

THE UNDIMINISHED WOMAN PRESENTS

SOLO TRAVEL ON YOUR OWN TERMS

*The assertive woman's guide to moving through the world
on her own authority.*

WHAT'S INSIDE

- The assertiveness system, not just safety tips
- Word-for-word scripts for unwanted attention
- The 5-level response ladder
- 15 chapters · 5 printable appendices · 39 pages
- Everything you need before you book the flight

For women who are done asking permission.

@undiminishedwoman

PART TWO

WHEN YOU ARRIVE

The first hours set the tone for your whole trip. Land with intention.

CHAPTER 5

The First 30 Minutes Protocol

Airports are the highest-risk environment of any trip, not because they're particularly dangerous, but because you're tired, disoriented, carrying everything you own, and visible as a foreign traveler. The first 30 minutes deserve a protocol.

Before You Exit Arrivals

- Download offline maps if you haven't already
- Screenshot your accommodation's address in the local language
- Check your phone battery. Below 50%, find an outlet before leaving the terminal.
- Identify the official taxi stand or your pre-booked transport before walking out
- Count your cash and confirm cards work at an airport ATM
- Text your contact at home: 'Landed safely. Heading to [hotel].'

Transport from the Airport

This is where most travel incidents begin. Unofficial drivers, overcharging, and confusion about which car is yours are common worldwide.

THE AIRPORT TRANSPORT RULE

Research your transport BEFORE you land. Research before you land, not while jet-lagged.
Uber/Lyft/Grab or the official metered taxi stand are your defaults.
Walk past the men offering rides. They will be persistent. Walk past them.
For app-based cars: confirm name, plate, and make BEFORE getting in.
Say it out loud: 'Are you [name]?' Legitimate drivers expect this.

Checking In

- Confirm your booking reference before handing over your passport
- Note the accommodation address on a card in your wallet as backup if your phone dies
- Ask the front desk: which nearby neighborhoods are best avoided after dark?
- Ask: how do I get back here if I lose cell service?
- Take a business card: give it to drivers and use it as backup navigation

YOUR FIRST HOUR

Don't immediately go out exploring if you're exhausted.
Fatigue significantly impairs situational awareness.
A short walk around the immediate neighborhood in daylight is smarter than diving into the city center after a 14-hour flight.

Handling Unwanted Attention

This is the chapter most safety guides get wrong. They frame unwanted attention as something to manage or de-escalate. That framing puts you in a passive position, as if your job is to carefully navigate someone else's behavior.

The reframe: **unwanted attention is a boundary being tested. Your job is to hold the boundary, not manage the tester's feelings about it.**

The 5-Level Response Ladder

Match your response to the situation. Start at the appropriate level. don't start at Level 1 when the situation calls for Level 3.

| Level | Situation | Response |
|-------|-------------------------------------|--|
| 1 | Unwanted conversation, low pressure | Brief, flat response. Do not smile. Do not elaborate. Return to what you were doing. |
| 2 | Persistent after Level 1 | Direct eye contact. Say: 'I don't want to talk.' No apology. No explanation. |
| 3 | Physical encroachment or following | Turn toward them. Say: 'Back up.' or 'Stop following me.' Full voice. Statement, not question. |
| 4 | Escalating, not stopping | Address bystanders directly: 'This man is following me. I need help.' Point to one specific person. |
| 5 | Immediate threat | Move toward people, light, and exits. Activate your alarm. Make noise. Creating a scene is protection. |

Scripts That Work

To end a conversation:

"I'm not interested in talking." (Say once. Don't repeat. Don't justify.)

"I'd like to be left alone." (Not a request. A statement.)

When someone won't leave your space:

"You're too close. Move back."

"I asked you to leave me alone."

When someone is following you:

Walk into a shop, café, or anywhere with people.

Speak to an employee: "That man outside was following me."

They will help. You don't need to feel dramatic about asking.

THE PERMISSION SLIP

You are allowed to be rude to someone who won't leave you alone.

You are allowed to cause a scene if the situation calls for it.

You are allowed to be wrong about the situation and not care.

The cost of being 'rude' to someone harmless is nothing.

The cost of being 'polite' to someone dangerous can be everything.

Document Vault Template

Fill this in before every trip. Store in Google Drive or iCloud with offline access, and as a screenshot folder on your phone.

| Field | Your Information |
|------------------------------|------------------|
| Passport Number | |
| Passport Expiry | |
| Travel Insurance Provider | |
| Policy Number | |
| Insurance Emergency Line | |
| Credit Card 1 Number | |
| CC1 International Theft Line | |
| Credit Card 2 Number | |
| CC2 International Theft Line | |
| Accommodation Name | |
| Accommodation Address | |
| Accommodation Phone | |
| Embassy Address | |
| Embassy Phone | |
| Emergency Contact 1: Name | |
| Emergency Contact 1: Phone | |
| Emergency Contact 2: Name | |
| Emergency Contact 2: Phone | |

| | |
|---------------------------------|--|
| Blood Type | |
| Critical Allergies | |
| Prescription Medications | |
| Local Emergency Number | |