

# **The Role of Social Media in Travel Efficacy Development and Travel Constraint Negotiation Among Egyptian Women**

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### **Dedication**

This work is dedicated to my dearest, most compassionate, and supportive father, *Magdy*, may God rest your soul in eternal peace. You gave me unconditional love and support to chase my dreams. You always let me choose my own path. Back in school, I promised you I would earn the “Doctor” title one day, not in medicine, but with my PhD. You backed me in every step since then. You taught me education is the best investment, and you kept investing in mine till now, when I’m submitting my thesis. I’ll carry your strength and perseverance. Hope I am making you proud, and I know how much you wanted to witness this day.

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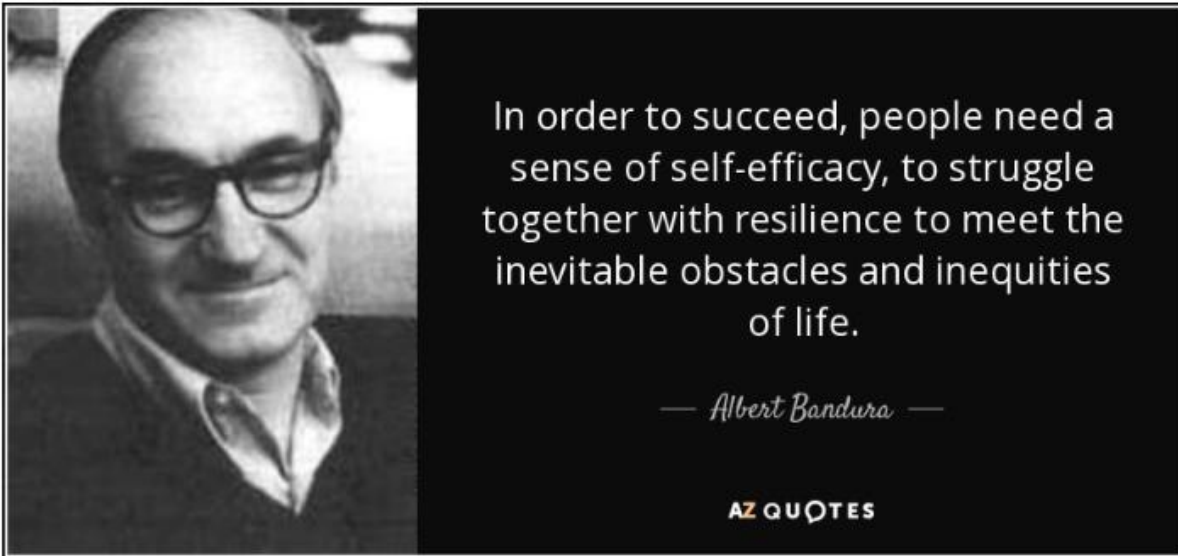
When I think of whom I should thank, I have to start with my extremely supportive supervisors; *Professor Margaret Hogg* and *Dr. Eman Gadalla*. Each has contributed to this research, to my professional and also to my personal journey in a unique way.

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In order to succeed, people need a sense of self-efficacy, to struggle together with resilience to meet the inevitable obstacles and inequities of life.

[Albert Bandura](#)

## Abstract

Most existing research about self-efficacy primarily focuses on internal belief systems, while studies about leisure constraints and constraint negotiation address barriers to participation. This research explores how young Egyptian women use social media, particularly Facebook travel groups, to negotiate different travel constraints simultaneously, develop multiple forms of efficacy, and pursue independent travel within a restrictive socio-cultural context. Drawing on the leisure constraints theory, constraint negotiation theory, and self-efficacy theory as the theoretical lens, the study examines how intrapersonal, interpersonal, and structural constraints intersect, and how digital communities enable women to overcome these constraints in a non-Western, patriarchal setting.

Employing an interpretivist qualitative design, the research integrates netnography of 201 Facebook posts with 13 semi-structured interviews of young Egyptian women who faced travel constraints to pursue independent travel. Findings reveal multi-layered constraints; intrapersonal (fears, self-doubt), interpersonal (familial/communal control), and structural (cultural norms, religious interpretations, gendered roles, geography, finances) that are overlapping and interacting dynamically rather than hierarchically.

Social media emerges as transformative, offering emotional support, practical advice, peer modelling, and vicarious learning that support the development of self-efficacy and negotiation (Bandura, 1997; Amer et al., 2021). Women share strategies to be used in overcoming the travel constraints like persistent dialogue, strategic timing, selective disclosure, adaptive planning, and financial independence, supported by online communities across the different stages of travel.

A core contribution of this research lies in the development of a grounded, social media-driven model of travel efficacy; which refers to women's belief in their confidence to plan, negotiate, and execute travel amid the different constraints across the different stages of travel integrating the theories into a cyclical framework linking individual, negotiation, collective, and travel efficacy.

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## Chapter One: Introduction

This chapter establishes the significance of the selected research topic and provides insights into the underlying research problem. It also articulates the research aim and outlines the methodology. The chapter concludes with a summary of the study's structure and an overview of the chapters that follow.

### 1.1 Background & Context

The 2011 Egyptian revolution has been referred to as “Revolution 2.0” due to the significant impact of the internet in sparking the demonstrations (Ghonim, 2012). Facebook had a prominent role in mobilising and motivating young people. The first call for the revolution began on the “We are all Khaled Said” (Kollona Khaled Said) Facebook page. Facebook was primarily utilised as a platform for mobilising participants and facilitating the planning and coordination of protests (Clark & Kocak, 2020). It also played a substantial role in enabling participation in the uprising, disseminating information, and facilitating youth gatherings while mitigating the risks typically associated with in-person meetings (Shalaby, 2021).

In the aftermath of the 2011 revolution, the use of social media, particularly Facebook, increased dramatically, with Facebook penetration rising from 9% of the Egyptian population in 2011 to almost 50% in 2023 (Social media users in Egypt - 2023, 2023). This platform became a valuable tool for communication, influencing various elements of Egyptian society. According to Eltantawy and Wiest (2011), Facebook's engagement in the Egyptian revolution demonstrated its potential as a powerful tool for social change and community building. The massive increase in Facebook usage during the revolution not only contributed to political dialogue, but also extended into multiple social domains, influencing young Egyptians' daily lives in areas such as education, cultural engagement, and social networking. Facebook provided a space where women could support each other and challenge social norms, allowing them to gain confidence and express themselves more freely (Kamel, 2022). Students used Facebook to share educational resources and collaborate on schoolwork, making learning more interactive and accessible (Kassem, 2013). Small business owners also turned to Facebook to promote their products, reach more customers, and grow their businesses without excessive costs (Ahmed & Ibrahim, 2016; Harris & Rae, 2009).

Building on Facebook's broad social influence, a significant development has been the establishment and expansion of Facebook groups in several domains by young Egyptians among

which is travel, leading to the emergence of numerous travel-oriented groups (Yasser, 2023). These communities function as an essential platform for exchanging travel advice, safety recommendations, and support. In addition, young Egyptian women participate in travel groups and have even established exclusive travel groups for women.

The widespread use of Facebook, especially following the 2011 revolution, had a huge impact in shaping and influencing how young Egyptian women engage with travel (ElTayeb, 2022; Yasser, 2023). Through Facebook specialised groups women interact to share travel experiences, advice and information allowing them to discuss the constraints associated with their travel, negotiate and ultimately overcome traditional social constraints (Kamel, 2022). This demonstrates the significant influence of social media in improving the social connections and the self-efficacy of young women in Egypt (Sharmin et al., 2021).

My interest in exploring the travel patterns of women in Egypt is deeply rooted in my identity as a young Egyptian woman. This study is guided by my personal experiences and observations as it is grounded within the cultural context of my home country – Egypt – where I am rooted. Specifically, I am interested in the role of social media, particularly the widespread use of Facebook especially after the 2011 revolution, in shaping and influencing how women engage with travel.

The interest in researching young women's travel in Egypt also stems from the impact social media is having within the area of travel (Coulter & Roggeveen, 2012; Azer, 2015; Schroeder & Gray, 2015). The influence of social media in creating a space for women to share experiences and offer guidance is remarkable (Kavoura & Stavrianea, 2015). The rise of Facebook travel groups, especially those focusing on female travellers and discussions about women's independent travel, highlighted the significant role of these online communities. They provide a powerful platform for women to manage the complexities of travel, a topic closely tied to cultural norms, particularly regarding parental permissions and cultural expectations, to share their travel stories, and to seek advice (Sharmin et al., 2021; Kamel, 2022).

As an Egyptian woman, I have noticed the rise of specialised Facebook groups centred around discussions on travel. Some of these groups are only exclusive to women. Through the different groups whether being women exclusive or not, discussions about women's travel without being chaperoned or accompanied by a male relative have been evolving. This observation has prompted me to reflect on the significance of these online communities and their impact on the

travel experiences of women in Egypt. During my daily life, I have recognised that these digital platforms play a crucial role in providing women with a space to share their travel stories, seek advice, discuss the unique challenges associated with their journeys whilst offering suggestions and support about how best to address constraints related to travel.

Observing the constraints faced by young Egyptian women in their travel experiences, particularly the constraints associated with obtaining parental permission, has motivated me to probe into this conflict between societal norms and individual aspirations. The recurring theme of persistent requests for approval sheds light on cultural norms that have traditionally limited the independent travel of women in Egypt. However, this decision-making process is not straightforward; it is shaped by complex social, familial, and cultural factors that influence how different women recognise and negotiate these constraints. Given the role of social media as a digital arena for social modelling, information exchange, and collective efficacy (Kavoura & Stavrianea, 2015), its significance in shaping women's travel-related independence becomes particularly evident. This recognition informs my research interest in examining how these layered interactions contribute to the reconfiguration of gendered mobility norms within Egyptian society. Beyond understanding existing travel constraints, the study highlights the transformative potential of social media to develop greater efficacy and independence, with implications for future social change and policy aimed at enhancing women's travel autonomy and negotiating existing travel constraints. This transformative dimension is discussed and emphasised in the research findings.

## **1.2 Problem statement**

While travel is commonly regarded as a routine pursuit, this perspective unfortunately does not extend universally to all young women in Egypt who live in a society that gives special advantages and rights to men rather than women (Ghadami, 2012; Bown & Osman, 2017). Travel poses numerous challenges for young Egyptian women, encompassing various factors such as socio-cultural norms, religious beliefs, parental permissions, safety concerns, and economic limitations. These factors have a huge impact on women's ability to travel independently and shape their experiences, both locally and internationally.

One of the primary constraints that young Egyptian women face when it comes to travel is the profoundly established traditional gender roles and societal expectations. Brown and Osman (2017) highlight the significant impact of these norms, which confine women's mobility to familial

or community settings. Consequently, women face limitations when it comes to getting outside their immediate surroundings without the company or consent of their family or community.

Additionally, there are religious misunderstandings that promote restrictive views on women's ability to travel, especially within conservative interpretations of Islamic teachings. These explanations reinforce the belief that women should travel only when accompanied by a "*mahram*" – a male relative whom she cannot marry, such as a father or brother – thus limiting their independence and freedom of movement (Baykal, 2023; Shakona et al., 2015). These misunderstandings do not only restrict women's access to travel opportunities but also contribute to the reinforcement of patriarchal norms within Egyptian society and further deepening of the existing gender disparities. Egypt's social fabric is predominantly shaped by its religious composition, where approximately 90-95% of the population identify as Sunni Muslims. While Christians, mostly members of the Coptic Orthodox Church, constitute around 5-10% of the population (CIA World Factbook, 2025). Both communities respond to cultural traditions in different ways, yet conservative religious beliefs particularly within Sunni Islam often dictate strict mobility restrictions for women, reinforcing patriarchal control. This religious and cultural context is fundamental to understanding the complex environment in which young Egyptian women's travel decisions are made, highlighting the layered constraints they face and the different social pressures influencing these decisions.

The necessity of obtaining parental consent represents a significant constraint, especially for unmarried young women, who typically continue to live in the parental home until they get married. This is also applicable to many divorced women who move back to live with their parents after divorce. These close family living arrangements mean that the young Egyptian women's freedom to travel independently is strongly influenced by parental authority. Women must often ask for and receive permission to travel, which can feel limiting and weaken their sense of independence. For married women, travel decisions may shift to involving the husband or extended family, but control over mobility remains a central factor governed by family expectations.

While the requirement to obtain parental consent is often justified as a way to ensure women's safety and well-being, but it goes beyond physical safety, this norm is deeply rooted in cultural values around family honour, social reputation, and gender roles. The family's concern over how a woman's travel might reflect on their social standing places additional pressure on

women to conform to these expectations. In practice, this means that parental consent acts less like a protective measure and more like a form of control over women's independence and choices.

This control maintains the broader social structure that positions women as subordinate to male authority figures within the family and community. Such control does not limit women's mobility but also shapes how they see themselves and their decision-making power. Researchers such as El Gamil (2018) have documented how these restrictions on travel reinforce patriarchal power and keep women within restrictive regulated social roles.

Safety concerns present an additional constraint for young Egyptian women. The fear of harassment and violence significantly limits their freedom of movement, particularly in public spaces, thereby reducing their ability to independently explore and navigate their environments (Brown & Osman, 2017). Consequently, women may find themselves in a position where they must prioritise personal safety over engaging in educational, professional, or recreational activities that entail travel. This situation further reinforces the existing gender disparities prevalent within the society. Financial limitations also greatly influence women's ability to engage in travel, as restricted economic resources often serve as a barrier. El Gamil (2018) underscores the connection between economic disparities and gender inequalities. This intensifies the constraints faced by young Egyptian women in accessing travel resources and opportunities, since women from marginalised socio-economic backgrounds may encounter additional impediments to travel.

Investigating the role of online communities in supporting young women's independent travel, particularly in Egypt, an Islamic country within emerging markets, is increasingly crucial. Previous studies have delved into how these communities assist women in addressing travel risks and anxiety, providing psychological and social support (Karagöz, 2020). They serve as platforms for women to connect, share experiences, and seek advice which is especially beneficial for solo female travellers. Moreover, they offer an abundance of information and resources, aiding women in their travel decision-making process (Simeon & Marton, 2016). The shared sense of belonging and characteristics within these communities can further strengthen the support network for women travellers (Kavoura & Stavrianea, 2015). The advantages these communities provide, including information acquisition and experience sharing, significantly influence the participation levels and attitudes of women travellers (Chung & Buhalis, 2008).

While previous research has examined Egyptian women's solo travel (El Gamil, 2018) and the female tourist experience in Egypt as an Islamic destination (Brown & Osman, 2017), there

remains a gap in understanding the constraints faced by young Egyptian women who seek independent travel. Specifically, there is a lack of research exploring how these women utilise social media, particularly online communities on platforms such as Facebook, to overcome these travel constraints and increase their efficacy.

The present research addresses the research problem of exploring the role of social media, specifically online communities such as Facebook travel groups, in helping young women who face constraints in travelling to pursue their travel whilst reshaping the socially constructed gender norms about travel. In doing so, different types of self-efficacy are developed by the young women through their use of social media for travel purposes.

### **1.3 Research Aim**

This study aims to explore how young women in Egypt use social media to facilitate their travel

### **1.4 Research Objectives**

- a- Explore the role of social media in helping young Egyptian women (who face travel constraints) to pursue their travel
- b- Examine the reshaping of socially constructed gender norms via the use of social media for travel
- c- Investigate how young women develop different types of self-efficacy through using social media for travel purposes

### **1.5 Research questions**

- 1- What are the main travel constraints facing young Egyptian women?
- 2- How do young Egyptian women (who face travel difficulties) employ social media to help them overcome travel constraints?
- 3- What are the different types of efficacy developed across the different stages of travel?
- 4- What is the role of social media in affecting different types of efficacy across the different stages of travel?

### **1.6 Significance of the Research**

This research addresses the multi-layered travel constraints experienced by young Egyptian women within a socio-cultural context bound by restrictive gender norms. Positioned at the intersection of self-efficacy theory, leisure constraints theory, and constraint negotiation theory, this research bridges an important gap in the literature, particularly by exploring how social media

acts as a facilitator for constraint negotiation and self-efficacy development. Whereas, existing self-efficacy literature has largely focused on internal belief systems, this study emphasises the external influences especially digital social environments that shape and reinforce young women's efficacy in a conservative setting.

By investigating the role of Facebook travel groups, this research illustrates how vicarious experiences and social modelling help in the development of collective and individual efficacy, enabling young women to challenge societal restrictions on travel (Bandura, 1997; Loucks-Atkinson & Mannell, 2007).

Theoretically, this research extends the conventional understanding of self-efficacy by integrating dimensions of digital social interaction and collective agency, responding to critiques about the individualistic framing of efficacy beliefs. It further refines leisure constraints theory by addressing its limitations in non-Western contexts, highlighting how gendered cultural norms intersect with intrapersonal, interpersonal, and structural constraints in the Egyptian context.

Moreover, it contributes to constraint negotiation theory by clarifying the cognitive and behavioural strategies employed by young women to overcome travel barriers in a digital age, highlighting the dynamic and negotiable nature of constraints. This comprehensive theoretical lens offers new insights into the mechanisms of constraint negotiation and efficacy development, (Crawford et al., 1991; Jackson et al., 1993).

From a managerial and practical standpoint, findings from this research shed light on the role of social media platforms as enablers for young women's independent travel and independence. This points to important implications for tourism policymakers and marketing professionals aiming to create inclusive travel experiences. For instance, recognising social media's dual function as both informational and motivational support can inform the design of targeted communication strategies and digital community-building efforts that address specific leisure constraints faced by women in conservative societies. Furthermore, tourism practitioners can leverage these insights to develop interventions that promote gender-sensitive travel planning resources. This knowledge becomes even more important in the post-pandemic context, where virtual and hybrid interactions continue to influence travel behaviours (Karl et al., 2021).

## **1.7 Methodology**

In order to fulfil the research's aims and objectives, two distinct (but linked) qualitative studies were undertaken, following an exploratory methodology. Each qualitative study was

preceded by a pilot study. Performing a pilot study before each of the two main studies helped refine the methods, identify issues, and improve the quality and feasibility of the main studies.

In seeking to examine the travel constraints faced by young Egyptian women, in addition to examining how these constraints are overcome, this study adopts an interpretive epistemological approach. It offers a netnographic study, followed by in-depth semi-structured interviews that further revealed the travel obstacles and how best to overcome them, while also highlighting the role of Facebook travel groups across the various stages of the travel experience. These findings will have potential implications for travel industry experts.

### **1.8 Scope and limitations**

Despite the study's comprehensive exploration of young Egyptian women's travel constraints and the enabling role of social media, multiple limitations must be acknowledged. The primary limitation arises from the study's qualitative design, focusing on participants active in Facebook travel groups who were willing to engage openly with the researcher. This sample bias means the findings reflect experiences of digitally literate, socially connected women who may already possess higher self-efficacy and negotiation skills. Thus, the perspectives of less connected, more marginalised, or rural women who might face even greater constraints are underrepresented. This limits the ability to generalise findings to the broader population of young Egyptian women, especially those outside urban areas.

Geographically and socio-culturally, the study overrepresents women from urban regions and more educated backgrounds, where social media adoption is higher and norms may be gradually shifting. Women living in conservative or rural environments may experience stricter structural and interpersonal constraints that are not fully captured in this study. These limitations, combined with the context of ongoing socio-political and technological changes in Egypt, suggest that the study's findings reflect a particular moment and social condition and may evolve with changing norms and digital landscapes.

Rapid shifts in social media use and technological platforms pose another limitation. The role of Facebook travel groups as transformative digital communities detailed in this research may shift as platforms evolve or new tools emerge. Moreover, the study's focus on women who have successfully negotiated travel constraints means experiences of those who continue to face negotiation failures in negotiating the faced constraints are not captured. These limitations highlight opportunities for future research to expand to more diverse populations, adopt

longitudinal and mixed-method designs, and explore the role of emerging digital influencers and platforms in facilitating young women's independent travel across different contexts.

### **1.9 Chapter summary and structure of the study**

Chapter One offers an overview of the research topic, emphasising the significance of understanding young Egyptian women's travel experiences within a socio-cultural context marked by traditional gender norms and the rising influence of social media. It provides background on the role of Facebook and its travel groups in supporting young Egyptian women to negotiate travel constraints. The chapter then defines the research problem, outlines the aim, objectives, and specific questions guiding the study. This is followed by a brief description of the qualitative methodology, involving netnography and interviews, used to explore these dynamics. Finally, it concludes with a concise roadmap of the study structure, orienting readers to the content and flow of the upcoming chapters.

Chapter Two provides a detailed background for the research, beginning with an overview of Egypt's unique socio-cultural landscape, including its rich history, diverse population, and economic challenges. It then explores the complex gender dynamics in Egyptian society, focusing on how traditional roles, religious influences, and patriarchal structures shape women's experiences, particularly in relation to travel. The chapter further discusses the significance of tourism and travel in Egypt's economy and social fabric, highlighting how gender continues to influence travel behaviours and opportunities. Finally, the chapter examines the rise of social media and its strong presence among Egyptian youth, emphasising how platforms such as Facebook have become vital spaces for information exchange, community building, and the negotiation of travel constraints among young people, especially women. The main conclusions underline that this social context frames the study's investigation into young Egyptian women's travel experiences and their use of online communities.

Chapter Three provides the conceptual and theoretical framework for this research. It reviews the main theories underpinning the study, starting with self-efficacy theory, which explains how individuals develop confidence in their abilities. It then examines leisure constraints theory to frame the constraints Egyptian women face in their pursuit of independent travel, followed by constraint negotiation theory highlighting the strategies used to overcome these constraints. The chapter discusses social media's role, especially of Facebook travel groups, in providing a space for support, information sharing, and role modelling that strengthens both

individual and collective efficacy. It concludes by synthesising these perspectives into a comprehensive theoretical lens to understand young Egyptian women's travel constraints and responses within a digitally connected, gendered context.

Chapter Four outlines the philosophical foundations of the research and its adoption of an interpretivist paradigm. It outlines the qualitative design, combining netnography to study online social media interactions and semi-structured interviews to gather in-depth personal stories. The chapter addresses participant selection, data collection, thematic analysis, and ethical considerations, emphasising cultural sensitivity and reflexivity.

Chapter Five presents the analysis and findings of the netnographic study. It begins with an introduction to the method's relevance for studying online communities. It then discusses the research design and approach, followed by the selection criteria for choosing Facebook travel groups. The chapter discusses the data collection procedures and concludes with a description of data analysis methods.

Chapter Six presents the analysis and findings of the in-depth semi-structured interviews. It begins by introducing the purpose and significance of using semi-structured interviews, then explains the sampling strategy and recruitment process for selecting participants who meet the study criteria. The chapter outlines the data transcription, translation, and thematic analysis procedures employed to interpret the qualitative data.

Chapter Seven provides a comprehensive overview of the different constraints faced by young Egyptian women in their pursuit of independent travel. The chapter also highlights the diverse strategies women employ to negotiate these constraints, emphasising the crucial role social media plays as a platform for support, information exchange, and efficacy development. Finally, it presents an integrated research model (see Figure II) that illustrates how these constraints and strategies interact dynamically, facilitated by digital spaces, to shape women's travel experiences and promote the ongoing development of efficacy in a restrictive environment.

Chapter Eight interprets the key research findings by relating them to the research questions and existing literature. It discusses how social media supports young Egyptian women in negotiating travel constraints and developing self-efficacy. The chapter also addresses the broader implications and contributions to theory and practice, acknowledges the study's limitations, and suggests directions for future research, providing a comprehensive understanding of the subject within its social and digital context.

## Chapter Two: Social Context

This chapter explores the broader social context of the study, focusing on Egypt. It is divided into five key sections. First, it provides a general overview of Egypt, setting the stage for the research. Second, it examines the complex interplay of gender dynamics within Egyptian society. Third, it explores the unique experiences of Egyptian women in travel, considering the cultural, social, and economic factors at play. Fourth, it discusses the role of gender within the context of the tourism and travel industry in Egypt. Finally, it delves into the digital age, exploring the impact of social media on tourism and travel, especially among young Egyptians.

### 2.1 Country background

Egypt is a country with a rich historical past that demonstrates the resilience and cultural diversity of human civilisation. Egypt, officially known as the Arab Republic of Egypt, is the 14<sup>th</sup> most populous country in the world (Worldometer, 2024) with a population of over 108 million<sup>1</sup> (CAPMAS, n.d.). It is an Arab nation located in the North-Eastern corner of Africa and South-Western Asia. It is bounded on the North by the Mediterranean Sea, on the East by Palestine and Israel, on the South by Sudan, and on the West by Libya (Egypt Location, 2009). The country has a history that covers thousands of years, showcasing its remarkable ancient civilisation through iconic pyramids, temples, and monuments that line the Nile River (Gemmill, 1928). The Nile River, a crucial resource for Egyptians throughout history, has provided essential water for farming, transportation, and daily life. In this context, Egypt is often referred to as the “gift of the Nile”.

Egypt’s population of over 100 million people reflects the rich cultural heritage and diversity found within the country. People from different ethnic backgrounds and geographical regions contribute to the complexity of its demographic profile. Most of the country is desert, so about 95% of the population is concentrated in a narrow strip of fertile land along the Nile River, which represents only about 5% of Egypt’s land area (CAPMAS, n.d.). Population growth rates, despite their decline, continue to present major challenges for infrastructure, healthcare, and socio-economic development.

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<sup>1</sup> As of December 18, 2025.

Egypt's history is a mix of ancient civilisation, periods of foreign domination, and ongoing development. The story starts in the rich Nile River Valley, where an ancient civilisation emerged and still holds the world's fascination (Willems & Dahms, 2017). During the Old Kingdom (2700-2220 B.C.), also known as the "Age of the Pyramids," the Egyptians constructed the iconic pyramids, demonstrating their outstanding architectural ability (Sabbahy, 2020). During the New Kingdom (1550–1070 B.C.), Egypt experienced a period of great prosperity and power. This was achieved through successful military campaigns and the efficient management of its armed forces, which allowed Egypt to establish itself as a strong presence in the ancient world (Shaw, 2003). During this time, temples and monuments were built, showcasing the wealth and influence of Egypt. Egypt's ancient heritage never fails to impress historians, archaeologists, and visitors, providing an everlasting glimpse into a civilisation that has shaped the course of history (Kamil, 1996).

Nevertheless, the history of Egypt extends beyond its ancient times. Various foreign conquests, such as the Persian conquest in 525 B.C., the Greek conquest in 332 B.C., the Roman conquest in 31 B.C., and the Arab invasion in 642 A.D., have greatly influenced the cultural landscape of the nation. Egypt's historical trajectory was shaped by the rise and fall of dynasties such as the Ptolemaic dynasty (305-30 B.C.) and the Mamluk dynasty (1250-1517), the spread of Christianity and Islam, and the fluctuation of trade routes and empires (Asante, 2002). This resulted in a wide range of influences and traditions.

The modern era, beginning in the early 20th century, witnessed the emergence of nationalism, revolution, and instability in politics, as Egypt faced the difficulties posed by colonial rule and foreign dominance. From the nationalist enthusiasm of the 1952 revolution to the turbulent consequences of the Arab Spring in 2011, Egypt's modern history showcases the unwavering spirit and resilience of its citizens to create their own path despite challenging circumstances (Mellor, 2015). The events of 2011, known as the Arab Spring, was a series of popular uprisings across the Middle East and North Africa against the political regimes of that era. In Egypt, the protests led to the resignation of Hosni Mubarak's regime, and the establishment of a transitional military council (Mellor, 2015). These events had a significant impact on Egypt's social and economic landscape, as well as its international relations.

Despite these political disturbances, Egypt's cultural identity is largely rooted in its religious traditions (Asante, 2002), a factor that plays a vital role in fostering community cohesion

and shaping individual identity (Asad, 2015). The Islamic religion, widely practised by most Egyptians, infuses many aspects of daily life with spiritual meaning, from the call to prayer heard from the minarets to the celebration of religious holidays (Starrett, 1998). In addition to Islam, Egypt has a notable Christian minority, mainly consisting of Coptic Orthodox Christians, whose rich history dates to the seventh century pre-Islamic era. (Philips, 2023). Aside from religious aspects, Egypt's cultural scene is filled with a diverse array of arts, music, cuisine, and festivals that showcase a fusion of Mediterranean, African, and Middle Eastern influences. The attractive melodies and rhythmic beats of traditional Arabic music reflect the rich cultural expressions of Egypt's diverse population (Nelson, 2011).

Egypt's economy is diverse, encompassing various sectors such as agriculture, manufacturing, services, and tourism. Agriculture has a significant impact on the economy, as major crops such as cotton, rice, and wheat make substantial contributions (El-Enbaby et al., 2016). Egypt also has the Suez Canal, an essential waterway connecting the Mediterranean Sea to the Red Sea and which plays a crucial role in Egypt's economy by generating substantial toll revenues (Turekulova, 2020). However, the recent geopolitical instability in the Middle East and Red Sea region highlighted the potential risks to the country's economy. The attacks on shipping in the Red Sea by the Houthi have led to the decline of the canal revenues by almost half in the year 2024 dropping to \$340 million in the year 2024 compared to \$650 million in 2023, as many vessels have diverted their route via the Cape of Good Hope (Rodriguez-Diaz, E. at al., 2024).

Tourism is also another source of revenue to Egypt. It has always been vital for the Egyptian economy. The sector is diverse and attracts millions of visitors who are interested in the country's rich history, magnificent archaeological sites, and stunning Red Sea resorts (Derbali, 2020). Nevertheless, in the last few years, the industry has encountered difficulties resulting from political instability and security concerns that followed the 2011 political uprising and the subsequent events (Bakota et al., 2022).

Over the past few years, the Egyptian government has taken steps to implement economic reforms with the goal of stabilising the economy, reducing subsidies, and attracting foreign investment. These reforms have implemented various measures such as currency devaluation, subsidy cuts, and fiscal consolidation efforts. Despite these efforts, Egypt still struggles with economic challenges such as high rates of youth unemployment, inflation, and income inequality (Mabrouk et al., 2020). The COVID-19 pandemic has had a significant impact on the economy,

especially the tourism sector, because of travel restrictions and a decline in international travel (WTTC, 2022). However, the government remains committed to advancing infrastructure projects, including the development of the new capital east of Cairo, in order to foster economic growth and progress.

Overall, Egypt is a country with a rich cultural heritage that has existed for thousands of years. However, it also faces significant socio-economic and political challenges as it strives for development and stability. Egypt faces numerous challenges, such as high unemployment rates, poverty, and political instability. Nevertheless, despite these challenges, Egypt perseveres and has always had a remarkable position within its region. Within such a context, it is particularly essential to explore the status of women and gender dynamics in Egypt. Shedding light on and understanding the challenges faced by women and the efforts being made to address those challenges, specifically in the economic sector, is crucial for developing an inclusive and equitable society.

## **2.2 Gender Dynamics in Egypt**

Gender is defined by the World Health Organization (WHO) as the socially constructed characteristics (expectations set by societies) of women and men – such as norms, roles and relationships between groups of women and men (2011). Socially constructed gender norms, defined as the behavioural expectations shared by a group of people (Gibbs 1981; Thibaut & Kelley 1959 as cited in Heide & John, 1992), differ across cultural groups (Yang & Tavakoli, 2016). For instance, what is considered as accepted, rejected, or risky in one society may not be perceived as the same in another (Lupton, 2013). Gender is different from the biological differences between the sexes (Swain, 1995) as it encompasses psychological, social and cultural aspects of maleness and femaleness (Wilkinson & Pratiwi, 1995).

Gender associated roles can vary from one society to another, as well as across time and place (Lorber & Farrell, 1991; WHO, 2017). Like culture, gender is a human production and is not pre-defined by nature (West & Zimmerman, 1987 as cited in Lorber, 1994). For example, when a baby is dressed in blue, this translates to the sex-association of a boy. Gender is defined as the systems set by societies rather than people (Swain, 1995). It is a socially organised system concerned with the process of creating unique statuses for the assignment of rights and responsibilities within societies (Lorber, 1994). The gender system includes processes that define males and females as different in social contexts and justifies inequalities due to gender differences

(Ridgeway & Lovin, 1999). Gender construction begins at birth based on sex type, and from then on, gender norms and expectations are informally enforced (Lorber, 1994). The construction of gender should be seen as a dynamic process that can assign new meanings to behaviours within different situations (Carvalho et al., 2017).

Egypt has a complex relationship with gender that reflects an intersection of socio-political, religious, and cultural factors. Over time, Egyptian society has been characterised by a patriarchal structure, where men have traditionally held positions of power and influence in both public and private domains (Akhter et al., 2023). Nevertheless, societal attitudes, legal reforms, and activism have gradually brought about changes in gender dynamics, although there are still ongoing challenges and disparities (Hassan, 2019).

In Egypt, traditional gender roles have long been established, with men typically taking on the role of breadwinners and women primarily focusing on domestic responsibilities and childcare. These roles, along with the attitudes towards women, have been strongly influenced by cultural norms and supported by interpretations of Islamic teachings (Hassan, 2019). Although Islam highlights the spiritual equality of men and women, the interpretation of religious texts and societal norms has frequently led to the establishment of patriarchal systems that prioritise men's role as providers and protectors of the family (El-Safty, 2004). Such patriarchal interpretations have frequently dominated, leading to gender-based discrimination and disparities (El-Safty, 2004) in Egypt.

As per the United Nations Development Programme (UNDP) (2023), the Arab region has the second highest gender disparity globally, after South Asia. Women in the Arab world experience much lower salaries and have a lower representation in the workforce. Furthermore, there is a significant level of dominance exercised by male family members over females. A study conducted by Nasr (2010) revealed that Egyptian women generally have fewer opportunities to independently handle their financial holdings. This control extends to matters such as marriage (Tucker, 1993). This control is considered as the right of male family members to safeguard the family's name and reputation.

In 2023, Egypt was ranked among the top countries globally in terms of gender inequality, as indicated by the Global Gender Gap Index (GGI). The GGI assesses gaps between women and men in various aspects, including economic participation and opportunity, educational attainment, health and survival, and political empowerment in 146 countries. Egypt's ranking was 134<sup>th</sup> with

a parity score of 0.626. Despite the progress made in increasing the participation of women in the economy, Egypt, along with other populous Middle Eastern countries such as Morocco, Algeria, and Tunisia, still lags behind in terms of educational parity (WEF, 2023). These countries have the lowest parity scores on the education subindex, as well as the lowest literacy rates among countries in the Middle East.

Education has a significant impact on the way gender dynamics are shaped in Egypt. Despite progress in educational opportunities (El-Badawy, 2015; Elsayed & Marie, 2020) and the increase in female literacy rate to 68.9% in the year 2022 compared to 57.8% in the year 2006, there are still significant inequalities, particularly in remote and underprivileged regions (El-Badawy, 2015). This is reflected in Egypt having one of the lowest education subindex scores across the globe. Moreover, there is often a societal pressure on women to prioritise domestic responsibilities rather than focusing on their education and career, which can restrict their chances for progress (Hassan, 2019).

Gender disparities are also apparent in the field of economic participation with Egypt ranking the 140<sup>th</sup> country in terms of women's economic participation and opportunity (WEF, 2023). Despite the progress made in education, the underrepresentation of women in the labour market remains a significant concern in Egypt and the Arab world as a whole (Barsoum, 2019). This situation creates a "paradox" for the Arab countries in the Middle East whereby the increased access to education is not matched by an increase in women's participation in the labour market (World Bank, 2012). Women in Egypt encounter various challenges when it comes to joining the workforce, such as restricted job prospects, wage disparities, and unfair treatment. In addition, the informal labour sectors, which employ many women, suffer from a lack of legal protections and job security, which further increases their vulnerabilities (Barsoum, 2019).

In the realm of politics, the representation of women remains low, even with constitutional steps towards gender equality (Khodair & Hassib, 2015). Women continue to encounter considerable challenges that hinder their complete participation and leadership in politics, such as societal expectations and political hurdles. In Egypt, women frequently find themselves restricted to certain roles and encounter a "glass ceiling" that hinders their chances of reaching high-ranking positions (Chisholm-Burns et al., 2017). There are also extra hurdles stemming from the dominant patriarchal mindset that frequently doubts women's participation in politics. Women activists face

significant challenges due to the very limited institutional resources available to them, as the military maintains tight control over all political power (Mansour, 2021).

Despite the prevailing inherited societal expectations that limit women in Egypt, they have made progress in diverse areas such as education, employment, and politics (Hassan, 2019). In recent decades, specifically from the 1950s onwards, the expansion of educational and economic opportunities has enabled numerous women to pursue professional paths beyond their households and engage more actively in the public sphere. Nevertheless, women still encounter systemic obstacles, such as biased laws and societal beliefs that hinder their complete engagement and progress. The role of women in the Egyptian society is also shaped by wider socio-economic factors, such as urbanisation, globalisation, and political developments (Assaad, 2002; Moghadam, 2010; Mansour, 2021; Yozevia, 2023). Urban areas, such as Cairo and Alexandria, often showcase a wider range of social diversity and opportunities for women in comparison to rural areas, where traditional norms may have a stronger influence (Keo et al., 2022).

Beginning in the early 20th century, Egyptian women increasingly mobilised to challenge gender-based discrimination and advocate for their rights. Several factors have led to significant progress in areas such as women's education, healthcare, and legal protections against violence and discrimination (Christopherson et al.: 2022, Kato, 2017). These include the efforts of civil society organisations, women's rights activists, and legal reforms. Nevertheless, deeply ingrained patriarchal beliefs and systemic disparities still present significant challenges to attaining gender equality in Egypt (Kato, 2017; Hassan, 2019).

Violence against women is a widespread problem in Egypt, including different forms such as domestic violence, sexual harassment, and female genital mutilation (Abouelenein, 2022). Victims often face discouragement from reporting incidents or seeking help due to cultural taboos and societal discrimination, which only adds to cycles of abuse and no adverse consequences for the abuser(s) (Rateb, 2017). Despite the prevalence of challenges against gender equality in Egypt, significant advances have been made. Such progress is witnessed through legal reforms, advocacy efforts, and awareness-raising campaigns, to address issues such as violence against women, women's rights, and women's political participation (Al-Sharmani, 2017; Fernandez, 2018).

Legal protection for women who are victims of gender-based violence has been provided through different laws such as the Domestic Violence Law of 2015 and the Sexual Harassment Law of 2014 (Reda, 2018). These laws criminalise gender-based violence with different penalties

according to the severity of the offence by the perpetrators. Although the application of these laws is not yet totally strict; however, having such laws have already sent the message that such crimes against women are no longer tolerated (UNWOMEN, 2018). Civil society organisations, women's rights activists, and community groups are vital in driving change and challenging patriarchal norms and the conception of women as "second class citizens," a metaphor that is often used to refer to and describe the pressure on women by society (Moghadam, 2023). These groups are dedicated to raising awareness, empowering women, and promoting gender equality in Egyptian society through advocacy, education, and community mobilisation.

Although women's rights advocates and society organisations are actively working to change the prevailing cultural norms with regards to gender equality and the strongly reinforced patriarchal structures, addressing the issue of women's freedom of mobility and travel is still an area that needs sustained and significant efforts (Tawfik et al., 2023). Limitations on Egyptians' women travel, which are mostly the result of societal pressures and cultural expectations, have a big impact on women's self-sufficiency, economic opportunities, and overall well-being (Khalil, 2021). More efforts are still needed towards creating an equitable environment where women can freely move and fully participate in all aspects of the society.

### **2.3 Egyptian women and travel**

The issue of Egyptian women's access to travel and mobility has been a topic of ongoing analysis, reflecting an interplay of cultural norms, legal restrictions, and societal expectations. Over time, societal expectations have often limited women's freedom of movement in order to safeguard their well-being and uphold their family reputation (Khalil, 2021). This cultural requirement of female modesty has strong historical foundations in Egyptian society, shaping customs such as the practice of chaperoning, where women are accompanied by male relatives when going outside the home, especially in traditional rural regions (Badran, 1996; Barakat, 2016).

Legal restrictions have long been a major obstacle to women's travel in Egypt. Until 2000, Egyptian women had to seek approval from a male guardian, usually a father or husband, to acquire a passport or travel overseas (Barakat, 2016). This requirement, as stated in Egypt's legal framework, reflected traditional norms that restricted women's independence and ability to make decisions about travel. Although the removal of this requirement was a major advancement toward achieving gender equality, cultural norms and family pressures still hinder women's ability to travel freely (Kato, 2017). For example, women may lack the necessary support systems, such as

childcare or financial assistance, to enable them to travel independently. Additionally, in certain social circles, women who travel independently may face social stigma or disapproval from their families or communities (Khalil, 2022).

However, despite these challenges, significant changes have taken place leading to increased gender equality in travel and mobility. Better educational and economic opportunities have given Egyptian women the power to ask for their independence and explore travel for educational, professional, or leisure purposes (Tawfik et al., 2023,). In addition, the progress in technology and social media has made it easier for women travellers to connect with each other, allowing them to share information, resources, and support (Karatsoli & Nathanail, 2020). Social media has had a significant impact on the travel experiences of Egyptian women. Social media platforms have created spaces for women to connect, share stories, and come together for social change (Osman & Rafique, 2023; ElTayeb, 2022).

Despite these advancements, it is important to recognise that women from marginalised communities encounter multiple obstacles when it comes to travelling. Various factors, including social class, level of education, and geographical location, can intensify existing difficulties, which can restrict access to resources and opportunities for women from disadvantaged socio-economic backgrounds or rural areas (Sadiqi, 2016). Tackling these inequalities necessitates comprehensive approaches that prioritise equal treatment, inclusivity, and ensuring that all women have access to resources and opportunities.

In addition, although there have been improvements in legal reforms that aim to enhance women's travel opportunities, there are still significant challenges when it comes to implementing and enforcing these changes. For instance, although the requirement for male guardianship to obtain a passport was lifted in 2000, there are still reports of women facing resistance or bureaucratic obstacles when trying to exercise their travel rights independently (Sadiqi, 2016). In addition, cultural norms and familial expectations still play a role in shaping women's decisions and experiences when it comes to travel. This is reflected in a study conducted by the Arab Barometer in 2019 that indicates that only 39% of the respondents believe that an Egyptian woman should travel independently. Ultimately, the travel experiences of women in Egypt demonstrate a complex interaction between various cultural, religious, legal, and socio-economic elements. Despite progress in promoting gender equality in travel and mobility, obstacles remain due to

deeply ingrained patriarchal norms, legal limitations, and societal pressures., including women's tourism and travel.

## **2.4 Tourism and travel**

Prior to the pandemic, travel & tourism was among the world's largest economic sectors, encompassing direct, indirect, and induced effects. It represented a significant portion of global economic activity, contributing to one in every four new job opportunities worldwide, comprising 10.3% of total employment (333 million jobs), and contributing 10.3% to the global GDP (USD 9.6 trillion). In 2019, international visitor spending amounted to USD 1.8 trillion, equivalent to 6.8% of total exports (WTTC, 2022). However, the global COVID-19 pandemic impacted the sector drastically, causing it to slow down until it began to recover in 2021. In 2024, tourism generated an income of US\$7.1 billion, representing 7.6% of the global GDP and creating 293 million jobs, equivalent to one in 11 jobs in the global economy (WTTC, 2024). In 2024, the travel and tourism sector's GDP contribution grew 8.5% to reach \$10.9 trillion, surpassing 2019 levels by 6%. Travel providers created 20.7 million new jobs, bringing the total to about 357 million worldwide (WTTC, 2024). International travellers continued shopping, exploring, and dining out, spending an additional 11.6% compared to 2023, although it remains 1.3% below the pre-pandemic spending peak in 2019 (WTTC, 2024).

Travel and tourism serve as a catalyst for socio-economic development, job creation, and poverty reduction, leading to prosperity and positive social impacts, including opportunities for women, minorities, and youth. Its benefits extend beyond direct contributions to GDP and employment, reaching throughout the entire travel ecosystem and into supply chain linkages with other sectors (Ashley et al., 2007). The impact of the COVID-19 pandemic highlighted the significant importance and positive role played by the travel and tourism sector. In 2020, the industry suffered a substantial loss of 62 million jobs, resulting in a global workforce reduction to just 271 million individuals. This translated into an 18.6% decline in employment across the sector, with Small and Medium-Sized Enterprises (SMEs), constituting approximately 80% of all businesses in the sector, being particularly affected (WTC, 2022). Vulnerable demographics such as women, youth, and minorities experienced a disproportionate share of these job losses.

## 2.5 Tourism and gender

Tourism impacts, and is impacted by, global and gender relations (Swain, 1995). A century ago, it was not socially acceptable for Western women to travel, and certainly not unaccompanied by their family or husband (Lattimore & Wilson, 2017). By challenging societal and gender norms at the time, Western women succeeded in gaining the opportunity to travel both at home and abroad (Lattimore & Wilson, 2017). The Western tourist experience has been the focus of a large proportion of tourism gender studies so far, highlighting the necessity for studies in non-Western contexts in order to capture a wider range of cultural backgrounds and gender norms (Yang et al., 2017).

All aspects of society are naturally gendered, and tourism is no exception (Lattimore & Wilson, 2017). The importance of gender studies in tourism is significant, as numerous researchers argue that tourism experiences are influenced by our understanding of the social construction of gender (Hall et al., 2003). Tourism is a social construct founded upon the inter-relationships between producers and consumers. Gender differences influence how tourists interpret tourist locations and make symbolic associations with these places (Squire, 1994). In sociology, gender is regarded as a significant explanatory variable that influences opportunity and behaviour. In 1995, Swain advocated for a feminist perspective in tourism research, emphasising the importance of gender as a critical variable in the analysis of human relations. Women and men participate differently in the consumption and construction of tourism (Figueroa-Domecq et al., 2015).

Even though Western women are now freer to travel, women in other parts of the world still need to negotiate their freedoms on an everyday basis. The concern about women's travel still pertains, and the issue is always open to discussion and debate (Lattimore & Wilson, 2017). Women's travel does not take place in isolation from society, culture or politics. It always has, and always will be, very much a gendered phenomenon (Lattimore & Wilson, 2017). Women's motivations, needs, and preferences in travel are different from those of men. In contrast to male travellers, who tend to be motivated by competitive or exploitative experiences, female travellers are inclined to pursue reflective, emotional, and spiritual encounters (Humberstone & Collins, 1998). Through travel, women search for their self-identity and are empowered by the increased confidence they gain through different travel experiences (Myers, 2017). Gender remains essential in determining freedom to travel. In leisure, women remain relatively more constrained than men. For men, employment is the major constraint to leisure travel, whereas for women, family

responsibilities and spousal/family dominance are additional constraints (Khan, 2011). In some cultures, within less developed countries, women are starting to question their role in society and see tourism as a means of expressing their skills in the labour market (Ahmad, 2015 ; Abou – Shouk et al., 2021).

Tourism creates an area in which women can practice resistance to oppressive gender roles and, in doing so, they empower themselves (Berdychevsky et al., 2013). Despite progress in promoting gender equality in travel and mobility, obstacles remain due to deeply ingrained patriarchal norms, legal limitations, and societal pressures. However, social media have facilitated the ease with which female travellers can communicate with one another and share resources, information, and support (Karatsoli & Nathanail, 2020). Social media platforms have fostered an atmosphere in which women are able to participate, share personal experiences, and come together in support of societal advancement (EITayeb, 2022; Osman & Rafique, 2023;), A situation that, relatively, led to a change in the landscape of Egyptian women’s travel.

## **2.6 Social media, youth and travel**

Social media is described as a global phenomenon. There are billions of social media users worldwide and this number keeps on growing (Statista, 2025). The reach of social media is extensive. Social media and the internet go in parallel, as seen by the growing use of online networks in parallel with the world’s growing digital population. As of October 2025, there were 6.04 billion internet users worldwide, which amounted to 73.2 percent of the global population. Of this total, 5.66 billion, or 68.7 percent of the world’s population, were social media users (Statista, 2025). Social media has an impact on almost every aspect of people’s lives, enabling users to connect with like-minded individuals and share relevant information (Duong, 2020). They also affect how companies run their services, promotions, and transactions (Bhimani et al., 2019; Appel et al., 2020). Social media platforms are now used for everyday communication, dating, business, and politics extending beyond the initial thought of just being online social spaces.

Although there have been various definitions for social media, a formal unified definition is still elusive (Lawson, 2022). Some definitions of social media are straightforward and focus on how its messages are constructed. For example, Russo et al. define social media “as those that enable online communication, networking, and/ or collaboration” (2008, p. 22). Other definitions of social media revolve mainly about being digital technologies that emphasise content and engagement created by users. These include Chan and Guillet’s definition of social media as “a

group of internet-based applications that exist on the Web 2.0 platform and enable the internet users from all over the world to interact, communicate, and share ideas, content, thoughts, experiences, perspectives, information and relationships” (2011, p. 347). Another definition of social media emphasises the fact of it being a digital technology and highlighting the features that could be used by its users; it was developed by Kaplan and Haenlein in 2010. They define it as “media (that) includes a different kind of Internet-based applications which build the ideological and technological foundations of Web 2.0 and allow users to create the content and exchange that with other people through the Internet” (p. 61). Other social media definitions place emphasis on differentiating social media from traditional media being “any interactive communication medium that enables two-way interaction and feedback and being characterized by real-time interaction capacity, decreased privacy, a sense of propinquity, quick reaction times, and the ability to ‘time shift,’ or engage the social network whenever necessary for each individual member” (Kent, 2010, p. 645). In general, social media is a category of Internet-based applications that capitalise on the technological principles of Web 2.0. Social media enables its users to share, edit, create, and communicate online content. This content may consist of text, images, videos, audio, or a combination of these.

Social media and social networking are two terms that are highly related but not similar though are sometimes used interchangeably. Scott (2015, p. 56) clearly differentiates between the two saying that social media is the broader umbrella and is defined as “the superset of how we refer to the different media that people use to socially connect online. While social networking is “a subset of social media and refers to how individuals interact and communicate on the different social media platforms such as Facebook, LinkedIn, or similar” (Scott 2015, p. 56). In providing a networking function, social media users communicate in a one-to-many format whereby a consumer’s post can communicate information and sentiments to hundreds of other consumers instantaneously (VanMeter et al., 2015). Although social networking sites are considered the most popular type of social media, other consumer review sites, content community sites, wikis, internet forums, and location-based social media must also be considered (Zeng & Gerritsen, 2014). The expansion of electronic social media is generally considered Web 2.0’s main asset (Munar & Jacobsen, 2013).

Social media are strong channels that link users within a social community (Bandura, 2001a). Such social networks provide platforms through which participants share ideas, knowledge

and aspirations about topics of common interest. Groups on social media provide support to members that helps contribute to the self-efficacy of both the individual and the group via social media's role in helping to achieve goals that are perceived to be challenging to group members.

Youth use social media channels to create environments in which they can feel a sense of belonging and through which they can interact with each other on a daily basis (Park et al., 2009). Social media platforms have become a powerful social tool for online communications, allowing travellers to interact and share their views, to collaborate and to contribute to the full sharing of travel experiences (Sotiriadis, 2017). For young travellers, peer-to-peer communication on social media has become extremely influential (Bolton et al., 2013). Moreover, youth from emerging countries are more likely to use social media compared to their counterparts from developed countries (Pew Research Center, 2018).

Online travel communities existing on different social media platforms are described as platforms for travellers to obtain trip information, find travel companions, provide travel tips or simply share interesting experiences (Kunz & Seshadri, 2015). Although the members of online community groups are strangers, they often share high levels of personal information (SanchezFarco & Rondan-Cataluna, 2010). In contrast to online community networks that build on preexisting social relations (Boyd & Ellison, 2008 as cited in Kunz & Seshadri, 2015), members of online travel communities are often strangers, yet they focus on sharing their personal travel experiences (Kunz & Seshadri, 2015). When strangers connect via online communities in this manner, they serve as valuable travel information providers. Brown and Reingen (1987) demonstrate that active information seeking is likely to happen among weak (i.e., by strangers) rather than strong tie sources (i.e. close friends) (Kunz & Seshadri, 2015). Individuals are also more likely to acquire information from others whom they can relate to and share similarities with such as age and gender (Wood & Bandura, 1989).

In search of travel experiences, youth join travel groups on social media to get advice, search for information, look for support and network with members who share travel interests (Bizirgianni & Dionysopoulou, 2013). Interactions, information exchange and reciprocity between youth members within Facebook travel groups is a typical example of the network interactions that lead to knowledge acquisition (Bandura, 2001b) and is considered to be the main activity performed via virtual networks (Chiu, Hsu & Wang, 2006). Customised messages, such as those shared on Facebook travel groups, have a higher level of recall by the recipient than generalised

widely disseminated ones. Such tailored and topic specific messages increase the level of influence on the recipient's behaviour as they are perceived to be of higher reliability (Kreuter et al., 1999).

## **Conclusion**

The chapter provided a comprehensive background on the social context of the study, which is Egypt showing its uniqueness in terms of geography, history, culture, and society. It then discussed the gender dynamics within the Egyptian society with a focus on the experiences of Egyptian women with respect to travel. It also addressed the role of gender within the context of the tourism and travel industry. Finally, it provided a review on social media and highlighted its impact in the travel consumption of young Egyptians.

### Chapter Three: Literature Review

This chapter discusses the study's theoretical lens which includes the self-efficacy, the leisure constraints and the constraints negotiation theories. It also explores the concepts of the digital divide and the leisure gap and highlights their relation to the theoretical lens and the overall study. Traditionally, self-efficacy has been studied as an internal belief system, focusing on its sequential development and innate nature. However, this chapter highlights a gap in the literature: which is the limited exploration of external influences on the formation and reinforcement of self-efficacy. The chapter discusses how self-efficacy is not solely an internal construct. Also, the development of self-efficacy in the realm of travel and how it is catalysed or hindered by various external and internal factors is also discussed.

The chapter's discussion revolves around the aim of this study which is to explore how young Egyptian women use social media to facilitate their travel, paying specific attention to how they overcome obstacles and build self-efficacy. The objectives include examining the role of social media in addressing travel constraints, analysing how social media contribute to reshaping gender norms, and investigating how different types of self-efficacy are developed through these interactions.

The chapter begins by reviewing the traditional literature on self-efficacy and its position within social cognitive theory. As highlighted earlier, the cultural factors, gender norms and gender dynamics within Egypt highly affect the travel experiences of young Egyptian women. This study focuses on young Egyptian women who face obstacles in pursuing their travel and thus, the Leisure Constraints Theory and Constraints Negotiation Theory are also components of this study's theoretical lens. Analysing the data from the pilot study, these two theories emerged as important theories to explain how external obstacles are identified and negotiated, providing insights into the mechanisms through which young women try to overcome these obstacles with the help of social media.

Leisure constraints theory provides a valuable framework for comprehending the barriers that inhibit individuals from engaging in leisure activities. In the case of young Egyptian women, the constraints may encompass social, cultural, economic, and personal dimensions, all of which can significantly impact their travel opportunities. This literature review investigates the specific

leisure constraints faced by young Egyptian women and the ways in which these constraints interact with their travel aspirations.

The negotiation constraints literature offers insights into the strategies employed by individuals to navigate and mitigate constraints in pursuit of their goals. By analysing how young Egyptian women negotiate with their families, communities, and societal norms to pursue travel, this study aims to discuss the adaptive strategies and tactics employed in the face of constraints. In doing so, this study aims to uncover how social media platforms, especially Facebook travel groups, serve as a space for the negotiation and resolution of constraints on travel aspirations among young Egyptian women.

In synthesising these three theories into one theoretical lens (See Figure I), this literature review sets the stage for a comprehensive exploration of how the merging of the theories of self-efficacy, leisure constraints, and negotiation constraints interacts within the context of young Egyptian women's travel aspirations facilitated by social media, with a particular focus on Facebook travel groups and thus helps us to understand/address the aim and objectives of this study.

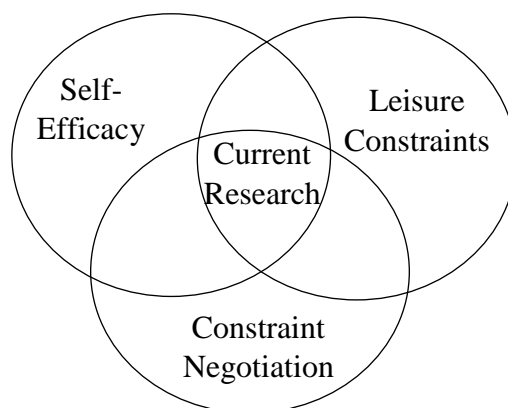


Figure I: A Venn diagram showing the current study's theoretical lens incorporating the self-efficacy, the leisure constraints and the constraint negotiation theories

### 3.1 What is self-efficacy?

Developed during a period when behaviourism, as advocated by B. F. Skinner (1971, 1974), dominated fundamental assumptions about motivation, self-efficacy theory emerged as a critique of deterministic conceptions of human nature (Bandura, 2019). Self-efficacy was

introduced as a standalone concept by Albert Bandura in 1977 and is defined as “the beliefs in one’s capability to organise and execute the courses of action required to manage prospective situations” (Bandura, 1997, p. 2). This definition is the foundation for all self-efficacy definitions that followed, along with the later adaptations to various contexts (see Table I).

According to Bandura, there is a reciprocal relationship between environmental factors and human behaviour. Accordingly, he promoted a more cognitive view of individuals as agentic creators of their own environments and destinies (Bandura, 2000). The main idea of his social cognitive theory is that people can go beyond reactive forms of motivation, which are frequently based on drives, instincts, and emotions, by using their human abilities of forethought, self-regulation, self-reflection, and intentionality (Bandura, 1997, 2006, 2018).

Proactive forms of motivation can be employed by individuals to achieve short- and long-term objectives by considering and anticipating the future (Hamann et al., 2023). According to self-efficacy theory, individuals’ motivations are significantly determined by their beliefs rather than by circumstances (Bandura, 1995). This pro-active understanding of human agency is relevant for explaining how individuals can challenge predefined social norms and become able to pursue actions that might not be totally acceptable within their societies as is the case with young Egyptian women who try to overcome obstacles related to the pursuit of their travel plans.

Bandura (1977) identified three dimensions of self-efficacy: magnitude, strength, and generality. The magnitude of self-efficacy refers to the level of task difficulty that a person believes he or she can achieve. Strength is the degree of conviction a person has regarding the performance of a certain task. Generality is about the transferability of self-efficacy beliefs across related tasks or situations. In order to assess an individual’s self-efficacy towards a specific situation, each of these three dimensions need to be evaluated.

Self-efficacy has been studied in and extended to many fields such as clinical psychology, education, technology, workplace, health and sports perspectives (Lee, 1982; Barling & Abel, 1983; O’Leary, 1985; Compeau & Higgins, 1995; Schunk, 1995; Maddux & Lewis, 1995; Heslin & Klehe, 2006), and a common theme underpinning all of the applications and extensions of self-efficacy across these different fields is the importance of people’s internal beliefs about their possession of the ability to perform certain actions.

Table I: Definitions &amp; Extensions of Self-efficacy in the Literature across Different Domains

Article Title	Publication Year	Author(s)	Context	Definition of self-efficacy
Social media advertising through private messages and public feeds: a congruency effect between communication channels and advertising appeals	2022	Fue Zeng, Ruijuan Wang, Stella Yiyan Li and Zhe Qu	Advertising	Consumers' sense of task self-efficacy increases when processing persuasive advertising messages with agentic appeals; that is, their confidence in their ability to complete tasks and achieve goals increases. When processing advertising messages with communal appeals, consumers' social self-efficacy increases, which convinces consumers that they can better establish connections with others
Portraying humans as machines to promote health: Unintended risks, mechanisms, and solutions	2021	Andrea Weihrauch and Szu-Chi Huang	Nutrition and health	Eating self-efficacy refers to a consumer's belief in his or her specific ability to choose healthy food. It is linked to several eating habits essential to a cognitive, machine-like approach to food
Improving travel decision support satisfaction with smart tourism technologies: A framework of tourist elaboration likelihood and self-efficacy	2017	Chul Woo Yoo, Jahyun Goob, C. Derrick Huang c, Kichan Namd and Mina Wooc	Travel and Tourism	Self-efficacy refers to tourists' perceived ability and skills in using Smart Tourism Technologies (STT) to make travel plans and decisions
The dynamics of travel avoidance: The case of Ebola in the U.S.	2016	Ignatius Cahyanto, Michael Wiblishauser, Lori Pennington-Gray and Ashley Schroeder	Travel and Tourism	Self-efficacy measures one's level of confidence to adopt a behaviour. High levels of self-efficacy may lead to the likelihood that behaviour is initiated and sustained throughout aversive situations.

Tourism Entrepreneurship Performance: The Effects of Place Identity, Self-Efficacy, and Gender	2015	Rob Hallak, Guy Assaker and Craig Lee	Entrepreneurship	Entrepreneurial self-efficacy is defined as one's beliefs in his/her capabilities to successfully achieve the tasks of entrepreneurship. Entrepreneurial self-efficacy is derived from self-efficacy theory (Bandura 1977). Individuals' perceptions of their own capabilities will influence how they act, their motivations, their thoughts and thought patterns, as well as the way they respond when faced with demanding or challenging situations.
Gender Differences in Preferences for Coaching as an Occupation: The Role of Self-Efficacy, Valence and Perceived Barriers	2013	C. Bonnie Everhart and Packianathan Chelladurai	Sports	One's capacity to perform adequately has been the central thrust of the approach known as the self-efficacy theory of career choice.
Academic Self-Concept and Self-Efficacy: How different are they really?	2003	Mimi Bong and Einar Skaalvik	Education	Perceived self-efficacy refers to the beliefs in one's capabilities to organise and execute the courses of action required to produce given attainments. Such beliefs influence the course of action people choose to pursue
Creative self-efficacy: Its potential antecedents and relationship to creative performance	2002	Pamela Tierney and Steven M. Farmer	Creativity	It is the beliefs that one can produce creative outcomes
Does entrepreneurial self-efficacy distinguish entrepreneurs from managers?	1998	Chao Chen, Patricia Greene and Ann Crick	Entrepreneurship	Self-efficacy is an individual's cognitive estimate of his or her "capabilities to mobilise the motivation, cognitive resources, and courses of action needed to exercise control over events in their lives".
Self-Efficacy Beliefs and Tennis Performance	1983	Julian Barling and Mike Abel	Sports	Efficacy expectations are held to be distinct from other performance-related expectations. self-efficacy beliefs have been assessed primarily in terms of their influence on phobic behaviour in highly controlled laboratory type situations. Consequently, the generality of these findings to nonpathological behaviour remains somewhat equivocal.

Central to the many explanations and extensions of self-efficacy is the concept of control. Wood and Bandura define self-efficacy as “an individual’s cognitive estimate of his or her capabilities to mobilise the motivation, cognitive resources, and courses of action needed to exercise control over life events” (1989, p.364). Along similar lines, Bandura defines self-efficacy as people’s beliefs about their capabilities to exercise control over their own level of functioning and other events that affect their lives (1991). In view of the interrelationship between self-efficacy and control, it is argued that the higher a person’s perceived self-beliefs are, the more challenging are the goals they set for themselves and the higher the conviction they have to reach these goals (Kramer & Winter, 2008).

Self-efficacy beliefs are not limited to individuals’ perceptions about their personal capabilities, but they also encompass perceived collective efficacy. Collective efficacy represents a group’s shared belief in the power to produce desired effects by collective action i.e. the power of a group (Bandura, 1997; 2000). The perceived collective efficacy of a group is not simply the sum of the efficacy beliefs of its individual members. Instead, it relates to an emergent group-level property that expresses the coordinative and interactive dynamics of the functioning of the group (Bandura, 2002). Collective efficacy beliefs operate through similar processes to those of personal self-efficacy whereby the stronger the perceived collective efficacy beliefs are, the higher are the group’s aspirations and the stronger their staying power is in the face of obstacles to their shared goals (Bandura, 2002).

Self-efficacy is domain-focused rather than a generic belief held about all life aspects (Zimmerman, 2000) and it is the degree of specificity and relatedness to certain areas that differentiates self-efficacy from other concepts such as self-concept and self-esteem (Pajares, 1997). Focusing on the aspect of specificity, Vries, Dijkstra and Kuhlman define self-efficacy as the beliefs about the capabilities of performing specific behaviours in certain situations (1988).

Self-efficacy is not similar to self-concept or self-esteem. Self-concept is one’s overall perceptions of him/herself (Shavelson et al., 1976). While self-concept represents one’s general perceptions of the self in given areas, self-efficacy represents individuals’ expectations and convictions of what exact behaviours they can accomplish in given situations (Bong & Skaalvik, 2003). Self-esteem is the overall evaluation of the self as a person of worth (Rosenberg, 1979) and it relates to a person’s overall feelings about his or her capabilities regardless of the context. Hence, the degree of focus of each of these three constructs: self-efficacy, self-concept and self-esteem is

what distinguishes these concepts, with self-efficacy being the most task-specific and self-esteem the most holistic.

#### Dimensions and sources of self-efficacy

Bandura (1997) postulates that people acquire information to develop and strengthen their self-efficacy from four main sources:

(1) *A mastery experience*, which is considered the most effective way for individuals to develop a strong sense of self-efficacy through the successful accomplishment of repeated performances (Wood & Bandura, 1989). In contrast, if people only experience easy successes they become quickly discouraged by any failures. Thus, in order to develop a stronger sense of efficacy, it is necessary to have experiences of overcoming obstacles through persistent effort.

(2) *Vicarious experiences*, which occur when people obtain information about their capabilities through knowledge of how others perform i.e. modelling (Bandura, 1997). In this study, when young Egyptian women share their travel stories on social media they act as models for others, encouraging them to pursue their dreams despite the socially restrictive gender norms. Skilful models help others build self-beliefs by conveying successful strategies for managing different situations. People partly judge their capabilities in comparison to others and thus modelling could work in both positive and negative ways (Wood & Bandura, 1989). Observing the success of others, who are considered to be models, raises the observer's beliefs about their capabilities and seeing those models fail lowers the observer's efficacy beliefs.

(3) *Social and verbal persuasion*, which are received from others are also a source of efficacy information. People can create and develop self-efficacy beliefs as a result of social persuasion that involves exposure to the verbal judgements of others. Nevertheless, persuasion is considered a weaker source of efficacy compared to mastery or vicarious experiences (Pajares, 1997). If people receive realistic praise and support through verbal persuasion, they are more likely to exert greater effort and become successful (Wood & Bandura, 1989). Persuasion works in two ways, both in encouraging and empowering people through positive appraisals as well as in weakening self-beliefs through negative appraisals. It is usually easier to weaken such beliefs rather than to strengthen them (Bandura, 1986).

(4) *Judgement of personal physiological states*, which is another source for the development of self-efficacy. Physiological states such as anxiety, stress, arousal and fatigue can all affect efficacy beliefs (Bandura, 1997). People may interpret their emotional arousal and tension as signs of susceptibility to poor performance (Wood & Bandura, 1989). These physiological states could be controlled to a degree by the individuals themselves, as people are able to change their own thinking and self-efficacy beliefs. They are also capable of influencing their own physiological states (Pajares, 1997). Therefore, to strengthen efficacy beliefs, people should enhance their physical status, reduce their stress reactions and alter their negative emotional tendencies and misinterpretations of their physical states. (Bandura, 1994).

This study focuses on the role of modelling through Facebook travel groups as a significant mechanism for shaping the self-efficacy of young Egyptian women. Unlike self-concept or self-esteem, self-efficacy is uniquely domain-specific and deeply influenced by individuals' beliefs in their capacity to perform specific tasks under certain conditions. The study emphasises how vicarious experiences, a key source of self-efficacy as defined by Bandura, play a pivotal role when young women observe and interact via social media and how this helps in overcoming social and cultural constraints to pursue their travel aspirations. By sharing personal narratives and successes, these women act as role models, offering both inspiration and practical strategies for navigating societal challenges. This highlights the transformative potential of social media platforms in challenging constraints, enabling young Egyptian women to redefine restrictive societal norms through collective support and shared experiences.

#### Adaptations of self-efficacy

Self-efficacy has witnessed continuous developments in various areas with its role being explored by researchers in various domains including health, wellness, education, careers and business (Schunk & Pajares, 2009). The relevance and applicability of self-efficacy have been successfully established in these diverse fields (Pajares, 1997). With the adaptation of the concept of self-efficacy to the previously mentioned areas, new and extended definitions of self-efficacy have emerged such as behavioural self-efficacy, cognitive self-efficacy, emotional self-efficacy,

career self-efficacy, creative self-efficacy, entrepreneurial self-efficacy, academic self-efficacy and technical self-efficacy<sup>2</sup>.

Behavioural self-efficacy refers to the belief in one's ability to perform the actions needed to control a problem situation (Maddux & Lewis, 1995). Cognitive self-efficacy concerns the perception of the ability to exercise control over one's thoughts (Maddux & Lewis, 1995). Emotional self-efficacy refers to belief in the ability to perform actions that influence one's moods or emotional state (Maddux & Lewis, 1995). Emotions are not directly controlled but are rather influenced by changes in cognition or behaviour, resulting in changes in the overall mood.

Creative self-efficacy has also evolved from the concept of self-efficacy referring to one's belief in the ability to produce creative outcomes (Tierney & Farmer, 2002) and has been extended to many areas and highly researched among employees in different job settings (Hutagalung & Liestiawati, 2024). Within the field of business, entrepreneurial self-efficacy has also evolved as a crucial construct in entrepreneurship research, measuring individuals' beliefs in their ability to perform tasks related to new venture management (Forbes, 2005). It has been found to be a significant predictor of entrepreneurial intention and business performance (Oyeku et al., 2014). Entrepreneurial self-efficacy affects entrepreneurial intention both directly and indirectly, with self-regulation partially mediating this relationship (Pihie & Bagheri, 2013).

Within the area of education and specifically students, creative self-efficacy has been highly influential, and it correlates with students' academic beliefs, college aspirations, and participation in extracurricular activities (Beghetto, 2006; Royston & Palmon, 2019). Academic self-efficacy is a concept that emerged and which refers to an individual's belief in their ability to successfully complete academic tasks and achieve goals (Zheng, 2024; Ribeiro & Fernandes, 2020; Artino, 2012). It plays a crucial role in student success, influencing choices and performance (Ribeiro & Fernandes, 2020; Artino, 2012).

Most societies across the globe reinforce the stereotype of girls being less competent than boys in using technology (Cooper, 2006). Reflecting this stereotype, female anxiety about technology has been regularly reported (Cooper & Weaver, 2003; He & Freeman, 2010). Internal beliefs held by a person towards their ability in using technology is referred to as technical self-efficacy (Lent et al., 1984; 1986). Women are reported to have higher computer anxiety and lower

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<sup>2</sup> An important adaptation of self-efficacy is the application of self-efficacy in the context of constraint negotiation. This is further discussed in this chapter under the negotiation section.

technical self-efficacy resulting in the lower likelihood for women to use or adopt new technologies (Durdell & Haag, 2002). Parental support and gender stereotypes influence students' self-efficacy beliefs, with boys perceiving higher parental support in technology and computing (García et al., 2019).

However, this is not the case with social media, where women express more confidence in their abilities to use such forms of technology (Huang et al., 2013). Social media self-efficacy is based upon a person's level of social media content production and consumption, perceived social media skills, and confidence in his or her ability to successfully find information online (Hocevar et al., 2014).

Social media platforms have become powerful tools for women's rights movements, enabling rapid message dissemination, fundraising, and global connectivity (Alam, 2024). They provide a platform for discussing women's issues and challenging discrimination (Kumari, 2020). Thus, social media may represent the means for women to use technology with a higher level of confidence which in turn may elevate their technical self-efficacy. This is also more relevant to young women where age and social media experience have proven to be significant predictors of social media self-efficacy, with younger individuals and those with more experience demonstrating higher levels of confidence (Alber et al., 2016).

### **3.2 The Digital Divide**

Despite the worldwide increase in internet adoption, disparity in Information Communication Technology (ICT) is evident between developed and developing countries, giving rise to the "digital divide". The basic definition of the digital divide was developed by the Organization for Economic Co-operation and Development (OECD) as "the gap between individuals, households, businesses and geographic areas at different socio-economic levels with regard to their opportunities to access ICT and to their use of the internet for a wide variety of activities" (OECD 2001 as cited in Venkatesh & Sykes, 2013).

When comparing percentages of youth across the globe accessing the internet, the discrepancy is evident with 98% of young people aged 15-24 in developed countries using the internet compared to 67% in developing countries and only 34% in Least Developed Countries (LDCs) (ITU, 2023). The digital divide can be further broken down into two areas: (1) the primary digital divide that relates to ICT access and (2) the secondary digital divide that relates to patterns of ICT use and their consequences (Riggins & Dewan, 2005). When comparing developed to

developing countries, the “digital divide” represents the gap that exists between people in both countries in terms of their physical access to ICT, their rate of adoption and the different ways in which ICT is used (Inegbedion, 2021; Soomro et al., 2020; Ayanso et al., 2014; Ali, 2011). Not only does the digital divide exist between nations, but it is also apparent between genders within nations and is referred to as the gender digital divide.

The “gender digital divide” refers to the difference in access, usage, content availability and utility, information technology (IT) labour markets, contribution to IT industry, and access to ICT education at all levels between men and women (Acilar & Sæbø, 2023; Melhem et al., 2009). In particular, research shows that the gender digital divide affects females of all ages across international boundaries (Cooper, 2006). In 2023, the proportion of women using the internet was 5% lower than the proportion of men using the internet worldwide (ITU, 2023).

While the gender gap has narrowed in most regions since 2013 and has totally diminished in some places e.g. achieving gender parity in the Americas, it is still relatively wide in Africa and the Arab States where the proportion of women using the internet remains 12% lower than that of men (ITU, 2023). Empirical studies show that women in developing countries have significantly lower technology participation rates than men. This is a result of deep-rooted socio-cultural attitudes about the role of women in society (Singh, 2017; Antonio & Tuffley, 2014).

The issue of women’s computer anxiety has long been attributed to societal norms along with the stereotype of boys being more competent than girls in using technology that reinforce the perception of technology as a male-dominated domain (Cooper, 2006). This stereotyping resulted in girls and women reporting that computers are a source of anxiety rather than a source of fun or amusement (Cooper & Weaver, 2003; 2006). Due to this anxiety, women used to be consistently reported as less likely to adopt and use new technology or to choose a career in information technology. This discouraged women from engaging with technology, limiting their participation in digital innovation and careers in information technology (Cooper, 2006; Li et al., 2008). However, advances in technology, particularly the growth of Web 2.0 technologies and the widespread adoption of social media, have been shown to lower female computer anxiety (Qazi et al., 2022). It also created opportunities to address these disparities and empower women to engage with technology more confidently across different fields, showing how social media could help in bridging the gap in the gender digital divide (Garcia et al., 2018).

Significant inequalities based on gender are far more pressing in developing countries where the lack of gender development remains a major problem in many cases (Kerras et al., 2020; Alozie & Obong, 2017). However, ICT has the potential to redefine traditional gender roles by providing women with access to employment, education and income (Nagamani & Veni, 2016). The empowerment promise ICT holds for women in developing countries is much larger than for those in the developed world due to the tough circumstances that women in developing countries face (Hilbert, 2011).

ICT has provided female entrepreneurs in developing countries with access to worldwide e-business channels in a real-time manner from their residences (Sicat et al., 2020). Social media has an overall positive impact on the lives of Egyptian women entrepreneurs, both professionally and personally (Beninger et al., 2016; Miniesy et al., 2022). Digital technologies empower women socially and economically by creating new employment and entrepreneurial opportunities, removing trade barriers for women, enhancing access to finance and information and optimising their business processes (Miniesy et al., 2022). For example, e-commerce significantly lowers the barriers to entry for micro-, small- and medium-sized enterprises by reducing the investment needed to launch and run a business. Digital solutions that remove the need for face-to-face interactions when trading can help reduce the difficulties women business owners face, such as mobility constraints, discrimination, and in some countries, even violence (Sicat et al., 2020).

Through the adoption of ICT, traditional gender roles could be redefined for women in developing countries who have limited skills or who lack the resources to invest in higher education (Singh, 2017). Programmes designed to expose girls to technology at an early age, such as coding bootcamps and Science, Technology and Mathematics (STEM) focused initiatives, have contributed to fostering confidence and reducing gendered stereotypes (Maisiri & Madzikanda, 2024; Garcia-Holgado et al., 2020). With the introduction of IT and new technologies, women are able to work in jobs that were traditionally restricted to men as they were classified as “heavy” jobs (e.g., technical jobs in agriculture and manufacturing).

The idea of women supporting women and having feminised digital spaces along with women’s digital venturing has been researched and has shown how it can positively empower Arab women and aid social justice (Amer et al., 2021). This will contribute to the redefinition of societal gender roles. Similarly, this study highlights how women support each other through Facebook travel groups. It demonstrates that those who have successfully overcome various travel constraints

guide those who are still negotiating their travel. These online spaces create a supportive network where women help each other overcome traditional gender norms by sharing their experiences, practical advice, and encouragement to overcome challenges.

While the digital divide and the gender digital divide emphasise disparities in access to and use of technology, such inequalities extend beyond the digital arena. Similar patterns of inequality are evident in the allocation of free time, commonly referred to as the “leisure gap”. This gap reflects the unequal distribution of leisure time between men and women, often driven by the dual demands of paid employment and unpaid domestic responsibilities that disproportionately fall on women (Beblo, 2001). Much like the barriers observed in technology access, the leisure gap is shaped by deeply rooted social and cultural norms that influence how time and opportunities are allocated.

### **3.3 The Leisure Gap**

The leisure gap refers to the unequal distribution of free time between different groups, most notably between men and women (Beblo, 2001). It highlights how women, particularly those balancing paid work with unpaid domestic and caregiving responsibilities, often have less time for rest, recreation, or personal activities compared to men. This gap is influenced by societal norms, gender roles, and structural inequalities that assign a disproportionate share of household and emotional labour to women, even in dual-income households. The leisure gap reflects not just differences in the amount of free time but also in the quality of that time, as women’s leisure is often disrupted by ongoing obligations.

Gender disparities in leisure time have been extensively researched, with several studies highlighting that women, particularly those engaged in both paid labour and domestic responsibilities, experience significantly less leisure time compared to men (Bittman & Wajcman, 2000; Craig, 2007). This phenomenon, often linked to the “second shift” (Hochschild, 1989) highlights the dual burden faced by women who, after completing formal work hours, engage in unpaid domestic labour.

The nature and quality of leisure experiences also vary by gender. Women’s leisure is often fragmented and less likely to be uninterrupted, contrasting with men’s more continuous and self-directed leisure activities especially in countries with conservative gender norms, low levels of childcare coverage, limited paternity leave and lower political power for women (Yerkes et al., 2020).

Traditional gender roles position women as primary caretakers and managers of emotional and domestic labour, regardless of their marital status. These expectations create structural and psychological barriers that limit women's access to uninterrupted, self-directed leisure. This phenomenon, often referred to as "contaminated leisure," happens when leisure activities are disrupted by persistent thoughts of duties and responsibilities. (McKingley, 2023; Lachance-Grzela & Bouchard, 2010). When these norms are adopted, it creates a mental load that makes it harder for leisure to feel truly relaxing. This adds to the differences in how men and women manage stress. Even in situations where men and women technically have the same amount of free time, cultural expectations around productivity, care work, and emotional labour still shape how each gender experiences leisure (McKingley, 2023).

The leisure gap among women is further influenced by socioeconomic status and minority identities, as women from lower socioeconomic backgrounds and marginalised groups often face more barriers to leisure. Economic constraints, demanding work schedules, and limited access to recreational resources significantly reduce opportunities for restorative activities (Khan et al., 2018). Additionally, structural inequalities such as lack of social support place an added mental and emotional burden on minority women, further diminishing the quality of their leisure. Cultural expectations and community-specific norms may also restrict leisure opportunities, particularly in environments where women's roles are tightly linked to caregiving responsibilities. Research also indicates that women with vocational education and those living in lower-status settlements have less time for leisure, highlighting the impact of socioeconomic factors on leisure time availability (Tarko, 2019).

Building on the existing literature, this study examines how the leisure gap is evident among young women in Egypt, a country where restrictive gender norms and societal expectations influence women's roles, regardless of their marital status. The issues highlighted in previous research – such the impact of traditional gender roles and the role of socioeconomic factors – are especially relevant in the Egyptian context. Cultural expectations often place women in caregiving roles, limit their freedom in public spaces, and restrict their access to meaningful leisure time. These challenges are further complicated by factors such as class, education, and whether women live in urban or rural areas such as Upper Egypt. This study explores how young Egyptian women experience and negotiate constraints related to travel. The next section will introduce the *Leisure*

*Constraints Theory* as a framework to better understand the structural, interpersonal, and personal barriers that shape women's leisure experiences in such contexts.

### **3.4 The Leisure Constraints Theory**

Originating in 1987, Crawford and Godbey created the Leisure Constraints Theory which posits that there are constraints that hinder individuals' participation in different leisure activities. In 1991, Crawford, Jackson, and Godbey developed the model to include a hierarchical structure, categorising constraints into three interconnected dimensions: intrapersonal, interpersonal, and structural. Later, in 1993, Jackson et al. added that constraints are not insurmountable but could be negotiated. The model is a well-established framework for understanding the factors that limit people's involvement in leisure activities. It provides a structured way to examine how individuals navigate the constraints to their recreational pursuits. Leisure constraints are defined as factors that inhibit travel activities, cause inability to engage in travel, result in difficulties maintaining or increasing travel frequency, and lead to negative impacts on the quality of travel experiences (Nadirova & Jackson, 2000; Hung & Petrick, 2012). These constraints – be they intrapersonal, interpersonal, or structural – encompass various elements that collectively or individually hinder an individual's ability to pursue travel activities with the desired freedom, regularity, or satisfaction.

Intrapersonal constraints involve internal psychological states or characteristics that hinder an individual's ability to engage in leisure activities. These include factors such as anxiety, lack of confidence or skills, disinterest, or negative attitudes towards specific activities. Interpersonal constraints arise from social interactions and relationships, such as familial obligations, lack of a suitable leisure partner, or conflicting social norms and expectations. Structural constraints are external barriers that include financial limitations, lack of time, inadequate facilities, geographical inaccessibility, transportation difficulties, or limited opportunities (Iso-Ahola, 1982; Samdahl & Jekubovich, 1997; Hinch & Jackson, 2000; Hubbard & Mannel, 2001; Kerstetter et al., 2005; Hung & Petrick, 2012).

The hierarchical model, as proposed by Crawford et al. (1991), suggests that these constraints operate sequentially. Intrapersonal constraints are encountered first and must be resolved before interpersonal constraints can be addressed. Only upon overcoming the first two categories of constraints can structural constraints be effectively managed. This sequence highlights the complexity of leisure participation and the interplay between personal, social, and

environmental factors in shaping recreational behaviour (Hubbard & Mannell, 2001). For example, an individual may initially feel a lack of interest or confidence in engaging in a particular activity due to low self-esteem or perceived lack of skill (intrapersonal constraint). Even if this barrier is overcome, they may face challenges such as coordinating schedules with friends or family members who have different leisure preferences or obligations (interpersonal constraint). Finally, structural barriers such as cost, lack of transportation, or availability of suitable facilities may further inhibit participation. This layered approach provides an understanding of the multifaceted nature of leisure constraints (Godbey et al., 2010).

Research on Leisure Constraints Theory has demonstrated its applicability across diverse demographic groups and contexts. Studies have consistently shown that leisure constraints are not uniform but vary based on factors such as age, gender, socioeconomic status, race, ethnicity, and cultural background (Shinew et al., 2004). For example, women often report higher levels of intrapersonal and interpersonal constraints due to societal expectations, traditional gender roles, and disproportionate caregiving responsibilities (Shaw, 1994; Jackson & Henderson, 1995; Henderson, 2020). These constraints can emerge as a lack of time for leisure due to household chores and childcare, as well as feelings of guilt or selfishness associated with prioritising personal leisure pursuits (Miller & Brown, 2005; Wilson & Little, 2005). Gendered patterns of constraints have been also reported across various leisure domains, including sports and physical recreation (Koca et al., 2009; Goodine, 2024), outdoor activities (Hultsman, 1995), and cultural pursuits (Shahvali et al., 2016). Furthermore, individuals from lower socioeconomic backgrounds often cite structural barriers, such as financial hardship, lack of access to recreational resources, and limited transportation options, as significant impediments to leisure participation (Koca et al., 2009; Rose, 2016). Racial and ethnic minorities may also experience unique constraints related to discrimination, lack of culturally relevant programs, and safety concerns in certain leisure environments (Shinew et al., 2004; Stodolska, 2016). While these findings emphasise the ways in which constraints operate across different groups, they also highlight the limitations inherent in the leisure constraints model itself.

First, although the hierarchical leisure constraints model has played a foundational role in leisure studies, its core assumptions – particularly the sequential nature of constraints (intrapersonal, interpersonal, structural) and the view that they are distinct – face criticism. Second, the application of the model to non-Western cultures is relatively limited and does not account for

constraints arising from differences in culture. Third, the model over-emphasises leisure activity participation as the end goal. Fourth, the rigidity of the model and its inability to fit into different situations such as was the case during the time of COVID-19.

Some studies support the hierarchical order, while others demonstrate that structural constraints often precede intrapersonal ones in the decision-making processes. Godbey, Crawford, and Shen's research (2010) highlights the critique about the constraints' sequential ordering. This is also illustrated in Samdahl and Jekubovich's (1997) research, which found that structural barriers such as health or financial limitations frequently precondition intrapersonal constraints by shaping individuals' self-perceptions of eligibility for certain activities. For example, a person with chronic pain might avoid considering physically demanding leisure pursuits not due to personal disinterest (intrapersonal) but because structural health barriers limit their perceived options. Such findings directly contradict the model's sequential assumption, suggesting instead that constraints interact dynamically rather than unidirectionally following hierarchical stages. Additionally, the model is circular so that the starting point does not necessarily have to be the intrapersonal constraints but rather where the individual is in his/her daily life including the individual's attitudes, level of participation, related skills, accessibility to facilities, social network or cultural background (Godbey et al., 2010).

The model's assumption of distinct constraint categories has also been questioned. Chick and Dong (2004) argue that cultural norms – particularly in non-Western contexts – make the boundaries between intrapersonal and structural constraints almost non-existent. In collectivist societies, familial obligations (interpersonal) may be internalised as personal values (intrapersonal), making the categorisation of constraints not feasible. Similarly, gendered societal expectations can act as structural barriers (e.g., limited access to female recreational spaces) and interpersonal pressures (e.g., peer disapproval), illustrating the overlapping nature of constraint types (Nguyen & Boles, 2010). This overlap challenges the model's framework of having distinct constraint categories.

Second, the model's applicability to non-Western contexts is questionable. The fact that the model has been developed mainly through Western studies makes it limited in accounting for how gender roles and cultural traditions can create different types of constraints (Chick & Dong, 2004; Henderson 2002). For instance, in societies with strong communal values, women's leisure participation is frequently restricted by overlapping cultural expectations (e.g., modesty norms)

and structural limitations (e.g., lack of gender-specific facilities), barriers that the leisure constraints hierarchical model fails to address (Henderson, 1991; Jackson & Henderson, 1995). This is the case in Iran, for example, where women face structural barriers, such as limited access to gender-segregated sports facilities, and cultural expectations to prioritise family duties over personal interests (Farahani et al., 2018; Saadatifard et al., 2019;). This represents a mix of structural, interpersonal, and intrapersonal constraints that overlap rather than follow a sequentially rigid order. Similarly, Chick and Dong (2005) found that in collectivist societies such as China, societal pressure to focus on work (cultural constraint) often outweighs individual leisure desires, challenging the model's idea of structural constraints as the final barrier to leisure activities.

Third, the model has been criticised for its primary focus on activity participation as the end goal (Crawford et al., 1991; Jackson, 1988). While useful for the discussion of managerial strategies to remove or reduce constraints in specific leisure programs (Blazey, 1987; Bialeschki & Henderson, 1988), it overlooks the broader social and relational dimensions of leisure (Jackson & Scott, 1999). Leisure activities often serve as secondary to the social context in which they occurred. Individuals prioritise shared experiences or moments of solitude and they frequently compromise on activity specifics to maintain connections with others, adjusting activity specifics to maintain social connections (Samdahl & Jekoubovich, 1997). This focus on activity as the primary outcome undermines the deeper meanings individuals link leisure to, such as communal bonding, relationship maintenance, and identity formation. Leisure is about the social environment and the connections it strengthens, not solely about the activities themselves (Jackson, 2000).

Fourth, the rigidity of the model and its inability to easily adapt to changes have also attracted criticism. The COVID-19 pandemic significantly challenged the established hierarchical framework of leisure constraints. During the pandemic, structural constraints, including government-imposed lockdowns, travel restrictions, and the closure of recreational spaces, became the first and main obstacles to leisure activities (Li et al., 2022). These systemic restrictions effectively superseded intrapersonal and interpersonal constraints in the hierarchical order. This shift disrupted the typical hierarchical order, forcing individuals to explore mobility and access restrictions before even considering their personal motivations or social connections (Humagain & Singleton, 2021). Furthermore, intrapersonal constraints, such as health-related anxieties and stress, became closely linked to structural factors. Concerns regarding virus transmission impacted perceptions of leisure safety, while policy measures limited opportunities for stress reduction

(Shen et al., 2022). Additionally, the pandemic introduced new constraints, including biosecurity protocols and economic instability, which operated across multiple levels, further challenging the established hierarchical constraint model.

Despite the previously discussed limitations of the Leisure Constraints hierarchical model, it can still serve as a heuristic framework for investigations into the leisure constraints (Godbey et al., 2010). To overcome the assumptions that constraints cannot be challenged, the model has been extended by Jackson, Crawford and Godbey (1993) giving rise to the constraint negotiation theory whereby constraints became “negotiable”.

### **3.5 Leisure Constraint Negotiation**

The Travel Constraint Negotiation Theory emerged from Crawford and Godbey’s (1987) hierarchical constraint model, which originally posited that travellers address intrapersonal, interpersonal, and structural barriers in a sequential manner. While early leisure literature defined constraints as insurmountable barriers that prevent participation in travel related activities, constraints were redefined during the introduction of the constraint negotiation theory by Jackson, Crawford and Godbey (1993) who demonstrated that constraints can trigger negotiation strategies aimed at removing, alleviating, or adapting to participation i.e. constraints became negotiable and are no longer viewed as insurmountable.

Post-pandemic research underscores the travel constraints theory’s main assumption with constraints being dynamic, negotiable challenges requiring cognitive-behavioural adaptations rather than being seen as rigid obstacles (Karl et al., 2021). Hubbard and Mannell’s (2001) also highlight the role of motivation in leisure participation. They argued that constraints do not necessarily prohibit travel but instead trigger negotiation processes. For example, travellers with high motivation may reinterpret structural barriers such as financial limitations as resolvable through behavioural adaptations such as crowdfunding, aligning with Jackson et al.’s (1993) view who believed that negotiation strategies mitigate barriers rather than impede participation.

Negotiation strategies were suggested by Jackson et al., (1993) to be cognitive or behavioural. Cognitive and behavioural strategies aim at reducing the cognitive dissonance that happens when travel constraints intervene between individuals, travel preferences and their achievable actual behaviour (Jackson & Rucks, 1995; Karl et al., 2021).

Cognitive constraint negotiation strategies refer to negotiating the perceived value associated with travelling (Jackson & Rucks, 1995; Gao & Kerstetter, 2016) and they mainly imply

an “inaction” by accepting the constraints via changing the perception (Karl et al., 2021). Cognitive strategies often precede behavioural adaptations, acting as psychological gatekeepers.

Li and Stodolska (2007) identify several cognitive strategies for managing constraints, such as reinterpreting challenging circumstances as short-term obstacles, directing attention toward future opportunities for leisure engagement, emphasising the benefits of non-leisure pursuits (e.g., viewing career or academic sacrifices as investments justifying reduced leisure time), and minimising the perceived importance of leisure activities. Building on this, Jackson et al. (1993) highlighted that individuals might psychologically reduce the value of desired leisure pursuits they perceive as unattainable to alleviate emotional dissonance. Jackson and Rucks (1995) discussed adaptive adjustments to leisure goals in response to barriers. Samdahl and Jekubovich (1997) emphasised the acceptance of constraints as unavoidable realities. Fendt and Wilson (2012) further considered the concept of reframing constraints as opportunities for personal growth or resilience-building. Collectively, these strategies illustrate how individuals cognitively reinterpret their relationship with leisure to mitigate the psychological impact of constraints.

Cognitive strategies help travellers rethink limitations, making them seem more manageable. After COVID-19, many travellers began reassessing risks and benefits. For example, vaccinated individuals often focus on the protection their immunity provides rather than health concerns, making them more willing to travel (Tay & Jennifer, 2024). Social validation also plays a role – when influencers share positive travel experiences, it reassures travellers and increases their comfort with risk (Yılmazdoğan et al., 2021; Aysraff et al., 2022). Similarly, cultural reframing has helped Asian tourists see group travel as a meaningful and empowering tradition (Yang et al., 2018). These examples show how changing the way people think about constraints can influence their travel decisions.

Behavioural constraint negotiation strategies involve tangible, observable changes in either leisure or non-leisure behaviours to address constraints (Jackson et al., 1993). This can include modifying leisure activities, such as changing their frequency or timing, or acquiring new skills to address specific challenges (Jackson & Rucks, 1995). Research indicates that these strategies are highly adaptable, varying based on individual circumstances and cultural context. For instance, Chinese graduate students may prioritise academic pursuits by reducing leisure time (Li & Stodolska, 2007), while Canadian high school students might alter work schedules or spending

habits to accommodate leisure activities (Jackson & Rucks, 1995). This demonstrates the flexible nature of behavioural strategies in helping people balance their commitments and aspirations.

Different techniques and approaches lie under the umbrella of behavioural constraint negotiation strategies. One common approach is to change destinations. For example, during COVID-19, Chinese tourists chose safer domestic locations with clear health rules (Zhang et al., 2022). This shows how adjusting life plans helps people travel, as suggested by Hubbard and Mannell (2001). Another strategy is to change travel times. People might choose off-season trips to avoid crowds and save money. This helped older travellers and those with limited budgets (Karl et al., 2021). For instance, Malaysian Muslim women chose halal-friendly destinations during less busy times to meet their cultural and financial needs (Rathhinar & Selamat, 2019).

People also use financial strategies, such as crowdfunding or changing budgets, to manage travel costs. This helped travellers facing financial difficulties, such as Asian women backpackers. Technology also played a big role. Mobile apps helped travellers check vaccination status, accessibility, or culturally appropriate places to stay. For example, Malaysian Muslim women used apps to find halal hotels, showing how technology can bridge cultural and practical gaps (Rathhinar & Selamat, 2019). Many travellers replaced expensive international trips with cheaper domestic ones (Orindraru et al., 2021). This became more common after the pandemic, with travellers using a mix of strategies, to address health concerns (Karl et al., 2021; Zhang et al., 2022; Tay & Jennifer, 2024).

There is an interactive and interdependent relationship between cognitive and behavioural strategies. Cognitive strategies involve the mental restructuring of perceived constraints or travel aspirations, whereas behavioural strategies include concrete, tangible, action-oriented responses to overcome barriers. While both types of strategy influence travel intentions, empirical evidence suggests that behavioural strategies typically exhibit a more pronounced direct effect (Xie & Ritchie, 2019). However, a growing body of research underscores the significant mediating role of cognitive strategies, demonstrating their influence in channelling perceived constraints into subsequent behavioural responses (Karl et al., 2021). The effectiveness of these strategies is moderated by individual difference variables, such as identity processing styles, which are associated with cognitive strategies (Nurmi et al., 1997). Personality traits may have a direct effect on negotiation behaviour due to contextual influences, motivational and cognitive frameworks that provide strong explanatory power for negotiation processes (Thompson, 1990). Therefore, a

comprehensive understanding of constraint negotiation dynamics necessitates the integration of both cognitive and behavioural strategies.

### **3.6 Negotiation Efficacy**

Self-efficacy plays a pivotal role in the constraint negotiation whereby an individual's determination to negotiate constraints is influenced by his / her motivation for the activity as well as the perceived ability to succeed in negotiating the constraints (Jackson, 1993; Kennelly et al., 2017). The inclusion of self-efficacy within the constraint negotiation relates to the main propositions of Jackson, Crawford and Godbey (1993) whereby they state that "anticipation consists not simply of the anticipation of the presence or intensity of a constraint but also of anticipation of the ability to negotiate it" (p.8). This indicates that perceived ability to negotiate constraints can determine the effects that constraints can have on travel intentions.

The application of self-efficacy to the context of constraint negotiation is referred to as "negotiation efficacy" which is defined as people's confidence in their ability to successfully use negotiation strategies to overcome constraints they encounter (Loucks-Atkinson & Mannell, 2007). It stimulates motivation, reduces perceptions of constraints, facilitates negotiation efforts and enhances performance. Negotiation-efficacy has a direct and positive relation with negotiation efforts. The more confident individuals are in their ability to cope with constraints through the use of resources, the greater their efforts to negotiate (Loucks-Atkinson & Mannell, 2007). White (2008) stated that higher motivation to participate in leisure activities and confidence in negotiation results (i.e. higher negotiation efficacy) will encourage the use of negotiation strategies.

### **3.7 Conclusion**

The chapter discussed the theoretical lens of the study which includes self-efficacy, the leisure constraints and constraints negotiation theories. The foundations and the applications of each of these theories have been discussed along with the literature debates and extensions associated with each. The selection of these three theories has been done to enable the interpretation of the different data results obtained from the field research. Additionally, the concepts of the digital divide and the leisure gap have been also addressed given their relationship to the study and how they relate to young Egyptian women who face difficulties in pursuing travel.

## Chapter Four: Methodology

This chapter presents the philosophical and methodological approaches that underpin the research. It begins by outlining the overall aim of the study which is to explore how young women in Egypt use social media to facilitate their travel and situating it within the appropriate research paradigm, with particular attention to the ontological and epistemological assumptions that guide the inquiry and shape the researcher's understanding of reality and knowledge. The rationale for adopting an interpretivist stance is then discussed, highlighting its suitability for the research. The chapter further elaborates on the research design, explaining how it enables an in-depth and contextually grounded understanding of the phenomenon under investigation. It then describes the process of selecting research participants, detailing the sampling strategy, recruitment methods, and relevance of participants to the research objectives. The data collection methods are presented next followed by a detailed explanation of the data analysis process. Finally, the chapter addresses the ethical considerations and concludes with a discussion of the measures taken to ensure the quality and trustworthiness of the qualitative research.

### 4.1 Research Paradigm

The research paradigm provides the overarching philosophical framework that shapes the researcher's assumptions about the nature of reality, knowledge, and the appropriate ways of exploring and understanding social phenomena (Creswell, 2009; Saunders et al., 2009). In this study, the paradigm serves as a guiding structure for framing the inquiry into how young Egyptian women use social media, particularly Facebook travel groups, to address different travel constraints and enhance their self-efficacy within a conservative socio-cultural setting.

Acknowledging the ontological and epistemological stance of a study is crucial, as research methodologies are grounded in particular ontological and epistemological assumptions (Pouliot, 2007) that must align with the researcher's own philosophical position. According to Willig (2001), any research must address questions concerning the assumptions a methodology makes about reality, the nature of the knowledge it seeks to produce, and how it positions the researcher within the research process. Addressing these questions helps to justify the methodological approach adopted in this study.

## **4.2 Ontological Position**

Ontology concerns the researcher's assumptions about the nature of reality, what exists and how it can be understood (Scotland, 2012). This study adopts a relativist ontological stance, which posits that reality is not fixed or singular, but rather multiple, subjective, and continuously constructed through human interaction and interpretation (Guba & Lincoln, 1994). Relativist ontology holds that reality is a finite subjective experience and that multiple realities exist as many different realities as possible (Guba & Lincoln, 2005). Rather than conceiving of the social world as an objective, pre-existing phenomenon that needs to be discovered, this ontological position recognises that reality emerges through the lived experiences, meanings, and interpretations of individuals situated within specific social contexts (Crotty, 1998; Schwandt, 1994).

Within this relativist framework, young Egyptian women's lived experiences of travel are understood as diverse and shaped by their specific contexts. These experiences are not uniform or deterministic but instead vary according to multiple factors including individual biographical backgrounds, familial configurations, socio-economic positions, religious affiliations, and exposure to distinct cultural norms and values (Jackson & Henderson, 1995; Little, 2002; Shaw, 1994). Importantly, no single "truth" about travel constraints or women's travel can be isolated or universalised; rather, travel experiences and the meanings attributed to them are continuously negotiated and reconstructed through social engagement and discourse (Lincoln & Guba, 1985; Charmaz, 2014).

This ontological stance has profound implications for research methodology. By adopting a relativist position, the researcher acknowledges that multiple valid interpretations of women's travel experiences and constraint negotiation may coexist (Guba & Lincoln, 1994). The research aim becomes not the discovery of an objective universal truth, but rather the in-depth understanding of the multiple, interconnected meanings and interpretations that shape young Egyptian women's travel realities, particularly as these are constructed and negotiated through digital social spaces (Charmaz, 2014; Kozinets, 2015).

## **4.3 Epistemological Position**

Epistemology concerns the nature and scope of knowledge and the fundamental relationship between the knower and what can be known (Crotty, 1998). This research aligns with a subjectivist epistemology situated within constructivist epistemology, which assumes that knowledge is not discovered as a pre-existing truth but is instead co-produced and co-constructed

through the dynamic interaction between the researcher and the participants (Guba & Lincoln, 2005; Denzin & Lincoln, 2011). As stated within contemporary constructivist epistemology, the knower and the respondent co-create understandings through the research process itself, meaning that findings are actively generated as the inquiry proceeds rather than simply extracted from participants (Crotty, 1998; Lincoln & Guba, 2000). This contrasts with positivist epistemologies, which assume that knowledge exists independently and can be objectively discovered through neutral observation (Schwandt, 1994).

Within this subjectivist framework, understanding is generated through interpretation rather than objective measurement (Crotty, 1998). The knowledge sought is context-dependent and shaped by the meanings that participants attach to their experiences (Guba & Lincoln, 2005). As noted in interpretivist epistemology, “knowledge is derived from reason and logic rather than from sensory experience” (Gray, 2021, p. 19), implying that the researcher uncovers meaning through reflective analysis. Importantly, different people may construct meaning in different ways, even within the same phenomenon, which reflects the possibility of having valid interpretations within a subjectivist approach (Crotty, 1998).

This epistemological approach acknowledges the concept of co-constructed knowledge, where “interviews and focus groups should be approached as a process of co-constructing knowledge, requiring researchers to adapt data collection methods to meet the needs of the communities they engage with and to intentionally reflect on and mitigate power dynamics” (Tunstall et al., 2022, p. 1114). Rather than extracting “objective truths” from participants, the research recognises that “the construction of meaning occurs within the ever-changing nature of context, time, and relationship to others (Patterson & Macqueen, 2021, p.189) which enables transformative research conversations. In the context of studying Egyptian women’s travel experiences, this means that the meanings women express both publicly in digital spaces and privately in interviews are understood as actively constructed through these research relationships rather than as static, objective truths waiting to be uncovered.

#### **4.4 The Interpretivist Paradigm**

Based on the above ontological and epistemological assumptions, this research adopts an interpretivist paradigm, which emphasises understanding the world through the meanings people assign to it (Bryman, 2016; Saunders et al., 2009). Interpretivism emerged as a response to positivist traditions that view social reality as objective and measurable. Instead, interpretivists

argue that social phenomena are inherently complex and best understood through empathetic engagement and deep contextual exploration (Schwandt, 1994).

Interpretivism is suitable for qualitative studies because it is based on the belief that reality and knowledge are constructed through social interactions and shared meanings, making it ideal for exploring how individuals make sense of their experiences within specific contexts (Creswell & Poth, 2016; Lincoln et al., 2011). In qualitative research, interpretivism emphasises methods such as in-depth interviews, participant observation, and narrative analysis, which allow researchers to access rich descriptions and nuanced understandings of participants' perspectives (Merriam & Tisdell, 2015; Denzin & Lincoln, 2011). By prioritising participants' lived realities, interpretivist qualitative research produces insights that quantitative approaches might overlook. Thus, interpretivism is adopted for this study to highlight how young Egyptian women use social media to facilitate their independent travel whilst shedding light upon the different constraints faced and the various negotiation strategies acquired and used within a specific socio-cultural and digital context.

An interpretivist approach is therefore appropriate because it allows for capturing the different perspectives among young Egyptian women and exploring how they construct meaning around gender norms, and travel, through their online engagements. By interpreting participants' narratives within Facebook travel groups and interviews, the study seeks to understand how individual experiences connect and interact with broader cultural and societal structures. Such understanding requires acknowledging that each participant's account is shaped by her unique circumstances, values, and aspirations. This is an assumption consistent with interpretivist philosophy (Willis et al., 2007).

Reflexivity in this study views the researcher as an engaged interpreter rather than a detached observer, actively shaping and constructing knowledge with participants. Both the researcher and participants are seen as interactive contributors to the creation of meaning, moving beyond the idea of simply conveying or receiving fixed information (Crotty, 1998; Guba & Lincoln, 2005). Reflexivity involves the systematic awareness and reflection on how the researcher's background, biases, and perspectives influence the research process and findings (Finlay, 2002). This practice, emphasised in qualitative research, transforms the researcher's involvement from a limitation into a strength by supporting transparency and critical self-examination (Markham & Pronzato, 2024). It allows the researcher to carefully distinguish

personal interpretations from participants' voices while acknowledging the creative and interpretive nature of understanding (Lincoln & Guba, 1985; Tunstall, 2022).

In this interpretivist study, the researcher's position is central to the research process. Being an Egyptian woman familiar with the socio-cultural context enriches the research by providing insider insight into young women's travel experiences and constraints. However, this insider position requires ongoing reflexivity to ensure personal assumptions do not bias participants' perspectives (Finlay, 2002). Reflexivity is therefore integrated throughout the study to maintain analytical rigor, transparency, and respect for the complexity of participants' lived experiences.

The Interpretivist paradigm emphasises understanding lived experiences and the context-specific nature of social phenomena, which guided the choice of methodologies that prioritise depth and flexibility (Lincoln et al., 2011). The qualitative methods used in this research embody the interpretivist commitment to capturing the complexity of human experience by focusing on how individuals actively construct and interpret their social worlds (Denzin & Lincoln, 2018; Schwandt, 2000). This is further explored in the next section.

In sum, the interpretivist paradigm provides a coherent philosophical foundation for exploring how social media acts facilitate independent travel for young Egyptian women. It recognises that reality is co-constructed through discourse, that knowledge is contextually situated, and that understanding is achieved through interpretation rather than measurement. This paradigm thus ensures methodological analogy with the study's aim to generate rich, contextualised insights into women's experiences and their evolving sense of efficacy within digital and social contexts.

## **4.5 Research Design**

### **4.5.1 Qualitative versus Quantitative Research**

In the methodological literature, quantitative and qualitative research are widely recognised as two fundamentally different approaches to social research (Bryman, 2016; Robson & McCartan, 2016). Some scholars argue that distinguishing these approaches remains meaningful, despite critiques suggesting that the distinction may be oversimplified or no longer be fully appropriate (Layder, 1993). Bryman (2016) defends the continued relevance of this distinction, emphasising that it helps classify research methods and guides researchers in selecting the most suitable approach to address their research questions, without implying superiority of one method over the other.

Quantitative and qualitative approaches differ particularly along three crucial dimensions: theoretical orientation, epistemological stance, and ontological assumptions (Bryman, 2016). These differences are summarised in Table II: Approaches & Dimensions below.

Table II: Approaches & Dimensions

Dimension	Quantitative	Qualitative
Role of Theory	Deductive: Testing existing theory	Inductive: Generating new theory
Epistemological Orientation	Positivism	Interpretivism / Constructivism
Ontological Position	Objectivism	Constructionism

Source: Data from Bryman, 2016, pp. 3-7

Quantitative research focuses on the measurement and quantification of data, where individual experiences are translated into numerical and statistical terms. This approach often employs deductive reasoning, testing hypotheses derived from established theories within a positivist framework aligned with natural sciences (Bryman, 2016; Robson & McCartan, 2016; Yilmaz, 2013). It treats social reality as objective, external, and independent of the researcher's influence (Gall et al., 1996).

In contrast, qualitative research is an emergent, inductive, and interpretive approach aimed at understanding the meanings individuals attach to their lived experiences within natural settings (Yilmaz, 2013). It prioritises contextual understanding of behaviours, perceptions, and social processes, recognising that reality is socially constructed and subjective (Bryman & Bell, 2011; Patton, 2015). Qualitative methods rely on rich, narrative data such as interviews and observations, focusing on detailed exploration rather than broad generalisation (Azungah, 2018). While small sample sizes characterise qualitative research, this approach provides depth and validity in understanding complex social phenomena that defy quantification (Merriam & Tisdell, 2015).

Recent literature further stresses that qualitative research captures the dynamic, fluid, and context-dependent nature of social realities, aspects that quantitative research may overlook due to its reliance on fixed variables and controlled settings (Herber et al., 2025). Quantitative methods,

on the other hand, excel in producing reliable, generalizable findings and identifying patterns across populations through structured data collection and statistical analysis (Oranga & Matere, 2025). Both approaches bring valuable contributions and often complement each other, especially when combined in mixed-method studies to provide a fuller understanding of social phenomena (Creswell & Plano Clark, 2023).

This study adopts a qualitative research approach because it is most suitable for exploring the complex and socially embedded experiences of young Egyptian women regarding travel. Quantitative research mainly focuses on measuring variables and testing hypotheses through numerical data, which does not allow for the capturing of the rich and nuanced meanings behind participants' experiences (Bryman & Bell, 2011; Creswell, 2013). In contrast, qualitative methods offer a valuable opportunity to understand participants' own perspectives, social interactions, and the contextual influences that shape their lives in ways that numbers alone cannot explain (Yilmaz, 2013; Denzin & Lincoln, 2011).

In this research, qualitative approaches enable an in-depth exploration of how young women negotiate travel constraints within Egypt's specific cultural and patriarchal context. Such an approach recognises that travel behaviours are influenced by deeply rooted gender norms, social expectations, and the role of social media as a supportive platform for information sharing and efficacy development (Brown & Osman, 2017; Pink et al., 2015). By focusing on participants' narratives and social realities, the study can uncover the layers of meaning and social negotiation that are often invisible in quantitative studies, which tend to generalise findings and overlook diversity within groups (Bryman & Bell, 2011).

Existing research on young women's travel and social media use in Egypt demonstrates a predominance of quantitative studies, with limited availability of qualitative work that carefully interprets the social and digital complexities of this topic. Although some qualitative studies do address women's mobility and social norms, few go into depth about how social media functions as an interactive space where women create and share strategies to overcome travel limitations (Amer et al., 2021; Kozinets, 2015). This gap in literature highlights the need for qualitative research to capture how social media supports the development of self-efficacy in settings marked by cultural restrictions.

Therefore, this study uses qualitative inquiry to fill this gap by producing detailed, culturally relevant knowledge that considers both gendered socio-cultural constraints and the

digital environments influencing young women's travel experiences. This approach also allows for the extension of theoretical frameworks such as Bandura's self-efficacy and leisure constraint theories in a new context that has been understudied from a qualitative standpoint (Bandura, 1997; Loucks-Atkinson & Mannell, 2007). Finally, qualitative research provides flexibility to respond to the fast-changing social media landscape and evolving social norms, which is essential to understand how young Egyptian women develop efficacy and negotiate the constraints they face in their pursuit of independent travel.

#### **4.5.2 Conduct of Research**

This study employed two qualitative methods: netnography and semi-structured interviews to explore young Egyptian women's travel constraints. Netnography, adapted from ethnographic principles for the online context, was used to analyse interactions and discussions within Facebook travel groups, providing rich, naturally occurring data about participants' travel-related experiences and social dynamics (Kozinets, 2015). This method allowed the researcher to observe how young Egyptian women discuss travel constraints in a digital space that serves as both social support and information exchange. Following the netnography, semi-structured interviews were conducted to obtain a deeper understanding of the role of social media in facilitating young Egyptian women's independent travel. The interview questions were designed based on themes that emerged from the online data to ensure relevance and to guide the conversation around key research questions.

The defined population consists of young Egyptian women, aged between 18 and 35, who face travel-related constraints in Egypt's specific socio-cultural context. This group is especially relevant due to its differential exposure to patriarchal norms, family expectations, safety concerns, and resource limitations, all factors that shape their travel opportunities and practices. By focusing on women from different regions within Egypt the study aims to capture the diversity of the constraints they faced and of the negotiation strategies they used within a context often marginalised in broader travel research.

Before conducting the main research, a pilot study was conducted for both phases, netnography and semi-structured interviews, to ensure the methods were effective and appropriate for the context. The pilot netnography analysed selected informative posts from the Facebook travel groups under study to explore how young Egyptian women discuss travel plans or past experiences, helping to refine the netnographic data collection approach. Following this, five face-

to-face pilot interviews were conducted (before COVID-19) and allowed the interviewer to test and improve the clarity and relevance of the questions. Conducting this pilot study provided several benefits including identifying and addressing potential challenges early, refining research instruments, assessing the feasibility of the methods, and increasing the researcher's confidence and preparedness (Van Teijlingen & Hundley, 2001). This step improved the rigor and validity of the overall study by ensuring data collection methods were practical and capable of capturing rich, meaningful insights from participants, thereby strengthening the quality and credibility of the final research findings.

#### **4.6 Phase I: Netnography**

Netnography is a method adapted from ethnography to study online communities and social media content (Kozinets, 2010). It allows researchers to observe naturally occurring conversations and cultural patterns without direct interference. To follow ethical procedures, the researcher first contacted group administrators and obtained their permission. After gaining their approval, the researcher introduced herself transparently as a researcher and posted a participant information sheet (see Appendix B: Participant Information Sheet) explaining the study's purpose and participant rights. This helped build trust and ensured informed awareness (Kozinets & Gretzel, 2023; Dermant & Moretti, 2024).

Netnography offers several important advantages in social media research. It allows researchers to collect rich, authentic data that reflects the real thoughts, feelings, and behaviours of dispersed participants in their natural online environments. This method excels at capturing the dynamics of online communication which other methods might miss (Kozinets & Gretzel, 2023). It is also cost-effective, efficient, and enables real-time observation without influencing participants or interrupting their interactions. Netnography provides access to diverse and geographically dispersed communities, which can be especially valuable when studying social phenomena such as travel aspirations across cultural contexts. Moreover, it permits the study of sensitive topics and emerging trends that may be difficult to observe offline (Kozinets & Gretzel, 2023).

However, netnography does have its limitations. Verifying the identity and demographics of online participants can be challenging. The researcher must exercise careful interpretation because data is mediated through textual or visual digital communication, needing a high level of skill to analyse context and meaning accurately (Kozinets, 2010). Ethical concerns also arise

around privacy and informed consent in digital spaces, making it essential to obtain permissions and transparently inform participants about the research purpose. Despite these challenges, when conducted rigorously with reflexivity and ethical attention, netnography is a powerful tool to explore cultural phenomena in digital contexts (Dermant & Moretti, 2024).

This nuanced understanding of netnography's advantages and limitations highlights its appropriateness for the study's aim of exploring how young Egyptian women use social media to facilitate their independent travel. By enabling the collection of naturally occurring, contextually rich online interactions, netnography provided valuable insights into participants' lived experiences, language, and cultural expressions. These insights also informed the design and focus of the subsequent interview phase, ensuring that the questions were grounded in the realities observed within the digital spaces.

#### **4.6.1 Sample for Netnography**

Sampling for netnography involves purposely selecting online communities and digital content that are relevant to the research topic, ensuring that the data collected provides rich and meaningful insights into the social phenomena under study (Kozinets, 2015). In this study, sampling focused on identifying Facebook travel groups where young Egyptian women actively discuss travel experiences and plans, thus targeting social spaces where travel constraints and negotiations are naturally expressed. Within these groups, posts and interactions were purposely selected based on their informativeness, relevance, and richness, rather than aiming for large sample sizes or statistical representativeness (Kozinets, 2015). The goal is not statistical generalizability, but depth of understanding and the generation of nuanced, context-specific insights regarding the negotiation of travel constraints. This approach is justified by the need to access participants who possess the experiential knowledge necessary to address the research aim specifically, understanding how social and cultural factors intersect with the lived realities of travel for young Egyptian women, and how these factors are negotiated through both online and offline strategies.

The sample size includes 201 posts on the Facebook travel groups "Traveller Experience"<sup>3</sup> and "She Travels EG"<sup>4</sup> from young Egyptian women between the age of 18 to 35 years to ensure a comprehensive yet manageable dataset that reflects the thematic depth and diversity required for

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<sup>3</sup> <https://www.facebook.com/groups/1637368469877009>

<sup>4</sup> <https://www.facebook.com/groups/SheTravelsEG>

qualitative analysis. This sample size aligns with established netnographic practices, where the focus is on achieving thematic saturation and relevance rather than fixed numerical targets. Recent studies typically analyse between 100 and 300 posts, balancing depth and breadth effectively (Padricelli, 2021; Smith et al., 2023). Kozinets (2024) also recommends selecting a critical mass of posts that is sufficient to capture active, relevant community interactions, usually within the range of a few dozen to a few hundred posts, depending on the study context and aims. The inclusion of 201 posts in this research thus follows these methodological guidelines, enabling rich insights into young Egyptian women's travel constraints as expressed in online communities.

#### **4.6.2 Data Collection for Netnography<sup>5</sup>**

The netnographic research was conducted through the researcher becoming immersed in the two Facebook travel groups; Traveller Experience and She Travels over the period from April 2018 till September 2021. Posts and discussions were closely observed after the researcher revealed her identity to all the group members (see Appendix A: Netnography Posts). This prolonged engagement allowed for the observation of natural interactions, conversations, and shared experiences within these online communities without imposing direct interference.

The netnographic data collection involved capturing posts in Arabic (see Appendix A: Netnography Posts), which were collected as screenshots to preserve the original contextual and visual elements of the interactions. These screenshots were then carefully transcribed into text by rewriting the content, facilitating a process suitable for exporting and systematic analysis using ATLAS.ti. This approach ensures the authenticity and richness of the original communication are maintained while enabling efficient coding, categorisation, and thematic analysis within a digital qualitative research framework.

#### **4.7 Phase II: Semi-Structured Interviews**

Semi-structured interviews are a qualitative research method characterised by the use of a predetermined but flexible interview guide, allowing the researcher to explore key topics while adapting to the interviewee's responses in a conversational manner. This approach is mid-way between structured interviews, which rely on standardised questions, and unstructured interviews, which are open-ended, offering a balance between consistency and depth (Kallio et al., 2016). The flexibility offered by semi-structured interviews enables the researcher to probe more deeply based

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<sup>5</sup> See Chapter Five: Netnography.

on participants' responses, facilitating a rich understanding of experiences, perceptions, and motivations (Bryman, 2016). This method is suitable for this study to explore how young Egyptian women use social media to facilitate their independent travel.

Semi-structured interviews have many advantages, making them highly effective for qualitative research purposes. One of the main advantages is the flexibility, which allows the interviewer to adapt questions and probe deeper based on participants' responses, resulting in richer and more detailed data (Turner et al., 2022). This adaptability offers greater participant engagement and can uncover unexpected themes, which is especially valuable when exploring complex or sensitive topics (Gill et al., 2008). Semi-structured interviews also provide a balance between structure and openness by using a guiding framework that encourages consistent data collection while allowing participants' unique perspectives and experiences to emerge (Saunders et al., 2009). Furthermore, this method captures the nuanced, lived experiences and contextual factors shaping participant views, which are essential for comprehensive understanding of social phenomena.

Despite these advantages, semi-structured interviews also have limitations. They can be time-consuming in terms of data collection and transcription, requiring substantial resources for thorough analysis (Kallio et al., 2016). Interviewer bias may influence the direction of the conversation, potentially shaping responses based on phrasing or non-verbal cues. Additionally, the open-ended nature of responses can generate large volumes of text making it challenging for systematic coding and interpretation if not well managed (Bryman, 2016). Ensuring consistency across interviews while allowing flexibility requires skilled interviewing and careful planning (Turner et al., 2022).

Semi-structured interviews are appropriate for this study to explore how young Egyptian women use social media as a facilitator for their independent travel, as they allow in-depth exploration of personal experiences and contextual influences within a culturally restrictive environment. This method facilitates capturing rich qualitative data on sensitive topics, such as gender norms and social expectations, which may not be easily accessed through quantitative methods (Gill et al., 2008). Moreover, semi-structured interviews complement the earlier netnographic phase by enabling participant elaboration on themes identified in narratives shared online via digital spaces. Thus, this method supports the study's interpretivist epistemology.

Thus, to gain a deeper understanding about the role of social media in facilitating young Egyptian women's independent travel, semi-structured interviews were conducted after the netnography phase. The interview guide was developed to directly address the study's research aim, which is to explore how young women in Egypt use social media to facilitate their travel. The guide was structured to answer the research questions: (1) What are the main travel constraints facing young Egyptian women? (2) How does social media help young Egyptian women overcome travel difficulties and constraints? (3) What are the different types of efficacy developed across various stages of travel? and (4) What role does social media play in influencing different types of efficacy during these stages? The interview questions were carefully aligned with these research objectives and designed to prompt rich, detailed responses that reflect participants' experiences with travel constraints and social media support. The interview guide was meticulously developed to directly address the study's research aim, which is to explore how young women in Egypt use social media to facilitate their travel. The guide was structured to answer the following research questions: (1) What are the main travel constraints facing young Egyptian women? (2) How does social media help young Egyptian women overcome travel difficulties and constraints? (3) What are the different types of efficacy developed across various stages of travel? and (4) What role does social media play in influencing different types of efficacy during these stages? The interview questions were carefully aligned with these research objectives and designed to prompt rich, detailed responses that reflect participants' experiences with travel constraints and social media support. The questions were also developed based on themes that emerged from online data captured through the netnographic research to ensure relevance. For further details, the full interview guide is available in the Appendix D: Interview Guide.

Pilot interviews were carried out face-to-face before COVID-19 to build rapport and test questions (see Appendix F: Manual Analysis of Pilot Interviews), while the main interviews were conducted via Zoom afterwards to ensure safety and reach (Keen et al., 2022). Before each interview, participants received an information sheet (see Appendix B: Participant Information Sheet) and provided informed consent (see Appendix C: Consent Form), confirming their voluntary participation and confidentiality.

#### **4.7.1 Sample for Semi-Structured Interviews**

For the semi-structured interviews, which constituted phase two of the study, a purposive sampling technique was employed to select participants who could provide in-depth insights into

the travel constraints and negotiation strategies of young Egyptian women. This approach involved identifying single young Egyptian women who were active in online travel communities, who had had recent travel experiences, and who had experienced challenges convincing their parents to allow them to travel independently. This was to ensure that the selected participants possessed the experiential knowledge necessary to address the research aims (Campbell et al., 2020). After the initial selection, a snowball sampling technique was applied, whereby participants were asked to refer to other eligible women within their networks, thus expanding the sample and enhancing the diversity of perspectives included in the study (Nov. 2008).

#### **4.7.2 Data Collection for Semi-Structured Interviews**

A total of 13 semi-structured interviews were conducted in this study, with data collection continuing until thematic saturation was reached. Thematic saturation is the point at which no new themes or insights emerge from additional interviews, indicating that sufficient depth and breadth of data have been obtained to fully address the research questions (Guest, Bunce, & Johnson, 2006). In the context of this study about the use of social media by young Egyptian women to facilitate independent travel, 13 interviews were enough to capture a comprehensive range of experiences and perspectives, as no new meaningful themes emerged beyond this point (Fusch & Ness, 2015). Thus, this sample size was sufficient to ensure rich, nuanced insights while maintaining accuracy and consistency in line with qualitative research standards (Saunders et al., 2018).

Data collection for the semi-structured interviews began with contacting each participant individually via a mobile phone call or WhatsApp. The researcher then shared the participant information sheet and consent form (see Appendix B: Participant Information Sheet and Appendix C: Consent Form) with them through WhatsApp to ensure that they were fully informed about the study. Participants confirmed their willingness to take part via WhatsApp, after which a suitable time for an online interview via Zoom was arranged. The researcher created the Zoom meeting and shared the meeting link with each participant accordingly. All interviews were audio or video recorded with the explicit approval of the participants to ensure accurate and detailed data capture. The interviews had an average duration of approximately one hour. The longest interview lasted 1 hour and 30 minutes, while the shortest was 38 minutes. Each interview began with an icebreaker question aimed at creating comfort and openness, typically inviting the interviewee to “tell me more about your latest travel experience.” This approach aligns with best practices in qualitative

research interviews, where initial broad, experience-based questions help build rapport and encourage detailed narrative responses (DiCicco-Bloom & Crabtree, 2006). Such icebreakers are effective in setting a conversational tone and easing participants into deeper discussions related to research themes. This tactic does promote trust and facilitates natural recollection of relevant personal experiences.

The interviews were conducted fully in Arabic, the native language of the participants, to facilitate a comfortable environment where interviewees could openly share their experiences and express themselves fully (Smith et al., 2008). This approach helped maximise the richness and authenticity of the data collected.

#### 4.8 Participants' Information

**Table III: Participants' Information**

<b>Interviewee Name</b>	<b>Age</b>	<b>Governorate</b>	<b>Occupation</b>
Ebtihal Ashour	32	Damietta	Assistant lecturer, English literature, MSA
Sanaa Hamed	28	Mansoura	Engineer
Fatima Atef Massoud	31	Cairo	Assistant lecturer, linguistics, BUE
Hanan El Ghaly	22	North Sinai	Student – Faculty of Alson
Jasmine Maher	28	Cairo	Engineer at Dell DMC
Nourine Gamil	31	Cairo	IT Freelancer
Nermeen Kamal	31	Cairo	Assistant lecturer, English literature, Hertfordshire university
Nicole Fayez	20	Cairo	Student – AUC
Rania El-Bowety	33	Cairo	PhD candidate, Cairo University
Rawya Kenawy	35	Cairo	Puppets' Designer
Reeman Hamdy	22	Beheira	Student – Faculty of Medicine – Ain Shams university
Reem Mohamed	21	Giza	Student – Faculty of Medicine – Ain Shams university
Sally Mounir	29	Cairo	Social Media Specialist

The participants in this phase of the study included a diverse group of young Egyptian women from varied ages, governorates, and occupations, reflecting a broad spectrum of backgrounds relevant to the research focus. The interviewees ranged in age from 18 to 35 years and were from governorates including Damietta, Mansoura, Cairo, North Sinai, Beheira, and Giza. Their occupations reflected a wide range of professional and personal roles, including engineers, IT freelancers, social media specialists, designers, students in various faculties such as medicine and languages, and other professional roles. For example, participants included engineers working in the private sector, IT freelancers contributing to digital economies, social media specialists managing online platforms, and students pursuing degrees in medicine and languages. These diverse occupational backgrounds enriched the qualitative insights by incorporating different perspectives on the experiences faced by young Egyptian women in their pursuit of independent travel.

Combining netnography with semi-structured interviews offered a comprehensive approach that strengthened the study through methodological triangulation, which is defined as the use of multiple methods or data sources to enhance the validity and credibility of findings by cross-checking and verifying the data (Denzin, 2017; Flick, 2014). Netnography provided rich, natural access to online discussions about independent travel among young Egyptian women, capturing the dynamics of digital communication and authentic social media interactions. Semi-structured interviews added valuable depth by sharing detailed, personal accounts that explored individual lived experiences and complex negotiations around travel constraints. This allowed the study to uncover areas that are difficult to access solely through online observations. The integration of both methods enriched the data by balancing the breadth of the online cultural context with the depth of intimate, one to one narrative accounts. This triangulated methodological design increased the study's accuracy by enabling cross-validation of insights across different data types while offering a more holistic and nuanced understanding of how social media facilitates young women's independent travel.

#### **4.9 Data Analysis**

Data analysis for this study was conducted using Braun and Clarke's (2006) six-phase thematic analysis framework for both the netnography and the semi-structured interview phases. The six phases were applied consistently across both phases of the study; netnography and semi-

structured interviews and they involved: (1) familiarisation with the data by repeated reading and note-taking, (2) coding interesting data features systematically, (3) collating codes into initial themes, (4) reviewing and refining themes in relation to the data set, (5) defining and clearly naming themes, and (6) producing a detailed report that connected the analysis to the research questions and literature. This approach was implemented using ATLAS.ti 22 software and was chosen for its capability to analyse Arabic text to ensure that the data remained in the original language of the participants.

Conducting analysis in Arabic was critical, as it allowed for a more authentic and nuanced understanding of participants' expressions and experiences, enhancing cultural sensitivity and reducing potential misinterpretations. The researcher's shared cultural and linguistic background with the participants further supported accurate interpretation and rapport throughout data handling, as supported by Squire (2009) and Temple and Young (2004).

For the netnographic data, all posts were imported in Arabic directly into ATLAS.ti 22, allowing systematic and culturally contextual coding without translation loss. This facilitated a comprehensive exploration of online interactions relating to young Egyptian women's travel constraints. The themes developed from netnography informed the analysis of interview data, where further elaboration and depth were achieved.

The semi-structured interviews, all conducted in Arabic, adhered to the same rigorous thematic analysis protocol as the netnographic data, ensuring methodological consistency and facilitating integration across the two study phases. Conducting both data collection and analysis in Arabic was essential to capture the authentic voices and lived experiences of the participants without the distortions that translation might cause (Squire, 2009; Temple & Young, 2004). The researcher transcribed a few interviews before the help of a professional transcriber was sought.

Transcription of initial interviews by the researcher enhanced familiarity with the content and helped establish transcription standards, while professional transcription support ensured accuracy and efficiency. Transcripts were checked against recordings to preserve the integrity and contextual meaning of the participants' narratives (Poland, 1995).

Using ATLAS.ti 22 and the application of Braun and Clarke's (2006) six-phase thematic analysis, this approach enabled the extraction of rich, contextually embedded insights into how young Egyptian women perceive and negotiate travel constraints. Themes developed in the

interviews elaborated and deepened those identified in the netnographic phase, ultimately enhancing the coherence and reliability of the study's findings.

Two additional chapters are dedicated specifically to the detailed data analysis of each method used in this research. One chapter focuses exclusively on the comprehensive analysis of the netnographic data<sup>6</sup>, presenting the themes and patterns identified through thematic analysis in-depth. The other chapter provides an extensive analysis of the semi-structured interview data<sup>7</sup>, elaborating on how the themes developed and expanded from the netnographic phase, thereby providing a thorough understanding of the use of social media by young Egyptian women to overcome different travel constraints.

#### **4.10 Trustworthiness of the Research**

The trustworthiness of this research was ensured by strictly applying Guba and Lincoln's (1982) four criteria: credibility, dependability, confirmability, and transferability. Credibility was achieved through prolonged engagement with participants and triangulation of data sources, which enhanced confidence that the findings accurately reflect the participants' realities. Dependability was maintained by transparent documentation of the research process, enabling replication and verification. Confirmability was achieved via reflexivity and triangulation, ensuring the findings were grounded in the data and minimally influenced by researcher bias. Transferability was supported through rich descriptions of the research context and purposive sampling, allowing the findings to be meaningfully applied in other similar contexts. Together, these strategies reinforce the integrity and reliability of the study, addressing common qualitative research critiques and enhancing the richness of the findings.

#### **4.11 Ethical Considerations**

Ethical principles were rigorously observed throughout all stages of the research. Approval was obtained in August 2018 from the FASS – LUMS Research Ethics' Committee at Lancaster University.

#### **4.12 Informed Consent**

For the netnographic phase, ethical approval was extended to include digital data collection procedures. After obtaining permission from the administrators of the online groups; Traveller Experience and She Travels, a public post was shared within each group introducing the researcher

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<sup>6</sup> See Chapter Five: Netnography.

<sup>7</sup> See Chapter Six: Interviews.

and outlining the aims, scope, and ethical considerations of the study. This approach ensured transparency and allowed potential participants to make an informed decision about their engagement. The post disclosed the researcher's identity, institutional affiliation, and provided details regarding data use, confidentiality, and contact information for further inquiries.

For the interview phase, informed consent was central to ensuring participants' voluntary and knowledgeable involvement. A transparent and respectful approach guided all interactions, promoting trust and openness between the researcher and participants. Each participant granted their permission to take part in the interview and to have it recorded (see Appendix C: Consent Form). The consent form explains key issues, including confidentiality, data storage and protection, the presentation of findings, and the right to withdraw. At the beginning of each interview, additional time was dedicated to verbally clarifying the research purpose and procedures, supported by written information sheets (see Appendix B: Participant Information Sheet).

#### **4.13 Privacy and Confidentiality**

Full confidentiality was guaranteed to all participants. Pseudonyms were assigned to the participants who took part in the study. Facebook posts and recordings were stored securely on an encrypted computer. Only the researcher had access to the data.

#### **4.14 Right to Withdraw**

Participants were informed of their right to withdraw at any point before or during the interview. Should a withdrawal have occurred, the corresponding data would have been destroyed and excluded from the analysis. After the completion of data collection, however, information was anonymised and no longer identifiable, meaning participants could not withdraw their data retrospectively.

#### **4.15 Debriefing and feedback**

At the conclusion of each interview, participants were encouraged to ask any questions. Participants were invited to request feedback on the study's outcomes, ensuring transparency and respecting their right to be informed. This debriefing process helped clarify the research aims and allowed participants to reflect on their involvement, promoting a sense of collaboration and ethical reciprocity.

#### **4.16 Conclusion**

This chapter is structured to first outline the philosophical foundation of the research, emphasising the interpretivist paradigm and its relevance to understanding young Egyptian women's travel experiences. It then detailed the qualitative research design, including the rationale for selecting netnography and semi-structured interviews as complementary methods. The chapter also described participant selection and recruitment strategies, followed by explanations of data collection and analysis procedures. Ethical considerations and reflexivity were also discussed to demonstrate research rigor. Together, these sections provide a clear and coherent account of how the study was conducted to address the research aims and questions.

## Chapter Five: Netnography

The chapter discusses the use of netnography within phase 1 of the research. The rationale behind the choice of netnography is discussed and why it preceded semi-structured interviews. Subsequently, the principal themes identified within the netnographic data are presented and categorised. Following this, the thematic analysis of the data is presented highlighting the main themes and sub- themes with supportive quotes from the participants. Finally, the chapter concludes with a summary of the main findings and a link to phase 2 of the research.

### 5.1 Netnographic Research

For this study, netnography was selected to be conducted prior to the semi-structured interviews. This approach facilitated the collection of rich and comprehensive data from online communities. It also offered a non-obtrusive, cost-effective and time-efficient means to access the language, values, and behaviours of participants within their online environments (Kozinets, 2010; Costello et al., 2017). By engaging with these virtual environments, key themes were identified, and the interview guide was refined to align with the specific norms and language of the Egyptian young women seeking to travel, therefore guaranteeing that the interviews to be conducted later were relevant and well-informed. Furthermore, the integration of netnography and semi-structured interviews represents a complementary methodological approach that enhances the depth and scope of this qualitative research. While netnography provided a broad understanding of participants' interactions on the Facebook groups, semi-structured interviews enabled a more in-depth exploration of individual perspectives within a flexible, yet focused setting (Blandford, 2013). This sequenced approach aligns with best practices in qualitative research, leveraging on the netnography's ability to reveal hidden patterns and cultural complexities before direct engagement with participants via interviews (Asname & Berrada, 2025). This approach not only enriched the dataset but also ensured the interview process was rooted in the lived experiences of participants, as observed within their online environments. By combining these methods, the study established a framework for investigating complex social phenomena across both virtual and interpersonal environments.

The netnographic research was conducted through the researcher becoming immersed in two Facebook travel groups namely Traveller Experience and She Travels over the period from

April 2018 till September 2021. Posts and discussions were closely observed after the researcher revealed her identity to all the group members (see Appendix 1: Netnography Posts).

Thematic analysis was used to analyse the data from the netnography. During the period of almost three and a half years, the researcher closely followed the Facebook groups, reading all the comments and saving the important and relevant comments on the topic under study for later analysis. Then at the time of the analysis, relevant posts were grouped, coded and analysed. The researcher sorted the coding and the emerging themes and categorised them into meaningful groups, combined with the themes that emerged from the pilot study (see Appendix F: Manual Analysis of Pilot Interviews). Finally, the refined template from both the pilot study and the netnography emerged. The findings are presented below showing the main themes and sub-themes.

Table IV: An Overview of the Design of Study One

Study Design	Qualitative exploratory
Research Sample	Egyptian young women who are participants in two big Facebook Travel groups (She travels and Traveller Experience)
Sample Size	200 posts
Data Collection Method and Analysis	Observation of posts and discussions on the Facebook groups and collection of the most relevant posts

Table V: Netnographic Results – Main and Sub-themes

Main Themes	Sub-Themes
1- Travel constraints	1.1 Intrapersonal Constraints 1.2 Interpersonal Constraints 1.3 Structural Constraints 1.3.1 Cultural Norms 1.3.2 Gender norms 1.3.3 Religious Constraints

	1.3.4 Geographical Constraints 1.3.5 Financial Constraints
2- Strategies for overcoming the travel constraints	2.1 Sharing of Experiences 2.2 Lying 2.3 Nagging 2.4 Choosing the right time for negotiation with parents 2.5 Adaptive Travel Arrangements 2.6 Parents' reassurance 2.7 Financial Independence
3- Travel as a life-changing experience	3.1 Travel as a driver of life skill development 3.2 Travel as a pathway to self-reliance

## 5.2 Travel Constraints

One of the main themes that emerged – if not the most important – were the constraints faced by young Egyptian women with respect to travel. The importance of this theme emerges from the picture it conveys about Egyptian culture regarding the level of control exercised by the parents over their daughters, as well as society's restrictive norms and traditions.

### 5.2.1 Intrapersonal Constraints

Intrapersonal constraints are the fears and worries that come from inside a person that make it hard to pursue travel. These constraints include being afraid of new places, doubting if you can handle things by yourself, and feeling anxious about what might go wrong. Many Egyptian young women who want to travel by themselves face these kinds of internal struggles. Even though they dream of travelling independently, their minds are filled with "what if" questions and concerns about managing difficult situations without help. The quotes reflected how young Egyptian women face these intrapersonal constraints while also showing that when they manage to overcome these

internal feelings and experience travel, their self-efficacy increases and they enjoy the feeling to the utmost.

Post # 5

*“For anyone who’s scared or worried about travelling alone, I’m telling you: travel — and travel a lot! It honestly turned out to be the best thing in the world”.*

Post # 12

*“All my life, I’ve always dreamed of travelling without having someone supervising me. But deep down, I still feel scared and worried — will I really be able to handle things on my own?”*

Post # 23

*“As an Egyptian girl who lives in Egypt, I always believed that girls do not travel because of the society, the parents and such stuff. A year ago, when I joined the travel groups online, I got really excited and encouraged to travel then I got to know from later posts that there are still girls who need help and encouragement to travel. So, I decided that I will help as much as I can as I was also helped by others”.*

Post # 227

*“I was worried about travelling alone, but honestly, it’s the best thing you could ever do”.*

### **5.2.2 Interpersonal constraints**

Interpersonal constraints are a major challenge for young Egyptian women who wish to travel independently, with parental approval being the most notable constraint. Many parents feel worried about their daughter’s safety and well-being, even if they trust her personally. This worry often leads them to say no to independent travel. Some parents believe their daughters may not be able to handle difficult situations while travelling, or they see travelling independently as socially unacceptable for girls. In some cases, parents are highly protective and do not allow their daughters to even perform daily tasks alone, such as crossing the street.

In addition to the parents’ worries and fears about their daughters’ travelling, which turns them against the idea of their girls’ travelling, but there is also the societal pressure. It is not that common within the wider society for girls to travel alone. The society’s perception of girls who

travel on their own is not positively perceived. This puts more pressure upon the parents who are not used to the idea, who live within a society that does not accept it, and they also want to protect their daughters from any gossip. Regardless of the specific reason, these concerns commonly result in parents rejecting their daughter's request to travel by herself.

Post # 6

*"My parents were totally against the idea of [me] travelling on my own"*

Post # 52

*"My father and mother are not convinced that I [can] travel alone"*

Post # 110

*"You remind me of my father who is against a girl travelling alone and spending the night out of her house"*

Post # 87

*"Parents always believe that if a girl travels on her own, she won't be able to handle any situation and would feel totally lost"*

Post # 196

*"How do you manage to travel on your own girls? I am 22 years old, and my mom is over-protective about me to the extent that she has to help me while crossing the street!"*

Post # 107

*"And when you will open the discussion with your parents about travelling, they won't agree for many reasons and will try to prevent you from travelling by all means and you won't even understand the reason behind such fights, but it is mainly because travelling on your own is not something common in our society".*

Post # 109

*"Hope that one day I will be able to travel alone. Till now every trip they are with me and they always tell me that they will never leave me to travel alone one day. Do you want people to gossip about us saying that your parents have no control over you! As if I am doing something shameful".*

Post # 132

*“If you will always care [that] much about what people say then you won’t be able to move any step forward in your life because unfortunately most people in Egypt still have an outdated mindset and they attack the successful independent girl and hold bad views about her”.*

### **5.2.3 Structural Constraints**

Structural constraints create strong limitations for young Egyptian women who want to travel independently, mainly due to cultural norms, gender roles, religion, location, and financial limitations. In Egypt, the society expects women to follow traditional roles, where travelling alone is often seen as inappropriate or unacceptable. Many families hold conservative religious beliefs, especially about Islam, where a woman is expected to have a *mahram* accompanying her during travel, even though modern travel conditions are safer and easier than in the past. Geographical location also affects these constraints because women in rural areas such as Upper Egypt face stricter traditions and fewer transportation options compared to cities.

Financial difficulties add another obstacle because many young women do not have their own money or financial freedom and rely on their families for support, which limits their chances to travel. Such structural factors combined with the social pressure about girls who travel alone being judged negatively, and parents’ worry about gossip or losing family honour make it harder for girls to travel independently. Additionally, gender discrimination is clear as boys are usually allowed more freedom to travel, while girls are told to wait until marriage to have this right. These structural constraints make it very difficult for young Egyptian women to travel independently.

#### *5.2.3.1 Cultural Norms*

Cultural norms in Egypt represent a structural constraint for young women who wish to travel independently. Traditionally, Egyptian society expects women to follow established norms, which consider the idea of a girl travelling alone as improper or even dishonourable. The influence of social reputation is strong, so families often fear the gossip or negative judgement that can result if their daughters seek to travel by themselves. This fear is not only personal but also reflects a broader concern about maintaining the family honour and status within the community. Many parents believe that, by allowing their daughter to travel alone, they risk both her safety and the

family's good name. Cultural attitudes often dictate that girls should postpone any travel ambitions until marriage.

Post # 6

*"They would always tell me you will travel when you get married with your husband on your honeymoon... I am totally against the idea of postponing my dream till I find a husband who would make my dream come true".*

Post # 23

*I always get the reply "Tomorrow you will get married and travel with your husband" to the extent that many girls want to get married only in order to travel and do what they want".*

Post # 80

*"We as Egyptians have the concept of girls waiting to travel with their husbands"*

Post # 122

*"All what I know is that it is not right that [you have to] postpone your dream to travel till you get married. God only knows if you will get married to an open-minded man who likes to travel or at least agrees that you travel or will be against the idea".*

Post # 155

*"As for me my parents used to reject the idea of travelling alone and as all Egyptian parents, they used to tell me you can travel when you get married... and when I got married, I didn't travel or go anywhere although I nagged a lot to and tried many times... After I got divorced, I decided to take my girls, travel and enjoy my life.... I have nothing else to keep waiting for"*

Post # 9

*"Actually, I have always been unable to travel or go anywhere like a tree but this was never my wish I just had to be submissive to my father".*

### 5.2.3.2 Gender norms

Gender norms in Egypt act as an important structural constraint that limits the opportunities of young women who wish to travel independently. Social traditions usually grant boys significant freedom, allowing them to travel easily, spend nights outside, or visit new places without facing criticism or restrictions. In contrast, girls are often treated more as dependents within the family, and their personal decisions, including their desire to travel independently, are not considered

equally valid. Instead, their actions are subject to approval from parents, especially fathers, who frequently judge independent travel for females as “not suitable” and insist that girls follow family rules. The difference in treatment between sons and daughters is evident in many families, where boys’ independence is natural and accepted, but girls are expected to remain under close supervision until marriage or even beyond. For many young Egyptian women, the possibility of travelling independently is not only limited by practical arrangements but also by the need to break through collective norms designed to maintain traditional gender roles. Achieving personal goals, such as independent travel, is therefore seen as a significant success and a challenge to deeply rooted beliefs that hold back women’s self-development.

Post # 95

*“If you were a guy you would have easily travelled and (would have gone) wherever you wanted to freely, you could even have a sleepover with people you don’t even know, or you could even spend the night in the street without any problems”.*

Post # 122

*“The girl is being treated as an add -on within any family not a separate, independent entity like the boy. Your father is saying that travelling is “not suitable” for them as you just have to follow what they decide”.*

Post # 214

*“The greatest achievement you can reach as a woman is breaking through the barriers of tradition and societal expectations to pursue your goals in a community where those very norms try to hold you back”.*

### 5.2.3.3 Religious Constraints

Religious constraints act as a significant structural constraint to the independent travel of young Egyptian women, deeply influencing family attitudes and social expectations. In Egypt, Islamic beliefs and interpretations have historically contributed to travel restrictions for women, as in early Islamic times it was mandatory for a woman to be accompanied by a *mahram* when travelling. While this rule was originally established because of the dangers and hardships of travel in old times, the requirement has persisted in many families despite vast improvements in travel safety, technology, and infrastructure. For many parents, religious views remain a central justification for denying permission for independent female travel, even though it is argued that such strict rules are less relevant today and emphasise that Islam itself does not categorically forbid

women from travelling independently. The issue remains a subject for debate within Egyptian society, with some individuals willing to change their opinion if respected religious authorities (sheikhs) openly permit independent travel for women. Nevertheless, these beliefs contribute to a restrictive environment by linking female autonomy and mobility with religious duty and family honour, thus making religious constraints a significant part of the structural constraints young Egyptian women face when wishing to travel independently.

Post # 89

*“If a sheikh said that it is allowed for girls to travel on their own, parents will get convinced and agree that their girls travel.”*

Post # 163

*“Go ahead and travel my dear.... Travel and live your dream... Travelling is not restricted to men and Islam never asked us not to travel and don't care about those who interpret Islam according to their own personal views.”*

Post # 170

*“With all my due respect to those saying that girls should travel accompanied by a mahram I want to explain why a mahram used to be mandatory in the old times during the days of Prophet Mohammed. Back then travelling was a tough activity that required a lot of effort and staying in the desert for months among the wild animals and bandits. Whereas, nowadays travelling is way easier and simpler that takes few hours by plane or boat while being accompanied by hundreds of people. There are also tourism companies that organise trips for groups. There are also different means of communication and GPS. Thus, there is no danger like the old times.”*

#### 5.2.3.4 Geographical Constraints

Geography represents a structural constraint for young Egyptian women wishing to travel independently, as norms and traditions vary considerably across different regions of the country. In rural areas and traditional communities, such as Upper Egypt and tribal societies in Sinai, cultural expectations are stricter, and conditions are more oppressive for girls compared to urban areas. These regions maintain a conservative outlook, which imposes additional constraints on young women, making it even more challenging for them to challenge norms or convince their families to allow independent travel. Girls from these areas often face stronger opposition, greater societal pressure, and more critical judgment when expressing the desire to explore new places on

their own. The reflections from Upper Egypt and Sinai highlight how overcoming these constraints is not only a personal victory but also a broader challenge to negative stereotypes and community perceptions, requiring exceptional determination and negotiation skills. The effort to convince families, as well as to have the courage to step beyond local expectations, becomes an important achievement, contributing positively not just to the individual but to the reputation and image of their entire community.

Post # 107

*“We as girls from Upper Egypt suffer from the same problem but thank God, I was able to overcome it like you did despite the negative comments and continuous frustration about any achievement you do as if it is nothing. Being up to the adventure is an achievement in itself”.*

Post # 214

*“Despite all the conditions and circumstances, I was able to convince my parents that travelling would be a pride not only for me but for every Sinai girl capable of representing her country. Through travelling we would be able to change the stereotype people hold about us and show that Sinai is safe and full of mature educated youth. I accepted the challenge about convincing my parents to travel abroad in order to represent my country and convey a good image about it”.*

#### 5.2.3.5 Financial Constraints

Financial limitations represent a structural constraint for young Egyptian girls who wish to travel independently. Many young women do not have their own source of income or financial independence and instead rely on their families for financial support, which restricts their ability to pursue travel plans. Even though financial barriers are sometimes considered secondary to the challenge of convincing parents, the lack of adequate funds remains a real obstacle that can prevent girls from realising their travel dreams. Some girls express their frustration at not having enough money, indicating that even if parental approval were granted, the financial situation would still hinder their actual ability to travel. This issue becomes more distinct because opportunities for young women to earn money or save for personal goals are often more limited compared to young men, due to traditional expectations and restrictions on work or mobility. As a result, financial limitations work in combination with other social and cultural constraints, the freedom of movement for many young Egyptian girls.

Post # 104

*“It turned out that almost all Egyptian girls don’t have money to travel and their parents reject their travel. I thought I was the only tree who doesn’t travel.”*

Post # 167

*“I am now short of money or else I would have travelled a long time ago.”*

### **5.3 Strategies for overcoming travel constraints**

Young women support each other online through Facebook travel groups in different ways. Those who have already managed to break the norms and successfully travelled share their experiences acting as models for those who are still aspiring to travel. Girls who are thinking of travelling follow those who did, get inspired by them and keep asking questions along the way to absorb the idea, dream about it and plan about how to achieve it. Another group in between are the girls who make plans about travelling but are facing obstacles be it securing their parents’ approval or any other difficulties.

#### **5.3.1 Sharing of Experiences**

Young women who managed to travel and attribute this success to the support they found on Facebook travel groups act as models for others. They share their experiences hoping to inspire other girls who have not yet realised their travel dream. Some even share their travel success stories as a kind of payback to the group that helped them achieve their dream. Some girls even volunteer by posting posts that address parents as they know that they are the main challenge facing a girl’s travel dream.

Post # 33

*“The most frequent question I receive about my travel posts is asking about how I managed to convince my parents to travel on my own? In this post, I will be sharing my personal experience.”*

Post # 225

*“This post might look trivial to some people, but my objective is to reach every father and mother and ask them to give their children, especially girls, a chance and don’t make them hate themselves [for] being girls. As long as you properly raised your daughters, please support their dreams about travel and try to make them make nice memories.”*

Post # 23

*“As an Egyptian girl who lives in Egypt, I always believed that girls do not travel because of the society, the parents and such stuff. A year ago when I join[ed] the travel groups online I got really excited and encouraged to travel then I got to know from later posts that there are still girls who need help and encouragement to travel. So, I decided that I will help as much as I can as I was also helped by others”.*

Meanwhile, girls who are still struggling ask for the support of other girls in sharing their experiences with them. Some of them even ask the “models” to address their parents in the posts [quoting] them as a precedent case.

Post # 9

*“Please comment with why you love to travel. How does travel benefit you? Is travelling dangerous for girls? My dad is on the group, and I hope he might get convinced about the idea of my travel when he reads your comments”.*

Post # 13

*“How can I convince my parents to travel alone? If any girl has experience about this, please share it with me.”*

## 2.2 Lying

Some young Egyptian women feel they need to lie to their parents in order to get permission to travel on their own. By saying their trips are for official reasons, such as studying or charity, when they are for personal enjoyment, they find ways to work around strict family rules about travel. This shows the limits on their freedom to travel independently. They are determined to pursue travelling independently even when their families or society do not fully support this.

Post # 90

*“I just say I am travelling to finalise some paperwork or get books for my studies, but I travel for my pleasure.”*

Post # 106

*“My dad approved my last two trips as I said they were related to charity work and [I] had one of my relatives with me. Honestly, the trips were organised by a tourism company, but I didn’t tell him so that he doesn’t say no”.*

## 2.3 Nagging

The quotes show how young Egyptian women often use persistent nagging as a way to gain their parents' approval for independent travel. The repeated efforts that sometimes last for years demonstrate just how strong the constraints can be, and how determined these women are not to give up on their wish to travel independently. The mention of an Egyptian proverb highlights that nagging is seen as a powerful tool within the culture, even more effective than magical solutions. Success sometimes comes only after a long time and much patience, as seen when one woman finally received permission after a month of constant requests for just a short trip.

Post # 18

*“My parents kept rejecting my travel for 12 years. 12 years and I keep trying, nagging, and doing all that it takes to get them convinced.”*

Post # 21

*“As the Egyptian proverb says: Nagging can do more than magic”.*

Post # 225

*“After a month of non-stop nagging, my mom finally agreed to let me go on a one-day trip to Alexandria”.*

### **5.3.2 Choosing the right time for negotiation with the parents**

Young Egyptian women often understand that choosing the right time to discuss travelling with their parents is very important for getting approval. They try to find moments when their parents are more relaxed or happy, such as during holidays, vacations, or special family celebrations, to start the conversation. This careful timing helps make the parents more open to listening. Some women pray or reflect deeply before raising the subject, thinking carefully about what to say and when to say it, knowing that if they choose a bad moment, their parents may refuse right away.

Post # 1

*“When you raise the discussion about travelling you have to choose the right time for you and [for] your parents be it vacations or feasts.”*

Post # 197

*“My parents were totally against the idea of travel but I prayed and started to think about how best to approach them in terms of timing and what exactly to say.”*

### 5.3.3 Adaptive Travel Arrangements

The participants described how adopting adaptive travel arrangements can help them secure their parents' approval for travelling independently. These adaptive strategies include setting specific conditions such as choosing girls-only trips, planning one-day journeys without overnight stays, initially travelling with parents, or joining trips organised by large organisations such as universities or the Ministry of Youth and Sports. Other approaches involve travelling with family members, or with groups of friends to enhance safety. Additionally, participants suggested that starting with domestic travel before requesting to go abroad and selecting international destinations with cultural or religious similarities to Egypt – preferably Islamic countries – could make parents more comfortable. Seeking travel for study or work purposes, rather than for leisure alone, was also viewed as having a higher likelihood of gaining parental approval.

Post # 1

*“You could travel with your mother, sister, or brother — that would give you motivation, help you break through the fear barrier, and provide your family with peace of mind.”*

Post # 106

*“He only agreed to the last two trips because they were with a charity organisation and I had a family member with me each time.”*

Post # 33

*For the first time, try to make the reason for travel something related to study or work, and make sure it's through a well-known organisation — that will definitely help put their minds at ease.*

Post # 74

*Start with domestic travel first, like through the Ministry of Youth — they'll feel reassured knowing you're with an official group. Then, when you come back safe and sound, they'll see that nothing bad happened to you — you weren't killed or kidnapped — and they'll gradually start to understand and accept the idea.*

Post # 205

*“Gather a group of girls here and plan a trip together. Try to convince your dad by telling him you're not going alone and choose a nearby place with a short duration — maybe just two days — so he feels more reassured the first time. Then, you can gradually do it again”.*

Post # 133

*“You could try a day trip without an overnight stay — that might be easier for them to accept. Then, with time and repetition, they might start to change their minds”.*

Post # 225

*“After a month of non-stop nagging, my mom finally agreed to let me go on a one-day trip to Alexandria”.*

Post # 33

*“Start by travelling within Egypt first — and not just for tourism. Try to travel for study, work, or short training programs. If you can handle living on your own and being responsible while travelling locally, then you’ll be more prepared — and more likely to manage — when it’s time to travel abroad”.*

Post # 150

*“Look, travel with a group within Egypt first. Start with places like Wadi El-Hitan, Siwa, or Dahab. That way, you’ll have the experience of travelling, and it’s very likely that you might feel nervous about travelling alone or not know how to handle things — but at least you’ll be with a group”.*

Post # 66

*“And if you’re travelling through a trusted organisation, like a university, work, or with friends they trust, it will be much easier to convince them”.*

Post # 219

*“So, no travel unless it’s for work or study”.*

Post # 224

*“My advice to girls whose families refuse to let them travel is to start with a trip for an important reason, like study or work. After that, it will be easier for them to accept the idea of you travelling, as long as you’re not going alone and you’re with a nice, respectful group”.*

Post # 77

*“When you decide to travel outside your country, choose a destination that is familiar to them, like a place with similar customs and traditions. This will make them feel more comfortable with the idea”.*

Post # 1

*“Try to travel in a group with friends whom your family trusts. This will make them feel more at ease about the trip”.*

Post # 58

*“If they feel that you’re trustworthy, they might agree to let you travel with a safe group of friends. But travelling alone, completely by yourself, is still difficult for them to accept”.*

Post # 70

*“Start by travelling with trustworthy friends who are respected by your family. One step at a time, you’ll build those qualities and earn their trust”.*

Post # 106

*“He still refuses unless the trips are officially organised by the university or something similar. He only agreed to the last two trips because they were with a charity organisation”.*

#### **5.3.4 Parents’ Reassurance**

Young Egyptian women often find that reassuring their parents is an essential step to gaining approval for independent travel. According to the participants, parents are kind and caring but need to feel confident and secure about their daughters’ plans. By clearly expressing the importance of the trip and showing responsibility, young women can help ease their parents’ worries and build trust. This reassurance can include explaining the purpose of travel, safety measures taken, and how the experience will benefit them personally. These efforts to comfort and convince parents reflect the balance between respecting family concerns and the determination to pursue travel independently.

Post # 4

*“Our parents are too kind, but they need us to reassure them and they will trust us.”*

Post # 33

*“Reassure your parents and make them feel how important it is for you to travel”*

#### **5.3.5 Financial Independence**

A significant number of young Egyptian women work very hard to become financially independent so they can travel on their own. They take jobs, save money for several months, and carefully plan every detail of their trips. By being able to pay for their own travel, they not only show their parents that they are responsible and serious, but they also gain confidence and independence. Some girls try to reassure their parents by showing that they have saved enough

and made proper plans, hoping this will convince their families to allow them to travel. Others feel that financial independence itself gives them the power to make their own decisions without waiting for parental approval.

Post # 6

*“I kept working really hard for 3 months in order to be able to save and thankfully I travelled.”*

Post # 60

*“Save the travel expenses and show your parents that you are planning well for all the details of the trip.”*

Post # 78

*“Make them feel that you are a grown-up and you have plans. Develop yourself and be financially independent.”*

Post # 158

*“Financial independence gives you the power to decide whatever you want.”*

## **5.4 Travel as a life changing experience**

### **5.4.1 Travel as a driver of life skill development**

Travel is seen by many young Egyptian women as a strong way to gain important life skills and independence. Those who manage to travel speak of how the experience opens their eyes to new ideas and helps them learn how to interact with different people and cultures. Travel teaches practical life lessons, building the ability to handle unexpected situations and solve problems on their own. Many women say that, through travel, they have become more responsible and stronger. It gives them a real sense of freedom and confidence to make their own choices. Families sometimes worry that girls might not be able to manage alone, but these experiences often prove the opposite, helping them grow in ways that would not be possible if they always stayed at home. For many, travel does not just bring new skills but also refreshes the soul and brings new energy and perspective to life.

Post # 172

*“And don’t worry about your daughter—if you’ve raised her well, she’ll come back to you stronger than a hundred men”.*

Post # 23

*“Thank God I’ve been blessed with a family who respected my way of thinking, let me rely on myself, and encouraged me to embrace experiences that truly changed our lives”.*

Post # 74

*“One of the things that will teach you the most about how to handle situations—and give you invaluable experience—is travel”.*

Post # 87

*“Families often believe that if a girl travels alone, she’ll be lost and won’t know how to handle anything. But the truth is, it’s a whole new kind of experience—one that completely transforms you. Travel changes your personality 180 degrees. It proves that if a girl is put in any situation, she’ll figure it out, handle it, and there’s no need to fear for her. To me, travelling is stepping into real life. It’s what shows you how strong and responsible you truly are. And you end up learning things you’d never learn if you spent your whole life sheltered at home”.*

Post # 157

*“So go travel—honestly, it refreshes your soul and gives you a whole new drive for life”.*

Post # 217

*“Travel—because it will completely change the way you see so many things”.*

Post # 32

*“The first time I truly felt free—and fully in control of my own decisions—was then”.*

#### **5.4.2 Travel as a pathway to self-reliance**

These quotes show that travel is not only enjoyable for young Egyptian women, but it also plays a key role in developing their sense of responsibility and self-reliance. By taking charge of their trips, making important decisions, and dealing with unexpected problems by themselves, they learn how to handle life’s challenges and manage their own resources. Travel gives them the opportunity to grow into more independent, mature, and confident individuals. Many young women describe that, after travelling on their own, they return feeling stronger, more self-reliant, and more capable than before. These experiences help them truly understand what responsibility means and prove to themselves that they can depend on their own skills and judgment in any situation.

Post # 156

*“But honestly, travel really teaches responsibility—how to handle situations, live within your means, and so much more”.*

Post # 171

*“Travel isn’t just great because it’s a fun getaway—it also adds so much to your personality. It helps you become more independent, more mature in how you deal with things, and it builds real-life experience”.*

Post # 172

*“The first time I travelled abroad on my own, I came back a completely different person. When I travelled and relied on myself, I opened the door to a new reality, life, and culture. I found myself in situations that taught me, made me stronger, tougher, and helped me understand what responsibility truly means. I learned how to take care of myself, interact with people without fear, explore, and handle any problem that came my way”.*

## **5.5 Conclusion**

In this netnographic study, the social media narratives of young Egyptian women show how difficult it is for them to travel independently while facing all types of travel constraints (intrapersonal, interpersonal and structural). Parents’ refusal and social norms often prevent young women from travelling alone, as families fear for their daughters’ safety and reputation. For example, some posts highlight that parents commonly reject the idea of their daughters travelling on their own, thus providing clear examples of how interpersonal constraints limit women’s mobility.

This research shows that the issue is not only about parental control but also about broader social pressures. Some posts point out the fear of social judgment and the idea that independent travel for women is considered inappropriate or shameful, especially in rural areas. This reflects the structural constraints shaped by patriarchal values, gender roles, cultural norms and traditional beliefs. Nevertheless, many young Egyptian women try to overcome these constraints, with social media being an important tool for empowerment. Many girls use online platforms, especially travel groups on Facebook, to see examples of others who have managed to travel independently. These communities provide a space where girls can share stories, advice, and strategies for convincing parents and overcoming barriers, and posts often express admiration for those who succeeded and encourage others to try. Social media platforms, therefore, provide more than just a place for self-expression; they are practical sources of information and peer modelling. Girls who successfully travel share their personal experiences and offer advice, serve as role models and sources of vicarious experience for others (Bandura, 1997). These narratives that are shared do not only

inspire but also provide steps for others to follow, which helps build negotiation skills and self-efficacy for handling family opposition.

Participants describe various strategies for convincing parents, such as planning trips in detail, saving money independently, starting with group or short trips, or tying travel to educational or work opportunities. These are examples of constraint negotiation where individuals adapt their behaviour and use different strategies to overcome constraints (Jackson et al., 1993). Moreover, travel is seen by many young women as a life-changing experience that supports their personal growth. Various posts highlight how travel helps these young women develop important skills, such as handling different situations, increasing self-confidence, becoming independent, and appreciating other cultures. This, in turn, illustrates how travel provides mastery experiences that strengthen self-efficacy.

## Chapter Six: Interviews

The chapter discusses the use of interviews within phase two of the research. The rationale behind the choice of conducting semi-structured interviews is discussed and why it followed the netnographic research. Subsequently, the principal themes identified within the interviews' data are presented and categorised. Following this, the thematic analysis of the data is presented highlighting the main themes and sub-themes with supportive quotes from the participants. Finally, the chapter is concluded with a summary of the main findings and a discussion.

The research questions (see Chapter One, section 1.5) were addressed using the semi-structured interview (SSI) guide, with the data gathering stage of study two focusing on conducting interviews to meet the research objectives and questions. Employing a sequential approach – beginning with netnography and then moving to semi-structured interviews – provided several methodological advantages for understanding the travel experiences of young Egyptian women. Netnography was chosen as the initial phase because it allowed the researcher to observe and collect authentic discussions from the Facebook travel groups “Traveller Experience” and “She Travels” over three and a half years, capturing the real language, values, and behaviours of participants in their natural online environment without interference (Kozinets, 2010; Costello et al., 2017). This immersion enabled the identification of key themes and the refinement of the interview guide to ensure cultural and contextual relevance in the next phase.

The combination of netnography and semi-structured interviews offers a complementary methodological strategy that increases both the depth and breadth of this qualitative study. While netnography provided a broad understanding of group interactions and revealed hidden cultural patterns, the semi-structured interviews allowed for a more in-depth investigation of individual perspectives within a flexible yet focused environment (Blandford, 2013; Asname & Berrada, 2025). This sequencing aligns with best practices in qualitative research by using netnography to uncover collective themes and then employing interviews to explore personal stories and clarify ambiguities (Ahmed, 2025). The integration of these methods ensured that the interview process was rooted in the lived experiences of participants, enriching the dataset and establishing a robust framework for investigating complex social phenomena both online and offline.

The theme of *travel as a life-changing experience*, which emerged from the netnographic phase, was further developed in the interviews to reflect a notable increase in self-efficacy among

participants. Interviewees spoke about how travel experiences, especially those achieved after overcoming family and social barriers, transformed their sense of self, boosted their independence, and gave them a deeper belief in their own abilities. Many women described how planning and managing trips, solving unexpected problems, and interacting with people from different backgrounds helped them to become more confident and resilient. The participants' stories made it clear that travel was not only about leisure or adventure, but a powerful way to develop personal agency and challenge traditional gender roles, highlighting the central role of self-efficacy in their journeys towards greater freedom and self-development.

The role of social media, initially identified as a support mechanism in the netnography, became even more prominent during the semi-structured interviews, evolving into a separate and influential theme due to the wealth of data provided by interviewees. Many participants described Facebook travel groups not only as information sources but as real communities where young Egyptian women found encouragement, advice, and practical strategies for negotiating with their families. Interviewees explained how reading success stories and interacting with other women who faced similar barriers gave them the confidence to persist and try new approaches with their parents. Some women even mentioned that seeing others' achievements online motivated them to take the first step towards travel themselves. The interviews highlighted that social media platforms, especially Facebook groups, played a central role in shaping attitudes, building negotiation skills, and providing a sense of solidarity and belonging that was not always available in their offline environments. This strong presence and influence of social media in the interview data confirmed its importance and justified its treatment as a distinct and influential theme in the research (Bandura, 1997; Amer et al., 2021).

Thematic analysis was used to analyse the interviews' data, following Braun and Clarke's six-phase framework to ensure consistency and trustworthiness (Ahmed, 2025). The researcher sorted the coding and emerging themes, categorising them into meaningful groups and integrating them with themes from the pilot study and netnography. The refined template from both phases is presented below, showing the main themes and sub-themes that emerged from the research.

Table VI: Interview Research – Main and Sub-themes

Main Themes	Sub-Themes
1- Travel constraints	1.1. Intrapersonal Constraints 1.2. Interpersonal Constraints 1.3. Structural Constraints 1.3.1. Cultural Norms 1.3.2. Gender norms 1.3.3. Religious Constraints 1.3.4. Geographical Constraints 1.3.5. Financial Constraints
2- Strategies for overcoming travel constraints	2.1 Lying 2.2 Nagging 2.3 Judicious Editing 2.4 Choosing the right time for negotiation with parents 2.5 Adaptive Travel Arrangements 2.6 Parents' reassurance 2.7 Financial Independence
3- Travel and increased Self-Efficacy	3.1 Travel as a driver of life skill development 3.2 Travel and increased self-confidence 3.3 Travel as a pathway to self-reliance
4- Social Media as a Transformative Force in Travel	4.1 Social media as an inspiration to travel 4.2 Social media as an enabler to overcome the travel constraints 4.3 Social media as a safety means 4.4 Social media as a means of communication 4.5 Content sharing on social media

## 6.1 Travel Constraints

The interviews strongly confirmed the main theme of travel constraints for young Egyptian women, validating every sub-theme that had emerged from the netnography. Many participants spoke openly about intrapersonal constraints, describing fears and self-doubts that made them hesitate. Nathalie explained, “This is a big deal – that I’m anxious. Even for the upcoming summer trip, I’m still worried. It might be *too much of a challenge* for me to travel alone” – a feeling that mirrors the anxious feelings seen in online discussions.

Interpersonal constraints appeared even more strongly, especially regarding parental approval. As one interviewee Sally noted, “One of the main constraints is having my parents’ approval. That alone is the biggest and most difficult step.” Several also described how the weight of societal acceptance affected their parents’ decision-making, with Esraa stating, “She believes that travelling on my own is wrong and is not acceptable in our society.”

The structural constraints identified via the netnographic research were echoed in the life stories of many interviewees confirming that their parents always state that it is unacceptable for girls to travel on their own and they should wait till they get married to travel. Rawya even stated “I’m still unmarried until now because of the psychological issues my mom caused me. When I was younger, there were many opportunities to travel, but she always said no – “Why would you travel? You should get married and then travel. One day you’ll find someone to marry and travel with.” This highlights the cultural norms restricting young Egyptian women’s independent travel. Gender norms were also evident, as Sally stated “I am against the idea that says a boy can do something but a girl cannot. For example, the idea that it is okay for a boy to stay out late, but a girl cannot stay out late, a boy can travel alone but a girl can’t. I always find this strange and it stays in my mind; I cannot get over it. Why? What is the difference? Of course, it is because society has planted this in people’s minds.

In terms of religious constraints, Rania explained parental resistance through interpretations of Islamic rules “I often get into discussions with my parents about the need for a mahram when travelling abroad. They see it as essential for safety, while I argue that things are different now – with planes, the internet, and constant communication, it’s much safer than it used to be. Geographical constraints were emphasised by women from rural areas; Esraa mentioned, “In our community in Mansourah, which is considered a rural area, people start to blame my mother for knowing of my travels.” Finally, financial constraints were common; as Ebtihal mentioned, “the

wage gap between girls and boys is very big, and of course this affects our independence and our ability to organise and plan for travel and what we'll do.”

## **6.2 Strategies for overcoming travel constraints**

In addition to highlighting the diverse types of travel constraints identified in the netnographic research, the interviews also shed light upon the strategies that young Egyptian women use to overcome them, offering richer and more personal details about how these methods are applied in real life. Both methods showed clear strategies for overcoming family, and especially parental, restrictions on travel. The interviews, however, gave richer and more personal details, showing how these strategies are adjusted to suit the nature of each family. They also revealed an extra strategy that was not captured via the netnographic research which can be called “judicious editing” whereby only part of the truth is being shared while keeping back other details to avoid parental rejection.

One frequently used strategy was sharing experiences. In online groups, young Egyptian women exchanged stories, photos, and advice about convincing parents. In the interviews, participants explained how they adapted these examples for their own families, often using role models with values that parents respected. As Hanan said, “I found value in reading comments where people shared how they convinced parents who don't come from this kind of lifestyle.” This exchange provided both encouragement and practical training for building persuasive arguments. Also, sharing of experiences involved the sharing of travel experiences on social media with parents to facilitate parental approval. As Rawya mentioned “The girls' travel groups also give confidence to the parents. There's this gorgeous girl who is well-known in the travel field, and she wears a khimar and abaya. So imagine me showing my mother a picture of such a girl and telling her, “She's a university professor, and yet she travels and tours the world alone.” I tell my mom about her like that — that she's a professor, veiled, and has all the appearances my mom worries we won't maintain while travelling, yet she still travels, has books, and posts on her page.

Some participants relied on lying, giving false reasons for their trip so parents would be more likely to agree. This was already seen in the netnographic research but was openly described in the interviews. Nourine noted, “Some girls invent fake conferences and trainings with flyers just to get permission.” While dishonest, this was often considered necessary when telling the full truth would mean a definite refusal.

Nagging was another commonly used strategy. In forums, women motivated each other to keep asking despite repeated refusals. Sally shared, “I didn’t stop asking. Every no just meant I had to find a new way to ask until one day, they finally said ok!” Over time, these repeated efforts could reduce opposition.

The newly identified strategy of judicious editing involved giving parents accurate information but leaving out details that could cause concern. Esraa mentioned “I had to hide from them that there were boys on the trip, even though I felt it was safer that way, since we all knew each other. It took three years of effort, but eventually they became convinced and now they accept the idea.” Ebtihal also explained, “I signed documents for a Fulbright program without telling them all the details because I wanted to make it happen.” This allowed participants to stay truthful while still protecting their plans. Timing the request was also crucial. Many waited for moments when parents were relaxed or in a good mood. As Hanan explained, “I have to choose the right time to bring up the topic of travelling with my dad, like not when he’s just come home tired from work.” Choosing the right moment increased the chance of a positive response.

Adapting travel plans to comfort parents was another solution. This included joining school or university trips or avoiding overnight stays. Nourine said, “School and University trips yes, but they don’t involve staying overnight ... Going to Fayoum for a day and returning is fine.” Such adjustments made travel seem safer and more acceptable. Some women reassured parents by offering full itineraries, safety details, and contact information. Reem explained, “I send the full trip program to my parents so they can consult about it.” Being transparent about plans helped build trust. Financial independence also improved the likelihood of approval. When participants paid for their own trips, parents saw it as a responsible decision. Fatima stated, “I pay for the travel expenses from my own salary, and that might make them agree since I’m not asking them for money.”

Overall, the interviews confirmed the findings of the netnographic research while giving them more depth. They also showed that these strategies often overlap, being used together rather than in isolation. The added insight of judicious editing revealed the different ways young Egyptian women manage within themselves family rules while still pursuing their dream of independent travel.

### 6.3 Travel and Increased Self-Efficacy

The interviews also highlighted, in alignment with the netnographic research, that travel can be a major driver of self-efficacy for young Egyptian women. The themes that emerged from the netnographic research, particularly in the areas of life skill development and self-reliance, were repeated in detailed personal stories during the interviews, allowing for a richer understanding of how these processes unfold in everyday contexts. Participants spoke openly about how travelling taught them to plan, problem-solve, make independent decisions, and adapt to unexpected situations, ultimately enhancing their sense of capability. In addition, the interviews shed new light on the role of travel in building self-confidence, showing how this confidence acts as a foundation for broader self-efficacy.

Travel contributes to young Egyptian women's development of essential life skills by exposing them to unfamiliar environments where they must solve problems, make decisions, and adapt to new situations. Through careful preparation and learning to manage unexpected events, these women gain organisational and interpersonal abilities that support their personal growth. As Nourine explained, travel allowed her "to be placed in any situation and get out of it," demonstrating enhanced adaptability and resourcefulness. Jasmine also highlighted the importance of travel in developing important life skills, saying, "The idea of being in a situation where I don't know what to do, like losing money, could happen, and I need to be focused and know how to act. If I hadn't experienced this while travelling, I would always feel I couldn't do it". This highlights how travel functions as a means for building practical and social competencies among young Egyptian women.

While the netnographic data captured some discussions about confidence, the interviews highlighted this theme more strongly, showing that for many young Egyptian women, increased self-confidence is both a key outcome of travel and a pathway to greater self-efficacy. Fatima mentioned, "Of course, travelling makes a person feel more self-assured that they can go anywhere in the world and be fine on their own without problems, return safely, and handle things if something happens." Sally shared how travel helped her overcome long-standing shyness: "I used to be very shy and extremely introverted, but I opened up more when I travelled. I gained more self-confidence and courage that made me dare to take steps without hesitation." These reflections show that confidence gained through facing unfamiliar challenges directly increases the belief that

one can act successfully in difficult situations, making it central to the broader concept of self-efficacy.

The netnographic research had indicated that young Egyptian women become more independent via travel, but the interviews provided more nuanced descriptions of how this happens in day-to-day life. For Hanan, even small tasks revealed a shift in responsibility: “Even in the smallest things, I became more responsible. For example, after an exam, I don’t just come home and find lunch prepared by my mother. No, I have to do things on my own.” Jasmine, likewise, emphasised taking control in decision-making: “I am learning to depend on myself in general. I focus on being the decision-maker in everything. I focus on the possibility that something might happen in a certain situation. It might not be the best thing, but there can be a Plan B.” These comments show that travelling empowers women to function more independently in daily life, and not just simply rely on others. In doing so, travel reinforces not only self-reliance but also the confidence and problem-solving skills that underpin self-efficacy.

In sum, the interviews confirmed and enriched the themes identified in the netnography regarding life skill development and self-reliance, while also revealing the central importance of self-confidence as both a key outcome of travel and a stepping stone to increased self-efficacy.

#### **6.4 Social Media as a Transformative Force in Travel**

The interviews show that social media is not only a tool for providing information but also a wider space that influences how girls approach and experience travel. Many participants discussed how posts and stories serve as inspiration, creating interest in destinations that they did not consider before. At the same time, the shared details and advice online help them to overcome different types of constraints, such as limited knowledge, financial challenges, or family concerns, which otherwise might stop them from travelling. Several also explained that social media gives them a sense of safety, since they can be in touch with relatives and friends whilst travelling. It also becomes important for communication, supporting both the connection with families at home and interaction with new people during the journey. Additionally, the act of sharing experiences after travel continues the process, as photos and stories encourage other girls and make them feel that travelling is possible for them as well.

##### **6.4.1 Social Media as an Inspiration to Travel**

The interviews highlighted how social media serves both as a strong source of inspiration and as a reference point that shapes the way Egyptian girls engage with travel.

Photos, posts, and reviews about destinations such as Luxor, Aswan, Turkey, or Rome spark curiosity and a sense of excitement, making girls eager to experience these places themselves. At the same time, the shared stories and recommendations circulating in Facebook groups or through friends go beyond simply encouraging travel. In addition, the honest accounts and feedback allow them to create more accurate expectations, sometimes reinforcing their desire to go whilst making some destinations trendy, and other times helping them rule out destinations that appear less appealing in reality. In this way, social media does not just create ideas for travel but actively supports Egyptian young women in believing such experiences are possible and within reach.

*Jasmine: Social media in general really affects how we plan our trips. It actually shapes our “next move” or next travel destination. I find myself thinking, “We have to go to this place; it looks amazing and everyone’s going.” Then we start checking what places people visit there—like, we have to try this and that because people posted pictures in those spots, and it looked great.*

*Nermeen: People catch it from each other—like, if someone went to a certain place, then others feel they have to go too. It’s like a crazy kind of contagion.*

#### **6.4.2 Social media as an Enabler to Overcome Travel Constraints**

The interviews reveal that social media plays a practical role in helping young Egyptian women overcome various travel constraints, ranging from financial and logistical challenges to parental resistance. By observing how other young women share their routes, budgets, or visa procedures, participants gain strategies that make travel planning less overwhelming and more attainable. Equally important is the reassurance derived from seeing peers successfully overcoming the same cultural and familial barriers. Several girls explained how they use stories and posts as evidence when negotiating with parents, showing them that other Egyptian girls have travelled safely and returned with positive experiences. Such examples act as persuasive tools, reducing parental fears and making travel resemble a normal practice rather than an exceptional risk. Thus, social media serves as both a knowledge source and a support mechanism, helping girls to challenge constraints and gradually widen their opportunities for travel.

*Sally: At the same time, we try to find things that support our point of view. For example, if I find a story about a girl who went to a specific place with the same group I want to travel with — oh wow, that would help a lot! I’d go and show my parents that story or that*

*post, to help convince them. Of course, that alone isn't enough — they'll still do their own research no matter what — but it helps.*

*Hanan: I just tell my father stories on Facebook groups about people and their travel experiences, and that it's normal — there are girls who travel.*

#### **6.4.3 Social media as a means of safety**

Social media significantly enhances young Egyptian women's sense of safety when travelling. By providing access to feedback, interactions, and shared experiences, social media platforms such as Facebook and Instagram make unfamiliar places feel more trustworthy. Young Egyptian women use social media to research destinations, seeking indicators of reliability such as reviews, likes, and check-ins to choose popular and established locations. This reassurance is especially vital for international travel, where language barriers and safety concerns are heightened. Furthermore, sharing detailed and verified travel plans on these platforms helps young Egyptian women gain their families' trust, demonstrating that their trips are well-organised and secure.

*Fatima: Social media platforms differ in safety [levels they offer] and in making me feel that I know what I'm doing. I'm not going into the unknown.*

*Nourine: Popular places feel more reassuring, especially if there's a lot of engagement. Whether it's Facebook or Instagram doesn't matter to me, but if the page has been active for a long time, then yes—it makes me feel like it's safe.*

#### **6.4.4 Social media as a means of communication**

When travelling, young Egyptian women often rely on social media and phone calls to keep their families informed and reassured about their safety. Regular communication is important, with many making sure to call daily or check in frequently, using tools such as video calls to show their surroundings and reduce their parents' worries. Social media platforms make it easy and affordable to stay connected, whether at home or abroad, while also enabling parents to stay informed of their girls' updates. This constant contact provides a sense of security for both the travellers and their families.

*Rawya: "I had to call my mother every day to reassure her. Social media, especially Facebook Messenger, made this easy and inexpensive, both in Egypt and abroad."*

*Rania: "I always have to make sure I find phone coverage so I can call and reassure my parents."*

*Nermeen: “I just check in once in the morning to reassure them and myself—through Facebook or a regular call. Social media makes this easy and not costly.”*

*Rawya: “My trips are always for clear purposes, and I know where I’m staying and with whom. We send photos, and social media made communication much easier—I can videocall my mother and show her the place so she feels reassured. It calms her fears, because she can see where I am, who I’m with, and what I’m doing. Social media has made parents more reassured, but also more able to monitor their children, almost being with them every moment.”*

#### **6.4.5 Content sharing on social media**

Content sharing during travel was described as a practice influenced by individual choices, family pressures, and wider cultural norms. While some participants preferred to post selectively, choosing only moments they considered meaningful or distinctive, others highlighted the value of social media as a way to record memories and remain connected with friends. At the same time, issues such as privacy, personal reputation, and the cultural fear of the “evil eye” shaped how girls decided what to share and when. Family relations further affected these decisions, as some participants adjusted or limited their posts to avoid parental disapproval, while a few chose not to post at all in order to prevent possible conflict.

*Sally: “I might share a post with photos from my trip, but only on my personal account, not in travel groups.”*

*Sanaa: “If it’s just a short leisure trip, I don’t post during it—I prefer not to announce until it’s over, partly so no one gives me the evil eye.”*

*Rania: “I share my trip photos with both my parents and friends, but more with friends, mostly through Instagram pictures. Sometimes I post during the trip and sometimes after I return”.*

*Nourine: “I don’t post a lot because my family would focus on me and in the end it would cause trouble. My dad would come and tell me, ‘you keep posting things, you’re not supposed to do this.’ For example, once in Thailand I wanted to share a nice place, so I started changing the audience settings to hide it from my family, removing them one by one”.*

*Sanaa: “My mother felt I was ruining my reputation by posting about my trips, as if I was showing everyone that my family didn’t raise me properly. When people commented*

*'you're our role model,' she got upset, saying in the end people won't be of help. I worried this would affect my future travels, so I promised not to post anymore. But even when I just leave comments in travel groups, encouraging others or giving advice, she still gets annoyed, saying it's my way of hinting that I'm always travelling."*

*Fatima: "For me, Instagram feels more selective than Facebook, I don't have extended family on it, so I can share more freely, even funny or explicit posts that I wouldn't put on Facebook. I've even set different levels of privacy to the audience on Facebook".*

## **6.5 Discussion**

The interviews offer a more detailed understanding of the challenges and experiences faced by young Egyptian women in their efforts to travel independently. These accounts reveal how deeply rooted social and cultural expectations limit women's mobility, with family concerns about safety, reputation, and tradition playing a major role in restricting travel. Particularly in more conservative or rural areas, these pressures are intensified, as communities maintain strict norms about women's behaviour and freedom. Many participants described how these combined factors create challenging constraints, making travelling independently difficult and sometimes socially unacceptable (Assaad, 2002).

Despite these constraints, the interviews also show the creativity and determination women use to negotiate their way to obtaining permission. They employ various strategies, such as carefully choosing what information to share with their families, persistently requesting approval, and timing conversations when parents may be more receptive (Bittman & Wajcman, 2000). Social media plays an important role in this process by providing examples of women who successfully travel within accepted boundaries, which helps to reassure families and encourage approval. The use of social media also supports women in presenting travel as a responsible and respectable activity, helping to reduce fears and opposition.

Another important insight from the interviews is how travel contributes to the development of life skills and independence. Managing the logistics of travel and facing unexpected situations help women build confidence in making decisions and taking responsibility for themselves. These experiences often lead to greater self-confidence and self-reliance in other parts of their lives, such as educational or social relationships (Bandura, 2018). Travel thus becomes not only a chance for adventure but also an opportunity to gain important practical skills and personal growth.

Furthermore, social media plays a vital role throughout the travel journey. It allows young women to stay connected with their families, providing reassurance through regular communication and live updates. While this connection helps ease parental concerns, it also means that families can closely monitor their daughters' activities. At the same time, social media creates a community of support where women share advice, stories, and encouragement, which builds a sense of belonging. This dual role of social media as both a safety tool and a source of solidarity is key to understanding how young women pursue travel within a restrictive context (El Said, 2020).

Overall, the interviews enrich the understanding of travel as more than just an individual experience. They reveal how young Egyptian women actively negotiate social norms, develop important skills, and use social media to create new possibilities for independence and self-expression.

## **6.6 Conclusion**

The interviews provided deeper insight into the travel experiences of young Egyptian women by confirming the complex set of constraints they face, including cultural, gender, religious, geographical, and financial constraints that limit their independent travel. These constraints were clearly expressed through participants' stories, showing how deeply embedded social norms and family expectations shape their travel. The interviews also revealed a variety of practical strategies women use to overcome such constraints, from negotiating carefully with their families to finding financial independence and making adaptive travel arrangements.

The data highlighted how travel itself serves as a means to build life skills, increase self-confidence and self-reliance. Another key finding was the central role of social media, particularly Facebook travel groups, which were described not only as sources of information but as supportive communities that inspire women, help them develop negotiation skills, and provide safety and communication throughout their journeys. This strong influence of social media became a distinct theme, demonstrating its power to create a sense of belonging and encouragement. Overall, the interviews enriched the research by adding personal and detailed perspectives to the broader cultural patterns identified earlier, offering a fuller understanding of how young Egyptian women manage the conflict between the different types of constraints and their desires for independent travel.

## Chapter Seven: Discussion

This discussion chapter aims to synthesise the findings of this research, which explored how young Egyptian women use social media, particularly Facebook travel groups, to facilitate travel, reshape traditional gender norms, and develop self-efficacy across different travel stages. The central aim of the research was to explore how young women in Egypt use social media to facilitate their travel. The main objectives of the study were to: (1) explore the role of social media in helping young Egyptian women to pursue their independent travel, (2) examine the reshaping of socially constructed gender norms via the use of social media for travel, and (3) investigate the development of various kinds of self-efficacy among young Egyptian women who engage with online travel communities. Based on these aims and objectives, the research addressed four primary questions: what are the main travel constraints faced by young Egyptian women; how do they use social media to overcome these constraints; what forms of efficacy are developed; and how do Facebook travel groups contribute to efficacy at different stages of travel?

The key findings of the study show that social media travel groups play a central role in enabling young Egyptian women to negotiate and overcome a wide range of travel constraints. These online communities offer emotional encouragement and practical information, serving also as spaces for negotiation where women learn and share effective strategies for gaining travel permissions, addressing personal anxieties, and overcoming safety concerns. Social media, particularly Facebook travel groups, provides peer advice, role models, and real-life examples that help women develop negotiation skills and build financial independence.

During the interviews, participants described how they used these groups to share negotiation strategies with family members, receive reassurance in times of travel-related anxiety, and gain practical travel knowledge. Interview data (see Chapter Six) revealed strategies such as persistent communication with parents, seeking support from more experienced peers, and gradually increasing travel autonomy. Participants reported an increase in self-confidence and independent decision-making through continued engagement in these groups, which strengthened their overall self-efficacy related to travel.

This chapter is divided into several sections. First, it triangulates the findings from both netnographic and the interviews research (see Chapters Five and Six), relating them to the research objectives and broader theoretical frameworks. Second, it engages critically with how these

findings answer the research questions (see Chapter One), advancing understanding of constraint negotiation and self-efficacy in the Egyptian context. Third, the discussion connects empirical insights with current literature and theory, and offers a new model for interrelating the theories of self-efficacy, leisure constraints, and the constraint negotiation, leading to the development of the “travel efficacy” concept, as illustrated in Figure II. Finally, it concludes with implications and recommendations for future research and practice.

## **7.1 Interpretation of Findings**

### **7.1.1 Travel Constraints Faced by Young Egyptian Women**

The study shows that young Egyptian women face a complex network of constraints that limit their ability to travel independently. These constraints exist at multiple levels; intrapersonal, interpersonal and structural. In Egypt, these constraints are deeply rooted in a social system where extended families and local communities play a significant role in controlling women’s behaviour, not just their immediate family. This wider network intensifies the pressure on women, as travel decisions are observed and judged by many actors beyond their parents, increasing the challenges they face. The interconnected nature of these constraints means that women experience them simultaneously, which shapes how they negotiate and respond to constraints. Additionally, the strong presence of patriarchal and religious values, particularly around the need for a male guardian during travel, further restricts women’s mobility. Economic factors such as low income and lack of job opportunities reinforce their dependency on family approval. These conditions create multiple sets of constraints that young Egyptian women must negotiate, highlighting the need to understand the restrictions faced by young Egyptian women not only through individual or familial lenses but as embedded within broader social frameworks. This comprehensive perspective is crucial for developing meaningful strategies to support women’s freedom in similar socio-cultural contexts.

#### *7.1.1.1 Intrapersonal Constraints*

At the intrapersonal level, young Egyptian women experience fears, anxieties, and doubts about their ability to travel alone or without close supervision. These intrapersonal concerns include worries about safety, unfamiliar environments, and uncertainty about making decisions independently. The interview data demonstrated how these fears, while significant, are not static but can be reduced with increased exposure to travel and guided support, especially within online

communities such as Facebook travel groups. This aligns with leisure constraints theory, in which intrapersonal constraints represent the initial psychological obstacles to participation (Jackson, 2005; Crawford et al., 1991), but this study extends the theory by showing that intrapersonal constraints change as women gain knowledge and confidence.

These Facebook travel groups do not only deliver practical travel information but also provide vital emotional support that enhances travel readiness and confidence. The process of social modelling within these digital spaces is particularly significant, consistent with Bandura's (1997) concept of self-efficacy development, which posits that witnessing peers successfully engaging in travel enhances individuals' belief in their own capabilities. Women in the study accessed relatable role models through shared narratives and advice in these groups, which helped normalise independent travel and reduce the social isolation associated with their independent travel plans. This exchange of success stories serves as a vicarious learning experience that decreases perceived risks.

#### *7.1.1.2 Interpersonal Constraints*

Interpersonal constraints play a central and highly dynamic role in shaping the travel experiences of young Egyptian women, as revealed by both the interview and netnographic data. Among these, securing parental approval, especially that of fathers or male guardians, stands as the most significant constraint. Families often deny permission due to concerns about safety, reputation, and social norms tied to family honour, consistent with findings by Amer et al., (2021). For many participants, even when they feel personally ready to travel, their plans cannot proceed without parental consent, reflecting powerful patriarchal norms that frame family honour and female safety as inseparable.

Furthermore, the influence of interpersonal constraints extends well beyond the immediate family unit. Netnographic and interview data reveal that extended family, relatives, and even neighbours often act as extra layers of social control, applying subtle or explicit pressure on parents to uphold community expectations and protect the family's reputation. The pressure from extended family members increases the restrictiveness of travel constraints, as the family's honour is considered a collective responsibility. For example, parents face indirect pressure through gossip or fear of judgment if their daughters travel independently.

### 7.1.1.3 Structural Constraints

Structural constraints include socio-cultural norms, religious expectations, geographic disparities, and financial limitations. These operate at a systemic level, shaping the environment within which interpersonal and intrapersonal constraints arise. Cultural norms impose clear restrictions on women's mobility, requiring them to adhere to expectations around proper female behaviour allowing travel only when accompanied or after marriage. Religious principles and interpretations, particularly the requirement of a *mahram* during travel, strongly reinforce these norms (Amatillah, 2025). Notably, this study observes emerging reinterpretations and disputes of traditional religious interpretations among participants, which is facilitated by their access to global discourses through social media, indicating an evolving religious context in practice.

Geographically, women from rural and more conservative areas are subject to stricter community enforcement and experience stricter travel restrictions. Financial constraints such as lack of independent income or financial resources were also highlighted as significant obstacles, reinforcing dependency on male family members and limiting women's ability to travel independently.

### 7.1.2 Negotiation Strategies

Young Egyptian women employ a wide range of strategies to overcome travel constraints, ranging from devious or negative strategies such as lying, nagging, and judicious editing of information to accommodation-based approaches such as adaptive travel arrangements and reassurance strategies. The data from both the netnography and interviews demonstrate how these strategies reflect creative negotiations within deeply restrictive familial and social structures. The variation of these strategies illustrates how young women draw on a mix of social media peer support and offline judgement, making real-time adjustments in pursuit of independent travel (Jackson et al., 1993; Bandura, 1997; Amer et al., 2021).

One devious strategy expressed across both online posts and interviews is lying. Some young Egyptian women report fabricating reasons for their trips such as inventing official sponsorships, academic conferences, or charitable activities to avoid direct confrontations with family disapproval. This strategy is often chosen when young Egyptian women believe that truthfulness about travel plans would lead to an immediate refusal. Narratives and personal accounts reveal that lying, though ethically problematic, is sometimes considered the only way to access opportunities otherwise denied by strict parental and societal norms. The persistence of this

approach demonstrates the intensity of the constraints that these young women faced and highlights the struggles some young women must go through in order to have their travel plans approved.

Nagging, or persistent negotiation, emerges as another culturally endorsed strategy. Girls describe repeatedly requesting permission to travel over months or even years, gradually reducing parental resistance. Interview and netnographic data frequently reference an Egyptian proverb suggesting that nagging effects achieve greater change than magical solutions, with success often occurring after persistent requests for even short or local trips. This persistence demonstrates resilience and clearly highlights the importance of sustained negotiation in influencing family attitudes; receiving permission for smaller trips builds trust and facilitates the acceptance of broader travel opportunities over time.

Judicious editing, involving selective or partial disclosure of travel plans, is a refined adaptation to familial expectations. Many participants deliberately withhold information such as mixed-gender group composition or full itineraries to reduce parental anxiety and maximise the possibility of parental approval. This strategy does not rely on absolute deception but rather on managing the flow of sensitive information within the family context. By providing just enough detail without revealing controversial aspects, young Egyptian women believe they are creating a balance between honesty and avoiding the sharing of details to protect their travel arrangements. Timing of negotiation is another key strategy that is used. Participants often wait for periods when parents are relaxed or in a good mood such as holidays or special happy occasions before bringing up the topic of travel. They try to choose moments when resistance is likely to be lower and sometimes pray or reflect before initiating these conversations. Strategic timing enhances the likelihood of positive responses and reveals an understanding of familial dynamics in constraint management.

Accommodation and adaptation strategies include structuring travel plans to fall within acceptable parameters established by parents. Girls-only trips, shortened durations, avoidance of overnight stays, participating in university-organised excursions, starting with local travel, and choosing culturally familiar destinations, all serve to align travel requests with parental preferences. These adaptive approaches reflect the balance required to pursue independent travel without triggering parental opposition and often represent the first step in a process of building trust for more extensive journeys (Ahmed, 2025).

Reassuring parents is a crucial part of gaining permission for travel. Young Egyptian women often share stories of other women who travelled safely, enjoyed their trips, and benefited from the experience. These stories help parents feel more comfortable and so they perceive travel as a positive activity. During travel, frequent communication such as regular phone calls also plays an important role in easing parental worries. Social media makes this communication easier and more affordable, allowing women to stay connected with their families in real time. Additionally, sharing timely photos and updates about their locations and activities helps maintain transparency and further reassures parents about their safety and well-being.

Finally, the demonstration of financial independence is highlighted as both a strategy and an empowerment tool. Participants describe working and saving to pay for travel as a sign of showcasing maturity and responsibility. By financing their trips, young women present themselves as serious, prepared, and capable, thereby influencing parental attitudes positively towards granting travel permission.

In summary, young Egyptian women employ a diverse range of strategies to negotiate travel constraints. These include devious strategies such as lying, persistent nagging, and selective sharing of information, as well as more accommodation-based methods such as adaptive travel planning and providing reassurance to their families. These approaches demonstrate an understanding of family and societal expectations, enabling young women to find their way within the complex social dynamics to ultimately increase their opportunities for pursuing independent travel opportunities.

### **7.1.3 The Role of Social Media in Facilitating Travel**

Social media plays a pivotal role in helping young Egyptian women overcome travel constraints by providing a platform for information sharing, social support, and collective efficacy, as revealed in both the netnographic and interview data (Ahmed, 2025; Amer et al., 2021). These digital spaces, particularly Facebook travel groups, function as spaces for peer modelling where women share practical advice, travel experiences, and negotiation strategies to overcome the different types of constraints. This exchange further develops vicarious learning, which Bandura (1997) identifies as critical for enhancing self-efficacy, enabling women to build confidence in their ability to overcome familial and societal restrictions. Through social media, women observe relatable role models who demonstrate successful travel while adhering to cultural norms, such as

dressing modestly, which helps to reassure families and mitigate interpersonal constraints (Ahmed, 2025).

Furthermore, social media facilitates real-time communication, which is essential for managing parental concerns and reinforcing trust during travel. Women frequently use social media tools to provide ongoing updates, share timely photos, and communicate detailed travel plans, thereby easing parental anxiety and allowing families to feel more secure about their daughters' safety. This constant engagement, made more accessible and affordable by social media, extends the constraint negotiation process beyond pre-travel stages into travel itself, promoting sustained reassurance that supports continued travel independence.

In addition to providing emotional and informational support, social media promotes a sense of collective self-efficacy among women by offering solidarity and empowerment within virtual communities. The shared narratives and mutual encouragement found in online groups create a collective belief in the group's ability to challenge and overcome travel constraints that are deeply rooted in socially constructed gender norms and structural inequalities (Bandura, 2000; Amer et al., 2021). This collective efficacy reinforces individual efforts, enabling young women to persist in negotiation strategies such as selective disclosure, persistent requests for permission, and adaptive travel arrangements that take family expectations into account. Consequently, social media acts as a transformative tool that does not only support constraint negotiation but also contributes to the gradual reshaping of traditional gender norms around female independent travel in Egypt (Ahmed, 2025; Jackson et al., 1993).

This strong sense of collective efficacy developed within social media communities lays the foundation for the further development of individual negotiation efficacy, as young Egyptian women do not only gain support from the group but also acquire specific skills and strategies necessary to engage effectively in negotiating different types of travel constraints i.e. building and developing negotiation efficacy.

By providing continuous access to diverse examples of successful negotiations and shared strategies within trusted online communities, social media strengthens women's confidence in their ability to manage and resolve familial and social constraints. This continual exposure and interaction allow women to refine their negotiation skills, adapt approaches, and feel more prepared to engage in discussions with family members. Through forums, message exchanges, and peer feedback, women gather practical tools and emotional support that empower them to

persist in their travel aspirations despite constraints faced. Thus, social media does not only serve as an information channel but as an active facilitator in enhancing negotiation which is essential for overcoming travel constraints.

#### **7.1.4 Stages of the Travel Experience**

This study reveals that the travel experience of young Egyptian women can be understood through the stages of pre-travel, during travel, and post-travel, each presenting unique challenges and opportunities for constraint negotiation and self-efficacy development within a culturally restrictive context.

During the pre-travel stage, young Egyptian women face significant intrapersonal and interpersonal constraints, including fears of unfamiliar environments and the need for parental approval. Social media plays a critical role at this stage by providing access to critical information, peer modelling, and emotional support through platforms such as Facebook travel groups. These online communities facilitate vicarious learning as women observe and internalise successful travel strategies used by peers, which boosts their confidence and readiness to negotiate familial and societal restrictions (Bandura, 1997; Ahmed, 2025). The pre-travel phase is thus a crucial period of preparation, where negotiation strategies and travel plans are formulated and self-efficacy is built.

During travel itself, real-time communication facilitated by social media becomes essential. Women use digital tools to provide constant updates, share photos, and communicate safety measures with family members, alleviating parental concerns and sustaining trust throughout the journey. This ongoing interaction supports continued independence by extending the negotiation and reassurance processes into the travel phase, allowing young Egyptian women to maintain family connections while travelling independently. Moreover, social media offers access to collective knowledge and supports problem-solving during travel, enhancing women's adaptability and resilience in unfamiliar situations.

The post-travel stage involves reflection and sharing of experiences which is also ultimately shared via social media communities. By recounting travel experiences and demonstrating growth in skills, independence, and confidence, young Egyptian women contribute to reshaping social norms related to independent female travel in Egypt (Amer et al., 2021). Post-travel sharing thus reinforces both individual and collective self-efficacy, motivating others and sustaining a cycle of empowerment through social media.

In summary, the stages of pre-travel, during travel, and post-travel collectively form a dynamic process in which social media serves as a vital travel enabler. It supports knowledge acquisition, emotional reassurance, ongoing communication, and collective efficacy, all of which are essential for overcoming constraints and enhancing self-efficacy at each phase of the travel experience. This staged understanding highlights the transformative potential of social media in promoting young Egyptian women's independent travel within socio-cultural and structural constraints. This illustrates how digital spaces can promote efficacy development among women facing restrictive social norms.

## **7.2 Theoretical Implications: Negotiating Travel Constraints – A Social Media–Driven Model of Travel Efficacy**

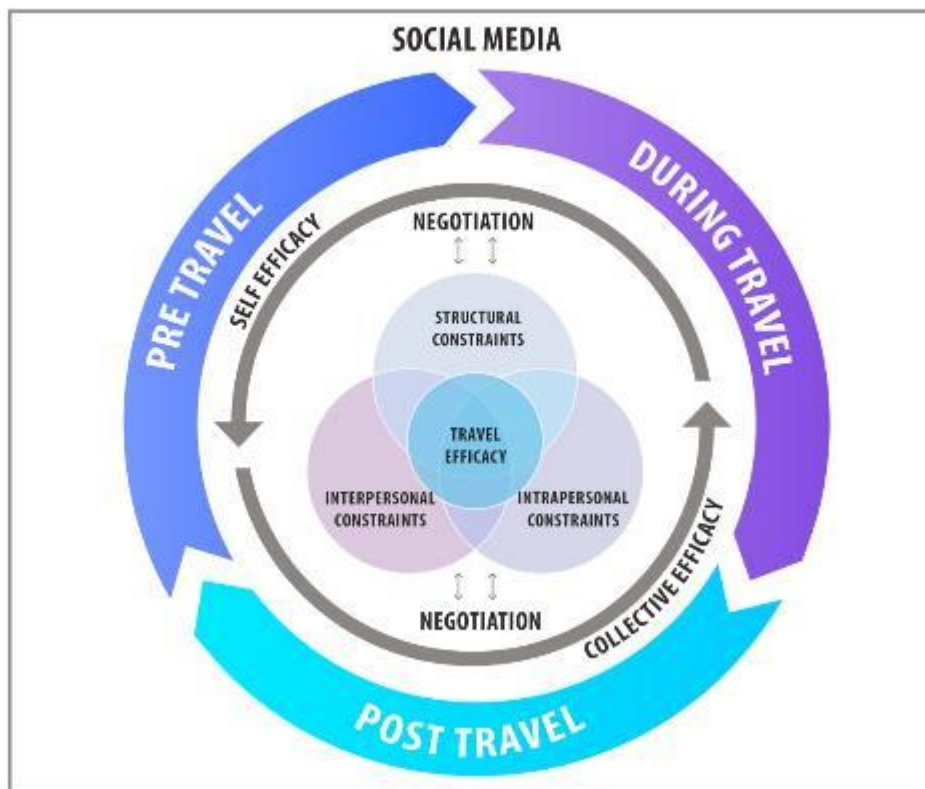
The experiences of young Egyptian women in pursuing independent travel are shaped by an intricate interplay of cultural, social, and structural factors. While extensive research has addressed the concept of leisure constraints and travel behaviour, there remains a limited understanding of how women in conservative societies, such as Egypt, address travel constraints. Existing models often assume that constraints operate in a hierarchical and sequential manner. However, this perspective does not fully capture the dynamic and overlapping nature of constraints faced by young women in such contexts, nor does it adequately consider the transformative role of digital technologies. This research fills these gaps by developing a novel, grounded model that explains the ways in which young Egyptian women experience and negotiate travel constraints in their pursuit of independent travel.

The model (see Figure II) presented in this study integrates theoretical frameworks of leisure constraints, self-efficacy, and constraint negotiation theories, while embedding these concepts within the specific socio-cultural realities of Egypt. It places particular emphasis on the central role of social media, especially Facebook travel groups, as pivotal platforms for information exchange, social support, and efficacy development. By doing so, the model does not only advance academic discourse on women's independent travel but also offers practical insights into how digital spaces can promote efficacy development among women facing restrictive social norms.

The model provides a multi-layered explanation of young Egyptian women's travel, beginning with the three connected travel stages pre-travel, during travel, and post-travel each situated within an environment where social media operates as a continuous enabling force. The

outermost contribution of the model highlights the pivotal role of digital spaces, particularly Facebook travel groups that do not only act as channels for sharing practical knowledge and promoting mutual support, but also as spaces that normalise independent travel and actively challenge restrictive cultural norms. The model's central framework categorises travel constraints as intrapersonal, interpersonal, and structural, emphasising that these constraints interact and reinforce each other rather than operating in isolation. To address these constraints, women employ diverse negotiation strategies which are mainly: persistent family dialogue, selective information sharing, adaptive travel planning, and achieving financial independence all dynamically supported and modelled in online communities. The key original contribution at the model's core is the concept of travel efficacy, which reflects women's growing confidence, competence, and resilience derived from direct and vicarious experiences, social reinforcement, and negotiation of travel constraints. Collectively, these dynamic interactions advance the understanding of how social media and negotiation efficacy work together to enable women to overcome constraints and progressively shift social norms, offering an integrated and culturally relevant account of independent travel for young Egyptian women.

Figure II: Negotiating Travel Constraints – A Social Media–Driven Model of Travel Efficacy



At the outermost layer are the temporal stages of travel: pre-travel, during travel, and post-travel, each shaped significantly by the enabling role of social media (Sharmin et al., 2021). Social media platforms, particularly Facebook travel groups, serve as channels for disseminating travel-related knowledge, providing social support, and normalising independent travel. These virtual communities inspire aspirations, facilitate real-time communication to enhance safety, and reassure families, thus creating a transformative digital environment that challenges prevailing social norms.

Young Egyptian women's engagement with independent travel begins with an initial sense of self-efficacy. According to Bandura, self-efficacy is strengthened through several key mechanisms: mastery experiences, where success in travel-related tasks builds competence; vicarious learning, as women observe other women effectively managing similar challenges, especially through social media narratives; social persuasion, where advice and encouragement received from community members develop positive beliefs; and effective management of physiological responses such as anxiety or fear surrounding travel (Bandura, 1997). As women

accumulate successful travel experiences, either directly or indirectly through their networks, their self-efficacy increases, encouraging increased readiness to pursue further travel and overcome emerging constraints.

This individual self-efficacy interacts in a cyclical and mutually reinforcing process with collective efficacy, particularly within the context of social media communities (Bandura, 2000). Collective efficacy is the group's shared belief in its collective capacity to achieve travel-related goals, and it emerges as women draw from and contribute to online communities, such as Facebook travel groups. This collective dimension promotes a sense of belonging, solidarity, and empowerment, which in turn reinforces individual travel efficacy. The process is cyclical: as individuals gain confidence through personal mastery and social persuasion, they contribute back by sharing experiences and mentoring others in the group, thus strengthening the collective sense of efficacy. Similarly, witnessing collective success and receiving support from the group enhances individual self-belief and motivation to travel. This intertwined relationship echoes Bandura's (2000) self-efficacy theory.

Within these digital spaces, the exchange of stories, practical strategies, and collective support promotes a sense of belonging and solidarity. As individual achievements and group successes are shared, women not only witness possibilities for themselves but also take active roles in inspiring and guiding others. This ongoing interplay between self-efficacy and collective efficacy reduces perceived travel risks and contributes to a gradual transformation of social norms regarding women's independent travel. The model thus positions this collective dynamic efficacy, facilitated by digital networks, as fundamental to empowering women's travel behaviour in restrictive settings (Bandura, 2000).

As young Egyptian women further pursue their intention to travel independently, they encounter different categories of travel constraints; intrapersonal, interpersonal, and structural. Intrapersonal constraints consist of internal psychological barriers, such as fear, self-doubt, and anxiety related to safety and unfamiliar environments. These internal factors often arise from limited prior travel experience and anticipation of possible challenges. Interpersonal constraints mainly involve parental disapproval due to strong societal expectations about gender-appropriate behaviour, and concerns related to family reputation and social gossip. Structural constraints encompass institutional barriers, such as limited financial resources, restrictive religious interpretations, geographic isolation, and inadequate infrastructure; factors that affect women,

often in rural or conservative areas. These constraints often overlap and reinforce one another, thus rejecting the notion of a simple or hierarchical ordering of constraints.

To address these constraints, women employ a variety of negotiation strategies that combine cognitive and behavioural elements. Social media, particularly Facebook travel groups, provide a vital space for sharing travel narratives and practical advice, serving as a form of vicarious learning. Experienced travellers within these groups function as role models, offering encouragement and step-by-step guidance to those contemplating travel. Persistent negotiation with family, sometimes described as "nagging," alongside tactical editing or selective sharing of information, are common tactics used to gain parental approval. Adaptive travel arrangements such as travelling in groups, choosing trusted companions, or selecting culturally acceptable destinations along with achieving financial independence, further enable women to overcome barriers while demonstrating responsibility and reliability to their families. Strategic timing for discussing travel and providing detailed plans also enhances the likelihood of gaining parental consent.

The repeated use of these negotiation strategies contributes to developing negotiation efficacy; that is, young Egyptian women's confidence in their capacity to manage constraints and successfully negotiate approval for independent travel (Loucks-Atkinson & Mannell, 2007; Bandura, 1997). Negotiation efficacy grows with the persistent application of cognitive and behavioural strategies, strengthened by the collective encouragement and practical guidance accessible on social media platforms. Women's accounts indicate that negotiation efficacy does not only support immediate travel goals but also contributes to the long-term development of autonomy and self-efficacy within a restrictive social context. At the model's core lies travel efficacy which is the developing belief in an individual's perceived confidence in their ability to successfully plan, organise, and undertake travel despite different constraints. This central efficacy does not only increase travel participation but also contributes to broader personal growth outcomes, including increased self-confidence, independence, and the acquisition of life skills that gradually reshape restrictive gender norms in the Egyptian society (Brown & Osman, 2017).

Central to the model is the overarching role of social media as a transformative enabler. Facebook travel groups act as a "travel game changer," by inspiring aspirations, disseminating practical knowledge, and promoting a culture of mutual support. These online communities serve as platforms for modelling successful constraint negotiation and travel strategies, offering

validation for women's experiences in contexts where societal criticism is common. Moreover, social media facilitates real-time communication that enhances safety and provides reassurance to anxious parents. Through content sharing and digital discussions, women negotiate their social reputation, safety concerns, and sense of belonging, gradually normalising independent travel among women in Egypt.

A central contribution of the proposed model lies in the concept of travel efficacy, which explains how women develop confidence, competence, and resilience in relation to their travel behaviours. The model further identifies social media as a game changer, serving as a transformative medium that enables women to exchange practical travel knowledge while simultaneously challenging and redefining societal expectations surrounding women's independent travel. Consistent with studies that highlight travel constraints as non-hierarchical and interrelated, the model conceptualises these constraints as overlapping and dynamic rather than fixed or sequential, thereby offering a more contextually grounded understanding of constraint negotiation, particularly within non-Western cultural contexts. Moreover, the process is cyclical: as women enhance their confidence through personal mastery and social support, they contribute by sharing their experiences and guiding others, thereby reinforcing a collective sense of efficacy. Collectively, these elements form a comprehensive framework that extends current knowledge of women's travel experiences in Egypt and similar cultural environments.

### **7.3 Practical Implications**

#### **7.3.1 Policy Implications**

This study underscores the need for gender-sensitive policy reforms to overcome structural barriers that restrict women's independent travel. There are current measures that impose a form of state-enforced guardianship reinforcing patriarchal norms. Recent regulations, such as the 2024 requirement for Egyptian women labelled "housewife" or "unemployed" with lower education levels to obtain prior approval for travel to Saudi Arabia, exemplify institutionalised discrimination that violates constitutional guarantees of equality and freedom of movement. The Egyptian Centre for Women's Rights (ECWR) has called for the cancellation of such discriminatory policies and the establishment of legal protections for women's right to travel. Similarly, the 2025 Global Gender Gap Report ranks Egypt 139<sup>th</sup> out of 148 countries, highlighting a worsening crisis in gender equality, particularly in economic participation, where women's labour force participation remains at 15.9% compared to 74.2% for men.

To address these systemic inequities, policymakers must prioritise comprehensive legal reforms that eliminate subjective travel restrictions and align with international human rights obligations. This includes revising male guardianship laws and ensuring that all citizens, regardless of marital status or education level, enjoy equal mobility rights. Such reforms would support Egypt's commitment to the Sustainable Development Goals, particularly SDG 5 on gender equality, as well as the formation of a more inclusive society.

Digital inclusion is another critical domain. Expanding affordable and reliable internet access, especially in marginalised and rural areas and Upper Egypt, can bridge information gaps and empower women through online communities. The International Telecommunication Union emphasises that digital infrastructure is essential for social and economic participation, enabling access to peer support, travel advice, and negotiation strategies. Public-private partnerships should be leveraged to extend broadband connectivity and provide digital literacy training tailored to women, ensuring they can fully utilize online platforms for empowerment.

Additionally, transportation safety policies must be strengthened to protect women from harassment and violence. The World Bank has supported the development of a transport sector code of conduct in Egypt, which should be expanded and strongly enforced to create safer public spaces. These measures, combined with community engagement initiatives that challenge restrictive gender norms, can shift societal perceptions and reduce familial resistance to women's independent travel.

### **7.3.2 Industry and Practical Implications**

The tourism and travel industry can play a pivotal role in supporting young Egyptian women's mobility by developing culturally sensitive products and services. Travel providers should design offerings such as women-only tours, family-approved itineraries, and culturally respectful experiences that align with local values. Transparent communication about safety, accommodations, and cultural norms can alleviate anxieties for both travellers and their families. Egyptian tour operators emphasise safety and cultural awareness, recommending modest dress and avoiding isolated areas at night, which can serve as a model for the industry. Moreover, integrating social media into marketing and customer engagement strategies allows travel agencies to co-create content with online communities, disseminate trustworthy information, and build trust through peer endorsements. Platforms such as Facebook travel groups have become vital spaces

for women to share experiences, seek advice, and develop negotiation skills, demonstrating the potential for digital collaboration between industry and users.

Based on the findings, several recommendations are made to improve gender equality for young Egyptian women's travel. Firstly, there is a critical need to advocate for the cancellation of discriminatory travel regulations, such as the 2024 policy. These regulations violate constitutional rights to freedom of movement and reinforce unjustified guardianship over women, undermining government efforts toward women's independence and empowerment. Secondly, expanding digital infrastructure should be prioritised to ensure affordable internet access and provide digital literacy programs targeting women in underserved and rural areas. This will enhance their ability to participate in online peer support networks and travel communities that enhance negotiation skills and facilitate information sharing. Thirdly, culturally sensitive community engagement initiatives must be developed to involve families, religious leaders, and influential community members. These initiatives should aim to reframe women's travel as a positive and empowering experience. Fourthly, collaboration with local stakeholders is recommended for the development of tailored travel services and offerings that address widespread familial concerns. These services may include women-only tours and itineraries that are acceptable to families, thereby building trust and cultural resonance. Fifthly, integrating efforts with digital communities is essential. Partnerships with social media travel groups can support the co-creation of travel content, promote negotiation skill-building workshops, and facilitate peer mentorship within secure, moderated digital environments, thus strengthening collective and individual self-efficacy. Lastly, encouraging cross-sector collaboration among government entities, tourism providers, non-governmental organisations, and digital platform operators is vital. This will coordinate the initiatives aimed at expanding young women's access to travel.

### **7.6.3 Benefits for Practitioners and Stakeholders**

These recommendations offer significant benefits for all stakeholders. For policymakers, progressive reforms can enhance Egypt's international standing and align with global gender equality benchmarks, such as the UN's Sustainable Development Goals. Travel businesses that adopt culturally aligned services can tap into an expanding market of empowered female travellers, building brand loyalty and positive reputations. Digital platforms that support women's travel communities can increase user engagement and social impact, encouraging active and supportive

user bases. For young women, these interventions translate into tangible improvements in efficacy enabling them to pursue independent travel. Ultimately, coordinated action across policy, industry, and digital domains can transform the travel landscape for young Egyptian women, promoting gender equity.

## **7.7 Conclusion of Discussion**

### **7.7.1 Main Insights**

The summary of main insights from this research reflects a multi-layered understanding of how young Egyptian women employ social media, especially Facebook travel groups, to overcome deeply rooted travel constraints and promote self-efficacy. In line with the literature that supports that travel constraints are not isolated or hierarchical, this research demonstrates that these constraints are interrelated and sequential (Samdahl & Jekubovich, 1997; Karl & Hallman, 2020; Karl et al., 2021); they are deeply rooted in intrapersonal fears, interpersonal dynamics such as parental and communal approval, and broader structural obstacles such as patriarchal norms, religious requirements, and financial dependency. Social media platforms, as revealed in both interviews and the netnographic analysis, function as crucial spaces where women can access vicarious learning, peer modelling, and practical guidance directly relevant to the Egyptian context (Jackson et al., 1993; Bandura, 2001).

Within these digital spaces, young women engage in continuous negotiation processes, ranging from persistent requests and selective information sharing to strategic adaptation of travel plans. These interactions serve as pivotal points for developing both individual and collective efficacy, allowing women to reshape family and societal attitudes toward independent female travel (Kavoura & Stavrianea, 2015; Amer et al., 2021). The iterative process established in this study shows how exposure to peer role models, real-time emotional support, and practical travel advice directly enhances both personal readiness and confidence, aligning with the self-efficacy and leisure constraints negotiation theories (Bandura, 1997; Loucks-Atkinson & Mannell, 2007).

The efficacy developed through online interactions extends across all stages of the travel experience. In pre-travel, women build negotiation strategies and preparedness; during travel, real-time social media connectivity maintains parental reassurance and supports autonomy; and post-travel, sharing experiences through digital communities reinforces collective efficacy and motivates others. This multi-stage model does not only support independence and resilience but also contributes to a gradual transformation in cultural gender norms in Egypt (Baykal, 2023; Brown & Osman, 2017). Empirical evidence further confirms that all research objectives regarding exploring the role of social media, examining gender norm reshaping, and mapping of self-efficacy development have been effectively addressed, providing actionable understanding and new directions for both theory and practice.

### 7.7.2 Link to the study objectives and questions

The findings of this study are in line with the research objectives and questions outlined in Chapter One, offering a comprehensive and coherent response to each. The main objective was to explore how young Egyptian women use social media, particularly Facebook travel groups, to facilitate their travel, negotiate traditional gender norms, and develop self-efficacy across various stages of the travel experience.

In direct response to the first research question, the study provides a detailed account of the main travel constraints faced by young Egyptian women in their pursuit of independent travel. These constraints include intrapersonal factors such as fear of unfamiliar places and self-doubt; interpersonal challenges involving the need for parental approval and pressure from extended family; and structural barriers such as restrictive cultural norms, religious requirements for a *mahram* and limited financial independence. This comprehensive understanding of the multifaceted obstacles young women face highlights the complex interplay of personal, social, and institutional factors shaping their travel experiences.

Addressing the second research question, which asks how young Egyptian women who face travel difficulties employ social media to help them overcome travel constraints, the analysis explains that social media platforms, particularly Facebook travel groups, act as empowering digital spaces. Within these online communities, women exchange travel information, safety tips, and advice on negotiating family and cultural barriers, enabling them to challenge restrictive social norms. These interactions do not only enhance their knowledge but also strengthen their sense of self-efficacy as well as collective efficacy. By normalising independent female travel and promoting supportive peer networks, social media effectively transforms constraint negotiation from an individual challenge into a collaborative process that empowers women to pursue greater independence in their travel.

The findings respond to the third research question and examines how different forms of efficacy; individual, negotiation, collective, and travel efficacy are developed through social media. The study shows that participation in online communities strengthens both individual and collective efficacy among young Egyptian women. Individual self-efficacy is strengthened as women gain confidence to overcome intrapersonal barriers, while negotiation efficacy improves as they learn strategies to challenge familial and societal constraints. Collective efficacy is enhanced through shared experiences and peer support. Similarly, travel efficacy, the belief in

one's ability to manage travel constraints, is increased, enabling women to pursue independent travel more confidently. These findings highlight that online communities act as critical spaces where different forms of efficacy interact, collectively empowering women to face and overcome travel constraints.

Finally, the study offers compelling evidence supporting the fourth and final research question by demonstrating how social media enhances different forms of efficacy; individual, negotiation, collective, and travel efficacy throughout the travel experience. At every travel stage, from planning to execution and reflection, social media platforms provide vital resources that promote young Egyptian women's independence and resilience. These platforms enable access to practical information, peer support, and emotional encouragement, helping women build confidence, develop negotiation skills, and strengthen collective empowerment. Consequently, the study does not only fulfil its objectives but also deepens the understanding of how digital engagement affects travel behaviour, facilitates constraint negotiation, and empowers young Egyptian women to pursue independent travel in restrictive cultural contexts.

## Chapter Eight: Conclusion

This concluding chapter provides a holistic synthesis of the research investigating young Egyptian women's travel constraints and the roles played by social media especially Facebook travel groups in facilitating negotiation, enhancing various forms of self-efficacy, and enabling independent travel within a restrictive socio-cultural environment. The chapter is organised to address research objectives and questions, synthesise major findings, highlight the key contributions, reflect on key limitations, propose future research directions, and elaborate on the theoretical and practical contribution.

The overall aim of the study was to explore how young women in Egypt use social media to facilitate their travel, with particular attention to the processes through which digital communities assist them to negotiate deeply embedded social, cultural, and behavioural constraints. The objectives included: (1) exploring the role of social media in helping young Egyptian women who face difficulties in travel to pursue their independent travel, (2) examining the reshaping of socially constructed gender norms via the use of social media, (3) investigating how young women develop different types of self-efficacy through using social media for travel purposes.

The study answered the main research questions. First, it identified a complex set of travel constraints that young Egyptian women face in their pursuit of independent travel. These constraints are layered, encompassing intrapersonal factors such as internalised fears and doubt, interpersonal constraints including the necessity of parental approvals, and structural challenges stemming from deeply rooted cultural norms, religious interpretations, gendered social roles, geographic disparities, and financial limitations. Importantly, these constraints do not function in isolation but interact dynamically to limit travel possibilities.

Second, the research uncovered the important role social media, particularly Facebook travel groups, plays in assisting young women to overcome these constraints. These digital communities create safe spaces for emotional and informational support, where women share negotiation strategies, safety advice, travel plans, and personal success stories. Through collective learning and modelling, social media acts as a platform for sharing strategies that help women secure parental permission and manage safety concerns, simultaneously developing a sense of belonging and normalising independent travel as an attainable goal.

Third, the study closely addressed the development of different types of efficacy across the pre-travel, during travel, and post-travel phases. It highlighted how engagement with social media supports the gradual building of individual self-efficacy, negotiation efficacy, and collective efficacy, enabling women to address family negotiations more skilfully and sustain confidence throughout their travel experiences. Moreover, the digital sharing of stories extends beyond individual achievement, creating a communal repository of knowledge that reinforces emerging social norms and family acceptance of women's travel. This does not reflect a change in individual attitudes, but a broader cultural shift facilitated by digital peer networks.

### **8.1 Summary of Key Findings**

The research revealed a complex set of constraints and negotiation strategies that shape the travel experiences of young Egyptian women, providing a nuanced understanding of travel within a restrictive sociocultural context. Analysis of the data (see Chapters Five and Six) demonstrated that travel constraints are multi-layered, arising from intrapersonal, interpersonal, and structural sources. Intrapersonal constraints are characterised by internalised fears, anxieties, and doubts over the capacity for independent travel, often intensified by limited prior exposure to such experiences. These are strengthened by the effect of interpersonal factors, with the need for parental approval and acting as a persistent obstacle to young Egyptian women's independent travel. Beyond the family, structural constraints related to cultural norms, deeply rooted gender roles, religious interpretations, geographical disparities, and financial limitations form an additional layer of constraints. Importantly, these constraints are not experienced sequentially or in isolation but rather as interconnected and dynamic factors that interact to reinforce restrictions to independent travel.

Central to the research was the exploration of how social media, particularly Facebook travel groups, has emerged as a transformative force in enabling negotiation and promoting the development of multiple forms of efficacy. The findings illustrate that digital spaces, particularly Facebook travel groups, act as vital hubs of emotional and practical support, where young women can exchange advice, access real-life accounts from role models, and learn strategies for convincing families to permit travel. The collective sharing of negotiation strategies, safety information, and travel itineraries creates a cycle of vicarious learning reinforcing the belief that independent travel is both normal and attainable. The digital context facilitates the development of planning and negotiation skills during the pre-travel phase, sustains confidence and

communication during travel, and validates experiences post-travel. This ongoing engagement does not only help women overcome specific constraints but also serves to manage parental concerns and widen societal acceptance of young women's independent travel.

The process of efficacy development is a prominent theme within this study, as forms of self-efficacy, negotiation efficacy, and collective efficacy emerged throughout the stages of travel. The research highlighted the innovative and adaptive strategies employed by young Egyptian women. Persistent conversations with parents, choice of timing of requests, demonstrated financial independence, and even devious strategies such as lying or judicious editing of shared information were all employed as negotiation strategies to secure parental permission. The effectiveness of these strategies was enhanced by the ongoing engagement and viewing of models within social media networks. Additionally, each woman's success story did not remain an individual achievement but became a shared resource that others could refer to in their situations. This process gradually contributed to shifting familial attitudes and social norms, as new behaviours were legitimised and normalised through collective repetition and online validation.

The interplay of digital peer support and individual persistence for the pursuit of independent travel thus led to the identification of key patterns within the findings. The research revealed that social media does not simply supplement traditional negotiation processes but fundamentally transforms them leading to the development of what this study conceptualises as "travel efficacy." By linking leisure constraints theory, self-efficacy, and negotiation theory within the lived realities of young Egyptian women's digital communities, the research advances theoretical understanding of gender and travel in restrictive environments. Ultimately, the study shows that while travel constraints for young Egyptian women remain significant, their ability to creatively negotiate and adapt, particularly through collective digital engagement, is slowly contributing to new pathways of independence and personal development within a broader societal shift.

## **8.2 Limitations of the Study**

Despite the many insights generated by this research, several limitations must be acknowledged that shape the boundaries and interpretation of the findings. The qualitative nature and design of the study, focusing on netnographic observation and semi-structured interviews limited the sample to young Egyptian women who are active members in Facebook travel groups and who were willing to engage openly with the researcher. As a result, participants tended to be

more digitally literate, socially connected, and already somewhat motivated to pursue independent travel, which may not capture the experiences or constraints faced by less-connected, more marginalised, or rural populations who do not participate in these online communities. This sampling strategy and self-selection process restrict the generalizability of the results, as the study is most representative of women who are already part of supportive digital networks and may possess higher levels of agency or negotiation skills than the wider population.

In addition, while the multi-method qualitative approach allows for deep, contextual understanding and the exploration of nuanced strategies and lived realities, it does not permit statistical generalisation or estimation of prevalence across the broader Egyptian context. Subjectivity in participant accounts and in researcher interpretation is a recognised limitation, even with the employment of triangulation to enhance credibility.

Geographically and socio-culturally, the sample likely overrepresents urban areas and women from more progressive or educated backgrounds, where social change and digital adoption rates are higher, while underrepresenting those from more conservative, less-connected, and resource-scarce environments. Additionally, the timing of the research amid ongoing social, regulatory, and technological transformations in Egypt means that shifting cultural norms, sudden policy developments, or changes in digital access could quickly influence the relevance of key mechanisms identified here, thereby affecting the longevity or universal application of the findings.

Finally, as with all research influenced by rapid technological advancement and cultural change, the conclusions drawn reflect a particular moment and set of social conditions. These limitations do not undermine the study's contributions to understanding the interplay between social media and constraint negotiation among young Egyptian women, but they do call for caution in extending findings or assuming uniform applicability to all segments of the Egyptian female population or to other sociocultural contexts.

### **8.3 Directions for Future Research**

This study on travel constraints and negotiation among young Egyptian women highlights several directions for future research that can strengthen understanding and practical support in this area. First, future studies should seek to include women living in rural areas, from lower socioeconomic backgrounds, or those without access to active digital networks. These groups are

often underrepresented, and closer attention to their experiences would reveal different forms of constraints, strategies, and outcomes that are currently less visible in the literature.

Another area involves examining the experiences of young women who, after sustained efforts and engagement in digital communities, remain unable to travel. The present sample focused predominantly on those who succeeded in overcoming constraints, which may risk shaping a narrative that does not reflect persistent constraints faced by others. For many, going through extensive negotiation and planning does not result in permission to travel. Their experiences of repeated disappointment and frustration deserve focus. A more inclusive approach would better capture the psychological impact and social consequences for those whose ambitions are not met, providing a fuller picture of constraint negotiation and its long-term effects.

Expanding comparative research is strongly recommended to gain a deeper understanding of travel constraints and negotiation processes among youth. By examining differences and similarities in travel experiences between young women and men within Egypt, and by looking across other societies in the Middle East and North Africa, researchers can highlight the influence of cultural norms, gender, legal systems, and digital engagement on travel. Comparative investigation allows for the identification of challenges that are specific to particular regions as well as patterns that are shared more broadly.

One direction in this field is to closely analyse how negotiation around travel is shaped not just by gender but also by shifting social expectations, differences in family roles, economic status, and national regulations. For example, studies comparing young women in Egypt with their counterparts in neighbouring countries could reveal region-specific barriers, unique forms of resilience, and new strategies for building self-efficacy. At the same time, comparing young Egyptian men and women can help clarify how gender roles and family expectations influence both the constraints encountered and the negotiation processes deployed, as well as how digital resources either bridge or reinforce gaps in opportunity and agency.

Incorporating these comparative dimensions does more than advance theoretical understanding as it provides a richer foundation for designing targeted interventions and policies. Insights drawn from both regional and gendered comparisons support the development of support strategies and advocacy efforts that are tailored to the actual experiences and needs of those affected.

From a methodological perspective, it is valuable to complement qualitative insights with quantitative tools. One promising possibility is to create and validate a quantitative scale for “travel efficacy,” which would measure how confident individuals feel about their ability to overcome travel constraints. Such a scale could support comparative analysis, track changes over time, and assess the effectiveness of support interventions. Broader research designs including surveys, participatory studies, and ethnography can also offer deeper understanding of women’s experiences in different environments.

Future research should explore the growing role of female travel influencers and digital leaders in transforming women’s travel experiences and efficacy development. These women do not only share practical advice and negotiation strategies but also serve as role models who inspire others to challenge traditional restrictions around travel. Their presence helps create collective efficacy that can motivate more women to participate in travel. Understanding how these influencers shift social norms and provide models for negotiation would offer valuable insights into effective travel negotiation strategies.

Meanwhile, ongoing advances in digital technology shape how women learn, communicate, and negotiate travel opportunities. As digital literacy improves, women are better equipped to access information, build persuasive arguments, and engage with supportive networks through online platforms. Future research should examine how increased digital skills relate to negotiation success and more broadly to women’s empowerment within their families and social circles. Additionally, as policy reforms and collaborations among governments, travel industries, and digital platforms attempt to expand safe and inclusive travel options, it is important to monitor and evaluate their impact. This will ensure that shifts in social attitudes, technological ecosystems, and legal frameworks result in real, meaningful improvements to women’s mobility and security in contexts such as in Egypt and beyond.

This chapter put together the main points of the study, showing how social media, especially Facebook travel groups, plays a vital role in helping young Egyptian women to overcome various travel constraints and develop their efficacy in travelling independently. The study has answered key research questions by identifying the complex personal, social, and structural barriers faced by these women, and the ways they negotiate permission and support through collective online communities. While the findings underscore the transformative power of digital spaces in promoting the development of individual self and collective efficacy, the study

also recognises the limitations of its sample and approach, cautioning against overgeneralising the results. Looking ahead, future research should broaden its focus to include more diverse and marginalised groups, explore the experiences of women who face ongoing travel constraints despite their efforts, and adopt comparative approaches across gender and regional contexts. Methodological developments such as creating measurable scales for travel efficacy and combining qualitative and quantitative methods can further deepen knowledge. Additionally, the growing influence of female travel influencers and the advancement of digital communication skills offer promising avenues for enhancing empowerment. Lastly, ongoing monitoring of policy changes and collaborations between industry and digital platforms is essential to ensure that social and technological advances translate into safer, more equitable travel opportunities for women. This comprehensive approach will help build stronger support for young women's independent travel and efficacy development within restrictive environments.

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## Appendices

### Appendix A: Netnography Posts

Group by She Travels - Menna Shahin

## She Travels - سفر للبنات (Menna Shahin)

Private group · 134.7K members

About Discussion Announcements Chats Rooms Topics Members More

**Hana Yassin**  
7 December 2020 · 🌐

اراي أقتع أهلي أنني اسافر لوحدي؟ 🤔  
 ..تحاول تسافر في جروب مع اصحابنا اللي اهلنا بيتقوا فيهم  
 ..ممكن تبدأ برحلات داي يوز لحد ما اهلنا يتعودوا علي فكرة أنك رايحه رحله  
 لوحدي  
 ..باسلام بقى لو تسافر في برنامج طلابي او تبادل ثقافي بين الدول  
 او حاجة تروج الجامعة او شغل 🤝  
 ..لما تبدأو نتكلمو في موضوع السفر لازم تكونو مستعدين مائياً وجاهزين و لازم  
 تكونو متفهمين لثقافة البلد اللي اناك فيه و لازم تكونو متفهمين لثقافة بلدك  
 و لازم تكونو متفهمين لثقافة بلدك و لازم تكونو متفهمين لثقافة بلدك

**About**  
 Private  
 Only members can see who's in the group and what they post.  
 Visible  
 Anyone can find this group.  
 General

She Travels - سفر للبنات (Menna Shahin)

Private group · 134.7K members

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**يوحدت**

..باسلام بقى لو تسافر في برنامج طلابي او تبادل ثقافي بين الدول  
 او حاجة تروج الجامعة او شغل 🤝  
 ..لما تبدأو نتكلمو في موضوع السفر لازم تكونو مستعدين مائياً وجاهزين و لازم  
 تقنو مختارين الوقت المناسب بالنسبالكم و بالنسبالهم اجازات بقى او اعياد 🤝  
 ..ممكن تسافري مع والدتك او اخوكي او هديكي حافز و كسر لعاجز  
 الخوف و امان لاهلك  
 لازم نخطو المناقشه و عارفين كويس جداً هنروجو فين و هنعملو ايه بالخطا  
 ده بيدي ثقة للأهل انكم قد المسئوليه  
 ..خلي سفرك جوا بلدك يعني متروحيش تقولي لاهلك انا مسافره بكرة مائياً يا  
 ..لاخلي سفرك في مدينه جوا بلدك تكون قريبه من مدينتك مديناً  
 الناس اللي مرت بالبحرية و نجو فيها ياريت يشاركونا افكارهم و الناس اللي  
 لسه عندها مشكله كل حاجه و ليها حل بس لازم تعرف اسباب الرفض علشان  
 نشغل عليها صح 🤝  
 ده كان رأي الشخصي ممكن مينيحش مع كل الناس وكمالي لازم نعتزم رغبات و  
 قرارات الأهل 🤝

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ازاي أقتع أهلي أني اسافر لوحدي؟؟

\_حاول نساfer في جروب مع اصحابنا اللي اهلنا بيتقوا فيهم

\_ممكن نبدأ برحلات داي يوز لحد ما اهلنا يتعودوا علي فكره انك رايحه رحله لوحداك

\_ياسلام بقي لو نساfer في برنامج طلابي او تبادل ثقافي بين الدول

او حاجة تبع الجامعة او شغل

\_لما تبدأ وتتكلمو في موضوع السفر لازم تكونو مستعدين مادياً وجاهزين و لازم تبغو مختارين الوقت المناسب بالنسبالكم و بالنسبالهم اجازات بقي او اعياد

\_ممكن تسافري مع والدتك او اختك او اخوكي ده هيديكي حافز و كسر لحاجز الخوف و امان لاهلك

\_لازم تدخلو المناقشة و عارفين كويس جداً هتروحو فين و هتعملو ايه بالضبط ده بيدي ثقة للأهل انكم قد المسئولية.

\_خلي سفرك جوا بلدك يعني متروحيش تقولي لاهلك انا مسافره بكره ماليزيا لا خلي سفرك في مدينه جوا بلدك تكون قريبه من مدينتك مبدأياً

الناس اللي مرت بالتجربة و نجحو فيها ياريت يشاركونا افكارهم و الناس اللي لسه عندها مشكلة كل حاجة و ليها حل بس لازم نعرف اسباب الرفض علشان نشغل عليها صح

ده كان رأي الشخصي ممكن مينجش مع كل الناس و كمان لازم نحترم رغبات و قرارات الأهل

Traveller Experience

Eman ElAmir  
30 April

أول سفريه -  
كثير من البنات أول ما تقرا كام بوست تشجعي عن السفر وتشوف كام تجربه ناجحة تشجع وتقول ايوه أنا جاهزه أهو وسافرة لوحدي ويندي نصطم بارض الواقع الموضوع مش يتأخذ فحش كده يا جماعة محتاجين تهدي ونركز ومنحليش حماس البنات بشدنا لقرار غلط عواقبه ممكن نخلينا متعرفش نأخذ خطوة السفر .  
طيب نعمل ايه ؟  
الموضوع بسيط جدا أولا لازم عشان أسافر يكون معايا فلوس تكفي لسفرتي ودي سهله بتجربتها أو جمعها . لازم أفرج أهلي ودي نقطة جوهرية في الموضوع . الدنيا هتتقي أسهل بكثير اوي في الإقناع لو أنا مش مسافرة لوحدي  
طيب هفقههم إزاي ؟  
لو عملت خطة وحوشت فلوس ووريتهم أد ايه أنا مهتمه ومداكرة وعارفة كل خطوة وأد المسئولية هلاقيهم هما يقولولي مع السلامة يا حبيبتني  
طيب هجيب مين يسافر معايا ؟  
الموضوع برضوا سهل . فحيش أكثر عن شركات السياحة ودول لهم صفحات وسواج على الانترنت والناس بتعملهم ريبورتات وأقدر أعرف اجريه عمري معاها كانت عاملة إزاي . برضوا جروبات الانترنت بتاعة السفر كتيرة وتعمل رحلات ومنظمة وبرضوا ليها ريبورتات . طيب معضيش دول ولا دول . فيها خبراء السفر اللي برضوا عندهم صفحات ومقالات وفديوتات عن رحلاتهم وتقدر تعرف تجارب السفر معاها كانت عاملة إزاي .

About

لو فررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصفتنا هي اختيارنا الأول .  
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معرفة السفر التي يرضون بتقديم نصائح ومعلومات وتدابيرهم وتقبل تعرف تجارب السفر معهم كانت عاملة اذني .  
من مقلعة لينة ، يبقى اكد عذى صديقة مجلوة زبي نقر نطاع مع بعض  
وتشارك في تحطيط الرحلة . مرحلة التي عرفت الصحة التي مسافرة معها  
اكثر مرحلة بنظم الامل ويشجعهم يوافقوا على الرحلة .  
طلب ايه كمان ؟  
وجهة السفر ده قرار مهم جدا في اول سفرة . نختار بلد بدون تأشيرة أو  
تأشيرتها سهلة لأنها لينة بجواز سفر ابيض واحتمالية رفضنا من بلاد زي دول  
الشرق وأمريكا واختيارا هتكون كثيرة . يبقى نختار بلد سهل إنه بمنحت تأشيرة  
الدخول . نختار بلد قريب عشان مسافة السفر متكونش كبيرة ومناقش عندنا  
رهبة من طول مدة القعدة في الطائرة .  
نختار بلد تكون آمن وميكونش فيها مشاكل دي حاجة مهمة جدا بالنسبة لأول  
سفرة عشان انني تكوني مطمئة وكمان زيادة أمن لاهلك . نختار بلد مش  
عالية عشان نعرفنستمع ونصرف من التوجيهات الصغيرة التي يربناها  
ومناقش شايين الهم ولا تبقى فرصة السفرية التي بعدها بعيدة .  
نختار بقي كمان توقيت كويس يعني نشوف موسم المطر نعرف الطقس حر ولا  
برد . نختار حاجة تناسبنا عشان مناقش السفرية تكبر ونفضل حرائن وزهقائين  
طول مدة الرحلة . أو نفضل طول الوقت ماسكين شمسية المطر .  
طلب هتسكن فين . ممكن كمان ندور على إقامة في فنادق مش لازم أول تجربة  
تكون هوسنيل أو دورم محتاجين نخلي التجربة مميزة قدر المستطاع  
لو عندكم مشكلة في اللغة وخايفين من العاقر ده مع إنه مش مهم خالص مع  
عالم التكنولوجيا هتلاقوا حلول لكل اللغات . لكن ممكن نختار دولة عربية أو  
دولة بتكلم إنجليزي عشان يكون الموضوع سهل علينا .  
آخر حاجة بقي مدة السفرية ممكن منخلش مدة السفرية تزيد عن أسبوع وده  
عشان نأخذ اجازة قصيرة من الشغل وكمان نضمن أهلبنا إنا راجعين على طول  
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About

لو فرت أنك تدور على محتوى مميز بتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي اختيارك الأول .  
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Traveller Experience

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وبرضوا هونفر في المصاريف .  
ترشيحات لمكان أول سفرة ..  
لبنان . تركيا . المغرب . ألمانيا . جورجيا .. للتسعة ولاية بلاد  
بلا مين هتسافر وترجع تحكي لنا عن تجربتها مع أول سفرة . [#سافري](#)  
الصورة عن أول سفرة لنا من 11 سنة في المغرب

About

لو فرت أنك تدور على محتوى مميز بتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي اختيارك الأول .  
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أول سفرة ..

كثير من البنات أول ما تقرا كام بوست تشجيعي عن السفر وتشوف كام تجربة ناجحة تتشجع وتقول أبوة أنا جاهزة أهو ومسافرة لوحدي وتبتدي تصطدم بأرض الواقع. الموضوع مش بيتأخذ قفش كدة يا جماعة محتاجين نهدي ونركز ومنخليش حماس البدايات يشدنا لقرار غلط عواقبه ممكن تخيلنا منعرفش ناخذ خطوة السفر .

طيب نعمل ايه ؟

الموضوع بسيط جدا أولا لازم عشان أسافر يكون معايا فلوس تكفي سفريتي ودي سهلة بتحويشة أو جمعية. لازم أقنع أهلي ودي نقطة جوهرية في الموضوع . الدنيا هتبقى أسهل بكثير أوي في الإقناع لو أنا مش مسافرة لوحدي.

طيب هقتنعهم إزاي ؟

لو عملت خطة وحوشت فلوس ووربتهم أد ايه أنا مهتمة ومذاكرة وعارفة كل خطوة وأد المسؤولية هلاقيهم هما بيقولولي مع السلامة يا حبيبتني

طيب هجيب مين يسافر معايا ؟

الموضوع برضوا سهل . مفيش أكثر من شركات السياحة ودول ليهم صفحات ومواقع على الانترنت والناس بتعلمهم ريفيوهات وأقدر أعرف تجربة غيري معاهم كانت عاملة إزاي . برضوا جروبات الانترنت بتاعة السفر كثيرة وتعمل رحلات ومنظمة وبرضوا ليها ريفيوهات . طيب معجبينش دول ولا دول . فيها خبراء السفر اللي برضوا عندهم صفحات ومقالات وفيديوهات عن رحلاتهم ونقدر نعرف تجارب السفر معاهم كانت عاملة إزاي .

مش مقتنعة لسة . يبقي أكيد عندي صديقة مجنونة زيي نقدر نطلع مع بعض ونتشارك في تخطيط الرحلة . مرحلة اني عرفت الصحبة اللي مسافرة معاها أكثر مرحلة بتطمئن الأهل وتشجعهم يوافقوا على الرحلة.

طيب ايه كمان ؟

وجهة السفر ده قرار مهم جدا في أول سفريه . نختار بلد بدون تأشيرة أو تأشيرتها سهلة لأننا لسة بجواز سفر أبيض واحتمالية رفضنا من بلاد زي دول الشنجن وأمريكا وانجلترا هتكون كبيرة . يبقي نختار بلد سهل إنه بمنحنت تأشيرة الدخول . نختار بلد قريب عشان مسافة السفر متكونش كبيرة وميقاش عندنا رهبة من طول مدة القعدة في الطائرة .

نختار بلد تكون أمان وميكونش فيها مشاكل دي حاجة مهمة جدا بالنسبة لأول سفريه عشان انتي تكوني مطمئة وكمان زيادة أمان لأهلك . نختار بلد مش غالية عشان نعرفنستمتع ونصرف من التحويشة الصغيرة اللي دبرناها ومنبقاش شايلين الهم ولا تبقي فرصة السفرية اللي بعدها بعيدة . نختار بقي كمان توقيت كويس يعني نشوف موسم المطر نعرف الطقس حر ولا برد . نختار حاجة تناسبنا عشان متبقاش السفرية تكدير ونفضل حرانين وزهقانين طول مدة الرحلة . أو نفضل طول الوقت ماسكين شمسية المطر.

طيب هنسكن فين ممكن كمان ندور على إقامة في فنادق مش لازم أول تجربة تكون هوستيل أو دورم محتاجين نخلي التجربة مميزة قدر المستطاع .

لو عندكم مشكلة في اللغة وخايفين من الحاجز ده مع إنه مش مهم خالص مع عالم التكنولوجيا هتلاقوا حلول لكل اللغات . لكن ممكن نختار دولة عربية أو دولة بتتكلم إنجليزي عشان يكون الموضوع سهل علينا .

آخر حاجة بقي مدة السفرية ممكن منخليش مدة السفرية تزيد عن أسبوع وده عشان ناخذ أجازة قصيرة من الشغل وكمان نطمئن أهلنا إننا راجعين على طول وبرضوا هنوفر في المصاريف .

ترشيحات لمكان أول سفريه..

لبنان .. تركيا.. المغرب .. ألبانيا .. جورجيا .. اللسته مليانة بلاد

يلا مين هتسافر وترجع تحكى لنا عن تجربتها مع أول سفريه# . [سافري](#)

الصورة من أول سفريه ليا من 11 سنة في المغرب

Abir Michel  
13 July 2020

أراي، اقتعنتى أنك  
كنت وصلت لمرحلة نفسية واضحة ان عندي اكتئاب .. وخصوصاً انى قعدت  
سنين احاول ادور على حد يسافر معايا .. لدرجة انى كنت ياخذ حد من اصحابي  
على حسابي لمجرد انى ما ابقاش لوحدي .. وده ماكانش بيبيسطنى بصراحة لانى  
كنت حاسه انى ياشرى الضحيه .. وده كان احساس كافي انه يقعدنى متعة  
السفرية وكم ان واضح لاهلى .. بعدين فى يوم كنت قاعدة مع واحدة  
صاحبتى من اللى يسافروا لوحدهم واقعدتسى بمتعة السفر ال solo .. فقررت  
انى اسافر مكان اول مرة اروحه فى حياتى وانا متأكدة انى مش هاتضايق فيه ..  
وهو ديزنى فى فلوريدا .. وحجزت اسبوعين علشان احط نفسى فى وسط المية  
علشان اتعلم العوم .. ولأجل الامانة اول سفريه لوحدي ماقلتسى لاهلى انى  
لوحدي علشان كان لازم انا اقتنع بالخطوة قبل ما احاول اقتع بيها اهلى .. وده  
استراتيجية انك ما تدخلش معركة خسرانة .. وقد كان .. لما رجعت مبسوطه  
وقررت اسافر السفرية اللى بعدها واللى برضه لمكان عمرى ما رحته قبل كده  
قلت انى هاكون لوحدي .. ولما سألوا ازاي يعنى .. قلت انى دخلت على الانترنت  
وعملت search عن كل حاجة بتتعمل فين وازاي واتى عامله كل الواجب اللى  
عليا وان شاء الله هاسيطر .. ومن يومها لحد النهاردة مايقبتش باعرف اتبسطوا  
غير وانا لوحدي واهلى اتعودوا على جنونى

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كنت وصلت لمرحلة نفسية واضحة ان عندي اكتئاب .. وخصوصاً انى قعدت سنين احاول ادور على حد يسافر معايا .. لدرجة انى كنت ياخذ حد من اصحابي على حسابي لمجرد انى ما ابقاش لوحدي .. وده ماكانش بيبيسطنى بصراحة لانى كنت حاسه انى ياشرى الضحيه .. وده كان احساس كافي انه يقعدنى متعة السفرية وكم ان واضح لاهلى .. بعدين فى يوم كنت قاعدة مع واحدة صاحبتى من اللى يسافروا لوحدهم واقعدتسى بمتعة السفر ال solo ... فقررت انى اسافر مكان اول مرة اروحه فى حياتى وانا متأكدة انى مش هاتضايق فيه .. وهو ديزنى فى فلوريدا .. وحجزت اسبوعين علشان احط نفسى فى وسط المية اتعلم العوم ... ولأجل الامانة اول سفريه لوحدي ماقلتسى لاهلى انى لوحدي علشان كان لازم انا اقتنع بالخطوة قبل ما احاول اقتع بيها اهلى .. وده استراتيجية انك ما تدخلش معركة خسرانة ... وقد كان .. لما رجعت مبسوطه وقررت اسافر السفرية اللى بعدها واللى برضه لمكان عمرى ما رحته قبل كده قلت انى هاكون لوحدي .. ولما سألوا ازاي يعنى .. قلت انى دخلت على الانترنت وعملت search عن كل حاجة بتتعمل فين وازاي واتى عامله كل الواجب اللى عليا وان شاء الله هاسيطر .. ومن يومها لحد النهاردة مايقبتش باعرف اتبسطوا اهلى اتعودوا على جنونى

Alaa Aly  
11 December 2019

أخيبييراً من قاهرة المعز تحقق الحلم... يمكن تكون حاجة بسيطة بس بجد كانت أمنية بالنسبالي بعيدة لعدة أسباب بس الحمد لله قدرت افقع بابا وماما وسافرت انا وأختي رفيقياً هالينا طبيين قوي باجماعة بس محتاجين منناظمنهم وهيدونا الثقة علي طوول اخر صورة قابلنا ناس جزائريين بجدحبيناهم عايزة اقولهم مصر نورت وشرفتونا#مصر\_جميلة\_خليك\_فاكر ابداية  
!أناعدني حلم جميل

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**Amal Mustafa**  
13 May 2020 · 🌐

#سفرية\_حلمت\_بيها

الموضوع بدأ عادي زي اي بنت اتشدت لتركيا من المسلسلات التركي، ولكن انا اهلي كانوا رافضين فكرة السفر لوحدي نهائي و مفيش غير كلمة ان شاء الله تسافريها مع جوزك في شهر العسل 😊. و انا كنت رافضة فكرة اني اعلق حلمي علي حد بيحي بحقهولي ده ادا حقه 😊. و المهم فضل حلمي جوابا وكل اللي بعمله اني كنت بتاول اتعلم تركي و احوش فلوس قال يعني عشان لما اسافر ومعرض ليه كان جوابا ثق و بقى اني فعلا هسافر 🌍.

في فترة في حياتي اشتركت في منظمة هدفها تبادل طلابي من خلال مشاريع حسب دراستك او اهتماماتك، ومن خلالها استقبلت اجانب كتبيير من دول مختلفه في العالم، بصراحة اتعرفت علي ثقافات و جنسيات مختلفه خلت الموضوع اكثر بكر في عيني.

بعدين في مره استضفت 3 بنات من تونس كانوا في كلية طب و كان جتهم بيزوروا مصر زي ما انا حلمي ازور تركيا، اتفعلوا اخويا ان البيت تقدر تحافظ علي نفسها في اي مكان سواء لوحدها او معاها حد .. اخويا اتقع ماما و شعبي كبير بجزيرة 🌊. و انا نفسي اتفضل جيتالي و احوش كتبيير عشان لما اسافر بالجزيرة.

لو قررت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة و مقيدة ؛ فصفحتنا هي إختيارك الأول .  
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3 شهور اشتغل من نار و احوش كتبيير عشان اسافر و الحمدلله سافرت وكل حاجه عملتها حلوه مع اي جنسيه جت مصر اتدبلي هناك من كل حد قابله في تركيا.

ظفعا اصحابي التراك اللي كنت بستضيفهم في مصر اكثر ناس رحبوا بنا و كانوا مهتمين جدا ان صورة تركيا متهورش في عيني بالعبس تكوير احلي .

استخدمت couch surfing هناك في اسطنبول لان اصحابي مكاتبوش عايشين ف اسطنبول و اتعرفت علي بنات من الجزائر و ارازيجان بيشتغلوا هناك نفس موالى و جدعان جدا.

و سافرت تركيا تاني علي نفس اصحابي هناك ولكن المدة كانت اقصر 🍀 الهدف - صدق حلمك و اسعي ليه وان شاء الله ربنا قادر علي تحقيق كل شئ. اصدق مع الله يصدقك 🍀


تعديل: والله يا بنات انا ما سافرتش تبع منظمة ولا ليه اى علاقة غير اني بس عملت علاقات من خلالها، و هي مش منظمة بالمعنى الحرفي هو نشاط جامعي تطوعي كده يعني ممكن تسالوا و تعرفوا ليه المنظمات اللي بتكون في الجامعة و بتعمل تبادل طلابي لان مرفوض اذكر اسمها تبع قوانين الحروب. و ثاني بقول انها مساعدتيش في السفر خالص.

لو قررت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة و مقيدة ؛ فصفحتنا هي إختيارك الأول .  
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### #سفرية\_حلمت\_بيها

الموضوع بدأ عادي زي اي بنت اتشدت لتركيا من المسلسلات التركي، ولكن انا اهلي كانوا رافضين فكرة السفر لوحدي نهائي و مفيش غير كلمة ان شاء الله تسافريها مع جوزك في شهر العسل .. و انا كنت رافضة فكرة اني اعلق حلمي علي حد بيحي بحقهولي ده ادا حقه ،

المهم فضل حلمي جوايا وكل اللي بعمله اني كنت بحاول اتعلم تركي و احوش فلوس قال يعني عشان لما اسافر ومعرش ليه كان جوايا ثقه و يقين اني فعلاً هسافر ..

في فترة في حياتي اشتركت في منظمة هدفها تبادل طلابي من خلال مشاريع حسب دراستك او اهتماماتك و ومن خلالها استقبلت اجانب كتبييييير من دول مختلفه في العالم، بصراحة اتعرفت علي ثقافات و جنسيات مختلفه خلت الموضوع اكثر يكبر في عيني

بعدين في مره استضفت ٣ بنات من تونس كانوا في كلية طب و كان حلمهم يزوروا مصر زي ما انا حلمي ازور تركيا ، اقتنعوا اخويا ان البنات تقدر تحافظ علي نفسها في اي مكان سواء لوحدها او معاها حد ،، اخويا اقتنع ماما و شجعتني كتير فضلت ٣ شهر اشغل من نار و احوش كتبييييير عشان اسافر و الحمدلله سافرت وكل حاجة عملتها حلوه مع اي جنسيه جت مصر اترددلي هناك من كل حد قابلته في تركيا

طبعا اصحابي الاتراك اللي كنت بستضيفهم في مصر اكثر ناس رحبوا بيا و كانوا مهتمين جدا ان صورة تركيا متهززش في عيني بالعكس تكون احلي..

استخدمت couch surfing هناك في اسطنبول لان اصحابي مكانوش عايشين ف اسطنبول و اتعرفت علي بنات من الجزاير و ازاريبان بيشتغلوا هناك نفس مجالي و جدعان جدااا

و سافرت تركيا تاني علي نفس اصحابي هناك ولكن المدة كانت اقصر

الهدف .. صدق حلمك و اسعي ليه وان شاء الله ربنا قادر علي تحقيق كل شئ.. اصدق مع الله يصدقك

تعديل: والله يا بنات انا ما سافرتش تبع منظمة ولا ليها اي علاقة غير اني بس عملت علاقات من خلالها، و هي مش منظمة بالمعني الحرفي هو نشاط جامعي تطوعي كدة يعني ممكن تسألوا و تعرفوا ايه المنظمات اللي بتكون في الجامعه و بتعمل تبادل طلابي لان مرفوض اذكر اسمها تبع قوانين الجروب.. و تاني بقول انها مساعديتيش في السفر خالص

She Travels - سفر للبنات (Menna Shahin)  
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Asmaa Elhussin  
9 October 2019

انا نفسي تكون مجموعة بنات بيجوا السفر ونلف محافظات مصر كلها منها هنتقى جروب محدد فعارفين بعض وقادرين نشجع بعض ومنها ان البنات اللي من نفس المحافظة هايتعرفوا على بعض فيلاقوا اصحاب قريبين بلدهم عندهم نفس الهدف ويخرجوا سوا لما يحوا ويساعدونا لما نرور بلدهم يعني مثلا بنات شرم لما ننزل شرم يعرفونا ايه الاماكن اللي نرورها وكده والسفر هايبقى متنوع ما بين سفرة لمدة يوم زي اسكندرية مثلا او سفرة اكر من يوم ونفقد في بيوت الشباب

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والسفر هايبقى متنوع ما بين سفيرة لمدة يوم زي اسكندرية مثلا او سفيرة اكثر من يوم ونقعد في بيوت الشباب

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Aya Arata 16 July 2020

ازاي اقتعتي اهلك  
 الاول قبل ما اقول ازاي اقتعت اهلي  
 انا كنت solo traveler  
 نصيحة لازم كل واحد يجرب يسافر لوحده لان المسافر لوحده تجربه مختلفه جدا و  
 جميله اوي و هنتعلم فيها كثير و هنتعرف علي ناس جديده و ثقافات مختلفه  
 لانك هتكون مجبر انك تتعامل مع الناس لانك لوحده 😊  
 دلوقتي بقي ازاي اقتعت اهلي اني اسافر لوحدي  
 بصراحة الموضوع بالنسبة لنا مكشش صعب اوي ليه بقي  
 الان انا الاخت الوسطية الي بتيجي علي الجاهز في كل حاجة 😊  
 في الحقيقه الطفل الوسطاني ولا مظلوم ولا متاكل حقه و لا غلابه لا يا ساده  
 يعني ايه الكلام ده 😊  
 انا اختي الكبيرة كانت مسافرة قبلي بسنه  
 فكالعادة ديما الاخت الكبيره هي الي تفضل تقنع بالسنين و تحاول و تاخذ اول  
 خطوة في كل حاجة 😊  
 و الاخوات البقين يجو علي الجاهز علي طول و تقال الكلمه الشهيره  
 اشمعني 😊  
 اشمعني وافقت لمنال Manal Arafa وانا لا مع دمعنين 😊  
 خلاص انا انا الجميل 😊  
 فصراحة يا جماعة الاخت الكبيره ديما هي الي بتواجه الاتعاق في كل حاجة و  
 اليقين يجو علي الجاهز

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### #ازاي اقتعتي اهلك

الاول قبل ما اقول ازاي اقتعت اهلي

انا كنت solo traveler

نصيحة لازم كل واحد يجرب يسافر لوحده لان المسافر لوحده تجربه مختلفه جدا و جميله اوي و هنتعلم فيها كثير و هنتعرف علي ناس  
 جديده و ثقافات مختلفه لانك هتكون مجبر انك تتعامل مع الناس لانك لوحده 😊

دلوقتي بقي ازاي اقتعت اهلي اني اسافر لوحدي

بصراحة الموضوع بالنسبة ليا مكشش صعب اوي ليه بقي

الان انا الاخت الوسطية الي بتيجي علي الجاهز في كل حاجة

في الحقيقه الطفل الوسطاني ولا مظلوم ولا متاكل حقه و لا غلابه لا يا ساده

يعني ايه الكلام ده

أنا اختي الكبيرة كانت مسافرة قبلي بسنه

فكالعادة ديما الاخت الكبيره هي الي تفضل تقنع بالسنين و تحاول و تاخذ اول خطوة في كل حاجة

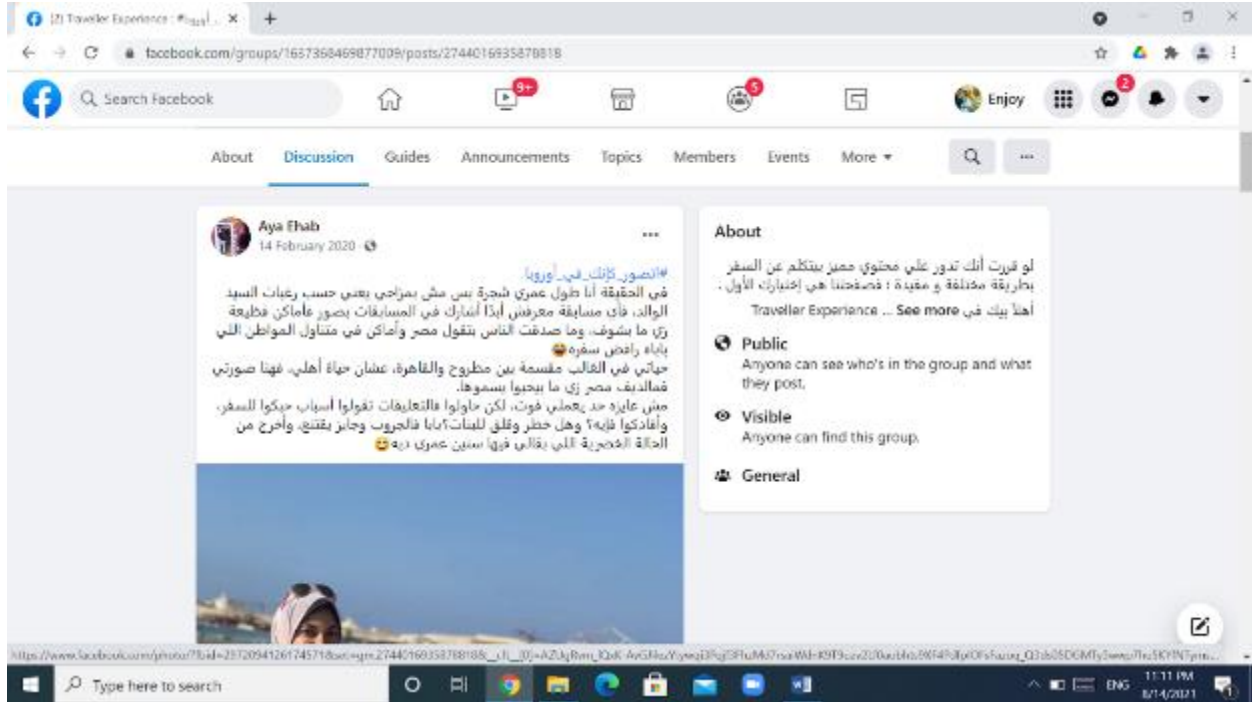
و الاخوات البقين يجو علي الجاهز علي طول و تقال الكلمه الشهيره

اشمعني

اشمعني وافقت لمنال [Manal Arafa](#) وانا لا مع دمعنين

## خلاص اقنعت الاب الجميل

فبصراحة يا جماعة الاخنت الكبيره ديما هي الي بتواجه الاقناع في كل حاجة و البقين بيجو علي الجاهز



## #اتصور كاتك في أوروبا

في الحقيقة أنا طول عمري شجرة بس مش بمزاجي يعني حسب رغبات السيد الوالد، فأني مسابقة معرفش أبداً أشارك في المسابقات بصور فأماكن فطيعة زي ما بشوف، وما صدقت الناس بتقول مصر وأماكن في متناول المواطن اللي باباه رافض سفره حياتي في الغالب مقسمة بين مطروح والقاهرة، عشان حياة أهلي، فهنا صورتني فمالديف مصر زي ما بيحبوا يسموها.

مش عايزه حد يعملني فوت، لكن حاولوا فالتعليقات تقولوا أسباب حبكوا للسفر، وأفادكوا فايه؟ وهل خطر وقلق للبنات؟ بابا فالجروب وجايز يقتنع، وأخرج من الحالة الخضرية اللي بقالي فيها سنين عمري ديه

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أيمان فرجة  
23 May 2019

سفر وإنجاز  
هعرض صور التدريب علي المسرحيه في جنوب سينا وهعرض صور عرض المسرحيه في تونس

أحنا في سينا مجتمع قبلي لي عادات وتقاليد يعني كانت فكرة ان بنت تطلع وتسافر محافظه تانيه كانت صعبه ماياك لما يكون سفر لي دوله تانيه فكان صعب او مستحيل رغم كل الضغوط والمشاكل اللي وجهتني إلا اني قدرت اقرر المستحيل واتحدى الصعوبات و كانت الصعوبات كثير ويتحكم علي اني مسافره يعني كان في معاناه كبيره جدا عشان افجع الناس والأهل بالسفر وبرغم كل الظروف قدرت افجع أهلي ان السفر دا هيوكون عفر لبنا وفقر لكل بنت سيناويه قادره تمثّل بلدها وتغير فكرة الناس عنا ان سينا آمن سينا فيها شباب واعى ناضج متعلم وفعلا قدرت افقهم واسافر بره مصر وقبالت اتحدى بيبي وبين أهلي اني امثّل بلدي في مظهر مشرف وبالفضل سافرت تونس وعرضنا مسرحيه ارض الغيروز والحمد لله تم حصولنا علي المركز الأول بمهرجان صفاس التفاعلي وتم حصولي علي افضل ممثله وللعلم انا اول مرة ادخل امثّل بين دافح حتى لي بلدي هو اللي اداني العزيمه والإصرار ودايمًا بقول مکه ادرا بشعبها لو احنا كسيناويه متكلمناش عن بلدنا ووصلنا الرساله بطريقها بدون تصنع مش هنكون احسن عشان كده لازم نتكلم عن سينا في كل

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مسرحية ارض الغيروز والحمد لله تم حصولنا علي المركز الأول بمهرجان صفاس التفاعلي وتم حصولي علي افضل ممثله وللعلم انا اول مرة ادخل امثّل بين دافح حتى لي بلدي هو اللي اداني العزيمه والإصرار ودايمًا بقول مکه ادرا بشعبها لو احنا كسيناويه متكلمناش عن بلدنا ووصلنا الرساله بطريقها بدون تصنع مش هنكون احسن عشان كده لازم نتكلم عن سينا في كل محافظات مصر وفي كل نول العالم ذي ما يقدر يآري السيناوي افنكر بگل سيدة عظيمة سيناويه تقوم بعمل التوب والتطير و أكثر إنجاز ممكن بتحقيق لما تكوني بنت في مجتمع تحكم فيه عادات وتقاليد وتحدي الفكر والمجتمع عشان توصلي لهديك وطبعًا كانت أكبر فرجه لما رجعتا بالمركز الأول والأكثر حاجة كنت سعيدة ومبسوطة بيوها فرجه أهلي وأصحابي والناس لما استقبلوني حسيبت اني وزيره حسيبت اني بنت بي 100 رجل مش هقدر اوصف الفرجه كانت غامله ازاي وعلي مر العصور وطول عمري هقول سينا جزء من مصر وهي بوايه مصر الشرقية احنا كسيناويين لأن نكف عن اهدافنا حتى نصبح سينا العالميه  
مصرية من ارض الغيروز

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## سفر وإنجاز

هعرض صور التدريب علي المسرحيه في جنوب سينا وهعرض صور عرض المسرحيه في تونس

أحنا في سينا مجتمع قبلي لي عادات وتقاليد يعني كانت فكرة ان بنت تطلع وتسافر محافظه تانيه كانت صعبه ماياك لما يكون سفر لي دوله تانيه فكان صعب او مستحيل رغم كل الضغوط والمشاكل اللي وجهتني إلا اني قدرت اقرر المستحيل واتحدى الصعوبات و كانت

الصعوبات كثير وبتحكم علي اني مسافرش يعني كان في معاناه كبيرة جدا علشان اقنع الناس والاهل بالسفر ويرغم كل الظروف قدرت اقنع اهلي أن السفر دا هيكون فخر لينا وفخر لكل بنت سيناويه قادرة تمثل بلدها وتغير فكرة الناس عنا ان سينا امان سينا فيها شباب واعى ناضج متعلم وفعلا قدرت اقنعهم واسافر بره مصر وقبلت التحدي بيني وبين اهلي اني امثل بلدي في مظهر مشرف وبالفعل سافرت تونس وعرضنا مسرحيه ارض الفيروز والحمد لله تم حصولنا علي المركز الأول بمهرجان صفاقس الثقافي وتم حصولي علي افضل ممثله وللعلم انا اول مرة ادخل امثل بس دافع حيي لي بلدي هو اللي اداني العزيمه والإصرار ودايما بقول مكه ادرا بشعيها لو احنا كسيناويه متكلمناش عن بلدنا ووصلنا الرساله بطبيعتها بدون تصنع مش هنكون احسن علشان كده لازم نتكلم عن سينا في كل محافظات مصر وفي كل دول العالم ذي ما بتفخر بالزي السيناوي افتخر بكل سيده عظيمه سيناويه تقوم بعمل التوب والتطريز وأكبر إنجاز ممكن يتحقق لما تكوني بنت في مجتمع تحكم فيه عادات وتقاليد وتتحدى الفكر والمجتمع علشان توصلي لهدفك وطبعاً كانت أكبر فرحه لما رجعنا بالمركز الأول واكثر حاجه كنت سعيدة وميسوطه بيهها فرحه اهلي واصحابي والناس لما استقبلوني حسيت اني وزيره حسيت اني بنت بي ١٠٠ راجل مش هقدر اوصف الفرحة كانت عامله ازاي وعلي مر العصور وطول عمري هقول سينا جزء من مصر وهي بوابة مصر الشرقيه احنا كسيناوين لان نكف عن اهدفنا حتي تصبح سينا العالميه

### [#مصرية من ارض الفيروز](#)

ازاي اقدر اقنع اهلي اني اسافر لوحدي؟ لو حد من البنات بالذات عنده خبره في الموضوع ده يعرفني ضروري.

تعديل : شكرا بجد لكل الناس الايجابيه و ردت علي السؤال بحكم تجربتها او حتي لو هي عارفه معلومه شجعتوني كثير يا جماعة بالنسبه للناس اللي بصت للموضوع بشكل اخر فانا مشوقتش التعليقات دي و وشكرا علي الرد برضو كلها وجهات نظر خليكوا فريش كبرتوا الموضوع اووي و الله

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Esraa Hesham asked a question · 17 June · 🌐

اراي افتر ارفع اهلي اتبي اسافر لوحدي ؟ لو حد من البنات بالذات عنده خبره في الموضوع ده يعرفني ضروري 🍷

تعديل : شكرا بجد لكل الناس الايجابيه و ردت علي السؤال بحكم تجربتها او حتي لو هي عارفه معلومه شجعتوني كثير يا جماعه بالنسبه للناس اللي بصت للموضوع بشكل اخر فانا مشوقتش التعليقات دي و و شكرا علي الرد برضو كلها وجهات نظر خليكوا فريش كبرتوا الموضوع اووي و الله 🍷🍷🍷🍷🍷

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Gamela Hadez · 6 August 2019 · 🌐

ايه السبب /الاسباب اللي بيخلي البنات متعرفش تسافر برا مصر ؟؟

37 likes · 169 comments

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Nourhan Elkholy · القلوب والخوف والأهل · Like · Reply 2 ·

Aya Khaleel · الأهل مانعهم كذا احنا مينسافرش حوا هتسافر برا زالدنيا معدتش أمان بس الواحد من جواه نفسو يسافر ويعيش حياتو ويشوف ناس وسعامل وينجح هو احنا نهعيش احنا حياتنا والنس بتاعة

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ايه السبب /الاسباب اللي بيخلي البنات متعرفش تسافر برا مصر ؟؟

Traveller Experience

Hager Umar  
15 July 2020

اراي اقتعتي اهلك  
 انا عندي قدره علي الاقناع رهيبه يا فندم  
 انا سافرت داخل مصر 4مرات لوحدي اول مره منهم كنت متطوعه في نشاط  
 قوافل طبيه و كان في قافله طالعه الفيوم كنا في رمضان دي كانت اول مره  
 اقدر اسافر فيها لوحدي اينعم مكنتش خروجه و المكان مش بعيد بس كسرت  
 حاجز السفر لأول مره  
 تاني مره كنت في الفيوم مع اهلي و كان لازم اسببهم و ارجع لوحدي عشان  
 عندي كورس طبعا محدش كان موافق اني ارجع لوحدي بس اقتعتهم برضوا  
 ثالث مره الكورس اللي انا بحضره كنا متفقين اننا هنروح اسكندريه كلنا قدرت  
 اقع ماما للمره الثالثه كل مره كان اخواتي بيدخلوا او خالتي جملتهم المعتاده  
 هاجر متقلقيش عليها في اي مكان  
 رابع مره دي كانت من اسبوع صاحبتني كلمتني الساعه 11 بليل قائلتي بلا نروح  
 اسكندريه الصبح. فضلت اقع في ماما من الساعه 11 لحد الساعه 4 الفجر انها  
 متقلقيش برضوا بس يا سني دي قصتي مع السفر داخل مصر و عقبال خارج  
 مصر ان شاءالله 🙏🏻 وروهان احمد الشيخ دي اللي كلمتني 11 بليل عشان تسافر

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## #ازاي اقتعتي اهلك

انا عندي قدره علي الاقناع رهيبه يا فندم

انا سافرت داخل مصر 4مرات لوحدي اول مره منهم كنت متطوعه في نشاط قوافل طبيه و كان في قافله طالعه الفيوم كنا في رمضان دي كانت اول مره اقدر اسافر فيها لوحدي اينعم مكنتش خروجه و المكان مش بعيد بس كسرت حاجز السفر لأول مره

تاني مره كنت في الفيوم مع اهلي و كان لازم اسببهم و ارجع لوحدي عشان عندي كورس طبعا محدش كان موافق اني ارجع لوحدي بس اقتعتهم برضوا

ثالث مره الكورس اللي انا بحضره كنا متفقين اننا هنروح اسكندريه كلنا قدرت اقع ماما للمره الثالثه كل مره كان اخواتي بيدخلوا او خالتي جملتهم المعتاده هاجر متقلقيش عليها في اي مكان

رابع مره دي كانت من اسبوع صاحبتني كلمتني الساعه 11 بليل قائلتي بلا نروح اسكندريه الصبح. فضلت اقع في ماما من الساعه 11 لحد الساعه 4 الفجر انها متقلقيش برضوا بس يا سني دي قصتي مع السفر داخل مصر و عقبال خارج مصر أن شاءالله نورهان احمد الشيخ دي اللي كلمتني 11 بليل عشان تسافر

**Hala Youssef Abd Elmwla**  
14 July 2020

#ازاي اقعنتي اهلك

انا مش اقعنت اهلي انا تقريبا زهقتهم انا اهلي عضلوا رافضين سفرى ١٢ سنه  
اه والله ١٢ سنه بحاول وازن وعملت كل الطرق الممكنة علشان اقعنهم ووسطت  
نص العائلة وبابا بالأخص كان رافض اكمننا صعايدة يا عنى ومفيش بنات تسافر  
لوحدها، ١٢ سنه دول مش بحاول اسافر بس بره مصر إنما جوة مصر كمان كان  
غير مسموح لينا في العائلة كينات بالسفر لوحدها.  
وطول السنين دي كل ما تيجي فرصة سفر لدراسة كمنحة او ترفيه او حتى شغل  
وكنت بتقابل بكلمة لا

لغاية شهر نوفمبر ٢٠١٨ بقول ومستنتية لا انتقال موافق مش هحكي عن فرحتي  
وشعور اني هعمل اللي الكل قالي مستحيل وممنوع في العائلة والكلام من ده  
، وللأسف شغلي رفض بيديني اجازة خالص وقالوا يا السفر يا الشغل فاخترت  
بكل سلام نفسي السفر ثم السفر مفيش أعظم من الحرية يا جماعة  
سبت الشغل علشان السفر فكرة السفر في حد ذاتها مش علشان شرم الشيخ  
الصورة دي مسميها (صورة العمر كلة) علشان بطعم الحرية في الطيارة متجهه  
لشرم الشيخ لوحدي : لحضور منتدى شباب العالم  
ملخوطة انا في البيت رفضوا ٧ منح دراسية خارج مصر ، غير شغل بره القاهرة  
مش عايزة vout بس عايزة أقول لكل الأباء الخطر موجود واحنا حتى جوه بيوتنا  
خلو البنات تسافر تتعلم وتتفصح  
ولكل البنات متزهقش من الإلحاح وخلي حلمك ادامك انا أقاربي كانوا  
بيعتبروني موهومة لو جيت سيرة سفر  
لكني فعلتها!!!!!!!!!!!!

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### #ازاي اقعنتي اهلك

انا مش اقعنت اهلي انا تقريبا زهقتهم انا اهلي فضلوا رافضين سفرى ١٢ سنه اه والله ١٢ سنه بحاول وازن وعملت كل الطرق الممكنة  
علشان اقعنهم ووسطت نص العائلة وبابا بالأخص كان رافض اكمننا صعايدة يا عنى ومفيش بنات تسافر لوحدها، ١٢ سنه دول مش  
بحاول اسافر بس بره مصر إنما جوة مصر كمان كان غير مسموح لينا في العائلة كينات بالسفر لوحدها،

وطول السنين دي كل ما تيجي فرصة سفر لدراسة كمنحة او ترفيه او حتى شغل وكنت بتقابل بكلمة لا

لغاية شهر نوفمبر ٢٠١٨ بقول ومستنتية لا انتقال موافق مش هحكي عن فرحتي وشعور اني هعمل اللي الكل قالي مستحيل وممنوع في  
العائلة والكلام من ده

، وللأسف شغلي رفض بيديني اجازة خالص وقالوا يا السفر يا الشغل فاخترت بكل سلام نفسي السفر ثم السفر مفيش أعظم من الحرية يا  
جماعة

سبت الشغل علشان السفر فكرة السفر في حد ذاتها مش علشان شرم الشيخ

الصورة دي مسميها (صورة العمر كلة) علشان بطعم الحرية في الطيارة متجهه لشرم الشيخ لوحدي لحضور منتدى شباب العالم

ملخوطة انا في البيت رفضوا ٧ منح دراسية خارج مصر ، غير شغل بره القاهرة

مش عايزة vout بس عايزة أقول لكل الأباء الخطر موجود واحنا حتى جوه بيوتنا خلو البنات تسافر تتعلم وتتفصح

ولكل البنات متزهقش من الإلحاح وخلي حلمك ادامك انا أقاربي كانوا بيعتبروني موهومة لو جيت سيرة سفر

لكني فعلتها!!!!!!!!!!!!

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Hala Youssef Abd Elmwla  
14 July 2020

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### #أزاي اقتعتي اهلك

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وظول السنين دي كل ما تيجي فرصة سفر لدراسة كمنحة او ترفيه او حتى شغل وكنت بتقابل بكلمة لا

لغاية شهر نوفمبر ٢٠١٨ بقول ومستنية لا اتقال موافق مش هحكى عن فرحتى وشعور انى هعمل اللي الكل قالي مستحيل وممنوع في العائلة والكلام من ده

، وللأسف شغلي رفض يدينى اجازة خالص وقالوا يا السفر يا الشغل فاخترت بكل سلام نفسي السفر ثم السفر مفيش أعظم من الحرية يا جماعة

سبت الشغل علشان السفر فكرة السفر في حد ذاتها مش علشان شرم الشيخ

الصورة دي مسميها (صورة العمر كلة) علشان بطعم الحرية في الطائرة متجه لشرم الشيخ لوحدي لحضور منتدى شباب العالم

ملخوطة انا في البيت رفضوا ٧ منح دراسية خارج مصر، غير شغل بره القاهرة

مش عايزة vout بس عايزة أقول لكل الأباء الخطر موجود واحنا حتى جوه بيوتنا خلو البنات تسافر نتعلم وتتفصح

ولكل البنات متزهقش من الإلحاح وخلي حلمك ادامك انا أقاربي كانوا بيعتروني موهومة لو جيت سيرة سفر

لكنى فعلتها!!!!!!

**She Travels - سفر للينات (Menna Shahin)**  
Private group · 134.7K members

Joined + Invite

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**Hanan Mohamed**  
10 August 2019

انا نفسي اعرف حاجه بجد انتوا ازاي بتقدروا تقنعوا الاهل تسافروا وكدا لوحدكوا وتخلوهم يشجعوكوا انكم تسافروا بجد يا بختكوا الي عنده طريقه ممكن يفيدنيعلشان انا هطق لو ما سافرتش

6 comments

Like Comment

**Yasmina Aladham**  
الزوجه الودان امير من السفر

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Anyone can find this group.  
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انا نفسي اعرف حاجه بجد انتوا ازاي بتقدروا تقنعوا الاهل تسافروا وكدا لوحدكوا وتخلوهم يشجعوكوا انكم تسافروا

بجد يا بختكوا

الي عنده طريقه ممكن يفيدنيعلشان انا هطق لو ما سافرتش

**Traveller Experience**  
Public group · 2.6M members

+ Invite

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**Heba Fathy**  
18 April 2018

انا بس داخلة افول براحو لكل بنت فطرت تسافر و لأول مرة خصوصا لوحدها. انا كنت عايشة فترة بره مصر و واحدة صحبتي مصرية كانت عاوزة عازرة تحبني و كانت نفسيتها مش كويسة في الفترة دي عملت لاهلها عمال عشان يوافقوا و وافقوا في الآخر عشان نفسيتها تحسن. و فعلا رجعت احسن كثير و تقريبا السفرية كان وشها جالو عليها و حاجات حلوة حصلتها بعد كده. سافري عشان السفر حيساعدك تعرفي تختاري شريك حياتك سافري عشان تحبلي؟ ممكن تعرفي تلاقى شغل بره. سافري عشان السفر هيعبر روتينك لحاجات كتير. (انا معتدتي نيش 😊) سافري عشان تحلقطي اكله جديدة، لغة، ثقافة، عادات. ناس سافري عشان تيسبطي بس كده. البوست لا تحبضي و لا عمق و لا نبلة امسسطوا اجنا في رحلة. تعديل: اولك شي بس جدا اني اكتب بوست على جروب الاقبي كمية ناس داخلة تبغتنس inbox اناك حبيبتكوش اناك انت جينا البوست برحواصه في تعليقه اناك حبيبتكوش

**About**  
لو فطرت اناك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و سعيدة : قصصنا هي اجنابك الاول .  
أهلا بيك في Traveller Experience ... See more  
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General

Facebook group: Traveller Experience

كانت نفسيها مش كويسة في الفترة دي. عملت لأهلها عمال عشان يوافقوا و وافقوا في الآخر عشان نفسيها تتحسن. و فعلا رجعت أحسن كثير و تقريبا السفرية كان وشها حلو عليها و حاجات حلوة حصلت لها بعد كده. سافري عشان السفر حيساعدك تعرفي تختاري شريك حياتك. سافري عشان تخيلي؟ ممكن تعرفي تلاقي شغل بره. سافري عشان السفر حيعير رؤيتك لحاجات كثير. (انا معنديش نيش 😊) سافري عشان حنقلطي اكلة جديدة، لغة، ثقافة، عادات، ناس سافري عشان تنبسطي بس كده اليوست لا تحريضي و لا عميق و لا نيلة امبسطوا احنا في رحلة. تعديل: أولا: شئ سئ جدا اني اكتب بوست على جروب الاقي كمية ناس داخله تبغش inbox ثانيا: بجد مينفعش تكون انت ضد اليوست و ده واضح في تعليقاتك و تدخل ت flirt inbox!!!! ثالثا: بحترم كل التعليقات ، ربنا يوفقنا جميعا

568 likes, 74 comments, 9 shares

Ahmad Al Forsy: يبقى هي سفارت و جت عندك و اجورت 😊 عشان كده بتشجعي البنات عالسفر 😊

أنا بس داخله أقول برافو لكل بنت قررت تسافر و لأول مرة خصوصا لوحدها.

انا كنت عايشة فترة بره مصر و واحدة صحبتي مصرية كانت عاوزه تجيلي و كانت نفسيها مش كويسة في الفترة دي. عملت لأهلها عمال عشان يوافقوا و وافقوا في الآخر عشان نفسيها تتحسن. و فعلا رجعت أحسن كثير و تقريبا السفرية كان وشها حلو عليها و حاجات حلوة حصلت لها بعد كده .

سافري عشان السفر حيساعدك تعرفي تختاري شريك حياتك.

سافري عشان تخيلي؟ ممكن تعرفي تلاقي شغل بره.

سافري عشان السفر حيعير رؤيتك لحاجات كثير. (انا معنديش نيش)

سافري عشان حنقلطي اكلة جديدة، لغة، ثقافة، عادات، ناس

سافري عشان تنبسطي بس كده

اليوست لا تحريضي و لا عميق و لا نيلة امبسطوا احنا في رحلة.

تعديل:

أولا: شئ سئ جدا اني اكتب بوست على جروب الاقي كمية ناس داخله تبغش inbox

ثانيا: بجد مينفعش تكون انت ضد اليوست و ده واضح في تعليقاتك و تدخل ت flirt inbox!!!!

ثالثا: بحترم كل التعليقات ، ربنا يوفقنا جميعا

**Hend Mohamed**  
14 July 2020

[#إزاي أقنعتني أهلك](#)

كان جايلي شغل في قطر وأهلي مكنوش موافقين نهائي بس  
الزن علي الودان أمر من السحر زي ما بنقول في مصر  
فضلت أجهز ورقي وأكلمهم عن مستقبلتي وكارييري وشغلي وحياتي وهما  
بيحاولوني وفكرين إنه موضوع وهيروح لحاله وشوية بقولولي ويخوفوني دي  
تجارة أعضاء هنتخطفي ومش هنعرف نرجعك وأنا أقولهم خلاص بيقي  
هموت شهيدة المهم إنهم معرفوش يخوفوني  
لحد مافي يوم قولتلهم إني صليت إستخارة ومرتاحة جدا ومستنية موقتهم  
عشان الشركة تحجزلي التيكت وهما حسو إني مصممة  
وحجزولي التيكت وسافرت فعلا الحمدلله وإشتغلتي ونجحت الحمدلله ويقو  
فخورين بيا ويبيشجعوني ويدعموني ❤️❤️❤️ وكانو دايمًا بيأكدولي تقتم فيا  
لكن خوفهم عليا كان هو اللي بيغلب دايمًا بصراحة مش عارفة بعد ما بقت  
مامي  
لو بنتي جت قالتلي هسافر هقولها إيه 🤔🤔

**About**  
لو قررت أنك تدور علي سنوي مميز نبتكلم عن السفر  
بطريقة مختلفة و مفيدة ! فصحننا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

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### [#إزاي أقنعتني أهلك](#)

كان جايلي شغل في قطر وأهلي مكنوش موافقين نهائي بس

الزن علي الودان أمر من السحر زي ما بنقول في مصر

فضلت أجهز ورقي وأكلمهم عن مستقبلتي وكارييري وشغلي وحياتي وهما بيحاولوني وفكرين إنه موضوع وهيروح لحاله وشوية بقولولي ويخوفوني دي تجارة أعضاء هنتخطفي ومش هنعرف نرجعك وأنا أقولهم خلاص بيقي هموت شهيدة المهم إنهم معرفوش يخوفوني

لحد مافي يوم قولتلهم إني صليت إستخارة ومرتاحة جدا ومستنية موقتهم عشان الشركة تحجزلي التيكت وهما حسو إني مصممة

وحجزولي التيكت وسافرت فعلا الحمدلله وإشتغلتي ونجحت الحمدلله ويقو فخورين بيا ويبيشجعوني ويدعموني  
وكانو دايمًا بيأكدولي تقتم فيا لكن خوفهم عليا كان هو اللي بيغلب دايمًا بصراحة مش عارفة بعد ما بقت مامي

لو بنتي جت قالتلي هسافر هقولها إيه

Traveller Experience

fb.com/groups/1657368469877009/permalink/200398383014014

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**Ingi Abdel Aziz Srag**  
9 October 2017 · Alexandria ·

كنت عايشة في مصر كنت فاكدة ان البنات مبتسافرش بسبب البلد و الأهل و الحاجات دي و لما شرفت من سنة حروب السفر تشجعت جدا و بعدها عرفت تاني من بوسنات كثير ان لسة فيه بنات محتاجين مساعدة و تشجع في الموضوع ده.

فقرت ان زى ما ناس ساعدتني اساعد على قد ما اقدر ، انا سافرت مرتين لوحدي، مرة اسبانيا و إيطاليا و مرة فرنسا اكيد اخدت شوية افنع اهلي بالطلعة الأولانية بس لما رجعت شقتهم فخورين بيا جدا ..

و طبعا بالرغم من كدة بأسمع الجملة المشهورة دائما (بكرة تتجوزي و تسافري مع جوزك) لدرجة ان بنات كثير بقت عاوزه تتجوز عشان بس تسافر و تعمل حاجة هي عاوزها و الحمد لله ان ربنا كرمني بنعمة الأهل اللي احترموا دماغي و خلوني اعتمد على نفسي و أخوض تجارب بتغير حياتنا.

السفر مش صعب السفر حالة و لازم تعيشوها و مستعدة أي حد محتاج أي تفاصيل مساعدة يقول و بلا تشجع بعض..

208 likes 149 comments

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لو قررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة ! فصفحتنا هي إختيارك الأول . أهلاً بيك في Traveller Experience ... See more

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10:33 PM 8/14/2021

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The screenshot shows the Facebook group page for 'Traveller Experience'. The group is public and has 2.6M members. The post by Jihad Jihy, dated 15 July 2020, is titled '#صورتك في الصحراء' (Your photo in the desert). The text of the post reads: 'كانت اول سفريه ليا في حياتي وكانت وادي حيتان الفيوم لوحدي مع ناس جديدة ومكان معزول جدا مفيش شبكة ويوجد من اعظم انجازاتي لحد الآن عشان كمان عرفت اقنع اهلي، ومكمله ان شاء الله 🙏 Stay strong girls, you can do it 🦋'. The 'About' section on the right states: 'لو قررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي إختيارك الأول ، أهلا بيك في Traveller Experience ... See more in the group'. The group is public and visible to anyone.

### #صورتك في الصحراء

كانت اول سفريه ليا في حياتي وكانت وادي حيتان الفيوم لوحدي مع ناس جديدة ومكان معزول جدا مفيش شبكة ويوجد من اعظم انجازاتي لحد الآن عشان كمان عرفت اقنع اهلي، ومكمله ان شاء الله

The screenshot shows the search results for 'Traveller Experience'. The search results are filtered to show posts from the group. The post by Jora Jora, dated 27 July 2020, is titled '#تفاصيل اليوم' (Today's details). The text of the post reads: 'اول مره انزل اى بوست هنا بس حقيقي يحب الجروب ده جدا 🥰👍 طبعنا ان بيت تسافر من محافظه لساحلته تانيه خالص من غير ما تعرف فيها اى حاجه ولا تعرف اى حد ف نه في حد ذاته مصعبه في نظر البعض ❤️ بعد شهر من الرن و الإلحاح الطويل ماما وافلت اروح اسكندريه يوم و ارجع 🙏 وطبعنا كانت احسن تجربه ف حياتي بل من احسن ايام حياتي 🥰'. The post continues with a detailed account of a desert trip: 'تفاصيل اليوم 🥰 طبعنا انا واحده عمرها ما ركبت فطر و فولت هجرب ف نفس اليوم لاني بسمع ان الفطر متعب جدا و مجرد قعلا و سالت و استنيت القطار و جيه وانا واقفه و مشي من كبر الزحمه ولا كانه يوم الحشد 🙏 لحد ما صعبت ع العكسيه تقريبا ف جيه يسألني واقفه ايه قولانه هو كده مشي خلاص . حرقيا للعسكري وقع ع الارض من الضحك عليا 🙏 كان هابن عليا اعيط والله بس زوج الاسترولوج ومن جوانا بقولني اهدي كده شتويطش اليوم 🙏 ركبت ميكروياص عادي و قعد ساعه و شويه بيحمل و وصلنا جنبه مصر 'اسكندريه' و مجرد ما شوفت لون الميه و ربحه البحر تسمت التعب كله والله 🙏 رحبت فطرت و فعلا المحلات هناك تضيفه جدا واسفارهم بسيطه بكثير عن القاهره و بعدها التغيرت جيمري عمرى ما كنت زيه لسه طالع من الميه و رخيص جدا!!!! و كنت حاسه اني شاطره عشان جنبه بالسعر ده 🙏 وبعدها رحبت قلعه قايتناى و اتصورت هناك و بعد كان المكان وهم حرقيا و فتحت فيديو كوال عشان اظمن امي و كانت مسبوطة و فرحانه اني فرحانه و انا في تجربه جديده كده 🙏 يمكن البوست تافه في نظر البعض بس كل الفكرة اني اعوزه اوصل لكل اب و ام اتهم بدوا الفرصه لولادهم خصوصا البنات و بلاش تكرفوهم ف كونهم بنات مدام ربيتوا صبح انكلوع الله وحاوولو تملوهم يصنعوا ذكريات حلوه لولادهم باي شكل 🙏 كل سنه واتم طيبين و بخير يارب 🙏'.

اول مره انزل اى بوست هنا بس حقيقى بحب الجروب ده جدا [LRI] [LRI] [PDI]

طبعا أن بنت تسافر من محافظه لمحافظه تانيه خالص من غير ما تعرف فيها اى حاجه ولا تعرف اى حد ف ده فى حد ذاته مصيبه فى نظر البعض

بعد شهر من الزن و الإلحاح الطويل ماما وافقت اروح اسكندريه يوم و ارجع

و طبعا كانت احسن # تجربيه ف حياتى

بل من احسن ايام حياتى

### #تفاصيل اليوم

طبعا انا واحده عمرها ما ركبت قطر و قولت هجرب ف نفس اليوم لانى بسمع أن القطر ممتع جدا و حجزت فعلا و سألت و استنيت القطر و جيه وانا واقفه و مشى من كتر الزحمه ولا كأنه يوم الحشد لحد ما صعبت ع العكسرى تقريبا ف جيه يسالنى واقفه ليه قولتله هو كده مشى خالص ، حرفيا العسكرى وقع ع الارض من الضحك عليا كان هاين عليا اعيط والله بس روح الاسترونج ومن جوابا بتقولى اهدى كده متبوظيش اليوم ركبت ميكروباص عادى و قعد ساعه و شويه بيحمل و وصلنا جنه مصر " اسكندريه " و مجرد ما شوفت لون الميه و ريحه البحر نسيت التعب كله والله

رحت فطرت و فعلا المحلات هناك نضيفه جدا واسعارهم بسيطه بكثير عن القاهره

و بعدها اتغديت جمبرى عمرى ما كلت زيه لسه طالع من الميه و رخيص جدا!!!!!! و كنت حاسه انى شاطره عشان جيته بالسعر ده

وبعدا رحى قلعه قايتباى و اتصورت هناك و بجد كان المكان وهم حرفيا و فتحت فيديو كول عشان اطمئن امى و كانت مبسوطه و فرحانه انى فرحانه و انا فى تجربيه جديده كده

يمكن البوست تافه فى نظر البعض بس كل الفكره انى عاوزه اوصل لكل اب و ام انهم يدوا الفرصه لولادهم خصوصا البنات و بلاش تكررهم ف كونهم بنات

مدام ريبتوا صح اتكلو ع الله وحاولو تخلوهم يصنعوا ذكريات حلوه ليهم بأى شكل [LRI] [PDI]

كل سنه وانتم طبيين و بخير يارب

### #قاراي اقتعتي اهلك

الحقيقة أنا عمري ما احتجت إني اقتع أهلي بالسفر و الفضل يرجع لوالدي حبيبي الله يرحمه كان عنده قناعة إن السفر مهم جداً في إكتساب قدرات كثير في الشخصية

أول مرة أسافر من غير أهلي كنت أنا و أختي التوأم في الجامعة و بابا اتفق معنا انه يسفرونا برة مصر في الصيف نتفصح، روحنا معاه شركة السياحة و ماما كانت موضياه يختار بلد قريبة و سهلة كدة على أساس اننا بنتين لوحدنا و صغيرين و أول مرة نساافر .

أول لما دخلنا على مدير الشركة، بابا قال له إيه أبعد الرحلات اللي موجودة عندك في جدول الصيف

و إستقرينا على تايلاند لمدة ١٠ أيام.. بابا كلم ماما و احنا خارجين و هو مبسوط قال لها بناتك مسافرين الشرق الأقصى طبعاً ماما وقتها عملت مناحة..

و عليها.. من ساعتها و انا ندهنتي نداهة السفر و لحد دلوقتي بعد لما اتجوزت و خلفت و أنا لسة مدمنة سفر و جوزي و ولادي طبعاً وقعوا في الفخ

المغامرات حتى الآن:

لبنان

دبي

تايلاند

أسبانيا

تركيا

النمسا

المجر

**She Travels - سفر للبنات (Menna Shahin)**  
Private group · 134.7K members

Joined ▾ + Invite

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**Layla Ali**  
5 July 2019 · 🌐

بناويت عايزة رأيكم...  
أنا عمري ما سافرت أي حته..بابايا بيكره السفر لأسباب كتبيير ومستحيل يسافر  
وماليش أخوات ولاد ويقالي سنين بيتعملي غسيل مع ان تجربة السفر دي  
ماتناسبناش ومش هننيسط وبلابلابل. المهم انا زهقت وقلت لماما طب نساfer  
من غيره قاتلتى سفر من غير راجل يتصلهم بصه وحشه ويبيقو محل شبيهه.  
بصراحه ماما عمرها ما قالت حاجه وكانت غلط...بتسمعو أيه من الناس اللي  
أكبر منكم ؟ حد مر بتجربه زي دي؟  
تعديل : ما اقصدش حاجه والله بكلمة بصه وحشه...اللي عايزة اقله ان احنا  
ممکن حد يضايقنا...اصل احنا لسه جوة مصر... وانا باقولكم رايها مش رأي اللي  
ممکن يطلع جزء منه صح

70 183 comments

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بناويت عايزة رأيكم...

أنا عمري ما سافرت أي حته..بابايا بيكره السفر لأسباب كتبيير ومستحيل يسافر وماليش أخوات ولاد ويقالي سنين بيتعملي غسيل مع ان تجربة السفر دي ماتناسبناش ومش هننيسط وبلابلابل. المهم انا زهقت وقلت لماما طب نساfer من غيره قاتلتى سفر من غير راجل يتصلهم بصه وحشه ويبيقو محل شبيهه. بصراحه ماما عمرها ما قالت حاجه وكانت غلط...بتسمعو أيه من الناس اللي أكبر منكم ؟ حد مر بتجربه زي دي؟

تعديل : ما اقصدش حاجه والله بكلمة بصه وحشه...اللي عايزة اقله ان احنا ممكن حد يضايقنا...اصل احنا لسه جوة مصر... وانا باقولكم رايها مش رأي اللي ممكن يطلع جزء منه صح

Traveller Experience

Mal Mosselhy  
6 June 2020

قواعد سفر البنات ال ٧ :

- ١- متستنيش لما تجوزي علشان تسافري
- ٢- توصلي البلد الصبح ، لو مفيش طائرة بتوصل غير بليل استني في المطار لحد الصبح
- ٣- لو اول مرة اختاري بلد مشهورة سياحية "بال common sense زي تركيا ماليزيا او لبنان بلاش بوتان و فنزويلا و تنزلي في hotel او هوستل في نص البلد
- ٤- ال shopping ارخص و احلي كثير برة مصر ، سافري خفيف خفيف متاخذيش وزنك كله ليس من مصر.
- ٥- انسي الذهب و الفضة علشان احنا بنقي اجانب هناك ، سهل تسرق ، خليكي في ال accessories اما الشنطة يستحسن تكون شنطة ضهر ، كروس او وسط ، شنطة الأيد ممكن تنسيها وأنتي بتصوري
- ٦- الباسبور سيبه في اللوكر او الخزنة ، و معاك صورة بس ، الفلوس لازم تتوزع ، جزء في الخزنة جزء معاك ، credit card معاك و الثاني في الفندق .
- ٧- افهمي انتي عايزة ايه من السفر من غير متسمعي لحد ، عايزة هدوء اعصاب و فصلان يبقى طبيعة سواء بحر او جبال ، بتحبي المدن و المشي ، بتحبي تستكشي اختاري المدن التناسك بنفسك ..

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## ##قواعد سفر البنات ال ٧ :

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- ٧- افهمي انتي عايزة ايه من السفر من غير متسمعي لحد ، عايزة هدوء اعصاب و فصلان يبقى طبيعة سواء بحر او جبال ، بتحبي المدن و المشي ، بتحبي تستكشي اختاري المدن التناسك بنفسك ..

Traveller Experience

**Mai Mosselhy**  
2 February 2020

١٨ بلد ، ما بين براغو عليكى و ازاى بنت مصرية بتسافر لوحدها ؟  
صممتهش بصحة سافري لما تجاوزى..وسافرت .  
مش عارفة المفروض اكون فحورة انى يسافر باستقلال مادى تام (من ثاني بلد)  
غير معتمد على اهلنى او اى حد ، ولا اتكسب و اضطر افكر فى ١٠٠ ايجابة اذافع  
بنوا عن نفسى و عن كل بنت مصرية بتسافر ..  
١٨ بلد فحورة انى حقتهم لانهم مكتوش سهلين ، خدمتهم على حوالي ١٠ سنين .  
اول سفره كنت ١٨ سنة تقريبا و احر واحدة من شهر .  
١٨ بلد و لسة ي تشوف نامن بتخاف على بناتهم بطلعوا برة البلد لوحدهم  
..فبحر انا فى وقت بتشوف مكان الاقامة التنتزل فيه من قبل متحجر ، بقرا  
تقييمات و reviews الناس البريات فى المكان قبلك و تختار . و طبعا برامج ال  
GPS و اللوكيشن فى كل مكان . بعضى عمش بناتكم بيقوا متعاكم ٢٤ ساعة ..  
كمان انتشار تجارب الناس المتسافر فرق كثير عن زمان ، ممكن من رأى الناس  
سواء على الجروب او اليوتيوب تعرفوا كل حاجة عن البلد الرايعة بتاتكو و  
تعملوا رحلة كاملة كمان بتحدد وجواتك و حجزاتك و تعرفوا منطقتهم  
زمان كنا بتسافر بالخرطة الورق و بتزل محطات المترو و معنا ربنا عثمان  
توصل . دلوقتي الدنيا اسهل بكثير 🙌  
لا يعني لا..مشى هنسافري غير لشغل او دراسة ..  
بضطر اذافع عن سفر البنات مش عثمان الامان بس . لا فى اهالى شابخين ان  
البت اولى بحاجة تانية غير السفر ..

**About**  
لو قررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة ، فصفحتنا هي اختيارك الأول .  
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Traveller Experience

مفيش حاجة البنت اولى بيها غير انها تعلم ازاى تعتمد على نفسها ، اعتمد  
جديد من نوعه تخرج برة دارتها..  
البنت لما تأخذ شطنتها و تخطط رحلة كاملة بحجزاتها و مفاستها ، بتزل بلاد  
ميرتكلموش فيها عربي ولا انجليزي ، تعدي بمواقف تضغط و تتعلم فيها . و  
تعرف ان مفيش حد غيرها لازم بتصرف ، هتتوه و هتوصل ، هتقابل اصحاب  
جدا ، من ثقافت مختلفة تماما ..هتشوف ناس من كل بلاد العالم الي للاسف  
دالما بقولونا اول مرة تشوف بنات مصريين 🙌  
البنت من حقتها تجلم تروح عجائب الدنيا السبعة ، من حقتها تطلع جبال ، تمشي  
فى غابات ، تشوف حضارات و تاريخ ، قصور و متاحف ، تشوف الشروق فى  
مزارع الشاي ، و تشوف الغروب من جزر العالم..من حقتها تشوف ارض الله  
الواسعة ..  
فى منظمات كثير بتطلع قوائم كل سنة مترتبة باحسن البلاد البنت ممكن  
تسافرها لوحدها ، الدنيا برة امان ..  
السفر بخلينا تخرج عن الروتين و الضغط ، بتلاقى نفسنا فى الرحلات الطويلة ،  
بتكتشف نفسنا وسط الجبال و الطبيعة، بتحدد اولويتنا ، بتعيش اختلاف المدن ،  
أكلهم ، لبسهم ، طبية الشعوب حولينا ، بتسي العالم و تسمن طاقة ايجابية  
بس ، طاقة تخلينا نقرر بتعاف و تكمل الحياة الانا فيها .  
السفر بيفرنا للاحسن، بتعلمنا الصبر ، الروح الجلوة و المرونة الي شغلها فى  
الناس المتسافر مستهانتا عند حد ثاني ، بتكتشف نفسها بتشوف و تحب  
نفسنا بطرق تانية و تغير مفهومنا الخاط عن نفسها . فى مصر كنت بتعرض  
للتنمر كثير على حاجات تافهة و لما سافرت اكتشفت ان التنمر دا داه مجتمع  
من اكثر بالعرض كانوا يمدحوا الحاجات الناس زهفوني تنمر عليها ..

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١٨ بلد ، ما بين برافو عليكي و ازاي بنت مصرية بتسافر لوحدها ؟

مسمعتش نصيحة سافري لما تتجاوزي... وسافرت.

مش عارفة المفروض أكون فخورة اني بسافر باستقلال مادي تام (من ثاني بلد) غير معتمد علي اهلي او اي حد ، ولا اتكسف و اضطر افكر في ١٠٠ إجابة أدافع بيها عن نفسي و عن كل بنت مصرية بتسافر...

١٨ بلد فخورة اني حققتهم لانهم مكنوش سهلين ، خدتهم علي حوالي ١٠ سنين ، اول سفريه كنت ١٨ سنة تقريبا و اخر واحدة من شهر

١٨ بلد و لسة ي بشوف ناس بتخاف علي بناتهم يطلعوا برة البلد لوحدهم .. فحين اننا في وقت بتشوف مكان الاقامة البنترول فيه من قبل متحجز ، بقرا تقييمات و reviews الناس النزلت في المكان قبلك و تختار .. و طبعا برامج ال GPS و اللوكيشن في كل مكان ، يعني ممكن بناتكم يبقوا معاكم ٢٤ ساعة...

كمان انتشار تجارب الناس البتسافر فرق كثير عن زمان ، ممكن من رأي الناس سواء علي الجروب او اليوتيوب تعرفوا كل حاجة عن البلد الرايحة بناتكو و تعملوا رحلة كاملة كمان تحدد وجهاتك و حجوزاتك و تبقوا مطمئنين عليهم...

زمان كنا بنسافر بالخريطة الورق و ننزل محطات المترو و معانا رينا علشان نوصل ، دلوقتي الدنيا اسهل بكثير.

لأ يعني لأ... مش هتسافري غير لشغل او دراسة....

بضطر أدافع عن سفر البنات مش علشان الأمان بس ، لا في أهالي شافيين ان البنات اولي بحاجة ثانية غير السفر...

مفيش حاجة البنات اولي بيها غير انها تتعلم ازاي تعتمد علي نفسها ، اعتماد جديد من نوعه تخرج برة دائرتها...

البنات لما تأخذ شنتطها و تخطط رحلة كاملة بحجوزاتها و مغامرتها ، تنزل بلاد ميبتكلموش فيها عربي ولا انجليزي ، تعدي بمواقف تضغط و تتعلم فيها .. و تعرف ان مفيش حد غيرها لازم يتصرف ، هنتوه و هنتوصل ، هنتقابل اصحاب جداد من ثقافات مختلفة تماما .. هنتشوف ناس من كل بلاد العالم الي للاسف دايمًا يقولونا اول مرة نشوف بنات مصريين

البنيت من حقها تحلم تروح عجائب الدنيا السبعة ، من حقها تطلع جبال ، تمشي في غابات ، تشوف حضارات و تاريخ ، قصور و متاحف ، تشوف الشروق في مزارع الشاي ، و تشوف الغروب من جزر العالم..من حقها تشوف ارض الله الواسعة ...

في منظمات كثير بتطلع قوائم كل سنة مترتبة باحسن البلاد البنيت ممكن تسافرها لوحدها ..الدنيا برة أمان...

السفر بيخلينا نخرج عن الروتين و الضغط ، بنالقي نفسنا في الرحلات الطويلة ، بنكتشف نفسنا وسط الجبال و الطبيعة، بنحدد أولويتنا ، بنعيش اختلاف المدن، أكلهم ، لبسهم ، طيبة الشعوب الحولينا ، بننسى العالم و نشحن طاقة إيجابية بس ، طاقة تخلينا نقدر نعاقر و نكمل الحياة الألحنا فيها..

السفر بيغيرنا للأحسن، بيعلمنا الصبر ، الروح الحلوة و المرونة الي شفتها في الناس اليتسافر مشفتهاش عند حد ثاني ، بنكتشف نفسنا، بنشوف و نحب نفسنا بطرق تانية و نغير مفهومنا الغلط عن نفسنا .. في مصر كنت بتعرض للتمتر كثير علي حاجات تافهة و لما سافرت اكتشفت ان التتمتر دا داء مجتمع مش اكثر بالعكس كانوا بيمدحوا الحاجات الناس زهقوني تنمر عليها....

سافري لما تتجوزي...

الجواز من امتي وسيلة علشان نحقق غاية من حقنا؟ ..محدث اكيد يرضي لابنه انه يتجوز واحدة متجوزاه علشان تسافر .. مش قادرة افهم المنطق ...

طب افرضي جراك حاجة وانت مسافرة ..نجيبك منين؟ ..

بالصدفة النادرة الحدوث قابلت بنت مصرية وانا مسافرة ..سالتني ايه اخطر حاجة حصلتلك و إنتي لوحدهك ، معرفتش ارد ، هببت اي كلام ، حساسية لبن صويا في سنغافورة ، طلعت جبل في الصين بالأسانير و معرفتش انزل ، بس من جوايا اخطر حاجات حصلتلي كانت في مصر سواء أذي نفسي او جسدي ...و (الله خير حافظاً) ، ربنا هو البينجينا بلطفه من كل سوء في اي مكان...

لو خايفين لا قدر الله بناتكم يحصلهم حاجة ، ثقوا في الله و اي قدر بيصيب الإنسان في اي مكان....

سافرت لوحدي ، سافرت مع اختي معظم سفرياتي ، مرة مع أصحابي و مرة مع جروب ...مش مهم..

سببو بناتكم يسافروا، مع شركة موثوق فيها ، مع جروب ، مع أصحابهم ، او لوحدهم ..سببهم يشوفوا العالم ...

في اجماع علي سؤال بتجيبني فلوس منين ؟ هيا معادلة و رغي كثير في بوست ثاني انشاء الله

[#سافري](#)

Traveller Experience : كم ياطويين

facebook.com/groups/1637368469877009/permalink/2577930902487423

Traveller Experience

Joined + Invite

Mariana William  
19 September 2019

ازيكم ياطويين  
لما نزلت بوس تاييلاند ومايزيا بنات كتيريرر سألتني سؤال مكرر كتيريرر  
عشان كدة اليوسن دا بنات شوية  
وهو ازى أقتح أهلى وأنا بنت أسافر برة؟  
في اليوسن دا هجاويك في كام نقطة كدة سريعة يمكن تجيب نتيجة وخلايكي  
معانا كدة  
بص يااست الكل 🙏🏻  
اول حاجة اني لازم تكوني اني نفسك مقنعة بفكرة السفر ويتحبه ويكون  
هدف وحلم بالنسيالك عايرة تحقيقيه عشان تقدري تعمللي الخطة صح وتنفيديها  
ومانزهيقيش وتكوني مستعدة ماديا كمان ومحددة البلد والهدف الللى عايرة  
توصليله  
تجيب بصي للخطة التيكنيكة للفداء المصرية ... والخطوات الللى عمليلها مع  
اهلك خصوصا اني عارفة ان في اهالي بترفض رفض تام وقاطع لبيت الللى  
مش متجورة بالذات انها تسافر خوفًا عليها من المعاطر الللى ممكن تقابلها وان  
خوفهم عليها بحسبهم بتقدم قدرتها على مواجهة دا  
بص يااست الكل اول خطوة: [التيكنيكة للزنى](#) اى بنت مصرية اصليلها  
ياياا صدقني نفسي اشوف الدنيا... راساما صدقني هنعلم حاجات كتير وبعيني  
مسئولة وناضجة اكثر... السفر دا من اخلاص ولازم تساعدوني على تحقيقيها

About

لو قررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصحتنا هي اختيارك الأول .  
أهلا بيك في Traveller Experience ... See more

Public  
Anyone can see who's in the group and what they post.

Visible  
Anyone can find this group.

General

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10:59 PM 7/21/2021

Traveller Experience : كم ياطويين

facebook.com/groups/1637368469877009/permalink/2577930902487423

Traveller Experience

Joined + Invite

مستوية ونضجة... السفر دا من اخلاص ولازم تساعدوني على تحقيقيها  
وووو... زنى عليهم طول الوقت عشان يفهمو حتى لو رفضن بأهمة الموضوع بالنسيالك.  
لسة بردو ماوقفوش من كتر الزن؟  
تدخل على الخطوة الثانية : تحاول تسافر جوة مصر كتيريرر وتصمم على دا  
معاهم ومع الوقت لما تروح اسكندرية مثلا أو كذا محافظة مع اصحابنا هيعودو  
اننا ممكن نبقى برة البيت ولت واننا كينات نلادر نعتمد على نفسنا اكثر وطبعًا  
نظنهم علينا كل شوية عشان حقه الصراحة  
عارفة ان خوفهم عليكي بيتقو اكبر من الحاجك بس بردو اتكلمي تاني معاهم  
بالراحة كدة وماواي تقنعهم بحلمك دا وانه قد ايه هيفيدك ويصرف لحياتك  
بردو مايفيش فايدة؟ والحج والحجة مصممين على الرفض؟  
تدخل بصي الخطوة الثالثة من الخطة التيكنيكة للبيت المصرية  
تشوف اى حد من قرابتنا يحب السفر وتتفق سوا بنت حالي بنت عمي وبحوش  
وينفق ونقواهم اننا هسافر سرا مش لوجدا اهو ومع حد هما بيتقو فيه ويوكدة  
بردو ممكن يظمنو ويوافقو  
بردو لسة مش موافقين؟  
الشغل وانك بتترلي كثير من البيت دا بردو بيهيلوهم انك حد قادر ببقى  
مسئولة ومعتمد على نفسه ماديا واجتماعيا مع الزن الكثير على حلمك بردو  
هيعرب تبايح  
وفي النهاية عايرة افولك عافري وحاوللي تحققي احلامك برضا اهلك طبعا  
وانك تعلمي ببقى ب100 راجل وتعرفي تعيش بالمبادئ الللى اهلك  
علمواك في كل مكان بتروحمه وعن تجربة... هتتعرفي تحافظي على نفسك  
وتسافر في امان... السفر دا من اخلاص ولازم تساعدوني على تحقيقيها

About

لو قررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصحتنا هي اختيارك الأول .  
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Traveller Experience

أسسه وضمه عمرو بالنسبالك من جنسي وعمره 25 سنة من جنسها  
وووو... زنى زنى عليهم طول الوقت عشان يفهمو حتى لو رفضن بأهمية  
الموضوع بالنسبالك.

لسة بردو ماوقفوش من كتر الزن؟ 🤔

تدخل على الخطوة الثانية : نحاول نساافر جوة مصر كتيررر ونصمم على دا  
معاهم ومع الوقت لما نروح اسكندرية مثلا او كذا محافظة مع اصحابنا هيتعدو  
اننا ممكن نبقى برة البيت وقت واننا كينات نقدر نعتمد على نفسنا اكثر وطبعاً  
نظمنهم علينا كل شوية عشان حقهم الصراحة

عارفة ان خوفهم عليكى يبقى اكبر من الحاحك بس بردو اتكلمي تاني معاهم  
بالراحة كدة وحاولي تقنعهم بحلمك دا وانه قد ايه هيفيدك ويضيف لحياتك  
بردو ماغيش فايدة؟ والحج والحقه مضممين على الرفض؟

تدخل بقى الخطوة الثالثة من الخطة التيكنيكية للبتت المصرية  
تشتوف اى حد من قرايبنا يحب السفر وتتفق سوا بنت خالي بنت عمى ونحوش  
وينفق ونقواهم اننا هنسافر سوا ماش اوجدنا اهو ومع حد هما يتفقو فيه وينكدة  
بردو ممكن يظمنو ويوافقو

بردو لسة حتى موافقين؟ 🤔

الشغل وانك بتترالى كثير من البيت دا بردو بيبتلوهم انك حد قادر يبقى  
مسئول ومعتمد على نفسه ماديا واجتماعيا مع الزن الكثير على حلمك بردو  
هيعربى نتايج

وفي النهاية عبارة اقولك عافري وحاولي تحققي احلامك برضا اهلك طبعا  
وانك تعلمي تبقى ب100 راجل ونعرفى تعيش بالمبادئ اللي اهلك  
علموالك فى كل مكان بتروحهم وعن تجربة .هنعرفى نحافظ على نفسك  
وعلى اهلك فى كل مكان بتروحهم وعن تجربة .هنعرفى نحافظ على نفسك

About

لو قررت انك تدور على محتوى مميز يتكلم عن السفر  
بطريقة مختلفة و مفيدة : فضحنتنا هي اجنارتك الأولى .  
أهلا بيك في  
Traveller Experience ... See more in the group

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ازيكم ياحلوين

لما نزلت بوست تايلاند وماليزيا بنات كتيرررر سألتنى سؤال متكرر كتيرررر

عشان كدة اليوست دا بناتى شوية

وهو أزاى أقتع أهلى وانا بنت أنى اسافر برة؟

فى اليوست دا هجاوبك فى كام نقطة كدة سريعة يمكن تجيب نتيجة وخليكى معايا كدة

بصى ياست الكل

اول حاجة انتى لازم تكونى انتى نفسك مقتنعة بفكرة السفر وبحببيه ويكون هدف وحلم بالنسبالك عايزة تحققيه عشان تقدرى تعمللى  
الخطة صح وتنفيذها وماتز هقيش وتكونى مستعدة ماديا كمان ومحددة البلد والهدف الللى عايزة توصيله

نجى بقى للخطة التيكنيكية للفتاة المصرية,,,,,,, والخطوات الللى تعملها مع اهلك خصوصا انى عارفة ان فى اهالى بترفض رفض تام  
وقاطع للبتت الللى مش متجوزة بالذات انها تسافر خوفا عليها من المخاطر الللى ممكن تقابلها وان خوفهم عليها بيحسسهم بعدم قدرتها على  
مواجهة دا

بصى ياست الكل اول خطوة: الزززززززززززى اى بنت مصرية اصيلة

يابابا صدقتى نفسى اشوف الدنيا,,,,,ياماما صدقيني هتعلم حاجات كتير وهبقى مسئولة وناضجة اكثر,,,السفر دا من احلامى ولازم  
تساعدونى على تحقيقها وووو..... زنى زنى عليهم طول الوقت عشان يفهمو حتى لو رفضين بأهمية الموضوع بالنسبالك.

لسة بردو ماوقفوش من كتر الزن؟

ندخل على الخطوة الثانية : نحاول نساافر جوة مصر كتيرررر ونصمم على دا معاهم ومع الوقت لما نروح اسكندرية مثلا او كذا محافظة  
مع اصحابنا هيتعدو اننا ممكن نبقى برة البيت وقت واننا كينات نقدر نعتمد على نفسنا اكثر وطبعاً نظمنهم علينا كل شوية عشان حقهم  
الصراحة

عارفة ان خوفهم عليكى بيبقى اكبر من الحاحك بس بردو اتكلمي تاني معاهم بالراحة كدة وحاولي تقنعهم بحلمك دا وانه قد ايه هيفيدك  
ويضيف لحياتك

بردو مافيش فابدة؟ والحج والحجة مصممين على الرفض؟

ندخل بقى الخطوة الثالثة من الخطة التيكتيكة للبننت العصرية المصرية

نشوف اى حد من قرابيننا بيحب السفر ونتفق سوا بنت خالى بنت عمى ونحوش ونتفق ونقولهم اننا هنسافر سوا مش لوحدها هو ومع حد هما بيتفقو فيه ووبكدة بردو ممكن يطمنو ويوافقو

بردو لسة مش موافقين؟

الشغل وانك بتنزلى كثير من البيت دا بردو بيبينلوهم انك حد قادر بيقى مسئول ومعتمد على نفسه ماديا واجتماعيا مع الزن الكثير على حلمك بردو هيجيب نتائج

وفى النهاية عايزة اقولك عافرى وحاوللى تحققى احلامك برضا اهلك طبعاً , وانك تتعلمى تبقى ب100 راجل , وتعرفى تعيشى بالمبادئ اللى اهلك علمواك فى كل مكان بتروحيه وعن تجربة ,, هتعرفى تحافظى على نفسك حتى لو فى آخر الدنيا, والسفر بيخليكى واعية وناضجة وقد المسؤولية ,, بس ماتيسيش وحاوللى حاوللى وفضل نحاول مش هنخسر حاجة ولو مانفعلش.. نستمتع باي حاجة حولينا تكون قريبة منا.. مصر جميلة بفرحكم كلكم وتسافرو وتفرحو, وخليكى فاكرة انك مش شجرة انتى عصفور فى السما وبيطير

The screenshot shows a Facebook group page for 'Traveller Experience'. The group is public and has 2.6 million members. A post by Merihan Mostafa, dated 8 April 2018, is visible. The post discusses travel experiences and challenges, mentioning that she has traveled alone many times and that it is not always easy. She mentions that she has traveled to many countries and that she has learned a lot from her experiences. The post has 137 likes, 299 comments, and 5 shares. The 'About' section of the group states that it is for people who love to travel and share their experiences.

مساء الخير ٨٨

ياريت البنات هي اللى ترد على البوست ده

انا بحاول اقنع بابا انى اسافر لوحدي لأول مره مع ان السفر شغفى من زمان وحاولت كثير اقنعهم واستسلمت بس قررت انه لازم يقتنع وهاخليه يقرأ الكومنتات

ياريت البنات اللى سافرت تكتب سافرت فىن واستفادت ايه من السفر وقد ايه اهلهم شجعوهم على ده او على الاقل قبلوا بيه وان السفر حاجه مفيده فعلاً وماقدهاش اي خطر سواء جوه او بره مصر .... فعلاً محتاجه مساعدتكوا

**Traveller Experience**  
Public group · 2.6M members

About Discussion Guides Announcements Topics Members Events More

**Nourhan Sayed**  
24 February

29/12/2019

سانت كاترين أغرب و أسرع سفريّة سافرتها  
لقيت بنت حاطة بوست إنها محتاجة بنت tour guide مع tourist أمريكية تسافر  
سانت كاترين بكرا و تبقى مرافق معاها يعني فدخلت أفهم منها و تمام، روجت  
أقنع أهلي بقى دي مرحلة الوحش إني هسافر مع حد غريب أصلاً و فجأة كده. طبعاً الأول ماما رفضت بس بابا  
طبعاً الأول ماما رفضت بس بابا أقنعها واحدة واحدة هو و اخويا و هوبا طب إيه  
ده أنا معنديش gloves و ice cap و الساعة بقت 11 بليل أكيد المحلات قفلت طب  
طب هعمل إيه نزلت انا و اخويا بالعربية نلف لحقنا آخر محل كانوا بيقتلوا  
اشترت الحاجة و روجت جهزت شنطتي و سافرت الساعة 6 الصبح و رجعت  
تاني يوم على طول 🙄🙄

**About**  
لو فررت أنك تدور على محتوى مميز يتكلم عن السفر  
بطريقة مختلفة و مفيدة ؛ فصغلتنا هي إختيارنا الأول .  
أهلاً بيك في  
Traveller Experience ... See more

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**General**

[#يوم صد رد](#)

29/12/2019

سانت كاترين أغرب و أسرع سفريّة سافرتها

لقيت بنت حاطة بوست إنها محتاجة بنت tour guide مع tourist أمريكية تسافر سانت كاترين بكرا و تبقى مرافق معاها يعني فدخلت أفهم منها و تمام، روجت أقنع أهلي بقى دي مرحلة الوحش إني هسافر مع حد غريب أصلاً و فجأة كده. طبعاً الأول ماما رفضت بس بابا أقنعها واحدة واحدة هو و اخويا و هوبا طب إيه ده أنا معنديش gloves و ice cap و الساعة بقت 11 بليل أكيد المحلات قفلت طب هعمل إيه نزلت انا و اخويا بالعربية نلف لحقنا آخر محل كانوا بيقتلوا اشترت الحاجة و روجت جهزت شنطتي و سافرت الساعة 6 الصبح و رجعت تاني يوم على طول

Facebook post by **Rahma Arifah** on 30 September. The post discusses the importance of travel experience and shares a list of 4 points:

- 1- اولاً أنا مغرقة ولا حتى فكرت اني ممكن اسافر من يوم وليلة. اكد دا كان جلس من زمان لكن احد وقت ومجهود كبير جدا علي ما قدرت اصل كنه.
- 2- متروحيش تقوليلهم فجأة انك خنساغري وانتي عمرك ما جربتي لتعرضي للمجتمع وتشتغلي او تصرفي علي نفسك ولو حتى جزئياً كنوع من أنواع تحمل المسؤولية.
- 3- ابدأي اشغلي و اعطيلي وطري نفسي و حتى نفسك الأول (و دا مش سهل أبدا. اتبي هتجاري كل يوم عشان تحققي دا هتجاري انك أيام كثير هتضري متأخري برة هتجاري عشان تعرفي توازني ما بين دراستك وشغلك و بيك و علاقاتك الاجتماعية و نفسك هتجاري عشان قرار انك تصرفي علي نفسك دا مش سهل خالص في الأول).
- 4- ابدأي سافري جوة مصر الأول و مش بين سناحة حاولي تسافري دراسة شغل او تدريب لفترات قصيرة عشان لو قدرتي تحملي العيسة لوحدك و تكوني تعرضيها.

The post also includes an "About" section for the group:

**About**  
لو قررت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة و مقيدة : فصفحتنا هي اختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

**Public**  
Anyone can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

Facebook post by **Traveller Experience** on 30 September. The post discusses the importance of travel experience and shares a list of 8 points:

- 1- ابدأي سافري جوة مصر الأول و مش بين سناحة حاولي تسافري دراسة شغل او تدريب لفترات قصيرة عشان لو قدرتي تحملي العيسة لوحدك و تكوني مسؤولة في السفر جوة هتقدري تعلمي دا برة.
- 2- طمنيلهم دايماً عليك و حاولي تشاركي الي بتعلميه معاهم بطريقة بسيطة اكيد مش هتقدري تعكبي كل حاجة ولا كل يوم بس في المرحل خلوهم في الصورة و خيلهم بحسوا تفيرك و تضحك كل يوم.
- 3- الخروج والتعامل مع المجتمع ومع الناس ومع مصر عامة متعب و مرهق ومؤدى وهربوب خليك أيام تقولي أنا ايه الي يعملو في نفسي دا بس مجلس مقفش حاجة بتفني في المساهل و لما تشوفي قد ايه تفكيرك و حياتك تغيرت كل فترة هتجاري الي بتعلميه اكثر.
- 4- ابدأي لمحني لموضوع السفر زقد ايه هو مهم بالنسبلك و ان في فرص كثيرة اوي بقت متاحة وان صاحبتك سافرت و في صاحبتك الثانية اجدت متاحة و عرفوهم ان في تدريبات و منح كبير وقرض مموونة تقدري تسافري من خلالها وبشكل امان اكثر.
- 5- وأول مرة حاولي يكون سبب السفر دراسة او شغل وتبع منظمة معروفة عشان اكيد نا هيطمنهم اكثر.
- 6- بعد دا كله لما هتعرضي عليهم السفر اكيد طمنا مش هيوافقوا لنفس الاسباب الاولية و هيجاولو يملعوا دا بكل الاسباب المتاحة والغير متاحة و مش هتفهمي ايه سبب الحرب الشديدة دي بس هو في الآخر خوف لان دي حاجة مش متعارف عليها و مش منتشره انك تسافري لوحدك.
- 7- ابدأي سافري جوة مصر الأول و مش بين سناحة حاولي تسافري دراسة شغل او تدريب لفترات قصيرة عشان لو قدرتي تحملي العيسة لوحدك و تكوني تعرضيها.
- 8- ابدأي سافري جوة مصر الأول و مش بين سناحة حاولي تسافري دراسة شغل او تدريب لفترات قصيرة عشان لو قدرتي تحملي العيسة لوحدك و تكوني تعرضيها.

The post also includes an "About" section for the group:

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أهلاً بيك في Traveller Experience ... See more

**Public**  
Anyone can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

Traveller Experience

أهلاً بك في صفحة Traveller Experience ... See more in the group

Public  
Anyone can see who's in the group and what they post.

Visible  
Anyone can find this group.

General

اكثر سؤال جالي على البوستات الي بنزلها" اقنعت اهلي ازاي اسافر لوحدي "

في البوست دا هشارك تجربتي الشخصية

-اولا انا مقررتش ولا حتي فكرت اني ممكن اسافر من يوم وليلة، اكيد دا كان حلمي من زمان لكن اخذ وقت ومجهود كبير جدا علي ما قدرت اعمل كده

- متروحيش تقوليلهم فجأة انك هتسافري وانتي عمرك ما جربتي تتعرضي للمجتمع وتشتغلي او تصرفي علي نفسك ولو حتي جزئيا كنوع من انواع تحمل المسؤولية

- ابدأي اشتغلي و اتعلمي وطري نفسي و حبي نفسك الاول (و دا مش سهل ابدأ، انتي هتجاري كل يوم عشان تحققي دا هتجاري انك ايام كثير هتضري تتأخري برة هتجاري عشان تعرفي توازني ما بين دراستك و شغلك و بيتك و علاقاتك الاجتماعية و نفسك هتجاري عشان قرار انك تضربدي علي نفسك دا مش سهل خالص في الاول)

بس مع كل حرب من دي هنقربك اكثر من انك تكوني انسانة مسؤولة ناضجة حرة اهلك يثقوا انك تقدري تسافري و تتصرفي في مواقف كثير ممكن تتعرضلها

-ابدأي سافري جوة مصر الاول و مش بس سياحة حاولي تسافري دراسة شغل او تدريب لفترات قصيرة عشان لو قدرتي تتحملي العيشة لوحدا و تكوني مسؤولة في السفر جوة هتقدري تعملي دا برة

-ظمنهم دايما عليكي وحاولي تشاركي الي بتعمليه معاهم بطريقة بسيطة اكيد مش هتقدي تحكي كل حاجة ولا كل يوم بس في المجل خليه في الصورة و خليه يحسوا بتغيرك و نضجك كل يوم

-الخروج والتعامل مع المجتمع ومع الناس ومع مصر عامة متعب و مرهق ومؤذي وهيجب عليكي ايام تقولي انا ايه الي يعملو في نفسي دا بس معلش مفيش حاجة بتيجي في الساهل و لما تشوفي قد ايه تفكيرك و حياتك اتغيرت كل فترة هتحيي الي بتعمليه اكرر

-ابدأ لمحي لموضوع السفر زقد ايه هو مهم بالنسبالك و وان في فرص كثيرة اوي بقت متاحة وان صاحبك سافرت و في صاحبك الثانية اخدت منحة و عرفيهم ان في تدريبات و منح كثير و فرص مموله تقدي تسافري من خلالها وبشكل امان اكرر

-واول مرة حاولي يكون سبب السفر دراسة او شغل وتبع منظمة معروفة عشان اكيد دا هيظمنهم اكرر

بعد دا كله لما هتعرضي عليهم السفر اكيد طبعا مش هيوافقوا لنفس الاسباب الاولانية و هيحاولو يمنعوا دا بكل الاسباب المتاحة والغير متاحة ومش هتفهمي ايه سبب الحرب الشديدة دي بس هو في الاخر خوف لان دي حاجة مش متعارف عليها و مش منتشرة انك تسافري لوحده

فتظمنهم وفهميهم ان دي حاجة مهمة جدا بالنسبالك ... الخ.

و هتفضلي تحاربي لحد قبل ما معاد الطائرة بساعتين..

لكن اول ما هتسافري، هتسي ان كل الحرب دي كانت تستاهل و هتتبسطي و هتتعلمي و هتعملي اجمل ذكريات في حياتك

The screenshot shows a Facebook group page for 'Traveller Experience' with 2.9M members. The page is in Arabic and features a post by Rahma Arafah dated 27 September. The post discusses travel experiences, mentioning a trip to Maldives and the challenges of traveling alone. The 'About' section on the right indicates the group is public and visible to anyone. The bottom of the image shows a Windows taskbar with the search bar and system tray.

اول مرة اشوف قد ايه كل بلد مختلفة عن الثانية لكن في نفس الوقت كلنا كأشخاص شبه بعض

اول مرة اجرب المحادثات العميقة و احساس الاتصال بأشخاص من جنسيات مختلفة بسكن مكنتش اعرف اسم بلدهم لسا مقابلهم من كام دقيقة و 290 عمري ما هقابلهم ثاني

اول مرة اشوف طبيعة مختلفة عن الاراضي الزراعية و البحر و الصحرا عندنا

اول مرة اجرب اكل جديد بنكهات و بهارات مختلفة تماما عن الي كنت باكله لمدة 19 سنة

اول مرة يكون عندي اصحاب لسا علي تواصل معاهم لحد دلوقتي في قارات تانية

اول مرة اعرف ان السفر مش مستحيل و مش لازم يكون غالي

اول مرة حاجات كثيرة اوي جربها و بحسها كل مرة بدخل فيها بلد جديدة بس مش بنفس المقدار بتاع اول سفرة ليا

**About**

لو قررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصحتنا هي اجنارتك الأولى .  
أهلاً بك في Traveller Experience ... See more

**Public**  
Anyone can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

دي صور اول مرة اسافر فيها لوحدي وانا عندي ١٩ سنة لسريلانكا، ماليزيا و سنغفورة.

اول مرة احس فيها بالحرية واني صاحبة قراراي ١٠٠٪

اول مرة اعتمد فيها على نفسي و مستناش حد يساعدني في اي حاجة وافهم ان الحياة احيانا كثير مش سهلة

اول مرة افهم ان اهم حاجة في الحياة بعيدا عن الماديات و الشكليات و المظاهر هي معاملة الناس

اول مرة افهم قد ايه ان الي مش عادي هنا عادي في حنة تانية و الي غريب في حنة تانية عادي هنا و مفيش حاجة اسمها مسلمات (بضم الميم)

اول مرة اشوف فيها ثقافات مختلفة .. استكشف اديان مختلفة .. اسمع لغات مختلفة عن الي عشت و اتربيت عليه

اول مرة اشوف قد ايه كل بلد مختلفة عن الثانية لكن في نفس الوقت كلنا كأشخاص شبه بعض

اول مرة اجرب المحادثات العميقة و احساس الاتصال بأشخاص من جنسيات مختلفة يمكن مكنتش اعرف اسم بلدهم لسا مقابلهم من كام دقيقة و ٩٥٪ عمري ما هقابلهم ثاني

اول مرة اشوف طبيعة مختلفة عن الاراضي الزراعية و البحر و الصحرا عندنا

اول مرة اجرب اكل جديد بنكهات و بهارات مختلفة تماما عن الي كنت باكله لمدة ١٩ سنة

اول مرة يكون عندي اصحاب لسا على تواصل معاهم لحد دلوقتي في قارات تانية

اول مرة اعرف ان السفر مش مستحيل و مش لازم يكون غالي

اول مرة حاجات كثيرة اوي جربها و بحسها كل مرة بدخل فيها بلد جديدة بس مش بنفس المقدار بتاع اول سفرة ليا

She Travels - سفر للبنات (Menna Shahin)

Private group · 134.7K members

Joined + Invite

About Discussion Announcements Chats Rooms Topics Members More

Rana Amgad  
19 August 2019  
يا بنات هو انتوا ازاي بتقنعوا اهلكوا تسافروا هي ماما الي مش موافقه  
1 Like 11 comments

Reham Abdelhakem  
هي حايغه عايكي .. انا اجورت واول سفريه كانت مش موافقه و عماله تقولي بوضه اتصرفتي من نفسك 😊 اسهل حل كنا بتسافر مع بنات من قريتنا متجوزين وكبار او ناخذها وتسافر

About  
Private  
Only members can see who's in the group and what they post.  
Visible  
Anyone can find this group.  
General

يا بنات هو انتوا ازاي بتقنعوا اهلكوا تسافروا هي ماما الي مش موافقه

Reply to Merihan Mostafa's post

Traveller Experience

Joined + Invite

About  
Public  
Anyone can see who's in the group and what they post.  
Visible  
Anyone can find this group.  
General

Reham Al Nady  
بص يا انا بقي شخصيا سافرت وانا عمري ٢١ سنة لو اول مرة في حياتي واهلي طبعاً كانوا خايفين جدا عليا بس اكتشفوا بعد كده اني انا المارد المنقذ في السفر وبقيت عادي جدا لان تصرفاتك هي اللي بتخلي للشخص اللي قدامك يعرف قد ايه انتي انسانة متزنة وب... See more  
1 Like Share 3 and

Sara Gamal  
لا قوليلنا بتشغلي ايه بقى عشان يبقى كل شهر او بتركبي طائرة  
1 Like Share 3 and

بص يا انا بقي شخصيا سافرت وانا عمري ٢١ سنة لو اول مرة في حياتي واهلي طبعاً كانوا خايفين جدا عليا بس اكتشفوا بعد كده اني انا المارد المنقذ في السفر وبقيت عادي جدا لان تصرفاتك هي اللي بتخلي للشخص اللي قدامك يعرف قد ايه انتي انسانة متزنة وبالتالي

الثقة بتكون كبيرة وعاوزه اقولك ان بعدها استقرت في دولة معينة وبقي السفر عندي هواية لدرجة اني كل شهر او ٢ بالكثير لازم اركب طائرة واروح مكان جديد المهم تكوني انسانة متزنة مهما تتعرضي لضغوط بتعرفي تتصرفي صح وبالتوفيق

Reply to Merihan Mostafa's post

The screenshot shows a Facebook post in a group named "Traveller Experience". The post is written in Arabic and discusses travel experiences. The user Merihan Mostafa is the author. The post content is as follows:

بعض يا Merihan Mostafa بقي شخصيا سافرت وانا عمري 11 سنة لو اول مرة في حياتي واهلي طبعا كانوا جايين جدا عليا بس اكتشفوا بعد كده اني انا المارء المسعد في السفر وبقيت عادي جدا لان تصرفاتك هي اللي تخلي الشخص اللي قدامك يعرف قد ايه اني انسانة متزنة وبيد... See more

Like Share 1 and

Sara Gamal  
لا قوليلنا بتشتغلي ايه بيني علشان بيدي كل شهر او ٢ بتركبي طياره

Like Share 3 and

Sara Gamal  
اول سفره سافرتها كانت سيوه واقنعته بالعافيه واخذت بنت خالتي معاي وبعدها بقيت مع اصحابي لوحتي عادي على طول شرم ودهب وشبه ومره اختها معاي ف اطمنت اكثر دا بعد ما سافرت لوحتي كذا مره ومره روح، اسكندريه لوحتي من غير حتى اصحابي وبسط نفسي واتفسحت واكلت كثير... See more

Like Share 2 and

Mostafa Rashed  
اوعى يكون يقولك ابيي سافري مع جوزك

Like Share 2 and

1 reply

The right side of the screenshot shows the "About" section of the group, which is public and visible to anyone. It includes a welcome message and options to join or invite members.

أول سفره سافرتها كانت سيوه واقنعته بالعافيه واخذت بنت خالتي معايا وبعدها بقيت مع اصحابي لوحتي عادي على طول شرم ودهب وغيره ومره اختها معاي ف اطمنت اكثر دا بعد ما سافرت لوحتي كذا مره ومره روح اسكندريه لوحتي من غير حتى اصحابي وبسط نفسي واتفسحت واكلت كمان يعود نفسي ف سفرات صغيره لوحتي علشان بانن الله لما اسافر بره مصر بيبقى لوحتي برضو مع اصحابي او لوحتي مش هتفرق بقي

الجزر إنك لما تلاقى عاقل متكره  
مش حتكره تبقى تصمت

Like Reply Share 8 w

View 1 more reply

Abdel-Rahman Amr  
Basmala Farag

Like Reply Share 8 w

Aia Mohamed

يوما ما بس اهلي اعرفم اقتعهم

Like Reply Share 8 w

Rahma Anzlah Author +1  
Aia Mohamed

Like Reply Share 11 w

حمو السعيد

رنا بسعد ايامك

Like Reply Share 11 w

Rahma Anzlah Author +1  
حمو السعيد

Like Reply Share 8 w

Zinab Bqamal

About

لو قررت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

Public  
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Visible  
Anyone can find this group.

General

يوما ما بس اهلي اعرفم اقتعهم

Reply to why the issue of Islamic religión's point of view against the travel of girls was not deeply tackled in the research

لو سمحتم بفتح بنت 19 او 20 سنة تسافر بدون وصاية اوتياء الامر عليها ولا لازم؟

تعديل بسيط بس: انا كنت بسأل قانونا يعني لو هتروح لجزر لظنران هحتاج ابوها او امها يبقوا وصيين عليها او يملوا ورق ليها ولا لا يا جماعة انا مسألتي دينيا انا في جروب سفر مش في جروب ديني

710 347 comments 5 shares

Like Share

View previous answers

Alzahra Elmury

مش عملت بطاقة!! خلاص بقيت بتي ادم مستقل... تقدر تسافر وتوكل معاهي لنفسها وتشترى بيت وتشتغل وتعمل أي حاجة لها علاقة بالانسان الناضج كامل الأهلية ومغيش قانون يقدر يمنعها

Like Share 12 w

About

لو قررت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

Public  
Anyone can see who's in the group and what they post.

Visible  
Anyone can find this group.

General

لو سمحتم ينعف بنت 19 او 20 سنة تسافر بدون وصاية اولياء الامر عليها ولا لازم؟

تعديل بسيط بس: انا كنت بسأل قانونا يعني لو هتروح تحجز لطيران هتحتاج ابوها او امها بيقوا وصيين عليها او يملوا ورق ليها ولا لا يا جماعة انا ميسألش دينيا انا في جروب سفر مش في جروب ديني!

The screenshot shows a Facebook group page for 'Traveller Experience'. The group is public and has 2.6M members. A post by Sally Habib, dated 10 June 2020, is visible. The post text is in Arabic and discusses travel experiences and safety during the COVID-19 pandemic. The post includes two photos: one of a group of people outdoors and another of a group of people indoors. The page also shows the group's 'About' section, which is public and visible to anyone. The group has 2.6M members and is part of the Facebook ecosystem.

### #سفرية عائلية

طبعا انا بحب السفر جدا و كان لازم انشر العدوي في العيله بعد زن متواصل سنتين قدرت اقنع ماما و اخواتي و بنت خالتي و خدت بناتي معانا كمان ..

بس فعلا أحلي سفره و بعد ماكنت انا اليزن عليهم ، دلوقتي هما البيزنوا عليا زن مش طبيعي اني ارتبلمهم السفره الجايه بعد انتهاء الكورونا ان شاء الله

السفره ديه كانت تركيا" فتحيه و اسطنبول

**Traveller Experience**  
Public group · 2.6M members

About Discussion Guides Announcements Topics Members Events More

**Nesma Elhawary**  
15 July 2020

بأزاي أقنعتي أهلك  
انا عايشة في القاهرة بس بابا وماما أصلا من هواره سوهاج و حرفياً بابا هو  
اللى اقنع ماما اني اسافر و كان عندي ١٧ سنة الاول كان عشان أدرس و  
بعدها عشان الشغل سفريات تدريب و كدة و بعدها بقيت بسافر في كل مكان  
جوة و برة مصر  
و نصحتي للبنات اللي اهلهم بيرفضوا سفرهم ياريت تبدأوا الاول بسفر لسبب  
مهم الاول دراسة او شغل و بعدها هيكون مقبول أكثر بالنسبة لماما انك تسافري  
عشان تغيري جو طالما مش لوحداك و معاكى جروب لطيف و محترم و انتى ب  
١٠٠ راجل

**About**  
لو قررت أنك تدور على محتوى مميز بينكم عن السفر بطريفة مختلفة و مفيدة ؛ فصحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more in the group.

**Public**  
Anyone can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

### ##أزاي أقنعتي أهلك

انا عايشة في القاهرة بس بابا وماما أصلا من هواره سوهاج و حرفياً بابا هو اللي اقنع ماما اني اسافر و كان عندي ١٧ سنة الاول كان عشان أدرس و بعدها عشان الشغل سفريات تدريب و كدة و بعدها بقيت بسافر في كل مكان جوة و برة مصر

و نصحتي للبنات اللي اهلهم بيرفضوا سفرهم ياريت تبدأوا الاول بسفر لسبب مهم الاول دراسة او شغل و بعدها هيكون مقبول أكثر بالنسبة لماما انك تسافري عشان تغيري جو طالما مش لوحداك و معاكى جروب لطيف و محترم و انتى ب ١٠٠ راجل

Facebook post from the group 'She Travels'. The post is by Rana Amgad, dated 1 May 2020. The text is in Arabic and discusses travel experiences and challenges. The post has 26 likes and 95 comments. The group's 'About' section is visible on the right, showing it is a private group.

عايزه اقنع اهلي اني اسافر عارفه هنتقولوا احنا في فترة حظر سفر ايه بس بعد ما الحظر يتفك ان شاء الله عايزه اسافر فا اقنع اهلي ازاى مش عارفه انا مش عارفه انا مشكلي مع بابا لان بيخاف علينا وكده فا ايه الطريفة الإقناع سوري لو طولت عليكم

Facebook post from the group 'Traveller Experience'. The post is by Mali Ezz Eidin, dated 1 year ago. The text is in Arabic and discusses travel experiences and challenges. The post has 1 reply. The group's 'About' section is visible on the right, showing it is a public group.

خليكى وراهم لغاية ما يقتنعوا  
الموضوع مش سهل عليهم برضه ومحتاج منك صبر

Traveller Experience

Like Reply Share · 1 y  
3 replies

Salwa Saleh  
جنة من غير ناس ما تنداس  
Like Reply Share · 1 y  
2 replies

Mali Ezz Eidin  
Bravo Jaleki  
Like Reply Share · 1 y  
1 reply

Shima Mahmoud  
ربنا يسعدك اتمني اني اسافر بس للاسف اهلي مش بقتعو باي حاجة  
Like Reply Share · 1 y

Abir Michel  
Shima Mahmoud .. رايك وراهم اعابة ما بقتعوا ..  
الموضوع مش سهل عليهم برضه ومحتاج منك صبر  
Like Reply Share · 1 y

Shima Mahmoud  
Abir Michel  
فعلًا إن شاء الله من كثير المحابله

About

لو قررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

Public  
Anyone can see who's in the group and what they post.

Visible  
Anyone can find this group.

General

ربنا يسعدك اتمني اني اسافر بس للاسف اهلي مش بقتعو باي حاجة

Traveller Experience

Like Reply Share · 1 y  
Vote

Ayman Fouad  
Vote

Shehab Elmouby  
Vote

Hanady Bahiel  
ان شاء الله تسافري وتشوفي كل العالم وبابك يوافقك ومافيش حاجة خطر على البننت طول ماهي جدعة بس طبيعي الاهالي تقلق برده  
Like Reply Share · 1 y

Maha ElSafy  
بعد القر عنك من الحالة الخطيرة  
Vote

Sama Khaled  
Vote

Write a public comment...

About

لو قررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

Public  
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General

ان شاء الله تسافري وتشوفي كل العالم وبابك يوافقك ومافيش حاجة خطر على البننت طول ماهي جدعة بس طبيعي الاهالي تقلق برده  
ربنا يملك اللي فيه الخير

The screenshot shows a Facebook post in the 'Traveller Experience' group. The post is by user 'Shihab Ashraf' and contains the following text:

دا ونص وتلت تريخ كمان  
 اما بقى عن اسباب حبنا للسفر.. السفر دا حاجة كدة لو جريبتها  
 اول مرة هتحسي انك بعد كدة لازم تعملها تاني ولو عدى وقت  
 معين معملتهاش هيبقى مزاجك وحش وعاملة تسعي انك  
 تسافري بأي طريقة دا غير طبعا انك بتكتشفي وتتعرفي  
 وتغيري جو ويتغير ع ناس جديدة وبتاع بس هو من امتع  
 الحاجات ف الدنيا

Below the post, several users have reacted with 'vote' and 'Like'. The 'About' section of the group is visible on the right, stating it is a Public group where anyone can see who's in the group and what they post, and anyone can find this group.

اما بقى عن اسباب حبنا للسفر.. السفر دا حاجة كدة لو جريبتها اول مرة هتحسي انك بعد كدة لازم تعملها تاني ولو عدى وقت معين معملتهاش هيبقى مزاجك وحش وعاملة تسعي انك تسافري بأي طريقة دا غير طبعا انك بتكتشفي وتتعرفي جو وبتتعرفي ع ناس جديدة وبتاع بس هو من امتع الحاجات ف الدنيا

The screenshot shows another post in the 'Traveller Experience' group. The post is by user 'En As' and contains the following text:

En As  
 البنت دي جميلة جدا وكلامها بيشجعني أكثر  
 على الخطوة دي

Below the post, several users have reacted with 'Like' and 'Share'. The 'About' section of the group is visible on the right, stating it is a Public group where anyone can see who's in the group and what they post, and anyone can find this group.

البنت دي جميلة جدا وكلامها بيشجعني أكثر

## على الخطوة دي

Traveller Experience

Like Reply Share 1 y

وفاء احمد شميس  
وليد الرئيس

Like Reply Share 1 y

Aasma Samir  
انا نفسى اعمل كده جدا بابا وماما مش مقتنعين انى اسافر لوحدى

Like Reply Share 1 y

Eman ElAmir  
Semsema Samir مش لازم البداية لوحدهك سافري مع مجموعة وصحية وبعدين سافري لوحدهك

Like Reply Share 1 y

Write a public reply...

Yasmin Karm  
برافوو

Like Reply Share 1 y

1 reply

About

لو فررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة ؛ فصفحتنا هي اختيارك الأول .  
أهلا بيك في Traveller Experience ... See more

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General

انا نفسى اعمل كده جدا بابا وماما مش مقتنعين انى اسافر لوحدى

Traveller Experience

Like Reply Share 1 y

وفاء احمد شميس  
وليد الرئيس

Like Reply Share 1 y

Aasma Samir  
انا نفسى اعمل كده جدا بابا وماما مش مقتنعين انى اسافر لوحدى

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Like Reply Share 1 y

Write a public reply...

Yasmin Karm  
برافوو

Like Reply Share 1 y

Eman ElAmir  
Yasmin Karm شكرا

About

لو فررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة ؛ فصفحتنا هي اختيارك الأول .  
أهلا بيك في Traveller Experience ... See more

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General

مجموعة وصحية وبعدين سافري لوحدهك مش لازم البداية لوحدهك سافري مع

The screenshot shows a Facebook post in the 'Traveller Experience' group. The post is a text-based discussion. The user 'Reham Hay' has written a paragraph in Arabic, followed by a reply from 'Eman ElAmir'. The 'About' section of the group is visible on the right, indicating it is a public group where anyone can see who's in the group and what they post.

**Traveller Experience** Joined + Invite

**About**  
لو قررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

**Public**  
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**Visible**  
Anyone can find this group.

**General**

**Reham Hay**  
المشكلة ان في ناس لسه بتعاملنا على أننا ناقصات عقل لايحوز تركهم احسن مايعرفوش يتصرفوا أو احسن يتوهوا أو احسن يحصلهم اي حاجة وخلص ماهم ناقصات عقل وللأسف الحقيقة ان اللي يفكر كده هوا اللي ناقص عقل لاننا احنا اللي مدورين بيوتكم ومربين عمالكم مش ناقصين حد ينقدنا ولا يدور علينا

**Eman ElAmir**  
Reham Hay اكدى البكرة بتغير مع تطور الدنيا وادنيا بتتغير بتتغير

المشكلة ان في ناس لسه بتعاملنا على أننا ناقصات عقل لايحوز تركهم احسن مايعرفوش يتصرفوا أو احسن يتوهوا أو احسن يحصلهم اي حاجة وخلص ماهم ناقصات عقل وللأسف الحقيقة ان اللي يفكر كده هوا اللي ناقص عقل لاننا احنا اللي مدورين بيوتكم ومربين عمالكم مش ناقصين حد ينقدنا ولا يدور علينا

The screenshot shows another Facebook post in the 'Traveller Experience' group. The user 'Amira Samy' has written a paragraph in Arabic, followed by a reply from 'Wafaa Khairy'. The 'About' section of the group is visible on the right, indicating it is a public group where anyone can see who's in the group and what they post.

**Traveller Experience** Joined + Invite

**About**  
لو قررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

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**Visible**  
Anyone can find this group.

**General**

**Amira Samy**  
الآن أقوى من الصحر حقيقي  
انا فضلت ازن و ابعث لياح الواس و اكله ف السوب و اكلته ورق و اهدفه عليه و اكلته و اعططه و عملها بضعك لحد ما قالي غوري

**Wafaa Khairy**  
الزرزرن بس ممكن ياخذ منك وقت زي ما اخذ معايا تقريبا ٨ سنين بس سافرت الحمد لله نحن لها

الزرزرن بس ممكن ياخذ منك وقت زي ما اخذ معايا تقريبا ٨ سنين بس سافرت الحمد لله نحن لها

Traveller Experience

Like - Share - 6 w

Mai Taher  
هي مش مسأله اقتناع مسأله تقه  
Like - Share - 6 w  
↳ 1 reply

Amany Gamal  
Ahmed Gamal Khater  
BeBo El Pop  
يكون عندك اخ حنون يسندك في سفرياتك ويدعم موقفك عند بابا كي ومامتك بأنه هايخلي بالو منك  
Like - Share - 6 w

Soha El Hennawy  
Alia Abou Shady  
Like - Share - 6 w  
↳ 1

Mahmoud Shaa El Den  
انا كآب مش هواتق بنني تسافر لوحدها ابدأ مهوما يحصل  
Like - Share - 6 w  
↳ 3 replies

Gehan Refaat  
ردى عليها Rana Tarek

About

لو قررت أنك تدور على سكتوي مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

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General

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12:00 PM 8/7/2021

يكون عندك اخ حنون يسندك في سفرياتك ويدعم موقفك عند بابا كي ومامتك بأنه هايخلي بالو منك

Traveller Experience

Like - Share - 6 w

Eman Sallam  
بالزن كم الون  
Like - Share - 6 w

Rahma Hussein  
لما عايزو كده ومشي بتعملين حاجة حرام زاني عليهم احد ما يوقفوا ولو محصلين والموضوع شغل ومستقبل سافري وخطي ريتا قدامك وعادة ورا ضورك  
Like - Share - 6 w

Amal Fete  
ابه سبب رفضي أهلك لسفرك  
Like - Share - 6 w

Amina Sai  
لو هما يتقنوا فيكي راح يقتنعوا الثقة هي كل  
Like - Share - 6 w  
↳ 3

Muhammad Refaat  
قوليلهم نازله مشوار ضروري مع أصحابي وبلغتهم وانتي هناك .. اكد هيفرحوا جدا بسببته اخي  
Like - Share - 6 w  
↳ 7

Forina Bahaa Flawan

About

لو قررت أنك تدور على سكتوي مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

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Visible  
Anyone can find this group.

General

Type here to search

1:07 PM 8/7/2021

لو هما يتقنوا فيكي راح يقتنعوا الثقة هي كل

Traveller Experience

لو فررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي اجتبارك الأول .. أهلا بك في Traveller Experience ... See more

**Public**  
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**Visible**  
Anyone can find this group.

**General**

سبحان الله لما يتعلق الأمر المرأة وحرية اتخاذها القرار الكلي ينبغي مومن وخبرام بنت تسافر وحدها وتلافيركم بتعلمو بلادي سوادة سافري ناخني وعيشي حياتك بس متعلميش القلط بس خافي من رينا مش كلام الناس

Amira El Asuar  
لو حسوا أنك اهل للثقة ممكن برضوا بسفرك مع صحبه امنه. لكن لوحدك تماما صعب. فالاول اشتغلي علي نفسك سنه او اتنين. شوفي جوانب انتقادهم ليكي ايه وصلحيها عشان عايزه نصلحيها مش بس عشان تسافري (they can tell the difference) ووريهم أنك تقدري تتحملي المسؤليه و ابنه باره.. هيتشجعوا اكثر

Zainab Mobarak  
يلعبهم بالموضوع كقرار مش لسه اذن وقابل للرغص وافنحي معاهم النقاش فزاري يبقوا منظمين عليكي وانتي كمان حاسبه بامان يعني تشوفوا طرق للتطبيق مش لمناقشه افكره ولسه هنادي اذن كمان من ال اساس لازم يبقو هما حاسين أنك شخص يعتمد علي نفسه وهيعرف يتصرف في أي موقف ويحرفني ناخدي بالك علي نفسك

Mennatfah S. Header  
اولا لازم يحسوا اصلا أنك تقدري تتحملي فعلا علي نفسك و دي

لو حسوا أنك اهل للثقة ممكن برضوا بسفرك مع صحبه امنه.. لكن لوحدك تماما صعب.

فالاول اشتغلي علي نفسك سنه او اتنين. شوفي جوانب انتقادهم ليكي ايه وصلحيها عشان عايزه نصلحيها مش بس عشان تسافري ( They can tell the difference)

ووريهم أنك تقدري تتحملي المسؤليه و ابنه باره.. هيتشجعوا اكثر

Traveller Experience

لو فررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي اجتبارك الأول .. أهلا بك في Traveller Experience ... See more

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**Visible**  
Anyone can find this group.

**General**

سافر لوحدك صعب جدا يعني برحمتك الله

Erna Lidam  
حصل علي فكرة Sebba Al-saggaff بس مش هيقنعوا برضو

Amira Sammy  
الزن أقوى من السفر مفهومي أنا فضلت ازن و ابعت ليايا ع الواس و اكلته ف الموب و اكلته و رزق و اهدته عايه و اكلته و لعيرطه و اعلمها بضعك لحد ما قالي غوري

الزيتون بس ممكن ياخذ منك وقت زي ما اجد معايا تقريبا A سنتين بس سافرت الحمد لله نحن لها

Hadeel Shana  
بصي هقلك السفر والاعتماد على نفسك عامة سواء في عربيه / مدينة جامعه او امان كان عايز شخصيه فويه / ناشقه / راجل

الزن اقوى من السحر حقيقي

انا فضلت ازن و ابعت لبابا ع الواتس و اكلمه ف الموب و اكتبله ورق و احدفه عليه و اكلمه و اعيطله و اعلمها بضحك لحد ما قالي غوري

The screenshot shows a Facebook group page for 'Traveller Experience'. The group is public and visible to anyone. The 'About' section on the right states: 'لو فورت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة ؛ فصفتنا هي اجتيازك الأول . أهلا بيك في Traveller Experience ... See more'. The group settings are listed as Public, Visible, and General. The main content area shows several posts from members, including Hassan Ali Amani Salman, Asmaa Alnour Amani Salman, Rehab Elmegy, and Amr Ahmed. The posts are in Arabic and discuss travel experiences and tips.

حوشي فلوس السفر ووريهم انك مخططة كويس لكل حاجة ولأي ظرف

اختراري بلد قريبة ومش غريبة

دا غير انهم يكونو عارفين انك بتعرفي تتصرفي عموما

وزن زن زن

Traveller Experience

2 replies


Asma Effoky  
اول ما انتي هتقتعي من جواكى هما هيقتنعوا

Like Share 6

Erosa Hesham Abdalla Hamdy  
🙄🙄🙄

Like Share 1

Meral Ihmedan  
انا بخاف اصلا اسافر مع ناس كيف لوحدى 🙄🙄



Like Share 6

Mariam Baligh  
مش بتقتعوا

About

لو قررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فضجنتنا هي إختيارك الأول .  
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Public  
Anyone can see who's in the group and what they post.

Visible  
Anyone can find this group.

General

اول ما انتي هتقتعي من جواكى هما هيقتنعوا

Traveller Experience

Like Share 6

Mafyam Mohammed  
والله انا بسافر مع اهلي عشان الاكشن والسامبس يكون احلى في السفر 🙄🙄🙄  
تحياتي

Like Share 6

Asmaa Sayed  
احنا نعمل جروب بنات الاول للى عاوزين يسافرو ونزل نتعرف الاول على بعض وبعد كذا نلف على اهلينا واحده واحده ويندعهم وسافر بقى وبكدا يبقى بقينا صحاب من قبل السفر واهالينا عرفت احنا مسافرين مع مين ونسافر بلى كلنا وتنسبط ونسافر جوا مصر يعنى يعنى ماحدث طموحاته تعلّى لبره مصر 🙄🙄🙄🙄🙄🙄🙄🙄🙄🙄

Like Share 6 Edited

Marwa A Mohammad  
ياريت والله Asmaa Sayed

Like Share 1

Alham Dib  
قليلن انا قررت اتجوز ابن بديعة الازعر الواقف تحت العمارة. نهم يقرروا يعيدوكي شوية عشان نسي معلون الوالدين 🙄

Like Share 6

About

لو قررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فضجنتنا هي إختيارك الأول .  
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Traveller Experience

أنا كمان نفسي اسافر الامارات اودول الخليج اوالسعودية واشتغل هناك بين ساجل

Like Share 6 w

Aya Saad

ده مش إقناع بكلام ع اد ما إقناع بشخصية واعتماد عالنفس فالبداية بيحصل تشوفي مثلا اخوات تلاقي ده لخمه ومينعش يسافر خوفا عليه وحد ثاني العكس خالص وبعد كده يجي السبب ذات نفسه اللي هتسافري عشانه مقنع ولا لا

Like Share 6 w

Merhan Fouad

روحي مع شركة سياحه

Like Share 6 w

Seba Al saggoff

أنا حصل انه شريح وافنى في موضوع السفر مسموح لنبنت تسافر لوحدها صديقي راح يفتنحو

Like Share 6 w Edited

1 reply

Amira Samy

About

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Traveller Experience

أحمد مكايي  
Mohamed Refaat

ولما ترجع هتنزل بوست أنها ف المسشقى

Like Share 6 w

Ayat Mohammad

مش هيقتنحو لو هما من الاصل مش مقتنعين متعبيش نفسك الا لو كان السفر لضرورة عمل او دراسة ساعتها يمكن يفتنحو

Like Share 6 w

Bassant Ibrahim

الافناع هايكون نتيجة ثقة متبادلة بينكم وبينهم، يعني تقدر تعتمدى على نفسك، تعرفى تصرفى في المواقف المختلفة ، في تاريخ من التصرفات يقولهم ده بجانب طابعهم بشكل عام. وتفصيل السفر نفسه من وقت ومدة ومكان وهكذا. جربي تنكسي وتناقشي وتسمعي مآخوهم... See more

Like Share 6 w

يحيى بللى عامر

اعملني الهم منشن على البوست بقنحو

Like Share 6 w

Aya Dolar Naser

انا طلعت الفيرا بعدها خبرتهم وهرج منبت الامور

About

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مش هيقتنحو لو هما من الاصل مش مقتنعين متعبيش نفسك

الا لو كان السفر لضرورة عمل او دراسة  
ساعتها يمكن يتتبعوا

خليها تشوفك انك قادرة تعتمدي ع نفسك عشان تقلل خوفها ويمكن تسافروا مرة سوا تشوفك بتتصرفي ازاى ومن بعدها هتجمد قلبها شوية

الإقناع ها يكون نتيجة ثقة متبادلة بينكم وبينهم، يعني تقدري تعتمدي على نفسك، تعرفي تتصرفي في المواقف المختلفة ، في تاريخ من التصرفات بيقلهم ده بجانب طبعا طباعهم بشكل عام.. وتفاصيل السفر نفسه من وقت ومدة ومكان وهكذا..

جربي تتكلمي وتتناقشي وتسمعي مخاوفهم وتكوني قدها، ولو هتسافري تبع جهة موثقة زي جامعة أو شغل أو مع أصحاب يثقوا فيهم ها يكون الإقناع أسهل.

ربنا يوفقك

The screenshot shows a Facebook group page for 'Traveller Experience'. The group is public and visible. The 'About' section describes the group as a place for travel tips and experiences. The main content area displays several posts from members, including:

- Omnia Zain**: دول سن راصين بزلوني حتى أسوان 😊😊😊 (We are going to Aswan, I'm so excited)
- Eman Sallam**: بالزن تم الزن.. (Zain is so excited..)
- Rahma Hussein**: لما عايزه كده ومش بتعملني حاجة حرام زنى عليهم احد ما يوفقوا ولومحصلني والموضوع شغل ومستقبل سافري وخطى ربنا قدامك وعباده ورا ضورك (When you want this and I'm not doing anything wrong, may Allah help you and your future travel plans and your path to Allah and His worship and your needs)
- Amal Fehr**: له سيب رقص أهك لسفرتك (I'll give you a dance for your trip)
- Amina Sati**: له هما يثقوا فيكي راح يفتنخوا الثقة هي كل (They will trust you, they will give you confidence, it's all)
- Muhammad Refaat**: قوليلهم تازله مشوار ضروري مع أصحابي وبلغتهم وانتي هناك.. (I'll tell them to take the trip with my friends and reach them and you're there..)

بالزن تم الزن..

ابدأى سافرى اماكن قريبة لوجدك وتهيحى بالترديج

نفس المشكله والله تعالى نسافر سوا

Traveller Experience

Like Share 0 0

**Hasdeel Shams**

بصى هفلك السفر و الاعتماد على نفس عامة سواء فى غربه /  
 مدينه جامعيه او ايان كان عايز شخصيه قويه /ناشفه / راجل  
 بتعرف تعتمد على نفسها و فى اى موقف بتعرف تتصرف و  
 دينها قدامها فى اى حاجه  
 و دى شخصيات الامهات لاسف فى مصر متشتغلش عليها هي  
 بتشتغل على انها هتفضل فى حضنها و ده مش صح بس لاسف  
 محدش بيعمل بيه فى تربيه .. لاسف الظروف الصعبه هي اللي  
 بتخلق بنات بشخصيات دى  
 فا لو انتى هتسدى فى كل صفات دى و هتجيبى فيها ١٠ من ١٠ ..  
 انا هفلك انه ميتخافش عليكى  
 لكن لو لا .. جربى الاول مع صحبه صالحه و محل ثقه من اهلك  
 واحده واحده تكتسبى صفات دى .. دى نصيحتى بما يرضى الله و  
 اهلك ادرا الناس بشخصيتك لأنهم هما اللي كونوها فا راعبهم  
 مهم ناقشيه معاهم بالعقل و اعوس منهم ليه لا و ليه اه برده

Like Share 0 0

**Nour Magdy**

اچنا هنا عندنا كونسبيبت اسمه سافري مع جورك 🍷🍷🍷

Like Share 0 0

**Bitry Libellule**

و انا من اسبوع احاول اقعج ماما تخليص اروح نص يوم لمدينه  
 ثانیه تبرد عننا ساعه و نص 😊😊😊 يعني افقدى الامل 🙏🙏🙏

Like Share 0 0

**About**

لو قررت انك تدور على محتوى مميز يتكلم عن السفر  
 بطريقه مختلفه و مفيده : فصحتنا هي اجنارتك الاول .  
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**General**

Type here to search

12:26 PM 3/7/2021

بصى هفلك السفر و الاعتماد على نفس عامة سواء فى غربه / مدينه جامعيه او ايان كان عايز شخصيه قويه /ناشفه / راجل بتعرف تعتمد على نفسها و فى اى موقف بتعرف تتصرف و دينها قدامها فى اى حاجه

و دى شخصيات الامهات لاسف فى مصر متشتغلش عليها هي بتشتغل على انها هتفضل فى حضنها و ده مش صح بس لاسف محدش بيعمل بيه فى تربيه .. لاسف الظروف الصعبه هي اللي بتخلق بنات بشخصيات دى

فا لو انتى هتسدى فى كل صفات دى و هتجيبى فيها ١٠ من ١٠ .. انا هفلك انه ميتخافش عليكى

لكن لو لا .. جربى الاول مع صحبه صالحه و محل ثقه من اهلك واحده واحده تكتسبى صفات دى .. دى نصيحتى بما يرضى الله و اهلك ادرا الناس بشخصيتك لأنهم هما اللي كونوها فا راعبهم مهم ناقشيه معاهم بالعقل و افهمى منهم ليه لا و ليه اه برده

Traveller Experience

Mero Elhousseiny  
خليك في حالك Mostafa Masoud  
Like Share 1 w

Mostafa Masoud  
Mero Elhousseiny تعالي اسفرك  
Like Share 6 w

Hadeer Atef Aboulmagd  
لو مش متعوده ع السفر لوحك بلاش تسافري بره  
دوسي جوه شويه لحد م تتعودي وساعتها هتكتسبي ثقه  
ومسئوليه  
Like Share 6 w

Hagar Hussein  
الرن المتواصل والنكد الغير مبرر .  
Like Share 6 w

Neriman Saleha  
سافري ماتردى على حدا  
Like Share 6 w

Nora Alshar  
ابدئي استغلي شوية ماديا اهم حاجه وشوية شوية مع الزن  
هواغفوا  
Like Share 6 w

About

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دوسي جوه شويه لحد م تتعودي وساعتها هتكتسبي ثقه ومسئوليه

Traveller Experience

Rania Yesser  
نهالي بالسرء جنب اخلك وانا فتح اخلك وانتي تقعي اهلي  
ونيفي رفقاء سفر سواء  
بين كلميني بحد ونشوف حل  
Like Share 6 w

Amama Seyed  
مش اسراء بس اللي عاوزه تسافر مع  
صحابها احنا كتير اووووي  
Like Share 6 w

Mero Elhousseiny  
ماما بقول قرة عينك يقني يسفرك  
Like Share 6 w

Mero Elhousseiny  
خليك في حالك Mostafa Masoud  
Like Share 1 w

Mostafa Masoud  
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مش اسراء بس اللي عاوزه تسافر مع صحابها احنا كتير اووووي

Traveller Experience

Like Share 6 w

HSB G90  
يسافر عادي يعني ميقتش عليه صغيره وسافرت اشعلت بره  
لوحدي شن المشكله !!

Like Share 6 w

Omnis Badr  
انا بنتي عمري ما وافق احليها تسافر لوحدها ابدا

Like Share 6 w

5 replies

Hypat Hypat  
نكدى عليهم والوى بوزك ليل نهارواهم حاجه الزن الزن الزن  
متنسيش الزن الزن الزن هيسفروكى على طول مش بعيد هما  
اللى يحجزوا تذاكر الطيران

Like Share 6 w

Wafaa Khairy  
لازم يكون في سب وحاولي تجيلهم حد بيتقنعوا بكلامه.  
وعرفوهم فد ايه السفرية دي مفيدة ليكي وهتفرق في مستقبلك

Like Share 6 w

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يحجزوا تذاكر الطيران

Traveller Experience

Like Share 6 w Edited

باريت احلي كانوا عايشين عشان اسافر معاهم بدل السفر  
لوحدي وكان الدنيا ماسخه اتني يايتني في نعمه مش هتقدرها  
الا لما تبسني بطولك زي جلابي

Like Share 6 w

4 replies

Daha Kamal  
مش هيتلقو يحيي بالاك

Like Share 6 w

Heba Said  
من اكر الحاجات اللي هتعلمك حسن التصرف وهتأجدي منها  
خبره كبيره هي السفر لوحديك في حاله انك حاسه انك فعلا قد  
مسلوليه السفر لوحديك اتكلم معاهم براحه وريحه اقله ابدأي  
الأول بالسفر الداخلي مع وزارة الشرايه مثلا هيكونوا مطمئنين  
انك مع حد بعدها لما ترجعي هيسفروا انك رجعتي عادي لا  
القلبي ولا الخططي فوهفوهوا الموضوع تدريجياً

Like Share 6 w

Roony Hamza  
Bata Basy ممكن توافقي ارجوكي

Like Share 6 w

5 replies

About

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من اكثر الحاجات اللي هتعلمك حسن التصرف وهأخدي منها خبره كبيره هي السفر لوحك في حاله انك حاسه انك فعلا قد مسئوليه السفر لوحك اتكلمي معاهم براحه وريهم امثله ابدأى الاول بالسفر الداخلي مع وزاره الشباب مثلا هيكونوا مطمئنين انك مع حد وبعدها لما ترجعي هيعرفوا انك رجعتي عادي لا اتقتلي ولا اتخطفتي فهيفهموا الموضوع تدريجياً

**Traveller Experience** Joined + Invite

**Neeman Saleha** (Safary Matriki) على حد  
Like Share 6 w

**نورا الشاعر**  
البنات استقلتي شوية ماديا اهم حاجه وشوية شوية مع الزن هرواغوا  
Like Share 6 w

**Moshara Esmail** نورا الشاعر فين ايه اللي حصل؟  
Like Share 6 w

**Iraaa Kh** انتي كذا ميقبتيش لوحك جمعي البنات اللي فوق في الكومنتس دي وجمعي معاهم وروحي وريهم لمانتك واقنعهم وانا هعمل نفس الكلام وكل بنت تعمل نفس الكلام وتبقى انجلت  
Like Share 6 w

**Asmaa Sayed** Iraaa Kh مكالو  
Like Share 1 w

**Mohamed Elshab**

**About**  
لو فررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة ؛ فصفحتنا هي اختيارك الأول .  
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**Traveller Experience** Joined + Invite

**Marina Mamdouh**  
بصى فيه اهل ممكن زايهم بنغير و فيه اهل مش ممكن بغيروا زايهم  
كمان يعتمد على شخصيتك لو انتي طبيعتك معتمدة على نفسك في حياتك العادية و ليكي قرارات مسؤولة واضحة بالنسبالهم و غير مسرعة فممكن يقتنعوا قازي يقتنعهم اكر انا بابا صعيدي و انا بنه الوجيهة بس قدرت افهع ياني زيت كل حاجة مش الطائرة والفيرا بس لا كل يوم هناك هعمل ايه باقي التفاصيل الممكنة و كان ليا كمان صحاب يعرفهم في البلد اللي راياها ده عامل برضو ليكي لو عيه مغارف في البلد اللي مسافراها هيكون مريح ليهم اكر و شاف اسي روحك مشاوير حذب الطائرة و الفيرا و ورق الفيرا لوحدي فحس ان ميخافش عليا  
قواقيك بس حطلي ان الفيرا هي ابي محشيت كنت مسافرة اسراليا كان وقتها دوشة الثورة و كدة  
تقتصدقي اضايقتي ان كل تعبى ده و برضو مش عسافر  
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**Radwa Selim**  
اغضبي زني زني وابقى مستغله ماديا افضل وابدأى مشاوير قد به غايضد ولو مكالو بنات في نفس ميوالك واهلك  
Like Share 6 w

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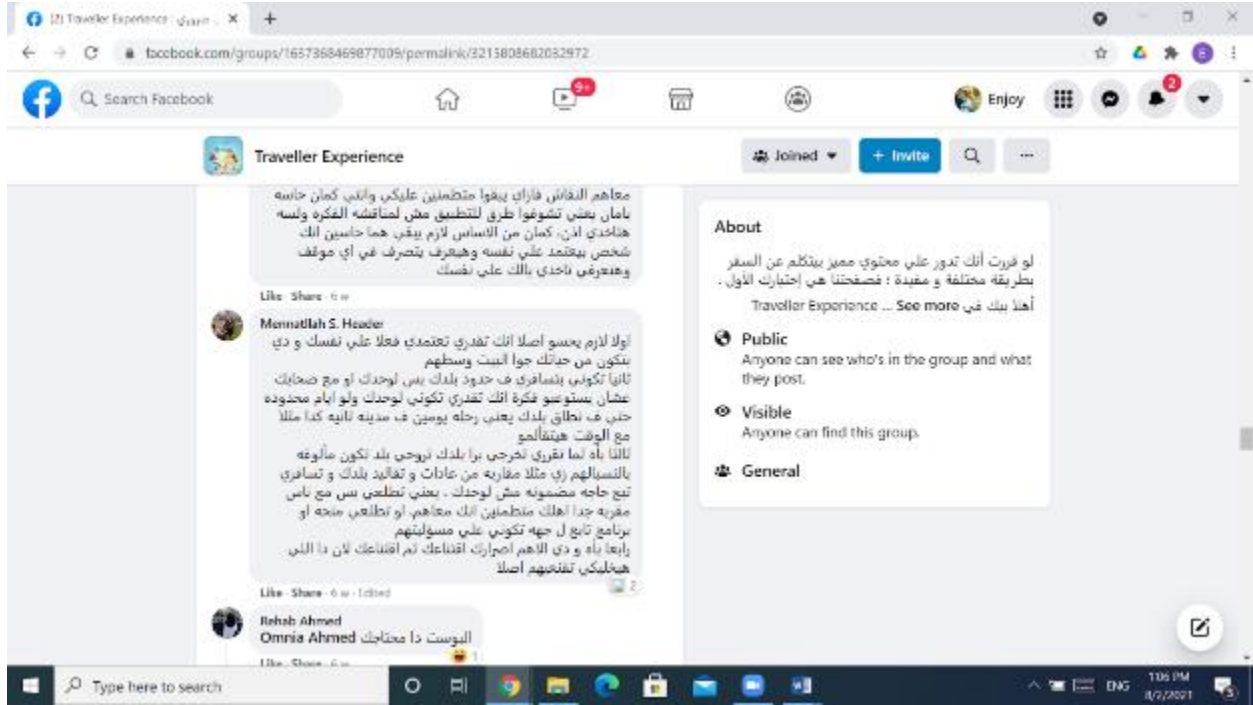
بصى فيه اهل ممكن رأيهم يتغير و فيه اهل مش ممكن يغيروا رأيهم

كمان يعتمد على شخصيتك لو انتى طبيعتك معتمدة على نفسك فى حياتك العادية و ليكى قرارات مسؤولة واضحة بالنسبالهم و غير متسرعة فممكن يقتنعوا

فازى تقتنعهم اكثر انا بابا صعيدي و انا بنته الوحيدة بس قدرت اقنعه بانى رتبت كل حاجة مش الطائرة و الفيذا بس لأ كل يوم هناك هعمل ايه بأدق التفاصيل الممكنة و كان ليا كمان صحاب يعرفهم فى البلد اللي رايحها ده عامل برضو ليكى لو فيه معارف فى البلد اللي مسافراها هيكون مريح ليهم اكثر و شاف انى روتت مشاورير حجز الطائرة و الفيذا و ورق الفيذا لوحدى فحس ان ميتخافش عليا

فوافق بس حظى ان الفيذا هى الى مجتث كنت مسافرة استراليا كان وقتها دوشة الثورة و كدة

فتصدقى اضايقلى ان كل تعبى ده و برضو مش هسافر



اولا لازم يحسو اصلا انك تقدرى تعتمدى فعلا على نفسك و دي بتكون من حياتك جوا البيت وسطهم

ثانيا تكونى بتسافري ف حدود بلدك بس لوحدك او مع صحابك عشان يستوعبو فكرة انك تقدرى تكونى لوحدك ولو ايام محدوده حتى ف نطاق بلدك يعني رحله يومين ف مدينه ثانيه كدا مثلا

مع الوقت هيتقالمو

ثالثا باه لما تقررى تخرجى برا بلدك تروحي بلد تكون مألوفه بالنسبالهم زي مثلا مقاربه من عادات و تقاليد بلدك و تسافري تبع حاجه مضمونه مش لوحدك ، يعني تطلعي بس مع ناس مقربه جدا اهلك متضمنين انك معاهم، او تطلعي منحاه او برنامج تابع ل جهه تكونى على مسؤوليتهم

رابعا باه و دي الاهم اصرارك اقتناعك ثم اقتناعك لان دا اللي هيخليكي تقتنعهم اصلا

Traveller Experience

وياريتهم بيقتنعوا 😊

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Mona M. Muhammed

حاولي تتكلمي معاهم وتشرحي وجهه نظرك وتعرضي عليهم ان حد فيهم يجي معاكي وتفهميم انتي عايزه تسافري ليه وتكلميم عن فوايد السفر وعن الاماكن الجديدة الي نفسك تروحها .. وخليهم يحسوا انك كبيرة وعندك خطط واشغلي علي نفسك واستقلي ماديا .. وخذيم بالسياسه والهدوء وباذن الله بتحقي حلمك وتسافري ❤️❤️❤️

Esraa Hesham

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Karem Alingbuwy

مش بالشهوله ديه  
اعايزه اليات الي يسافر لوحدها يرقى من صعورها متريه  
ومعوده علي مساعدته نفسها وتشيل مسؤليه شغلها  
ومصاريفها ويتخذ قراراتها بنفسها واهلها عارفين وواقفين فيها  
انها مش هتبقى خفيه وتغلظ او تصرف غلط في الحيات الي  
هتقابلها في حياتها كل ... See more

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2 replies

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Traveller Experience

ويارب محدش يقعد جنبك لايضايرتك 😊 وأنا شاحطه كبيره  
جدر بالذكر ان رينا وقتلي ولاد الحلال في كل بلد ومكان سافرتيه  
وفاخ لي ايواب معلقه كثير

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1 reply

NaDa Sobhy

لاول لازم تكوني محل ثقه ثانيا لازم توريمهم أنك فعلا خلاص  
كبرتي وانك بقيتي تتحملي مسؤليه نفسك وانك لو اتحطيتي  
في أي مشكله تقدري تحليها بس كذا

Like Share 6 w

Tamer Hanna

احدري بيكت عالي الاول ويعدين قوليلهم انك مسافرة  
هستخسروا اللوس تضع عليكى ويبسوكى تسافري

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Habila Elzyat

Law enty biErafy te3temdy Jala nafsek yebzba wareehom  
keda fe hagat tafna, el howa enzely haty el talabat w  
sa3dy fel brest w beyeny enek shakhs mas2oul w  
mayotkhatsh 3aleky, ba3daha shofy course aw ay 7aga  
mofeeda le sho3lek aw derastek w acemy feha, l... See more

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لاول لازم تكوني محل ثقه ثانيا لازم توريمهم أنك فعلا خلاص كبرتي وانك بقيتي تتحملي مسؤليه نفسك وانك لو اتحطيتي في أي مشكله تقدري تحليها بس كذا

تعرف بعدد على نفسها و في اي موقع يعرف يعرف و  
 ذبها فدامها في اي حاجه  
 و دي شخصيات الامهات لاسف في مصر مشتغلش عليها هي  
 يشتغل على انها هتفضل في حضنها و ده مش صح بس لاسف  
 محدش يعمل بيه في تربيه . لاسف الظروف الصعبه هي التي  
 بتخلق بنات بشخصيات دي  
 فا لو اتنى هتسدي في كل صفات دي و هتجيب فيها ١٠ من ١٠ ..  
 انا هفك انه ميتخافش عليكى  
 لكن لو لا . جربى الاول مع صحبه صالحه و محل ثقه من اهلك  
 واحده واحده تكسبي صفات دي . دي تخصصي بما برضى الله و  
 اهلك ادرا الناس بشخصيتك لانهم هما التي كونوها فا رايهم  
 مهم ناقشه معاهم بالنقل و اتهمي منهم ليه لا و ليه اذ برده  
 5

Like Share 6 w

Nour Magdy  
 احنا هنا عندنا كونسبيبت اسمه سافري مع جوزك  
 Like Share 6 w

Betsy Libellule  
 و انا من اسبوع اجاول افقع ماما تخليني اروح نص يوم لمدينه  
 ناليه تبعد عننا ساعه و نص 😊😊 يعني اتقدي الامل 😊😊  
 Like Share 6 w

Hala Ghaly  
 بسافر عادي يعني ميفتش عليه صغيره وسافرت اشتغلت بيه  
 لوحدي في المشكله !!  
 5

About  
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باصحابهم و حيرتهم حتمين يتعدوني  
 فإراي تفتحهم أكثر أنا بابا صغيري و أنا بنته الوحيدة بس قدرت  
 افقع باني ربي كل حاجة مش الطيارة و الفيرا بس لا كل يوم  
 هناك جعل ايه ياتي التفاصيل الممكنة و كان ليا كمان صحاب  
 يعرفهم في البلد التي رايها ده عامل برضو ليكي لو فيه  
 معارف في البلد التي مسافرها هيكون مريح ايهم اكثر و شاف  
 اني رويحت مشاوير حجر الطيارة و الفيرا و ورق الفيرا لوحدي  
 ففس ان ميدافش عليا  
 فوافق بس خطتي ان الفيرا هي التي مفضلي كنت مسافرة استراليا  
 كان وقتها دوشة الثورة و كدة  
 فتصدقني اضافلي ان كل تعبى ده و برضو مشى مسافر  
 2

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Hadea Selim  
 افضلني زني زني و تبقي مستقلة ماديا افضل و ابداي  
 مشاوير قريه فابعد ولو معاكى بنات من نفس ميولك واهلك  
 عارفينهم ثق بالنسباليهم هيسهلوا المهمة  
 Like Share 6 w - Edited

Sham Waki  
 اهلي بدن باني لف العالم بس ارجع ع اذن المغرب 😊  
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 View 1 more reply

Rahma Ali  
 لا ووش كذا بس  
 5

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افضلني زني زني و تبقي مستقلة ماديا افضل و ابداي مشاوير قريه فابعد ولو معاكى بنات من نفس ميولك واهلك عارفينهم ثق بالنسباليهم هيسهلوا المهمة

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Rania Yesser  
تعالى ياسراء جنب اختك وانا قنح اهلك وانتى تقنعي اهلى ونبقي رفاق سفر سوا 🥰🥰 بس كلميني بجد ونشوف حل

Like Share 6w

Aamaa Seyed  
مش اسراء بس اللى عاوزه تسافر مع Rania Yesser صحابها احنا كثير نوووووي

Like Share 6w

Mero Elhousseiny  
ماما بقول قرة عينك يقيني يسفرتك

Like Share 6w

Mero Elhousseiny  
خليك في حالك Mostafa Masoud

Like Share 6w

Mostafa Masoud  
Mero Elhousseiny تعالى اسفرتك

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Hadeer Atef Aboulmagd

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تعالى ياسراء جنب اختك وانا قنح اهلك وانتى تقنعي اهلى ونبقي رفاق سفر سوا

بس كلميني بجد ونشوف حل

Like Share 6w

Siham Wakil

Like Share 6w

Fatma El Daeb  
نفس المشكله والله تعالى تسافر سوا

Like Share 6w

Isbah Omer  
لايمت بدن يضلوا الأهل عائق فدام الحياة بحجة الخوف

Like Share 6w

Rowan Tharwat  
هو اهم حاجة انك تبقي بتصرفي على نفسك ومستقلة. اولاً علشان يبقى قرارك في ايديك ثانياً علشان هم نفسهم يتقوا انك تقدرى تشيلي مسؤولية نفسك. ابداي سافري جوا مصر على حسب اهلك يعني انا اهلى من النوع اللى يشجع على الإبتعاد وكده فلو هسافر دراسة مثلاً احتمالية انهم يوافقوا كويسة، لكن لو هسافر اتفصح احتمالية اقل كثير منعمة فانتى تمرجي بين الاثنين بقى لو اهلك كده

Like Share 6w

Hajar Habasby  
هن حاجة واحدة بلجانها في المواقف اللى ربي ذى ... الزن

Like Share 6w

أيه معلوم

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هو اهم حاجة انك تبقي بتصرفي على نفسك و مستقلة، اولاً علشان يبقى قرارك في ايديك ثانياً علشان هم نفسهم يتقوا انك تقدرى تشيلي مسؤولية نفسك. ابداي سافري جوا مصر

على حسب اهلك يعني انا اهلي من النوع اللي بيشجع على الإجتهد وكده فلو هسافر دراسة مثلا احتمالية انهم يوافقوا كويسة، لكن لو هسافر اتفسح احتمالية أقل كثير منعمة فانتلي تمزجي بين الاثنين بقى لو اهلك كده

The screenshot shows a Facebook post in the 'Traveller Experience' group. The post is by Wafaa Khairy and discusses the importance of being prepared and having a backup plan when traveling. The text of the post is as follows:

لازم يكون في سبب وحاولي تويأهم حد يبقنوعوا بكلامه، وعرفيهم فد ايه السفرية دي مفيدة ليكي وهتفرق في مستقبلك

متحاوليش استيني لما تجوزي وتخلفي ونبقي نشوف الموضوع ده

سيجان الله لما يتعلق الامر المرأة وحرية اتخاذها القرار الكلي بيخفى مومن وحرام بنت تسافر وحدها وتلافيكم بتعلمو بلاوي سودة سافري باحتي وعيشي حياتك بس متعلميش النقط بس خافين من ريتا مش كلام الناس

لو حسوا انك اهل لثقتهم ممكن يرضوا يسفرك مع صحبه امه، لكن لوحدك تماما صعب فالاول اشغلي على نفسك سبه او اثنين، شوقي جوانب اتقادهم ليكي ايه وصلحها عشان عايزه تصلحها مش بس عشان تسافري (they can tell the difference) وورهم انك تقدري تتعلمي المسؤولي.. See more

The right sidebar shows the group's 'About' section, which is public and visible to anyone.

متحاوليش استيني لما تجوزي وتخلفي ونبقي نشوف الموضوع ده

The screenshot shows another Facebook post in the 'Traveller Experience' group. The post is by Sally Saeed and discusses the importance of being prepared and having a backup plan when traveling. The text of the post is as follows:

لو هما رافضين الفكرة استحالة تقدري تقنعهم في اهالي بيكونوا ما عندهمش مشكله ومتقبلين الفكرة ومش شايفينها جريمه يعني بني ادمه عايزه زينا زي اي حد وعاوزة تسافر ايه المشكله ف كده وفي اهالي لو بس فتحتي الموضوع بيعتبروكي فاجرة ولازم تتوودي

صراحه لانصح بسفر البيت لوحدها

انا ماما موافقة بس نو فلوس

ماهي هتغير رأياها اول ما تحوشي

تعالي ياساره جنب اهلك وانا افصح اهلك وانتبي تقنعي اهلي ونبقي رفاقه سفر نسوا

بس كالموني بعد ونشوف حل

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لو هما رافضين الفكرة استحالة تقدري تقنعهم في اهالي بيكونوا ما عندهمش مشكله ومتقبلين الفكرة ومش شايفينها جريمه يعني بني ادمه عايزه زينا زي اي حد وعاوزة تسافر ايه المشكله ف كده وفي اهالي لو بس فتحتي الموضوع بيعتبروكي فاجرة ولازم تتوودي

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انا كاتب مشي هوافق بنشي تسافر لوحدها ايذا مهما يحصل  
Like Share 6 w  
3 replies

Gehan Refaat  
ردى ملوفا  
Like Share 6 w

Asmaa Ahmed  
اه لما تعرفوا قولولي  
Like Share 6 w Edited

Sarah El Gendy  
تجربتي انا الشخصية. اهلي دعموا الفكرة بعد ما شافوا تجارب  
ناس تانيين برة راحوا نفس البلد وان الدنيا هناك فعلا  
امان..سافرت لوحدي واشتغلت في الصين مدرسة English لمدة  
3 سايون وكنت هكمل وارجع لولا ظروف الكورونا وحظر السفر  
اللي حصل وقتها. طبعا الصين بلد مختلفة تماما في كل حاجة  
وواجهت صعوبة فالأول في التأقلم والأكل طبعا. لكن مع  
الوقت عرفت التعامل وكونت صداقات مع ناس كثير من جميع  
أنحاء العالم واتعلمت حاجات كثير من أهمها الاعتماد علي النفس  
والقدرة على إدارة حياة كاملة من الألف للياف.

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تجربتي انا الشخصية.. اهلي دعموا الفكرة بعد ما شافوا تجارب ناس تانيين برة راحوا نفس البلد وان الدنيا هناك فعلا امان..سافرت لوحدي واشتغلت في الصين مدرسة English لمدة ٣ سنين وكنت هكمل وارجع لولا ظروف الكورونا وحظر السفر اللي حصل وقتها.. طبعا الصين بلد مختلفة تماما في كل حاجة وواجهت صعوبة فالأول في التأقلم والأكل طبعا..لكن مع الوقت عرفت التعامل وكونت صداقات مع ناس كثير من جميع أنحاء العالم واتعلمت حاجات كثير من أهمها الاعتماد علي النفس والقدرة على إدارة حياة كاملة من الألف للياف

Traveller Experience

والقدرة على إدارة حياة كاملة من الألف للياف.  
Like Share 6 w  
1 reply

Sara El Zamek  
الاهل دائما مقتنعين ان التبت لو سافرت لوحدها هعزق مش  
هتعرف تعمل حاجه  
بني بالنكس دي حيره جديده والشخصيه بتغير فيها ١٨٠ درجة  
والبيت يتغير انها لو انحطت في اي حاجه هتعرف تتصرف وتحل  
ومش هيتخاف عليها. السفر بالنسيان عن نزول ارض الواقع  
الحقيقي اللي بيوصلنا انا، قويه ومجاهله مسئوليه بحق  
وعيقني ويتعلمن حاجات لو نعدني عمرك كله في بيت اهك  
عمرك ما هنتعلمنها

Like Share 6 w

Tarek Sheen  
متفهمش وسافري لوحدي  
Like Share 6 w  
4 replies

Aya Mesalam  
انجوزي عثمان تسالي اراي تفنعي بورك يسافر معاكي اصلا  
Like Share 6 w

About

لو فرت أنك تدور علي محتوى مميز بيتكلم عن السفر  
بطريقة مختلفة و مفيدة : فصحننا هي اجنارتك الأول .  
أهلا بيك في Traveller Experience ... See more

Public  
Anyone can see who's in the group and what they post.

Visible  
Anyone can find this group.

General

الاهل دايمًا مقتنعين ان البنات لو سافرت لوحدها هتغرق مش هتتعرف تعمل حاجة

بس بالعكس دى خبره جديده والشخصيه بتتغير فيها ١٨٠ درجة والبنات بتثبت انها لو اتحطت فى اى حاجة هتتعرف تتصرف وتحل ومش هيتخاف عليها.. السفر بالنسبالي هي نزول ارض الواقع الحقيقى الى بيوصلك انك قويه ومتحمله مسئوليه بحق وحقيقى وبتتعلم حاجات لو قعدتى عمرك كله فى بيت اهلك عمرك ما هتتعلمها

The screenshot shows a Facebook group page for 'Traveller Experience'. The group is public and visible to anyone. The posts are in Arabic and discuss travel experiences. The group is public and visible to anyone. The interface includes a search bar, navigation icons, and a 'Join' button.

Traveller Experience

About

لو قررت أنك تدور على محتوى مميز بيلتكم عن السفر بطريقة مختلفة ومفيدة : فصفحتنا هي إختيارك الأول . أهلاً بيك في Traveller Experience ... See more

Public

Anyone can see who's in the group and what they post.

Visible

Anyone can find this group.

General

قالك تظن في الناس سوء وتواجههم دا رينا قال للنبي ولو كنت فقط غلبت القلب لفضوم حولك تبقي انت بالي ..أخرك سور

Like Share 6 w Edited

Sara M Hadid

قوليلها تعالي نساfer سوا وكل واحد يدفع لنفسه عشان انا عني الله حكايته واللي جاي علي قد اللي رايح وانت بتدوني مصروف بالعافية هتتتع و سافري معاها وانيسطي

Like Share 6 w

Mariam Abd Elazpour Gadallah

نفس السؤال

Like Share 6 w

Rana Shazban

مبقتنغوش خديهم معاكى انا مبقش بحس اني مبسوطة اصلاً غير وماما معالي

Like Share 6 w

Leila Nesrine Haddaji

هانهم وانا اتتعهملك

Like Share 6 w

Dena Badawy

نفس السؤال

Type here to search

12:01 PM 8/2/2021

قوليلها تعالي نساfer سوا وكل واحد يدفع لنفسه عشان انا علي الله حكايته واللي جاي علي قد اللي رايح وانت بتدوني مصروف بالعافية هتتتع و سافري معاها وانيسطي

Traveller Experience

جوعه عليه واحد نامى المحسن حاصن  
وبعد كده بيجي السيب ذات نفسه اللي هتسافري عشانه سقج  
ولا لا

Like · Share · 6 w

Merhan Fouad  
روحى مع شركة سياحة

Like · Share · 6 w

Seba Al-sagaff  
إذا حصل انه شريح واقفى في موضوع السفر مسموح للبتت  
تسافر لوحدها صدقتي راح يقتنعوا

Like · Share · 6 w · Edited

Esraa Islam  
حصل على فكرة Seba Al-sagaff  
بس مش هيشقعوها برضو

Like · Share · 6 w

Amira Samy  
الآن أقوى من السفر حقيقي  
انا فضلت ارن و ابعث لوانا ع الواس و اكلمه ف الموب و اكليله  
وري و احذفه عليه و اكلمه و اعططه و اعلمها بصحت لحد ما  
قالى غوري

Like · Share · 6 w

About

لو قررت أنك تدور علي محتوى مميز بيتكلم عن السفر  
بطريقة مختلفة و مفيدة : فصفحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

Public  
Anyone can see who's in the group and what they post.

Visible  
Anyone can find this group.

General

إذا حصل انه شيخ واقفى في موضوع السفر مسموح للبتت تسافر لوحدها صدقتي راح يقتنعوا

Traveller Experience

Like · Share · 6 w

Habiba Elzayat  
Law enty btarafy te3temdy 3ala nafsek yoba2a warezhom  
keeda fe hagat tafha, el howa enzely haty el talabat w  
sa3dy fel beet w bayeny enek shakhs mas2ool w  
mayetihafsh 3aleky, ba3daha shofy course aw ay 7aga  
mofeeda le sho3lek aw derastek w adamy feha, I... See  
more

Like · Share · 6 w

Shahira Diab  
هيقولوك سافري مع جورك 😂 معاناتي معاهم بس سافر  
عادي بقول مسافره اخلص ورقى او اروح اجيب مراجع وكتب ولا  
يجيب مراجع ولا يجيب كتب 🙄🙄🙄

Like · Share · 6 w

1 reply

Sara M Haidid  
قوليلها تعالى تسافر سوا وكل واحد يدفع لنفسه عشان انا علي  
الله حكايتي واللي جاي علي قد اللي رايح وابتت بتدوني مصروف  
بالتافيه هتنتعج و تسافري معاهم واتسطني 🥰🥰🥰

Like · Share · 6 w

Manam Abd Elaspour Gadallah  
نفس السؤال 🙄

About

لو قررت أنك تدور علي محتوى مميز بيتكلم عن السفر  
بطريقة مختلفة و مفيدة : فصفحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

Public  
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Visible  
Anyone can find this group.

General

هيقولوك سافري مع جوزكمعاناتي معاهم بس بسافر عادي بقول مسافره اخلص ورقى او اروح اجيب مراجع وكتب ولا يجيب مراجع ولا يجيب كتب

The screenshot shows a Facebook post in the 'Traveller Experience' group. The post is by user HSB G90 and discusses travel experiences. The text of the post is: 'يسافر عادي يعني ميقش عليه صغيرة وسافرت اشتعلت برة لوحدتي شن المشكلة؟!'. The post has 6 likes and 1 share. Below the post, there are replies from other users: Omnis Badr, Hypat Hypat, and Wafaa Khairy. The 'About' section on the right indicates the group is Public, Visible, and General.

لازم يكون في سبب وحاولي تجيلهم حد بيتقنوا بكلامه، وعر فيهم قد ايه السفرية دي مفيدة ليكي وهنفرق في مستقبلك

The screenshot shows another Facebook post in the 'Traveller Experience' group. The post is by user ALAA Mohamed and discusses travel experiences. The text of the post is: 'تحظيهم غدام الأمر الواقع وبقوا يتقنوا براحتهم'. The post has 6 likes and 0 shares. Below the post, there are replies from other users: Yara Mustafa, Wessam Wagdy, Wala Abla, Enas Aboul Azayem, and Malyan Mohammed. The 'About' section on the right indicates the group is Public, Visible, and General.

اهلك مش هيقتنوا، ماتتعبيش نفسك

انتي قرري وواجهي بإصرار و سافري فعلا ، وبعد ماترجعي و يخصموكي شويه هيتهودوا و يسبوكي تسافري لوحدك عشان رجعتي من المرة الأولى سليمة

The screenshot shows a Facebook post in the 'Traveller Experience' group. The post is by user 'Yara Ahmad' and contains Arabic text. The text discusses the experience of traveling, mentioning the challenges of air travel and the importance of being prepared. The post has received several likes and shares. To the right of the post is an 'About' section for the group, which is public and visible to anyone. The group's name is 'Traveller Experience' and it has a 'Joined' status. The interface includes a search bar, navigation icons, and a taskbar at the bottom.

**Traveller Experience** Joined + Invite

**About**  
لو قررت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي اختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

**Public**  
Anyone can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

**Yara Ahmad**  
الزن بصي انا اول سفر ليا كنت بزن بطريقة مريه  
وبعدين الزن بيقل وبعدين بيوافقو تيجي تتجوزي بقى ابدهي من  
الاول وتعدي نفس الموضوع بس كلة بيمشي بالزن

**Like Share**

**هه كلن كان**  
انا كمان نفسي اسافر الامارات اودول الخليج والسعوديه واشتغل  
هناك بس نسجل

**Like Share**

**Aya Saad**  
ده مش افئاع بكلام ع اد ما افئاع بشخصية واعتماد عالنفس  
قالبنية  
يرحصل تنوغي مثلا اخوات تلاقى ده لحنه وميفعش يسافر  
حوقا عليه وجد ثاني العكس حالص  
وبعد كده يجي السبب ذات نفسه اللي هتسافري عشانه مقلع  
ولا لا

**Like Share**

الزن بصي انا اول سفر ليا كنت بزن بطريقة مريه  
وبعدين الزن بيقل وبعدين بيوافقو تيجي تتجوزي بقى ابدهي من الاول وتعدي نفس الموضوع بس كلة بيمشي بالزن

The screenshot shows another Facebook post in the 'Traveller Experience' group. The post is by user 'Amira B Aszar' and contains Arabic text. The text discusses the experience of traveling, mentioning the challenges of air travel and the importance of being prepared. The post has received several likes and shares. To the right of the post is an 'About' section for the group, which is public and visible to anyone. The group's name is 'Traveller Experience' and it has a 'Joined' status. The interface includes a search bar, navigation icons, and a taskbar at the bottom.

**Traveller Experience** Joined + Invite

**About**  
لو قررت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي اختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

**Public**  
Anyone can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

**Amira B Aszar**  
لو حسوا أنك اول لثقه ممكن يرضوا يسفرك مع صحبه امه...  
لكن لوحدك تماما صعب.  
قالاول اشغلتني علي نفسك سه او اثنين شوعى جوانب  
انتقادهم ليهكي ايه وصلحها عنان عايزه تصالحها مش بس  
عشان تسافري ( they can tell the difference ) ووربهم أنك  
تقدر تتحملي المسؤليه و اينه باره. هينشعوا اكبر

**Like Share**

**Zeinab Mobarak**  
بلعبرهم بالموضوع كقرار مش لسه اذن وفابل للرفض وافئح  
معاهم النقاش فإزاي بقوا متطمئن عليكي واتبي كمان حاسه  
بامان بعش نسوقوا طريق للتطبيق مش لمناقشه الفكره ونسه  
هتأخدي اذن. كمان من الناس لازم بقى هما حاسن أنك  
شخص بيعتمد علي نفسه وهيعرف يتصرف في اي موقف  
وهتعرفي تأخدي بالك علي نفسك

**Like Share**

**Mennatlah S. Header**  
اولا لازم بحسو اصلا أنك تقدري تعندي فعلا علي نفسك و ذي  
بتكون من جراتك جوا البيت وسطهم  
تانيا تكوني بتسافري ف حدود بلدك بس لوحدك او مع صحباتك  
عشان يمشعوا فكرة أنك تقدري تكوني لوحدك ولو ايام محدوده  
حتي ف نطاق بلدك بعني رحله يومين ف مدينه تانيه كذا مثلا  
See more

**Like Share**

بأنهم بالموضوع كقرار مش لسه اذن وقابل للرفض وافتحي معاهم النقاش فازاي بيقوا متضمنين عليكى وانتي كمان حاسه بامان يعني تشوفوا طرق للتطبيق مش لمناقشه الفكره ولسه هتاخدي اذن، كمان من الاساس لازم بيقي هما حاسين انك شخص بيعتمد علي نفسه وھيعرف يتصرف في اي موقف وھتعرفي تاخدي بالك علي نفسك

She Travels - سفر للنبات (Menna Shahin)

Joined + Invite

About

- Private: Only members can see who's in the group and what they post.
- Visible: Anyone can find this group.
- General

Comments:

- Mai Zain: الأمان
- Alaa Hashem: انها بنت بسيطة خالص اهي لو ولد كانت سفرت و راحة اي مكان عادي و يروح بيات مع ناس ميعرفهاش في نفس البيت عادي او بيات في الشارع عادي برضة
- Ghada Abusafim: عدم موافقه الأهل
- Aya Mostafa Eid: الأهل الطوس الغيرا
- Walaa Atef: القلوبى يا قدم
- Mina Selem: الحمدلله اهو في سنينى كثير
- Hanan Mohamed

انها بنت بسيطة خالص اهي لو ولد كانت سفرت و راحة اي مكان عادي و يروح بيات مع ناس ميعرفهاش في نفس البيت عادي او بيات في الشارع عادي برضة

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Comments:

- Omnia Ahmed: الأهل الطوس
- Nada Abd Elazem: الأهل والطوس
- SaRa Ali: قلوبى تترارار
- Marwa Hussein: اوبيا ملاً
- IlaSama KaDry: الأهل والمجتمع
- Heba Abdulrah: القلوبى
- Layla Eshkawy: انها ميقاش لافيه شغل

## الاهل والمجتمع

She Travels - سفر للنبات (Menna Shahin)

Joined + Invite

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Nourhan Elkhelany  
الفلوس والخوف والاهل  
Like Reply 2 y

Aya Khaled  
الأهل ماتقين كدا اجنا متسافرين جوا هتسافر برا الدنيا متدتنش  
امان بس الواحد من جواه نفسو يسافر ويعيش حياته ويشوف  
ناس ويستعمل ويتمتع هو اجنا هنعيش اجنا حياتنا والس بتاعة  
Like Reply 2 y

Mayar Montaser  
مفيش محرم  
Like Reply 2 y

Israa M Abdelhamid  
الاهل  
Like Reply 2 y

Shaima Sarag  
👍👍👍👍  
Like Reply 2 y

Yasmin Yehia

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## الاهل

She Travels - سفر للنبات (Menna Shahin)

Joined + Invite

Like Reply 2 y

فاطمة علاء الدين  
بايا قبل الجواز وجوزي بعد الجواز  
Like Reply 2 y

Heba Gamal  
كلنا اهل البنات  
Like Reply 2 y

Totya Elsarag  
هوقى لوجدى  
Like Reply 2 y

Yasmin Mourad  
الفلوس والفرح بس كده  
Like Reply 2 y

Isema Sakr  
الفلوس مثلا  
Like Reply 2 y

Hagar Ahmed  
الاهل  
Like Reply 2 y

Ommia Ahmed  
الاهل الفلوس

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8/14/2021

بايا قبل الجواز وجوزي بعد الجواز

She Travels - سفر للبنات (Menna Shahin)

Like Reply · 2 y

**Alaa Hashem**  
 انها بنت بسيطة خالص اهي 🥰🥰🥰 لو ولد كانت سفرت و راحة أي مكان عادي و بروج بيات مع ناس ميعرفهاش في نفس البيت عادي او بيات في الشارع عادي بوضه

Like Reply · 2 y

**Ghada Abusalam**  
 عدم موافقه الاهل

Like Reply · 2 y

**Aya Mostafa Eid**  
 الأهل القلوس الفيرا

Like Reply · 2 y

**Walea Atef**  
 القلوس يا فندم

Like Reply · 2 y

**Mima Selem**  
 الحمدلله اهو في منبسي كثير فofa Selem

Like Reply · 2 y

**Hanan Mohamed**  
 الأهل والقلوس

Like Reply · 2 y

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- General**

عدم موافقه الاهل

She Travels - سفر للبنات (Menna Shahin)

Like Reply · 2 y

**فاطمة علاء الدين**  
 بابا نيل الجوار وجوزي بعد الجوار

Like Reply · 2 y

**Hiba Gamal**  
 كلالاام الفنااااااس

Like Reply · 2 y

**Toty Esarag**  
 ههههه لوجدي

Like Reply · 2 y

**Yasmin Mourad**  
 القلوس و الفيرا بس كده

Like Reply · 2 y

**Isema Salr**  
 القلوس متلااا

Like Reply · 2 y

**Hagar Ahmed**  
 الأهل

Like Reply · 2 y

**Ommia Ahmed**  
 الأهل القلوس

Like Reply · 2 y

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كلالاام الفنااااااس

She Travels - سفر للنبات (Menna Shahin)

Like Reply 2 y

Marwa Essam  
الوحدة والأهل

Like Reply 2 y

Eman Taha  
الأهل

Like Reply 2 y

Wesam Selim  
اللغة والكسل

Like Reply 2 y Edited

Laila Mohamed  
دماغ الأهل

Like Reply 2 y

Basma Hegazy  
محرم

Like Reply 2 y

Write a comment...

About

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دماغ الأهل

She Travels - سفر للنبات (Menna Shahin)

Like

Comments

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Nourhan Elkholy  
الغلوب والخوف والأهل

Like Reply 2 y

Aya Khalid  
الأهل ماتقين كذا اجنا منسافرش حوا هنسافر برا زالدنيا معدتش  
امان بس الواحد من جواه نفسو يسافر ويعيش حياو ويشوق  
ناس ويستعامل ويمنع هو اجنا هنعيش اجنا حياتنا والنس بتاعة

Like Reply 2 y

Mayar Montaser  
مفيش محرم

Like Reply 2 y

Israa M Abdelhamid  
الأهل

Like Reply 2 y

Shaimaa Serag  
👍👍👍👍👍

Like Reply 2 y

Yasmin Yehia

About

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مفيش محرم

She Travels - سفر للنبات (Menna Shahin)

Sü Häsän  
مش معاها فلوس  
Like Reply 2 y  
1 reply

Yara Hossan  
هههههه ده طراج بنات مصر كلها تقريبا مش معاها فلوس تسافر واهلها بيرفضو وقال انا فكره ان انا الشجرة الوحيدة اللي مش بتسافر  
Like Reply 2 y

Rosa Hassan  
اسمي ولا برا ولا جوه  
Like Reply 2 y

PH Aya Mahmoud  
Yasmen Gamel  
Like Reply 2 y

Nora Hassan  
Ahlaha bs Laken Law muf2een Mafish Ay mana3 Tary  
Like Reply 2 y

Hadeel Ahmed  
الفلوس

About

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General

ههههههه ده طلع بنات مصر كلها تقريبا مش معاها فلوس تسافر واهلها بيرفضو وقال انا فكره ان انا الشجرة الوحيدة اللي مش بتسافر

Traveller Experience

Hala Youssef Abd Elmwla  
Aya M. Awadallah عيب عليكى زعتهم  
Like Reply Share 1 y

Marim Soliman  
شاهو يا هالة: الأضرار والأمان يدخلوا المجتمع بتغير. انا نموذج للنت التاجه مهنا ومجتمعنا  
Like Reply Share 1 y

Hala Youssef Abd Elmwla  
Marim Soliman انا حبيبي  
Like Reply Share 1 y

Asma Abo Hashish  
اديتني امل والله انا بردوا كل حاجه لا  
Like Reply Share 1 y

Hala Youssef Abd Elmwla  
Asma Abo Hashish قريب هبكون موافق  
Like Reply Share 1 y

Asma Abo Hashish  
Hala Youssef Abd Elmwla بارب

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اديتني امل والله  
انا بردوا كل حاجه لا

The screenshot shows a Facebook post in a group named 'Traveller Experience'. The post is by user 'Gehad Adel' and contains the following text in Arabic: 'عشان تعديلات بس Vote'. Below the post, there are several replies from other users: 'Hala Youssef Abd Elmwa' (Gehad Adel شفت التعديلات بي متنسش القوت), 'El Mima' (لحد دلوقت بيرفض حتى الرحلات لازم تكون موثوقة تبع الكاتبة و كذا لسه واقف على اخر رحلتين عشان تبع جمعية خيرية و معاها حد من اهلي في كل رحلة و مقولتلوش انها تبع شركة سياحة عشان ميرفضش), 'Hala Youssef Abd Elmwa' (اخواني ومايا كانوا يسافروا معايا لو Eman Hassan عندي شغل مضطرة ارجو و النهاردة يسافر لوحدني استمري), and 'Mona Helmy' (انا بس عاوزه اظمن على شغلك اللي عقديه لما لم يوافق انه يعطيك اجازة.. يارب تكوني وفتحي امورك).

The right sidebar shows the group's 'About' section, which is public and visible to anyone. The text in the 'About' section reads: 'لو فررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصحتنا هي اجازاتك الأول . أهلا بيك في Traveller Experience ... See more'. Below this, it lists the group's privacy settings: 'Public' (Anyone can see who's in the group and what they post), 'Visible' (Anyone can find this group), and 'General'.

لحد دلوقت بيرفض حتى الرحلات لازم تكون موثوقة تبع الكلية و كذا لسه واقف على اخر رحلتين عشان تبع جمعية خيرية و معاها حد من اهلي في كل رحلة و مقولتلوش انها تبع شركة سياحة عشان ميرفضش

The screenshot shows another Facebook post in the 'Traveller Experience' group. The post is by user 'Hala Youssef Abd Elmwa' and contains the following text in Arabic: 'Dina Mohammed طبعاً'. Below the post, there are several replies: 'Naira Ibrahim' (مايجي تقنحي بابا), 'Hala Youssef Abd Elmwa' (من عيونى Naira Ibrahim), 'Gege Youssif' (كلنا كبينات الصعيد بنعاني من نفس المشكله بس الحمد لله انا قدرت انتعلب عليها زيك رغم الكلام والإحباط المتكرر ع اى إنجاز بتعمله كانه ولا حاجه كون ان احنا نكون قد المغامرة دا فحد ذاته الجاز), and 'Hala Youssef Abd Elmwa' (الاحتياطات المتكررة هي اللي بيخطنا Gege Youssif نصمم علي اننا نكمل وننتج).

The right sidebar shows the group's 'About' section, which is public and visible to anyone. The text in the 'About' section reads: 'لو فررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصحتنا هي اجازاتك الأول . أهلا بيك في Traveller Experience ... See more'. Below this, it lists the group's privacy settings: 'Public' (Anyone can see who's in the group and what they post), 'Visible' (Anyone can find this group), and 'General'.

كلنا كبينات الصعيد بنعاني من نفس المشكله بس الحمد لله انا قدرت انتعلب عليها زيك رغم الكلام والإحباط المتكرر ع اى إنجاز بتعمله كانه ولا حاجه كون ان احنا نكون قد المغامرة دا فحد ذاته إنجاز

والله اليوسيف يتأخذه دة رجعلي الأمل من تاني بعد ما كويت خلاص يهتت

Like Reply Share · 1 y

Hala Youssef Abd Elmwla  
Nada Samier  
فكري في حلمك علي طول حتي لو اتقلك مستحيل

Like Reply Share · 1 y

Hager Moharram Mohamed  
انا حاسه باللي اتقي قولته ومبسوطه ليكي جدا انا اول ما اهلي وافقوا اسافر لوحدي وخلاص مسافر جوا مصر لوحدي حصل فيضان ومرحش وبره مصر وفلاص مغاياً الشيرا حصلت كورينا بس الحمد لله موافقين علي المبدأ لسه

Like Reply Share · 1 y

Hala Youssef Abd Elmwla  
Hager Moharram Mohamed  
تعوض بالفضل ان شاء الله

Like Reply Share · 1 y

Hager Moharram Mohamed  
Hala Youssef Abd Elmwla  
امين ان شاء الله

Like Reply Share · 1 y

Mamet Zain

**About**  
لو فرت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة ؛ فصفحتنا هي اجنارتك الأولى .  
أهلاً بيك في Traveller Experience ... See more

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فكري في حلمك علي طول حتي لو اتقلك مستحيل

لاسه رايحه اعمل مصيبه

Like Reply Share · 1 y

Jasmine Hassan  
Reham Alwa  
بروحني لوحديك ؟

Like Reply Share · 1 y

Hiba Muhammad Tawfiq  
عضال ما اهلي يوافقو اسافر لوحدي ، كل سافريه هما معايا ، رجلي ع رجلمهم ، يقولو مش هنسيك تسافري لوحدي ، عايزه الناس تتكلم علينا يقولو بت مش لاقيه حد يحكمها 🤔🤔🤔🤔🤔🤔 كاتبي رايحه اعمل مصيبه

Like Reply Share · 1 y · 1 edit

Hala Youssef Abd Elmwla  
Heba Muhammed  
ان شاء الله نتحقق في حلمك

Like Reply Share · 1 y

Hiba Muhammad Tawfiq  
Hala Youssef Abd Elmwla  
يارب

Like Reply Share · 1 y

Handoka M. Mahmoud  
انا لسه ماشيه في اجراءات الإقناع 🤔🤔🤔🤔🤔🤔 واللة الموقن

Like Reply Share · 1 y

Hala Youssef Abd Elmwla  
Handoka M. Mahmoud  
قلبي معاكي

Like Reply Share · 1 y

**About**  
لو فرت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة ؛ فصفحتنا هي اجنارتك الأولى .  
أهلاً بيك في Traveller Experience ... See more

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عقبال ما اهلي يوافقو اسافر لوحدي ، كل سافريه هما معايا ، رجلي ع رجلمهم يقولو مش هنسيك تسافري لوحدي ، عايزه الناس تتكلم علينا يقولو بت مش لاقيه حد يحكمها كاتبي رايحه اعمل مصيبه

Traveller Experience

Like Reply Share 1 y  
6 replies

Mona Ahmed  
ببنا بوقفك يا حبيبي  
Like Reply Share 1 y

Mai Diab  
فكرتيني ب بابا ممنوع عنده برود سفر بنت وتبائي برة البيت والجو دا لحد م ف يوم رحلة اسكندرية ف بقول وكنت مستنية كلمة لا ومكتنش متشجعة للرحلة بس ان عارفة ان هينقالى لا ف التصدمت لما بابا قالى ماشى لدرجة ان وقفت لحظة كدا بابا وافق اراي!  
Like Reply Share 1 y  
2 replies

Amira Khaled  
بصي وانا بقرا البوست اتوتعت انك مسافره شغل برا البلد خالص ودي حاجه تستحق المعافره فعلت رى البوته التي ايجت علي اهلها عشان تسافر دبي لشغل هناك لكن نسيي شغلان تسافري شرم ٢٢٢٢ سوريا مش شاهبه اي اجاز في كدا فريم كان ممكن في الاجازه تطلعني رحله مع ا...  
Like Reply Share 1 y

About

لو قررت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي اجازاتك الأول .  
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فكرتيني ب بابا ممنوع عنده برود سفر بنت وتبائي برة البيت والجو دا لحد م ف يوم رحلة اسكندرية ف بقول وكنت مستنية كلمة لا ومكتنش متشجعة للرحلة بس ان عارفة ان هينقالى لا ف التصدمت لما بابا قالى ماشى لدرجة ان وقفت لحظة كدا بابا وافق اراي !

Traveller Experience

Like Reply Share 1 y  
1 reply

Mary Samy  
لا انتى عملتى اجاز انا مش بيوافقو خالص برود  
Like Reply Share 1 y  
2 replies

Abner Kasab  
Like Reply Share 1 y

Aya Kamel  
الله عليكى يا فخر شرم  
Like Reply Share 1 y  
4 replies

Manar Seddik  
يا خرايى كل دا عشان تسافري شرم الشيخ  
Like Reply Share 1 y  
2 replies

About

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لا انتى عملتى اجاز انا مش بيوافقو خالص برود

Traveller Experience

Like Reply Share · 1 y

Takwa Rabey  
Hala Youssef Abd Elmwla ❤️❤️

Like Reply Share · 1 y

Salma Ali  
بعض النظر عن ان كلنا نفسنا نقنع اهلنا بالسفر ومش عارفين  
وان في فرق بين اللي عايزينه والحلال والحرام مفيش سفر من  
غير محرم احنا بقى سافرننا ولا مسافرنناش ده ميخلينناش تغير  
الدين، وده مش انتقاد ليكي والله كلنا نفسنا نعمل كده

Like Reply Share · 1 y

View 3 more replies

Soha El-Yamani  
يا جماعة انتو حافظين و متوارئين كلام ا متحموا و تدورا  
كده بس قبل منحرموا و تطلوا

Like Reply Share · 1 y

Salma Ali  
انا دورت كويس واناكيت كويس  
ومش متاعظه وحضرتك حره تسافري متسافريش  
فأنتي حره

Like Reply Share · 1 y

Soha El-Yamani

About

لو قررت أنك تدور علي محتوى مميز بيتكلم عن السفر  
بطريقة مختلفة و مبهدة : فصحتنا هي اجنابك الأول .  
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Traveller Experience ... See more في

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بعض النظر عن ان كلنا نفسنا نقنع اهلنا بالسفر ومش عارفين وان في فرق بين اللي عايزينه والحلال والحرام مفيش سفر من غير محرم  
احنا بقى سافرننا ولا مسافرنناش ده ميخلينناش تغير الدين، وده مش انتقاد ليكي والله كلنا نفسنا نعمل كده

Traveller Experience

3 replies

Samsan Abuelwafa  
EsrAs M Selim امل خلي عندك امل

Like Reply Share · 1 y

4 replies

Shery Taha  
انا زارك بالطيظ ومن الصعبد ورافضين فكرة السفر  
نوالى. ادعيلى يوافقوا بقى مع انها حاجه مسجله بس رينا  
كثير. فيكى شيه كبير من سهر الصايغ وضحككتها الجميله

Like Reply Share · 1 y · Edited

Nahla M Elshemy  
انتى فخر ل اي بنت 🥰 رينا بحفظك

Like Reply Share · 1 y

Eman Sheren  
انا قولت مسافره بره مصر يا شيخه تطلعي راحه شرم ههه رينا  
بوقتك يا نعل

Like Reply Share · 1 y

3 replies

Doss Nough  
انا ليه حاسه اني عارفاكي 🥰

About

لو قررت أنك تدور علي محتوى مميز بيتكلم عن السفر  
بطريقة مختلفة و مبهدة : فصحتنا هي اجنابك الأول .  
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انا زايك بالظبط ومن الصعيدي ورافضين فكره السفر نهائي.. ادعيلي يوافقوا بقى مع انها حاجه مستحيله بس ربنا كبير.. فيكى شبه كبير من سهر الصايغ وضحكته الجميله

**Traveller Experience** Joined + Invite

**About**  
لو قررت أنك لدير على سخوي مميز بيتكلم عن السفر بطريقتة مختلفة و مفيدة : فضجتنا هي إختيارك الأول . أهلا بيك في Traveller Experience ... See more

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**Doha Nour**  
أنا ليه حاسه إبي عارفكسي  
Like Reply Share 1 y 1  
3 replies

**Zehab Nasser**  
فاهماكي وحاسه بكل حرف قولتيه لانى صعيديه زيك وعارفه انتي واجهتي ايه انا كنت زيك بس بطلت ازن . انا فرحانه لفرحتك اوى ربنا يسعدك يارب وتكرريها وطالما بدأت بشرم ببقى هتحققى اكتر واكتر  
Like Reply Share 1 y 3  
2 replies

**Marwa Adel**  
ما احنا مش صعيديه ولااسف، نفس التفكير اللطيف  
بس براقو انك عمليتها وفضلتي وراهم وسافرتي وانسبتي  
Like Reply Share 1 y 1  
1 reply

**Zinab Mahmoud**  
هو غالبا وافق عثمانى سندي الشباب  
Like Reply Share 1 y 1  
1 reply

فاهماكي وحاسه بكل حرف قولتيه لانى صعيديه زيك وعارفه انتي واجهتي ايه انا كنت زيك بس بطلت ازن . انا فرحانه لفرحتك اوى ربنا يسعدك يارب وتكرريها وطالما بدأت بشرم ببقى هتحققى اكتر واكتر

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**Layla Ali**  
Sama Hashish  
Like Reply 2

**Enay Edwar**  
Follow  
Like Reply 2

**Hadeer Ahmed**  
انا عندي 18 سنه و يسافر بقالي 3 سنين لوحدي من الاقصر للقاهره بس بابا اللي علمني كدا بصراحه مش عندي اخوات ولاد كثيره فعالي لازم تتعلمي اراي تتسلي مسؤليه و يسافر انا و اخي الاقصر مني  
Like Reply 2

**Layla Ali**  
Dede Ahmed  
Like Reply 2

**Hadeer Ahmed**  
Layla Ali  
Like Reply 2

**Eman Hamdy**  
Radwa Hosny ahhhhh boy | comments  
Like Reply 2

انا عندي ١٨ سنة و بسافر بقالي ٣ سنين لوحدي من الأقصر للقاهرة بس بابا اللي علمني كدا بصراحه مش عندي اخوات ولاد كبيره فقالي لازم تتعلمي ازاي تشيلي مسؤوليه و بسافر انا و اختي الأصغر مني

Like Reply 2 y

معلش بس اسألني نفسك سؤال واحدا  
كلام الناس هيفيدك بايه بالطيب ؟  
هيسطك ؟ هيوفف الزمن اللي بيجري بيكي من غير ما تحسي ؟  
هيوديكي أماكن جديدة ؟ هيوديكي حيرات مختلفة ؟ هيساعدك  
انك تتعلمي ازاي تتعامل مع اشكال مختلفة من البشر ؟  
هيوخيلكي ليه قيمة اساسا سواء قدام الناس او قدام نفسك ؟  
حرام عليك نفسك.. والافكار دي.. اتبي بتعيني مرة واحدة بس  
وكل ما تكيري وبعدي يوم وتلاقى نفسك معملتيش فيه حاجة  
وضاع من عمرك هتندم جذا علي كل وقت ضاع مسافرتيش  
فيه مشوقتيش فيه أماكن جديدة غير بتتكوا وسرتك!  
اخلمي وطوري وحقق حلمك وامسكي فيه جامدا

Like Reply 2 y

ارسمي طريقك لنفسك.. متخليش حد يرسمولك ابدا!!!!!!  
تحت مسمي (العادات والتقاليد) .. اللي هي اصلا محطوة من  
ناس كانوا عايشين قبلنا ب 100 سنة.. يعني عادات مستمرة في  
زمن مينفعش تكون موجودة فيه اساسا!!!!

Like Reply 2 y

وخيلكي عارفة ان عمر الجواز ما هيوخيلكي حرة ابدا ابدا

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ارسمي طريقك لنفسك.. متخليش حد يرسمولك ابدا!!!!!!... تحت مسمي (العادات والتقاليد) .. اللي هي اصلا محطوة من ناس كانوا عايشين قبلنا ب 100 سنة.. يعني عادات مستمرة في زمن مينفعش تكون موجودة فيه اساسا!!!!

Like Reply 1 y

ارغلي واغضبني صيفي وارحني 🤗🤗🤗

Like Reply 1 y

1 reply

Elomr Nads  
<https://chat.whatsapp.com/LIC4rNRckHE6QgUOzeC55>  
ده جروب واتس للنبات فقط نرغب فيه كلنا وناخد رأي بعض في  
كل حاجة 🤗

Like Reply 1 y

انا عن نفسي ماما عايزة تخلص مني باي شكل والله

Like Reply 1 y

Aalsha Aha  
لازم تبقى عدتي العشرين وداخله علي ال 25 كده 🤗 ولا الزن  
هيبقي مش باحترافه كده 🤗🤗

Like Reply 1 y

Write a comment...

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لازم تبقي عديتي العشرين وداخله علي ال25 كده وإلا الزن هيبقي مش بإحترافيه كده

She Travels - سفر للبنات (Menna Shahin)

أرهاق وتعب ومشاكل بتلاقي نفسك فيها فجأة وساعات كثير بتحتاج مساعدة ومش بتلاقي، بس في نفس الوقت... See more

Like Reply 2

**Reham Abdelhakeem**  
الكلام ده كان زمان اوي.. دلوقتي بنات كثير اوي بتسافر لوحدها ويتسافر مع مامتها.. احنا كنا بتسافر مع ماما بتبسط كذا.. ابديت برحلات النوم الواحد.. يعني احنا كنا بتطلع القاهرة يوم وبترجع بعد ما مامتك بتلاقي الدنيا تمام هتسافروا بعدها عادي سافري مع رحله الاول بس تبقي متأكدة انها هتتسط معاهم نضال فتخرج بالقكرة

Like Reply 2

**Aama Mohamed**  
سافري وملكيش دعوه بحد كلام الناس مش هتفتك بالعكس الناس بتبص للبنات اللي بتسافر لوحدها انها قويه

Like Reply 2

**Omeya M. Mostafa**  
بص انا من الصغيد و اول سفريه كانت تبع الكليه معسكر مغلق فـ كانوا مضمين جاولي اول سفريه تكون اجباريه بالنسائهم و هي اول وتاتي سفريه بيكونو صعبه لكن هما بتعودوا بعدين و هتكون المشكله في العلبوس فـ واصرفي ع نفسك وميملكيش كلام حد لأن نفس الناس اللي هتعب... See more

About

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**General**

سافري وملكيش دعوه بحد كلام الناس مش هتفتك بالعكس الناس بتبص للبنات اللي بتسافر لوحدها انها قويه

She Travels

Like Reply 2

**Layla Ali**  
Salma M. El Shamy الله يطمحك ❤️❤️❤️❤️

Like Reply 2

**Asmaa Fawad**  
عادي بنات كثير بتسافر

Like Reply 2

**Asmaa Atef**  
أنا فضلت أزن سنين و سافرت لوحدي بعد زن سنين و بعدين مفيش حاجه إسمها سفر من غير رجل يتبص بصبه وحشه دي لي أبوهم متوفي أو مسافر يموتوا نفسهم يعني

Like Reply 2

**Shorouk Mohamed**  
بالضبط دا اللي ناقوله اللي هوا المفروض ادفع Asmaa نفسي مكانى مستنية راجل الله واعلم هيبقي اميني

Like Reply 2

**Layla Ali**  
Asmaa Atef قرايهم..والله اصلا انا عازمة اسافر لوحدي بس ده صعب جدا!!!!!! ده انا باقولها اسافر معاكب وميهدلاني

Like Reply 2

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أنا فضلت أزن سنين و سافرت لوحدي بعد زن سنين و بعدين مفيش حاجه إسمها سفر من غير رجل يتبص بصبه وحشه دي لي أبوهم متوفي أو مسافر يموتوا نفسهم يعني

The screenshot shows a Facebook post in a group named 'She Travels'. The post is in Arabic and discusses travel experiences. The text of the post is as follows:

غير رحاله وينبغي زي الغل وينتسب ومايجلس حاجة ودلوقت  
يسافر انا وماما وينسى بقالتا ٧ سنين مرتين في السنة عادي  
Like Reply 2

Layla Ali  
Ola Galal اقنعها انا باحاول اقبعتها  
Like Reply 2

Princess Samar  
معلش يعني هو اتني عايشه عشان كلام وانكام الناس عايركي؟؟  
عالموم لما تنفي 7٠ سنة ومش قادرة فقط تحركي من مكانك  
هناومي ندم البسويين انك سمعني كلام ابوكي وامك اللي يودي  
في ذاهيه دا لانهم بسوري يعني مش غاهمين حاجة واهم حاجة  
عندهم يكونني نحت طوعهم وخلاص  
Like Reply 2

Layla Ali  
عارفه والله... انا مش هستني اصلا  
وينور على شغل عشان للحكات دي تفل  
Like Reply 2

ايه العشا  
اللي مبيسافرش فايته حاجات كثير حلوة ف الدنيا.. والحاجات  
الطولة دي اصلا ممكن تبقى مرطمة وبهدلة بس الشاطر اللي  
يستمتع بيها.. فكري ف طرق تقنعهم بيها وسافري  
Like Reply 2

The right sidebar shows the group's 'About' section:

About  
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Visible  
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General

اللي مبيسافرش فايته حاجات كثير حلوة ف الدنيا.. والحاجات الحلوة دي اصلا ممكن تبقى مرطمة وبهدلة بس الشاطر اللي يستمتع بيها.. فكري ف طرق تقنعهم بيها وسافري

The screenshot shows a Facebook post in a group named 'She Travels - سفر للنبات (Menna Shahin)'. The post is in Arabic and discusses travel experiences. The text of the post is as follows:

انا بقالي سنين يسافر انا وماما بس عشان بابا مش يقدر علي  
السفر الطويل  
و ماما يسافر هي و صحابها لوخدمهم كمان  
لو يشغلني سافري بقاوسك  
Like Reply 2

Aya Mostafa  
انا عايزه الفت انتباهك لحاجه.. البنت بتتعامل انها كان اضافي  
في اي عيله.. مش كيان مستقل زي الولد.. باباكي يقول  
"مايناسبناش" بمعنى انك تابع ليهم.  
انا ماعرفش عندك كام سنة.. بس كل اللي اعرفه ان عشي صح  
تستني اما تجوزي والله اعلم هتجوزي حد متفتح بصح السفر و  
يفسحك دائما او علي الاقل يسبيك تسافري لوحدك، ولا صح انك  
تتعامل كمتاحج لخالته.  
جوها كان عمرك  
اشدهلي  
اصرفي علي نفسك و ماتخديش من اهلك حاجة  
سافري بقاوسك  
استغفري لو تجبي  
عيشي حياتك زي ما اتني عايرها  
Like Reply 2  
2 replies

Mirwa Naguib

The right sidebar shows the group's 'About' section:

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Anyone can find this group.  
General

انا عايزه الفت انتباهك لحاجه.. البنت بتتعامل انها كيان اضافي في اي عيله.. مش كيان مستقل زي الولد.. باباكي يقول "مايناسبناش" بمعنى انك تابع ليهم.

انا ماعرفش عندك كام سنه .. بس كل اللي اعرفه ان مش صح تستنتي اما تتجوزي و الله اعلم هتتجوزي حد متفتح بيحب السفر و يفسحك دايمًا او علي الاقل يسبيك تسافري لوحدهك. ولا صح انك تتعامل كملحق لعائله.

مهما كان عمرك

اشتغلي

اصرفي علي نفسك و ماتخديش من اهلك حاجه

سافري بفلوسك

استقلي لو تحبي

عيشي حياتك زي ما انتي عايزاها

The screenshot shows a Facebook group page for 'She Travels - سفر للنبات (Menna Shahin)'. The page is in Arabic and features a discussion about travel and independence. A user named 'Aya Mostafa' has posted a comment in Arabic: 'ما فيش الكلم اللي مانتك بتقوله انا بقالي سنين بسافر انا و ماما بس علشان بابا مش بيقدّر علي السفر الطويل و ماما بتسافر هي و صاحبها لوحدهم كمان لو بتشتغلي سافري بفلوسك'. The page also shows other comments and the 'About' section of the group.

ما فيش الكلم اللي مانتك بتقوله

انا بقالي سنين بسافر انا و ماما بس علشان بابا مش بيقدّر علي السفر الطويل

و ماما بتسافر هي و صاحبها لوحدهم كمان

لو بتشتغلي سافري بفلوسك

The screenshot shows a Facebook post in a group named 'She Travels'. The post is in Arabic and discusses a book. The text of the post is: 'اللي مسافرش زي اللي مفتحش كتاب طول عمره'. Below the post, there are several replies from users: Christen Wageh, Soma Hashish, Layla Ali, Enzy Edwar, and Hadeer Ahmed. The 'About' section on the right indicates the group is 'Private' and 'Visible'.

اللي مسافرش زي اللي مفتحش كتاب طول عمره

This screenshot shows a continuation of the Facebook group discussion. The post text is: 'انتى قناتك حل من الانترنت وانتى صاحبه قرارك Ali Layla اما تسمعي كلام مامتك او تتمردي وانضحك فرار التمرد ده لما تكبري في السن علشان يكون فيه نضج اكثر ولمصالحك او اختاري شريك حياتك بشاركتك نفس اهتمامك'. The replies include: Helia Khaber, Do Oa, Layla Mohamed, and Layla Ali. The 'About' section on the right remains the same as in the previous screenshot.

مفيش حد بيبيص بصة وحشة بالعكس كل المواقف اللي مريت بيها ايجابيه و من مصريين كمان و كل الناس بتبقي مستعدة تساعدك و تعرفك الطريق و تجاوب علي سؤال و محدش بيتعدي حدوده

She Travels - سفر للبنات (Menna Shahin)

انا بحكم شغلي بتسافر كل اسبوع تقريبا.. وساعات باضطر الراكب مشروع.. السواقين بيحلوا الراكب الرحلة بيزلوا عشان يقضوا كرسى لوحد.. وساعات الراكب بيزلوا من تفسيهم كمان..

Like Reply 2 y

Doda Aziz

مممكن توضيحي .. انتي من محافظة ايه ؟؟ أو منطقة ايه ؟؟  
علشان نعرف نرد عليك صح .. بنفس العقيلة اللي انتي ومامتك عايشين فيها

Like Reply 2 y

Maram Elkhatry

الرجاله ميتسفرش الرجاله بتتكدي عليك اوتاهين

Like Reply 2 y

New Princess Loly

لا طبعاً الكلام ده مش صح طالما انت محافظة على تقاليدك  
أترينتي عليها الكل هيمترمك وهيساعدك كمان لو احتجتني

Like Reply 2 y

Zainab Hafez El Melegy

نعم حبيبتى بعنى ايه واحدة تسافر مع مامتها بقوا شيا ليه هو  
انها هتتظنوا بالبريكسي ولا حاجة ا اكر مامتك معجبه ولا ايه ا  
وانتى برضه هتبقى محترمه بنفسك فى لىسك بقى شيا فى ايه  
انشاء الله

Like Reply 2 y

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مممكن توضيحي .. انتي من محافظة ايه ؟؟ أو منطقة ايه ؟؟  
علشان نعرف نرد عليك صح .. بنفس العقيلة اللي انتي ومامتك عايشين فيها

She Travels - سفر للبنات (Menna Shahin)

Like Reply 2 y

Enas Elamin

Maysa Adel 3lmeha ya ostaza 🤔🤔🤔

Like Reply 2 y

1 reply

Eidho N Kamal

لا قوللها يا حبه التفكير اختلف دلوقتي انتي تفكرين قديم

Like Reply 2 y

Mariam Abduhaleem

مفيش كده خالص انا عايشه بره بأكمل دراستي ومعنا بنات كثير  
كده ويالعكس انتي اللي بتحكمني بتصلك ازاى

Like Reply 2 y

Nagwa Hussein Follow

امك بتضحك عليك و السفر اجمل حاجة فى الدنيا

Like Reply 2 y

Lamia Shalaby

ناس من اللي تحبوا بضمه مش كويسه ؟؟؟ عادى جدا مفيش  
الكلام ده.. مسافري والبسطى

Like Reply 2 y

Sharweel Attwa

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لا قوللها يا حبه التفكير اختلف دلوقتي انتي تفكرين قديم

She Travels - سفر للبنات (Menna Shahin)

View 2 more replies

Alaa K. Hassan  
نظرة وحشة ايه بس هو احنا في الجاهلية  
Like Reply 2 y

Eman Abdel Salam  
ع حسب عاداتكم وتقاليديكم فيه اسر عندها عادي وأسر لا.. حاولي تقنعي مامتك او تجوزي واحد تتاكدي انه بيحب السفر.  
Like Reply 2 y

Eman Abdel Salam  
😊  
Like Reply 2 y

Hoda Hamed  
انا كنت بسافر و ملتزمه باخلاقي و حجابي و ما حدش يصلني وحتش 😊😊😊  
Like Reply 2 y

Reham Zaytoon  
بحسب عاداتكم وتقاليديكم فيه اسر عندها عادي وأسر لا.. حاولي تقنعي مامتك او تجوزي واحد تتاكدي انه بيحب السفر.  
Like Reply 2 y

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ع حسب عاداتكم وتقاليديكم فيه اسر عندها عادي وأسر لا.. حاولي تقنعي مامتك او تجوزي واحد تتاكدي انه بيحب السفر.

She Travels

فكك يا ماما وسافري وانطلقى ومتسمعيش كلام حد مهما كان مين  
Like Reply 2

Shorouk Mohamed  
بالضبط يا اللي يا قولته اللي هو المفروض ايدفن Asmaa نفسي مكاني مستتبه راحل الله وأعلم هيبجي امتي  
Like Reply 2

Layla Ali  
قلت لها كده قالتلي بسافرو مع Asmaa Atef قرانهم.. والله اصلا انا عازمة أسافر لوحدي بس ده صعب جدا!!!!!! ده انا يا قولها اسافر معاكمي ومهدلاني  
Like Reply 2

View 4 more replies

Emaa Khaled  
فكك يا ماما وسافري وانطلقى ومتسمعيش كلام حد مهما كان مين  
Like Reply 2

HeBa Khater  
اتنى ايه الى دخلك الجروب هنا 😊😊😊  
Like Reply 2

Layla Ali  
قولت احد خطوة واشوف حتى بقية البنات HeBa Khater  
Like Reply 2

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فكك يا ماما وسافري وانطلقى ومتسمعيش كلام حد مهما كان مين

Umriya Al Mostafa  
بصبي انا من الصغيد و اول سفريه كانت تبع الكلية معسكر معق  
ف كاتو عظمين حاولي اول سفريه تكون اجباريه بالنسبانهم و  
هي اول واني سفريه يكونو صعبه لكن هما بيعدوا بعدين و  
هتكون المشكله في القلوس ف واصرفي ع نفسك وموهمكيش  
كلام حد لان نفس الناس اللي هتغيب في الاول بعدين هيقولو  
دي بنت ب مريت راجل يعتمد عليها ومينعافش عليها ولكل وحده  
هتقول لنتها خليكي زبها قوية وقد تفسيك .. حتى الموضوع  
في دماغك و اصري عليه وانا دلوقتي بسافر وحتي ايا كان  
المكان

Like Reply 2 y

Esraa Semeda  
انا كنت زيك واهلي دايمافاضين اسافر لوحدي والسنه دي  
حصل بعد زن 4 سنين واتبسطت جدا واحلي حاجه فالسفر  
المرمطه والله

Like Reply 2 y

Rahma Gmal  
Esraa Semeda ادعيلي انا كمان بنين

Like Reply 2 y

Esraa Semeda  
Rahma Gmal ربنا معاكي وبنلاش بأس

Like Reply 2 y

Bassant Shorah

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انا كنت زيك واهلي دايمافاضين اسافر لوحدي والسنه دي حصل بعد زن 4 سنين واتبسطت جدا واحلي حاجه فالسفر المرمطه والله

Yasmina Aladham  
الزن ع الودان امر من السحر

Like Reply 1 y

1 reply

Ghada Hosni  
زني زني زني، افضلني زني لحد مايزهقو ومتبطلش زن احد  
ماتاخدي حلقه ده حقا معلىش هنتعبي عشان تاخديه بس لازم  
تاخديه

Like Reply 1 y

2 replies

Hanan Mostafa  
ممكّن تحربي سفر clay use بدون بنات

Like Reply 1 y

2 replies

Shaimaa Ahmed  
ولاوحدني ولاج حد ولاقيه خروج اسنابا مياك بالسفر بقى اكيد

Like Reply 1 y

6 likes 23 comments

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زني زني زني، افضلني زني لحد مايزهقو ومتبطلش زن احد ماتاخدي حقا، ده حقا معلىش هنتعبي عشان تاخديه بس لازم تاخديه

She Travels - سفر للبنات (Menna Shahin)

Like Reply · 2 y

Holly Adel  
لو هتخافى من كلام الناس يبقى عمرك ما هتتحركى خطوة لقدام  
فى حياتك عموما علشان الناس للاسف فى مصر معظمهم  
عقليتهم رجعيه بيهاجموا البنات الناجحة المستقلة وشايفنها بنت  
مش كويسة

Like Reply · 2 y

↳ 2 replies

Hagar Shaaban  
لا عادي انا سافرت انا واخلى ذهاب لوجندا و انبسطنا و محدش  
يخلصنا ولا كلمنا اصلا

Like Reply · 2 y · Edited

↳ 2 replies

Nagla Fathy  
ليه راجعه من مدينتك مصيف سيدات فقط تبع الشغل  
احب اقولك سيدات مصر كلهم رعو اجوارهم و كانوا معانا مش  
بنات بس و كان صحتك المسكين والله

Like Reply · 2 y

↳ 1 reply

Eerna Salih

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- General

لو هتخافى من كلام الناس يبقى عمرك ما هتتحركى خطوة لقدام فى حياتك عموما علشان الناس للاسف فى مصر معظمهم عقليتهم رجعيه  
بيهاجموا البنات الناجحة المستقلة وشايفنها بنت مش كويسة

She Travels - سفر للبنات (Menna Shahin)

Like Reply · 1 y

Ghada Hoseni  
زنى زنى زنى، افضل زنى لحد ما يرهقو ومتيطلبش زنى لحد  
ما ناخدي حلقه حقت معلىش هنعيبى علشان ناخديه بس لازم  
تاخديه

Like Reply · 1 y

↳ 2 replies

Hanan Mostafa  
ممكن تجربى سفر clay use بدون بيات

Like Reply · 1 y

Hanan Mostafa  
وبعد كنا مع التكرار ممكن يغيروا رأيهم

Like Reply · 1 y

Hanan Mohamed  
انا مش بيردوا حتى اخرج فى العيد

Like Reply · 1 y

Write a reply...

Shaimaa Ahmed  
وللاوجودى ولا مع حد ولا فيه خروج اساسا ممالك بالسفر بقى اكيد

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ممكن تجربى سفر داى يوز بدون بيات  
وبعد كذا مع التكرار ممكن يغيروا رأيهم

Like Reply · 2 y

Sarah Sadek  
مفيش الكلام ده .. انا حاليا بقيت بسافر مع صاحباتي .. وفيه  
ناس بقيت تقول يا بنتها

Like Reply · 2 y

Shaima Eharty  
ماللي بيص بيص.. محدش له عندنا حاجة

Like Reply · 2 y

Marwa Elmehy  
السفر جميل وممتع سافري مع قرايبك مع اصحابك هيفرق  
معاكي كثير وهتستمتعي

Like Reply · 2 y

Samar Elshfi  
احسان مرسال

Like Reply · 2 y

Mennat Magdy  
الناس غلطول بصاتهم وحشة أعملني اللي بسطك و اللي  
يربك و تحرق الناس  
انا ماما كانت كده بس مع كل مرة سمعت فيها كلمة الناس  
هقول ايه بقولها بلعن ابو الناس تحرق لحد ما بطلت تقولها  
وانعلمت ترد عليهم و تحرق دهمهم ... See more

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السفر جميل وممتع سافري مع قرايبك مع اصحابك هيفرق معاكي كثير وهتستمتعي

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Memo Abdelaziz  
انا بسافر لوحدي واطف عن الناس

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Layla Ali  
Memo Abdelaziz الله عليكى 🙏🙏🙏

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Layla Ali 🙏🙏

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Asmaa Abd El Naby  
Shimaa Khaled

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بسرا سالم  
بيص سافري مع جروب سفر جوه مصر الاول ايداي بوادي  
الخطان.. سوقة.. ذهب.. تكوني جرتي السفر لان وارد جدا انك  
تخافى سافري لوحداك او متعرفيش تصرفى بس اهو بيص مع  
جروب.. بعد متعلمي ده وتتظمني انك بتجيب السفر وامانك  
مظمنة معاكي ايداي خططى لسفر اكبر.. عامة... See more

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انا بسافر لوحدي واطف في الناس

She Travels - سفر للنبات (Menna Shahin)

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Menna M. Ahmed  
 طيب ما يتصلك بصة وحشة ايه المشككة يعني  
 مين فالك انك وانتى قاعدة في بيتك يتصلك بصة حلوة .. ما  
 تحرق الناصات على الي عاوز بيص  
 المهم انك تعلمي الي يخلركي مبسوطة طالما ميتعلميش حاجة  
 غلط

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Menna Ahmad  
 حبيبتى لازم تفهميهم انك كتحاجة تعتمدى على نفسك ومينفعش  
 تستنى الراجل اللي تتجوزيه عشان برضه يسفرك و يعتمدى  
 عليه برضه و تشوفى العالم من خلاله راي باباكي ومامتك ع  
 العين والراس بس ده كان زمان انا بسافر به مصر وجوة مصر  
 لوحدى عادى جدا وبكتشف حاجات كثير و اتعلمت كثير ومخطوبة  
 وعادى جدا و خطيبي مبسوط انى يعرف اعلم حاجات كثير بنات  
 اكبر منى ميعرفوش عنها حاجة - انبسطى و اتعلمى و جربى كل  
 حاجة اتنى لسة صغيرة اتعلمى دلوقتى عشان تعرفى تسندى  
 نفسك

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Sarah Sadek  
 مفضى الكلام ده .. انا حاليا بقىت بسافر مع صاحباتى .. وعيه  
 ناسي بقىت نقول يا بنتها

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She Travels - سفر للنبات (Menna Shahin)

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Doda Aziz  
مممكن توضيحي .. انتى من محافظة ايه ؟؟ او منطقة ايه ؟؟  
عشان تعرف ترد عليكي صح .. بنفس العقيلة اللي انتى ومامتك عاشين فيها

Maram Elkhatry  
الرجاله مينسرفش الرجاله بتتكدي عليكى اولايين

New Princess Loly  
لا طبعا الكلام ده مش صح طالما انت محافظة على تقاليد ارييتى عليها الكل هيحترمك وهيساعدك كمان لو احتجتى

Zainab Hafaz El Molegy  
نعم حبيبتى يعنى ايه واحده تسافر مع مامتها يقولوا شها ايه هو اتوا هتتطلعوا بالبيكيتى ولا حاجة ! أكيد مامتك محببة ولا ايه ! وانى برضه هيقى محترمه نفسك فى لياك بقى شها فى ايه انشاء الله

Shahera Mohamed  
انا بقالى ٧ سنين بسافر لوحدى ومع صحبة بنات لقيت مصر و ويرة مصر لو قايبت حاجة وحشة خلال فترة دى تقريبا لا تتعدى %٥٠ انى بقا ف جالى نازله اتبسط اتصور وللعلم بانا كان راضى

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Noor Mohamed  
امر واقع مش ايه هتشرح

Saso Farrah  
ازعلى واعضبي صيفى وارجهي

Elomr Nada  
<https://chat.whatsapp.com/LiC4rNRdkHE6QgLU0zeCSS>  
ده جروب واتنى للبنات فقط نرغبى فيه كلنا وتاجد راي بعض فى كل حاجة

Dania Hassaballah  
انا عن نفسي ماما عايرة تخلص منى باي شكل والله

Aalcha Alaa

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امر واقع مش لسه هنقتع

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**Mai El-Mahdy**  
مفيش الكلام ده، صدقتيني احنا مش ملوك انجلترا عشان حد يهجم بنعمل ايه

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**Nourhan Mhanna**  
لو ركزتي هتلاقي ان اي ست عايشة حياتها بيتبص لها بصة وحشة ان احنا عندنا ثقافة قهر البنات و انها مينفعلش تركب عجلة و لا تخرج و لا تنفسح فما بالك بقى بالسفر فالفكرة انك يا اما تعيشي على مزاجهم اللي هو تجوزي و تقعدتي في البيت او حتى قبل ما تجوزي لازم تكوني بيوتوية عصب عنك لانك بنت يا اما يبصولك ري ما انتي بتقولني فالخلاصة انك لو فكرتي في راي الناس و بصتهم اللي هم اصلا جهله و معقدن مش هتعملي اي حاجة فحياتك بس كدة

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**Wahaa Ibrahim**

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**Hajar Saif**  
مفيش الكلام ده و مفيش حد يبصلك لو مسافرة لوحده دي خالص

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**Asma Mohamed**  
سافري وملكيش دعوه بحد كلام الناس مش هتنتفك بالعكس الناس يتبص للبنات اللي بتسافر لوحدها انها فويه

Like Reply 2 y

**Omrya M. Mostafa**  
بصي انا من الصغيد و اول سفريه كانت تبع الكليه معسكر مغلق ف كانوا مضمين جابولي اول سفريه تكون اجباريه بالنسباهم و هي اول وثاني سفريه يكونو صعيه لكن هما يتعودوا بعدين و هتكون المشكله في العلوس ف واصرفني ع نفسك ومينمكش كلام حد لان نفس الناس اللي هدهيب في الاول بعدين هيقولو دي بنت ب ميت راجل بتحمده عليها ومينتخافش عليها ولكن وحده هقول لبلها خليكي زينا قوية وقد نفسك .. حظي الموضوع في دماغك و اصري عليه وانا دلوقتي بتسافر وحدي انا كان المكان 😊

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**Esraa Samaha**  
انا كنت زيك واهلي دايمما رافضين اسافر لوحدي والسنة دي حصل بعد زين 4 سنين واتسبقت جدا واحلي حاجة عالسفر المرمرضة والله

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التي محتاجه غسل مع عشان تعيش طبيعي حبيبتك مفيش الكلام ده ولو اتني جواكي كده هتتبعني مهوزة الثقة و هتتبعني في حياتك جدا انبي المفروض اتقي غيرهم و تعبروا عكرهم احنا لسه بتقول بصة والكلام ده الفولك حاجة انا بفي سافرت وانا بنت وضد رغبه اهلي و كسرت العادات والتقاليد عشان انت انا بقدر تعلي اي حد يهزولنا و استقليت بعيناتي في بلد تانية وانجوزت الجماله و عندي بنتا نعمة ربنا عليا و الجماله تاجه في شعلي و ماشاءالله ليا وضعي وعملت ده ومقالاتي الناس لان الناس كده بتكلم الناس اصحاب النفوس المريضة مصعبش حياتك و ترجعي نظامي انستطى الحياة حلوه

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Rahma Gmal  
انا نفسي مشكلتك مفيش اي حاجه تساعدني لحلمي وانا نفسي بجد

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Layla Ali  
نشغل ..حتى لو المشكله مش فلوس

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Marwa Abdel Hakeem

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Sarah Sadek  
مفيش الكلام ده .. انا حاليا بقيت بسافر مع صاحباتي .. وفيه ناس بقيت تقول يا بختها

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Shaima Elharty  
ماتالي بصص بصص محدثا حاجه

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Zelnab Hafez El Melegy  
نعم حبيتني بعض ايه واحده تسافر مع مامتها بيتقوا شديداً ليه هو اتلوا هنتظعوا بالبيكيني ولا حاجة ا ا اكيد مامتك مجديه ولا ايه واتنى برضه هتفتني محترمه نفسك فى لسنك بيتنى شديداً فى ايه انشاء الله

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Sarah Sadek  
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Shalmaa Eharty  
مالتي بيص بيص. محدش له عندنا حاجة

Like Reply · 2 y

Marwa Emily  
السفر جميل وممتع سافرى مع قرابيك مع اصحابك هتفرق معاكي كثير وهتستمتعي

Like Reply · 2 y

Samar Elshfi  
احسان مرسال

Like Reply · 2 y

Mennat Magdy  
الناس عاطول بصاتهم وحشة أعمال اللي يبسطك و اللي يربك و تحرق الناس انا ماما كانت كده بس مع كل مرة سمعت فيها كلمة الناس هتقول ايه بقواها يا بن ايو الناس تحرق لحد ما بتلث تقولها واتعلمت ترد عليهم و تحرق دهمهم ... See more ...

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مالتي بيص بيص. محدش له عندنا حاجة

قال يعني واننا ماشيين عادي في الشارع مبهينناشي بصة وحشة

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المعد لله  
كلامها صح. بس احنا مش في وقت الصبح

Like Reply 2 y

**Sherien El Heewary**  
انتى محتاجة غسيل مخ عشان تعيشي طبيعي حبيبتى مفيش الكلام ده ولو انتى جواكى كده هنعيش مهزوزة الثقة و هنتعبي في حياتك جدا انتى المفروض تبقي غيرهم و تغيروا فكرهم احنا لسه بنقول بصة والكلام ده اقولك حاجة انا بقي سافرت وانا بنت وضد رغبة اهلي و كسرت العادات والتقاليد عشان اثبت اننا نقدر نحيا في حد يحترمنا و استقلبت بحياتي في بلد ثانية واتجوزت الحمدالله و عندي بنات نعمة ربنا عليا و الحمدالله ناجحة في شغلي و ماشاءالله ليا وضعي و عملت ده ومقولتش الناس لان الناس كده بتكلم الناس اصحاب النفوس المريضة مضيعيش حياتك و ترجعي تندمي انبسطى الحياة حلوة

Like Reply 2 y

1 reply

**Rahma Gmal**  
انا نفس مشكلتك مفيش اي حاجة تساعدني احليني وانا نفسي بجد

Like Reply 2 y

1 reply

**About**

**Private**  
Only members can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

انتى محتاجة غسيل مخ عشان تعيشي طبيعي حبيبتى مفيش الكلام ده ولو انتى جواكى كده هنعيشي مهزوزة الثقة و هنتعبي في حياتك جدا انتى المفروض تبقي غيرهم و تغيروا فكرهم احنا لسه بنقول بصة والكلام ده اقولك حاجة انا بقي سافرت وانا بنت وضد رغبة اهلي و كسرت العادات والتقاليد عشان اثبت اننا نقدر نحيا في حد يحترمنا و استقلبت بحياتي في بلد ثانية واتجوزت الحمدالله و عندي بنات نعمة ربنا عليا و الحمدالله ناجحة في شغلي و ماشاءالله ليا وضعي و عملت ده ومقولتش الناس لان الناس كده بتكلم الناس اصحاب النفوس المريضة مضيعيش حياتك و ترجعي تندمي انبسطى الحياة حلوة

امك بنضحك عليك و السفر اجمل حاجة في الدنيا

Like Reply 2 y

**Lamia Shalaby**  
ناس من اللي حقيص بصة مش كويسة ؟؟؟ عادي جدا مفيش الكلام ده ..سافرتي وانبسطي

Like Reply 2 y

**Sherwoot Attya**  
قولي لماما زمانكم غير زماننا يا ماما

Like Reply 2 y

**Mariam Asaim**  
سافرتي لوحدكن و محدش هيبصلكم بصة وحشة و مامتك معلوظها غسيل مخ عن باباكس

Like Reply 2 y

**طار النعمة**  
مش عابرة ازعلك بالحقيقة المرة مفيش رجالة بيسفرو سنات ماتو في العرب والوقتى الست بقت رجالة جهل مامتك انتهى

Like Reply 2 y

**مريم**  
معاش بس اسألني نفسك سؤال واحدا كلام الناس هيفيدك بانه بالظبط ؟؟

Like Reply 2 y

**About**

**Private**  
Only members can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

قولي لماما زمانكم غير زماننا يا ماما

Facebook post by Hanan Mohamed (10 August 2019):

انا نفسي اعرف حاجة بجد اتتوا اراي بتقدروا تلقوا الاهل تسافروا وكذا لوحدكوا وتطوهم بشجوعوكوا انكم تسافروا بجد يا بتكوا الي عنده طريقه ممكن يفيدبعثشان انا هطق لو ما سافرتش 🙄

6 likes, 23 comments

Comments:

- Yasmina Aladham: الزن ع الودان امر من السحر Like Reply 1 y 1 reply
- Ghada Hosri: زني زني زني، افضلني زني لحد سايزهقو وسيتطليش زين احد ما تاخدي مفك ده حطك مغلش هتتعبي عشان تاخديه بس لازم تاخديه

Group About:

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- Visible**: Anyone can find this group.
- General**

الزن ع الودان امر من السحر

Facebook post by She Travels:

اللي في دماغني

Like Reply 7 y

MieMie Marina Bassem: انا فعلا مش عارفة ايه الحل في الموضوع ده بس اراي رينا بعينك بارت و بفرح قلبك 🥰 Like Reply 2 y

Yasna El-Gerzawy: لا هي ماما غلط فعلا في النقطة ده، مينفعش عشان رأي الناس يعني تحبسي و متستمتعيش بحياتك و مافيش حد هيقول حاجة ده كدة و علي طول بتسافر من غير "راجل" عادي Like Reply 2 y Edited

Zahraa Lotfy: بصي لو هنتكلم على العقليات في مصر، فعلا ببصوا للي بتسافر بصة وحشة بس طاز عيهم، اللي عايز ياخذ صورة وحشة عنك بفرورها 🙄 السفر نفسه مش هتوكل كله اجابيات، لا فيه ابراق ونعيب ومشاكل بتلاقي نفسك فيها فجأة وساعات كبير بتحتاجي مساعدة ومش بتلاقي، بس في نفس الوقت... See more Like Reply 2 y

Reham Abdelhakeem: الكلام ده كان زمان اوي.. دلوقتي بنات كثير اوي بتسافر لوحدها

Group About:

- Private**: Only members can see who's in the group and what they post.
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- General**

لا هي ماما غلط فعلا في النقطة ده، مينفعش عشان رأي الناس يعني تحبسي و متستمتعيش بحياتك. و مافيش حد هيقول حاجة ده كدة كدة و علي طول بتسافر من غير "راجل" عادي

The screenshot shows a Facebook group post from 'She Travels'. The post is in Arabic and discusses travel experiences. The text of the post is as follows:

بصبي سافري مع جروب سفر جوه مصر الاول ابداي بوادي الحيطان.. سيوة.. دهب... تكوني جرتي السفر لان وارد جدا انك تخافي تسافري لوحداك او متعرفيش تتصرفي بس اهو يبقى مع جروب... بعد متعملي ده وتتظمني انك بتحبي السفر ومامتك مطمنة معاكي ابداي خططي لسفر اكبر... عامة سن ٢٢ لسة مش كبير اللي يخليكي تسافري لوحداك في اعتقادي.. غير موضوع الفلوس كمان محتاجة تشتغلي وكده

The post has received several replies, including one from Layla Ali and another from YosRa SaLem. The group's 'About' section is visible on the right, indicating it is a private group.

بصبي سافري مع جروب سفر جوه مصر الاول ابداي بوادي الحيطان.. سيوة.. دهب... تكوني جرتي السفر لان وارد جدا انك تخافي تسافري لوحداك او متعرفيش تتصرفي بس اهو يبقى مع جروب... بعد متعملي ده وتتظمني انك بتحبي السفر ومامتك مطمنة معاكي ابداي خططي لسفر اكبر... عامة سن ٢٢ لسة مش كبير اللي يخليكي تسافري لوحداك في اعتقادي.. غير موضوع الفلوس كمان محتاجة تشتغلي وكده

The screenshot shows a Facebook group post from 'She Travels - سفر للبنات (Menna Shahin)'. The post is in Arabic and discusses travel experiences. The text of the post is as follows:

معلىش بس اسألني نفسك سؤال واحد  
كلام الناس هيفيدك اياه بالظبط ؟  
هيسطك ؟ هيوفف الزمن اللي بهجري بيكي من غير ما تحسي ؟  
هيوديكي اماكن جديدة ؟ هيدكي حبرات مختلفة ؟ هيساعدك  
انك تتعلمي ازاي تتعامل مع اشكال مختلفة من البشر ؟  
هيفيدكي ليه قيمة اساسا سواك قدام الناس او قدام نفسك ؟  
حرام عليك نفسك، والافكار دي.. انتي بتعيشي مرة واحدة بس  
وكل ما تكبري ويعدى يوم وثلاثي نفسك معملتش فيه حاجة  
وضاع من عمرك هتندمى جدا علي كل وقت ضاع مسافرتي  
فيه مشوقتيش فيه اماكن جديدة غير بتكوا وسيرك!  
احلمي وطيري وحققى حلمك واسمكي فيه جامد !

The post has received several replies, including one from Menna Shahin and another from Layla Ali. The group's 'About' section is visible on the right, indicating it is a private group.

معلىش بس اسألني نفسك سؤال واحد

كلام الناس هيفيدك بايه بالضبط ؟

هيسطك ؟ هيوقف الزمن اللي بيجري بيكي من غير ما تحسي ؟ هيوديكي اماكن جديدة ؟ هيدديكي خبرات مختلفة ؟ هيساعدك انك تتعلمي ازاي تتعاملي مع اشكال مختلفة من البشر ؟ هيجليكي ليكي قيمة اساسا سواء قدام الناس او قدام نفسك ؟

حرام عليك نفسك. والافكار دي.. انتي بتعيشي مرة واحدة بس وكل ما تكبري ويعدي يوم وتلاقي نفسك معمليتيش فيه حاجة وضاع من عمرك هتندمي جدا علي كل وقت وضاع مسافرتيش فيه مشوفتيش فيه اماكن جديدة غير بيتكوا وسريرك!

احلمي وطيري وحققي حلمك وامسكي فيه جامد!

The screenshot shows a Facebook group page for 'She Travels'. The page is in Arabic and displays a discussion thread. The first comment is from Mohamed W Remas, followed by a reply from Layla Ali. The second comment is from Salma Bahawii, followed by a reply from Layla Ali. The third comment is from Salma Bahawii, followed by a reply from Layla Ali. The page also shows the 'About' section on the right, which is set to 'Private' and 'Visible'.

فوكك من الكلام ده، انتي بس زني بس والموضوع هيجي بالزن حتى لو هتزني سنة سنتين خلاص هيسسلموا للأمر الواقع بعدها

The screenshot shows a Facebook post in the 'Traveller Experience' group. The post is from Asmaa Elshorbiy and discusses her experience with a travel agency. The text of the post is as follows:

انا بنت ومحبة وسافرت لوحدي تونس لما كنت 22 سنة.. اهلي مكاوش موافقين في الاول بعدين تقبلوا الفكرة لما كونت صداقات وسافرت وكانوا زي اهلي هناك.. حاولي متزهقش.. يوماً ما هيصدقوا بحلمك..

Like - Share · 3 y

Asmaa Elshorbiy

انا بنت ومحبة وسافرت لوحدي تونس لما كنت 22 سنة.. اهلي مكاوش موافقين في الاول بعدين تقبلوا الفكرة لما كونت صداقات وسافرت وكانوا زي اهلي هناك.. حاولي متزهقش.. يوماً ما هيصدقوا بحلمك..

Like - Share · 1 y

Rawa Salah

ياااa

Like - Share · 3 y

Steven Gerrard Bergkamp

النوست جالبي من

Like - Share · 1 y

HoDa SolMan

انا عشتت لسنتين لوحدي  
حاولي افولك اني حقيقي رجعت البيت اللي انا اهل ينتموا بنهم  
تكون كده  
ربنا يكتلك الخير

Like - Share · 3 y

Nourhan Hassan

لااسف انا كان جالبي تنحه مموله بالكامل وبعد محاولات كثيرة

The right sidebar shows the group's 'About' section:

About

لو قررت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة ومفيدة ؛ فصفتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

Public

Anyone can see who's in the group and what they post.

Visible

Anyone can find this group.

General

انا بنت ومحبة وسافرت لوحدي تونس لما كنت 22 سنة.. اهلي مكاوش موافقين في الاول بعدين تقبلوا الفكرة لما كونت صداقات وسافرت وكانوا زي اهلي هناك.. حاولي متزهقش.. يوماً ما هيصدقوا بحلمك..

The screenshot shows another Facebook post in the 'Traveller Experience' group. The post is from Emma Ezz and discusses her experience with a travel agency. The text of the post is as follows:

هاي ماريهان انا سافرت اكثر من دوله كان في الاول شغل و بعدين اكتشفت اني بعشق السفر كنت خايفه جدا اسافر اول مره لوحدي بس اكتشفت قد ايه بتعلمي تعتمد علي نفسك و تحسي بالمسئليه بجد كل بلد رحتها اتعلمت منها حاجه و دا زود من ثقتي في نفسي و بردوا إحساسني بالناس اللي حواليا اتعلمي بجد والدك يوافق و لو احتجتي اي استشاره أو مساعده ابعثيلي

Like - Share · 3 y

Emma Ezz

هاي ماريهان انا سافرت اكثر من دوله كان في الاول شغل و بعدين اكتشفت اني بعشق السفر كنت خايفه جدا اسافر اول مره لوحدي بس اكتشفت قد ايه بتعلمي تعتمد علي نفسك و تحسي بالمسئليه بجد كل بلد رحتها اتعلمت منها حاجه و دا زود من ثقتي في نفسي و بردوا إحساسني بالناس اللي حواليا اتعلمي بجد والدك يوافق و لو احتجتي اي استشاره أو مساعده ابعثيلي

Like - Share · 3 y

Menhan Mostafa

ربنا يخليكي

Like - Share · 1 y

Amira Mohamed

حضرتك سافرتي بين وفيين وايه اجمل مكان

Like - Share · 1 y

Asmaa Elshorbiy

تعالى قوليتها حاجة Nada Kamel

The right sidebar shows the group's 'About' section:

About

لو قررت أنك تدور علي محتوى مميز يتكلم عن السفر بطريقة مختلفة ومفيدة ؛ فصفتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

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Anyone can see who's in the group and what they post.

Visible

Anyone can find this group.

General

هاي ماريهان انا سافرت اكثر من دوله كان في الاول شغل و بعدين اكتشفت اني بعشق السفر كنت خايفه جدا اسافر اول مره لوحدي بس اكتشفت قد ايه بتعلمي تعتمد علي نفسك و تحسي بالمسئليه بجد كل بلد رحتها اتعلمت منها حاجه و دا زود من ثقتي في نفسي و بردوا إحساسني بالناس اللي حواليا اتعلمي بجد والدك يوافق و لو احتجتي اي استشاره أو مساعده ابعثيلي

The screenshot shows a Facebook post in the 'Traveller Experience' group. The post is by Marwa Mohamed and discusses the importance of respecting religious rules during travel. The text of the post is as follows:

حاولي تفهمي اول سفرهه ليكي مع صحاب باباكي يتفق منهم ده وابدأى يركبوا او دوله مسلمه يعني 😊 وسافرني السفر ده بجدد الروح والله وببديكي دافع للحده

Like Share 3 y

Merhan Mostafa  
مانا عملت كده فعلا 1

Like Share 3 y

Herba Bahaa wifin  
مع احترامى لكل اللي يقول ان السفر لازم بمحرم عايزة اقول له تعالى نقول له لازم محرم.. اول الكلام ده كان وعلى ايام الرسول صلى الله عليه وسلم لان فيه مشقة وبمشوا بالشهور ف الصحراء في وجود الحيوانات البرية وقطاع الطرق ووحشة الصحراء او العاية او ايا كان.. لكن دلوقتي السفر يادوب بيكون كام ساعة بالطيارة او الباخرة وفي صحبة مئات الافراد وفي شركات سياحية كتير معروفة ومأمونة بتنظم رحلات للمجموعات.. ده غير وجود وتوافر وسائل الاتصال وبرامج التتبع.. يعني مافيش خطورة زي زمان

Like Share 3 y 1 day

Mojmen Said  
تمام سائى بين يردو دنيا البنت مينفعش تسافر لوحدها

The right side of the screenshot shows the 'About' section of the group, which is public and visible to everyone. It includes the group name 'Traveller Experience' and a link to see more.

مع احترامي لكل اللي بيقول ان السفر لازم بمحرم عايزة اقول له تعالى نقول له لازم محرم... اول الكلام ده كان وعلى ايام الرسول صلى الله عليه وسلم لان فيه مشقة وبمشوا بالشهور ف الصحراء في وجود الحيوانات البرية وقطاع الطرق ووحشة الصحراء او الغابة او ايا كان.. لكن دلوقتي السفر يادوب بيكون كام ساعة بالطيارة او الباخرة وفي صحبة مئات الافراد وفي شركات سياحية كتير معروفة ومأمونة بتنظم رحلات للمجموعات... ده غير وجود وتوافر وسائل الاتصال وبرامج التتبع... يعني مافيش خطورة زي زمان

The screenshot shows another Facebook post in the 'Traveller Experience' group. The post is by Marwa Abd Elatif and discusses the importance of understanding the rules of travel. The text of the post is as follows:

حاجه تفهم المرارة والله عايزين يفهموا و هذا يعنىسوا جياهم

Like Share 3 y

Mar Wa  
لا عيب اني بنت احتشيت ميصحش

Like Share 3 y

Marwa Abd Elatif  
بصي اهم حاجه عرفي والدك انتي مسافره مع مين يعني البنات اللي انتي مسافره معاهم يعني عارفهم ومطمئن عليك معاهم علشان دي حاجه مهمه فعلا.. السفر مش بس مفيد علشان هو فسحه حلوه لا ده كمان بيضيف كتير لشخصيتك ويراعيك وتعتدي علي نفسك اكثر وتبقي أنضج في التعامل واكتساب الخبرات.. اما بقي بالنسبة للشيوخ اللي بيقولوا السفر حرام من غير محرم.. احب اقول اني كنت ف السعوديه وتعدي شغل وكنت عايزه اروح اعمل عمرة وانصلي بالافناء هناك لان اعلي مكوش معاهم وقالوا ان طالما فيه صحبة آمنه يعني عادي انك تعملي العمرة والحج كمان

Like Share 3 y

Merhan Mostafa  
اصلا في فتوه نقول انه مش حرام وف برنامج مبارك كتابو عامرين حلقه مخصوص عليه هما يفتوا ومخلص

Like Share 3 y

Marwa Abd Elatif

The right side of the screenshot shows the 'About' section of the group, which is public and visible to everyone. It includes the group name 'Traveller Experience' and a link to see more.

بصي اهم حاجه عرفي والدك انتي مسافره مع مين يعني البنات اللي انتي مسافره معاهم يعني عارفهم ومطمئن عليك معاهم علشان دي حاجه مهمه فعلا.. السفر مش بس مفيد علشان هو فسحه حلوه لا ده كمان بيضيف كتير لشخصيتك وببخليكي تعتمدي علي نفسك اكثر وتبقي أنضج في التعامل واكتساب الخبرات.. اما بقي بالنسبة للشيوخ اللي بيقولوا السفر حرام من غير محرم.. احب اقول اني كنت ف

السعوديه و عندي شغل و كنت عابزه اروح اعمل عمره واتصلت بالافتاء هناك لان اهلي مكنوش معايا وقالولي ان طالما فيه صحبه آمنه يبقي عادي انك تعملي العمره والحج كمان

The screenshot shows a Facebook group page for 'Traveller Experience'. The group is public and visible to anyone. The main content includes a post by Mohamed Gaber and a post by Mennabalah Kadwan. The 'About' section on the right states: 'Public: Anyone can see who's in the group and what they post. Visible: Anyone can find this group. General: Default group settings.' The bottom of the image shows a Windows taskbar with the search bar and various application icons.

نا اول مره سافرت بره مصر لوحدي رجعت واحده ثانيه كنت ببص على العالم من عين سحرية بس لما سافرت و اعتمدت على نفسي و فتحت الباب و شفت واقع و حياه و ثقافه و اتحطيت في مواقف انعلمت و قويت و جمدت و اتعلمت يعنى ايه مسئولية و يعنى ايه احافظ على نفسي و اتعامل مع الناس بدون خوف و استكشفت و اتصرف في اى مشكله وقعت فيها طالما يا حج ربيت و علمت كويس ارمى بنتك للنار و ماتخفش البنات و الله اجمد من الشباب كمان و خاف على شاب من السفر و الانفتاح و ماتخافش على بنتك طالما ربيت كويس هترجلك بميت راجل

مدارك الواجده و بتخليها بتخص بنفسها طريقه مختلفه .. انها تقدر تفهم فدام اي حاجه واي حاجه .. بتخص بالانجاز .. السفر ده متبعه خاصه

Like Share 3 y

**Merihan Mostafa**  
بالتفصيل شغف والله

Like Share 3 y

**Warda Ahmed**  
ظبطي السفره و رتبى كل شيء وبعدين كلمي الوالد وهو أكيد راح يوافق لما يتظمن انك عارفه رايحه على فين وامتى و ازاي و تلقى جواب لكل أسئلته

Like Share 3 y

**Merihan Mostafa**  
كنت عاملة كده فعلا هو بس الخوف الزايد واعدت أكثر من أسبوع بقاعه بس وافق الحمدلله

Like Share 3 y

**Warda Ahmed**  
عالمش مبروك وتروحي وترجعي بالسلامة بآب

Like Share 3 y

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**Andrew Mansour**

**About**  
لو قررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فضجنتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

**Public**  
Anyone can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

ظبطي السفره و رتبى كل شيء وبعدين كلمي الوالد وهو أكيد راح يوافق لما يتظمن انك عارفه رايحه على فين وامتى و ازاي ويلقى جواب لكل أسئلته

View all 1 replies

**Alaa Alaa Eldin**  
السفر حاجه مفيدة ومهمه يا عمو وملهاش دعوة بيت ولا ولد المهم نقفك في بيتك ونس وهي أكيد هتظلم الثقة دي ومتخافش عليها خالالص اللي تعرف تعيش في مصر تعرف تعيش في اي حته تانية

Like Share 3 y

**Kifah Aburub**  
انا سافرت روسيا لوحدي..ماليزيا..إيطاليا..سراييفو مع الشغل لكن الأثر مستعدة تماما للسفر وحدي..منحة مع استكشاف لا بوصف

Like Share 3 y

**Nehal Ahmed Youssef**  
طلب عثمان واضح جدا ان الناس يتكلم ف الذين ومنش واحده بالها ان الحكم كين معالج وليس مطلق ، ياريت توري والدك الفيدو ده لو والدك يتكلم انه لا من وافق حكم الدين، لكن لو والدك قلقان كقلق اب ف ده حقه ومن واجبك انك توضيحه اراي الأمور هنكون ميسره، ومن وافق تجر... See more

Like Share 3 y

**YOUTUBE.COM**  
هل يجوز سفر المرأة بدون محرم؟ | أ.د. علي جمعة

**About**  
لو قررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة : فضجنتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

**Public**  
Anyone can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

السفر حاجة مفيدة ومهمة يا عمو وملهاش دعوة ببنت ولا ولد المهم ثقتك في بنتك وبس وهي اكيد تحترم الثقة دي ومتخافش عليها خالص

اللي تعرف تعيش في مصر تعرف تعيش في اي حنة تانية

The screenshot shows a Facebook group page for 'Traveller Experience'. The page is in Arabic and features several posts from members. The top post is by Engy Bales, who shares a travel experience. Below it are posts by Lara Khalil and Eren Alfy Atanasov. The right sidebar contains an 'About' section with the following text:

**About**  
لو قررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة ؛ فصحتنا هي اختيارك الأول .  
أهلا بيك في Traveller Experience ... See more

**Public**  
Anyone can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

انا سافرت لوحدي اول مره و روحت دبي مع الشغل

بابا اول ما قولتله اعترض و قالى يعنى السفر فيه دى هتفيدك بحاجه قولتله مفيش حاجه جديده مش بتفيد قالى اتكلى على الله اهم حاجه انك تستفادى و مادام السفر هيفيدك مقدرش اقولك لا و هاتيلى معاكى حاجه حلوه من هناك و لو عايزه فلوس قوليلى

Traveller Experience

لو قررت أنك تدور على محتوى مميز بينكم عن السفر بطريقة مختلفة ومفيدة : فضحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

Public  
Anyone can see who's in the group and what they post.

Visible  
Anyone can find this group.

General

في الاول ما كانوا راضيين طبعاً سألتهم هما خايفين عليه من ايه؟  
لو خايفين امشى شمال فا انا بنتكم و انتوا مربيين كويس.. خايفين من الناس او البلد انا بنت عايشه في مصر اسواء من كده مافيش .. الفلوس انا حوشت و مش عاوزه منكم ولا مليم .. اللنت هيبقى موجود ٢٤ ساعه علشان تتصلوا في وقت و تشوفوني و اشوفكم و فعلا انا كنت بفسحهم معايا بالموبايل فتحالهم نت ٢٤ ساعه أفتعتهم بالعقل و روحت الهند و قعدت شهر و رجعتهم حالتى النفسيه احسن

Eren Alty Atanasov

Ghadeer Rada

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Traveller Experience

لو قررت أنك تدور على محتوى مميز بينكم عن السفر بطريقة مختلفة ومفيدة : فضحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

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Anyone can see who's in the group and what they post.

Visible  
Anyone can find this group.

General

موش توجدى بره مصر كان عندي ٢٢ سنه  
سافري واعطيت كل اللي تفعلك فيه واتبي في بيت اهلك  
ودوري عنى فرض شغل بره كمان لو تقدرى ..وسيبك من  
أي حد يحاول يدبكي طافه سلبه او يحطك ..وشباب مصر  
الكوت اللي قلبوا فاجاهه شوخ ذول بتكلموا وخلص  
استلنا ناني

Samia Hassan

Moe T. Elieithy

Menhan Mostafa

نا عن نفسي اهلي زمان كانوا بيقولوا لوحذك لا... وكل الالهالي المصريين لما تتجوزي ابي سافري.. ولما اتجوزت لا رحت هنا ولا هنا رغم اني اتحايلت وحاولت كثير ... بعد انفصالي فاض بيا بقي.. بقيت اخذ بناتي واسافر واتفسح.. ما هو ماعدش في حاجة استناها ثاني

The screenshot shows a Facebook group page for 'Traveller Experience'. The main post is by user 'Lara Khalil' and contains the following text:

اللهم انا و والدة ربوا كويس و واثقين في تربية البنات او الولد (وماحدش يقول ولد و بنت عشان العيب و الحرام على الاتنين و لو اي مشكله حصلت فبرده على الاتنين بل بالعكس البنات بتتضح اسرع و هتعرف تتصرف) فا انا عن نفسي للاسف اهلي كانوا لوحدنا و احنا صغيرين و كانوا مرفهينا و مدلعنا لاقصى حد لما كبرنا بجد تعبنا و موجهة الحياة كانت اصعب فيلاش ال bubble اللي الاهل بيحاوطوا ولادهم بها اكيد بدافع الحب و الامان بس كده والله مش امان خالص.. يا رب ربنا يرزق كل اب و ام الصحة و العمر الطويل، بس مين يضمن اننا عايشين لولادنا على طول 🙏🙏

فالافضل اني اربي كويس و اثق مش بس في اخلاقهم لكن في مقدرتهم على تحمل المسؤولية و موجهة اختياراتهم و طبعاً تحت اشرافنا و مساعدتنا يعني اكيد مش هنرميهم.

بس بجد السفر بيطلع تحمل مسئولية و ازاي يتصرفوا و ازاي يعيشوا على اد اللي معاهم و حاجات كتير.

The right sidebar contains the following 'About' section:

**About**  
لو فررت أنك تدور على محتوى مثير يتكلم عن السفر بطريقة مختلفة و مقيدة : فصفحتنا هي إختيارك الأول .  
أهدأ بيك في  
Traveller Experience ... See more

**Public**  
Anyone can see who's in the group and what they post.

**Visible**  
Anyone can find this group.

**General**

طالما الاب و الام ربوا كويس و واثقين في تربية البنات او الولد (وماحدش يقول ولد و بنت عشان العيب و الحرام على الاتنين و لو اي مشكله حصلت فبرده على الاتنين بل بالعكس البنات بتتضح اسرع و هتعرف تتصرف) فا انا عن نفسي للاسف اهلي كانوا برده ضد فكرة السفر لوحدنا و احنا صغيرين و كانوا مرفهينا و مدلعنا لاقصى حد لما كبرنا بجد تعبنا و موجهة الحياة كانت اصعب فيلاش ال بابل

اللي الاهل بيحاوطوا ولادهم بها اكيد بدافع الحب و الامان بس كده والله مش امان خالص

..يا رب ربنا يرزق كل اب و ام الصحة و العمر الطويل، بس مين يضمن اننا عايشين لولادنا على طول

فالافضل اني اربي كويس و اثق مش بس في اخلاقهم لكن في مقدرتهم على تحمل المسؤولية و موجهة اختياراتهم و طبعاً تحت اشرافنا و مساعدتنا يعني اكيد مش هنرميهم.

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Traveller Experience

Mema Osama Fawaz  
هنا نسطحي اوى بجد ولما ارجعي مش هنصدقك انك كنتي هناك لوحده وعرفتني تصرفني في كل المواقف  
Like - Share - 3 y  
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Marwa Mohamed  
حاولي تبقي اول سفريه ليكي مع صحاب باباكي بيتق فيهم وابدائي بتركيا او دوله مسلمه يعني وسافري السفر ده بيجدد الروح والله ويبيديكي دافع للحياه  
Like Share - 3 y

Merihan Mostafa  
مالنا عملت كده فعلا  
Like - Share - 3 y

Heba Bahaa eldin  
مع احترامي لكل اللي يقول ان السفر لازم يحرم عايرة اقول له تعالى تقول ليه لازم محرم. اول الكلام ده كان وعلى ايام الرسول صلى الله عليه وسلم لان فيه مشقة وبيمشوا بالشهور ف الصحراء في وجود الحيوانات البريه وقطاع الطرق ووحشه الصحراء او العايرة او ايا ك... See more  
Like Share - 3 y - Edited

Mohmen Said  
تمام ماشي بس بدو دنيا البيت مينفعش تسافر لوحدها

About  
لو قررت أنك تدور على محتوى مميز يتكلم عن السفر بطريقة مختلفة و مفيدة ؛ فضحنتنا هي إختيارك الأول .  
أهلاً بكم في Traveller Experience ... See more

Public  
Anyone can see who's in the group and what they post.

Visible  
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General

حاولي تبقي اول سفريه ليكي مع صحاب باباكي بيتق فيهم وابدائي بتركيا او دوله مسلمه يعني وسافري السفر ده بيجدد الروح والله ويبيديكي دافع للحياه

Reply to Merihan Mostafa's post

Traveller Experience

Yusef Elaskal  
خليها تسافر يا حاج اى بلد امان عن مصر  
Like Share - 1 and  
2 replies

Mennatolah Gamal  
اول حاجه اشتغلي واصرفني ع نفسك وحاولي تستقلي ماديا عليهم الاستقلال المادي بيخلي فرارك من دماغك  
Like Share - 1 and  
1 reply

Asmaa Zaky Elyan  
صاحبي سفرت اهي وبسروج اديبلات وومان وراقول  
Esrandu Moustafa  
وانا عسافر زينا بس اقتنح باحج وتعالا اقنهمالي ف البيت  
Like Share - 1 and

Salma Fathy  
Up  
Like Share - 1 and

About  
If you decide that you are looking for special content that talks about travel in a different and useful way; Our page is your first choice.  
Welcome to the Traveler Experience ... See more

Public  
Anyone can see who's in the group and what they post.

Visible  
Anyone can find this group.

General

اول حاجه اشتغلي واصرفي ع نفسك وحاولي تستقلي ماديا عنهم  
الاستقلال المادي بيخلي قرارك من دماغك

The screenshot shows a Facebook post by Meram Nasser. The text of the post is as follows:

السفر دا احسن حاللجده فالدنيا بجد ممكن تعلمها فحياتك  
وفعلا والله حياتك هتتغير كثير جدا بعد متسفري وتروحي اماكن  
جديده عقلك بيتوسع بتشوفي حاجات بتفهمي منها وتبتلعك  
كثير جدا فحياتك ومن اكثر الحاجات الي هتستفادي بيها انك  
هتتعرفي تعمدتي ع نفسك وبيعلمك تحمل المسؤولية اهلك  
خايفين بس عشان مجربوش انا كمان كان اهلي كذا فالاول  
ومبيردوش يودوني فحتة لحد ما مره واقفو وفضلت علي طول  
الاعلام صور ليا واكلمهم واطمنهم وفعلا لما رجعت نظرهم  
اتغيرت لما شافو التغيير والبهجه والاقبال علي الحياه الي بقيت  
فيه ويقو يسبونني اروح هنا وهنا وانفسح وهما مطمئنين  
السفر دا احسن حاجه فالدنيا كلها والله وعمر ماهلي ندمو  
انهم سبونني اسافر بالعكس بقو بيفتخرو بيا ويقولو بتعرف تروح  
هنا وهنا ولقيت كثير  
انا اعرف ناس اقسام بالله ندمو انهم مكنوش يبسيرو ولادهم  
يسافرو لوحدهم ولا يروحو هنا وهنا بس للاسف ندمو متاخر لان  
ولادهم كبرو ويقو عندهم مسؤوليات وانعودو انهم ميعرفوش  
يروحو فحتة حتي لو عاوزين  
انا عاوزة اقول لكل اب وام مش عاوزين او مش موافقين علي  
سفر ولادهم لوحدهم  
لو لقدر الله انتو مكنوتوش موجودين  
ولادكو هيعملو ايه لو مسبتهمش يروحو وانتو علي وش الدنيا  
هتسبوهام امتي

السفر دا احسن حاللجده فالدنيا بجد ممكن تعلمها فحياتك

وفعلا والله حياتك هتتغير كثير جدا بعد متسفري وتروحي اماكن جديده عقلك بيتوسع بتشوفي حاجات بتفهمي منها وتبتلعك كثير جدا  
فحياتك ومن اكثر الحاجات الي هتستفادي بيها انك هتتعرفي تعمدتي ع نفسك وبيعلمك تحمل المسؤولية اهلك خايفين بس عشان مجربوش  
انا كمان كان اهلي كذا فالاول ومبيردوش يودوني فحتة لحد ما مره واقفو وفضلت علي طول ابعثهم صور ليا واكلمهم واطمنهم وفعلا  
لما رجعت نظرهم اتغيرت لما شافو التغيير والبهجه والاقبال علي الحياه الي بقيت فيه ويقو يسبونني اروح هنا وهنا وانفسح وهما  
مطمئنين

السفر دا احسن حاجه فالدنيا كلها والله وعمر ماهلي فيوم ندمو انهم سبونني اسافر بالعكس بقو بيفتخرو بيا ويقولو بتعرف تروح هنا وهنا  
ولقيت كثير

انا اعرف ناس اقسام بالله ندمو انهم مكنوش يبسيرو ولادهم يسافرو لوحدهم ولا يروحو هنا وهنا بس للاسف ندمو متاخر لان ولادهم كبرو  
ويقو عندهم مسؤوليات وانعودو انهم ميعرفوش يروحو فحتة حتي لو عاوزين

انا عاوزة اقول لكل اب وام مش عاوزين او مش موافقين علي سفر ولادهم لوحدهم

لو لقدر الله انتو مكنوتوش موجودين

ولادكو هيعملو ايه لو مسبتهمش يروحو وانتو علي وش الدنيا هتسبوهام امتي

سبوهام يتعرفو علي ناس جديده وثقافات تانيه ويشوفو الدنيا ويستمتعوا بشبابهم

لانكو عارفين البنات لما بنتجوز المسؤوليه بتبقي عليها ازاي وممكن بيبقي عندها بيبقي ومتعرفش تروح فحتة

جربو انتو كمان خلوهم يسافرو وشوفو النتيجة بنفسكو احنا بنعيش مره واحده بس

**Traveller Experience** Joined + Invite

**Merihun Mostafa**  
 وبالنسبه للينات اللى بتحاول تسافر ... هاقولكوا حاجه بسيطه  
 اوري انا بقالى 5 سنين بحاول اسافر جاتلى منح كثير وعرض  
 سفر بره وكنت بحاول وماكانوش بيوافقوا وكنت بستسلم  
 الموضوع فعلا صعب ... بس هاقولكوا حاجه انا ولا مره حاولت  
 بجد ..كنت بقولهم مره وانتين بس من جوايا كنت ببقا عارفه انهم  
 مش هيوافقوا لحد ما بقا عندي 26 سنه وانا ماحققتش اللى بحبه  
 فعلا وعايزاه ... وقررت ان كل حاجه هانتغير بجد وانى هسافر  
 يعني هسافر ومافيش اختيارات ولأول مره بخطط بجد وحجزت  
 وطبعت كل حاجه وحاويلت بجد مره وانتين وثلاثه وعشره وانا  
 مقتنعه تماما انى هسافر وفعلا خلاص هسافر ...اللى اتغير انا  
 وانى حاولت ازاى مش بابا ...حاولى بجد ولو حاولتى هتسافري  
 والله وهاتعملى اي حاجه عايزاها

Like Share 1 y 1 like

View all 4 replies

**Samar Ibrahim**  
**Nada Ibrahim**  
 Like Share 3 y

**Mai Noor El Deen**  
 قولى لعمرو مصر منى أمن مكان فى العالم وانى عاش فى  
 مصر بقدر يعيش بسهولة فى أى مكان براها

Like Share 3 y

**About**  
 لو قررت أنك تدور على محتوى مميز يتكلم عن السفر  
 بطريقة مختلفة ومفيدة : فصفحتنا هي إختيارك الأول .  
 أهلا بك في Traveller Experience ... See more

**Public**  
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**Visible**  
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**General**

وبالنسبه للينات اللى بتحاول تسافر ... هاقولكوا حاجه بسيطه اوري انا بقالى 5 سنين بحاول اسافر جاتلى منح كثير وفرص سفر بره وكنت بحاول وماكانوش بيوافقوا وكنت بستسلم الموضوع فعلا صعب ... بس هاقولكوا حاجه انا ولا مره حاولت بجد ..كنت بقولهم مره وانتين بس من جوايا كنت ببقا عارفه انهم مش هيوافقوا لحد ما بقا عندي 26 سنه وانا ماحققتش اللى بحبه فعلا وعايزاه .... وقررت ان كل حاجه هانتغير بجد وانى هسافر يعني هسافر ومافيش اختيارات ولأول مره بخطط بجد وحجزت وطبعت كل حاجه وحاويلت بجد مره وانتين وثلاثه وعشره وانا مقتنعه تماما انى هسافر وفعلا خلاص هسافر ...اللى اتغير انا وانى حاولت ازاى مش بابا ...حاولى بجد ولو حاولتى هتسافري والله وهاتعملى اي حاجه عايزاها

Traveller Experience

Like Share 3 y

Nehal Atef

على حسب البلد اللي عايزة تزوجيها يعني محسنتش باريس ولا برشلونه امان قوي فيهم سيرة كثير لكن مثلا ألمانيا امان جدا والشروطه موجوده على طول في الشارع. بعد 8 الشوارع يتبقى قاضية فالاحسن انك اتولي من بدرى قوى وارخص 9 بالكثير

Like Share 1 y

Mehya Abdelnami

دا بيعتمد ع البلد اللي عايزة تسافريها .. انا سافرت لوحدي وكنت ماليزيا بلد امنة جدا بالاخص لو هتسافري لوحداك او مجموعة من البنات .. في بلاد ثانية امنة بس صعبه للبنات لوحدهم بس بلد زي ماليزيا سهله للبنات بوجوها مع بعض ..

Like Share 1 y

Hisham Abdel-Mansoud  
Yara Omar El Sheikh

Like Share 1 y

About

لو قررت انك تدور على محتوى مميز بتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي اجتبارك الاول .

أهلا بك في Traveller Experience ... See more

Public

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General

دا بيعتمد ع البلد اللي عايزة تسافريها .. انا سافرت لوحدي وكنت ماليزيا بلد امنة جدا بالاخص لو هتسافري لوحداك او مجموعة من البنات .. في بلاد ثانية امنة بس صعبه للبنات لوحدهم بس بلد زي ماليزيا سهله للبنات يروحوها مع بعض..

دا كمان برضه بيعتمد على شخصتك و هل انتي مسؤولة وبتعتمدي على نفسك ف كل حاجة ولا لا..

وبالتوفيق♡

Traveller Experience

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Nourhan Ashraf - Follow

تعهدت في دبي 1 شهر لوحدي واهلي واقفين عيا الانسان مهما كان في أي مكان هو الي يقدر يسبح نفسه عن العلقا

Like Share 3 y

Nayrah Fathallah

سافري الاول في بلد فيها معارف او اقارب ح يتظمن عليك و بعد كده مش حيمتلك من السفر لاي بلد حتى لو متعرفيش حد خالص ..

Like Share 3 y

Amira Sami

لو فلان يا عمو انا ممكن اسافر معاها عادي اجلي بالي منها 🤗 هو الاهل يتكونو قلعان فالاول ومع اول سفره الدنيا تنهدا

Like Share 3 y

Ranis Emam

Like Share 3 y

Nermeen Moustafa

بيرة امان جدا

About

لو قررت انك تدور على محتوى مميز بتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي اجتبارك الاول .

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General

سافري الاول في بلد فيها معارف او اقارب ح يتظمن عليك و بعد كده مش حيمتلك من السفر لاي بلد حتى لو متعرفيش حد خالص

والتي لبنا فأكدت هنا صبح ولو هي مستوره هعمل مليون  
مشكله حتى لو محبوسه في البيت مش معني انها لوحدنا انها  
هتعمل غلط الموضوع راجع لثقته ... See more ...

Like Share Try

**Nayyara Fouad**

سافري يابنتي ..سافري وعيشي حلمك وجربي .. السفر مش حكر  
على الرجاله . والدين عمره ما قال كده واللى عاوز يفسر الدين  
على هواه و لا على هواي هوي شيخ الفضائيات ولا شيخ الزاوية اللي  
ف شارعهم براحتهم .

انا بحمد ربنا ان ربنا رزقني بأب و أم فاهمين ده كويس و واثقين  
فيه و قد خطواتي اللي درسوها معايا و اتناقشنا في كل تفصيله  
فيها قبل ما اتحرك خطوة واحده .. و استودعوني عند الله الذي لا  
تضيع ودائعہ و سابوني اتحمل مسئولية نفسي ..

سافرت امريكا وانا عندي 25 سنة و بعدها بلاد كتيرة في اوروبا و  
دلوقتي بقالي 3 سنين في بلجيكا والحمد لله على اد ما بقدر  
براعي ربنا و يحترم ثقة أهلي ..

والتي عاوزه اقولهولك واقوله لانك لو انا فعلا محتاجة محرم  
عشان اتحرك فالاولي ومع الأسف اني محتاجة جوده بلدي وانا  
بعسي في شوارعها الجميلة وسط الجماعة المتديلة اللي هيرايك  
كوماتات في البوست .. على عكس شوارع الفرنجة اللي شعها  
فعلا يحترم خصوصية الآخر و عقيدة المختلف حتى لو ضدها .

لما سافرت عرفت ان فيه حاجة اسمها ايشامة في وش الناس  
مز اول سواة الناس لحد متريك في الشغل .. عرفت ان فيه

**About**

لو فررت أنك تدور علي محتوى مميز بتكلم عن السفر  
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أعلا بك في Traveller Experience ... See more

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**Visible**  
Anyone can find this group.

**General**

سافري يابنتي ..سافري وعيشي حلمك وجربي .. السفر مش حكر على الرجاله . والدين عمره ما قال كده واللى عاوز يفسر الدين على هواه و لا على هواي هوي شيخ الفضائيات ولا شيخ الزاوية اللي ف شارعهم براحتهم .

انا بحمد ربنا ان ربنا رزقني بأب و أم فاهمين ده كويس و واثقين فيه و ف خطواتي اللي درسوها معايا و اتناقشنا في كل تفصيله فيها قبل ما اتحرك خطوة واحده .. و استودعوني عند الله الذي لا تضيع ودائعہ و سابوني اتحمل مسئولية نفسي ..

سافرت امريكا وانا عندي 25 سنة و بعدها بلاد كتيرة في اوروبا و دلوقتي بقالي 3 سنين في بلجيكا والحمد لله على اد ما بقدر براعي ربنا و يحترم ثقة أهلي ..

The screenshot shows a Facebook post in a group named 'Traveller Experience'. The post is written in Arabic and discusses travel experiences in Germany. The text of the post is as follows:

بصبي في الأول اتقالي لا و اصرا و في الآخر كنت بتسافر مرة كل أسبوع للشغل في الأول كنت خايفة و لازم تكلمهم كل ساعة و تتابعي معاهم بعد كده خلاص

Like Share 1y

**Nehal A56**  
على حسب البلد اللي عايزة تزوجها يعني محسنتش باريس ولا برشلونه امان قوي فيهم سرقة كثير لكن مثلا ألمانيا امان جدا والشرطة موجودة على طول في الشارع. بعد ٨ الشوارع بتبقى قاضية فالاحسن انك انزلي من بدرى قوى وأرجعي ٩ بالكثير

Like Share 1y

**Mohja Abdolhamied**  
دا بيعتصم ع البلد اللي عايزة تسافريها . انا سافرت لوجدي وكانت ماليزيا بلد امانة جدا بالاحص لو هتسافري لوجك او مجموعة من البنات . في بلاد ثانية امانة بس ضعيفة للبنات لو حدهم بس بلد زي ماليزيا ساهلة للبنات بزوحها مع بعض .  
دا كمان برضه يعتمد على شخصتك ...  
See more ...

Like Share 1y

**Hesham Abdel-Masgoud**  
**Yara Omar El Sheikh**

Like Share 1y

**Omar Noui Ebin**  
**Yassmina Muhammed Abd Elmonéam**

The right side of the screenshot shows the 'About' section of the group, which is public and visible to anyone. It contains the following text:

**About**  
لو قررت أنك تدور على محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة ؛ فصفحتنا هي اختارتك الأول .  
أهلا بيك في Traveller Experience ... See more ...

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Anyone can see who's in the group and what they post.

**Visible**  
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**General**

على حسب البلد اللي عايزة تزوجها يعني محسنتش باريس ولا برشلونه امان قوى فيهم سرقة كثير لكن مثلا ألمانيا امان جدا والشرطة موجودة على طول في الشارع.. بعد ٨ الشوارع بتبقى قاضية فالاحسن انك انزلي من بدرى قوى وأرجعي ٩ بالكثير

The screenshot shows another Facebook post in the 'Traveller Experience' group. The post is written in Arabic and discusses travel experiences in Germany. The text of the post is as follows:

انا سافرت روسيا لوجدي. ماليزيا. إيطاليا. إسرائيل. مع الشغل لكن الذر مستعدة تماما للسفر وحدي. متتعة مع استكشاف لا بوصف

Like Share 1y

**Nehal Ahmed Yousef**  
طب عشان واضح جدا ان الناس بيتكلم ف الدين ومش واحده بالها ان الحكم كان معالج وليس مطلق ، ياريت توري والدك الفيدوه لو والدك بيتكلم انه لا من واقع حكم الدين، لكن لو والدك قلقان كقلق اب ف ده حقه ومن واجبك انك توضحينه اراي الأمور هتكون ميسره، ومن واقع تجربتي سافرت كثير لوجدي وكانت الأمور ميسره وبالعكس الموضوع خلق نوع من تربيته المسؤوليه فيا ،والحمد لله انا محببه وعارقه ديني كويس ومشي مستينه ارك بتخدم عن غير علم او دراهه  
<https://youtu.be/kyHYW8khtw>

**YOUTUBE.COM**  
هل يجوز سفر المرأة بدون محرم؟ | أد على جمعه

Like Share 3y

**Ahmed Gaber**  
حال بعض الرجاله بلوقتي-

The right side of the screenshot shows the 'About' section of the group, which is public and visible to anyone. It contains the following text:

**About**  
لو قررت أنك تدور على محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة ؛ فصفحتنا هي اختارتك الأول .  
أهلا بيك في Traveller Experience ... See more ...

**Public**  
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**Visible**  
Anyone can find this group.

**General**

طب عشان واضح جدا ان الناس بيتكلم ف الدين ومش واحده بالها ان الحكم كان معالج وليس مطلق ، ياريت توري والدك الفيدوه لو والدك بيتكلم انه لا من واقع حكم الدين، لكن لو والدك قلقان كقلق اب ف ده حقه ومن واجبك انك توضحيله ازاى الأمور هتكون ميسره،

ومن واقع تجربتي سافرت كثير لوحدى وكانت الأمور ميسره وبالعكس الموضوع خلق نوع من تربيته المسؤوليه فيا ،والحمد لله انا محبيه وعارفه ديني كويس ومش مستنيه آراء بتحرم من غير علم او درايه <https://youtu.be/tXyHYW8khtw>

The screenshot shows a Facebook post in the 'Traveller Experience' group. The post is by Kifah Abunub and discusses her experience traveling alone in Russia. She mentions that while it was challenging, it was also a great learning experience. She includes a link to a YouTube video titled 'هل يجوز سفر المرأة بدون محرم؟ | أ.د. على جمعة'. The video is from YouTube.com and has 3 likes. Below the post, there is a comment from Ahmed Gaber.

**Traveller Experience** (Joined) + Invite

**Kifah Abunub**  
انا سافرت روسيا لوحدى. ماليريا. ايطاليا. اسرائيل. مع الشغل لكن الذي مستعدة تماما للسفر وحدي. متحة مع استكشاف لا بوصف

**Nehal Ahmad Yousef**  
طلب عشان واضح جدا ان الناس بتتكلم ف الدين ومش واحده بالها ان الحكم كان معطل وليس مطلق . ياريت توري والذك الفديو ده لو والدك بتكلم انه لا من واقع حكم الدين، لكن لو والدك قلقان كقلق اب ف ده حقه ومن واجبك انك توضحينه اراي الأمور هنكون ميسره، ومن واقع تجربتي سافرت كثير لوحدى وكانت الأمور ميسره وبالعكس الموضوع خلق نوع من تربيته المسؤوليه فيا ،والحمد لله انا محبيه وعارفه ديني كويس ومش مستنيه آراء بتحرم من غير علم او درايه <https://youtu.be/tXyHYW8khtw>

**YOUTUBE.COM**  
هل يجوز سفر المرأة بدون محرم؟ | أ.د. على جمعة

**Ahmed Gaber**  
حال بعض الرجاله دولقني-

**About**  
لو فرت أنك تدور علي محتوى مثير بتكلم عن السفر بطريقة مختلفة و مقيدة : فصفحتنا هي إختيارك الأول .  
أهدأ بيك في Traveller Experience ... See more

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**Visible**  
Anyone can find this group.

**General**

يارب فيديوكي انا كمان هخلي ماما تقر! اليوست ده عشان كل يوم الصبح و لليل بزقن و اقولها مش هستسلم و هتقتنعي ان شاء الله .. كل يوم الصبح اقولها انا مستنيه احوش بس مش هياس احنا كتبيبيير شكلنا ربنا معنا بقا

The screenshot shows a Facebook post in the 'Traveller Experience' group. The post is by Zainab Hashem and discusses her experience traveling alone in Egypt. She mentions that it was a challenging experience but also a great learning experience. She includes a link to a YouTube video titled 'هل يجوز سفر المرأة بدون محرم؟ | أ.د. على جمعة'. The video is from YouTube.com and has 3 likes. Below the post, there is a comment from Rozina Naser.

**Traveller Experience** (Joined) + Invite

**Zainab Hashem**  
انا من اسكندرية و بدرس ف القاهرة ، عاوزه اقولك كان من اول و اهم الاسباب اني اسافر القاهرة اني اعتبر اهم تفكيرهم و اقتنعهم اكثر بمحاولة سفري خارج مصر عشان ادرس ، بدل ما كانوا فاكرين اني مش باعثة مسؤولة ولا ابى اعرف أعيش بعيد عنهم ، كل ده تغير ، مع الكلام ع طول و محاولات كثير عشان اقتنعهم بان اقدم ف منحه دراسية برا مصر او فكرة السفر للخارج عموما ، بقالي ستين لحوه التغير فيا كثير ف تصرفات و تفكير و شخصية ، انا بس جانيا ناقصتي فلوس و كان زمانى سافرت م قدرة و التي عندها هدف و طموح و سعي لمستقبل احسن و مختلف ، مبتلفش عليها ، التي تشيل مسؤولة نفسها من سن صغير و بشكل شبه كامل ، و نمشي ف شوارع القاهرة دي روح اي مكان ، لانها ف أسوأ مكان ممكن تعيش فيه المرأة حاليا ، و لو الأهل واقفين فيها و ف تربيتهم عندهم ما هينظلموها ولا يعزموها من حاجة ممكن تكون نقطة تحول ف مستقبلها و حياتها ، و انا لسه بتعافر ف سفريات أهوه ادعيلي

**Rozina Naser**  
ياياكي وافق من كومنات و يوست انا مش عارفة اسافر اسكندرية لوحدى لحد دولقني وداجلة علي 3\* ومش عارفة هسافر امتني

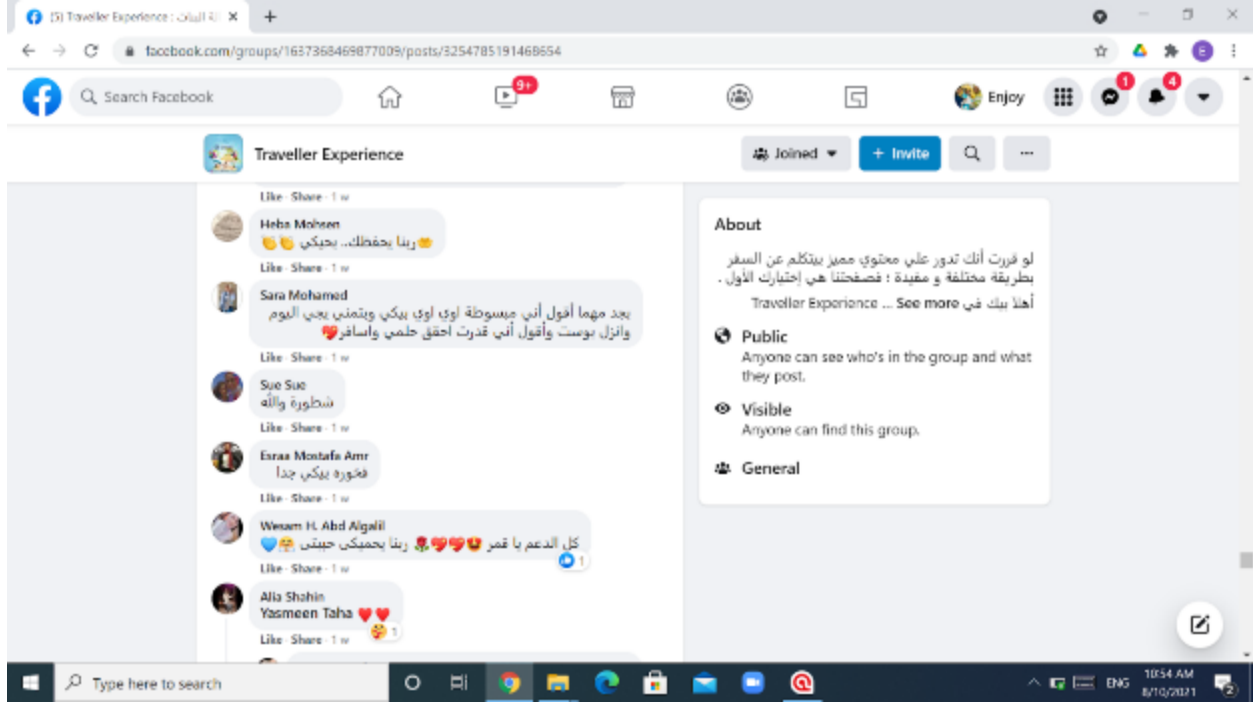
**About**  
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**General**

انا من إسكندرية و بدرس ف القاهرة ، عاوزة أقولك كان من اول و اهم الأسباب اني اسافر القاهرة إنني أغير لهم تفكيرهم و اقنعهم اكثر بمحاولة سفري خارج مصر عشان ادرس ، بدل ما كانوا فاكرين إنني مش بتاعة مسؤولية ولا إنني اعرف أعيش بعيد عنهم ، كل ده اتغير ، مع الكلام ع طول و محاولات كتير عشان اقنعهم بأن اقدم ف منحه دراسية برا مصر او فكرة السفر للخارج عموما ، بقالي سنتين اهو اتغير فيا كتير ف تصرفات و تفكير و شخصية ، أنا بس حاليا ناقصني فلوس و كان زمني سافرت م فترة ، و إليي عندها هدف و طموح و سعي لمستقبل احسن و مختلف ، ميتقلش عليها ، اللي تشيل مسؤولية نفسها من سن صغير و بشكل شبه كامل ، و تمشي ف شوارع القاهرة دي تروح اي مكان ، لأنها ف أسوأ مكان ممكن تعيش فيه المرأة حاليا ، و لو الالهل واثقين فيها و ف تربيتهم عمرهم ما هيظلموها ولا يجرمونها من حاجه ممكن تكون نقطه تحول ف مستقبلها و حياتها ، و انا لسه بعافر ف سفريات اهو ادعيلي



بجد مهما أقول أني مبسوطه اوي اوي بيكي وبتمني يجي اليوم وانزل بوست وأقول أني قدرت احقق حلمي واسافر

**Traveller Experience** Joined + Invite

**Najwa Hassan**  
المهم الزيادة والتصر براقو  
Like Share 1 w

**Mai Mamdouh**  
انا حقيقى فخورة ان فيه بنت قدرت تعمل اللي غيرها كثير  
انفسهم يعملوه لكنهم للأسف لسه محكومين بالمجتمع و التقاليد  
و الأهل اللي يرفضو بسبب خوفهم على بناتهم . و بتملك  
رحلة سعيدة و حياة أسعد ❤️❤️  
Like Share 1 w

**Doua A Halawm Saneey**  
الخطوة اكيد مش سهلة أنت جميلة جدا أنا مش ضد خوف  
الأهل وياحترم رأى الدين أولا وأخرا بس كل اللي اقدر أقوله ان اى  
تجربة ف الحياة بتستفيد منها جدا خصوصا السفر ومن حق اى  
شخص انه يحس بمتعة ولو لساعات بأماكن أبدعها الخالق  
وأحسن تصويرها طالما ف حدود أنه عارف ان المكان اللي رايحه  
مفيش حظورة عليه أو شئ يسيى له ولاهله واتمنى ربنا يحفظك  
ويحقق أحلامك كلها 🙏  
Like Share 1 w

**Phoebe Emad Inspiring**  
Like Share 1 w

**Yasmine Awad**

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الخطوة اكيد مش سهلة أنت جميلة جدا أنا مش ضد خوف الأهل وياحترم رأى الدين أولا وأخرا بس كل اللي اقدر أقوله ان اى تجربة ف الحياة بتستفيد منها جدا خصوصا السفر ومن حق اى شخص أنه يحس بمتعة ولو لساعات بأماكن أبدعها الخالق وأحسن تصويرها طالما ف حدود أنه عارف ان المكان اللي رايحه مفيش حظورة عليه أو شئ يسيى له ولاهله واتمنى ربنا يحفظك وتحقق أحلامك كلها

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**Ghada M Abodrif**  
براقو عليكمي جدا ❤️ خلي بالك على نفسك وربنا يحفظك حبيبتى  
Like Share 1 w

**Nuha Nasser Dalia Mihnd Ebtahaal Ahmed**  
Like Share 1 w

**Ebtahaal Ahmed**  
ياريت بابا وماما يشوفوا البوست ده  
المشكلة مش في فلوس السفرية المشكلة في انهم  
يوافقوا اصلا  
Like Share 1 w

**Dalia Mihnd Nuha Nasser**  
رصيد اجازاتها كام يوم ؟  
Like Share 1 w

**Ha Mia**  
طريقه اقتاع اهلي ايوج دريم بارك بدون روت احبابي 🙏🙏🙏  
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**Aya Genawi**  
ايهان طه 🙏

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Eman Elsharkawi  
Aya Elsharkawi احنا نروح الاسبوع الجاي 🤗🤗  
Like · Share · 4 d

Amr Yasser  
شششششش انا ميومنيش كل دا انا عايز اسافر المالديف هيا يكام ؟ 🤗🤗🤗  
Like · Share · 4 d

Eman Bakr Allam  
برافو عليكى 🤗🤗  
ادعيلي اني اقدر، الحمد لله اهلي متقبلين الفكرة شوية ويدأت بالفعل بحضر ورق الباسبور رغم ان مافيش اي مؤشرات ولا امكانيات اني اسافر دلوقتي بس هشتغل وعشان احفز نفسي اجهز الباسبور من دلوقتي لعل اسافر من السنة الجاية، ومش هسيب حلمي ،احلي حلم ف حياتي 🤗  
ان شاء الله 🤗  
Like · Share · 4 d · Edited

Fozia Yasser  
عاششششش عاش عاششششش  
Like · Share · 4 d

Shadia Mahmoud  
هو حلو وجميل وكل حاجة بس انا مش عارفة اطلع عمره عشان لازم محرم ف السفر تقولي الف العالم 🤗🤗  
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برافو عليكى

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ان شاء الله

Traveller Experience

Samira Reme Radwa Abdallah  
في أمل يارب الله  
Like Share 5 d 1

Jehad M Itzude  
المرأة كما يجب أن تكون  
نماذج النساء المتحررة التي تعول نفسها بنفسها تحطف قلبي  
مدي الحياة المرأة التي لم تنتظر إعانه من احد  
الله يرزقت كل ما تتمنى  
Like Share 4 d 1

Aliaa Zakaria Ashraqi Zakaria  
Like Share 4 d 1

Ashraqi Zakaria  
Aliaa Zakaria  
ده بابا مش موافق حتى اشتغل  
Like Share 4 d

Alaa Yehia Abrar A Rehim  
Norhan Wardy  
See more... لا يعان سمير...  
Like Share 5 d 2

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المرأة كما يجب ان تكون  
نماذج النساء المتحررة التي تعول نفسها بنفسها تحطف قلبي مدي الحياة المرأة التي لم تنتظر إعانه من احد  
الله يرزقك كل ما تتمنى

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Sam Esam  
Respect swyyyy  
Like Share 4 d

Najwa Hassan  
المهم الإدارة والتسير برفق  
Like Share 4 d

Mai Mamdouh  
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نفسهم بعملوه لكنهم للأسف لسه محكومين بالجمبع و التقاليد  
والاهل اللي بيرفضو بسبب خوفهم على بناتهم .. و بناتنا  
رحلة سعيدة و حياة اسعد  
Like Share 4 d

Doaa A Haleem Sorosy  
الخطوة اكيد مش سهلة اب جميلة جدا انا مش ضد خوف  
الأهل واحترام رأي الذي اولد وأخا بس كل اللي اقدر اقوله ان اي  
اجرية في الحياة بتستفيد منها جدا خصوصا السفر ومن حق كل  
شخص انه يحسن بخته ولو لساعات باماكن ابدتها الخالق  
وأحسن تصويرها طالما في حدود انه على...  
Like Share 4 d 3

Phoebe Emad Inspiring  
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Lobna Elshah  
Totally proud of u . God bless u and keep going to seek your all goals 🥰❤️

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Rasha Elhazer  
من احلي التجارب في الدنيا تجربه السفر لوحدهك و بالذات لو كانت بنت.. تجربه بتزيدك ثقه بنفسك و بتقلل خبرتك و بتعودك ازاي تعتمد علي نفسك و تسدي في كل المواقف مهما كانت مرعبه..  
U hv no other option..  
غير انك تثبتي و تتصرفي و تخرجي من الموقف مبسوطه و فائزه بتجربه جديده.

Like Share 4 d

Radwan Salem  
ربنا يحفظك

Like Share 4 d

Khadija Ahmad Ali  
ربنا يوفقك ويتحقق السعاده المستحقة

Like Share 4 d

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من احلي التجارب في الدنيا تجربه السفر لوحدهك و بالذات لو كانت بنت.. تجربه بتزيدك ثقه بنفسك و بتقلل خبرتك و بتعودك ازاي تعتمد علي نفسك و تسدي في كل المواقف مهما كانت مرعبه..

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Safy Gomaa  
شانوه ليكي والله كنت التمني اقدر استمتع بالشكل دا اتمالك اتوفيق... دايما كنت عارفة ان مجتمعنا مريض بالانتقاد والكومنتس الكذابي دا اكر هابل ي جماعة استمرو وايهو افكرو واتو يتحايرو ع بابا وماما يوافقو انكو تطلقو بوز داي مع صحابكو الكومنت الي انكو كينوه ع البوست دا

Like Share 4 d

Yasmine Gawesh  
Tasneem Khaled 🥰❤️❤️❤️

Like Share 4 d

Tasneem Khaled  
يا الله عفالتنا بارت بعد وربنا معانا ياسمينه 🥰❤️❤️❤️

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View 1 more reply

Tasneem Khaled  
Yasmine Gawesh يا الله بارت يا الله بارت 🥰❤️❤️

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Hala Ahmed

Like Share 4 d

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شابهه ليكي والله كنت اتمني اقدر استمتع بالشكل دا اتمالك التوفيق....دايما كنت عارفه ان مجتمعنا مريض بالانتقاد والكومنتس اكدتلي دا اكثر هابل ي جماعه استمرو وابقو افكترو وانتو بتتحايلو ع بابا وماما يوافقو انكو تطلعو يوز داي مع صحابكو الكومنت الي انتو كتبتوه ع البوست دا

The screenshot shows a Facebook post in the 'Traveller Experience' group. The post is from Basant Borita and contains the following text in Arabic: 'حقيقي انا بحبك جدا يا رحمة استمري دايما'. Below the post, there are several comments from other users, including Nora M Hazn, Islam Adel, and Omnia M. Khattab. The 'About' section of the group is visible on the right, stating it is a public group where anyone can see who's in the group and what they post.

مع احترامي لصاحبه البوست بس السفر مش لعبه السفر محتاج مصاريف وامكانيات وانا مغمضه عيني اسافر لكن انتي محسساني ان السفر بره مصر زي شرم او الغردقه او اسكندريه اللي احنا بنطلعهم بالعافيه من القاهره اصلا...ياريت السفر سهل اوي كده كنت مشيت منها من زمان

The screenshot shows another Facebook post in the 'Traveller Experience' group. The post is from Sabah Ragab and contains the following text in Arabic: 'شوقى هجوت واعرف'. Below the post, there are several comments from other users, including Rana Ahmed, Amira Zaglol, and Mahmoud Reyad. The 'About' section of the group is visible on the right, stating it is a public group where anyone can see who's in the group and what they post.

هو انتوا اهلكوا بتقنعوهم ازاي حقيقي ده انا شهر ونص بتحايل عليهم اسافر يوم رايح جاى بس بس فرحانه ليكي جدا والله ربنا يسعدك

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Tasnem Ikhalel  
عملتي كده ازاي بالتفاصيل بارت  
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Aya Rada  
بتقنعوا اهلكوا ازاي 🤔🤔  
Like Reply Share · 8 w

Princess Noora  
❤️❤️❤️  
Like Reply Share · 8 w

Rahma Arafah Author  
Princess Noora  
Like Reply Share · 8 w

Princess Noora  
طبعاً شفت صورك ومنشوراك ويجنبتو عشني واحبيكي ع اجازك 🤔🤔🤔 ممكن سؤال كل سفريه شكد تكلفك 🤔🤔  
Like Reply Share · 8 w

Basant Bonita  
انا بعك جدا والله ❤️  
Like Reply Share · 8 w

بتقنعوا اهلكوا ازاي

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Esraa Masry  
والله 🤔🤔🤔  
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Eman El-Agouz  
❤️  
Like Reply Share · 8 w

Dona Kero  
وايه اخبار التجربة مسسوقة عارقه تعشني وازاي اجني القرار وازاي قدرتي تعطني اهلك وسافرتي من غير مايكون ليكي بيت ولا شغل ولا حد تعرفه عملتها ازاي لو ممكن تقولني وينشغلني ايه وساكنه ازاي وعرفني تكلمي مع الناس هناك ازاي ممكن تحكي  
Like Reply Share · 8 w

Salma Ashraf  
بارت اخوض التجربة دي لآنها شي ملهم بعد ❤️  
Like Reply Share · 8 w

خالد رجب  
لما انتي منحبيش بالحريه اجنا اليي نحس رحمتك يا رب  
Like Reply Share · 8 w



انا عارفة كل الحاجات دي من وانا بتاع ١٧ سنة وفي مصر عادي من الاختلاطات والتبادل الطلابي والشغل والسفر والذي منه محتجتش اروح سريلانكا ولا ماليزيا ولا سنغافورة احتاجت بس بابا زي بابايا ربنا يخليه وام داعمة زي والدتي

انا لايام دي فخوره بكل بنت بتحاول تغير تفكير أهلها وأنها تسافر وتحقق لي هي عاوزه بجد انا فخوره ببيكم كلكم عقابا ما بتغير تفكير شعب كله يتفهموا أن البنات من حقها تحلم بسفر والشغل والدراسة ولاستقلال بحياتها شويه لأنها قادرة تتحمل ده

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Like Reply Share 8 w

Abdulkadir El Kawakby  
زيد رجب وضيف عليهم النبي وشور حميدو 🙏🙏🙏🙏

Like Reply Share 8 w

Omar M. Badr  
الواحد حاسس ان السفر صعب اووي 🙏

Like Reply Share 8 w

Samar Gamal  
قدرتي تحاولي مع اهلك ازاي ؟

Like Reply Share 8 w

Rahma Arafah Author +1  
Samar Gamal  
قصة طويلة بدأت باني اشغل و اكون معتمدة على نفسي ماديا

Like Reply Share 8 w

Samar Gamal  
ولما قدرتي تعملي ده واقفوا ؟

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Meriam Samy  
Rahma Arafah  
بتعملي اية في مشكلة الالة لما تسافري

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حمو السعيد  
رنا يستند اياك ❤️

Like Reply Share 8 w

Rahma Arafah Author +1  
حمو السعيد ❤️

Like Reply Share 8 w

Zinab Elgarni  
Marlem Eigmil

Like Reply Share 8 w

Randa Elbehairy  
سافرتي ازاي واقنعتي اهلك ازاي ؟

Like Reply Share 8 w

Asmaa Elbehairy  
Randa Elbehairy  
خديني مفاكي وانا اقنعههم

Like Reply Share 8 w

Randa Elbehairy  
Asmaa Elbehairy  
بعالي اقنعههم بس وبعجز اول تذكرين انا واتبي

Like Reply Share 8 w

Asmaa Elbehairy

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سافرتي ازاي واقنعتي اهلك ازاي.

اسلوبك ناضج و جميل مع ان المفروض ميكونش عندنا كل القيود دي و ناسف براحتنا لمجرد انه قرارنا

نفسى اسافر برا مصر بردو و ١٩ سنة و بحاول اهو مع اهلي اشتغلت في بورتو مارينا و اشتغلت كثير كنت بسافر كل يوم و ناسف جوا مصر ادعيلي اصحى الاقيني في زنجيبار او تركيا

Traveller Experience

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Abdulkadir El Kawakby  
زيد رجب وضيف عليهم النبي وجور حميدو 🙏🙏🙏🙏🙏

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Omar M. Badr  
الواحد حاسس ان السفر صعب اووي 🙏

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Samar Gamal  
قدرتي تحاولي مع اهلك ازاي ؟

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Rahma Arafah Author +1  
Samar Gamal  
قصه طويله بدأت باي اشتغل و اكون معتمده على نفسي ماديا

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Samar Gamal  
ولما قدرتي تعملي ده واقفوا ؟  
Rahma Arafah

Like · Reply · Share · 11 w

Mariam Samy  
Rahma Arafah  
بتعملي ايه في مشكلة اللغة لما قررتي لتسافري

About

لو قررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة : فصفحتنا هي اختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

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قدرتي تحاولي مع اهلك ازاي ؟

'Asimah, Kuwait  
Followed by 463 people

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Ahmed Dahy  
🙏🙏🙏

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Yara Saber  
ابتوا بتعملوا كدا ازاي يا جماعة دا انا ٢٢ سنه وماما بتخاف تخليني اعدي السكه لوحدي هي الي بتعديني 🙏🙏🙏

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Mahmoud Samy  
السفرية الجاية انا حاجي سهاكي

Like · Reply · Share · 8 w · 5thod

Mahmoud Samy  
احمد مسعود ي اخي اي حد ياخذني معاه والنبي

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احمد مسعود  
Mahmoud Samy  
اي حد برضه يا حوارات

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انتوا بتعملوا كدا ازاي يا جماعة دا انا ٢٢ سنه وماما بتخاف تخليني اعدي السكه لوحدي هي الي بتعديني

دايلا كاتك جته . . . See more

Like Reply 1 ♡

**Doss Sayed**  
 اتكلمي بالتدرج، يعني كل يوم اتكلمي عن واحد سفر أو حاجه شفتيها ف التلفزيون فيها موضوع السفر المهم يكون عندك اصرار ومتمليش يعني ده هدف انتي عوزاه يبقى تفكري في حلول مختلفه عشان توصلي للهدف ده. أنا مكانوش موافقين خالص، بس استعنت بالله وبدأت أشوف هتكلم معاهم امتي وازاي وهقول ايه بالظبط

Like Reply 1 ♡

**Noha Salah**  
 هاتي فرصه شغل كويسه ليكن واقصوهم بيها  
 أنا عملت كده وسافرت 🙏🏻

Like Reply 1 ♡

↳ 4 replies

**Eman El-lithy**  
 هتاكثي من وهتفكري من الدنيا مليانه وباه وهتريكي مواصلات او لو بعربيتك ، أنا عايشه في بلد وأهلي في بلد مش عارفه اروحهم باليه حتى يعاف عليك بلادي انتي لو مش عارفة علي نفسك لو لا قدر الله جنك عدوي هترجعي تعديهم حرام بحد

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She Travels - سفر للبنات (Menna Shahin)

Asmaa Mohamed  
+1 🙌🙌🙌  
Like Reply · 1 y

Nay Row Abd El-Megid  
لو بنفع تبقي تسافري مثلا مع حد من صحباتك و تظمنهم بعد م الدنيا تفتح بانى  
أو حتى تسافر سوا أنا عاوزه اسافر برضع بعد م الدنيا تحل  
Like Reply · 1 y

Fatma Ooms  
لازم تحاولى فى الاول تظمنهم بمعنى تشوفى اصديقاء ليكى هما بيتقوا فيهم يطلعوا معاكى ثانيا تشوفى جهة امنه تطلعى معاها عندك وزارة الشباب مثلا ورحلاتها انا عن نفسى طلعت معاهم كتير ويستكون فى مشرفين والاشراف على ع فكرة وياخدوا بالهم منكم كويس جدا لانكم امانه ولو حد حصله حاجه هتحصل للمشرف مشكلة كبيرة اقعدى اتكلمى معاهم عن تجارب البنات اللى بتسافر ويستفيدن من السفر ووربهم بوستات ايجابية عن السفر من الجروب ده او غيره  
Like Reply · 1 y  
4 replies

Rahab M Ahmed  
قولناهم خطفش

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She Travels - سفر للبنات (Menna Shahin)

Rana Amgad Author  
ادعيني بالله عليكى Zeinab Gamal  
Like Reply · 1 y

Write a reply...

Heba Salah Hashim  
ممكن اول مره تسافرى توج حاجه  
يعنى انا اول مره سافرت مع وزارة الشباب سافرت تونس فى تبادل ثقافى و برضه اصحابى كانوا فى نادى شباب الهلال الاحمر كانوا برضه يمسافروا بره بس الكلام ده كان من 10 سنة مثلا  
Like Reply · 1 y

Menna Ahmed  
👍  
Like Reply · 1 y

Laila Said  
قال طبيب اسباني :  
سترتفع درجة حرارة جسمك ؛ وستستمر فى الارتفاع حتى تظن أن  
جبهتك أمام قوهه بركان ، أعلى حرارة بمكثك الاحساس بها فى  
حياتك وكانك فى الجحيم .  
سوف تسفل بشدة وستصاب بارهاق وتعب شديد ، حتى تصبح  
ذائبا كأنك جنة . . . See more  
Like Reply · 1 y

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ممكن اول مره تسافرى تبع حاجه

يعني انا اول مره سافرت مع وزاره الشباب سافرت تونس في تبادل ثقافي و برضه أصحابي كانوا في نادي شباب الهلال الأحمر كانوا برضه بيسافروا بره بس الكلام ده كان من ١٥ سنه مثلا

The screenshot shows a Facebook post in a group named 'She Travels - سفر للنبات (Menna Shahin)'. The post is a reply to a comment by Marwa Lotfy. The text of the post is in Arabic and discusses travel experiences and advice. The screenshot also shows the Facebook interface, including the search bar, navigation icons, and the 'About' section of the group.

**Like Reply 1 y**

**Marwa Lotfy**  
والله يتحالمو عليا بنتي مرضاش 😊

**Like Reply 1 y**

**Kawthr Mustafa**  
بالدخيليه 😊  
سينه بينه وخطوة خطوة وتاتا تاتا  
وتخديها معاكي في مرة سفريه قريه وقصيره وتقرري ان ماما  
ترجع مبسوطه وملاحظه تصرفاتك وتوصليلها ان احساسك  
بالمسئليه عالي وانك ما يتخافش عليكي  
الاهم من ده كله  
انك تبقي فعلا مقتنعه وجمع بياناتك ومعلوماتك صح حولين  
المكان اللي انتي مسافره وتحضري نفسك

**Like Reply 1 y Edited**

**Tarneem Farhan**  
بصي انتي لو هدف السفر سياحة فالموضوع هايبي صعب  
شويه انك تقصيني بس لو دراسة بنستخدم كلام زي ده عثمان  
مستقبلي و كلام كده  
انا سافرت امريكا لوحدي و قعدت هناك سنه بحالها و كانت  
دراسة عثمان كده بابا و ماما واقفوا و داوقني لما رجعت بقي  
أسهل انهم يوافقوا لو عا...  
See more ...

**Like Reply 1 y**

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بالدخيله

سينه بينه وخطوة خطوة وتاتا تاتا

وتخديها معاكي في مرة سفريه قريه وقصيره وتقرري ان ماما ترجع مبسوطه وملاحظه تصرفاتك وتوصليلها ان احساسك بالمسئليه عالي وانك ما يتخافش عليكي

الاهم من ده كله

انك تبقي فعلا مقتنعه وجمع بياناتك ومعلوماتك صح حولين المكان اللي انتي مسافره وتحضري نفسك

She Travels - سفر للنبات (Menna Shahin)

الاصليين EG

Like Reply 1

Menna Mahmoud  
أتحالي عليه و قوليلوا رحله كلها بنات في مشرفه معانا هيوافق شوفي عندك في كتير بينظموا رحلات و كلهم بنات

Like Reply 1

Asmaa Mohie  
هندسافري ايه

Like Reply 1

1 reply

Omnia Adel  
اب

Like Reply 1

Omnia Adel  
انا كمان نفسي اسافر موت وده حلم حياتي

Like Reply 1

1 reply

سمر الغاضي  
ادخل 😍 ومشي هندم تعارف 😍 ومسابقات وشات ونس 😍 وشات مسنجر 😍

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اتحالي عليه و قوليلوا رحله كلها بنات في مشرفه معانا هيوافق شوفي عندك في كتير بينظموا رحلات و كلهم بنات

She Travels - سفر للنبات (Menna Shahin)

Like Reply 1

Rasha M Noorman  
لما الكورونا تعلى ويلافولها حل لانه خوفه دلواتي مضاعف

Like Reply 1

1 reply

Asmaa Mohamed  
+1 🙏🙏🙏

Like Reply 1

Ney Rose Abd El-Megid  
لو ينفج تبقي تسافري مثلا مع حد من صحباتك و تظمنهم بعد م الدنيا تفتح تاني  
او حتي تسافر سوا انا عاوزة اسافر برضو بعد م الدنيا تتحل

Like Reply 1

Fatma Osama  
لازم تحاولي في الاول تظمنهم بعنى تشوفي اصديقاتك ليكن هما ينفقوا بظنهم بظنهم معاك تانيا تشوفي جهة امنه تطلعني معاه عندك وراة الشباب مثلا ورحلاتها انا عن نفسي طلعت معاهم كتير ويتكون عن مشرفين والاشراف عالي ع فكرة ويأخذوا بالهم منكم كويبي جدا لانكم اسانه ولو حد حصله حاجه هتحصل للمشرف مشكله كتيرة افندي تكلمني معاهم عن تجارب البنات اللي بنسافر ويتسفيد من السفر ويريهم بوستات ايجابيه عن السفر من الجيوب ده او غيره

Like Reply 1

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لو ينفج تبقي تسافري مثلا مع حد من صحباتك و تظمنهم بعد م الدنيا تفتح تاني

او حتي تسافر سوا انا عاوزة اسافر برضو بعد م الدنيا تتحل

She Travels - سفر للبيات (Menna Shahin)

الاصمعي يااصمعي يعني من يوم الاصمعي عن واحد سافرت او حاجه شذيتها ف الناقرين عنها موضوع السفر المهم يكون عندك اصرار ومتمسك يعني ده هدف اني عوزاه يبقى نقف في حلول مختلفه عشان توصلني للهدف ده. انا مكاتوش موافقين خالص، بس استعنت بالله وبدأت اشوف هنكلم معاهم اميني وراي وهقول ايه بالطريق

Like Reply · 1 y

Naha Salah  
هاتي فرصه شغل كويسه ليكي واقنعهم بيها  
انا عملت كده وسافرت 🤗

Like Reply · 1 y  
4 replies

Eman El-lithy  
هناك في وقتنا من الدنيا مليانه بيا وهتركي مواضلات او لو بعربيتك . انا عايشه في بلد واهلي في بلد مش عارفة اروحلهم ، ايه حق يخاف عليك بلدي اني لو مش خارجه علي نفسك لو لاقدر الله جنتك عدوي هترجعي تعديهم حرام بعد اميني الفتره دي تعدي وسافري زي ماتني عاره

Like Reply · 1 y

Yamin Mourad  
ماتسغليش بالك من ذوقك، لان لسة بيدى اوى على ما يخلص

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واقنعهم بيها

انا عملت كده وسافرت

She Travels - سفر للبنات (Menna Shahin)

Up

Like Reply · 1 y

Alisa Elsayed Taha  
لو وصلتني لحد قوليني  
Like Reply · 1 y  
2 replies

Rasha M Noorman  
لما الكورونا تخلص ويلاقولها حل لانه خوفه دلوقتي مضاعف  
Like Reply · 1 y  
1 reply

Asmaa Mohamed  
+1  
Like Reply · 1 y

Nay Rose Abd El-Megid  
لو بنفع تبقى تسافري مثلا مع حد من صحباتك و تظنهم بعد م الدنيا تقف تاني  
اه حتي تسافر سوا انا عاوزه اسافر برضو بعد م الدنيا تجل  
Like Reply · 1 y

Fatma Osama  
لازم تحاولي في الاول تظنهم بمعنى تشوفي اصداقك ليكن  
Like Reply · 1 y

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She Travels - سفر للبنات (Menna Shahin)

شغلك من الصوبايل مع أمل

Like Reply · 1 y

Sally Aly  
جمعي عدد من البنات هنا وجهازوا رحله واقنعي باباكي انك معاكى ناس تانيين وخليها في مكان قريب ووقتها قليل يعني ممكن يومين بس عشان يظمن اول مرة وبعدها كرريها  
Like Reply · 1 y

مريمه كابان  
<https://m.youtube.com/watch?v=HpbE6eQyZ1M>  
فيديو جديد عن الميثولوجيا المصرية و قصة الخلق في ديانتهز  
ولا تنسى الاشتراك في القناة و تفعيل الجرس ...  
See more ...

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المصريين ليسوا  
ميثولوجيا المصرية | ديانة اهل | مصر | الاصلويين EG

Like Reply · 1 y

Menna Mahmoud  
اتطابى عليه و قوليلوا رحله كلها بنات في مشرفه صغانا هيا افق شوقى عندك في كوير ينظموا رحلات و كلهم بنات  
Like Reply · 1 y

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جمعي عدد من البنات هنا وجهازوا رحله واقنعي باباكي انك معاكى ناس تانيين وخليها في مكان قريب ووقتها قليل يعني ممكن يومين بس عشان يظمن اول مرة وبعدها كرريها

She Travels - سفر للنبات (Menna Shahin)

انك تنفي فعلا مقتنعه وجميع بياناتك ومعلوماتك صح حولين المكان اللي انتي سافره وتحضري نفسك

Like Reply 1 y Edited

Tarsoom Farhan  
بصي انتي لو هدف السفر سياحة فالموضوع هايبيكي صعب شوية انك تقنعيا بس لو دراسة بنستخدم كلام زي ده عشان مستقبلتي و كلام كده انا سافرت أمريكا لوحدي و قعدت هناك سنة بحالها و كانت دراسة عشان كده بابا و ماما وافقوا و دلوقتي لما رجعت بقي أسهل انهم يوافقوا لو عايزه اسافر سياحة لأنهم شافوا لما كنت لوحدي و قادرة اعتمد على نفسي بس عامة هي بتيجي بالزن و وحدة وحدة هايوافقوا إن شاء الله

Like Reply 1 y  
3 replies

Asmhan Hasan  
لو سنك مش صغير وقلوبك معاكى والنديا تمام سافري مستتبيش طول عمرك تحابلي.

Like Reply 1 y

Maha Abdul Hafez Ali  
ربنا يخليهم ويهديهم ويرحمك يا أمي. وينسج عليك في فورك ❤️❤️

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انا سافرت أمريكا لوحدي و قعدت هناك سنة بحالها و كانت دراسة عشان كده بابا و ماما وافقوا و دلوقتي لما رجعت بقي أسهل انهم يوافقوا لو عايزه اسافر سياحة لأنهم شافوا لما كنت لوحدي و قادرة اعتمد على نفسي

بس عامة هي بتيجي بالزن و وحدة وحدة هايوافقوا إن شاء الله

وانتا تقعد كذا يوم

Like · Reply · 1 y

Yomna Mohamed

خلي حد من قرايبك بيسافر بتكلم معاه

Like · Reply · 1 y

Yomna Mohamed

بس يكون باباكي بيقف قوه

Like · Reply · 1 y

Yomna Mohamed

قوه

Like · Reply · 1 y

Rana Amgad · Author

هي صحيني الي هتسافر معنا Yomna Mohammed و هي مامتها صاحبه ماما في الشغل و زميله بابا برضو و عشره سنين كثير و العلاته بنتا كويسه جدا

Like · Reply · 1 y

Yomna Mohamed

خايفها تكلمهم وبتقنعهم

Like · Reply · 1 y

Rana Amgad · Author

Yomna Mohammed

About

Private

Only members can see who's in the group and what they post.

Visible

Anyone can find this group.

General

خلي حد من قرايبك بيسافر بتكلم معاه

Write a reply...

Zeinah Gamal

خليهم يتفرجوا عالبنات ف جروبات السفر وان الدنيا امان واقعدي اتكلمي عن السفر قدامهم بس تبقي محدده دينتك فلوس ومكان هتقدي فيه وعدد ايام وكل حاجه مهدي بس وان شاء الله يوافقوا ممكن تروحي تبع وزارة الشباب او مع حد من اهلك الاول

Like · Reply · 1 y

3 replies

Heba Salah Hashim

ممكن اول مره تسافري تبع حاجه يعني انا اول مره سافرت مع وزارة الشباب سافرت تونس في تبادل ثقافي و برضه اصحابي كانوا في نادي شباب الهلال الاحمر كانوا برضه ييسافروا بره بس الكلام ده كان من 10 سنه مثلا

Like · Reply · 1 y

Menna Ahmed

م

Like · Reply · 1 y

Laila Said

قال طبيب اسباني: سترتفع درجة حرارة جسمك! وستستمر في الارتفاع حتى تظن ان

About

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خليهم يتفرجوا عالبنات ف جروبات السفر وان الدنيا امان واقعدي اتكلمي عن السفر قدامهم بس تبقي محدده دينتك فلوس ومكان هتقدي فيه وعدد ايام وكل حاجه مهدي بس وان شاء الله يوافقوا ممكن تروحي تبع وزارة الشباب او مع حد من اهلك الاول

She Travels - سفر للنبات (Menna Shahin)

Like · Reply · 1 y

Zeinab Gamal  
Rana Amgad سلام هيرضوا مدام  
مفيش بيات

Like · Reply · 1 y

Rana Amgad Author  
Zeinab Gamal ادعيلي بالله عليك

Like · Reply · 1 y

Write a reply...

Heba Salah Hashim  
ممکن اول مره تصافري تبع حاجه  
يعنى انا اول مره سافرت مع وزارة الشباب سافرت لولمى فى  
تبادل ثقافى و برضه اصحابى كانوا فى نادى شباب الهلال الاحمر  
كانوا برضه بيسافروا بره بس الكلام ده كان من 10 سنه مثلا

Like · Reply · 1 y

Menna Ahmed

Like · Reply · 1 y

Laila Said  
قال طبيب اسباني :

About

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General

خلاص علي بركة الله هيرضوا مدام

مفيش بيات

Traveller Experience

Public group · 2.6M members

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Walla Azzam  
17 July 2020

#ازاي اقتعتي اهلك  
لا وصعايده كمان مش اي اهل  
ياختصار شديد انا كنت فارغه بابا نكد و زهق و جمل عصيفه من بتاعة انا مش  
لاقيه نفسي انا مش حاسه بكماني علما جاني فرصه شغل توقفت انه مش  
هيوافق بس بابا ما تصدق وقالى روحى وحلى عن سمايا بقا  
قبل معاد الطائرة بتفاهق نزلت النوست دا كهرار بيني وبين صاحبي وقلبت داتا  
و سافرت ووصلت دبي وناسي يوم بفتح لقيتني بفتت برد و ابيات وخداني  
قدوه وانا اساسا تافهه

Walla Azzam is traveling to Dubai, United Arab Emirates.  
24 Aug 2018

شكرا بابا وماما \* الصعايده \* اللى مقالوليش لما تتجوزى ابقى سافرى مع  
جوزك XD

About

لو قررت أنك تدور علي محتوى مميز يتكلم عن السفر  
بأريفة مختلفة و مفيدة + تصفحتنا هي إختيارك الأول .  
أهلاً بيك في Traveller Experience ... See more

Public  
Anyone can see who's in the group and what they post.

Visible  
Anyone can find this group.

General

#ازاي اقتعتي اهلك

لا وصعايده كمان مش اي اهل

باختصار شديد انا كنت قارفه بابا نكد و زهق وجمل عميقه من بتاعة انا مش لاقيه نفسي انا مش حاسه بكيانى فلما جاتلى فرصه شغل توقعت انه مش هيوافق بس بابا ما صدق وقالى روحي وحلي عن سمايا بقا

قبل معاد الطياره بدقايق نزلت البوست دا كهزار بيني وبين صحابي وقلت داتا و سافرت ووصلت دبي وتاني يوم بفتح لقبتي بقيت ترند و البنات وخداني قدوه وانا اساسا تافهه

The screenshot displays a Facebook group interface for 'Traveller Experience'. The group is public and visible to anyone. The posts are as follows:

- Mero Elhousseiny** (Mostafa Masoud): حليك في حالك Mostafa Masoud. Like - Share - 6 w.
- Mostafa Masoud** (Mero Elhousseiny): تنالى اسفرك Mero Elhousseiny. Like - Share - 6 w.
- Hadeer Atef Aboulmagd**: نو مش متعوده ع السفر لوحدهك بلاش تسافري برة دوسي حوه شويه لحد م تتعودي وساعتها هتكتسي ثقه ومستوليه. Like - Share - 6 w.
- Hagar Hussein**: الزن المتواصل والنكد الغير مبرر. Like - Share - 6 w.
- Neriman Saleha**: سافري ماتردى على حدا. Like - Share - 6 w.
- Nora Alshamer**: ابدلى استغلي شوية ماديا اهم حاجه وشوية شوية مع الزن هيوافقوا. Like - Share - 6 w.

The 'About' section on the right reads: 'لو فررت أنك تدور علي محتوى مميز بيتكلم عن السفر بطريقة مختلفة و مفيدة ؛ فضحتنا هي إختيارك الأول. أهلا بلك في Traveller Experience ... See more'. The group settings are: Public (Anyone can see who's in the group and what they post), Visible (Anyone can find this group), and General.

الزن المتواصل والنكد الغير مبرر

## Appendix B: Participant Information Sheet

### Participant Information Sheet



You are being invited to take part in a research study as part of a PhD project carried out by myself; Engy Magdy. I am a part-time marketing student at the University of Lancaster in the UK. The research aims to understand the social media impact on the consumption of tourism for young Egyptian women.

Before you decide to take part in the study it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please ask if there is anything that is not clear or if you would like more information.

For further information about how Lancaster University processes personal data for research purposes and your data rights please visit our webpage: [www.lancaster.ac.uk/research/data-protection](http://www.lancaster.ac.uk/research/data-protection)

What is the study about?

The research study is about exploring how young Egyptian women use social media in physical travel consumption across the different stages of travel (planning, during the trip and post trip phases) in relation to the socially constructed gender norms. The study is particularly interested in answering the following question: How does social media impact young Egyptian women's travel consumption?

Do I qualify to take part?

All participants must be:

- female,
- aged between 18 and 35,
- use social media

What will I be asked to do if I take part?

If you decide to take part, you will be required to participate by answering my questions on the group about how your travel experience is affected by social media. No individual quotes will be used from the group's discussions without your prior consent. In case you agree that your quote is to be used it would be anonymised.

Online interview using Facebook messenger or Skype (audio only) could also be conducted whereby questions will be mainly about your travel experiences and your use of social media across the different stages of travel starting from the planning phase till the post – trip phase. I will probe about how you decide about your travel plans in light of the Egyptian social norms. All interview data will be encrypted and pseudonyms will be used so that your identity can not be identified and quotes will be anonymised.

Who is organising and funding the research?

I am the Chief Investigator and organiser of the study. The study is self-funded.

Do I have to take part?

No. It's completely up to you to decide whether or not you take part. Your participation is voluntary.

What if I change my mind?

It is up to you to decide whether or not to take part. If you choose to take part, you will be given this information sheet to keep and will be asked to sign a consent form in case of an online interview or provide consent via email or Facebook chat window in case of using individual anonymised quotes. You can stop the interview or observation at any time and withdraw your participation. After the interview, if you change your mind, you can withdraw within 4 weeks after the interview after which data cannot be withdrawn. You do not need to give a reason and this will have no negative consequences for you.

How will I take part?

You participate by answering my questions on the Facebook travel group about your travel experiences and the impact of social media in light of the Egyptian norms. You could also participate by being interviewed through chatting via Facebook messenger or Zoom.

Will my data be identifiable?

Only I, the researcher conducting this study along with my supervisors in the UK, will have access to the ideas you share with me.

I will keep all personal information about you (e.g., your name and other information about you that can identify you) confidential, that is I will not share it with others. I will also remove any personal information from the written record of your contribution and pseudo names will be used instead of your real name.

How will we use the information you have shared with us and what will happen to the results of the research study?

I will use the information you have shared with me only for research purposes. This will include my PhD thesis and other academic publications such as journal articles and presentations. I may also present the results of my study at academic conferences.

When writing up the findings from this study, I would like to reproduce some of the views and ideas you shared with me. I will only use anonymised quotes from my interview with you), so that although I will use your exact words, you cannot be identified in our publications.

How my data will be stored?

Your data will be stored in encrypted files (that is, no-one other than me, the researcher, will be able to access them) and on password-protected computers. I will store hard copies of any data securely in locked cabinets in my office. I will keep data that can identify you separately from non-personal information (e.g., your views on a specific topic). In accordance with University guidelines, I will keep the data securely for a minimum of ten years.

What happens now?

If you are interested in taking part in the study, please complete the participation consent form. A convenient time and location will then be arranged for the interview.

Thank you for considering taking part in the study and taking the time to read this information sheet. If you have any questions or concerns regarding the study, please contact me using the contact details below.

Contact details for further information

Engy Magdy Helmy

PhD Marketing student

Lancaster University

Lancaster University Management School

Marketing Department

Bailrigg, Lancaster, Lancashire

LA1 4YX

Email: mekhail@lancaster.ac.uk

*Thank you for considering your participation in this project.*

## Appendix C: Consent Form



### Consent Form

Project Title: Impact of social media on tourism consumption in an emerging market: The case of young women in Egypt

Name of Researcher: Engy Magdy Helmy

Please tick each box

1. I confirm that I have read and understand the information sheet for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily	..
I understand that any information given by me may be used in future reports, academic articles, publications or presentations by the researcher/s, but my personal information will not be included, and I will not be identifiable.	..
2. I understand that my name will not appear in any reports, articles or presentation.	..
3. I understand that any interviews will be audio-recorded and transcribed and that data will be protected on encrypted devices and kept secure.	..
4. I understand that data will be kept according to University guidelines for a minimum of 10 years after the end of the study.	..
5. I agree to have direct quotes from my words to be used in the research on the condition that they are not associated to my name but rather to a pseudonym.	..
6. I agree to take part in the above study.	..
Name of the participant	
Signature	
Date	

## Appendix D: Interview Guide

### Interview Guide

The purpose of the interview question guide is to focus on how the participants view travel on their own and how do they use social media to consume this travel across its different stages (pre, during and post- travel).

Introduction:

Prompts:

- Research study aims
- The study is to be used in a PhD thesis, academic and industry publications, conference papers
- Recording is for taking notes later and keeping track of all details, focusing more on our conversation rather than writing down notes and for using quotes
- Your personal data will be kept confidential, pseudonym names will be used for the research, anything that is said will remain confidential and anonymous
- Please consider this as an informal chat and I will be listening more than talking as I really want to listen to your opinions and feelings about travel along with your use of social media for that

So, may I ask you to please fill in the consent form before we start?

Ice Breaker

Could you please tell me about your latest travel experience? (Prompts: Where did you go? with who? when was that?)

Pre-Travel

- What does travel mean to you?
- What inspired you to travel? Modelling?
- Why do you travel? (Leisure / business trip / study)

In case of travelling for business, how do you feel about travelling for business / study compared to travel for leisure?

- How do you plan for your travel? Do you use social media? If yes, why and how which social media platforms?
- How do you travel? Totally on your own? With your family / relatives? Only with your friends? Do you travel as a solo traveller or as part of a group? If both or as part of a group, could you please tell me about the nature of the group? (Example: Is it a female only group or could be mixed? Do they have to be friends, or they could be people you don't necessarily know beforehand?
  - o How do you feel about each type of these travels?
  - o Which do you prefer?
  - o How do you feel about travelling without being accompanied by an older person? Why? Does it differ if it is within Egypt or abroad?

If yes, how is it different?

- How does your family feel about such travel plans (whereby you will be travelling without being accompanied by a male relative (brother, cousin) or an older person (supervisor)?
  - o If the family raises some concerns about such travel plans what are usually these concerns?
  - o How do you handle these concerns?

(Probes: financial independence, chaperoned travel, domestic travel, girls' only, etc.)

- In your opinion, what do your friends who don't travel unless accompanied by an older person think of your travel activities?
- Are there any norms specifically related to travel? Are they still applicable?
  - o If yes, in what ways and why?
  - o If no, how did they change and why?

- What do you personally think of these norms?
- What do members within your extended family think of your travel activities?

#### Effect of Covid

- How did the Covid situation affect what you thought about travel? Your travel plans? (At the beginning of Covid versus now?)

#### Travel

- What are the main activities you like to do while travelling?
- Do you use social media while travelling? If yes, how and why and which social media platforms?
- When travelling unaccompanied do you use social media differently than if you were travelling as part of an organised trip?
- How often do you communicate with your parents while you are away?
- Ask generally to describe the norms within the society then ask how do you personally think of these norms.
- Are the social norms applicable even if you are away? What do you personally think of this?

#### Post-Travel

- Did travel change anything about you? (enhanced life skills, self-reliance, self-sufficiency, etc.)
- Could you tell me about your travel experience in the past before using social media for travel and now? Are there any differences?
  - o If yes, how? Do you think it affected young women or young men more and why?
- In your opinion, do you feel that social media affect the way you think about travel?
  - o If yes, how?
  - o If no, why?

## Appendix E: Screenshots of Posts in the Pilot Netnography

She-Travels سفر للبنات (Menna Sh... x +

://www.facebook.com/groups/SheTravelsEG/permalink/2459963194063825/

(Menna Shahin) سفر للبنات She-Travels Enjoy

Joined ▾ Notifications ✓ Share ↗ More ⋮

**Layla Ali** shared her first post.   
 👤 New member · 5 July at 12:34

بناويت عايزة رأيكم...  
 أنا عمري ما سافرت أي حتة..بابايا بيكره السفر لأسباب كتيريير ومستحيل يسافر وماليش أخوات ولاد ويقالي  
 سنين بيتعملي غسيل مخ ان تجربة السفر دي ماتناسيناش ومش هتنبسط وبلابلابل. المهم انا زهقت وقلت  
 لماما طب نساfer من غيره قالتلي سفر من غير راجل بيتصلهم بصه وحشه وبيبقو محل شبيهه. بصراحه ماما  
 عمرها ما قالت حاجه وكانت غلط.....بتسمعو آيه من الناس اللي أكبر منكم ؟ حد مر بتجربه زي دي؟  
 تعديل : ما اقصدش حاجه والله بكلمة بصه وحشه...اللي عايزة اقلوه ان أحنأ ممكن حد يضايقتنا...اصل احنأ  
 لسه جوة مصر... وانا باقولكم رايها مش رأي اللي ممكن يطلع جزء منه صح

👍🤔😞 73 185 comments

👍 Like 💬 Comment

View previous comments 50 of 103

**Rahma Gmal**  
 انا نفس مشكلتك مفيش اي حاجه تساعدني لحلمي وانا نفسي بجد

Like · Reply · Ad

Girls, I want your opinion.

I have never travelled anywhere before... my dad hates travel for too many reasons and he never travels. I don't have brothers. I am being brain washed that the travel experience doesn't suit us and we will not enjoy it or have fun bla bla bla. I got bored of this and suggested to my mom that we travel without my dad. She replied that travelling without a man is not acceptable and women who do this are under suspect and looked at badly by others. My mom has never said anything wrong ... do you listen to what elderly people say? Did any of you passed through a similar experience?

Update: I don't honestly mean bad by saying that people consider women who travel without men as impolite or under suspect ... I just want to say that someone may bother us... We are still in Egypt... And I am sharing with you my mom's opinion not mine which part of it may turn out to be true.

Facebook Saved x Travel Secrets club x +

https://www.facebook.com/groups/travelsecretsclub/permalink/2429558670415141/

Travel Secrets club Enjoy

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Public group

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Rè Hàrn  
7 July at 14:06

في ناس كثير سألتني  
ازاي سافرتي و اهلك سابوكي و ازاي انديبندت و كده؟  
انا اهلي مش راضيين يسفروني، و اقنعهم ازاي؟  
الحوار بسيط جداً  
انا من عائلة بسيطة جداً، معندناش ناس كثير بتسافر فيها،  
و الحوار كلة جه صدفة  
افتكر مبدأ السفر دخل بيتنا بس لما جالي في التنسيق (كلية السن عين شمس) وانا اصلاً من اسكندرية...  
يومها كنت جايه مجموع كبير و ساعتها اهلي و والدي تحديداً قالي اختاري تدخلتي جامعة خاصة بكلية  
احلامك ولا تاخدي الريسك و تروحي السن!  
ساعتها اخترت انقل القاهرة  
(مكنش سهل انهم بخيروني بس عشان شافوا قد ايه تعبت في الثانوي و استحققت اخذ الجزء ده من الحرية  
وانهم واثقين فيا)  
بعدها ذاكرت و تعبت في الكلية لحد ماخذت 3 منح علي مدار 3 سنين من الدراسة اللي هيا 4 سنين~  
(بردو كان كل كلام اهلي وانا بطلب و بزح عشان اسافر و بعمل خطط بحاول بيها اقنعهم اني تعبت و هم  
شافوا اني استحق و جدعة و حد عايز يسعي و يحقق حاجة)  
بعد التخرج و الدراسة  
اشتغل برودو في القاهرة و في اوروبا و بعدها جت فرصة اشتغل بره مصر في ماليزيا( و بردو هم اقتنعوا  
اني بحب السعي و ممكن اوصل عشان ع حد قولهم جدعة و بتعب و بعافر)  
(الشغل دورت سنة بحالها عشان الاقيه مكنش سهل يعني)  
الفكره كلها

Many people asked me

How did you travel? How did your parents allow you? How are you that independent? Other say that their parents don't allow them to travel and ask how should they convince them?

Actually, it's so simple

I am from a very simple family and we don't have many people within our family who travel, the whole travel issue came by coincidence. The concept of travel was first introduced to my family when I got the opportunity to join the faculty of languages in Cairo and I am originally from Alexandria.

At that time I had high scores and my father gave me the choice to join a private nearby university or to take the risk and join the faculty of languages in Cairo. Then, I chose to move to Cairo

(It wasn't easy for them by any means to give me this choice from the 1<sup>st</sup> place but because they saw how hard I studied during my high school and I deserved some freedom. They also trust me).

Then during my university years, I studied so hard and I was awarded three scholarships abroad during my 4 years of study (I kept asking my parents for their approval to travel each time and because they believed I deserved this in return of my dedication to my studies in addition to many travel plans I used to prepare and share with them they used to agree. They also knew about the ambitions I had).

After graduation I worked in Cairo and in Europe then I got an opportunity to work in Malaysia. Again, seeing how hard I work to become better and develop my career made my parents approve.

Facebook Saved x Travel Secrets club x +

https://www.facebook.com/groups/travelsecretsclub/permalink/2429558670415141/

Travel Secrets club

Enjo

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- اجتماع مارمرقس للخدمة 14
- PRIMARK STUFF 20+

الفكره كلها  
 \_الزن، السعي، جيب اخرك في مكانك ده و اتعب عشان اهلك بقتنعوا انك تستحق تستقل و انك انسان قادر  
 تبني حياه لوحدك~  
 \_ التفاهم و الكلام مع الاهل من وانت صغير  
 (اتعود تتكلم مع اهلك بميولك و احلامك وانت صغير عشان يأيذك في احلامك)  
 \_ الاهالي ناس طيبة و دائماً عايزين مصلحتك (اسمع منهم، و حاول تقنعهم، و اكيد هيتنولك الخير)  
 لو فشلت /فشلت في اقناع اهلك انك تسافر،تعمل ايه؟  
 حاول بقدر الامكان تثبت نفسك في مكانك و دراستك و شغلك لحد ماتكون في مركز عال جداً و تسافر مع  
 شغلك  
 رجاء للاهالي : اسمعوا اولادكوا  
 اعرفوا ميولهم في الحياه و احلامهم  
 علموهم يعتمدوا علي نفسهم  
 خلوهم يتعبوا عشان يكبروا رجالة  
 #تعيب #عافر #حاول كثير #هتوصل  
 #share #mention



https://www.facebook.com/events/346813185922624/?acontext=%7B%22action\_history%3A%22%7D

The whole idea is:

Nag, work hard, do your best in your current situation so that your parents see how hard you work so you deserve to be independent and you are capable if building a life on your own.

Communicate with your parents when you are still young (Share your dreams with your parents since your early days so that they are always aware of your aspirations in order to support your dreams later)

Parents are always kind and want your best

If you failed to convince your parents with your travel dreams, what do you do?

Do your best in your current job till you reach a good position and then you travel on a business trip

A request to parents: Please listen to your children, know their dreams, support them and teach them how to be independent.

Facebook browser tabs: Saved, She-Travels سفر للبنات (Menna Shahin), Travel Secrets club

URL: https://www.facebook.com/groups/SheTravelsEG/permalink/2459860224074122/

Group Name: (Menna Shahin) سفر للبنات She-Travels

Group Actions: Joined, Notifications, Share, More

Post by Engy Soli (Rising star) - 4 July at 16:29

يا حلوين اللي عاوزة تيجي معانا اسكندرية حجزنا شقة تحفة في المنيرة والفيو بتاعها بجنن عالبحر وايجارها هيبقي حوالي 80 جنيه بس في اليوم لكل واحدة.. واحنا جروب صغير مش كبير عشان اللي مبتحبش الزحمة وعاوزه تستجم بسس اسان هنبيقي 6 بنات. والسفر باذن الله يوم 15 لمدة 5 ايام اللي عاوزة تيجي معانا نكلمني بس تكون متأكدة واهلها موافقين عشان ماتتفكش وترجع نقول مش هينفع .. بليبيز عاوزينها تبقي سفرية لذيدة وجروب جميل عشان نتبسبب كلنا 😊

48 likes, 34 comments

Like Comment

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Dears, who wants to join me in a trip to Alexandria? We have rented an amazing flat there with a spectacular sea view and the rent will be around EGP 80 per girl per night... We are a small group of 6 girls so that would give a chance to anyone who would like to relax. We will travel on the 15<sup>th</sup> of this month for 5 nights. Whoever wants to join please call me but should be confirmed and have her parents' approval in order not to apologise later saying she won't be able to make it because of her parents.... Be excited for it, we want to have a nice vacation with a lovely group so that we can all have fun.

The screenshot shows a Facebook group page for 'She-Travels - Menna Shahin'. The main post is in Arabic and discusses the benefits of domestic travel for mental health. The post has 23 likes and 65 comments. The group has 100,407 members and a general group type. The interface includes a search bar, navigation tabs (Home, Create), and a list of members and suggested members on the right side.

How do you introduce to your parents that you want to travel for tourism to a certain country knowing that they are too hard to be convinced and they care about others' views.

Replies

Mena Yousef:

Show them that you work / study hard

Always show that you are depressed and can't take your work / studies anymore and you badly need a getaway to lift up your mood. This is what I personally do with regards to domestic travel but most importantly you have to be a responsible person who knows how to handle situations so that they

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(Menna Shahin) سفر للبنات She-Travels Enjoy H

البنات (Menna Shahin)  
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Shereen Ashraf  
2 June

علي فكره البنات لما بتسافر مش بتنبوظ ولا في حد بيعرف بغير معتقدها  
البنات لما بتسافر مش بتبقى أو بين مايند ولا حاجه ولا بتعدي حدودها  
البنات لما بتسافر مش بتنسى أبداً هي ايه ولا تقاليدها عامله ازاى  
البنات لما بتسافر بتخاف تغلط  
البنات لما بتسافر مبتحاولش تخاطر ولا تقلد حد لانه جواها دايماً شعور ناحيه المسئوليه اللي أهلها شيلوها  
البنات لما بتديها الحريه بتحافظ عليها وبتكون قدها  
خلفه البنات مش ثقيله ولا حمل  
الحريه للبنات والسفر والشغل والتعليم مش عيب أبداً  
اول لما جيت اسافر اتقال علي اهلي ولية كلام صعب جدا جرحني انا نفسيا بس الحقيقه من فتره لقيت نفس  
الناس دي بتملكني تسألني ع المنح والسفر لأولادهم ولاخواتهم  
اتبسطت جدا انه ممكن يكون انا سبب ف انهم بقدروا يشوفوا انه اللي كانوا ليفكروا فيه ده مش صح أو لو  
مش انا السبب فاتبسطت بالتغير اللي حصلهم  
البنات أو الولد لو عرفت تحبهم وتدبهم حب وتبني حولهم مبادئ أنت بنعيشها قبل لما تعلمهاهم صدقتي لو  
عاشوا بعدها ف الشارع مش هتقلق عليهم 🤗  
ثق ف اولادك ثقوا ف أخواتكم ثقوا ف الناس اللي حوالكم وادعومهم



When a girl travels she doesn't become a bad or impolite person and no one is able to change her beliefs

When a girl travels she doesn't become open minded or crosses her limits

When a girl travels she doesn't forget who she is or forgets about her norms or beliefs

When a girl travels she is scared of doing any wrong

When a girl travels she doesn't try to blindly imitate anyone as she always feels responsible towards the trust her parents gave her

When you give a girl freedom she tries to be up to the responsibility

Parenting a girl is not a burden

A girls' freedom, career and education is not a shame or a sign of impoliteness

When I first started to travel people used to say bad words about me as well as my parents which badly hurted me however the same people now contact me asking about scholarships for their kids or siblings. This made me so happy

that I might be reason those people changed their perspective and way of thinking about travel.

If you nurture your child being a boy or a girl with love and proper ways of being raised up and implanted good morals in them, then even if they lived on their own in the streets you shouldn't worry about them and they will be able to live right and well.

Trust your kids, trust your siblings, trust the people around you and support them

https://www.facebook.com/groups/SheTravelsEG/permalink/2363836033676542/

(Menna Shahin) سفر للبنات She-Travels

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**Menna Ali**  
13 May

فضفضوا يابنات وبصراحة.. ايه اكثر عائق بيمنعكوا من السفر!؟ الاهل.. الفلوس.. الشغل.. الدراسة؟؟؟؟وامتى حلمكوا بالسفر ممكن يتحقق 🤔🤔

GROUP

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Speak up girls! What is the main obstacle that prevents you from travelling? Your parents, finance, work or studying????!!! And when do your dreams about travel come true?

← → ↻ <https://www.facebook.com/groups/SheTravelsEG/permalink/2129971517062996/>

(Menna Shahin) سفر للنينات She-Travels

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**Asmaa M. Ahmed**  
11 December 2018

هالوو  
البنات اللي بتسافر لوحدها عرفتو تقنعوا اهلكوا ازاي عشان يوافقو وكدا  
نفسيتي وحشه جدا وعابزه اسافر اي مكان استجم 3 ايام كدا ومش عارفه افتح مع ماما الموضوع ازاي  
واقنعها 🥰🥰🥰  
ساعدوني 🙏🙏🙏

21 71 comments

Like Comment

**EMy Moussa**  
روحي شرم هتستجمي ونفسيتك هتتحسن كثير انا كل اجازة من شغلي بهرب على هناك وبرجع  
حاجة تانية خالص 🍀 2

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**Yoka Alwan**  
اكثر سؤال هنا بتقنعوا اهلكوا انو بتسافرو ازاي

Like · Reply · 29w  
5 replies

**EMy Moussa**  
اتفهمي معاهم ولا محنش وافق خدي حد منهم انا والدي الله يرحمه كان بييسني اسافر الاول عشان  
طبيعة شغلي وظلوقتي بسافر لوحدي عادي 🙄 1

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Hello.

Girls who travel on their own how did you manage to convince your parents to approve your travel ?

I feel emotionally drained and so stressed and want to go anywhere to relax for 3 days. I don't know how to bring up the topic with my mom or convince her.

Help me

## Appendix F: Manual Analysis of Pilot Interviews

### Travelling on my own

#### 1

- Nathalie: This was the first time that he approves that I travel on my own with my friends and they are the ones driving not adults. I know this is usually ok but not for me. He allows my brother but I am not allowed to.
- Engy: Because you are a girl?
- Nathalie: Yes
- Engy: Ok
- Nathalie: And he got convinced after many fights. I kept saying I am an adult, I am almost graduating, I need to have fun and do things with my friends and they have been doing so for years and this is my first time! He believes that my driving is immature so I am not allowed to drive on the high way and it should be someone else who is driving. He would trust a stranger than me which is weird!

#### 2

- Marina: So, this travel experience was really great for me as I travelled alone for the second time after travelling before to the United States of America for study purposes. So, this was my second time and I felt I am independent, I could handle different situations and I could go shopping on my own.

#### 3

- Engy: You are saying that you like to travel on your own. What do your parents think of this?
- Marina: At the beginning they weren't for this at all and they were like no way. It's more than enough that you are not living with us and you are living alone in Cairo for your studies but travelling on your own! This is disastrous.
- Engy: Why?
- Marina: My mother was so worried about me. She would be worried what would I do on my own in the airport? What if someone bothered me? What if I got lost specially if I am visiting a country that I can't speak its language? Whereas, my father has always been very supportive and he encourages me to travel and try and even if I get lost nothing will happen. We have to get lost in order to learn so he was actually the one who gave me the push at the beginning because I myself was a bit afraid as well.
- Engy: Why were you afraid?
- Marina: I was afraid of different scenarios like what if I missed my flight? What if I didn't know whom should I ask for any question? But with the experience you know what to do step by step and I also felt that it is important to know your rights in order to ask for. For example, as I told you earlier about my lost luggage, I knew that it is my right that the luggage is delivered to where I am staying and it's my right that it is not opened. So,

knowing that I asked for my right and insisted on it. But again, I wouldn't have probably done it without my dad's support and how he convinced my mother. They also asked someone they know from the country I first visited to wait for me in the airport. That was only for the first time but then I find my way on my own.

### **Things are ok for the boy but not for the girl**

#### **1**

- Nathalie: This was the first time that he approves that I travel on my own with my friends and they are the ones driving not adults. I know this is usually ok but not for me. He allows my brother, but I am not allowed to.
- Engy: Because you are a girl?
- Nathalie: Yes

#### **2**

- Nathalie: Yes, they say if your brother is with you, you can go wherever you want. For example, they never approved before that I go to a party at a guy's house however if I am with my brother they tell me I can go wherever I want; in Sherouk or wherever as they don't feel worried as long as I am with my brother. They also allow me to come back home at any time I want as long as I am with my brother. Last Ramadan was the first time for me to have *sohour* because my brother was with me.

#### **3**

- Nathalie: For example, my curfew at home is 10 pm but my brother doesn't have any curfew. If I am out with my brother, then I don't have a curfew either and I am free to be back home whenever I want.

#### **4**

- Engy: What's their problem with you being away?
- Marina: They see it that way, that she is a girl and she cannot manage her life on her own, there would be a lot of people who will bother her, she will not be able to stand for herself. They underestimate the idea of me being able to manage life on my own and they used to tell me father why would you send her to a place where she would get to know different perspectives and cultures that are different than ours. The ideal scenario for my aunts was to graduate, get married and work after getting married, that's the safest scenario for them. And for them my father was crazy that he accepted that I join the AUC and live in Cairo on my own. I asked my father not to tell them that I am travelling except a week before the travel date in order to minimize the sharing of horrible ideas they have about travelling, ideas such as she will get lost, she will die, she will get raped ... etc.
- Engy: Is this their reaction to any trip?
- Marina: Yes, to any trip
- Engy: What if you were travelling to America or Canada?

- Marina: This would have been a disaster. It is to the extent that I don't even want them to know where I am going to if I have a trip with my friends in the university to Dahab, which is a place in Egypt and they see my pictures on Facebook, they get mad. What was really astonishing to me, that even my cousins who are older than me and my brother, as we are the youngest in the family, and who are in their late 20 and 30 s, perceive the idea the same way as the rest of the family.
- Engy: what's their perspective?
- Marina: The same concept of how come you leave your girl travel alone, if she was our daughter or sister, we would never allow her. I felt that there is no change between the generations. I would accept it from their parents as they are of an older and different generation but cannot accept it from them.

### **Travel as a getaway**

#### **1**

- Nathalie: because it has been a long time I didn't do anything fun that is not related to studies or sports. I wanted to do something out of the norm. Plus, it was after my midterms and I really wanted to travel to chill so that was the main motivation.
- Engy: So then do you see travel as a getaway?
- Nathalie: Yes, it is a way to do something out of the norm
- Engy: What is the norm?
- Nathalie: I study, go to my sports practice and sleep

#### **2**

- Nathalie: Yes, because it was a stressful time in my practice and the midterms and balancing all of this, so I felt so stressed.
- Engy: You are saying it was a stressful time, so you wanted to travel. Do you feel that travel relieves stress?
- Nathalie: Yes, definitely
- Engy: How?
- Nathalie: Because you are doing activities that you actually enjoy like running around. I didn't go swimming, but my friends did. We did new things that we don't get to do regularly, we had barbecue. It was fun specially in the outdoor areas and the beach. It was super!

#### **3**

- Marina: Travel in general ... Travel to me means escapism. I like to travel alone to escape from people because I feel that when you travel alone or you don't have someone you know you could be more adventurous. You could even get crazy and try things that you usually would have never thought of trying or doing. You would be fine trying new things without feeling that you would be judged by those around you. For example, if I am travelling with my mother and I think of trying bounce jumping or the zip line I would never do such things with her but if I am alone it's okay.

### **Supervised travel is acceptable**

#### **1**

- Engy: If such trips are organized with the university or with any other institution, do you think you would face the same problem?
- Nathalie: No, that won't be a problem at all if it is with an institution, but the problem becomes with my friends that the trip's date doesn't suit all of us and the price. But for the parents it would be totally ok.

#### **2**

- Nathalie: Yes, I travelled with the rowing team and it was a competition. I travel to all trips with the team whether inside or outside of Egypt.
- Engy: And these trips your parents are fine with because it is under adults' supervision?
- Nathalie: Yes, it is the university's team and anything under the university's umbrella they are fine with it and I can do anything with the university.

#### **3**

- Engy: Ok, so when you explained to your dad that it is an organization and you will be chaperoned, he felt it won't be a complete no then?
- Nathalie: yes, he said okay as long as you are not going to an internship on your own abroad

### **Travel as a mood lifter**

#### **1**

- Engy: But other than that no? So, when you travelled with your friends did it make any difference to you?
- Nathalie: It changed my mood. I came back energized, willing to do more studying but before that I couldn't tolerate anything.

#### **2**

- Marina: I feel more excited towards travelling to learn as I feel that I get more benefit. For sure travel in general is beneficial but travelling for leisure is just a change of mood but I really didn't get out with a new learnable thing to add to me whereas each time I get out of my comfort zone and try to do something new that I would have never thought of trying I feel I have developed something in myself

### **Norms that govern girls' behaviours**

#### **1**

- Engy: So do you feel there are norms that change their ways of thought whether for them or for you?
- Nathalie: Yes, specially what would people say. People's gossip and what they would say is a major thing that affects any decision specially that I am a girl.

- Engy: what else? Are there norms that govern the ways girls should behave in the society?
- Nathalie: Yes
- Engy: In what and like what?
- Nathalie: How she is dressed. Time to be back home. Who is giving you a ride, they don't mind being an uber driver but not one of my friends so that it won't be that I am hanging out with guys. So it is again my safety over the fact that I am coming back home with someone I trust so that people won't gossip, or the doorman and the neighbours won't say anything bad about me. For example, my curfew at home is 10 pm but my brother doesn't have any curfew. If I am out with my brother, then I don't have a curfew either and I am free to be back home whenever I want.

2

- Nathalie: Yes, specially what would people say. People's gossip and what they would say is a major thing that affects any decision specially that I am a girl.

3

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4

- Nathalie: Yes, she tries to help me but still norms must be respected and the number of girls should exceed that of the guys', or one to one or else my dad wouldn't approve. She also felt how fed up I was.

5

- Nathalie: Girls ratio, who owns the place we are going to, how people in that place will look like, what are we going to wear, will the swimming suit be one or two pieces depending on who is with you. Mmmmmm, don't know what else could be travel related.

6

- Marina: They do, but they are all married
- Engy: ok this means they only travel when they get married?
- Marina: Yes, not before they got married

7

- Marina: Yes, with both boys and girls and it is very sad. However, this happens more with girls. This causes me many problems such as, when they know I am in my third university year and I am still not engaged or not even in a relationship, they start to feel shocked. Some mothers even ask their girls to get dressed in a certain way, in order to attract a boy and get engaged before they graduate from the university. They make the girl believe that this should be her goal, so they just destroy any dreams about travel or so. They put barriers for everything you wish to achieve. I feel I am blessed in a way or another, because my parents don't have this mentality, however I know that at a certain moment, specially when I graduate, my mom will be willing that I get married and that is her right, but she has to know that I am not that kind of person that will be locked up. This is the point.

## 8

- Marina: For example, the way girls should dress up and the way they think. It is because you live in a closed society you cannot wear shorts in the streets. This is acceptable for me as Fayoum is on the countryside, however I cannot accept to hide something I believe in, because the society tells me the opposite, although I see it right. I feel it is my duty to fight against wrong concepts and to fight for what I think is right. Let me give you an example as someone who loves to read in different religions and I myself took a comparative religion course here at AUC. When I posted my views on Facebook people thought I am changing my religion and started attacking me, I am just sharing the idea that other people might think different than we do. However, there are lots of constraints for girls more than boys to say their opinion. They always see that girls' opinions are usually emotionally affected. Even if girls have in a way or another this emotional part and which might discomfort boys in any discussion even with a friend I see this as emotional intelligence, which means I understand an argument from an emotional point of view which is actually something good not bad. This is something that distinguishes me not diminishes from my value as a girl. Generally speaking, this is what makes me want to leave my country Egypt, it has many constraints that locks us as girls since childhood.
- Engy: You mentioned restrictions about the way of dressing up and the way of thinking what else?
- Marina: restrictions about the concept of girls going out, coming back home at a late hour, going out on their own and also restrictions about the time to return home. My maximum time out is 10:30 pm, however because Egypt is a bigger and more dynamic country, I asked my mother to allow me to stay out till 11:00 pm. This was totally unacceptable and whenever I go out she keeps following up with me with endless mobile calls, as she feels going out late is a huge break to the norms and restrictions. Another restriction is how long do you stay in a certain place. I know quite well that my mom will agree that I travel with boys and girls anywhere in Egypt, but not on my own. However, outside Egypt she will allow me to travel alone. This is because she knows, although she is very patriotic and will never ever leave Egypt, she knows quite well that Egypt is a country that has its special norms and restrictions, and she will never allow me to travel alone even to Alexandria.
- Engy: So how would she allow you to travel within Egypt, to Alexandria for example?

- Marina: With a group even if there is no supervisor, this is because if something happens, I will be having people with me. She dislikes me going from downtown in Cairo to Tagamoa alone, she feels moving in a group is safer and more secure.
- Engy: What do you think are other norms for girls related to travel?
- Marina: Apart from the fact that a girl cannot travel alone, is for example that I knew about something happening abroad, while it never takes place here, which is that after students finish studying, they spend a volunteer year, where they go help refugees in Greece for example. I was really astonished how their parents would leave them for a whole year achieving nothing but going to help refugees and come back. I was like what would my parents say if I ask for something similar! They will only agree if I travel for academic purposes. Other restrictions over girls by travelling are....
- Engy: which restriction you are talking about, those that the society imposes or those that are common?
- Marina: That the girl should travel with someone and preferably with someone of the family or even within a group. One member of the group should include her brother, her cousin or any male relative of the family. Her mobile should always be switched on. Actually if it went out of network for a second this means the girl has died. Also, regarding the way of dressing up due to the restrictions imposed if for example a girl is going with her parents to the same trip she was going to with a group, she would be wearing totally different outfits than those she will wear with her friends. However, I believe that either I wear certain clothes or I don't wear them regardless of whom I am being accompanied with.

## 9

- Marina: Unfortunately, yes, it is still applicable to our generation which I find to be really scary. Even nowadays in 2019 beliefs have not changed, how come you see that a girl cannot travel on her own and is not able of adapting and adjusting her life.

### Feelings towards the norms

#### 1

- Engy: What do you think of norms such as what should a girl wear, when should she be back home?
- Nathalie: I hate them. I feel like let me be me and let me do my own thing. My mentality isn't as theirs at all. I don't care about what people say and at the end of the day I know myself but unfortunately this isn't the case with my parents and they base their decisions based on the norms so that no bad words or gossip would be said about me. Even though I wouldn't care because I know myself and at the end of the day their decisions should be based on their trust about me and not the norms.

#### 2

- Marina: This is really silly

### Norms change based on where you are

- Nathalie: My parents usually tell me we should only care about ourselves in such situations like when I want to travel or so however when it comes to studies or performing well we are compared to others normally. And I think this is only my family for example for my uncle things are totally different but because he lives abroad so his daughters can do whatever they want and their parents know all their friends.
- Engy: Where do they live?
- Nathalie: In Canada and even they visit Egypt everything is ok and they can do whatever they want but there are few restrictions about what would people say about them and their safety but when they are abroad there isn't such restrictions.

### **Social media as a time waster**

**1**

- Nathalie: Facebook mainly for fun posts and I share whatever is funny. Instagram I don't really know. I keep deactivating them whenever I have to really study.

**2**

- Nathalie: I feel social media is a major time waster for me. I could keep scrolling for hours and waste a lot of time when I can't afford losing such time if I have lots of stuff to be done and I leave things till last minute and procrastinate so sometimes I really have to deactivate my accounts to focus.

### **Disconnecting from social media during bad times**

- Nathalie: for how long do I keep deactivating them? For one or two months. It depends on my psychological feelings because when I feel down or so I want to disconnect from social media to focus on the rest of my life.

### **Instagram is more intimate than Facebook**

**1**

- Nathalie: It's mainly the very active platform for my friends. Facebook has the family, the not so close friends and people whom I don't frequently talk to but on Instagram I only accept close friends. Even my mom told me on Instagram you are free to post whatever you want but on Facebook no.

**2**

- Marina: I use Facebook if I am going to share something or if I am going to write a post which is something I do like but Instagram I use if I want to explore new things and I usually use more during vacation time.

### **Usage of social media for travel**

**1**

- Nathalie: I view nice places with beautiful scenery on Instagram because it has the feature to explore page and they track what you are viewing so I get more content related to of what I am interested in.
- Engy: What else do you use social media for activities related to travel? Whether Facebook or Instagram?
- Nathalie: For example, when we were going to Germany with the team I was looking for tattoo shops, also looking for shopping malls, and I research activities that I want to do.

## 2

- Marina: Yes. I use Facebook if I am going to write about my travel experience along with sharing only one photo and this usually happens after I am back from my trip.
- Engy: Do you like to write and share your experience?
- Marina: Yes, I love to share my experiences to encourage others and inform them that such experiences exist and they can also do it. As for Instagram I mainly use it to share photos and stories. I love stories and love to have a story about each place I visit. Then, interested people contact me via WhatsApp asking for more details about the trip and how I did so and so or how did I do that? And there are also curious people who contact me just out of curiosity. All of our community is so curious.
- Engy: Do you mean they see your stories on Instagram then they contact you on WhatsApp?
- Marina: Yes exactly, at the beginning I thought I was helping and encouraging them to travel but then I found out that they do this out of mere curiosity.

## 3

- Marina: Aha yes, Facebook and Instagram in looking for nice places in the country I am planning to visit. Instagram is great in this actually, I try to search for specific hashtags to identify the good places or the beneficial courses to take. What else do I do? If I am going to a conference, I check the conference's Facebook group or Facebook page and I connect with people who are going to attend the conference before I even travel. For example, when I went to a conference in Germany I got in touch with few participants who were going to attend the conference and I asked them to wait for me in the airport there as their flights were close to mine and we all headed to the hotel together instead of each of going alone. So, the social media was really of great help in this. Sometimes, without stalking people when the participants' emails are shared before the conference I try to search for them on Facebook, send them on Facebook messenger and get connected. This is how it all starts.

### **Feelings towards travel**

#### 1

- Nathalie: I love travelling. It's something fun. I love everything about it. I love the smells once I am off the place and the take off and then arriving. I love how the weather is, how the cars are nice and clean and how there are car models are not here in Egypt. I love everything and that's why I love to travel so much.

2

- Marina: I feel more excited towards travelling to learn as I feel that I get more benefit. For sure travel in general is beneficial but travelling for leisure is just a change of mood but I really didn't get out with a new learnable thing to add to me whereas each time I get out of my comfort zone and try to do something new that I would have never thought of trying I feel I have developed something in myself. For example, during my trip to Germany I lost my luggage so I was about to start panicking as there is no one around that I know so there is no such thing as dad please handle and get it solved. No, I have to handle the situation myself. Another situation happened and I was bothered because of being an Egyptian and I had to go through further inspection and investigations. This happened to me when I was travelling to America and I had a transit in France once the officer saw my Egyptian passport I was taken out of the line, my luggage was carefully inspected and even my wallet! Then, she started asking too many detailed questions. At the beginning I started to feel stressed but then I felt no it's okay, there is no problem and I will be able to handle the situation. So, I truly feel excited when I am travelling for educational purposes.

3

- Marina: I will tell you. For example, if someone hasn't been except to Egypt and didn't see anywhere but Egypt and in my case, I am from Fayoum and I haven't seen except Fayoum which is just a small governorate so I would imagine that the whole world revolves around Egypt and what happens in Egypt. So, you will have certain assumptions and standards for evaluating what's right and what's wrong, what's acceptable and what's not. These standards that you put yourself for others as well as yourself define how you live and anything else or out of these standards you fail to handle. Whereas, when you have exposure to something else you develop new and different ways to define situations so you become more capable of dealing in different situations. I also feel that travel affects the maturity level like I feel that before I was exposed because of travel I was more judgmental as I had a certain way of defining what is right and what is wrong however, after I saw different parts of the world I realized that what you used to perceive as wrong could be considered right if looked at from a different perspective. Another thing that also affected me because of travel is the culture of different countries and how they perceive our Egyptian culture. For example, I was extremely shocked that whenever I tell someone that I am from Egypt they would immediately say wow! Pharaohs and the pyramids.
- They thought that Egypt has good people who live in the pyramids and evil ones who are terrorists trying to attack those living inside the pyramids! Also, once they know I am Christian and living in Egypt they would ask how are you Christians living in Egypt? Why are you still there? A third point that I was also surprised to witness is that people were shocked how come I am a girl, coming from Egypt and I could speak good English and deal with different people of different nationalities. So, all this made me realize how these people know nothing about Egypt and how they only know about their own countries and have no idea about other countries like ours. For example, I was once in a conference in the US and I was giving a presentation about ISIS and terrorism and many of the audience

knew nothing about ISIS or terrorism in our region and they didn't even want to believe the statistics I was sharing! So, I felt I want to tell them you should know about our country and our region the same way we know and care about yours.

#### 4

- Marina: Because you get to exposed to new ideas. In any closed community they are afraid that you are exposed to new thoughts, even at church they fear the new concepts and ideas, for them the biggest virus is to get exposed to different ideas than theirs, as if you are telling them this is not the right way to do things. Everything new for them is a big no. So my friend's mom, used to tell her, what is your friend doing, this is wrong, she is ruining her life. She told me once "there is no man on earth who will like a girl with all the ambition that you have".
- Engy: This is because you travel?
- Marina: This is because I travel and search for something out of the box, she used to tell me you will always be alone. This has seriously affected my relationship with my friend for a long while and my friend herself felt that this way and felt that my travel negatively affects our friendship, even if I travel for week. I used to ask her to join me but she was always very resistant and reluctant.

#### 5

- Marina: I am an open person to adventures and new experiences so travel for me means this. I love to travel to try new things and I also love to make new friends. This is the most thing I love to do when I travel and I try hard as much as I can to make new friends and stay in touch. We might not be in close contact whereas we stay connected specially if any of these friends come over to Egypt.

### **Social media effects upon travel**

#### 1

- Nathalie: I feel social media changed the places we used to go to and now we know about new places that we could possibly go to. We also have to like act in a certain way, have photos, post where you are going, what did you do and you have to look happy. I feel there is a big difference.

#### 2

- Nathalie: Maybe it made people like travel more as it shows like a certain status to show I travel and I do lots of exciting stuff.

#### 3

- Marina: As a society yes as more people started to travel now and new travel destinations are being popular that people were not used to go to before. For example, Dahab, Siwa and Taba in Egypt are places in that were not that popular before so I believe that social media

have helped in promoting domestic travel. But I haven't really seen this impact upon travelling abroad or upon encouraging girls to travel abroad. I don't want to be pessimistic but I don't feel there has been any rootal change in thoughts or beliefs. The ultimate goal for Egyptian girls is to get married maybe the way would change but still the goal is still the same.

### **Social media promoting new places as travel destinations**

**1**

- Nathalie: You can get to experience more travel because you get to know more places and you can go deeper knowing places you didn't know about before and you get exposed to new stuff.

**2**

- Nathalie: Personally, I see how this place is amazing and I didn't have any idea about. For example, I didn't think Siwa would be that beautiful, but the photos showed how superb it is and then my friends went and they kept telling me how amazing it is, you go hiking at night and you gaze at the stars. I wouldn't have known about Siwa altogether or anybody else would and this became the trend lately.

**3**

- Marina: As a society yes as more people started to travel now and new travel destinations are being popular that people were not used to go to before. For example, Dahab, Siwa and Taba in Egypt are places in that were not that popular before so I believe that social media have helped in promoting domestic travel.

### **Posting on social media**

**1**

- Engy: You are saying you use Facebook as it has fun posts, ok. How often do you share posts? What is the frequency?
- Nathalie: it depends on the time of the year if it is summer, it could be 10 posts for example.
- Engy: 10 posts per what? Per day?
- Nathalie: Yes, at the least. But now no, it depends if I have a lot of study on one day then I rarely open it and it could be just one post. For example, yesterday I don't think I shared except like 2 posts as I was busy throughout the day so it depends on my own schedule. If I am free I would share lots of stuff if not, then I don't share.

**2**

- Marina: I might share with my friends via WhatsApp or to be very honest I might share on other social media platforms provided that I hide such news from specific people as I don't want any troubles. I remember once I was in Dahab with my friends and we went hiking in a place called white canyons where is there is a part that we go climbing. The photo

showed how high the mountain was, so I got huge amount of comments like you are going to die! You will fall and such comments so I decided I will never do so again.

### 3

- Marina: Yes, I use it to look for new places before and during my travel but for posting I usually do it after I am back unless it is something that I am dying to share I would do it while travelling before I am back. And I don't know why do I do that!
- Engy: was just going to ask you why do you post only after you are back?
- Marina: Maybe because I don't want to be bothered in any way while I am travelling with the silly comments I receive so I prefer waiting till I am back to start the fight. Maybe also because sometimes I don't have an internet connection from my mobile as I don't buy a local line if I am staying for a short while in a country so I just wait till I am back.

### 4

- Engy: Do you usually use social media while you are in the dorms or during the vacation or out of home or on campus?
- Marina: On each and every single time and I believe this is not a great thing. Social media became a core part of the university life. All groups are now on WhatsApp or Facebook and even now on Instagram. Social media now became easier for me than going shopping it became very essential to me. I remember that a week ago my mobile fell and wasn't properly working so I felt I don't know how to manage things not because of the mobile itself but I can't survive without WhatsApp which has all the groups for the group projects.

## **The negative side of social media**

### 1

- Nathalie: What I found out is no they don't have to be really so and they are the ones who try to convey such image about themselves. Everything could be faked just for social media and they are trying to get that across even though they are not that type of person. Sometimes they even make people hate them more, social media could make people hate to travel because they would feel it is kind if fake and I have to do that and that in order to look in a certain way so sometimes this is boring. My friend loves to post so she takes pictures about everything in her life. Whenever we go anywhere she keeps asking me to take pictures of her but I feel like no people don't have to know where did you go. Let's just do the fun stuff it's not fun to just keep taking pictures let's do something. So, for me this is something that makes me hates travelling which is I have to take pictures so that people would know of all the places I have been to. I feel it is all about doing the actual travelling and experiencing everything.

### 2

- Nathalie: They consume it differently. For example, they would go to different places so as to look cooler and also you wouldn't care if you are travelling but you don't have many

outfits but now you can't wear the same outfit on two different days in two different places. How can people see you like that! So, it differs in such small details

**3**

- Marina: What is bad is that I miss my privacy on social media. I don't want everyone on Facebook to know that I travelled. What is good is that when you are on social media you stay in contact with those who are living outside Egypt and you got to know while travelling. You can even arrange with your friends abroad future trips and you get to know new places. I feel if I used to travel before social media existed things would have been much quieter because of having more privacy as people don't have to know what I am doing.

### **Travelling with guy friends as a form of support**

- Nathalie: And the train we take has to be a first class category not anything else because when I went before with my mom and her friends using the train and we weren't in the first class people were kind of different. So, they said it has to be a VIP and first class category and you should have guys accompanying you in order to better protect you from the people.
- Engy: So they prefer that you have guys with you?
- Nathalie: Yes, so that they can be of support and a kind of potential threat if anyone bothers us

### **Parents' preference to girls' only travel**

**1**

- Engy: Should it be a girls' only group or a mixed group?
- Nathalie: In order for my parents to agree they have to be girls only specially if they are people they don't know but if it's people they know from before it could be mixed.

**2**

- Engy: Do you feel that you could go into the battle of discussion with your parents about another trip that would be longer? Like 3 nights or so in Sharm el Sheikh or Hurghada?
- Nathalie: This has to be a girls' only group or if there are guys then it has to be just for one day without a sleepover. I travelled once before in a girls' only group.

**3**

- Engy: You are saying that if you thought of planning a trip it will be a girls' only group, right?
- Nathalie: Yes, when we will be having a sleepover

**4**

- Nathalie: No as well, probably it would be better if it is girls only but again it depends on the place we are going to stay at. For example, if we are going to a hotel that belongs to one of my dad's friends that might be ok because there is supervision.

5

- Nathalie: It helps. It helps girls to start to travel because it's within a girls' only group so that their parents would approve their travel. There a lot of girls whose parents would only accept because they are travelling in a girls' only group.

6

- Engy: Do you feel that this overcomes the obstacle of their approval to your travel? What about if you travel as a girls' only group would that be easier to have an ok for.
- Nathalie: without supervision, yes yes.
- Engy: It would be easier because it is a girls' only group?
- Nathalie: Yes, but then the discussion would be about and how will you? Who will give you the ride and such issues but once we are there then it's okay, no supervision is required.

### **Girls' support each other on Social media in general and Facebook travel groups in specific**

1

- Nathalie: I think there is a page called "She travels" and it is about a woman who empowers other women to travel on their own and they plan girls' only trips and other travel related activities.

2

- Nathalie: I don't get many of posts from them on my timeline, but I feel it's so cool. She is a girl and she shared her story about how she started to travel on her own and I felt like hope I will be the same one day and I would travel on my own and I felt it is nice to see what you want to be at some point in your life.

3

- Nathalie: It helps. It helps girls to start to travel because it's within a girls' only group so that their parents would approve their travel. There a lot of girls whose parents would only accept because they are travelling in a girls' only group.

4

- Marina: She does inspire me to the utmost. She is the most person that makes me feel that what I am doing is right even if it's only one person who thinks like me. Sometimes she even helps me by sharing opportunities or advising me to search on certain websites or groups. But again this is only one girl among hundreds who don't. Now girls who inspire me are those whom I got to know through the conferences I attended they keep encouraging me and they even share with me opportunities they get to know of and we are excited to travel together.

5

- Marina: I believe it made a difference but only after I had the exposure and managed to establish relationships with foreign people living abroad but before that I haven't seen any example that encouraged me to do so. If there were examples, then people would not have considered what I am doing weird.

### **Hiding parts of the truth in order not to get any travel-related troubles**

#### **1**

- Nathalie: My dad doesn't even ask about any details for any trip with the team. I just tell him I am travelling with the team and I want this amount of money so he says ok go without any discussions, he literally just says ok.

#### **2**

- Engy: OK so you are then a group who are also the team but you organize the trips together so there is no coach or chaperon or basically no kind of supervisor who accompany you. But your dad believes in the association between the team and the university.
- Nathalie: Yes, and I am with the team so it is ok you can go wherever you want and socialize.

#### **3**

- Nathalie: I think my dad believes that these trips are under the university's supervision and as long as they are so then he is totally fine with that.
- Engy: But you don't intend to ever tell him about this missing link?
- Nathalie: It's not my problem, my brother used to travel with them and then I joined the team and I travel like he used to and my dad is fine with the concept of travelling with the team.

#### **4**

- Nathalie: Haven't thought about it but most probably he thinks that there is a kind of supervision

#### **5**

- Marina: I might share with my friends via WhatsApp or to be very honest I might share on other social media platforms provided that I hide such news from specific people as I don't want any troubles. I remember once I was in Dahab with my friends and we went hiking in a place called white canyons where there is a part that we go climbing. The photo showed how high the mountain was so I got huge amount of comments like you are going to die! You will fall and such comments so I decided I will never do so again.

### **Travel supervision changes people's behaviours during a trip**

#### **1**

- Nathalie: Yes, the people behave totally different when we are on those trips as if they are other people than the ones here. As it is a completely different place or even a different continent!

**2**

- Nathalie: Ok he is right but I know myself. I feel I don't need supervision and I have nothing to do with what others do.

**3**

- Nathalie: It makes a difference in making my parents approve my travel. During the trip it differs a bit that people don't get out of control or cross their limits but it is ok still. Also, when we have a supervisor accompanying us the supervisor wants to entertain himself and have fun and he doesn't care that much except about everyone being safe as this is his responsibility at the end of the day other than that no but it just helps that they say ok to me to travel.