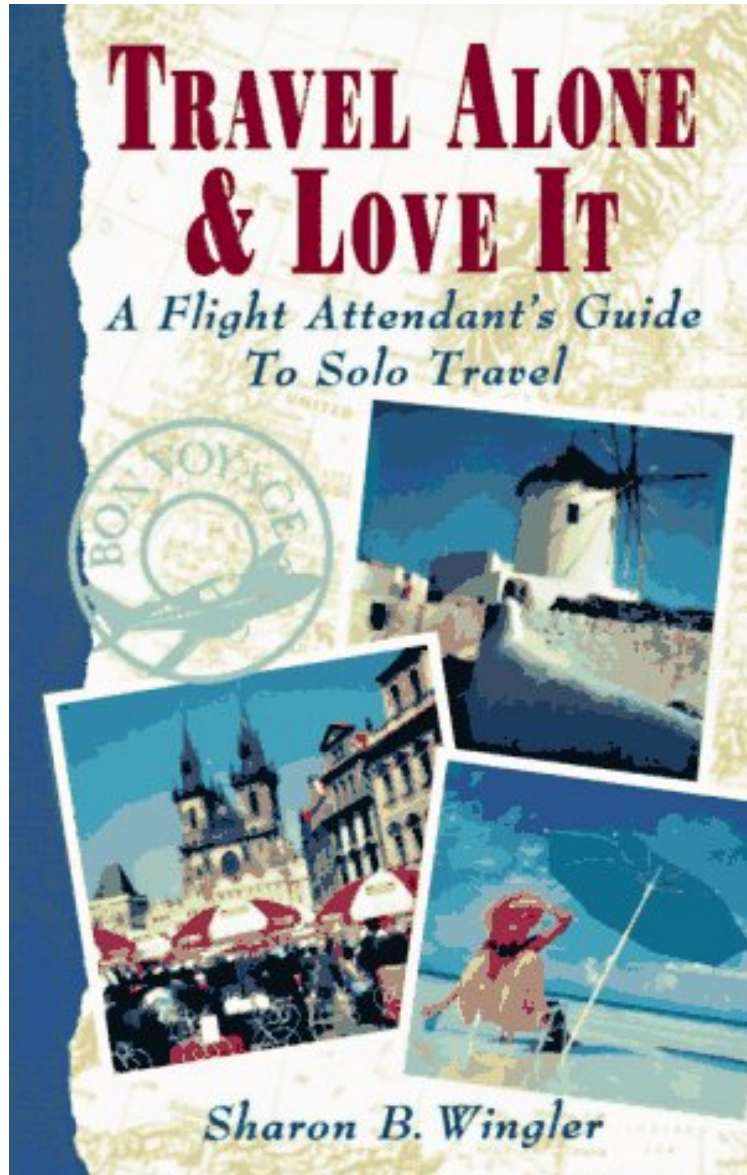


[Download pdf] Travel Alone and Love It: A Flight Attendant's Guide to Solo Travel

Travel Alone and Love It: A Flight Attendant's Guide to Solo Travel

Sharon Wingler

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Sharon Wingler : Travel Alone and Love It: A Flight Attendant's Guide to Solo Travel before purchasing it in order to gage whether or not it would be worth my time, and all praised Travel Alone and Love It: A Flight Attendant's Guide to Solo Travel:

16 of 16 people found the following review helpful. A few gems, a lot of basics By L. Mountford I don't consider myself a "seasoned traveler," but I'm probably a bit beyond the "total novice" stage. I've done two guided/accompanied

vacation tours in Europe, and one concert tour traveling with a large performing ensemble in Eastern Europe for 19 days. I've also done 5 or 6 international business trips that lasted a few days each. So, while I'm no globe-trotter, I've traveled a bit. That said, I found a lot of the information in this book to be very basic. I didn't pick up any new insights regarding packing, wardrobe, personal safety, or health. Most of this really is common sense (drinking as much water on the plane as you can handle, packing no more than you can comfortably carry yourself, etc.). Some of the information is a little dated, too -- most airlines now count a woman's handbag as one of the two allowed carry-ons. I did find a few gems: taking along post cards of my home town and photos of my house, for example, is a lovely idea, which I will use on my next trip. I was gratified to find that Sharon's approach to jet lag is precisely what I've discovered (get yourself on the new time cycle as soon as possible, beginning the day of your departure flight, staying awake during the "wake" hours of the new time zone, and making sure you sleep during the "sleep" hours even if it means taking a mild over-the-counter sleep aid). Packing some extra "give-aways" like small candy bars is a nice touch as well. I would have liked to have seen a bit more information on getting around once you're at your location, especially by car. The author seems to suggest that public transportation and walking are the only alternatives. This works great if you're visiting a city with public transportation. But part of the joy of travel is getting off the beaten path into the countryside. Sometimes, renting a car makes sense. I'd recommend this book to someone who is looking forward to a second international vacation (I agree with the author that the first solo trip abroad should probably be a guided/accompanied tour), and wants to try "winging" it. If you've traveled by yourself more than a couple of times, you'll probably find this a little too basic.

2 of 3 people found the following review helpful. **OUT OF DATE!** By Picklewacket This book would have been a gold mine of information...back when it was published in 1996! But since then we have a little thing called the internet which makes 95% of the info in this work out of date and worthless. There is an entire chapter dedicated to the # to call the state department for safety tips on different countries. The author even goes through the trouble of detailing step by step how to enter the information into the automated system to get the info....now?...you go to their web-site (travel.gov)! The author tells you all about how to get hotel information from friends, travel agents, airline personnel, etc....now? its called "Hotels.com" or "Expedia.com", etc....like I said this would have been a brilliant book 16 YEARS AGO WHEN IT WAS WRITTEN, BUT IS NOTHING BUT A DOOR STOP IN 2012! Save your \$ and read "Tripadvisor.com" for any info you want on any place in the world!

0 of 0 people found the following review helpful. Five Stars By Russell Darrowsome interesting tips here

For those who are brimming with wanderlust but lacking a travelling partner, this book is the only companion needed for the trip. This traveller's aid lays out the steps for researching, planning and enjoying a successful solo journey. It explains the advantages of solo travel, how to overcome fear, deal with cultural differences, save money on food and lodging, dine alone, and meet people during a solo journey. It also addresses practical concerns, such as packing efficiently, scheduling flights, protecting belongings, and coping with jet lag. Encouraging readers to immerse themselves in other cultures, this book will provide inspiration for travellers looking for an independent journey.

From Library Journal Having traveled extensively for 26 years as a flight attendant, Wingler brings her experiences and insights to this unusual travel guide. Though much of it deals informatively with topics found in most travel guides (tips on travel planning, flight protocol, jet lag, etc.), the sections that set it apart from the mainstream guides are those that address the concept of traveling alone. Wingler convincingly argues that solo travel provides increased opportunities to meet and interact with people of another culture one-on-one, thus providing a much more memorable travel experience. In addition to attempting to inspire people to travel alone, she also offers ways of overcoming the fear of doing so. Appendixes list foreign tourist offices and publications about solo travel. Recommended for public libraries with sizable travel collections.

By Pamela W. Bellows, Northwestern Connecticut Community Tech. Coll. Lib., Winstead Copyright 1996 Reed Business Information, Inc. Personal anecdotes, common sense advice and a friendly conversational tone will reassure those considering going it on their own. As though anticipating every possible fear in this regard, Wingler addresses every aspect of the journey, from insurance to jet lag to the oft-dreaded dining alone. Having chalked up a few travel miles of my own, I found myself nodding, even chuckling at times, at the author's travel savvy from 26 years as a flight attendant. Her packing suggestions are excellent as are her tips about health and safety. The nicest thing about this guide that should inspire and encourage even timid tourists, is Wingler's attitude. Her comment, as she describes differences in foreign food - "Be a good sport and just try things their way" - speaks of an openness and sensitivity that new or old visitors would be well-advised to take with them. -- Geraldine Levy, Small Press, October, 1996 Practical advice and plenty of anecdotes from a longtime flight attendant on overcoming fear, keeping safe, meeting people. Her philosophy is, you may leave home alone, but you won't be alone for long. "In all my travels, I've found people more willing to strike up conversations and offer help and companionship to me as a solo traveler than when I've been accompanied." -- Rich Haddaway, Fort Worth Star-Telegram, March 1, 1998 The author is a well-traveled flight attendant and it shows. From personal safety and health to the awkwardness of dining alone, she addresses all the issues that confront the solo traveler. Wingler's guide includes a handy list of tourist offices and solo

travel newsletters and books. -- Scott Thurston, The Atlanta Journal-Constitution, August 25, 1996

Travel Alone Love It is, above all, reassuring for the novice traveler, thanks to the level of detail it provides. Reading this cheerful, conversational book is like having a pre-trip chat with a good friend-one who happens to have 26 years of experience as a flight attendant. Author Sharon B. Wingler comforts the first-time or occasional traveler with step-by-step information about packing, navigating the airport and making the flight as enjoyable as possible. She does address issues of special concern to solo travelers-overcoming fears, ensuring your safety-but many of her tips are universally useful (after all, we all need to know how to avoid painful "jet belly"). -- Andrea Hanis, Chicago Sun-Times, November 24, 1996

From the Back Cover Discover the joy of traveling alone from a flight attendant with decades of travel experience. Meet people more easily. Learn more about the places you visit. Claim total freedom to do just as you please. Find the inspiration and confidence to try your wings. Step-by-step instructions give you all the knowledge you need to research, plan and accomplish your own successful solo journey. Learn how to: overcome fear, decide where to go, enjoy dining alone, pack, safeguard your health, protect yourself and your belongings, select travel insurance, minimize jet lag, keep your wits upon arrival, save money on meals accomodations, bridge the culture gap make friends wherever you go. "Jam-packed with excellent go-alone travel tips. Reading this book is like having a chat with a friend who has your best interests at heart. It informs, it instructs and, best of all, it inspires the single traveler to get out there and enjoy the countless pleasures of solo travel." Evelyn Hannon, Publisher, Journeywoman Online Magazine "A nuts-and-bolts primer for the single traveler planning that first big trip alone." Randy Curwen, Travel Editor, Chicago Tribune "This very readable book contains the extremely practical advice of a woman who has traveled widely. Readers will benefit from her personal experiences, and be inspired to pack their bags." Rebekah Wang-Cheng, MD,FACP "This flight attendant author's insights can help transform any ordinary journey into a magical journey." Paul Spillar, Editor, The Single Traveler "I've learned alot from Travel Alone Love It, even though I am an experienced traveler. It's a wonderful tool for creating a safe and exciting journey." Susan Jeffers, Ph.D, author of *Feel the Fear and Do It Anyway*

Sharon B. Wingler, a flight attendant for 26 years, has traveled extensively throughout the world. As a solo traveler, she has journeyed to Italy, France, Argentina, Costa Rica, Greece, Yugoslavia, Singapore, Malaysia, Canada and all over the USA. She teaches classes on solo travel and is a guest lecturer for private clubs and seminars.