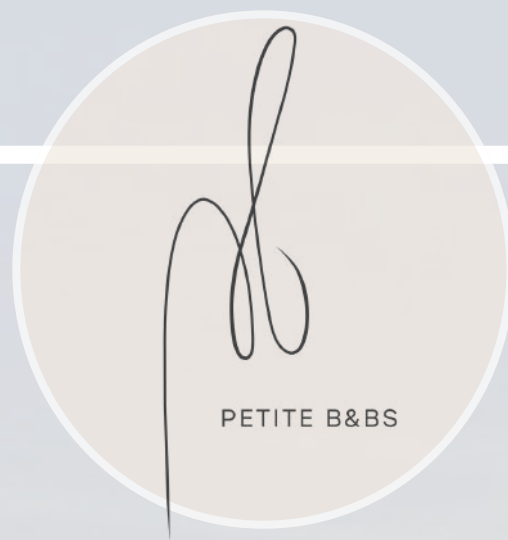


HOW TO BE A SOLO TRAVELLER

INTEGRATE
& CONNECT
ANYWHERE IN
THE WORLD
(but especially in Paris)

PETITE PARIS





**First, let's get one thing straight,
If you've been travelling the "normal"
way – hotel rooms, corporate vibes,
sterile comfort – you haven't actually
been travelling. You've been relocating
your comfort zone.**

And all that ends here!

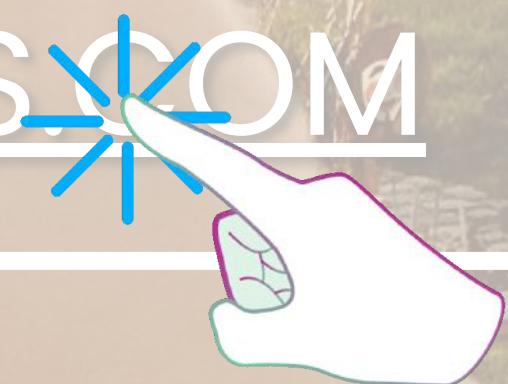
**Hi, I'm Regina from Petite Paris, solo
traveller of 20 years and your solo
travel advocate. This guide will disrupt
your idea of travel, awaken the part of
you craving real life, real people, and
real connection...and invite you into a
whole new way of experiencing the
world. As a solo traveller!!**

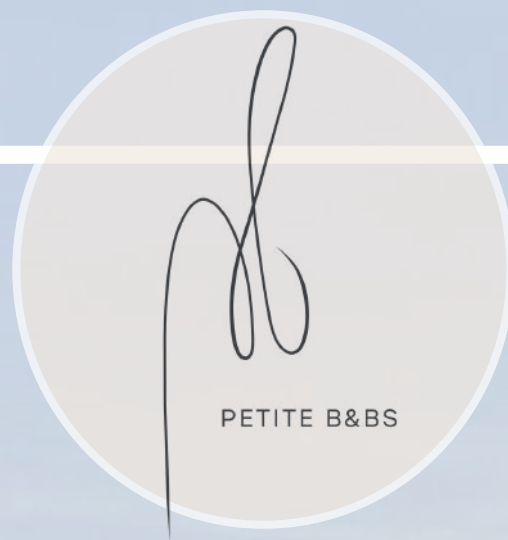
**It will help you to not only ditch hotels
but show you how to find connection,
belonging, and real human magic while
traveling with tips and tricks designed
to help you to integrate.**

**Plus tips on how to prepare for your
first solo travel experience.**

You ready? Good! Lets Go!

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CHAPTERS

1. WHY HOTELS KEEP YOU LONELY

2. SOLO NOT SOLO

3. STEPS TO SOLO

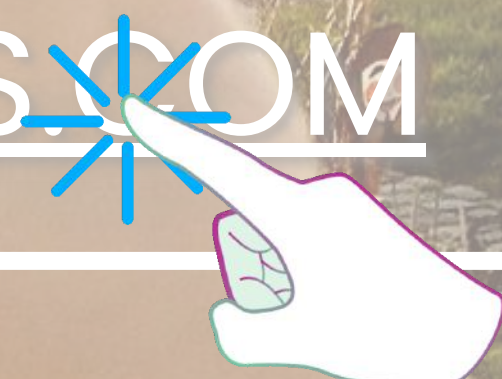
4. THE HUMANITY GAP

5. SOLO ACTIVATION

6. CONNECTION CUES

7. A SOLO INVITATION

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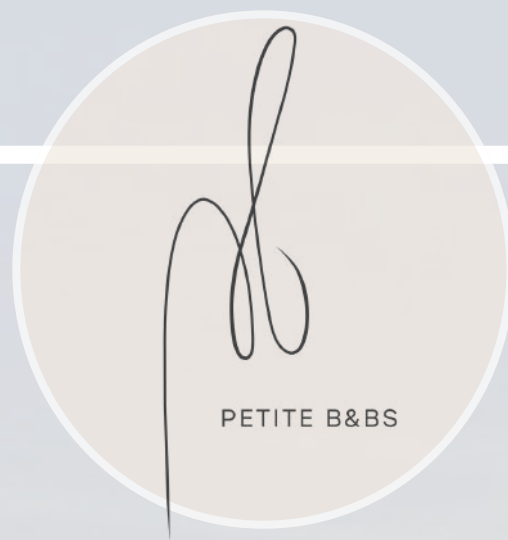


1.

WHY HOTELS KEEP YOU LONELY

PETITE PARIS





YOU WERE NEVER MEANT TO SIT ALONE IN A HOTEL ROOM. THATS FOR BUSINESS TRAVELLERS.

Hotels were are built for isolation. Designed as a convenience for business travellers and quite literally, to disconnect! With doors that shut you off from humans, lobbies designed for efficiency NOT conversation, rooms that feel identical no matter the country and staff trained to “serve” not connect!

The truth is most travellers feel lonely not because they are alone, but because they’re disconnected!

And here’s another truth most travellers won’t admit. If being alone in a hotel room feels ‘good enough’ why even travel? Why not stay at home and redecorate your bedroom like a hotel?

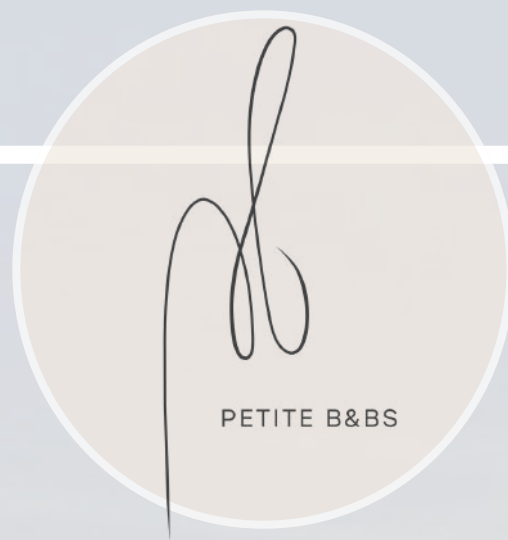
Because deep down travel isnt about comfort - its connection.

IF I choose to stay in a hotel, I know its about an escape - basically the travel equivalent of getting a massage. It’s fine for an overnigher or business trip but otherwise choosing a hotel, is just you relocating your comfort-zone, keeping yourself in familiar ‘safe’ surrounds and cutting yourself off from opportunities to connect with the people in the place you are visiting. Cutting yourself off from connection at the very source and foundation of your solo travel experience...where you choose to stay, which sets the whole tone of your trip.

Remember: Hotels are NOT the reason we travel!

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Even the most beautiful aesthetical hotel with all the massages, room service, air con, netflix are distractions dressed as 'luxuries' taking you away from true connection opportunities that do the opposite and engage you!

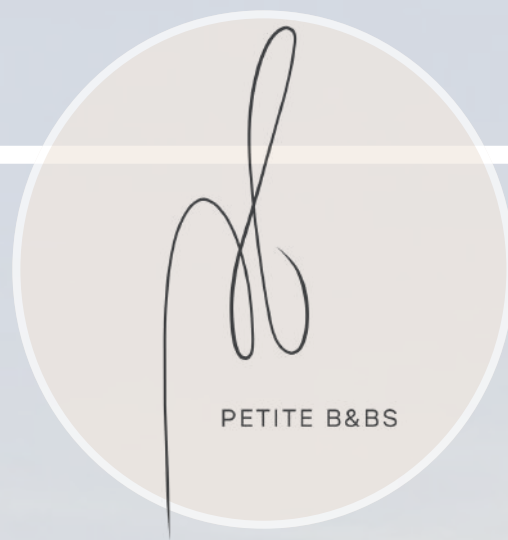
Choosing to be a solo traveller you are not looking to actually BE ALONE, or to indulge in the things you could easily do back home. You are seeking a deeper soulful travel connection experience, to rediscover YOURSELF in new places, connecting with new people! You will never get that in a hotel!

But here's the other truth. You already know this! And that's why you're here. Ready to be inspired to travel the right way with maximum connection opportunities.
YAY!

So don't let hotels comforts lure you into treating travel as an escape anymore, or to choose 'comfort' over connection. That patterned behaviour or choice will only keep you discontent and keep you in a travel loop where you believe life is something to escape and travel is the way. It's not. Life is a human experience and travel is a beautiful way to experience that because:

Connection is the REAL Luxury! Not hotel comfort.

I recall a travel moment in Milan, I missed booking the first night at my B&B, so I urgently booked a last minute hotel room. I got so sucked into the 'luxury' vibes; netflix, bath-tub etc, that I decided to spend the night IN, so-calling it 'treating myself' - ha what a trap! The next day I learnt I had missed a festival around the corner (concierge didn't tell me about it either). Even though I had seen some major sights



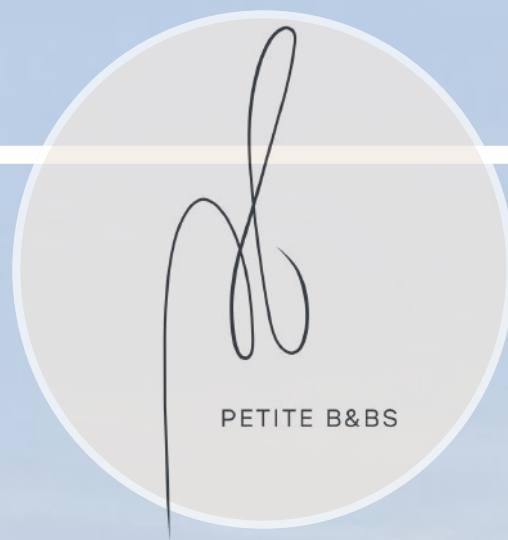
*earlier that day, instead of culture and connection, I netflixed and ate chocolate the whole night, **alone**. I felt I had missed out on something. It was such a sneaky subconscious take-over, as though the hotel atmosphere literally taps into that 'do nothing' disconnection that screams ISOLATE yourself NOW and convinces you THAT is the real luxury. Thats what I mean by where you stay 'sets the tone' of your whole travel experience.*

When I arrived at my B&B the next day, my lovely local host in total contrast showered me with local news and events but even on the days when I stayed in, it was with him and we had lovely chats. My Solo experience of Milan was redeemed!

So in my experience, the best foundation for a true travel expansion experience where you can connect with locals on personal human level, really does begin 'at home'. In a classic B&B guesthouse, NOT a hotel. A real old-school hosted Bed and Breakfast residence is a family home, with a host, together! Yes of course, while you can stay in a hotel and connect 'outside' there is still no more unique, intimate and authentic connection experience while travelling, than the one you form with a B&B host.

If this makes you feel a tad nervous? Good that's normal. Opening your self up to this type of experience, allowing yourself the vulnerability in a more intimate accommodation style, takes courage and trust, but this is where your personal growth is and the benefits are truly life lasting! It will change your whole travel world! But yay, you are already shifting from escaping to expansion. That's why you are here! Good for you!

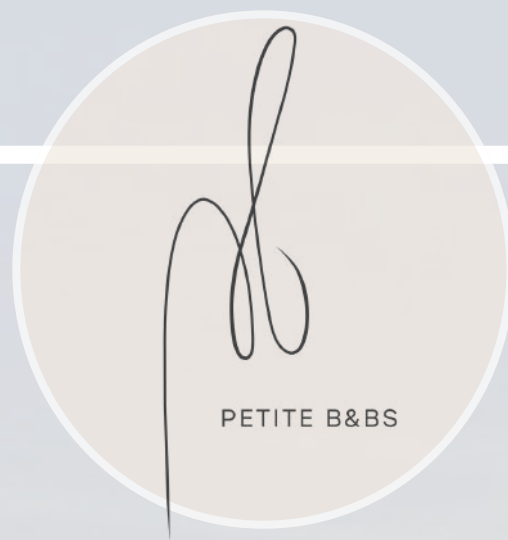
KEEP READING FOR MORE... Your solo traveller is still loading....



2.

SOLO NOT
SOLO

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Solo travel isn't about being Solo!

Solo travel isn't about going on a holiday and it's not about being 'alone'. Solo travel is a personal quest to experience yourself and a sense of belonging elsewhere in the world, other than the place you live, seeking connections with new people in new places, experiencing humanity, kindness, inspiration.

It's not an escape it's a journey toward! **Towards you and your relationship with the world - and the people in it.** And where travel is a path back to humanity, *solo travel* is the more powerful and potent mode. Here's Why...

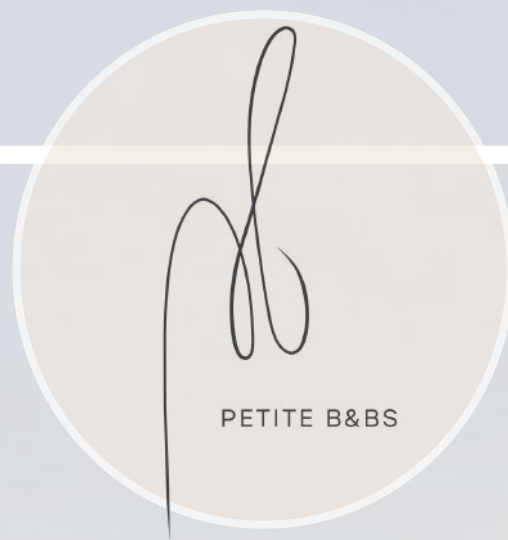
As a solo traveller seeking soulful connections, the ones that become core memories and shape you entirely, you naturally invite conversations MORE than when you travel with others. Interactions happen more instinctually and naturally because when you are alone, you are in a ready state of receiving, a readiness for someone, or something else, to happen, to step in and show you something new. Solo is an open invitation for new!

So solo travel is the opposite of lonely, it's a solo journey of experiencing togetherness. You mirrored by the people you meet.

As a solo traveller people are more open to and intrigued by you too. Don't be surprised to find yourself surrounded by people more than ever.

I REALISED THIS ON MY FIRST TRAVEL EXPERIENCE WHERE I THOUGHT I WAS TRYING TO 'ESCAPE PEOPLE' AND 'BE WITH MYSELF' AND REALISED I WASN'T. I WAS TRYING TO FIND THEM! AND ME. BUT NOT THE ME THAT ALREADY SITS ALONE ENOUGH BACK HOME!





AT FIRST WHEN I WAS 'ASKED OUT', 'SAD OLD SALLY' ALWAYS SAID 'NO THANKS' AND I'D GO BACK TO MY ROOM ALONE, BUT I QUICKLY REALISED THAT THIS WASNT ENOUGH. THIS BEING THE ROOM I WAS IN AND THE SIGHTS I WAS VISITING! SOMETHING SNAPPED AND I FOUND MYSELF NERVOUSLY TURNING UP TO SOCIAL EVENTS, LOOKING TO FILL A GAP...

Its not just connection with the locals too but with other solo travellers. There is a beautiful camaraderie of kindness and understanding between solo travellers when they meet, all on the same quest of worldly self discovery. Maybe we are all secretly seeking each other, our soul-solo travelling families?! I like to think so.

Healing happens through human connection!

I have met friends who I call family, whom I can call when I need an ear, get on a plane to visit reguarly and vice versa! This is why I added Solo Meet Up Group Trips to the Petite Paris service. A sense of Community doesn't only have to happen where you live! It can very much happen when you travel and find your humans.

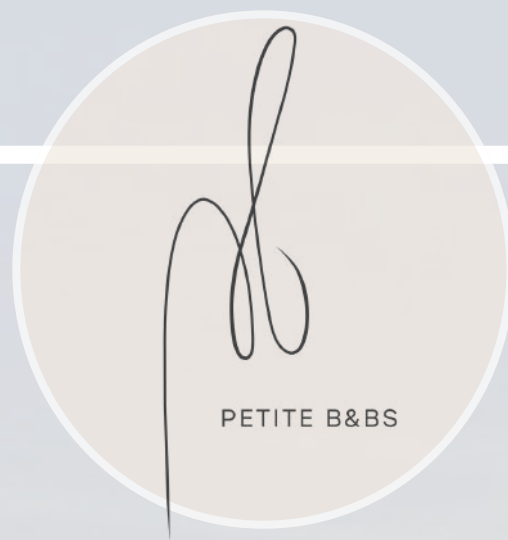
Solo travel can restore your faith and confidence in yourself, in others, it can help you find a deeper sense of your place in the world, it can be a forgiveness experience, a time of reconciling, it can give you a new perspective, or an answer to a life question, or it can just be the breather and wake up that your soul needs.

Either way its better than getting another massage, sound healing, or hotel escape, instead I say, try a solo travel because:

SOLO Travel is a healing and wellness experience!

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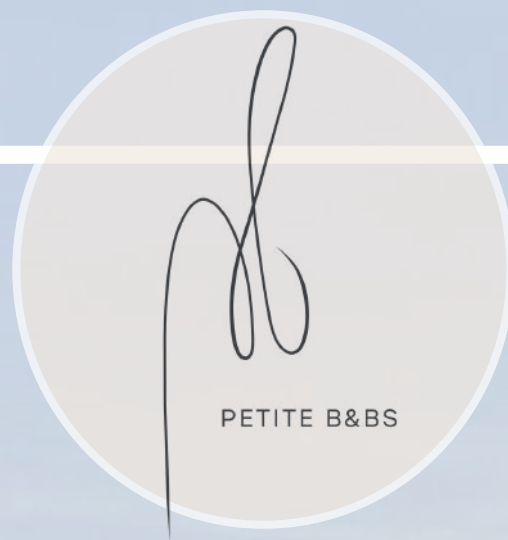
Of course it takes courage and trust to be vulnerable solo, but that's where the opportunity for growth is. Allowing yourself an experience outside your comfort zone is the self expansion feeling you are looking for.

When you return home, you feel connected, full, whole (with new friends) instead of the usual 'return to life' dread where you went on the usual friends and family holiday (as wholesome as they are in their own right) and where 12 hours later you feel like you never went anywhere. And that's because, in a way, you didn't!! You didn't experience anything more, new, bigger or beyond yourself!

But after a solo holiday (staying in a B&B) you return with a new lease on life, suddenly life isn't an escape experience at all. It's a human experience! Don't get me started on the life changes you start to make in your day-to-day afterwards too. Everything changes!

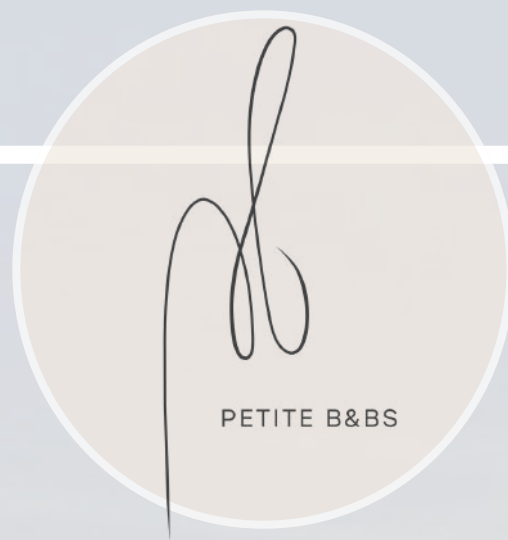
So, Solo travel is a way to remember you are Solo but NOT ever alone! You will feel and be 'at home' anywhere in the world if you take the steps to connect while travelling, and especially if you start with staying in a guesthouse B&B because it's designed to make you feel that way - welcomed and accepted! Even if this is all the connection you can do while solo travelling - a B&B then alone sightseeing - then you are still way ahead of the travel rest, still staying in hotels.

**[CLICK HERE FOR A SOLO
ACTIVATION FOR A LITTLE
SOLO TRAVEL COURAGE CODE](#)**



3.STEPS TO SOLO

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Steps to SOLO Travel

If you have never travelled Solo before...

Building up your solo confidence and resilience slowly before booking a big trip overseas is the best tip I can offer to becoming a seasoned solo traveller. If Paris (or other major city) feels 'too big' try somewhere closer to home first and build from there.

Here is a step-by-step plan I used to prepare for my own solo travel 20 years ago. I took mini solo steps and trips, that eventually led to big solo travel adventures:

SOLO STEP 1: Practice Alone Time

Get comfortable with downtime on your own. Sit at cafes or parks without your phone etc. This one was easy for Introverts like me who already enjoy their own company

SOLO STEP 2: Enrol in Workshops/classes

Language classes is great to prepare for where you are going, or try cooking classes etc, practice social interaction and meet people.

SOLO STEP 3: Start local

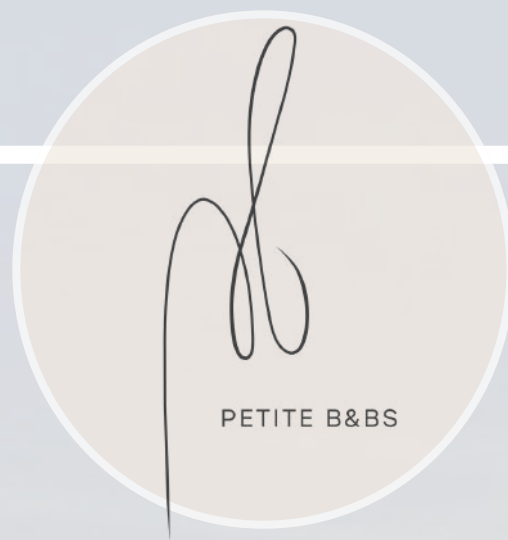
Book a 1 nighter somewhere local. Pretend you are not 'from here' and go explore new parts. Reignite your playful curious side.

SOLO STEP 4: Book an Out of Towner

Atleast 3 hours from home somewhere you can still drive to, but far enough to feel 'away'. When I did this I took a wrong turn and got lost which was a mild panic but boy did it build resilience and trust being alone. This is not to scare you - this was a GOOD thing that empowered me. And I made it of course!

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SOLO STEP 5: Book an Interstate trip

One that requires an easy enough domestic flight to a nearby city you have always wanted to see. Even you need to book the closest B&B you can find to the airport, whatever gets you there!

SOLO STEP 6: Take a Flight 'Nextdoor'

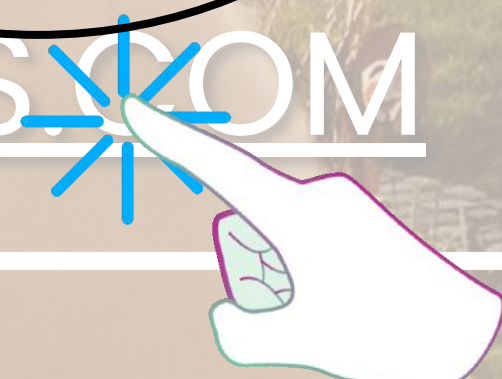
Book a flight to a nearby country that might still feel familiar and friendly because its still not too far away. Eg. Australia to New Zealand or SE Asia. US to Canada, Hawaii, Central America. Etc

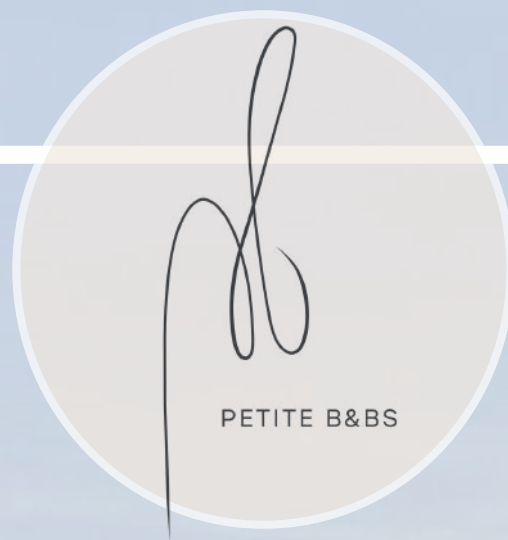
SOLO STEP 7: BOOK YOUR DREAM SOLO TRIP ANYWHERE! BUT MAKE IT PARIS!! 😊 Why should Paris be your First Solo Travel Adventure? Keep Reading...

Quick Tip for a Sense of Solo security

FindMY: If it will give you peace of mind give friends and family access to your location through *FindMY* on your mobile - they can see your whereabouts wherever you are. Though I use this when I'm on a solo trip thats a little more risky (such as my 10 day roadtrip across the Nullabor in Australia) this may bring a degree of comfort to you in general. Out in the middle of the Nullabor alone I did feel a comfort knowing my friends where 'watching' Just a thought! This is an inbuilt feature on iphone, for android you can use Googles Find My Device.

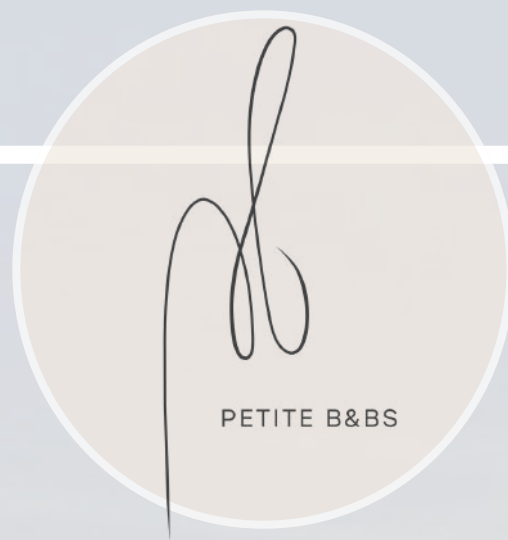
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4. THE HUMANITY GAP

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Staying in a B&B guesthouse is the NUMBER ONE RULE for Solo Travel!

Travel was never about being perfect, 'luxurious', or escaping. It's about experiencing real life!

Its the sound of a kettle in a real kitchen.

The clink of breakfast dishes.

A laugh shared with a host who's a local friend.

A recommendation that turns into a fave memory.

As a lodging concept B&Bs began in medieval Europe 200 years from the 17thC and were a precursor to the modern hotel. B&Bs were the original human way to travel before hotels hijacked 'travel'!

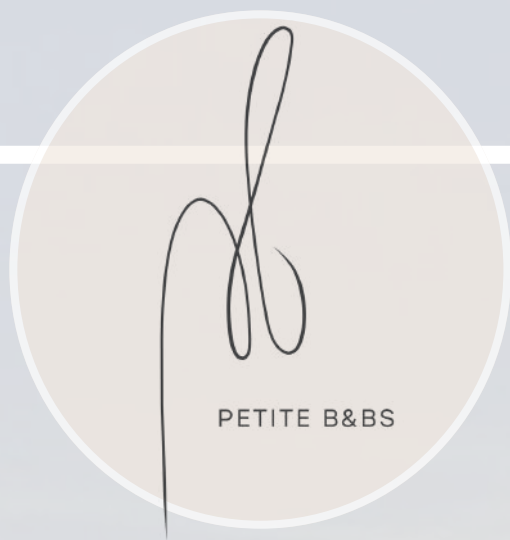
In a genuine classic B&B you are offered a guest bedroom in your hosts home, a bathroom either shared or private and breakfasts daily.

Staying in authentic real family homes with a local host offering you connection, support, friendship and insight into local life and culture, is the best solo support, real life travel experience and the local connection you are looking for. You experience warmth, welcome, acceptance, belonging, connection and integration that you never knew in a hotel.

B&B hosts are genuinely excited to meet you and share their world with you too. Unlike hotel concierge they are not looking to 'clock off' disconnect, go home. They ARE home and want YOU to feel at home too! And guess what, hosting you is how they experience a true travel connection too. Having you in their home is a little worldly gift to them too!

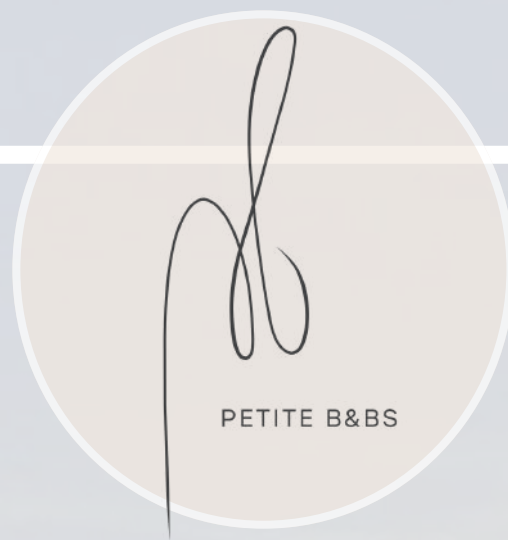
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A B&B is a reflection of the human soul. Of the display of humanness between you and your B&B host.

The exchange between host and guest in an intimate environment shows such deep acceptance, respect, mindfulness, care, graciousness and more. Something (and a particular type of connection) we don't experience ANYWHERE ELSE when we are travelling.

Truly, a B&B is *the* most UNIQUE, and guaranteed travel connection experience you can ever give yourself!

So where hotels quite literally suck the life out of travel, B&Bs ARE real life and are truly a bridge back to humanity! Interacting with your host ignites you (a hotel numbs you) and that is where your solo travels deserve to begin if you want to do it right! Otherwise...

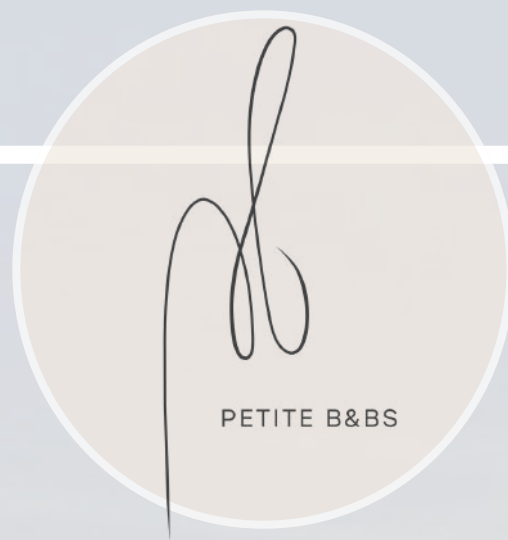
Why are you travelling solo?

Is it really just about the monuments and sights?! It's really important that you ask yourself this question.

And even if it is your life's dreams to see the Eiffel tower or Lean Tower of Pisa, don't make your solo travel ONLY about the sights! Make it about a connection that makes you *want* to keep coming back once all the sights are 'ticked-off'. To return to a connection that you build on with a friend, a local. Make travelling solo the beautiful human healing experience it was always meant to be. A return to your authentic self, out there in the world! You know the one, the passionate, curious, spontaneous FREE one, free from your own everyday habits, beliefs and imposed limitations.

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Other benefits of staying in a B&B:

- Insight into culture, everyday customs you would not experience otherwise.
- Meeting friends and family of your host - expanding your local connections.
- A sense of security returning home each day.
- Having a host who is more invested, genuinely cares about your experience & wellbeing and can help with any emergencies.
- Having a home to return to again and again and **be remembered when you do!**
- Character, charm, beautiful homey atmosphere.
- When you are sick, you get the BEST local care. Petite Paris hosts have taken brilliant care of guests when they fall sick, accompanying them to their best recommended dr etc. Helping pick up scripts etc

How to find an Authentic B&B?

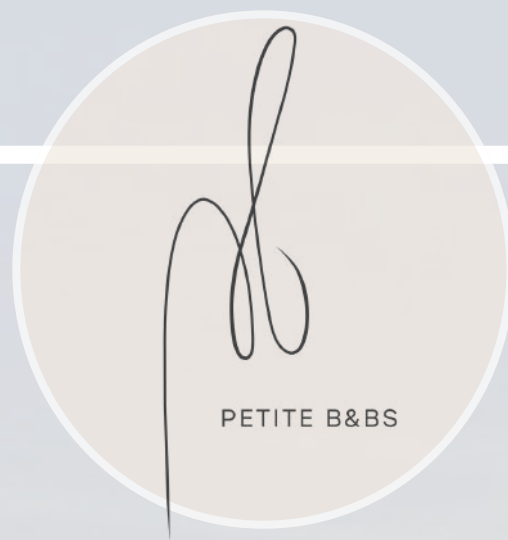
Well for Paris the answer is yours truly, **Petite Paris!**

Since 2009, Petite Paris has been connecting travellers looking for true travel experiences to B&Bs with incredible hosts - and offers solo travel support.

KEEP READING (scrolling) for Paris Solo Travel Services from Petite Paris.

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Finding B&Bs anywhere else in the world requires some extra googling as they generally have their own independent websites not found on the big platforms.

Google Search Tips:

Key Words: like “real family homes” “Guesthouse B&B” “hosted B&B” “ Owner Occupied”.

Extra Tips: Make sure your host lives on site. Some homes are listed as B&Bs (such as on Airbnbs) but are a turn-key empty apartment (lockbox at the door) which is essentially people renting out their homes like hotels. That's not a B&B, or connection. In Europe B&Bs can also be called ‘Pensions’

Homemade breakfast service: is a key indicator of a genuine B&B Guesthouse. But note: some B&Bs even genuine family run homes don't always offer the breakfast part of their service.

Extra Tips: If it says breakfast included, make sure it's not just a breakfast basket delivery left for you at arrival or delivered. This indicates your hosts do not live on-site. It must be a FRESH breakfast served to you in the moment by your real live human host!

Booking platforms: like Bookings.com list both B&Bs and other types of accommodation together; so you will need to filter to check if it is a true B&B.

Other website ideas to try:

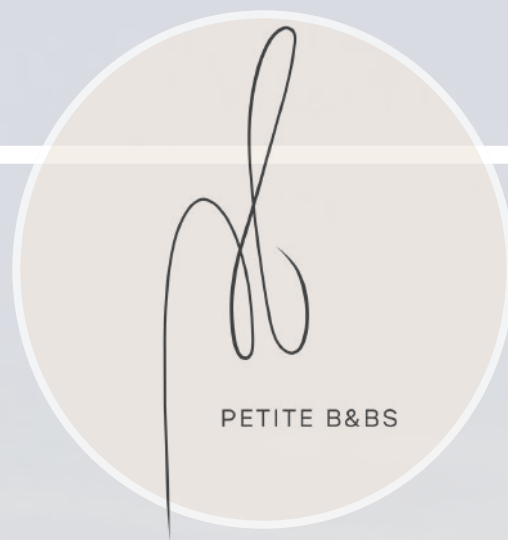
bedandbreakfast.com

Search guest reviews Tripadvisor

www.secretplaces.com

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Unsure If you're B&B Ready?

How to transition from Hotel to B&B

There is one in-between style of accommodation that is perfect if you want to transition from hotels to B&B but don't want to go cold-turkey into someones private home, or if you simply want to maintain privacy while still getting all the benefits of the B&B connection.

Stay in a B&B that offers your own private entry - or with a separate guests only quarter within your hosts home.

OR stay in a home where your host lives right next door and still offers the same level of service - as needed!

These are RARE but exist. They are a perfect way to be independent, especially for introverted solo travellers who still want authentic connection. As example, here are 2 Petite Paris 'hotel-friendly' B&Bs:

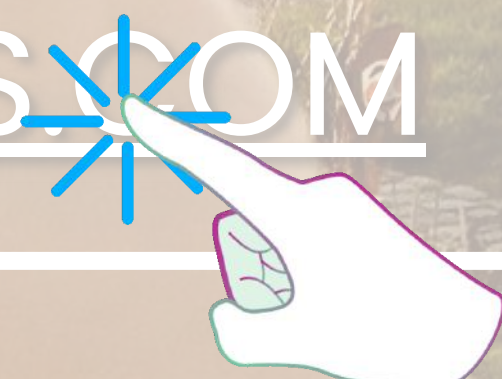
B&B Isabelle

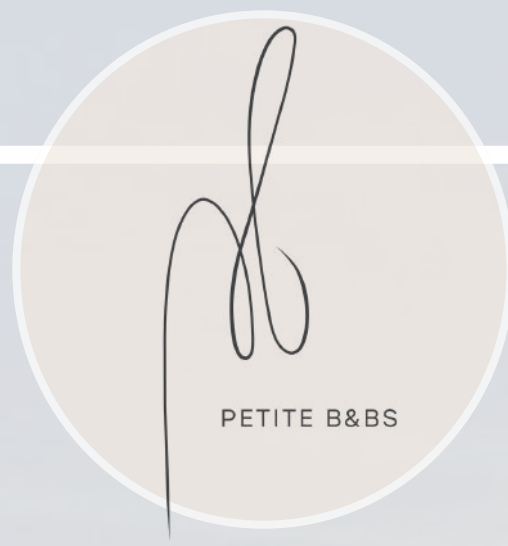


B&B Anne



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RECAP

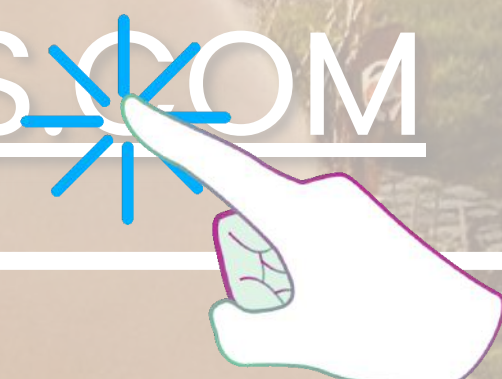
Why Hotel Leave you feeling lonely?

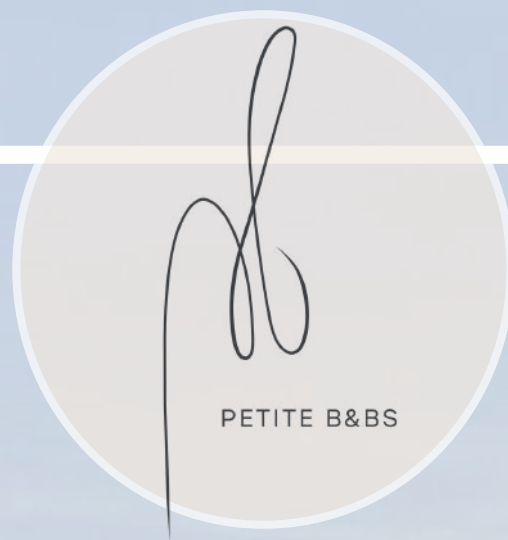
- Convenience
- Sterile, not homey.
- Not friendly.
- No family vibes.
- Not connection.
- Designed to disconnect you.
- A momentary escape
- Just a transaction.
- They turn you into a room number.
- They serve your ego, not your soul.
- They play into survival and escapism.
- They aren't real travel
- They hide you from the world.

VS The B&B Effect

- Connection
- Humanity
- Real conversations
- Integration
- A sense of Self
- Belonging
- Acceptance
- Confidence
- Feeling seen
- Feeling Alive
- Expansion
- Curiosity
- Creativity
- Local tips and recommendations
- Opportunities
- Community
- Transformation
- Authenticity
- Passion
- Stories
- Memories
- Soulful experiences

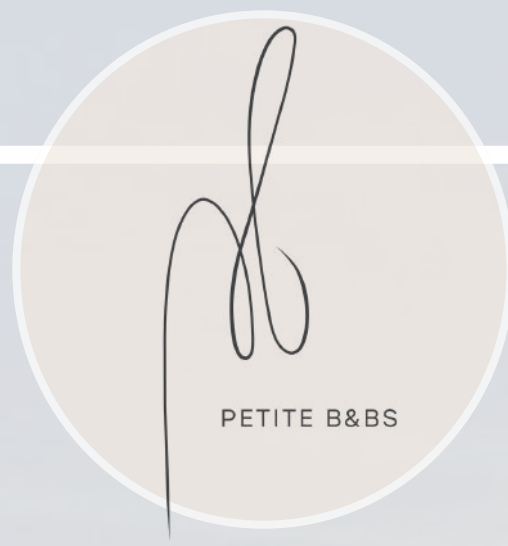
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5. SOLO TRAVELLER ACTIVATION

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Read this before Adventure...

This is your courage code - a spoken reminder of your true solo travel self. Because you're ready for real travel. You're ready for connection
You're ready for belonging.

Repeat out loud or record it and let these words recalibrate you to wonder, confidence and deep connection so your travels become not just movement through space but a sacred conversation with life itself. You can also repeat this daily before exploring:

I am safe in my own company.

I am the adventure I've been craving.

Every road, every sunrise, every stranger's smile is simply life reflecting my courage back to me.

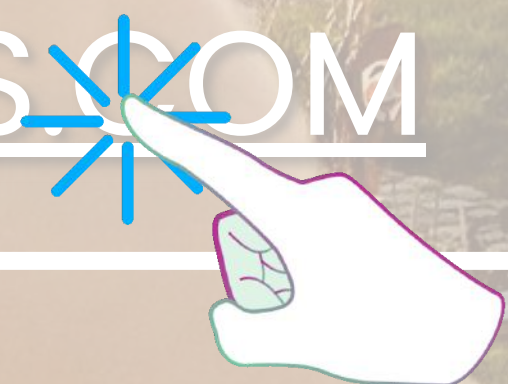
I travel not to escape, but to remember - that home was never a place. It's a vibration that lives inside my chest.

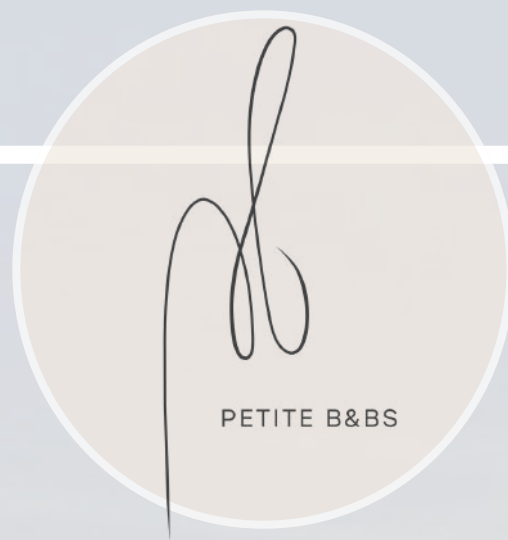
I trust the unknown because I AM the unknown - infinite, curious, expanding.

With every breath I take, I call my power back from fear.

I dissolve the stories that said 'alone' means unsafe. I rewrite them as:

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'Alone means sovereign'

Alone means free

Alone means open to the miracles of the moment

Every step I take is holy

Every city I explore is a mirror showing me new layers of who I am becoming.

I choose to stay where connection feels real - in authentic B&Bs and homes that hold stories, laughter and the heartbeat of the locals.

Through these spaces, I don't just see the world - I belong to it.

I am guided. I am protected. I am chosen

The world is not testing me - it's welcoming me.

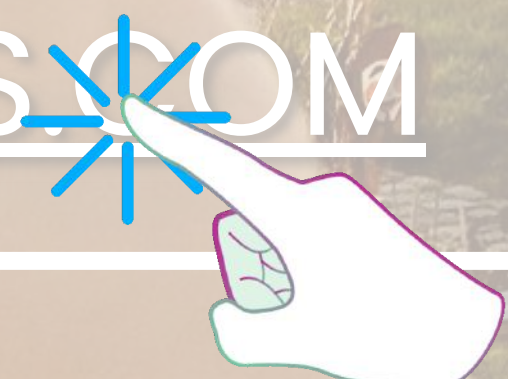
***My courage expands oceans
My curiosity opens doors***

I travel lightly - with trust as my luggage and wonder as my compass.

I am here for the stories I will tell, The memories I will weave, And the deeper truth I will find in my own reflection.

***I am the traveller, the path and the destination.
It is done!***

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6. CONNECTION CUES

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TIP 1:

Stay in a Guesthouse B&B

FOR ALL the reasons already given!

**See next a little video from Petite Paris
B&Bs. A catalogue of solo friendly homes
in Paris!**

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TIP 2: Give Yourself TIME

You cant book only 2 or 3 nights and expect to be able to see all your must-see's as well as slow down enough to allow for spontaneous encounters, happenstance or to integrate the necessary little routines that will help you connect authentically. All of that is only possible when you give yourself the luxury and gift of time. 1 week is what I recommend as bare minimum in any new place, 2 is better and 1 month is ideal and my recommendation! **Slow travel is REAL travel!**

Did you really come all this way to cripple your solo sojourn with limited time. Please give yourself the time to go off-the-beaten track get lost, discover something unexpected, linger longer, and indulge in interesting conversations that turn into the most memorable moments. This journey is more than ticking monuments of a must-see list, this is about letting things unfold, Letting things HAPPEN! Allowing for happenstance! Discovery!

Benefits:

Time to form deeper relationship with B&B hosts.
Expanding your network over time leading to being invited to local events, parties, meeting more locals.

Letting moments unfold naturally.

Feeling of aliveness and freedom.

Discover new interests, discover yourself.

A true sense of what it might be like to live there.

You can have sleep-ins and still do it ALL!

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TIP 3: Routine is Romantic

Romanticise what it might be like to live where you are visiting by doing what you do when you are at home. Yes that's right, act like you are at home! NOT like a tourist!

Pick your favourite and go to the same local cafe everyday for your morning coffee and breakfast! Become a regular, even if for just a short time. Even if all you get is a regular daily nod of acknowledgement (likely in Paris), this can still make you feel welcome accepted, expected! Become familiar to the staff, it's more likely to lead to comments, curious questions and potentially a richer, deeper conversation.

I know it's tempting to try and visit as many different cafes as possible but when you do that you're really just falling back into try to DO too much (see it all) like some 'tick-list' item, instead of just BEING. This is why having time (TIP 1) is important.

Benefits:



Opportunity to chat to get to know the locals.
You have immediately created a 'safe familiar space' outside your accommodation = feels like home!

YOU become a familiar face to locals.
Feeling capable of living somewhere new.

EXTRA TIP: Go at the same time everyday!

Do the same with your daily winebar, or local wineshop, cheese shop etc. pick up goodies daily!

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TIP 4: Don't Buy in Bulk

Don't buy food and groceries in bulk as tempting as it may be to save yourself time or money. This only takes away your opportunity to interact with real locals in every day situations. Buy your bread fresh daily at the (same) local bakery - get to know the baker, cashier etc, routine is integration.

Especially in a city like Paris where shopping fresh daily is very much a part of the culture. Parisians do not buy in bulk, they love quality and their regular suppliers and create a romance of visiting them regularly, daily whenever they can. Being so compact means you do have all you need right at your village door too. This is true of many European cities too.

So remember: You're not looking to save time with conveniences, you are looking to spend time doing everyday things (seemingly mundane as they are) that ACTUALLY connects you to the people & place, not to mention, makes you feel part of life there, teaches and gives you insight into customs and so much more!

So buy fresh milk at the same local epicerie in Paris, go to the same fromagerie on your way home each day for your aperitif hour, wine shop, flower shop (get flowers every week if you are staying 2 weeks or more - a la Emily) - you get the picture. The only thing you should be buying in bulk is toilet paper ha!

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If you are staying at least a week, look up your local village fresh food market and make it your go to. For example in Paris, many local fresh markets are set up 2 or 3 times a week (some are just weekly). For the reasons above, routine visits for fresh food is a way to live and connect like a local.

Benefits:

You learn more of the local shopping etiquette and customs.

Practice the language, become a familiar face that can lead to conversations, connections, social invitations.

Feeling capable of living somewhere new.

You get to take the freshest local cuisine - something to talk to the locals about. Learning about the culture and cuisine is a connection experience.
Learn what's in season etc.

Streets will become familiar and second nature to you
- orientation is improved when you retrace your steps often.

PARIS ITINERARY
SERVICE - plan your solo
experience!

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TIP 5: Shop Local

Do you see the small unassuming boutique in your local village where the sole person sitting behind the counter is likely to be the owner? Go there! Support small services and everyday residents and get a REAL intimate understanding of the city and its people.

There is more chance of having a genuine conversation too than when you go to department stores which like hotels, are set up for quick convenience and transaction, not connection.

Getting to know your local businesses and their owners and staff also gives you an understanding their challenges, insight into the economy in which they live etc . All of which are real conversation starters for other connections.

Also shop at **Charity Op-Shops**. Contribute to the community and local causes while finding cheap treasure. WIN WIN!

When you stay at a B&B you can ask your host for their favourite local shops too and support them - visit them and maybe casually mention your host et voila, the connection just strengthened tenfold!

The first time I visited Montmartre 2007 I went to a local shop with travel items on rue Lamarck for extra winter essentials. When it started pouring I went back for an umbrella, when it got colder I went back for extra thermal socks. I eventually learnt his name was Jean and I returned to him each year, eventually met his wife, and sometimes got discounts. Not a reason to do the regular thing, but it can be the perk for sure



TIP 6 Get a Haircut

What started out as a desire to have my best hair while travelling, turned into my biggest hack for forcing a local to chat with me (haha) while having a pamper session and pretty hair all in one! But going to the hairdresser whether its a cut or just a shampoo has been my solo traveller best friend. It's genius because its a relaxed environment where the job is to chat and be social just as much as it is to create.

Friends would both laugh and mock me for being 'so fancy' to have a hairdresser in every city. But I literally did. In Lisbon its Ricardo at Kooa Hair (go there), in London it was Brian at Gina Conway, in Paris for almost 10 years it was Daniel in Montmartre etc. And returning to Daniel each week, sometimes twice a week, I got to know the team and even got invited to after hours salon soirees. I became a regular FAST. We also went for dinners and one very late night salsa club! Some of my BEST memories i'll never forget.

EXTRA TIP: Do this for makeovers at department stores before a dinner or night out. Eg You can book at Printemps or Galleries Lafayette in Paris. Or even just a beauty consultation for skin advice. This works for mani and pedis too. This doesn't work for massages and facials for obvious reasons!

Benefit: Your connection 'high' and confidence is likely to be carried and passed on to wherever you go next. Perfect time to try solo dining while youre likely feeling connected, empowered and open. As a result, your likely to attract more wonderful connections. It's all energy and attraction! Keep it flowing!

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TIP 7: Don't Eat (ONLY) local Cuisine

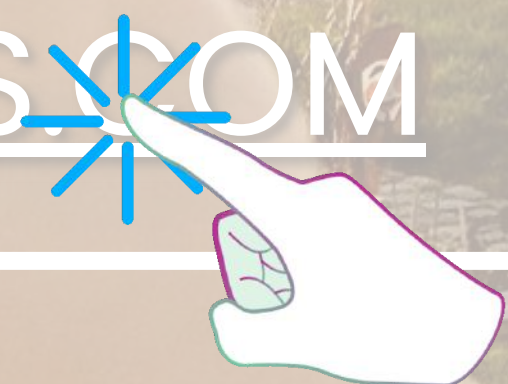
This applies to all cities and countries but I'll refer to Paris for this one & you'll get the point.

Do not eat only French food in Paris! I know it sounds like the opposite of what you want to experience because of course you are in Paris to eat French food, and please do, but make sure you also indulge in all your usual or other cuisine favourites because that's where the locals are.

Parisians don't only eat French food of course - and when it comes to the most cult classic French Brasseries in Paris, they are mostly tourist occupied anyway. Except for the small family run ones - which is where you should be going as a solo traveller looking for authenticity. For Paris, Petite Paris gives you all the best local insider places, found in the online Paris itineraries available on the Petite Paris website. Pre-made or bespoke itinerary services are available.

But back to the French and food. The French are VERY international when it comes to cuisine and they have a very diverse palate, more than any other culture I've seen. And for that reason, step outside the brasserie box, don't be afraid to 'be regular' and try some of your other favourites, Thai, Vietnamese etc - and that's where you will find all the locals hiding. Loving 'other' food too. Especially Asian cuisine, Parisians LOVE Asian! My favourite Pho place in all of Paris is across from Apartment Richard in the 19th. Pretty sure it's only ever locals, and Richards guests in there!

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Benefits:

Community vibes in real establishments that are not set up for tourism.

Friendlier regular prices. Eat and pay like a local not a Tourist.

Curiosity, explore explore explore. What feels better than stumbling on the unexpected gem.

Feeling Seen. And you will be when you are the ONLY foreigner in a local establishment hehe!

Acceptance - this one doesn't come from anyone around you, it's actually self acceptance. You don't need to be anywhere but where you are, and you don't need to be validated by going to the latest trendiest and probably over-hyped and marketed touristic establishment. You're a solo traveller, you are more understated than that! A local disguised as a foreigner.

Authenticity - as above!

Integration - doing as the locals do!

Local Tips and Recommendations - you will get so many of these hidden local gems from your B&B host.

One of the biggest perks of staying connected in a local B&B family home are local tips for the best food.

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TIP 8: Wine Taste Testing

Find a local wine tasting venue. This will give you a wonderful 'in' to talk to your bartender or other tasters. Then return for daily aperitif hour 'as a local' would. Refer to Tip #2 Regular routines, are your solo traveller 'go to' for easy immersion.

Benefits: Meeting neighbourhood locals at their local wine spot too. Learning about wines.

TIP 9: Local Events

Find out about community events/festivities happening in your neighbourhood. The best part about staying with a local host is that you will get these tips directly from them. They are your ultimate authentic insider guide. Otherwise you can google local events e.g pop up markets, a special theatre showing, a party, charity event in the village etc

Pariscope

Visit the website the of the 'mairie' (local council) of your neighbourhood for news of any special events. Also follow on Social Media. I once 'crashed' a mairie council gala and met so many locals in the Montmarter neighbourhood

Pick up a copy of *L'Officiel des Spectacles* for shows & events near you. You can get these at your local paper stand (another daily ritual). Or visit [the website](#). Pick something local, you may run into your local bar man or barista...



TIP 10: Read the local newspaper

Visit your local paper stand or shop and get the daily news. Understanding local events is a great way to understand the 'climate' which is a great conversation starter. When it comes to Parisians they love to discuss local and national news..

And of course, go to the same paper stand and shop each day, take that paper to your regular morning cafe each day, at the same time. It all works together!

Benefits

Learning about local events and issues.
Having real Conversations = Integration
Connection and Humanity.

Extra Tip/Encouragement: Even if you can't read a lot of it, it's ok. Sometimes even just having the newspaper ON you is an invitation for conversation. I can't tell you how many times I've sat there struggling to read and someone makes a comment about the headline, to which very quickly leads to me admitting I'm foreign, to which then leads to a question of where I am from...and the rest is history!

Paris specific:

Paper /newsstands can be found on the streets, they look like flower stalls. Pick up the daily paper **Le Parisian** - the real tangible paper version to take to your local cafe to flip through, not the online version on your phone. Phones repel people and kill communication opportunities, a newspaper invites realness and real conversation.



TIP 11: Go to the Movies

A personal solo fave of mine! Find an art house cinema near you and watch a film (with subtitles if needed and offered).

I can't tell you how 'everyday' wonderful I feel when I'm in a foreign city and do something as regular as 'go to the movies'. Something so simple, delicious, relaxed and real. I'm not trying 'too hard' to see impressive sights, or do big things. I'm just living my life the way I would back home, being an everyday local. I always feel like I have a little secret sitting in the dark theatre alone ready to indulge in unseen 'me time'! Even if the secret is that I don't understand most of what is being said haha!

Oh and art house cinema usually have little bars for pre and post drinks and debrief to mingle too.

Benefits:

Culture, curiosity, self love alone time, connection opportunities.

My first cinema travel experience was in Florence and I'll never forget the abrupt projectionist who suddenly decided we all needed a break half way through a dialogue. One moment we were engaged in a sentence the next the screen froze 'mouth still open' and the words 'intervale' flashed on the screen. It was hilarious and so Italian. Of course I had no idea how much time was given for a movie 'intervale' so I sat and waited until the projectionist was ready. 18 minutes!

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TIP 12: Go to Church

If you are religious what better way to feel connected in a new place, than to go to a place of your worship and reconnect back in with you - even far from home.

I'm not religious but I often go to church in Paris just for the sense of peacefulness and oneness that I feel.

The simple act of pausing in one of Paris great churches brings me a sense of belonging with the understanding we all search for and have hope in, something beyond us whether we search religiously or other. And that to me is unity. Something that really comforts me when I'm solo in any city.

TIP 13: Bookshops and Workshops

Seek out local English book shops, these are great little hubs of local creatives and there are usually book readings, book launches and literary gatherings if that is your thing. Do the courageous thing and turn up. See what (or who) happens.

My personal fave is art classes, signing up to a regular weekly life drawing class knowing the locals there probably go often or regularly. And obviously Paris is my focus I know some great classes there that I love to add into the itineraries I create for my solo travellers.

Benefits:

Community meet locals with similar interests,
Creativity and curiosity - ignite your inner artist.
Real Conversations with locals and you may find a local writing or book meet up group.

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TIP 14: Be a 'Groupie'

It's easy to fall into the big commercial venues catered to tourists (for eg in Paris the Moulin Rouge or Crazy Horse). Instead try local jam sessions with local artists and integrating more in the 'underground' scene. Your B&B host is your best insight into where these are located. Otherwise google whats local and search local online and print guides.

TIP 15: Practice the Language

Firstly: Your B&B host is also the perfect person to practice your French with 😊 WIN!

Speaking the language can be the most intimidating, even for me. But practicing the language as often as you can is the goal. At the very least cover the basics, 'Thank you', 'please' etc. Then allow yourself grace, patience and permission to make mistakes as you expand on that. Try mixing it with English, whatever works as long as you are making effort to integrate via language. Kind people will be kind about it. The moments where I have made the scary effort have left me feeling so confident and happy. Use it as a learning opportunity too - its not about being perfect!

A hard Paris truth: Parisians are not waiting around for people to engage with them. Surface level engagement probably wont be received. But remain true to your efforts and **Rule 1:** Learn the basics and always start with saying hello, then follow all other tips. Parisians will respond to your efforts and usually switch to English **Rule 2:** Learn to say "I'm sorry I don't speak French"!

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TIP 16: Exercise

Are you a ParkRun member? I am and get a thrill running in different cities. It's an instant 'part of something' feeling. Join the local meet up group when you are visiting any city that participates.

[CLICK FOR LINK](#)

In Paris there is also a local group version called [Le Parc run](#).

If you love Yoga, join a class. Same goes for any sort of exercise routine. If you resist this because you're meant to be on 'holidays' and want to relax, I totally understand. But also ask...Are you on holiday? Or on an immersion experience?

I am a park run member and I love that this has been created, a community of runners around the world meeting up to run 5kms fast or slow (or WALK yes you don't even have to run) it's just about showing up. Aint that the truth solo traveller?! So even travelling alone, it's instant family feels when you join a parkrun. You are part of something!!

I can't recommend enough the travel high you get of achieving something you normally reserve back home while you are in a foreign country or city. Unbeatable!

Benefit: You feel like YOU in a new place! Achieving all the things you do at home, you can do anywhere!

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TIP 17: Be Bold Be Brave Be YOU!

This tip is one that requires you to both throw caution to the wind, and follow your natural instincts. It's where you might make instigate conversation with the people you pass, sit next to, stand in line with etc...

BUT make it genuine NOT forced because this tip isn't a tick-box item either! You're not forcing unnatural conversations. No, it's more about noticing the moment, and letting it intuitively flow naturally. Here are some examples.

Something that genuinely interests or intrigues you:

You are sitting next to someone reading a book you have always wanted to read, ask them about it!

Something that happens in the moment:

You see something hilarious pass you by in the street, say a quirky street performer, share a laugh (or an eye roll) with someone person there too.

Or as basic and simple as saying hi to the person your about to sit next to on the bus. etc,

Again don't start a conversation you have no interest just for the sake of this tip. That's not going to get you to your authentic self or experience. So if you don't see or feel a reason to connect through words or even a gesture, then don't. But if you do, be bold, be brave, be YOU! And Ps Who cares if that person doesn't feel like talking or engaging back. Let it be a reminder of your friendliness, and your practice at being a solo traveller.

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TIP 18: Bar Dining

Bar Dine as often as possible. Sitting at a table alone says 'Im solo but 'closed', at a bar dining solo says 'Open to chat' !

TIP 19: Meet Up Groups

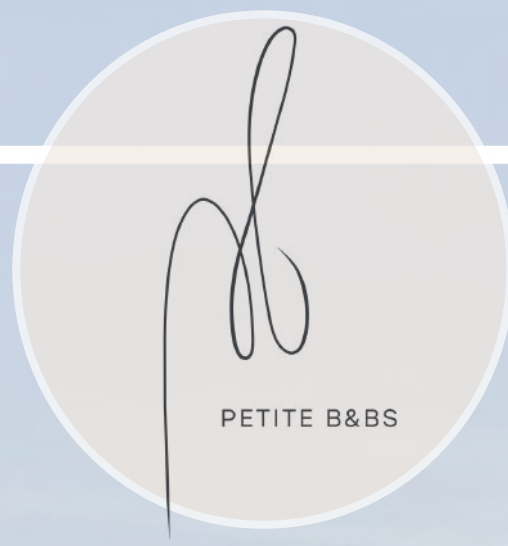
There are an endless about of personal small tour meet ups anywhere in the world. Google and find a group that speaks to you.

Join Facebook groups for travel groups eg solo women travel, Solo Travellers in Rome etc. Also expat Groups! Post a little introduction about yourself, ask for city tips, you never know who you might connect with there and maybe join an organised casual meet up.

For Paris Specific - Join one of the Petite Paris SOLO Meet Up Group Trips! But you will get to meet local Parisian B&B hosts as well as other solo travellers. Keep scrolling for your personal invitation!

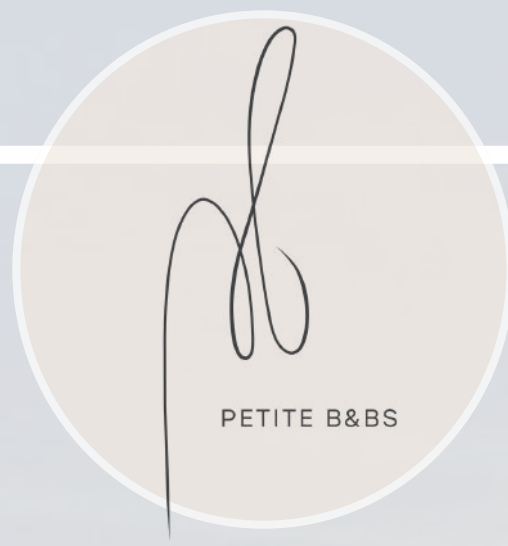
TIP 20: Picnic Plus 1

Paris especially, is the city of picnics, solo picnics too, whether its in a park or along the Seine River. And ok so admiittedsly whedn you see someone solo sitting in a park you assume they want to be solo. But this is also about creating opportunities when you see an opportunity. Take your bottle of wine and extra cups with the anticipation of meeting someone and offering them a glass to share.



7.A SOLO INVITATION TO PARIS

PETITE PARIS



But First, WHY PARIS?

It's Safe to be Solo here!

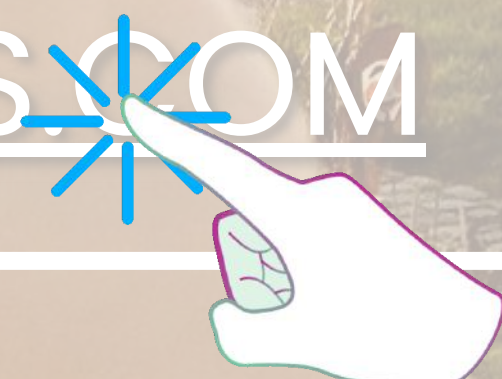
Paris is the capital of solo celebration. No other city romanticises and glorifies and takes pleasure in the solo life and solo moments more than the French and the Parisians do.

The art of 'being alone' in Paris is applauded, encouraged and it's usual to see everywhere solo people out-and-about, dining alone, at a bar alone, picnicing alone, reading a book on a bench alone, admiring a gallery alone. etc And no other city offers more galleries, museums and other cultural indulgences that are best done & appreciated ALONE!

It's a way of life and it isn't about being single. Taking solo time for yourself is revered! This is why SO many wo(men) travel there in search of that solo sojourn, that self exploration, to make a new start or to simply reconnect with what's important to them, their interests and indulging in the slow life.

And because there are so many soloists in Paris, it's SAFE to be solo here too! And there is a certain healing magic in that! Experiencing solo, together! Or Together, solo!

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Your Invitation to Travel Solo to Paris is here!

**You have TWO ways (or options) to
experience your first solo travel
with Petite Paris.**



1.

The PREMIER PETITE PARIS PACKAGE

*(5 or 10 night stay with solo support
services for visiting Paris solo,
anytime)*

OR

2.

JOIN A SOLO SCHEDULED MEET-UP GROUP TRIP

*(If you love the idea of being there
with other solo travellers and an
immediate group connection)*



Option 1

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A 5 or 10 night package with lots of support and experiences offered by Petite B&B hosts, as you navigate Paris solo for your first time.

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- **An arrival orientation guided walk around your local area after checkin.**
- **A bespoke Itinerary curated to suit you for you to explore like a local & solo friendly.**
- **CV car Tour, French lessons before you arrive, personal self-love photo shoot & more**

MORE Details /
SIGN ME UP!!



WHATSAPP ME FOR
QUERIES OR A CHAT







Option 2

Join the:

SOLO GROUP MEET UP TRIPS

**Next dates:
24 – 29 March 2026**

And travel to Paris SOLO with OTHER
first time solo travellers too! It's the
Solo, but not alone co-support
experience!

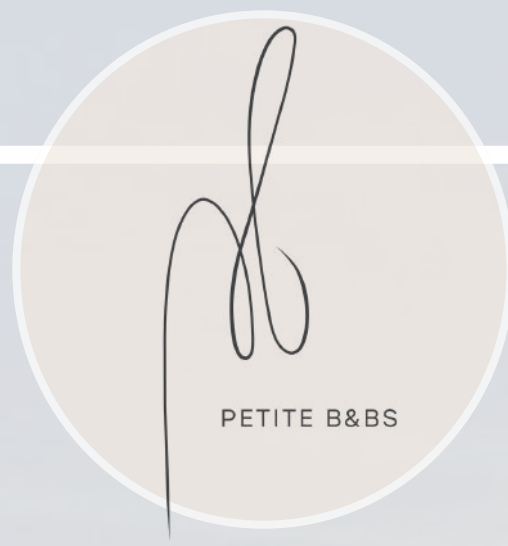
**MORE DATES COMING
CHECK THE WEBSITE**

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MORE Details /
SIGN ME UP!!



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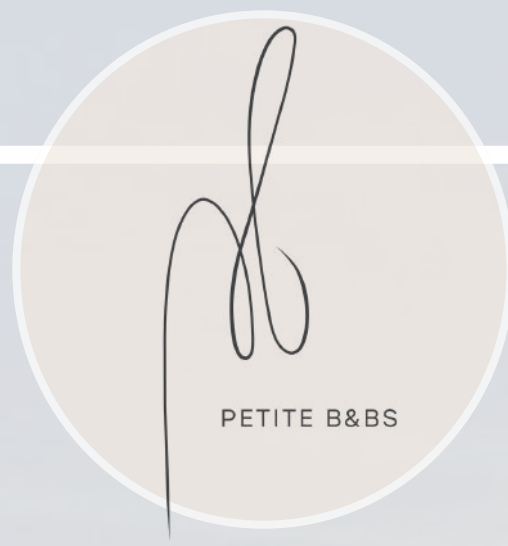


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Thank YOU...

If you have reached this final page of this solo encouragement guide, thank you, I hope this means you are inspired to try Solo B&B travel to which I would like to end by saying:

As you move through new landscapes and unfamiliar streets, may every sunrise remind you that courage is a daily choice – and that your journey is rewriting your relationship with the world!!

When you choose authentic B&Bs and locally hosted stays, you're not just booking accommodation – you're entering living stories, friendships, and cultures that hold the heartbeat of each place.

That's the kind of travel that changes you – the kind that turns maps into memories.

Here's to trusting the unknown and finding yourself everywhere you go.

Love Regina @ Petite Paris.

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by Regina Ferreira

Authentic B&B Homes.
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Solo Traveller Support Services.
Solo Traveller Meet-Up Trips
Travel Community