



THE RISK OF FEMALE TRAVELERS TRAVELING ALONE

Tulkinova Mekhriniso

Tashkent City YEOJU Technical Institute.
Faculty of Tourism, Tou-5e Group Students

Umarova Dilnoza

Tashkent City YEOJU Technical Institute.
Faculty of Tourism, Tou-5e Group Students

Azamjonova Shakhnoza

Tashkent City YEOJU Technical Institute.
Faculty of Tourism, Tou-5e Group Students

Jo'rayeva Zarina

Tashkent City YEOJU Technical Institute.
Faculty of Tourism, Tou-5e Group Students

Annotation

Traveling alone, especially if you are a woman, is an especially exciting adventure, especially if this is your first solo trip. This article about finding some practical advice on how to organize your first solo trip.

Keywords: Risks for women travelers, experiences from individual travelers, solo traveler, tips for traveling alone, No Risk.

Introduction

69% of US travel buyers believe female travelers are at higher risk, and 61% also believe it is important to consider women's safety when selling and risk management programs. Respondents stated that women travelers are most concerned about travel to certain countries/cities, sexual harassment and assault, and kidnapping. "While this study showed that travel buyers are concerned about the safety of women traveling on business, only 18% of travel regulations specifically address women's safety," said Crystal Johnson, GBTA President. "As an industry, we must do more to ensuring the safety of our female road workers, especially as women make up an ever-increasing number of our business travelers." "We are proud to be partnering with the GBTA on this important study," said Shobha Shankar, co-founder and COO of WWStay. "As a longtime supporter and leader in women's safety, WWStay has





reviewed our global list of serviced apartments and made changes to our technology to highlight those that They do not meet a certain set of criteria, taking into account the safety of women travelers. We hope this study will raise awareness of the risks for women travelers, address these issues, and lead to changes and improvements on the part of both buyers and suppliers.”

Life itself is dangerous, but that's no reason to stop breathing." One step for all time Here's my first piece of advice: start small to calm yourself in stages. Traveling alone doesn't necessarily mean traveling to the other side of the world for half a year (even if you can find the perfect place to travel solo according to your profile): you may well decide to stay in a nearby city for the weekend. This will allow you to take the first step, throw yourself into the water and gradually learn swim without starting from the ocean. Home sharing with a reliable host Another way to minimize risks is to share the daily life of a local who knows their destination, areas to avoid, and things not to do. What could be better than sleeping in a local's home, enjoying a familiar rooftop and reassuring presence?

There are different ways to find accommodation that is ready to host you: everyone can have their favorite couch surfing platforms. Among them, La Voyage use offers to connect single female travelers with a local hostess who is ready to host them for free. An encouraging initiative to share the house between inspiring women. Schedule planning Keep in mind: it's best to determine the type of adventurer first so you know if this tip works for you.

You may decide to organize everything in advance so that limit surprises as much as possible. A strict and orderly schedule avoids misadventures, chance meetings, last-minute changes: there is no room for improvisation. Some are really reassured by the presence of this predefined structure that structures the trip and ensures a smooth route. No Risk: If you are following a train, you have little chance of derailing. Thus, traveling alone as a woman presents several dangers., it is a fact. But this is your chance to prove that the world is not as dangerous as we are told, and that women can travel proudly and without fear. Why not offer a safe home to one of these super loners?

So, you could also empower women. 2. I'm afraid of the unknown because I don't know what to expect... Do you know what to expect before a wedding, before moving or before changing companies? I do not know what your life consists of, but We are sure that at least once in your life you have faced a new situation for which you were not ready. These everyday unforeseen events, life's dangers that suddenly fall on you and which you must learn to manage? We are trying to make you understand that the unknown is not insurmountable. There are 6 major unexpected events that we can





easily anticipate when traveling the world. Reading guidebooks There are many very complete guidebooks at your disposal that will introduce you to your destination, what to see, what to do, what to try... Lonely Planet, for example, offers travel books that are very complete and allow you to prepare in advance for your future trip. A great way to get to know the unknown, detail it and gradually make it familiar. Blogs or Vlogs In the age of the Internet, getting information about your destination has become even easier. Countless blog posts abound with testimonials and experiences from individual travelers, even from people who planned their trip with friends before their vacation took an unexpected turn. Traveling alone or with fellow travelers is a completely different experience! Vlogs are videos showcasing various journeys as well as allowing you to dive into your chosen destination for the first time. So many resources to better visualize the journey that awaits you. You can no longer say you don't know what to expect... 3. I'm afraid I'm not very resourceful and too dependent on others.

This is a fear that many of us share. Actually, I thought so too for a long time. But I will tell you: if you are able to think for yourself, then, finally, you do not need anyone. My travels have taught me this. Do we need other people? Why do you need others to travel alone? When you look at a trip, even if you are a single woman, you will find that the daily routine is actually nothing extraordinary compared to your personal routine.

It's also about to take the right bus in the morning, get off at the right stop, choose the right street. Travel really is as simple as your daily routine: what makes it extraordinary is what you do with it. Meet the locals, explore the little-known streets like an adventurer, taste delicious local delicacies (and sometimes get less tasty surprises like Taiwanese oyster omelets) ... But for all this, you don't need anyone else. Island you are still not sure, how about we check who is the best friend for you?

We rely on local in any case, wherever you go, you will never be completely alone, even when traveling alone. Locals, restaurateurs and artisans are also there and you can fully count on their help if you need it. I remember my trip to Vietnam where I got so sick that I had a small bout of hypoglycemia in the middle of the street. I was with my family, but despite the fact that I was well surrounded, a young Vietnamese woman ran up to me the girl asked me how I was doing and if I needed her help. I succeeded: I ate a delicious piece of pineapple with a lot of sugar and got back on my feet. I'm sure you'll be fine in the end too. You may not have a fresh pineapple (or an oyster omelet, what a shame!), but you will at least find someone kind to help you if you need it. Too much attention is often given to the dangers posed by certain people, but this doesn't remind you that most people care generously about you. Traveling alone allows you





to meet beautiful people along the way: even if you are not very resourceful, you can find a helping hand.

Independence can be learned

Finally, independence is a quality that can be learned. You can challenge yourself daily to gradually learn to manage on your own.

For example, you can plan a day trip to a city you are not familiar with: you will develop useful reflexes for future independent trips.

Traveling alone as a woman finally proves that you are capable of anything and anyone. I'm discouraged by other people's opinions Hell is other people, isn't it? Your family, friends and colleagues may not want to let you travel alone. Have you ever noticed that, on the other hand, such fears are less common among single male travelers? When a man decides to travel alone, he is encouraged to do so, but when you talk about your desire to become a solo traveler, there are a few more reservations. Of course, we have already touched on this: we, women, we risk a little more. But as long as you are determined, as long as you want to go, as long as you feel ready, there is no reason why other people's opinion should be a fundamental obstacle. On the contrary: prove them wrong, and prove that we can all do it. Conversation with our friends Reassure those around you. Tell them what reason motivates you to go on a solo trip. Show them that you have carefully considered your idea, that you have already planned your trip that you are aware of the risks. Of course, you won't be able to convince them with just a few sentences, but by presenting a finished project, you can make your dream come true and show your motivation. No, this is not a crisis of insanity—you are perfectly conscious and aware of what traveling alone as a woman entails. Offering them help to further reassure them, you can also invite them to join you in building your itinerary. They can help you find accommodation, something to do, a good restaurant to try... They'll see you've thought of everything and even play a game of designing the best trip for you.

Offering them help to further reassure them, you can also invite them to join you in building your itinerary. They can help you find accommodation, something to do, a good restaurant to try... They'll see you've thought of everything and even play a game of designing the best trip for you. The fear of loved ones often consists in letting you go into the unknown; if they see that it is not so unreliable, it will be easier for them to get rid of their longing. During trip you can also send some photos to your loved ones. They may still worry about you being single, but take comfort in the fact that you are happy. And if you can use that to make them a little jealous... After all, you're sending them proof that you're having a great time despite their criticism! In the end,





we are always subject to the judgments of others, but the final decision is ours. What will be yours?

Traveling alone, especially if you are a woman, is an especially exciting adventure, especially if this is your first solo trip; Here you will find some practical advice on how to organize your first solo trip.

I'm going to ask you a question in turn: what if you defiled your trip? When you imagine a mountain, you become afraid to climb it. Instead, think of this opportunity as an enjoyable vacation within your reach that will give you wonderful memories. And it's all. It is not always necessary to imagine a wonderful epic: traveling alone, even if you are a woman, is still a journey. Pleasure, relaxation and tranquility. You will be alone: so, what? you also lonely when you read a good book on the couch, when you go shopping, when you cook your favorite dish. And yet you don't ask yourself countless questions about what can happen to you when you take a knife to cut a carrot... So why go through all the worst-case scenarios? While it's important to be well prepared for solo travel, it's not always necessary to think the worst. As we mentioned earlier, not everyone is bad, there are beautiful people too. Similarly, not all travel is dangerous: eats and wonderful roads. In general, if you know some tips for traveling alone. Once again, We are not dismissive of the risks associated with traveling alone as a woman. We are well aware that the risks for us are increased and that our questions, fears and doubts are completely legitimate.

You are right to ask yourself questions, especially about a project that is close to your heart. But your fears must remain realistic: anxiety has this unfortunate tendency to focus us on the bad, while on fact, many beautiful things can bloom on your way. So, I have just one last answer to give you the most delicious, sweet and bland of my kitchen tips. Traveling alone as a woman requires taking the plunge, and here are 7 good reasons to go on a solo vacation. Only by grabbing the bull by the horns can you master it, so let's roll up our sleeves and rush into the ring to show everyone that a woman can also tame the beast.

List Of References

1. V. G. Gulyaev. "Legal regulation of tourism activities". 2003.
2. "Tourism as an economic priority" (Series "Economy of modern Russia"), Prouorzin L.Yu. 2004
3. Technology of travel and organization of mizhose service. Textbook for Chernykh N.B. 2002
4. Zhukova M.A. Tourism industry: M 2003.





5. Kwartalnov V.A. World tourism on the threshold of 2010: forecasts and realities. M.: Finance and statistics. 2003.
6. Licensing and certification in tourism. Textbook Dekhtyar G.M.: Finance and statistics, 2003
7. Tourism management: Tourism as an object of management. Textbook Voloshin N. I. Isaeva N.V., Ilina E.N. 2004.

