

tinder



A SOLO TRAVELER'S GUIDE TO

Tinder Passport™



Solo travel is *the* vibe right now, and Gen Z is all about it. For us, travel isn't just a checklist of places—it's about discovering the world and ourselves along the way. Whether you're lost in the charm of a new city or hitting the road on a whim, the thrill of adventure is what it's all about.

But let's be honest: even the most independent travelers need a little connection.

Anali Gupta, Travel Content Creator ([@analligupta](https://www.instagram.com/analligupta)), shares “My first solo trip in India was to Uttarakhand, and it ended up being a journey that changed me. I was hiking when I tripped over a rock and muttered, ‘Arre yaar, kya din hai!’ A fellow traveler nearby burst out laughing and said, ‘Same here!’ That shared moment of clumsiness turned into a friendship that's lasted ever since. Over time, we've become more than friends—practically family. Solo travel taught me that it's the unexpected, funny moments that lead to the most meaningful connections—and sometimes, all it takes is a little stumble to find a friend for life.”





Whether it's hanging out with locals who know all the hidden gems or meeting fellow wanderers who are just as hyped about the journey - travel isn't just about checking off hotspots; it's about finding that spark, both with new places and new faces. That's where Tinder comes in. As the top downloaded app among 18-year-olds, Tinder isn't just for dating—it's your ultimate travel sidekick. Whether you're looking to make friends, find the coolest hangouts, or meet people who get your vibe, Tinder's got you covered. With Tinder Passport™, you can start making connections before your plane even touches down. Match with locals or fellow travelers in any city around the world, and make sure your adventure is filled with meaningful moments from the get-go.

This guide is your must-have travel companion, showing you how to make the most of your solo trips with Tinder by your side. So, get ready to match, explore, and connect—because the world is waiting, and so are your next unforgettable connections.



TINDER PASSPORT™'S ULTIMATE CONNECTION HOTSPOTS

Ready to spark your next adventure halfway around the world? Tinder has rounded up the top 10 destinations¹ on Tinder Passport™ this year that are lighting up the Tinder map.

[BKK]
BANGKOK, THAILAND

[HND]
TOKYO, JAPAN

[LHR]
LONDON, ENGLAND

[DEL]
DELHI, INDIA

[ICN]
SEOUL, SOUTH KOREA

[SYD]
SYDNEY, AUSTRALIA

[FKI]
NEW YORK CITY, USA

[LAX]
LOS ANGELES, USA

[MLB]
MELBOURNE, AUSTRALIA

[MUM]
MUMBAI, INDIA

Indian cities didn't just make the cut for popular travel spots—they also stand out as home to the most adventurous Tinder users. These are the cities where locals are embracing their wanderlust (virtually, of course):

[BKK]
BANGKOK, THAILAND

[HND]
TOKYO, JAPAN

[DEL]
DELHI, INDIA

[SYD]
SYDNEY, AUSTRALIA

[MLB]
MELBOURNE, AUSTRALIA

[ICN]
SEOUL, SOUTH KOREA

[SYD]
BNE, AUSTRALIA

[KIX]
OSAKA, JAPAN

[BLR]
BENGALURU, INDIA

[HCM]
HO CHI MINH CITY, VIETNAM

MAKING CONNECTIONS

ON THE GO WITH TINDER

Solo travel is a blast, but it's even better when you can share the fun with someone new. Whether you're checking out hidden city spots or catching sunsets on the beach, Tinder is your go-to for meeting locals and fellow adventurers. With features like **Tinder Explore**, you can find like-minded travelers, and **Video Chat** helps you get a feel for your match before meeting up. Plus, **Share My Date** lets you keep a trusted friend in the loop, adding that extra layer of safety while you're out there having a good time.

This section is all about maxing out your Tinder experience—safely, smartly, and with a ton of fun. From crafting the perfect travel bio to real-life stories of connections made on the road, we've got everything you need to turn your solo trip into an adventure filled with new friends and unforgettable memories!

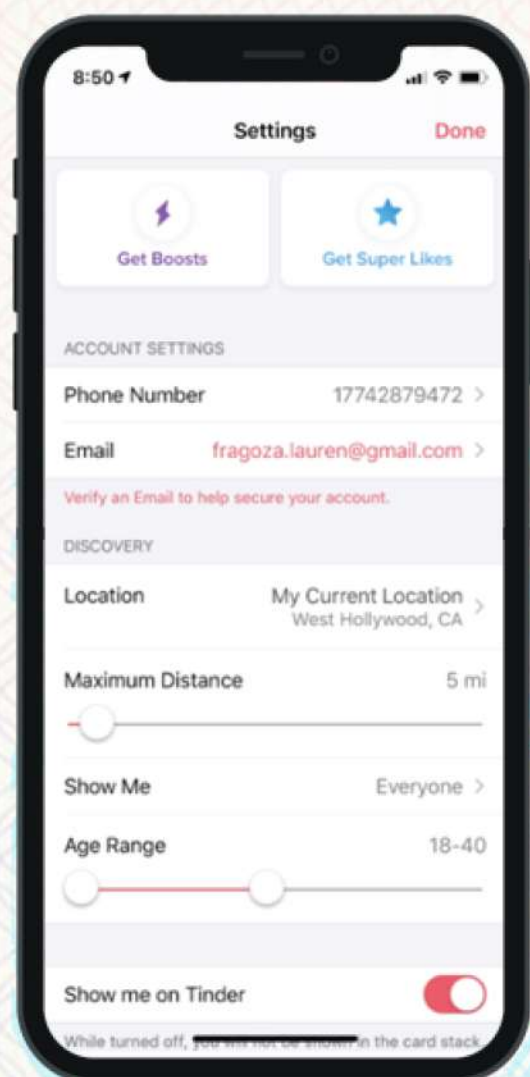


TINDER PASSPORT™

YOUR TICKET TO GLOBAL CONNECTIONS

Tinder Passport™ is your pass for starting connections before you even touch down in a new city. Want to make new friends, get the scoop on local spots, or line up some dates ahead of time? Passport™ lets you scope out the scene and make moves from your phone from miles away.

[HOW TO USE TINDER PASSPORT™ LIKE A PRO]



UNLOCK PASSPORT™ MODE:

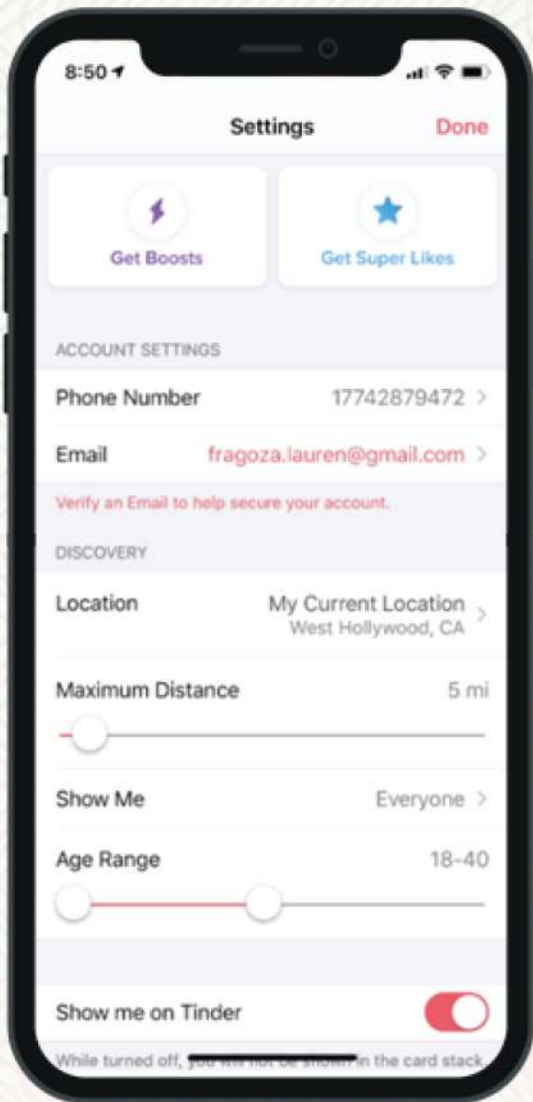
Hit up “Settings” on Tinder, find “Location,” and switch it up to the city you’re heading to. Tap “Add a new location,” type in your travel destination, and boom—you’re matching with locals before you even land.

EXPLORE NEW MATCHES:

Update your location and show where you are or where you’re heading next so locals and travelers can find you. Start chatting with people in your travel city now. Be upfront about your travel plans in your bio or first message to keep things clear. Example: “Landing in Goa next week! From New Delhi—what’s good in your city?”

SWITCH IT UP:

Change your location anytime if you’re hitting multiple cities. Your likes might pop up for 24 hours after you switch.



UPDATE YOUR BIO:

Drop a line about the places you're hitting up and how long you'll be there. Example: "Exploring Hampi for two weeks—let's hang!" Aim for a bio between 15-45 words³.

PICTURE GAME STRONG:

Post recent pictures—at least five²—to make your profile pop and give a peek into your adventures.

Pankti Chheda, Tinder user and the owner of Moving Meals, from Mumbai "I'll let you in on a little secret - "Improv and solo-traveling both operate on the same principle: always say 'yes'. This is where the real fun starts. Everyone has their comfort zones, but stepping out of them leads to memorable experiences. For instance, saying yes to meeting a girl from Tinder on the last day of my Amsterdam trip led to the best pizza and margaritas ever. Pro-tip: If you plan your trip in advance, use **Tinder Passport** to match with people in your destination before you arrive. In Budapest, this approach connected me with a girl who showed me hidden gems that were not even on my must-see list."



[FIVE TINDER FEATURES YOU NEED TO CHECK OUT]

INTERESTS:

List up to five interests like “Hiking” or “Street Food” to match with people who share your passions. Did you know 50% of young singles in India also agree that an interest in travel makes a match more attractive.⁴

PROMPTS:

Use prompts like “The key to my heart is…” to show off your personality and spark conversations.

EXPLORE:

Use Tinder Explore to find people with similar interests—nature lovers, thrill seekers, or foodies.

RELATIONSHIP GOAL:

Clearly state your intent on your profile whether you're looking for friends, travel buddies, or something more serious.

VIDEO CHAT:

Before meeting in person, suggest a virtual video date. It's a fun way to break the ice and get to know each other better.



SPARKING THE VIBE —

HOW TO START CONVERSATIONS LIKE A PRO

Starting a convo with someone new can feel a bit nerve-wracking, especially in a new place. But with a little creativity and confidence, you can easily break the ice and make some awesome memories. **Dr. Chandni Tugnait, Dating & Relationship Expert at Tinder India** shares some tips:

[FIND COMMON INTERESTS]

Check out profiles for shared interests like travel or road trips. If they're flaunting their adventures, that's your cue to slide in and chat. 42% of young singles in India think having similar interests is key to hitting it off.

[ASK THE LOCALS]

Locals are your go-to for the best tips. Just ask, "Hey, I'm new here—any must-visit spots?" and watch the conversation flow. Pro tip: Even before you get to your destination, use Passport™ Mode to snag insider tips on the best spots. Locals will spill the tea on must-visit places and hidden gems.

[LEARN THE LINGO]

Don't assume everyone speaks your language. Pick up some local phrases and use Google Translate to help out. People will appreciate your effort, and you'll learn some cool new words.

[PLAN A FUN OUTING]

Suggest activities like checking out a local market or trying street food together. Shared adventures = unforgettable memories.

[BE RESPECTFUL]

Always keep cultural norms in mind and approach every conversation with respect and an open mind.

A TRAVELER'S CHECKLIST

FOR SMART AND SECURE ADVENTURES

Traveling is more than just hopping from one destination to another—it's about doing it smart, secure, and sustainable. Whether you're packing light, cutting down expenses, or soaking in new cultures, our guide is packed with tips from **The Hosteller crew** to ensure you're well-prepared for an unforgettable trip.

[PACK LIGHT, PACK RIGHT!]

Packing light isn't just a travel hack—it's a lifestyle. Imagine breezing through airports, hopping on buses, and walking cobblestone streets without dragging a heavy suitcase. With just a carry-on, you avoid baggage fees, lost luggage nightmares, and have more freedom to explore. Plus, less stuff means less stress and more spontaneity on your trip! Top tips to travel light:

- ✦ **PACK BASED ON TRIP LENGTH:** Short trip? Pack light. Long trip? Plan to do laundry (pro tip: The Hosteller's got you covered!). Pick versatile items like zip-off pants or scarves that double as beach cover-ups.
- ✦ **PACK SMART:** Learn the tricks of the trade - packing cubes + rolling clothes = space-saving magic.
- ✦ **GO GREEN:** Ditch big bottles for travel-sized or eco-friendly bars.
- ✦ **BAG SELECTION 101:** Grab a lightweight bag with compartments. Carry-on only is key—keep essentials like ID, chargers, and a change of clothes close.
- ✦ **LIMIT SHOES:** 2-3 pairs max. Wear the bulkiest ones to save space! Maximize every inch by tucking socks, chargers, or toiletries into your shoes.
- ✦ **COMPRESS AND CONQUER:** Use vacuum or compression bags for bulky items like jackets.

[TRAVEL SMART, NOT BROKE]

Travel doesn't have to break the bank. By following these tips, you can explore more, spend less, and have a blast doing it. So pack smart, plan ahead, and let your wallet take a vacation too. Here's how to keep expenses in check while ensuring a memorable and safe journey:

- ✦ **DO YOUR HOMEWORK:** Hit up YouTube, Reddit, and travel forums for hacks, hidden gems, and budget tips from real travelers.
- ✦ **SNAG EARLY DEALS:** Flights and trains can drain your budget—book early, aim for round-trips, and fly on weekdays for discounts. Don't forget to check for student or veteran discounts; every bit counts!
- ✦ **SKIP PRICEY HOTELS:** Why blow your budget on expensive hotels when you can stay at wallet-friendly places like The Hosteller? Easy way to meet fellow travelers and save cash for your adventures.
- ✦ **RENT YOUR RIDE:** Opt for an e-bike instead of Uber. It's cheaper, greener, and gives you freedom to explore at your own pace!
- ✦ **FIND FREE FUN:** From trails to local festivals, ask The Hosteller staff for free activities or join hostel walking tours.
- ✦ **LIVE LOCAL:** Eat, shop, and explore like a local. It's budget-friendly and also packed with vibes you won't get anywhere else.



[HOW NOT TO BE **THAT** TOURIST]

Travel isn't just about the 'gram-worthy spots; it's about soaking up the vibes of new cultures. But let's keep it real—respecting local customs is key to a killer travel experience. Here's your cheat sheet to not mess up.

- ⚡ **BLEND IN, DON'T STAND OUT:** Sure, your OOTD is fire, but dressing modestly shows you respect local norms, especially around temples, mosques, and rural spots.
- ⚡ **KICK OFF THOSE SHOES:** Visiting homes, temples, or small shops? Ditch the shoes at the door. It's a sign of respect and shows you're all about those local traditions.
- ⚡ **KEEP PDA LOW-KEY:** Cute, but not everywhere. Gauge the vibe before hand-holding or hugging.
- ⚡ **ASK BEFORE YOU SNAP:** Not everyone's down for a spontaneous photoshoot. Before capturing that epic shot, ask for permission.
- ⚡ **SKIP THE TABOO TOPICS:** Avoid subjects like politics, religion, or caste. It's all about good vibes, not sparking heated debates.
- ⚡ **RESPECT NATURE, WHEREVER YOU ARE:** Leave no trace, don't litter, and respect wildlife wherever you go.
- ⚡ **DITCH THE JUDGEMENT:** Keep an open mind. Every place has its own rhythm and vibe—be curious, ask questions, and embrace the weird, wonderful differences.



[KEEP YOURSELF GROUNDED]

Solo travel is freedom, independence, and endless opportunities. But to fully enjoy it, keeping your mental health in check is key. Here's the ultimate self-care guide that'll keep you centered and thriving.

✦ **JOURNAL IT OUT:** Journaling isn't just for the poets; it's your personal mental health hack. Start or end with a quick gratitude list—it's a mood booster and stress reliever. It could be anything—a dope sunset, a friendly smile, or that amazing street food you discovered.

✦ **CREATE YOUR COMFORT KIT:** Pack small items that make you feel good to ease anxiety—think lavender essential oil, a tiny stuffed animal, or your fave snacks from home.

✦ **SET BOUNDARIES:** Don't feel like joining? Say no. Prioritize your comfort, no explanations needed.

✦ **DON'T GET LOST IN THE SCROLL:** Balance your screen time by checking in with family or friends and then putting your phone away. Live in the moment—your memories are better than any filter.

✦ **MOVE THAT BODY:** Yoga, quick workouts, or even a dance-off—exercise is a natural mood lifter.

✦ **PRACTICE MINDFULNESS:** Just 5 minutes of meditation or deep breathing can reset your day and help you feel grounded.

✦ **EAT WELL, FEEL WELL:** Your brain needs more than just fries and sweets. Balance it out with some greens, proteins, and plenty of water. Keep snacks like nuts, fruit, or granola bars handy.

✦ **PAUSE WHEN YOU NEED TO:** Travel is all about experiences, but listen to your body. Sometimes the best plan is just to chill.

Mansi Narang, an avid explorer and part of The Hosteller's community, says - "No matter where I stay, hostel or hotel, I never go anywhere without my stuffed bunny. Sometimes people even laugh when they see it, but honestly, that bunny is my home away from home! It's my travel buddy, and it makes every new place feel just a little more familiar" .

[BE ECO-FRIENDLY]

Sustainable travel isn't just a buzzword—it's about making little changes that have a big impact. Here's how you can do your part while having the time of your life:

REUSABLES ARE IN: Plastic is seriously so last decade. So BYOB (Bring Your Own Bottle)! At The Hosteller, we've got refill stations at all our properties, so you can stay hydrated without the plastic guilt.

SOLID TOILETRIES ARE THE MOVE: Solid shampoo, conditioner bars, and soaps are spill-proof, last longer, and keep your toiletry kit free of plastic packaging.

REUSABLE BAGS FTW: Keep a foldable tote with you for all those impromptu market hauls or snack runs. It's stronger, cuter, and doesn't end up in a landfill.

HOP ON PUBLIC TRANSPORT: Public transport is where the real city vibes are at, and it's a major eco-saver too. Or grab a bike, and explore the city at your own pace. It's eco-friendly cardio!

GREEN STAYS: Book hostels and hotels that care about their footprint. The Hosteller, for example, goes all out with green initiatives, like plastic-free zones plus and 100% vegetarian food to reduce the environmental impact.

RESPECT WILDLIFE: Pick ethical tours that prioritize conservation—nature treks and certified safaris.

SHOP LOCAL, BUY CONSCIOUS: Swap mass-produced souvenirs for handcrafted items from local markets. You'll score unique finds and support small businesses.

The Hosteller's Green Commitment: "At The Hosteller, we're committed to making travel greener for everyone. From cutting down on waste to supporting local eco-initiatives, our hostels are designed to help you travel sustainably without sacrificing any of the fun. Whether you're lounging by the beach in Goa or hiking in the hills of Manali, you can be sure your stay with us is part of a larger effort to protect the planet", says **Tanya Mahendra, Sustainability Practitioner and PR & Partnership Manager at The Hosteller.**

[MOST IMPORTANTLY, STAY SAFE]

Always remember: safety first! Tinder has over 20 Trust & Safety features in place to ensure that your next Tinder Passport™ adventure is both safe AND fun, and these are some of the top tips from

Dr. Chandni Tugnait, Dating and Relationship Expert at Tinder India that you can rely on:

VERIFY BEFORE YOU MEET: Double-check your connections with Tinder's [photo verification](#) feature. That blue checkmark means you're chatting with the real deal, helping you avoid fake profiles and focus on genuine connections. It's a key feature that 65% of young daters in India find makes a profile more attractive.

KEEP YOUR CREW IN THE LOOP: Whether you're off on a date or exploring a new city, always share your plans with a trusted friend or family member. Use Tinder's [Share My Date](#) feature to keep them in the loop by sharing your date plans directly from the app.

CHOOSE PUBLIC OVER PRIVATE: First meet-ups should always be in busy, public places. A cozy cafe or bustling park is perfect for safety and comfort. And don't forget to check out [Tinder's Safety Center](#) for more tips on staying secure IRL.

GUARD YOUR PERSONAL DETAILS: Keep your private information, well, private. Don't share your accommodation address or financial details with anyone new, and if something feels off on the app, use Tinder's [Block & Report](#) features to protect yourself instantly.

KEEP VALUABLES CLOSE: Stay savvy by keeping your essentials secure in a travel wallet or money belt. Flashing expensive gadgets or jewelry in public? Not the best idea.

TRUST YOUR INSTINCTS, ALWAYS: Listen to your gut—if a situation feels off, it probably is. Stay sharp, skip the drinks from strangers, and if needed, make a quick exit to keep yourself safe and sound.

Neha Sudan, Travel Content Creator ([@breathhtaking.postcards](#)), "As a passionate traveler, exploring new places brings me immense joy. It's all about immersing myself in local culture, tasting authentic food, discovering hidden gems, and enjoying sunsets over a cup of coffee. For solo travelers, here are a few tips: opt for a fanny pack instead of a sling bag to keep your belongings secure, avoid areas known for trouble, memorize an emergency phone number, and be cautious about sharing personal details with new friends if you have any doubts."

[PRO TIP]

If you are a LGBTQIA+ user and use Tinder's Passport™ feature in a country where it could be risky to match in, the Traveler Alert feature will alert you of the local laws and give you a choice to opt-out before your profile is shown in the area.

[ESSENTIAL EMERGENCY APPS IN INDIA]

When traveling in India, it's crucial to have easy access to emergency services. Here are a few apps that can help:

- 🔦 **112 INDIA:** This official app connects you directly to emergency services (police, fire, medical) anywhere in India. It also allows you to send alerts to your emergency contacts with your location.
- 🔦 **MY SAFETIPIN:** This app helps you find safe routes by providing safety scores based on lighting, visibility, and other factors. It also lets you share your location with trusted contacts.
- 🔦 **HIMMAT:** Delhi Police's women safety app. Features a one-touch SOS alert system. The app is linked directly to the Delhi Police control room for rapid response.
- 🔦 **BSAFE:** An app that lets you share your location with trusted contacts, send SOS messages, and even trigger an alarm in an emergency.

Naikita Bali, Travel Content Creator (@naikita.bali), says “Solo traveling in India was like unlocking a whole new level in life. The freedom and thrill of being on my own made me realize how capable I am—and how much fun it is to get a little lost. For all my Gen Z solo explorers: don't over-plan, leave room for surprises! Safety is a priority, of course, but also don't forget to enjoy the spontaneous adventures. Keep your playlists ready, trust your gut, and most importantly, go make some epic memories—you'll thank yourself later!”

By following these guidelines and utilizing Tinder's safety features, you can enjoy your travels with confidence and peace of mind. Safe travels!

Passport™ Mode is available to Tinder subscribers as part of Tinder Plus®, Tinder Gold™, and Tinder Platinum™. Passport™ Mode is also available as a stand-alone purchase.

1 Research conducted by One Poll - survey of 1,000 Indian young adults (18-25) across pan-India in March-April 2022.

2 Tinder's Future of Dating Report 2023

3 Tinder Platform data 2023

4 A study of 1000 18-25 year old dating singles across Delhi, Mumbai, Bangalore, Kolkata, Chandigarh, Chennai, Kochi, Jaipur, Hyderabad, Guwahati between April - May 2023 conducted by OnePoll on behalf of Tinder

TOP TRENDING

SOLO TRAVEL DESTINATIONS

Planning a solo trip? Here's a curated list of the top 5 solo travel destinations and first-date spots, handpicked by the Hosteller team.



GOA

Goa's the perfect mix—chill beaches, secret waterfalls, and aesthetics that scream Insta-worthy. Whether you're looking for peace or a thrill, Goa's got you! Here are some top spots to check out:

FOR THE ULTIMATE FOODIES:

Viva Panjim, Fontainhas, Cantare, Saligao, Bean Me Up, Vagator, Gunpowder, Assagao, Cantina Bodega, Panjim

NATURE TRAILS:

Chorla Ghat, Todo Waterfall Trail, The Bubbling Lake of Netravali, Rivona Caves, Pequeno Island (Bat Island)

LGBTQ+ FRIENDLY SPOTS:

Café Alchemia, Anjuna, Pride Café, Arambol, Waters Beach Lounge & Grill, Vagator, The Hosteller, Goa

FOR THE ADVENTURE SEEKERS:

Scuba Diving at Grande Island, Trekking to Dudhsagar Waterfalls and Parasailing at Calangute Beach

FESTIVALS & CULTURE VIBES

Goa Carnival (February), Shigmo Festival, Sao Joao Festiva, Grape Escapade (January) Zatra of Shantadurga



[KUU] MANALI

Manali's not just pretty—it's a vibe! From snow-capped peaks to hidden hot springs, this place is an adventure seeker's dream. Solo backpackers, get ready to feel the magic in every step.

FOR THE ULTIMATE FOODIES:

Cafe 1947, The Lazy Dog, Drifters' Inn & Café, Mount View Restaurant, Dylan's Toasted and Roasted

NATURE TRAILS:

Jogini Waterfall Trek, Lama Dugh Trek, Beas Kund Trek, Van Vihar National Park, Bhrgu Lake Trek

LGBTQ+ FRIENDLY SPOTS:

Johnson's, Dylan's, Renaissance

FOR THE ADVENTURE SEEKERS:

Paragliding in Solang Valley, River Rafting in Beas, Trekking to Bhrgu Lake, Skiing at Solang Valley

FESTIVALS & CULTURE VIBES

Winter Carnival (January), Doongri Fair, Losar Festival, Gaia Festival



IDEA RISHIKESH

Rishikesh is all about finding your vibe—whether it's soul-searching by the Ganga or tackling those wild white-water rapids. The “Yoga Capital of the World” blends peace and adventure, making it a solo traveler’s dream.

FOR THE ULTIMATE FOODIES:

Soul Kitchen, Pumpernickel German Bakery, Ramana’s Garden Cafe, Ganga View Cafe, Beatles Cafe

NATURE TRAILS:

Neer Garh Waterfall Trail, Kunjapuri Temple Sunrise Trek, Rajaji National Park, Phool Chatti Waterfall Trek, Vashishta Gufa

LGBTQ+ FRIENDLY SPOTS:

Little Buddha Café, Tat Café, Freedom Café, Wellness Retreats

FOR THE ADVENTURE SEEKERS:

White Water Rafting, Bungee Jumping, Cliff Jumping, Mountain Biking, Giant Swing

FESTIVALS & CULTURE VIBES

International Yoga Festival (March), Ganga Aarti at Triveni Ghat, Holi



COCHI KOCHI

Where old-world charm meets modern vibes, Kochi is a coastal dream for solo travelers. From ancient temples to stunning backwaters, this city's got it all.

FOR THE ULTIMATE FOODIES:

The Drawing Room, Loving Earth Cafe, Dhe Puttu, Lila Art Cafe, Kayees Rahmathulla Cafe

NATURE TRAILS:

Mangalavanam Bird Sanctuary, Cherai Beach, Thattekad Bird Sanctuary, Illithode Nature Trail, Paniyeli Poru

LGBTQ+ FRIENDLY SPOTS:

Kashi Art Café, Loving Earth Café, Qissa Café

FOR THE ADVENTURE SEEKERS:

Backwater Kayaking, Bhoothathankettu Trekking, Banana Ride

FESTIVALS & CULTURE VIBES

Kochi-Muziris Biennale, Onam Festival, Indira Gandhi Boat Race, Cochin Carnival (December), Vyttila Flower Show



FIXE! COORG

A hill station famous for its misty landscapes and sprawling coffee plantations, Coorg is a go-to for peace, nature, and solo adventures. Trek through dense forests or sip coffee with a view—it's all about that chill vibe.

FOR THE ULTIMATE FOODIES:

Raintree Restaurant, The Falls at Tamara Coorg, Beans N Brews Café, Big Cup Café

NATURE TRAILS:

Tadiandamol Trek, Kopatty Trek, Pushpagiri Wildlife Sanctuary, Brahmagiri Hill Trek, Karkette Trek

LGBTQ+ FRIENDLY SPOTS:

Raintree Restaurant, Coorg Coffee Flower

FOR THE ADVENTURE SEEKERS:

Quad Biking, Microlight Flight, High Ropes

FESTIVALS & CULTURE VIBES

Kailpodh Festival (September), Puthari Festival, Cauvery Sankramana (October), Kodava Hockey Festival, Kodava Ainmane Festival

