areas change all of the time. The locals will know what's happening in and around town.

5. Read about your destination(s) before you leave. You don't have to know everything about your destination(s), but it's important to know the basics, especially when it comes to history. There are some countries that have more tragic histories than others. It's important to know about these histories so you don't say something that could potentially start a heated discussion. Of course, you can't be responsible for peoples' reactions. But, it's better to be safe than sorry when you're traveling alone.

You can appear confident while traveling alone. The key is to decide to be confident. Traveling alone can be scary, but it can be freeing at the same time. Once you travel alone, you'll see that solo travel can be rewarding. You'll gain valuable skills such as negotiation which comes in handy when traveling to countries that expect people to barter.

There's no reason for you to sit within your 'four' walls because you're too scared to travel alone. Start traveling throughout your own state/country by yourself until you feel truly confident to travel internationally by yourself. Be bold and have the confidence to solo travel. In actuality, you're never truly alone, it just seems that way. Happy travels!