


FOR WOMEN TRAVELLING SOLO

# AI Travel Concierge

21 prompts for travelling solo, plus the apps I keep on my phone.

I've been travelling on my own since 2014. These days, an AI assistant like ChatGPT, Claude, Gemini or Meta's Muse is one of the first things I open when I land somewhere new. It translates, plans, explains, and helps me think straight when I'm tired. **These are the prompts I actually use.** Copy one, fill in the [brackets], and send it.

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## + FIVE WAYS TO GET BETTER ANSWERS

- **SET THE SCENE**
  Say where you are, your dates, your budget, and that you're travelling alone.

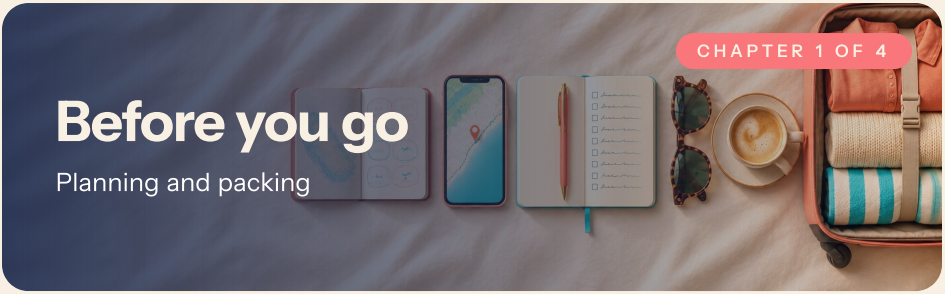
- **ASK FOR OPTIONS**
  "Give me three options with the pros and cons" beats one answer.

- **USE YOUR CAMERA**
  Menus, signs, timetables and medicine boxes all work as photos.

- **TALK, DON'T TYPE**
  Voice mode is easier when you're tired or walking.

- **CHECK IT'S OPEN**
  AI can suggest places that have closed. Check recent reviews and hours on Google Maps.

**One rule:** AI can get things wrong, sound sure of itself, or be out of date. In an emergency, call the local emergency number first. Double-check anything about safety, money, visas or medicine with an official website, your embassy or your front desk.




## 01 PLANNING

**CHOOSING A NEIGHBOURHOOD**

“I'm a woman travelling alone to [city] for [number] nights, with about [amount] a night to spend. Compare three neighbourhoods to stay in: how walkable they are, how they feel at night, and how easy the airport is.”

**READING THE REVIEWS**

“Here are reviews of [hotel or rental]: [paste reviews]. Sum up what solo women say about the location, the staff and walking back at night.”

**A RELAXED ITINERARY**

“Plan [number] easy days in [city] for someone who likes [interests]. Keep it walkable, mix busy sights with quiet time, and put the busiest places early in the day.”

### ENTRY RULES

“What do [nationality] passport holders need to enter [country] in [month and year]? List the visa, passport validity and any forms, and give me the official government website to confirm.”

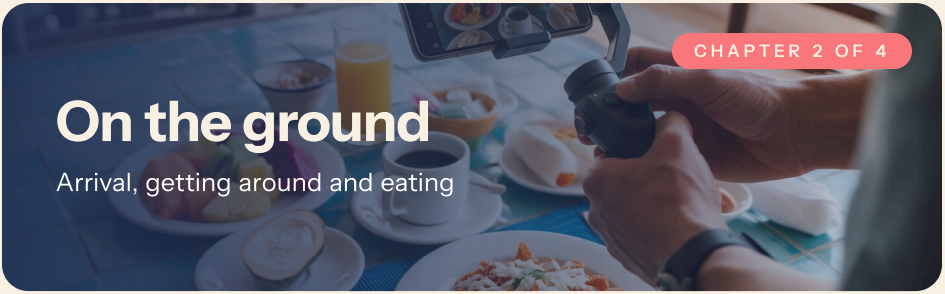
## 02 PACKING

### A PACKING LIST THAT FITS IN

“Make me a carry-on packing list for [number] days in [destination] in [month]. I'll be [activities]. Include what to wear to fit in with how local women dress.”

### PLUGS, MONEY AND TIPPING

“What plug type, currency and tipping customs does [country] use? Will cards work everywhere, or should I carry cash?”



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# On the ground

Arrival, getting around and eating

## 03 ARRIVAL

**GETTING FROM THE AIRPORT**

“I'm landing at [airport] at [time] and staying in [neighbourhood]. What's the official way to get there, roughly what should it cost, and which taxi scams should I watch for?”

**YOUR ADDRESS, IN THE LANGUAGE**

“Write "Please take me to this address" in [language], with how to say it out loud, so I can show my driver: [address].”

**MESSAGING YOUR HOST**

“Help me write a short, friendly message in [language] to my host: my flight is late and I'll arrive around [time]. Can someone still let me in?”

## 04 GETTING AROUND

### HOW LOCALS GET AROUND

“How do locals get around [city]? Compare public transport, rideshare apps and taxis: the cost, which apps work there, and which to use late at night.”

### READING A SIGN OR TIMETABLE

“Here's a photo of a sign or timetable. What does it say, and which train or bus do I need to reach [place] by [time]?”

## 05 EATING

### READING A MENU

“Here's a photo of a menu. Tell me what each dish is, roughly what it costs, and which ones contain [nuts, dairy or meat].”

### A TABLE FOR ONE

“I'm eating alone tonight near [area]. Suggest three busy, casual places locals like, where eating solo is normal, and what to order.”

### AN ALLERGY CARD

“Write a short card in [language] that says I can't eat [allergy], not even traces, so I can show it to the server.”




## 06 CUSTOMS AND MEETING PEOPLE

**KNOWING THE CUSTOMS**

“I'm a woman travelling alone in [country]. What should I know about dress, greetings, tipping and taking photos, so I fit in and stay respectful?”

**TEN USEFUL PHRASES**

“Teach me ten useful phrases in [language] with how to say them, including how to politely say "no, thank you" and leave a conversation.”

**MEETING OTHER TRAVELLERS**

“Where do solo travellers meet in [city]? Suggest walking tours, classes or group day trips that are good for meeting people.”

## 07 WHEN SOMETHING GOES WRONG

**SOMETHING LOST**

“I've lost my [card, passport or phone] in [city]. Give me the steps, in order, and who to contact first.”

**YOUR SAFETY CONTACTS**

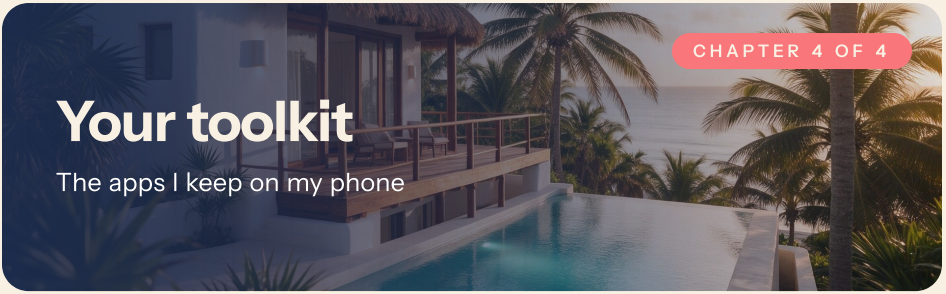
“What's the emergency number in [country], and the address and phone number of the [your country] embassy or consulate in [city]?”

**FEELING UNWELL**

“I'm in [city] and I have [symptoms]. Should I look for a pharmacy, a clinic or emergency care, and how do I ask for help in [language]?”

**A CANCELLED FLIGHT**

“My flight was cancelled and I'm stuck at [airport] overnight. Walk me through my options, step by step, and help me write a message to the airline asking for [a hotel or rebooking].”



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# Your toolkit

The apps I keep on my phone

## 08 APPS I KEEP ON MY PHONE

### Google Translate

Point your camera at signs and menus, or use conversation mode. Download your language for offline.

### XE Currency

Live exchange rates, and the last rates still work offline.

### Google Maps

Offline maps, saved places, and live location sharing with your person.

### Rome2Rio

Every way between two places: train, bus, ferry or flight, with rough prices.

### Citymapper

Step-by-step public transport in big cities, where it's available.

### Uber, Bolt, Grab or DiDi

Which rideshare app works depends on the region, so check before you land.

### Airalo

eSIMs, so you land with data instead of hunting for a SIM card.

### WhatsApp

How most hosts, drivers and guides message outside North America.

### Wise

A travel money card with low fees for spending in local currency.

### TripIt

Forward your bookings and it builds one itinerary, with flight alerts.

### HappyCow

Vegetarian and vegan places near you, anywhere.

### GetYourGuide or Viator

Tours and day trips. Small groups are an easy way to meet people.

## Landing somewhere new soon?

Pair this with **Arrival Day**, my free checklist for your first 24 hours alone in a new country, at arrivaltime.co/arrival-day.

@ARRIVEWITHTARA

*These prompts are a starting point, not professional, medical or legal advice. They help me travel with more confidence, but no tool can guarantee your safety. Check your government's travel advice for your destination before you go.*