

SHYGIRLSFLY
TRAVEL DOCUMENT

THE ULTIMATE BEGINNER'S GUIDE TO



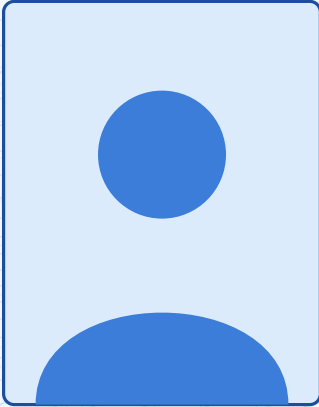
TRAVELING ABROAD

Everything you need to make your first trip stress-free

2026 EDITION • UPDATED



PASSEPORT • PASAPORTE • ShyGirlsFly Edition



YOUR PHOTO GOES HERE

TYPE

P

CODE

ABR

PASSPORT NO.

2026-ED

SURNAME

TRAVELER

GIVEN NAMES

YOU

NATIONALITY

READY TO GO

DESTINATION

YOUR CHOICE

DATE OF ISSUE

OCT 2026

AUTHORITY

CANDICE MARIE

This guide is your ticket.

Every page that follows is a stamp on your way to your first trip abroad: documents, budget, packing, airports, and arrival. Take it one page at a time, and take your time.

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A Note Before You Begin

The first edition is a few trips behind.



“Things have changed a lot since the first edition of this guide. It has been updated to include major changes that could affect your upcoming travel plans.”

— Candice

What changed since the first edition

- **Europe:** face and fingerprint scans at the border (EES), fully live since April 10, 2026. ETIAS, the €20 travel authorization, still has no confirmed start date, so you don't need it for a 2026 trip.
- **South Korea:** every visitor now files a free digital e-Arrival Card, within 3 days before landing. The K-ETA is waived for U.S. citizens through Dec 31, 2026.
- **Power banks:** two per person, carry-on only, and no charging them in flight (global rule since March 27, 2026). Many airlines, including every Korean carrier, ban using them on board.
- **Airport security:** shoes can stay on. The 3-1-1 liquids rule still applies. Flying inside the U.S. without a REAL ID may cost you a \$45 TSA fee.
- **Passports:** eligible adults can now renew online. Plan on 4 to 6 weeks routine, 2 to 3 weeks expedited, plus mailing.
- **Jamaica:** Hurricane Melissa (Oct 2025) damaged the island's west and south. Most of it is open again, but some resorts are still reopening.

Look for the navy **NEW IN 2026** boxes as you go, and for **Candice's Tip** at the bottom of every section.

Welcome to Your Adventure!

Your first stamp is already on the page.



Feeling stuck and dreaming of a better life abroad? You're not alone. Thousands of people like you are taking bold steps to leave behind stress and find freedom in a new place. The good news? You've already taken the first step by seeking guidance, and I'm here to make it easy for you.

Let's break it down step by step, so you feel confident, prepared, and excited for what's ahead. No matter where you're starting, this guide has everything you need to get moving, because your dream life is closer than you think.

Your route

STEP 1	Documents you need
STEP 2	Budgeting basics
STEP 3	Packing essentials
STEP 4	Navigating airports
STEP 5	Arrival and culture
EXTRA	Common concerns, and 5 easy first destinations

★ CANDICE'S TIP

Shy about this whole thing? Good. Some of the best travelers start out nervous. You don't have to be loud to be brave. You just have to take the next small step, and this guide hands you one at a time.

Documents You Need

Traveling abroad starts with your paperwork.



- **Passport.** If you don't have one, apply at least 6 months before your trip, since many countries want it valid for 6 months beyond your travel dates. Eligible adults can renew online: routine takes 4 to 6 weeks, expedited 2 to 3 weeks (+\$60), plus mailing. Renewal is \$130; a first adult passport is \$165.
- **Visa or entry authorization.** Some countries are visa-free, others need an application or an online form ahead of time. Start at travel.state.gov, then confirm on the destination's official immigration site.
- **Travel insurance.** It's non-negotiable. It covers medical emergencies, trip cancellations, and more. Providers to look at: Allianz, World Nomads, SafetyWing.
- **Vaccinations.** Check your destination's requirements on the CDC website. Some places ask for proof of vaccination.
- **Flying inside the U.S.?** Bring a REAL ID or your passport.

Pro tip: keep a digital copy of everything stored securely online (Google Drive or iCloud) and a paper copy in your luggage, just in case.

NEW IN 2026

- **Europe checks your face and fingerprints.** EES has been live at every Schengen border since April 10, 2026. It's free, and there's nothing to do ahead of time.
- **ETIAS is not required yet.** Skip any site selling it today. The official start date hasn't been announced.

★ CANDICE'S TIP

Put your passport expiration date in your phone calendar with two reminders: one at 9 months out and one at 6. Then make a checklist of these items and knock them out one at a time. You've got this.

Budgeting Basics

Traveling doesn't have to break the bank.



- **Daily expenses.** Research the cost of meals, transportation, and activities where you're going. Include the currency exchange rate in your math.
- **Flights.** Compare Skyscanner, Google Flights, and Hopper to find the best deals. Pro tip: book 2 to 3 months ahead, and consider the off-season for better prices on flights, stays, and excursions.
- **Accommodations.** Choose by budget and length of stay. Airbnb is your friend for stays over a week: it's often cheaper than a hotel and gives you a local vibe.
- **Emergency fund.** Set aside at least 10% of your total trip budget. If you're headed somewhere higher-risk, include the cost of an emergency flight home.
- **Currency.** Apps like Wise, Revolut, and XE Currency make exchange rates easy to check.

NEW IN 2026

- **Budget for the paperwork.** A U.S. passport renewal is \$130 and a first passport is \$165. Rush it and add \$60.
- **Some entry fees hide in your ticket.** Mexico's tourist permit (the FMM, about \$54 in 2026) is included in your airfare when you fly in.
- **Europe's ETIAS** is planned at €20 once it starts. Until the EU announces it, don't pay anyone for it.

★ CANDICE'S TIP

When a card machine abroad asks if you want to pay in dollars or the local currency, always choose the local currency. Paying in dollars sounds helpful, but it usually locks in a worse exchange rate. And bring a card with no foreign transaction fees.

Packing Essentials

Pack light, but pack smart.



- **Tech gear.** A plug adapter, a power bank, a handheld luggage scale, and headphones.
- **Clothing.** Versatile, weather-appropriate outfits. Comfortable shoes are essential.
- **Documents.** Keep every travel document in one folder, or in an app like Triplt.
- **Toiletries.** Travel-size items, and check your destination's rules for liquids.
- **Extras.** Snacks, a reusable water bottle, and a small first-aid kit with bandages and pain relievers.

NEW IN 2026

- **Power banks changed.** Since March 27, 2026, the global rule is a maximum of two per passenger.
- **Carry-on only.** Never pack a power bank in checked luggage. Keep it where you can see it, not in the overhead bin.
- **Don't plan to charge from it in the air.** Many airlines now ban it, including all Korean and Japanese carriers. Charge it before you go and use the seat outlet instead.

★ CANDICE'S TIP

Pack a "first 24 hours" kit in your carry-on: a change of clothes, your medications, a charger, and a copy of your documents. If your bag is delayed, your trip still starts on time.

Navigating Airports

First time at an airport? It's normal to feel overwhelmed.



- **Arrive early.** Plan for 2 to 3 hours before international flights, and check in online 24 hours ahead.
- **Security.** Follow the 3-1-1 rule: containers of 3.4 oz (100 ml) or less, in one quart-size clear bag, one bag per person. Good news: you can now keep your shoes on.
- **Immigration.** Be ready to answer questions about your trip and to show your documents.
- **Layovers.** Many airports sell day passes to lounges, and the Priority Pass app can help you find them.
- **Faster lines.** Global Entry is \$120 for five years and includes TSA PreCheck. CLEAR is mostly for domestic travel and may not be worth it for international trips.

NEW IN 2026

- **Europe's border now takes your photo and fingerprints** on your first entry (EES). Give yourself extra time for the line.
- **Check the arrival forms.** South Korea requires a free e-Arrival Card for every visitor, filled in online before you land.
- **Airline power bank rules** are enforced at the gate and in the cabin. See Step 3.

★ CANDICE'S TIP

Download the airline's app, screenshot your boarding pass, and look up your terminal before you leave home. If you feel lost, find an airport employee in a uniform and just ask. They get that question all day. Take a deep breath. Airports are designed to guide you step by step.

Arrival and Culture

Settle in like a pro.



- **Getting around.** Research public transit, taxis, and local rideshare apps. Uber doesn't operate in every country. In Korea, use Kakao T for taxis and Naver Map or Kakao Map for directions.
- **Phone data.** Buy an eSIM before you land so you have a map and a translator the minute you arrive.
- **Etiquette.** Respect local norms. In Korea, giving and receiving with both hands is polite.
- **Safety.** Use an anti-theft bag and stay aware of your surroundings. Join a local expat or travel community for support.

Basic phrases break the ice. Hello in Korean is “Annyeonghaseyo.”

안녕하세요

NEW IN 2026

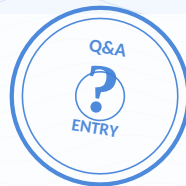
- **Korea:** file the free e-Arrival Card at e-arrivalcard.go.kr within 3 days before arrival. It's required even though the K-ETA is waived for U.S. citizens through Dec 31, 2026.

★ CANDICE'S TIP

Learn “thank you” first. It's the phrase people notice most. And join a community group for your destination before you land, so you arrive already knowing a few friendly names.

Common Concerns

Quick answers to the questions I hear most.



“What if I don’t know where to start?”

Start by getting your passport and researching destinations that fit your skills and goals. Then visit travel.state.gov.

“How do I find remote work?”

Start with platforms like Upwork, FlexJobs, and We Work Remotely, or network inside your field. One important note: working remotely on a tourist entry isn’t allowed in most countries. Look at digital nomad visas, like Portugal’s D8, Korea’s F-1-D, and Thailand’sDTV.

“Can I move abroad with kids?”

Many countries offer family-friendly visas. Research each country’s education and healthcare systems before you decide.

“Do I need to renew my passport?”

Adult passports are valid for 10 years, and a child’s for 5. Most adults can renew by mail or online if their passport was issued when they were 16 or older, within the last 15 years. Check travel.state.gov for the current wait.

GOOD TO KNOW

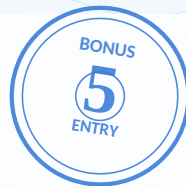
- **Visa rules shift fast.** The Move Abroad Live webinar updates the big ones each year: digital nomad, pension, working, and student visas.

★ CANDICE’S TIP

Don’t let one big question freeze you. Pick one tiny action today: check your passport’s expiration date. That’s the whole assignment. Momentum does the rest.

Easy First Destinations

Five beginner-friendly places, updated for 2026.



- **South Korea.** Safe, modern, and full of diverse experiences. U.S. citizens are visa-free for up to 90 days. File the free e-Arrival Card before you land; the K-ETA is waived through Dec 31, 2026.
- **Mexico.** Easy to reach, affordable, and amazing food and culture. You need a passport book to fly in, plus the FMM tourist permit, which comes with your airfare. Check the advisory for the exact state you're visiting.
- **Jamaica.** Stunning beaches and vibrant culture. After Hurricane Melissa, most of the island is open and the U.S. advisory is back to Level 2 (Jan 2026). Confirm your hotel has reopened before you book; some resorts return later in 2026.
- **Canada.** Incredible food and scenic views, close to home. No visa for short U.S. visits. Carry a passport (or a passport card if you cross by land or sea).
- **Sweden.** Friendly locals, beautiful landscapes, rich history. It's in the Schengen Area, so expect the EES photo and fingerprint check. ETIAS isn't required yet.

Each of these is perfect for dipping your toes into international travel. Pick one and start planning today!

★ CANDICE'S TIP

Choose the place that makes you smile when you picture it, not the one that sounds the most impressive. Your first trip only has to be a good first trip. A week is plenty.

Your dream life abroad starts here.

Don't wait another day to begin this journey. Follow me on social media @shygirlsfly for daily tips, live Q&A sessions, and travel hacks.

MOVE ABROAD LIVE

A live workshop on moving abroad, held the first Tuesday of every month at 8:00 PM ET. It covers the four visa types (digital nomad, pension, working, student), five popular destinations, and relocation basics. \$47.
moveabroad2026.netlify.app

1:1 MOVE ABROAD STRATEGY CALL

Need personalized help? We build your actual plan in one session: your country, your visa route, your first steps. \$197.

WHERE TO CONFIRM THE LATEST RULES

travel.state.gov (passports and country info) · e-arrivalcard.go.kr (Korea) · travel-europe.europa.eu (EES and ETIAS) · cdc.gov/travel (vaccines)

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