



Danny Amin, a businessman by profession and a nomad at heart, has now travelled to a number of countries, across various continents. Among his most notable expeditions lie London, Paris, Barcelona, Lisbon, Amsterdam, Istanbul, Kenya, and Malaysia.

"I like to explore the nooks and crannies of places and I frequent locations that are loved by locals; tourist destinations rarely attract me. This may not be everyone's cup of tea, so I usually find myself travelling solo," he confides.

Travelling solo can also be a great way to meet kindred spirits. Chatting with locals can make you more sociable and give you a chance to immerse yourself in a new language and culture.

"I bump into like-minded solo travellers all the time," shares Amin. "It's how I have befriended quite a few of them across the globe!"

One big reason travellers increasingly opt to holiday alone is to get away from the overstimulation of daily life. The entire world is connected through the Internet and this very connectivity can sometimes feel heavy. Travelling alone gives us a chance to slow down and simply be with ourselves. The fact that it is in an entirely new setting can work wonders for those with low self-confidence too. It serves to push you out of your comfort zone and teach you a thing or two about troubleshooting your way out of tricky situations alone.

Maliha, a Bangladeshi solo traveller who has visited a hundred countries and counting expresses, "Solo travelling is one of the most empowering things one can do. Having travelled to about 60 or 70 countries solo, I have a sense of independence that I could have never experienced had I not pushed myself to test my limits."

Perhaps, the most fun way to promote self-growth and discovery, and develop resilience, travelling alone gives one the rare chance for introspection and something akin to self-fulfilment in the long run.

Maliha feels that travelling alone can make one realise just how much power they have. In a world that constantly dictates what one can and cannot do, solo travelling is an act of defiance that helps one find their true potential.

To conclude in Danny's words, "Embrace the journey, for it's not about where you're going; it's about who you're becoming."

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