



•REAL EXPERIENCES•

YOUR LOCAL TRAVEL GUIDE

**THE BEST GUIDANCE
FOR SOLO TRAVEL
FEMALE IN SOUTH
AMERICA**

WITH THE APPROVAL OF THE TRAVEL CONSULTANTS
WOMEN'S TEAM OF MACHU TRAVEL PERU

A woman wearing a dark quilted jacket and a light-colored knit beanie is seen from the back, looking out over a vast, dry landscape. In the distance, several hot air balloons are floating in a clear sky. The scene is bathed in the warm, golden light of a sunrise or sunset.

TO CONQUER THE WORLD

Women are more empowered today than they have ever been before! The best proof of this is single women traveling the world.

We believe that travel in any form can enrich your mind and soul, but traveling alone has additional benefits. These experiences can be especially powerful when you are a woman. It instills courage, independence, and confidence in your own personal history, which permeates every aspect of your life now and in the future.

For all the benefits of traveling alone, there are several challenges to be aware of. And if you can overcome them, these will serve as a catalyst for true adventure and the subsequent development of priceless values and skills for your life.

Therefore, we want to help you overcome these obstacles in South America's most popular destinations by providing tips on safety, comfort, and luggage, among other things. This newsletter will be sent to you before you embark on your transformative journey as an independent and empowered woman!



CONTENTS

- 1** FIND OUT THE SAFETY LEVEL OF YOUR DESTINATION
- 2** LEARN THE LANGUAGE OF YOUR HOSTS
- 3** DON'T BE FLASHY
- 4** STAY IN TOURIST AND SAFE AREAS
- 5** WALKING IN A PACK AT NIGHTS
- 6** DON'T DRINK UNTIL YOU GET DRUNK
- 7** ALWAYS BE IN CONTACT
- 8** CARRY A COPY OF PASSPORT
- 9** USE FORMAL MEANS OF TRANSPORT
- 10** WALK WHERE THERE ARE MORE PEOPLE



1 FIND OUT THE SAFETY LEVEL OF YOUR DESTINATION

Although it may sound obvious, this is a very important message. Many travelers woman know all about the sights to see, the flights, the hotels, and even the currency exchange rates, but safety is a point that is often overlooked.

A good starting point is to **read the travel notes that your country's embassy in the destination releases from time to time**. In addition, you can read travelers' blogs or social media accounts for information on your destination.

Another crucial factor to **consider is the destination's economic stability and any significant fluctuations in its currency value** or social unrest or political upheaval in the previous month.

Fortunately, most South American countries maintain a secure political and economic system. However, it is always a good idea to exercise caution and stay informed about these issues.

2 LEARN THE LANGUAGE OF YOUR HOSTS

Yes, we all know that English is the world's most widely used language for business, transactions, and travel. However, keep in mind that **South America has a 90% illiteracy rate**. That is, 10% of the population did not attend school, let alone speak English. This is the population that resides in the areas where tourist attractions are located. Fortunately, the same travel activity has prompted these locals to begin learning English. However, the level of communication remains low.

That is why it is critical to learn Spanish, the language spoken in the majority of South American countries except Brazil. This also demonstrates your appreciation for the culture of the country you are visiting. **Por Favor (Please), Buenos dias (Good morning), gracias (Thank you) and disculpe (Excuse me)** are never excessive. However, learning more complex phrases will come in handy when your interlocutor doesn't understand the English you are speaking.

There are Apps for real-time language translation, Google Translator, or Duolingo!





3 DON'T BE FLASHY

Women by nature always seek the perfect match of accessories such as earrings, purses, sunglasses, and suitable footwear for everyday use. This is particularly relevant when traveling. **In South America, the saying "less is more" applies.** In other words, avoid attracting excessive attention to yourself.

Dressing fancy for excursions in South America does not call for flaunting expensive jewelry or constantly using mobile phones or cameras. It's also advisable to avoid taking selfies with iPads and leaving large purses unattended.

Although tourist regions are usually safe, **thieves may still grab sharply valuable items like phones, backpacks, or jewelry. Pickpockets are more delicate.** So it's best to carry only what's necessary and avoid attracting too much attention.

4 STAY IN TOURIST AND SAFE AREAS

Many times, our urge to explore new and exciting tourist spots leads us to stay in locations outside of the usual tourist areas, where there may be increased crime rates. Moreover, these unconventional attractions may not have a well-established tourism infrastructure, including proper security measures.

Additionally, opting for cheap accommodations outside of the tourist areas makes us decide to stay there. Staying outside tourist areas can be dangerous, especially if we are traveling alone.

It is recommended to stay in hotels, hostels, Airbnbs, and even Bed and breakfasts that are located in a tourist area, where there is security and good access to communication. These areas are usually the historic centers of the cities or areas near the attractions. Staying and walking around these areas will be safer compared to the outskirts of the city due to the security and good communication access.





5 WALKING IN A PACK AT NIGHTS

Nights in South American cities are lively, with plenty of music and young people enjoying themselves. Going to a bar or disco is the best way to meet locals and learn about their unique culture. However, going alone can be risky because of sexist behaviors that still exist in South American society, like inappropriate compliments, excessive courting, and persistent harassment.

The American South community was influenced for many years by conservative education and a strong attachment to the Catholic religion. These reasons have led to the perpetuation of sexist attitudes in the population for a considerable period. The good news is that in the 21st century, education, open-mindedness, and distancing from religion have helped to remove oppressive traditions and have granted more liberty and prospects to women.

Nevertheless, some unaware habits remain prevalent in society. **So if you plan to go out at night, make sure to bring a friend or join a group. This will deter "predators"** since they will see that you are always with other people, making it harder for them to approach you. Luckily, hotels and B&Bs offer group activities, including evening outings in the city.

6 DON'T DRINK UNTIL YOU GET DRUNK

This advice may seem obvious, but it's important to remember. **If you make friends on your South American trip or go out to a disco with a group, do not trust them because you have not known them long.** Also, if a man invites you for a drink out of gallantry, accept it but keep an eye on your drink.

It's also important to know your limits with alcohol. "After the third glass of rum, I can't handle any more" so it's best to only drink two glasses. **It's essential to stay fully aware and alert** while on a night out in South America or anywhere else in the world.

Also, South American men come from more conservative families, so they can be very determined and lustful in their intentions. That's why it's crucial always to be on guard.





7 ALWAYS BE IN CONTACT

Buying a mobile phone that has coverage in the Latin American countries you are going to visit is important. You will use it to locate yourself on Google Maps, have recommendations for restaurants, hotels or even to be able to use a taxi app. This will also help you stay in touch through WhatsApp or "I Share My Location" with family and/or close friends who care about you.

Also, let your family and friends know where you are leaving, even if they are not accompanying you on the trip and are miles away from your location. **It is always important to leave breadcrumbs, as in the case of the story Hansel and Gretel, in case something bad happens to you.**

Likewise, at the reception of your accommodation or hotel, you can also leave it indicating where you are going. By following these recommendations, you will reduce the risk that no one will find you in the event of an emergency.

8 CARRY A COPY OF PASSPORT

We know that you have to show your original passport every time you take a flight or every time you enter a tourist attraction, along with your entry tickets. **But for other cases, you should leave your passport at your hotel and only carry a copy with you.** It is 100 times preferable to lose a copy than the original. Even this copy does not necessarily have to be printed but can be digital and carried on your cell phone.

This way, your main and original document will be well protected in your hotel room. Also keep in mind that doing the procedures to obtain your passport, in case you have lost the original one, in any South American country is cumbersome and takes a long time.

In addition, a copy of your passport on your cell phone can be a photograph or a PDF file. But the important thing is that you have a copy on your cell phone. Believe us, it will get you out of trouble on inopportune occasions.





9 USE FORMAL MEANS OF TRANSPORT

"You get what you pay for" is a typical phrase used all over the world. First of all, let's say that public transportation within the cities in South America is very cheap but lousy and dangerous as well. Several assaults and pickpockets have been reported on board. The same applies to interprovincial land transportation. Also, considering that South America contains too many countries, airplanes should be the main means of transportation to move between them.

Likewise, within cities try to use formal and Taxi apps, such as Uber, Cabify, or InDriver to move around safely. Also, if you want to move between cities in the same country, flying will be very useful for you again.

As we said before, these formal means of transportation may be somewhat expensive, but they will prevent you from situations that put your personal integrity at risk.

10 WALK WHERE THERE ARE MORE PEOPLE

It may sound repetitive, but a crowd of people almost always means that something is interesting for them to see and that the area is completely safe. Even more so if these crowds of people are tourists like you. Don't wander away from these types of areas in search of hidden, remote, or shady alleyways. Even if accompanied, it is not advisable to stay away from tourist-influenced areas.

As well as shoals of fish, the crowd will keep you from being mugged. However, pickpockets may be on the lookout for any carelessness on your part. **That is why we suggest that if you are going to carry a backpack or purse, place it in front of you, in front of your range of vision.**

We believe that by following these 10 simple steps, you will be able to enjoy a trip to South America alone, with the greatest possible peace of mind.



A woman with long dark hair, wearing a light-colored t-shirt and a wide-brimmed straw hat, stands outdoors. She has a dark backpack on her shoulders and is holding the strap. The background is a blurred natural setting with trees and a bright sky. The text is overlaid in the center of the image.

**"IF YOU WANT SOMETHING
SAID, ASK A MAN; IF YOU
WANT SOMETHING DONE,
ASK A WOMAN"**