

# *LOVE ON THE GO*

Why not look for your man in  
Amsterdam?

IVY VAN HOUTEN



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## LOVE ON THE GO

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Shoutout to the local police and city staff who keep Amsterdam's parks not just safe but irresistibly charming—because let's face it, what's more romantic than a stroll under those trees or a spontaneous picnic by the water?

And finally, thanks to the city of Amsterdam itself—you're a love story waiting to happen





**Let's set the stage!**

**Why Look for the Man You Want in Amsterdam?**

After a string of relationships that led nowhere, I often wondered if love still had a place in my life. I spent a lot of time reflecting on mistakes, bad choices, and the expectations I'd built over the years, feeling the weight of accumulated disappointments. Each failure felt like another brick in a wall that kept me separated from the idea of finding someone to share a real connection with, and there were moments I felt lost, wondering if I was the one getting it wrong - or if love itself was just an illusion. But deep down, there's a part of me that refuses to believe it was all for nothing. Despite the scars, I still believe love is out there. Maybe **the problem isn't just about finding the right person - it's about the setting where we're looking. Every place shapes the way relationships unfold**, and the environment we're in has a huge impact on the quality of people we meet and the kind of connections that develop. I spent too much time in cities where everything felt

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like a race. The men I met were often wrapped up in their work and ambitions, and love felt more like a competition than a connection. Shallow values often took center stage: who looked better, who had more. It made me wonder if I'd been searching for love in all the wrong places because in such high-speed environments, it's hard to see people for who they really are when life is moving so fast. Then, I started thinking about Amsterdam. It's not just a beautiful city - it's a place that seems to invite you to slow down. People here appear to have time: time to chat, to socialize, to build real relationships. There's no pressure to dazzle or compete; you can just be yourself and let things unfold naturally. This city offers a unique chance to connect with others more authentically, without the constant distractions of so many other big cities. You don't have to rush, chase, or prove yourself, and people in Amsterdam seem more open, more willing to get to know the real you. It might sound like a cliché, but it's in that simplicity that I see the potential for meaningful relationships. In a setting like Amsterdam, you can let the city itself facilitate those moments - whether it's walking along the canals, unwinding in a park, or enjoying a glass of wine at a cozy café. The way people interact here feels more natural, more relaxed, and more real. This idea was sparked by a conversation with a friend of mine who lives in Amsterdam. She told me how life in the Dutch capital is so different from the big cities I've known. Her stories of lazy afternoons spent chatting in cafés and leisurely strolls along the canals painted a picture of a place where people actually take the time to connect, and that's when I started planning a trip to Amsterdam, not just to visit, but to experience a setting where

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life moves at a gentler pace and genuine conversations happen. The thought of exploring this city and its slower rhythm gave me a fresh perspective. It wasn't just a vacation - it felt like an opportunity to discover an environment where meaningful connections could thrive. My friend agreed to join me, and the idea of exploring together made it even more exciting. We planned to check out cafés, markets, parks, and maybe, just maybe, meet someone who could add something special to our adventure. The spontaneity of the trip made me feel free and open to new experiences. I didn't want to plan every detail; I wanted to let the city guide me. With each passing day, my curiosity grew. Amsterdam feels like a place where I can embrace the unexpected, try new things, and maybe even stumble into moments that lead to something meaningful. Ultimately, I believe the right place can make all the difference. Amsterdam, with its laid-back vibe and welcoming energy, feels like a fresh opportunity to explore both myself and others without pressure or expectations. I can't wait to dive into this new adventure, discover all that this city has to offer, and meet people who might just make my journey even more special.

## **Our Guide: The Perfect Travel Companion for Every Woman**

This Guide to Amsterdam is meant to be so much more

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than just a list of places and tips; it's designed to be a true travel companion, adapting to the temperament and aspirations of every traveler to enrich each moment spent in this captivating city. Every section of the Guide has been thoughtfully crafted to meet the needs and desires of women with different personalities, offering itineraries, ideas, and experiences that reflect what each of them is looking for and hopes to find. Below, we'll show how this Guide is built to accompany and enhance the most common types of women travellers, inviting them to explore Amsterdam in a unique and personalized way.

### ***A Social Butterfly: The Explorer Who Loves to Share***

For the social woman who sees every trip as a chance to make new friends and share experiences, Amsterdam is the perfect place for genuine connection. The Guide offers routes that take her to lively and stimulating spots like bustling markets, energetic caf  s, and popular parks, where she can freely mingle with new and interesting people. The social butterfly will also find recommendations for group events and shared activities, like wine tastings, cultural tours, and **Meetup** gatherings, making it easy to form friendships in a relaxed and fun setting.

### ***A Thoughtful and Introspective Woman: The Culture Buff Who Loves Peace and Quiet***

Amsterdam offers plenty of opportunities for those who prefer to dive into relaxed vibes and cultural discovery. For the introspective and reflective woman, the Guide points her

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toward bookstores, museums, and historic cafés, where she can spend time in peace, indulging in her intellectual passions. With tips for art exhibitions, classical music concerts, and strolls along the canals, the Guide lets her experience the city in a rich, personal way. For her, every encounter is a chance for meaningful conversation and mutual discovery, and the Guide will steer her to spots that foster just that kind of connection.

### ***An Open-minded and Daring Woman: Always On the Hunt for New Experiences***

For those women with an explorer's spirit, always inspired by fresh and exciting experiences, this Guide offers itineraries tailored to the curious and daring type. Amsterdam, with its canals, quirky markets, and outdoor activities, is the perfect spot to quench that thirst for adventure. The Guide includes tips for boat trips, off-the-beaten-path bike tours, and visits to the city's hidden yet fascinating neighborhoods. With info on unique and unconventional spots like The Ice Bar or Dinner in the Sky, every day will be an opportunity to discover the unexpected and meet people who share the same excitement for exploring.

### ***A Confident Woman: Style, Grace, and a Drive to Stand Out***

For the confident woman who loves the high life and is all about sophisticated, inspiring spots, Amsterdam is the perfect place to meet those ambitions. This Guide will take her to the most stylish places, from rooftop bars with killer views to

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exclusive restaurants and trendy clubs. She'll find tips on swanky events, glam nights out, and ways to experience the city in a chic, unforgettable way. For her, every encounter is a chance to meet interesting, classy, and free-spirited men just like herself. The Guide will point her to the hotspots where she can stand out, make connections, and live the Amsterdam life in style.

### ***A Dreamy, Romantic Woman: The Soul in Search of True Chemistry***

Finally, for the romantic woman who truly believes in love and deep connections with others, Amsterdam is like the perfect hideaway for a special adventure. This Guide has got her covered with intimate itineraries, like sunset strolls along the canals, wine bars exuding most dreamy charm, and tucked-away spots where she can get lost in the city's magic. Designed to bring out the sweetness and poetry of every encounter, this Guide will help the romantic woman create unique opportunities to meet real, authentic people, hoping that each experience brings a little bit of that beauty that only a romantic journey can offer.

## **A Disclaimer: Why These Temperaments and not Others?**

In this Guide, the five temperaments we're looking at are just a general guideline. They're not rigid categories, and trust me, we're not trying to do any deep psychology here. Every woman is complex, multi-dimensional, and one-of-a-kind, and the types we're talking about are just meant to help you get a feel for your trip to Amsterdam - not to slap any rigid labels on anyone. These temperaments aren't set in stone: they often overlap, blend together, and have areas where they connect. It's totally normal if you recognize yourself in more than one of these types, sometimes feeling one vibe, and other times something else. **This Guide isn't asking you to lock yourself into just one type of woman.** Actually, I hope you feel free to dive into all the tips across every chapter because your preferences can totally change depending on the moment, your mood, or just out of curiosity.

The same goes for the spots, events, and apps recommended for a specific temperament - they might actually be great for someone who fits another type. The Guide is meant to be a collection of open-ended suggestions, a flexible and inclusive travel buddy. Every woman can find inspiration all over the place, not just in the sections tied to one particular type.

So, I encourage you to look at the Guide as a whole, explore freely, and pick up whatever sparks your interest, without feeling stuck in just one section or personality

description. This Guide is made to fit the versatility and richness of every personality. Happy exploring!

## **Dating Apps & Where to Meet People**

In today's world, where tech is pretty much a shortcut to new people and cultures, dating apps have become a must-have tool for women looking for meaningful and deep experiences. It's not just about planning a trip to a vibrant city like Amsterdam, but about expanding your social horizons in fresh, tailored ways that match any kind of mood. For modern women **of all ages**, starting your adventure with dating apps as your travel buddies opens the door to a whole new level of authenticity and security.

Dating apps offer a golden opportunity: the chance to connect with locals and **check out potential matches before even settling foot in the city**, thanks to the *pre-match* feature. This not only lets you get a feel for the kind of people you might meet but also helps you vibe with the right personalities, making it easier to plan your trip and maximize the chances of meeting someone special - all while staying safe. This is especially great for solo female travelers: by booking dates or hangouts ahead of time, you can avoid awkward surprises and get a confidence boost on where and how to spend your time. Plus, these apps let you start chatting early, getting the inside scoop on local habits and preferences so you won't



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be caught off guard once you're in the city.

Every personality has different needs and expectations, and dating apps let you craft a trip that's totally tailored to your style and the way you connect with people.

- **For the social butterfly who loves sharing:** dating apps are like a shortcut to meeting people and having those pure social moments. Once she hits the destination, she'll be all set to meet up with her matches at local hot spots, share drinks at the bar, group lunches, or fun activities. This traveler could end up with her schedule already packed with dates, surrounded by peeps excited to dive into the local scene with her.
- **For the thoughtful, culture-loving woman:** apps let her hand-pick people who resonate with her intellectual side, like fellow art lovers, bookworms, or history buffs. Imagine swapping thoughts, book recommendations, or museum visits before even meeting up -makes everything feel way deeper and more exciting. Finding someone who can level up her trip intellectually? That's the perfect kind of connection.
- **For the curious, daring woman:** dating apps can hook her up with real-life adventure buddies, folks down for unconventional stuff like biking tours or sailing days. She can find people ready to explore off-the-beaten-path spots, giving her insider tips and showing her hidden gems in Amsterdam that most tourists miss.
- **For the confident, trendy woman:** if she's got that strong, glamorous flair, apps are perfect for linking up with people who know where the chicest spots are.

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She can plan dates with guys who are plugged into the city's most exclusive spots, taking her to Amsterdam's high-end, glamorous side for a night out.

- **For the romantic and dreamy woman:** apps let her dream big, offering the chance to click with a potential match and feel that real connection even before she boards the plane. She can start building that emotional bond, meeting guys who are just as into love as she is, planning dates at secluded, intimate spots that set the perfect mood for romance.

### **What other women who travel like you can you trust?**

When exploring Amsterdam, every café, bar, museum, or hidden gem you consider visiting can be accompanied by detailed reviews from fellow travelers who, like you, are members of a particular dating app community. These reviews - ranging from glowing recommendations to constructive criticisms - come from women who've been exactly where you are, navigating the city with the same curiosity and goals.

Why should you trust these reviews? Because they come from individuals with a shared mindset and experience, making their feedback relatable and relevant. Members of the app often highlight the ambiance, the type of crowd, and whether the location aligns with your expectations - be it for a casual hangout, a romantic first meeting, or a vibrant group activity. Picture this: you're eyeing a quirky canal-side café. Before heading out, you browse through insights from other app users. One mentions how it's a perfect spot for a quiet coffee date, while another notes it's better suited for daytime outings because the evening crowd gets too busy for intimate

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conversations. This kind of advice is gold - **it's like having a trusted friend who's already scouted the place for you.**

Knowing that these reviews are exclusive to the app's subscribers. It creates a sense of community, where feedback feels honest, personal, and tailored to your journey. Plus, these shared experiences not only guide your choices but also foster a deeper connection with the app's network, turning it into a valuable resource for every step of your adventure. So, as you map out your Amsterdam escapade, let these trusted voices be your compass. They'll help you find the best spots to match your personality, ensuring every experience is as enjoyable and authentic as it can be\*.

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\* Some seasoned travelers might kick off a lively debate about the perks of apps designed to connect you with locals, like **GuruWalk**, **Spotted by Locals**, and **Like a Local**, versus the dating apps we've been raving about. But let's face it - dating apps have some clear wins here:

1. *Specific Targeting*: Dating apps cut straight to the chase. You're connecting with people who are upfront about wanting a personal or romantic connection, which means no wasted time or energy.
2. *Instant Personalization*: With *Pre-match* features, you're already talking to people who vibe with your interests. You can set up meetups based on shared likes and skip the awkward guesswork. It's like having your itinerary curated by someone who gets you.
3. *Local Insider Vibes*: Matches on dating apps often double as unofficial "local guides," taking you to hidden gems you'd never find on Google or mainstream travel apps. Think of it as a backstage pass to the city.
4. *All-in-One Efficiency*: If you're already using a dating app with great *pre-trip* features, why bother juggling extra apps? From trip planning to local connections, you've got everything in one place.

Honestly, if you're already signed up for a dating app with these advanced

## Safety First, Always!

For a woman traveling solo, or even just with a friend or a small crew, setting up meetups through dating apps might feel like a bit of a gamble. But here's the thing - today's dating apps are all about keeping things safe and low-risk. They've got built-in tools that make your experience not only more fun but also way safer, letting you get to know people ahead of time and avoid any unpleasant surprises. Sure, traveling abroad and meeting strangers might seem risky, but with these apps, you've got all kinds of security features to help you keep tabs on and vet your connections before you even meet up.

### *Profile Check: Only Swipe Right on the Real Ones*

One of the key safety features on these apps is profile verification. A lot of apps now use verification badges, which are given to users who go through a process to authenticate themselves with photos or documents. This not only cuts down the chances of running into fake profiles, but it also gives you a good sense of whether someone's for real. If you come across a profile without that little badge, it's best to play it safe and stick

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tools, apps like GuruWalk might feel a little... meh. They just don't have the same seamless flow. Plus, planning stuff through them can feel clunky. For example, a local match from a dating app can easily guide you to those recommended spots anyway - so why double up? And let's be real: on a short trip, who has time to juggle a bunch of apps? Most travelers would rather stick to one or two that deliver everything they need. So yeah, dating apps with *pre-trip* features kinda steal the show here.

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with the verified ones or at least those that show some proof of authenticity.

### ***Video Chat Features for That First Face-to-Face Vibe***

Nowadays, most apps have video chat options that let you make that first visual connection before meeting up in person. It's a total game-changer for safety: being able to check out someone's body language and vibe can say a lot, and you get to make sure the person showing up actually matches their profile and what you're expecting. Plus, video calls give you a chance to set the tone for the meet-up and get a feel for how comfortable you'll be with each other, helping build trust right off the bat.

### ***Location Sharing & Emergency Alerts: Stay Safe, Stay Smart***

Some dating apps, especially the popular ones, have this super handy feature where you can share your location or set up emergency alerts. It's a game-changer for solo women travelers! If you're ever feeling uneasy or just not vibing with the situation, you can quickly send your location to a trusted friend in real-time. Some apps even let you activate an alert (if they have that feature), or you can just share your whereabouts via messaging apps. It's an extra layer of protection, especially if you're flying solo, so someone you trust can keep an eye on things from afar.

### ***Planning Dates in Safe, Popular Spots***

Dating apps usually let you pick spots for your meet-up,

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giving you the chance to choose somewhere public, busy, and safe. Coffee shops, bars, restaurants, or lively squares are all perfect for a first date. By going for a public place, you're not only playing it safe, but you also have an easy out if the mood isn't right. Amsterdam's got tons of these chill, safe spots, perfect for a relaxed hangout without the stress.

### ***Messaging: Get to Know Each Other Before Sharing Personal Info***

One of the key things for a traveler woman is not to share personal info too soon. Dating apps are designed to keep your privacy intact and let you chat through their internal messaging system. This gives you the chance to get to know someone better before figuring out if you want to share your phone number or other personal details. Sticking to the app's messaging feature until you feel comfortable is a solid move - it adds an extra layer of protection against any weird vibes or unwanted behavior.

### ***Trust Your Gut and Set Boundaries***

Last but not least, one of the strongest safety measures is learning to trust your gut. By planning ahead, with those first chats and video calls, a female traveler can take her time to tune in to the situation and get a feel for things. Setting personal boundaries beforehand - whether it's timing, types of meetups, or spots - helps make sure you're walking into the date with peace of mind.

## We're not talking about the *Red Light District*. A deliberate decision

It's important to make it clear that I'm not overlooking Amsterdam's famous *Red Light District* because I somehow forgot about it - that's just a totally ridiculous thought! Actually, the decision to not dive deep into what the area offers comes from a careful consideration of my audience. This Guide is made for women of all ages and backgrounds, and we understand that some topics - like kinky sex, LGBTQ+ spots, or BDSM practices - might be uncomfortable or just not a good fit for some readers. The *Red Light District* is an iconic and buzzing place, packed with history and culture, offering a range of fascinating experiences. But, with all the venues and events focused on eroticism, it's a lot to cover properly. Trying to tackle it in a Guide meant for such a broad audience would be tricky and might end up pulling attention away from the other amazing things Amsterdam has to offer.

*I want every traveler to feel comfortable* and free to explore Amsterdam in a way that truly matches their own experiences and preferences. The choice to leave out the *Red Light District* in my Guide doesn't mean I'm downplaying its attractions - it's more about respecting and considering the different sensitivities and expectations of the women reading this. Plus, the Guide is all about diving into the many sides of Amsterdam, from its art museums and historic cafés to its

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charming parks and bustling markets. I want to celebrate the diversity of experiences this city has to offer and hopefully inspire every traveler to discover new corners of Amsterdam, far from the usual clichés and cookie-cutter expectations. By not going into the *Red Light District*, we're able to shine a light on other meaningful experiences that can really enrich the trip. Whether it's visiting a museum, biking along the canals, or stopping by a quaint café, there are endless ways to enjoy Amsterdam that go beyond just one part of the city.

Lastly, but definitely not least, since the *Red Light District* is so huge and packed with options, it would need a whole lot of space to even scratch the surface properly. That's why **I've decided to put together a separate Guide just for this area**. In this new Guide, I'll be inviting women of all temperaments - like the ones we've talked about here - to explore the many ways to connect in this part of town. The goal of this Guide is to encourage women to get to know their own sexuality better, ditching any preconceived notions about themselves and others, and going beyond any judgment. I believe the *Red Light District* can be a place of discovery and freedom, where women can express their true selves and dive into new experiences. I want to create a space where every traveler feels comfortable exploring relationship dynamics and desires, opening up to encounters that might enrich their lives and help them better understand their sexual identity. This erotic Guide will be an invitation to challenge the norms and have meaningful experiences in a safe, respectful setting. I'm super excited to offer this deeper dive, confident it will help many women approach the *Red Light District* with a fresh perspective,



empowering them to make choices that are true to themselves and live the city in a more authentic and mindful way. The freedom to explore the layers of sexuality and human connection is a journey worth taking, and Amsterdam, with its rich history and culture, is the perfect stage for that discovery.

## **Is There a Hotel for Every Kind of Woman?**

In this Guide, I want to make it crystal clear that I didn't want to give tips on hotels, hostels, or any type of accommodation based on the personalities of travelers. The truth is, where you stay in Amsterdam is mostly about your budget, not some specific characteristics or atmosphere. Pushing a connection between where you sleep and your temperament would be pretty narrow-minded, if not downright silly, and it just doesn't reflect the real travel experience. Every woman has her own idea of what it means to *"feel at home"* when staying in a new city. For some, it could be a chic boutique hotel in the heart of the action; for others, it's a welcoming hostel where they can swap stories with fellow travelers. Those choices are more about practical factors and financials than any personality type. What's really important to note is that picking your accommodation should be based on what works best for your plans and interests. The key is to find a place that gives you easy access to the spots, events, and neighborhoods you want to explore. Whether that's a lively bar in downtown Amsterdam or a quiet corner for a romantic

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evening, your home base should be comfy and in a prime location.

***And let's not forget about your wallet!*** It's all about striking a balance between comfort and cost. Don't feel like you have to pick somewhere just because it's trendy or because someone else might choose it. Your decision should reflect what you need and want, without cutting corners. In a world where travel experiences can feel more and more cookie-cutter, this Guide is all about exploring Amsterdam at your own pace, following your passions and curiosities. Remember, the essence of a trip isn't just about the places you visit, but the memories you make along the way. Where you stay is just one part of the adventure. What really matters is how you experience the city, the people you meet, and the stories you'll take home.

## Another Disclaimer: Not Your Typical Travel Guide!

Alright, ladies, here's the deal. This guide doesn't come with glossy photos, fold-out maps, or GPS coordinates. Why? Because this isn't your average travel guide. We're not here to give you a cookie-cutter tour of Amsterdam. Nope!

Instead, this is a lively, insider-style scoop on the best spots in Amsterdam to meet intriguing, fascinating, and all-around interesting men (yes, *that* kind of interesting). It's the kind of guide that's built on whispers from the grapevine—real feedback and vibes from the communities on the dating apps

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we'll be spilling the tea about throughout. So, consider this your virtual wingwoman, not some boring brochure. We're here to spark your curiosity, set the mood, and maybe, just maybe, help you find a charming Dutchman (or an equally dashing expat). Ready? Let's dive in!

*Happy travels*

# **Chapter 1**

## **A Guide for the Social Butterfly Traveler**

### **1.1 First steps**

For a sociable female traveler, a trip to Amsterdam can be a golden opportunity to connect with people who can really add something special to her cultural and social experience. Women with this personality are usually open, empathetic, and curious, always looking for meaningful interactions and genuine connections. This natural inclination to build deep bonds makes planning a trip, especially using dating apps, a key move to maximize the chances of meeting interesting folks. This open-mindedness not only boosts personal relationships but also helps connect with people from different backgrounds. In the vibrant atmosphere of Amsterdam, where multiculturalism is in the air, sociable travelers can find joy in interacting with men who share similar values and interests.