

SOLO TRAVEL

MACAROON

MAGAZINE

ISSUE 04. August 1, 2021

TRAVEL SOLO TRAVEL RICH

A monthly magazine of uplifting content and inspiration for those who want to travel alone and love it. Solo travel opens the heart, fills the eyes and sings to the soul.





W E L C O M E

Hey there! Congrats on being a solo travel enthusiast!

You're probably feeling a little nervous excitement at the idea of your first solo travel adventure, and don't worry - you're not alone. I am a seasoned professional who is here to help you with one of the biggest days of your life - the day you get on that flight and can't wait to see how it unfolds and the beautiful memories for years and years to come.

The information in this magazine is meant to inspire you through all of your possible questions so you can relax and get excited about your big adventure.

If you have questions, don't hesitate to send over an email! I'm here for you every step of the way.

hello@wanderful.company

xo

Kirsteen

SOLO TRAVEL GUIDE



solo travel storytelling

for adventurous women

who want next-level

happiness + beyond...

WWW.WANDERFUL.COMPANY



letter from the editor

Ciao, and welcome to August Issue of Macaroon, my monthly travel + lifestyle magazine inspired by 15 glorious years of non-stop solo traveling. I'm Kirsteen, the magazine's founder, and a solo travel expert and my intention is to create 100 percent feel-good factor content.

In a world of fast-moving technology and media, downtime is more important than ever in the quest for well-being. Knowing I wanted to bring fun to my brand, I came up with the idea of Macaroon. And besides, if you can't find something, create it yourself! LOL.

A huge thank you for being here...lots of love...

Kirsteen xo

EDITOR IN CHIEF

SOLO TRAVEL DEMOGRAPHICS

47

Average age of a solo
traveler today

73

percentage of Gen X
interested in solo
travel

85

percent of solo
travelers are women

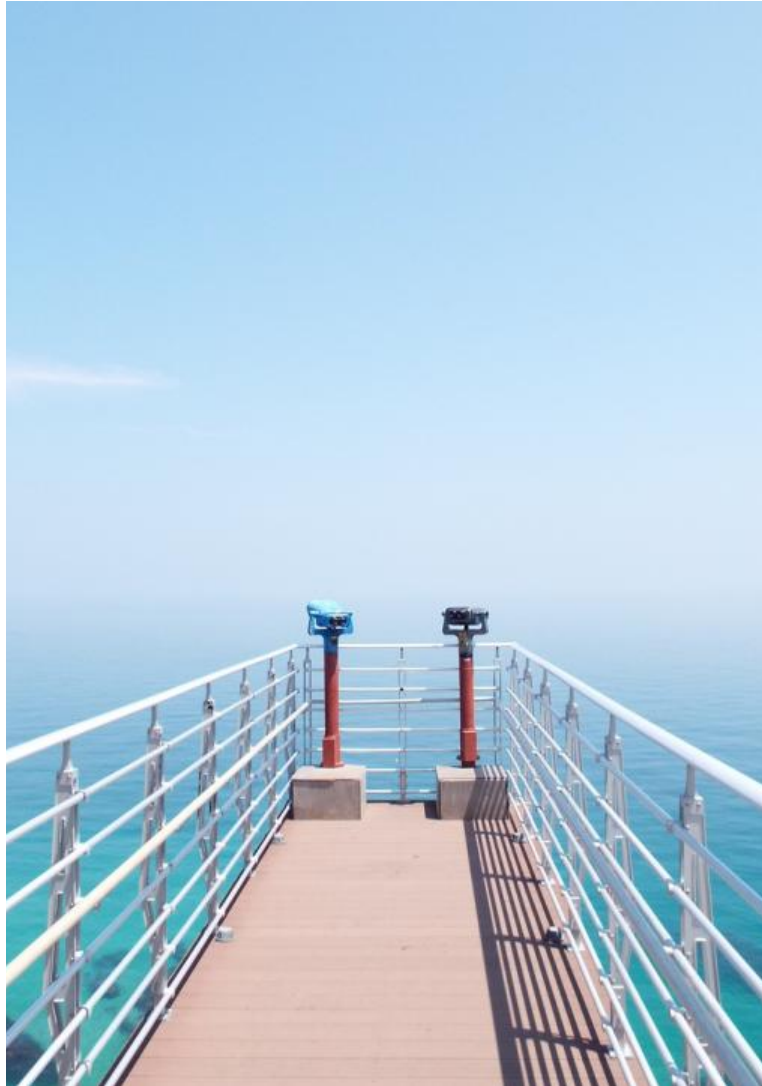
46

percent of solo travelers
do it for freedom and
independence

6.7
MILLION

hashtag solo travel
on Instagram







*all i want right
now is to be at
the beach!*





“EVERYTHING
HAS BEAUTY,
BUT NOT
EVERYONE
SEES IT.”

-CONFUCIUS

IT'S TIME TO BRING HAPPY BACK! FERRARI ANYONE?

Fun can be found in a million places if you're open to finding it. Just writing the word FUN on a post-it note and sticking it to a laptop has incredible effects.

In solo travel, you have the world literally at your feet with the chance to be in the mindset Ferrari of your choosing. At times, you want the classic beauty that just wants a little TLC from time to time to ensure it runs well. Then a boost of adventure beckons and out comes the big guns, the Ferrari V12 that wants to go fast and feel the adrenalin. And then you just want to park the Ferrari for a little while, let its engine chill, and go grab a quiet glass of wine on a cute terrace.

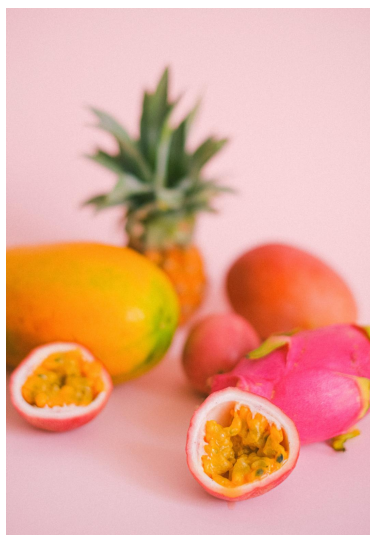
I've always found happiness easily when I am traveling alone and this brings me to a fun-fest all of its own – observing people from a cafe terrace. Sitting on a sun trap terrace soaking up the sunshine while solo traveling gives such perspective. You feel appreciation at how lucky you are to be there in the first place and secondly, you feel that long sigh of relief because time has paused and you're in no rush to do anything but cozy up for the fun that's about to unfold.


From your vantage point of the cute cafe terrace, you switch into virtual Netflix mode and choose the first of the afternoon's happy movies – and check out who is starring today as you sip your espresso and munch the almonds delicately from the top of the freshly baked croissant. There is so much comedy to be seen when you just slow down and observe discreetly.

To the right, you see a couple, the 'young, happy, and in love' type. You can tell they've not been together that long, no arguments, no sad faces, just one set of shiny eyes looking into the other with the audience deemed invisible.

Moving along, in a discreet corner of the terrace, you see the 'sweet old man type', he's local and comes daily for his entertainment, some coffee, and newspaper which he gets free from the café. His face is one of calm, peaceful, and just enjoying the flow. He's content. I gravitate towards these types because of their incredible life stories. And for curiosity, and to mix things up a little, you flick viewing to 'married for years' type and see they're not chatting much, if at all. This type is simply happy with no words. AND THAT IS OK. They just want to know there is someone by their side but don't need a full hourly chit-chat update for satisfaction.

And then, there are solo travelers. A WHOLE NEW BREED, Netflix's secret weapon. I'm a little 'Mr. Bean' with a pinch of Bridget Jones giving some Oscar-winning comedy performances along my cafe trails lol. I thrive on it. Solo travelers intentionally choose to travel alone for the adventure that far-flung destinations can bring and that includes cute cafe terrace life. Just quietly observe like a baby meerkat! :)





“THE SHELL
MUST BREAK
BEFORE THE
BIRD CAN
FLY”

ANON

INTRODUCING SOLO TRAVEL MASTERCLASS

A FEW QUESTIONS

Q: What sets me apart from other solo travelers?

A: We all have something to tell. Honestly, I admire anyone who has done it. I now have 16 years of solo travel under my belt, and most notably, I've done it nonstop, I don't know of anyone who has done this as long. LOL. You could say I have a unique perspective.

Q: What age can you solo travel?

A: You can be ANY age. And Yes! Even 70+. It all depends on the mindset of the individual and the level of self-belief. I go into detail on mindset in the course.

Q: Is solo travel lonely?

A: In my own experience, loneliness has always been rare. Loneliness is not an absence of people, it's an absence where you have moved away from yourself. Again, it is a belief that is created in the mind by the ego. I teach this too.

Q: What are the benefits of doing the course?

A: I go into a lot and especially the health benefits most are not aware of. I am teaching from 16 years of experience and an incredible amount of wisdom. The greatest mind teachers will tell you that books don't teach, only life experience does.

Q: Are there any guarantees?

A: While I understand that some people want this, I personally have chosen not to give this because I believe in my business. Just to do the mindset module and learn tips and techniques is worth the money. You get to use these for life.

Q: Is it safe to travel alone?

A: I talk about this in detail and the ways I have stayed safe for 16 years. Once again, it is mostly mindset.



WHAT TO EXPECT IN MACAROON

Macaroon is a new magazine that is growing organically and will
evolve as so.

Being aware of time and tech pulling us in all kinds of directions,
I've intentionally created more of a visual feeling magazine than
a text-heavy one,

Should you be a solo travel enthusiast, I'm always looking for new
and interesting people to feature each month.

You may also be someone who has just completed solo travel at home.
Get in touch! I'd love to hear about the experience.

I've big plans for this magazine, so watch this space! Rome wasn't
built in a day. They were too busy enjoying good food! lol.

IF YOU HAVE ANY QUESTIONS,
PLEASE SEND OVER A MESSAGE.

WWW.WANDERFUL.COMPANY

**AND NOW
I'LL DO
WHAT'S
BEST FOR ME**





WAYS OF TRAVELING

BY MOI!

As the planet is resetting and trying to find a steady foot once again, lifestyles are being challenged in all corners of the globe. Work is no longer the same, Travel is no longer the same, People are no longer the same. Even eating habits are no longer the same.

Out of uncertainty comes many opportunities. A new life, a new me, and a new planet. Let optimism take you where it will. Take the time to be by yourself and think.

Too many people waste precious time in front of a TV clocking up 20 hours and more each week and why? Yes of course it is enjoyable at times. But ask yourself if you could use that time to plan a new life working and traveling anywhere, how would your life be?

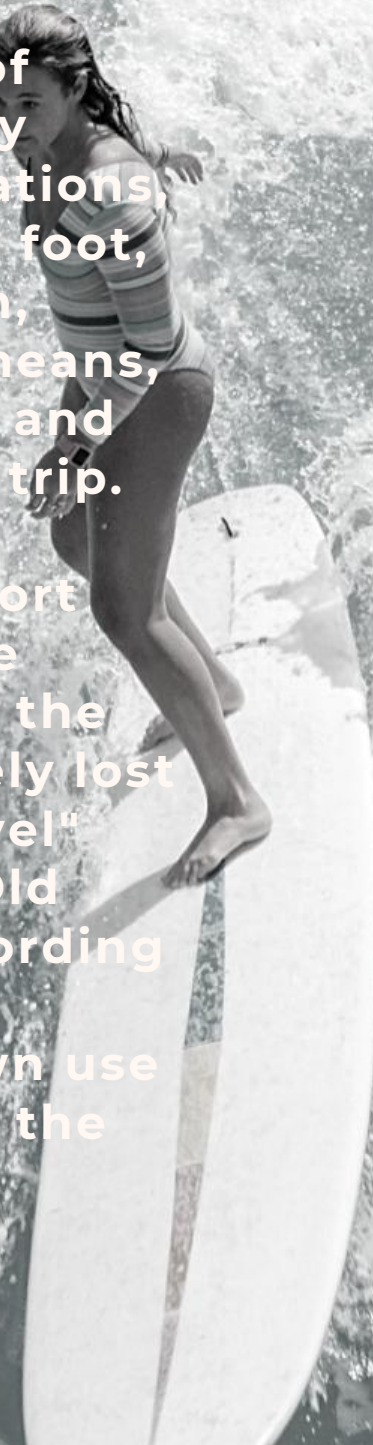
TRIPS TAKE PEOPLE.

The only thing anyone needs is self-belief. You can be, do and have anything you want in life. So make it count my friend. Focus on small manageable chunks each day. Not the whole plan. One baby step at a time. It only requires you to want it enough. For more on planning, please visit the Solo Travel Masterclass webpage.

TRAVELING

WRITTEN CHRIS MOLLINS

Travel is the movement of people between relatively distant geographical locations, and can involve travel by foot, bicycle, automobile, train, boat, airplane, or other means, with or without luggage, and can be one way or round trip. Travel can also include relatively short stays between successive movements. The origin of the word "travel" is most likely lost to history. The term "travel" may originate from the Old French word travail. According to the Merriam Webster dictionary, the first known use of the word travel was in the 14th century..



C O N T A C T



HELLO@WANDERFUL.COMPANY

WWW.WANDERFUL.COMPANY





so team Macaroon

Email: hello@wonderful.company

www.wonderful.company



597298555474111