The Introvert's Guide to the Galaxy: A Reflective Guide of Solo Travel and Study Abroad

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Abstract
Originally meant to be a much longer volume, The Introvert's Guide to the Galaxy is a creative anthology of works that explores one person's Study Abroad and solo travel experiences. The main goal is to open a space to talk about unique experiences that cannot be anticipated, but should be learned from later. Topics include culture shock, sexism, alcohol culture, family, freelance tutoring, and risky outdoor activities.

Travel with our trusty guide as she fills you in on the things to know while traveling abroad, including finding perfect outdoor sleeping conditions because you missed all the taxis, dealing with the knowledge of how to work an adjustable wrench, the Art of Helping Intoxicated Friends, how to not ask for weed water, the best way to slide down a cliffside, and dealing with being the only American for miles around.

To make things very clear, no matter what you may have heard, sleeping outside behind a dumpster, no matter how clean, no matter how clean and ant-free, is not recommended or endorsed by our guide. This will be covered in detail on page 42.

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In this introvert travel guide, I'll give you the honest lowdown on how to make any kind of travel accommodation work for you as an introvert. I did one of those spring break group trips to Daytona Beach. My longtime friend Moe and I got on a bus with about 25 rowdy, beer-guzzling college students, and got dropped off 22 hours later in a cheap motel in the heart of Tackyville Florida. Couchsurfing.org helps pair travellers with hosts, who are willing to open their home to the right people. The great thing about couchsurfing.org is that you can read the profile and reviews of potential hosts, and discover a lot about them and their home before you send a request to stay with them. I personally rarely ever stayed on an actual coach during my travels. As an introvert, studying abroad seemed an odd choice for me. Introverts are characterized by being cautious, reserved and often less sociable. Extroverts, who are typically more outgoing and open to new experiences, seem better equipped for an experience centered around new people and places. However, it is possible to thrive as an introvert studying abroad! Here are my tips for surviving — and enjoying — your study abroad experience as an introvert. 1. Don't mean to go on as you start. You've probably heard the general advice, "Start as you mean to go on," but I'm throwing that out of the window. Particularly during breaks over a semester studying abroad, we'll do Paris, London, and Berlin in a week. There is nothing wrong with exploring multiple cities during one adventure if that is your style. If it's not

The Blonde Abroad. Popular travel and lifestyle blog featuring travel tips, fashion, food and photography from around the world. Follow Kiersten on her adventures! Start Here. DESTINATIONS. Type Of Trip. Type Of Trip. SOLO TRAVEL. Unfortunately, it seems like introverts are not included in conversations about travel. If you are someone to whom the idea of going out after 9 pm makes your chest tighten up, or if you need a nap after meeting more than one or two strangers at a time, being the intrepid explorer not only sounds exhausting, but wholly unappealing. When traveling with friends, especially more energetic and extroverted ones than yourself, make sure you set up some expectations for the trip. Particularly during breaks over a semester studying abroad, we'll do Paris, London, and Berlin in a week. There is nothing wrong with exploring multiple cities during one adventure if that is your style. If it's not
your jam, there's nothing wrong with that either! Studying abroad is an amazing learning experience for all types of people, introverts included. All it takes is balance and some forethought. An Introvert's Guide to Studying Abroad. How to survive yourself and others in a new country. By Kala Horvat, University of Georgia. Facebook Twitter Google Pinterest Reddit Stumbleupon Tumblr. Post Views: 6,264. Studying abroad is a great way to expand your horizons and understanding of different parts of the world. It's also a great way to get to know people similar to you, whether they're new people from your home university or meeting locals while you're abroad. As appealing as all the benefits sound, studying abroad can be an introvert's worst nightmare.