

## Search

Enter search terms:

Search

in this series

[Advanced Search](#)

[Notify me via email or RSS](#)



## Browse

[Collections](#)

[Disciplines](#)

[Authors](#)

[Faculty Expert Gallery](#)

## Submissions

[Author FAQ](#)

[Submit Research](#)

## Links

[University Libraries](#)

[Access, Use and Removal Policy](#)

[Home](#) > [USC\\_COLUMBIA](#) > [HONORS\\_COLLEGE](#) > [SENIOR\\_THESSES](#) > 270

[< Previous](#)   [Next >](#)

## SENIOR THESES

[Download](#)

### INCLUDED IN

[Feminist, Gender, and Sexuality Studies Commons](#), [Language Interpretation and Translation Commons](#), [Modern Literature Commons](#), [Nonfiction Commons](#), [Other Arts and Humanities Commons](#), [Other Languages, Societies, and Cultures Commons](#), [Poetry Commons](#), [Reading and Language Commons](#), [Spanish Literature Commons](#)

### SHARE



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

**Hope Patterson**, *University of South Carolina - Columbia*

### Date of Award

Spring 2019

### Degree Type

Thesis

### Director of Thesis

Dr. Edward Madden

### Second Reader

Dr. Fred Dings

### 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.*

### First Page

1

### Last Page

47

### Recommended Citation

Patterson, Hope, "The Introvert's Guide to the Galaxy: A Reflective Guide of Solo Travel and Study Abroad" (2019). *Senior Theses*. 270.  
[https://scholarcommons.sc.edu/senior\\_theses/270](https://scholarcommons.sc.edu/senior_theses/270)



[Home](#) | [About](#) | [FAQ](#) | [My Account](#) | [Accessibility Statement](#)

[Privacy](#) | [Copyright](#)

Study abroad is a busy time full of classes, cultural activities, planning trips, and learning a language, all while keeping up with people at home. Travelling alone can be a great way to reflect on all that's happened so far in your time abroad and allows time to regroup yourself. 3. You gain a sense of independence that you just can't get anywhere else.

Yes, you probably had to be pretty independent to pursue study abroad, but travelling away from this new norm on your own? It's absolutely liberating and can be so reassuring in your capabilities. From my trip to Menorca-- My favorite bike ri... While they are free, it's nice to give a small tip for the guide's time but still for a fraction of what a normal tour would be. Most large cities have at least one free tour company operation. "Facetime dinners" 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! Whether you are a first-time solo traveler or a seasoned traveler, I've included all of my best travel tips in this guide to solo female travel! 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.