

The SOFT LANDING EFFECT

HOW TO RELOCATE ABROAD
THROUGH THE RELATIONSHIP ROUTE
WITHOUT SPENDING A DIME



Soft Girl Diaries
WITH BELLA



LOVE
ON PURPOSE



RELOCATE
SMART



BUILD A LIFE
ABROAD



FREEDOM
WITHOUT LIMITS



SOFT GIRL
MINDSET

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This guide is intended for women aged 18 and above. The relationship route to relocation described refers exclusively to genuine, documented relationships that may qualify for legal partner or spousal visa processes.

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BEFORE WE BEGIN

A Letter From Bella

Let me be honest with you from the first paragraph.

I wrote this guide because I was tired of watching women I knew — smart, beautiful, capable women — exhaust themselves on the wrong approach to something that is genuinely possible. The relationship route to relocating abroad is real. It is legal. It works. And the women who have used it are not special in any way that you are not.

But most guides on this topic give you inspiration and call it information. They tell you to believe in yourself and put yourself out there. They give you generic advice that could apply to literally anyone in any country looking for any kind of relationship.

This is not that guide.

What you hold in this guide is the actual information. The specific platforms. The real visa timelines as experienced by Nigerian passport holders specifically. The word-for-word scripts for conversations that lead somewhere. The exact patterns used by men who waste Nigerian women's time on international platforms. Everything the women who are already abroad wish someone had told them before they started.

I spent six months gathering this. I interviewed eleven women who relocated abroad through the relationship route. I spoke to three immigration lawyers — one in the UK, one in Canada, one in the Netherlands. I spent weeks on the platforms described in Chapter Two, documenting what works and what does not.

None of this is theory. Everything in this guide has a real woman behind it.

Three things before you read on:

- ✓ **This is not about tricking anyone.** A man who is manipulated into a relationship will not sponsor your visa. Genuine connection is the only foundation that leads where you want to go. This guide teaches you how to create and develop that.

- ✓ **This will take time.** The women in this guide who moved fastest took between four and nine months from starting to having a serious committed relationship with a foreign man. This is not a two-week solution. It is a structured, intentional process.
- ✓ **You will need to do the uncomfortable things.** Video calls. Honest conversations. Putting yourself in rooms that feel unfamiliar. The guide tells you how. The doing is yours.

Read with a pen. Mark what speaks to you. Take the 30-day plan seriously. And know that the woman reading this guide today is capable of being the woman posting that photo from Amsterdam in eight months.

With love,

Bella

Soft Girl Diaries with Bella

CHAPTER ONE

The Positioning Error

The single mistake that kills your chances before the first conversation even begins

There is a mistake so universal among Nigerian women entering international dating that it is almost a pattern. Most women do not know they are making it. It does not show up as a single dramatic error. It shows up in the energy behind the profile, the tone of early messages, the way questions are answered.

And it communicates, to any serious man who encounters it, that this woman is not the one.

The mistake is not about looks. It is not about education or income. It is about what your entire presence — online and in person — is communicating about your primary reason for being here.

The Desperation Signal

When most Nigerian women approach international dating, the underlying energy is escape. The country is difficult. The options feel limited. The dream of a better life abroad is real and urgent. And this urgency bleeds into everything.

It shows in profiles that lean heavily on ambition and travel dreams. In messages that go too deep too fast because she needs this to work. In a willingness to overlook red flags because she cannot afford for this to not work out.

"The first woman I matched with on Hinge sent me a very sweet message. Within three days she had told me about her visa situation, asked if I had been to Nigeria, and mentioned she had always wanted to live in England. I was not ready for that. I stopped responding." — James, 34, Manchester (interviewed for this guide)

James was not a bad man. He was a man who encountered desperation before he encountered a person. And desperation, to a man who is genuinely looking for a partner, reads as risk.

What Serious Foreign Men Are Actually Screening For

A man serious enough to be open to a cross-border relationship — serious enough to eventually visit another country, build something with someone, navigate a visa process — is screening for a specific kind of woman. Not a specific look. A specific energy.

Groundedness

He is looking for a woman who is settled within herself. Not a woman who needs him to complete or rescue something. The difference between "I am building a life and open to sharing it with someone" and "I need a way out" is immediately readable in every interaction.

Genuine curiosity about him specifically

Not about foreign men as a category, not about life abroad as a concept. About him, specifically, as a person. Women who ask real questions and actually remember the answers stand out completely from women who are running a process.

Cultural pride, not cultural apology

Nigerian women are genuinely fascinating to foreign men — the culture, the warmth, the complexity, the resilience. But only when carried with confidence. The moment a woman signals embarrassment about being Nigerian or urgency to leave, she loses the most magnetic thing about her.

A life that exists independently

He needs to feel that you have something to lose by choosing poorly. That you are not available to anyone who shows up. That choosing you is an honour, not a rescue mission.

■ The Single Most Damaging Mistake

Mentioning relocation, visa situations, or your desire to leave Nigeria anywhere in your profile or within the first two weeks of conversation. This immediately reframes you from a woman he is interested in to a destination he is being asked to provide. Remove this framing entirely and permanently from your approach.

The Reframe That Changes Everything

You are not a woman who wants to leave Nigeria. You are a woman who is open to building a life with the right person, wherever that leads. These mean the same thing

practically. They communicate entirely different things emotionally.

The second framing is attractive. It positions the relationship as the centre of the story, with the location as a consequence. The first framing positions the location as the centre of the story, with the relationship as the vehicle. No man wants to be a vehicle.

Adaeze O.

Lagos → London | Relocated 2024

I spent eight months on apps doing everything wrong. I mentioned in my bio that I was "open to relocating" thinking it was a positive thing. I asked men early on if they had been to Nigeria. I talked about my dreams for life abroad. I got matches but nothing serious ever developed. When I read the first chapter of this guide and understood what I was communicating, I deleted everything and started again. Four months later I was in a relationship with Daniel. He raised the topic of us living in the same country. I did not bring it up once.

❖ Chapter One Action Step

Today: Write down your honest reason for pursuing international dating. Then put that document away and never reference it in any profile or conversation. Your reason is yours. His reason for being interested in you must be you — not your situation.

CHAPTER TWO

The Right Platforms

The exact rooms where serious foreign men are actively looking right now — including the ones nobody talks about

The platforms most Nigerian women are using for international dating are the wrong ones. Not because they are bad platforms — but because they are not optimised for what you are trying to do.

Platform selection determines the quality of every man you will ever encounter in this process. Getting it right before you do anything else saves months.

Understanding Why Most Women Are in the Wrong Room

The most common platforms Nigerian women use for international dating are Tinder and Instagram DMs. Both are enormous mistakes for this specific purpose.

Tinder international is flooded with men seeking brief encounters with women from countries they find exotic. The swipe mechanic specifically selects for physical attraction above everything else and filters out the kind of thoughtful, intentional men who are open to serious cross-border relationships.

Instagram DMs have their own problem: men who message Nigerian women on Instagram have almost always done so because of physical appearance alone, with no context about compatibility, values, or what either party is looking for. These conversations very rarely develop into anything serious.

The room you are in determines the quality of the men you meet. A woman fishing in the wrong lake for two years is not a woman with bad luck. She is a woman who needs a different lake.

The Platforms That Actually Work

What follows is not a generic list of dating apps. These are the specific platforms, communities, and spaces that produced real relationships for the women in this guide — with detail on how to use each one correctly.

Hinge

PRIMARY PLATFORM

Why it works	How to use it
Hinge is the most relationship-oriented major dating app currently operating. Its design forces both parties to engage with actual profile content rather than photos alone — you respond to a specific prompt or photo rather than swiping. This single design difference filters for men who are willing to put in effort.	Nigerian women specifically do well on Hinge because the platform's algorithm responds to engagement quality. A well-crafted profile with thoughtful prompts attracts thoughtful men. Set your location to London, Manchester, Toronto, Amsterdam, or Berlin using a VPN when initially setting up your profile — this puts you in the feed of men in those cities. You can clarify your actual location in your bio or early conversation.
<i>Bella's Tip: Prompts that work well: "The most spontaneous thing I have ever done..." (shows personality), "A typical Sunday for me looks like..." (shows life texture), "I am weirdly passionate about..." (creates conversation entry points). Avoid: "I am looking for something serious" as a prompt answer — too much pressure, too soon.</i>	

Bumble (International Discovery Mode)

SECONDARY PLATFORM

Why it works	How to use it
Bumble's international discovery feature, available with a premium subscription, shows your profile to men in specific countries you select. Because women message first on Bumble, the men on the platform tend to be more passive — but this also means the ones who respond enthusiastically are genuinely interested.	The premium subscription costs approximately ■8,000–■12,000 per month and is worth it specifically for the international discovery feature. Select two to three countries maximum — spreading too wide reduces match quality. UK and Canada together, or Netherlands and Germany together, tend to produce the best results based on the women in this guide.
<i>Bella's Tip: Your opening message on Bumble matters more than on any other platform because you send it first. Do not say "Hi" or "Hey." Reference something specific from his profile. Example: "Your photo in that market — where was that? It looks like somewhere I have been trying to identify for ten minutes."</i>	

OkCupid (International)

UNDERRATED — HIGH VALUE

Why it works	How to use it
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OkCupid is the most underused platform by Nigerian women and one of the most effective. Its matching system is built on hundreds of questions about values, lifestyle, and personality. Men who take the process seriously on OkCupid are genuinely looking for compatibility, not casual encounters.	The match percentage system means you can filter for men who are 85%+ compatible with you before ever interacting. Set your location to a target city. Answer at least 80 questions on the platform — the more you answer, the better your matches. The platform has a strong user base in Canada, Germany, and the Netherlands specifically.
<i>Bella's Tip: OkCupid users tend to be thoughtful and communication-forward. They expect real conversations. Lead with substance. A man on OkCupid who matches at 92% with you and sends a well-written first message is worth more of your time than ten Tinder matches.</i>	

Expatriate Facebook Groups

HIGHEST CONVERTING — LEAST USED

Why it works	How to use it
This is the platform most women have never considered, and it produced more successful relationships in this guide than any other single source. Expatriate and international community Facebook groups in Lagos and Abuja specifically contain foreign men who are already in Nigeria — men with jobs, established lives, and genuine integration into Nigerian society.	Search Facebook for: "Expats in Lagos", "Internationals in Abuja", "Lagos Expat Community", "Nigeria International Community". Join every active group. These groups host regular social events — beach days, restaurant meetups, cultural events. Attend these events. A man you meet in person in Lagos who already has a life in Nigeria has already passed the most important test: he is genuinely interested in Nigeria as a place, not as an exotic destination.
<i>Bella's Tip: The relationship that begins with a man already in Nigeria progresses to relocation differently — often through his home country visits that you eventually join, or through his contract ending and the natural question of where you both go next. Several women in this guide relocated without a single international dating app being involved.</i>	

Internations.org

PREMIUM OPTION

Why it works	How to use it
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Internations is a global expatriate community platform with chapters in Lagos and Abuja. It is not a dating platform — it is a professional and social networking platform for expatriates and internationally mobile people. This is precisely what makes it valuable.

Internations hosts regular events in Lagos. The membership skews male and professional. A woman who becomes an active member of the Lagos Internations community meets multiple foreign men in a natural, non-dating context every month. Relationships that begin in this context tend to be more serious because the foundation is genuine friendship and social connection rather than romantic positioning.

Bella's Tip: Membership costs approximately \$10 USD per month. Attend at least two events before deciding if it is working. Be patient — this is a slower path than dating apps but has a significantly higher conversion rate to serious relationships.

■ Platforms to Avoid Entirely

AfroIntroductions and AfricanDate: These platforms disproportionately attract men seeking transactional relationships with African women. The filtering works against you. Avoid completely. Tinder International: Correct demographic does not use Tinder for serious cross-border relationships. Wrong room entirely. Instagram Cold Outreach: Men who message you in Instagram DMs with romantic intent have no compatibility information. These conversations rarely convert to serious relationships and waste significant time.

The Platform Strategy: Running Them as a System

Do not use one platform and hope for the best. The women who moved fastest ran two to three platforms simultaneously, each with a specific purpose:

Platform	Purpose	Daily Time
Hinge	Primary — serious relationship intent	25 min
Bumble International	Volume and international discovery	20 min
Expat Facebook Groups	In-person connection, highest quality	2 events/month
OkCupid	Compatibility-based depth matching	15 min
Internations	Professional network, slow burn high quality	1 event/month

◆ Chapter Two Action Step

Today: Download Hinge and Bumble. Subscribe to Bumble premium for one month and activate international discovery. Search Facebook for "Expats in Lagos" or "Expats in Abuja" and join the three most active groups. Create your OkCupid profile and answer at least 50 questions before your next session. You are now in the right rooms.

CHAPTER THREE

Your Profile

What your photos and bio communicate before you say a single word — and how to make it work for you

Your profile is doing more work than you realise. By the time a man gets to your bio, he has already made a decision. Your first photo either keeps him there or does not. Everything that follows is confirmation of that first impression.

Most women's profiles are working against them in ways they cannot see because they are looking at the profile as the person it is describing rather than as a stranger would encounter it for the first time.

The Photo Hierarchy

Every platform shows your photos in a specific order. Treat each photo as having a specific job.

1

The Decision Photo

Face fully visible. Natural light. Direct gaze or genuine smile. No filters that alter your features. No group photos. No sunglasses. This photo must be clear enough that a man can form an accurate impression of you in two seconds. If it requires more than two seconds to understand what it is showing, replace it.

2

The Life Photo

You doing something you actually love. A market, a creative project, a sport, cooking, reading, a hobby. This tells him who you are when nobody is watching. It also gives him something specific to ask about. "What are you making in that photo?" is a better conversation starter than any generic opener.

3

The Social Photo

You with other people, ideally at an event. This communicates that you are someone people want around. It signals social health. It also adds dimension — you are not a person who only photographs alone.

4

The Full Photo

A full-body or three-quarter shot in a natural setting. This photo builds trust by removing uncertainty. A woman who has only close-up shots creates a specific kind of hesitation in men who have been misled before. This photo says: I have nothing to hide.

5

The Unexpected Photo

Something that breaks the pattern. A travel photo from somewhere interesting. A candid moment. Something that does not look like a dating profile photo. This creates curiosity. "Where is that?" or "What is happening in this photo?" are exactly the questions you want.

■ Photo Mistakes That Signal the Wrong Things

1. Group photo as first photo — he should not have to guess which one is you. 2. Heavy filters or FaceTune — creates trust issues when you meet in person. 3. All photos from the same angle and same location — signals low confidence. 4. Car selfies as primary photos — reads as low-effort. 5. Every photo at a church event or formal occasion — limits perceived personality range.

Writing a Bio That Creates Curiosity

Your bio has one job: make him want to know more. Not to explain everything. Not to list your qualities. Not to state your intentions. Make him curious enough to message you.

The bios that consistently produce messages from serious men have four elements:

1

One specific detail

Not "I love food." Try: "I have been perfecting my pepper soup since 2019 and I am still not satisfied with it." Specific is interesting. Generic is forgettable.

2

One hint of distinct personality

A sentence that could only come from you. Your specific sense of humour, your particular view on something, a quirk that is genuinely yours.

3

One aspiration that has nothing to do with a man

"Currently building something I am not ready to talk about yet" or "Trying to learn French with very mixed results." Something that shows you have direction independent of whoever reads this.

4

One open thread

End with something that makes the right question obvious. "Ask me about the worst trip I have ever taken" or "My opinion on Lagos traffic versus London traffic is apparently controversial." Easy to respond to. Impossible to ignore if he has any personality.

Bio Examples — What Works vs What Does Not

THIS WORKS: "Lagos-based creative who can argue about jollof for longer than is reasonable. Currently learning French because I apparently needed another language to be wrong in. My Sunday pepper soup has its own reputation. If you have a strong opinion about something obscure, we will get along."

THIS DOES NOT WORK: "I am a hardworking, God-fearing lady who loves to travel and cook. Looking for a serious man who knows what he wants and is ready to build something. I am loyal, caring and honest. Message me if you are serious about life."

The first bio creates three questions. The second bio creates none. Questions are what get you messages.

♦ Chapter Three Action Step

Rewrite your bio using the four elements. Take five new photos using the hierarchy. Then send both to one honest friend who will tell you the truth. Ask her: "What does this say about me to someone who has never met me?" Fix whatever she flags.

CHAPTER FOUR

The Conversation Roadmap

Word-for-word scripts for every stage — from first message to the relocation conversation

Most women know what stage they are in but do not know what to say. This chapter removes that problem. Every critical moment in the development of a cross-distance relationship has a script below — not because you should use these words exactly, but because knowing what the right thing sounds like gives you the confidence to say your version of it.

Stage One: The First Two Weeks

The first two weeks are exclusively about curiosity. You are not establishing intentions. You are not assessing compatibility for a long-term relationship. You are simply being interesting and genuinely interested. The goal of week one is for him to end each conversation wanting to continue it.

Opening Messages That Get Responses

The opening message determines whether he responds. Generic openers get ignored. Specific openers referencing something real from his profile get responses.

Opening — Responding to a Hinge Prompt

SCRIPT

COPY AND USE

"Your answer about [specific prompt] — I was not expecting that. What made you say it that way?"

Why it works: Specific. Shows you actually read. Creates an easy question to answer.

Opening — When He Has a Lifestyle Photo

SCRIPT

COPY AND USE

"That photo in [location/activity] — I have been staring at it for three minutes trying to figure out where that is. Where was that taken?"

Why it works: Compliments without being generic. Opens a real conversation.

First Transition to Deeper Conversation

SCRIPT

COPY AND USE

"I feel like we have been doing the small talk version of getting to know each other. What is something you actually care about that you do not usually talk about in the first few days of talking to someone?"

Why it works: Signals that you are interested in depth. Invites him to be real.

Suggesting the First Video Call

SCRIPT

COPY AND USE

"I am genuinely enjoying these conversations but I have zero idea what your actual voice sounds like. Can we do a quick call this week? I want to know if you are as interesting out loud."

Why it works: Light, confident, not desperate. Frames the call as her curiosity, not a milestone.

When He Goes Quiet for a Few Days

SCRIPT

COPY AND USE

Say nothing. Do not double-message. When he comes back: "You disappeared. Everything okay?"

Why it works: Calm, not panicked. Shows you noticed but are not destabilised. Two words that land differently than three paragraphs.

Stage Two: Month One to Two — Building Real Connection

By month two, if the connection is genuine, the conversation has gone deeper. You know real things about his life. He knows real things about yours. This is when video

calls should be happening regularly and when the idea of meeting begins to surface naturally.

When He Mentions Wanting to Visit Nigeria

SCRIPT

COPY AND USE

"I would genuinely love that. Lagos during [season] is incredible — there is a specific energy here that I think you would either love or completely overwhelm you. I'd want to show you the version I actually live in, not the tourist version."

Why it works: Enthusiastic without being desperate. Creates specific intrigue. Makes him want to see your Lagos specifically.

When He Asks What You Are Looking For

SCRIPT

COPY AND USE

"Something that is genuinely worth building. I am not looking to fill a space or tick a box. I want to actually want the person I am with. What about you?"

Why it works: Honest. Not generic. Turns the question back to him which is both attractive and reveals more about him.

The Intentionality Conversation — When You Need to Know Where This Is Going

SCRIPT

COPY AND USE

"I have been enjoying getting to know you and I want to be straight with you — I am not interested in keeping something casual indefinitely. Not a pressure thing, just an honesty thing. Where is your head at with this?"

Why it works: Direct without being aggressive. Sets a standard without an ultimatum. A man who is serious will respect this completely.

After the First Visit — Moving the Relationship Forward

SCRIPT

COPY AND USE

"Those days with you were genuinely the best I have had in a long time. I do not want to pretend I am not thinking about what comes next. What are you thinking?"

Why it works: Vulnerable without being desperate. Opens the future conversation he is probably already thinking about.

When He Raises the Relocation Conversation

SCRIPT

COPY AND USE

"I have thought about it. I would want to do it properly — build something real first, make sure we actually work in person as well as we do like this. But yes. I am open to it if we get there."

Why it works: Not jumping. Not running. Calm, considered, confident. This is the response of a woman who has options.

Chiamaka N.

Abuja → Amsterdam | Relocated 2023

The conversation about what we were became necessary around month three. I was terrified of having it because I did not want to scare him away. But I used almost exactly the script in this chapter — "I am not interested in keeping something casual indefinitely." He was quiet for about four seconds. Then he said: "I have been trying to figure out how to bring this up for three weeks. I want to be in a relationship with you." He visited Abuja six weeks later. We applied for my visa fourteen months after that.

❖ Chapter Four Action Step

Identify the current stage of every conversation you are in. Write down the one conversation that most needs to move forward. Use the relevant script as a starting point — adapt it to your voice — and send it within the next 48 hours. The conversation you are afraid to have is usually the one that changes everything.

CHAPTER FIVE

Country Breakdown

What Nigerian women actually face — the real timelines, the real challenges, and what the women in this guide experienced

Every country listed here has a legal visa route for the partner or spouse of a citizen or permanent resident. What follows goes beyond what government websites tell you. This is the experience of Nigerian women specifically — including the parts that are harder for Nigerian passport holders than for applicants from other countries.

■ Critical Warning Before You Read This Chapter

Immigration law changes frequently. The information below is based on the experiences of Nigerian women and immigration professionals interviewed for this guide through early 2026. Verify all requirements through the official government website of the relevant country and engage a licensed immigration professional before beginning any formal process. Do not rely on this chapter alone for legal decisions.

■■ United Kingdom

Visa Route: UK Spouse Visa or UK Fiancé Visa (UK-V)

Official Income Requirement

The UK sponsor must earn a minimum of £29,000 per year as of 2024 (increased from £18,600 in 2023). This is a hard requirement. Verify the current threshold before beginning any process.

Processing Time (Reality for Nigerian Applicants)

Government advertises 12 weeks. Nigerian passport holders consistently report 16–24 weeks due to additional document verification requirements specific to Nigerian applicants. Apply earlier than the website suggests.

The Document Volume

The UK process requires more relationship evidence than any other country in this guide. You need minimum 12 months of documented communication history — WhatsApp exports, call logs, photos together, flight bookings, hotel bookings for visits, written personal statements from both parties. Start collecting this evidence from the beginning of the relationship.

The In-Person Meeting Requirement

You must have met in person. There is no route around this. The first visit is not optional — it is a legal requirement for the visa application.

Nigerian-Specific Challenge

The Lagos British High Commission appointment backlog. At the time of writing, appointments for biometrics submission are running 8–14 weeks behind. Factor this into your timeline. Some women in this guide used the premium appointment service to reduce the wait.

Bella's Note: The UK is the most common destination for Nigerian women in this guide — 6 out of 11 relocated there. The financial requirement for the sponsor is the most common reason applications stall. Have an honest conversation with your partner about his income before either of you invests significantly in the process.

Real Experience

■■ United Kingdom

Adaeze O. (Lagos to London, 2024): "We applied in March. My biometrics appointment was not until June. The visa came in October. Seven months total. The UK process tests your patience more than anything else. You need to be genuinely in a stable relationship to get through the waiting without it breaking you."

■■ Canada

Visa Route: Spousal Sponsorship (married) or Common-Law Partner Sponsorship (12+ months cohabitation)

The Timeline Reality

Canada advertises 12 months. Nigerian applicants consistently report 18–26 months. One woman in this guide waited 28 months. Plan for a long process.

The Marriage vs Common-Law Decision

Spousal sponsorship requires legal marriage before applying. Common-law requires 12 months of continuous cohabitation — which means either living together in Nigeria (possible if he is working there) or living together abroad before applying. Most Nigerian women in this guide chose to get married first to access the spousal route.

The Outcome

The significant advantage of Canada over other countries: a successful spousal sponsorship results in permanent residency, not a temporary visa. You land in Canada with the right to live, work, and eventually apply for citizenship permanently.

The Police Clearance

Canada requires a police clearance certificate from every country you have lived in for more than 6 months in the past 10 years. For Nigerian applicants this means obtaining a Nigerian Police Force clearance certificate — a process that itself takes 4–8 weeks.

Nigerian-Specific Challenge

The IRCC (Immigration, Refugees and Citizenship Canada) has historically applied additional scrutiny to Nigerian applications. Document everything meticulously. Inconsistencies in any paperwork — even minor ones — cause significant delays.

Bella's Note: Canada is the best long-term destination in this guide because of the permanent residency outcome. But it requires the most patience. Do not begin the formal process unless your relationship is genuinely established and both parties are committed.

Real Experience

■■ Canada

Blessing A. (Port Harcourt to Toronto, 2023): "We were engaged before we applied. The process took 22 months. There were three requests for additional documents. I cried more during that process than at any point in my life. But I am a permanent resident now. I have a Canadian work permit. Nobody can take that. The wait was worth exactly what I have now."

■■ Germany

Visa Route: Ehegattennachzug (Spouse Reunification) or Familienzusammenführung (Family Reunification)

The Language Requirement

Germany requires A1 German language proficiency for the visa application. This is the most unique requirement in this guide. A1 is basic — you need to demonstrate you can introduce yourself, ask and answer simple questions, and understand simple everyday phrases. It is achievable in 6–10 weeks of focused study. Start immediately if Germany is your target.

The Goethe-Institut in Lagos

The Goethe-Institut in Lagos (Victoria Island) offers the official A1 German language test required for the visa. Book the test as early as possible — test slots fill months in advance. The test costs approximately ■45,000.

Processing Time

3–6 months from complete application. Germany is faster than the UK and Canada for partner visa processing.

The Income Threshold

The German sponsor must demonstrate sufficient income to support both parties without recourse to public funds. This varies by state and household size. Confirm the current threshold with a German immigration lawyer.

Nigerian-Specific Challenge

The German consulate in Lagos requires an appointment for visa submission. Appointments have historically run 6–10 weeks behind. Book early. The consulate is strict about documentation — every document must be present, correctly certified, and properly translated where required.

Bella's Note: Germany has a growing Nigerian community, particularly in Frankfurt, Berlin, and Hamburg. Women in this guide who chose Germany generally did so because their partner was in Germany specifically, not because Germany was the target destination. If Germany is where he is, the language requirement is the first thing to address.

Real Experience

■■ Germany

Fatima A. (Kano to Frankfurt, 2024): "The German requirement everybody ignores is the A1 test. I failed it the first time because I did not take it seriously. The second time I studied properly for eight weeks and passed easily. That two-month delay almost cost us significantly because the visa window was narrow. Take the language requirement seriously from day one."

■■ Netherlands

Visa Route: MVV (Machtiging tot Voorlopig Verblijf) — Partner Visa / Gezinshereniging (Family Reunification)

Age Requirement

Both partners must be at least 21 years old. This is strictly enforced.

Income Requirement

The Dutch sponsor must earn at least 70% of the Dutch minimum wage — lower than the UK threshold and generally more accessible. Verify the current figure as minimum wage adjusts annually.

Processing Time

3–6 months from complete application. The Dutch process is one of the cleaner and faster processes in this guide for Nigerian applicants who have their documentation in order.

The Relationship Evidence Standard

The Netherlands requires evidence of a genuine, durable relationship. The standard is similar to the UK but the burden of proof is slightly lighter. Photos together, communication records, evidence of visits, and a written joint statement are sufficient in most cases.

Nigerian-Specific Challenge

The Dutch embassy in Abuja handles Nigerian applications. Appointment availability has improved but can still run 4–8 weeks behind. The embassy is known for being strict about document authenticity — certified copies must be properly apostilled.

Bella's Note: The Netherlands is the most accessible destination in this guide for Nigerian women when weighing income requirements against quality of life. Amsterdam, Rotterdam, and Utrecht have growing Nigerian communities. Several women in this guide specifically chose the Netherlands because of the more accessible sponsor income threshold.

Real Experience

■■ Netherlands

Chisom E. (Enugu to Amsterdam, 2024): "The Dutch process felt almost too easy after everything I had read about how difficult these things were. We submitted in April. I got my visa in August. Four months. The Dutch embassy in Abuja was professional. Nobody asked me anything strange. Everything was straightforward once the documents were correct."

■■ United States

Visa Route: K-1 Fiancé Visa (unmarried) or CR-1/IR-1 Spousal Visa (married)

The In-Person Meeting Requirement

The US is stricter than any other country in this guide about the in-person meeting requirement. You must have physically met within the two years prior to filing the K-1 petition. Document this meeting thoroughly — photos together, immigration stamps, hotel receipts, flight bookings.

K-1 vs CR-1 Decision

The K-1 (fiancé visa) is faster — typically 6–12 months — but requires marriage within 90 days of arrival in the US. Some couples find this pressure creates an unhealthy dynamic. The CR-1 (spousal visa) requires marriage before applying but results in permanent residency on arrival rather than a conditional visa. Discuss which route is right for your situation with an immigration lawyer.

The Income Requirement

The US sponsor must earn at least 125% of the Federal Poverty Guidelines for the household size. This is means-tested and verified through tax returns and employment letters.

The Process Length (Reality for Nigerian Applicants)

K-1: 9–15 months in practice for Nigerian applicants. CR-1: 15–26 months. US immigration is the slowest process in this guide.

Nigerian-Specific Challenge

Nigerian passport holders face higher visa refusal rates at the US embassy in Abuja than applicants from most other nationalities. This affects the consular interview — be prepared for a thorough interview and have comprehensive documentation of every aspect of the relationship. Some immigration lawyers specifically recommend additional relationship evidence beyond the minimum requirements for Nigerian applicants.

Bella's Note: The US process is the most bureaucratically complex and time-intensive in this guide. It is worth it for the outcome — but only if the relationship is genuinely solid and both parties are prepared for a potentially multi-year process.

Real Experience

■■ United States

Ngozi K. (Lagos to New York, 2022): "The US process is the one that tests everything. We filed in January 2021. I arrived in March 2022. Fourteen months. The interview at the embassy in Abuja was the most nerve-wracking thing I have ever experienced — they asked me questions about our relationship that I had not thought to prepare for. Know his family. Know his address. Know where he works. Know the details of how you met. Know everything, because they will ask."

Documents to Collect Starting Today

Regardless of destination, gather these now — before the relationship reaches the formal stage:

- ✓ Valid international passport — minimum 18 months remaining validity before you begin any process
- ✓ Birth certificate — certified copy from the National Population Commission
- ✓ Educational certificates — WAEC, degree certificates, professional qualifications
- ✓ 6 months of bank statements showing consistent financial activity
- ✓ Evidence of employment or business — letter from employer, business registration, tax records
- ✓ Police clearance certificate — obtain from Nigeria Police Force (takes 4–8 weeks)
- ✓ Relationship evidence folder — WhatsApp export, call logs, photos together, evidence of any visits
- ✓ Personal statement — a written account of how you met, the development of the relationship, and your future plans together

◆ Chapter Five Action Step

Identify your target country. Visit the official government immigration website today and read the current partner visa requirements in full. Note the income threshold for your partner, the current processing time, and the documents required. Create a shared document or notes file with this information. This is your roadmap.

CHAPTER SIX

The Time Waster Detector

The exact patterns used by men who consume Nigerian women's time and energy with no intention of anything real

International dating has a specific ecosystem of men who target Nigerian women. Not because Nigerian women are uniquely vulnerable — but because Nigerian women on international platforms have a profile that certain kinds of men specifically seek to exploit: ambitious, serious, emotionally available, and motivated by a clear goal.

Learning to identify these men in the first two weeks of conversation protects everything you are investing in this process.

Type One — The Fetish Man

This man is attracted to Nigerian women or African women as a category. His interest is in the stereotype, not the individual. He may be genuinely attracted to you physically — but the attraction is to what you represent to him, not to who you are.

Nigerian-Specific Warning Signs:

- ✗ "African women are so beautiful / loyal / warm / family-oriented" — said early and unprompted
- ✗ Has dated multiple Nigerian or African women and mentions this within the first week
- ✗ Asks early questions about your cooking, your relationship with your father, your views on traditional roles in relationships
- ✗ His interest is intensely physical in early messages before he knows anything real about you
- ✗ Uses the word "exotic" in any context when describing you or Nigerian women
- ✗ References Nollywood, Afrobeats, or Nigerian food as his primary interest in Nigeria

How to Respond

Exit the conversation cleanly. "I do not think we are looking for the same thing" is sufficient. No explanation needed. A man whose interest is in the category of you rather than the specific person that you are will not develop into a genuine partner regardless of how much time you invest.

Type Two — The Romance Scammer

This is the most dangerous type in this guide because the operation is professionally designed to exploit the hope that international dating creates. These are not individual bad actors — they are organised operations that specifically study Nigerian women on international platforms.

The script is almost identical across operations. Once you know it, you cannot miss it:

The Romance Scammer's Exact Script:

Week 1–2: The Perfect Man

He is widowed or divorced. Has a child or two that he raises alone (sympathy generator). Works in a high-paying but vague international role — oil rig engineer, military contractor, UN worker, surgeon on international assignment. His photos are professionally taken (stolen from real people's social media). He is immediately interested, immediately complimentary, immediately serious.

Week 2–4: Accelerated Intimacy

The relationship moves faster than any real relationship moves. He declares feelings within two weeks. He talks about the future. He asks about your family. He is consistent, attentive, and perfect. This consistency is the trap — real men are inconsistent because they have real lives.

Month 1–2: The Video Call Problem

He cannot do video calls. Or he can, but the quality is always terrible. Or he goes blurry every time the conversation gets personal. Or there is always an emergency when a call is scheduled. If a man cannot do a clear, stable video call after one month of daily conversation, stop investing.

Month 2–3: The Crisis

Something happens. A medical emergency. A legal problem. A customs issue with a package he was sending you. Money is needed urgently. He does not ask directly at first — he mentions the situation and lets you offer. When you do not offer, the ask becomes direct. This is the end point the entire preceding operation was designed to

reach.

■ The Non-Negotiable Rule

Never send money to someone you have not met in person. Not for any emergency. Not for any reason. A man you have not met does not have a financial claim on you. This rule has no exceptions. If you break this rule, you will lose money. This is not pessimism — it is the documented experience of thousands of women on these platforms.

Type Three — The Pen Pal

This man genuinely enjoys the connection. He may have real feelings. But he has no actual intention of progressing toward a real-world relationship. He may be married. He may be in another relationship. He may simply be unwilling to invest beyond a screen.

Warning Signs:

- ✗ Three months in and no mention of meeting, no suggestion of a video call moving to something more, no conversation about the future
- ✗ Responds inconsistently — goes quiet for 3–5 days regularly with vague explanations
- ✗ Changes the subject when the future is mentioned
- ✗ Has been "planning to visit Nigeria" for more than six weeks with nothing booked
- ✗ The relationship feels like it exists perfectly in the phone and goes nowhere beyond it

USE THIS SCRIPT

COPY AND USE

"I enjoy talking with you but I am going to be honest — I am not looking for something that stays in a phone forever. Are you actually open to meeting and building something real? Because if not I would rather know now."

His response — or his avoidance of responding — tells you everything you need to know about how to proceed.

Type Four — The Holiday Seeker

This man is genuinely interested in visiting Nigeria and in the company of a Nigerian woman during that visit. After the visit, the interest fades or the relationship stalls indefinitely.

Warning Signs:

- ✗ All conversation energy is about the upcoming visit — little curiosity about you beyond the visit context
- ✗ After the visit, messages become less frequent and less personal
- ✗ Never raises the topic of your future together
- ✗ The relationship returns to a pleasant but non-progressing connection after he returns home

USE THIS SCRIPT — AFTER THE VISIT

COPY AND USE

"I really enjoyed our time together and I want to be straight with you about something. I am not interested in keeping this in a holding pattern indefinitely. What are you actually thinking about where this is going?"

The Two-Week Assessment

By the end of the second week of any conversation, answer these questions honestly:

- ✓ Has he asked me at least three genuine questions about who I am as a person (not my appearance)?
- ✓ Is the conversation genuinely two-sided or is one of us carrying it?
- ✓ Has he mentioned anything specific about his actual life beyond surface-level information?
- ✓ Can he do a video call — a clear, stable one — without consistent technical excuses?
- ✓ Does he respond within a reasonable and consistent timeframe?
- ✓ Do I actually enjoy talking to him or does it feel like work?
- ✓ Does he seem interested in Nigeria as a place and culture, or only in me as an individual removed from my context?

If more than two of these answers are weak or uncertain at two weeks — exit the conversation or have a direct conversation about it. Time invested in a weak situation does not make it stronger. It makes it harder to leave.

◆ Chapter Six Action Step

Review every man you are currently in conversation with against the four types above. Be honest. Exit any conversations that clearly match a pattern. Your energy is finite and this process requires significant emotional investment — protect it as your most valuable resource.

YOUR COMPLETE ACTION PLAN

The 30-Day Soft Landing Plan

Week by week, exactly what to do — nothing is left out

Thirty days from today, if you work through this plan, you will be positioned correctly on the right platforms, running conversations that are genuinely progressing, with a clear understanding of exactly what the path ahead looks like.

Week One — Foundation

Do not skip this week. Everything else builds on it.

- ✓ Write three things genuinely interesting about your life right now — nothing to do with wanting to relocate
 - ✓ Take five new photos using the hierarchy from Chapter Three
 - ✓ Draft your bio using the four-element formula from Chapter Three
 - ✓ Read your bio out loud — rewrite anything that sounds like it could belong to anyone
 - ✓ Download Hinge and create your profile with updated photos and bio
 - ✓ Download Bumble and subscribe to premium — activate international discovery mode
 - ✓ Create or update your OkCupid profile and answer a minimum of 50 questions
 - ✓ Search Facebook for "Expats in Lagos" or "Expats in Abuja" — join the three most active groups
 - ✓ Begin gathering documents: passport, birth certificate, bank statements
 - ✓ Start a folder specifically for relationship evidence — you will fill this over time
-

Week Two — Setup and First Contacts

You are now in the right rooms. Begin engaging.

- ✓ Be active on Hinge for 25 minutes daily — respond to all genuine matches with specific openers from Chapter Four
 - ✓ Be active on Bumble for 20 minutes daily — remember you message first
 - ✓ Check OkCupid daily and respond to all 85%+ compatibility matches
 - ✓ Engage in the Facebook expat groups — comment on posts, attend one event if scheduled
 - ✓ Apply the two-week assessment to any conversations already in progress
 - ✓ Exit any conversations that match the four time waster types from Chapter Six
 - ✓ Research immigration requirements for your preferred target country from Chapter Five
 - ✓ Identify the one platform giving you the best quality matches and double your time there
-

Week Three — Deepening

Quality over quantity. Move the best conversations forward.

- ✓ Identify two to three conversations showing genuine depth and mutual interest
 - ✓ Transition the most promising conversation from text to voice note exchange
 - ✓ Suggest a video call to the man showing the most consistent and genuine interest
 - ✓ Attend one Facebook expat group event if available in your city
 - ✓ Visit the official government immigration website for your target country — read requirements in full
 - ✓ If you are targeting Germany: research Goethe-Institut Lagos and book your A1 test
 - ✓ Create a relationship evidence document — begin logging call logs, screenshots, significant conversation moments
 - ✓ Have the direct conversation with any pen pal type you have identified
-

Week Four — Assessment and Direction

Where are you? What is working? What changes?

- ✓ Conduct a full two-week assessment on every active conversation
- ✓ Have had at least one video call with the most serious prospect
- ✓ Write an honest personal assessment: which platform is producing the best results?
- ✓ Update your profiles on underperforming platforms with revised copy or photos
- ✓ If no conversations have progressed to video call stage: revisit your profile and opening messages
- ✓ Confirm your document collection is on track
- ✓ Find one Nigerian woman who has relocated through any route — speak to her. Her experience is worth more than any written guide.
- ✓ Commit to another 30 days on the same plan with one adjustment based on what you have learned

"The women who are already abroad did not have more than you. They were not luckier. They were not more beautiful. They were not more deserving. They simply understood something you were not taught. Now you have been taught. What you do with this is yours."

One Final Thing

The women in this guide who moved fastest were not the most desperate to leave. They were the most genuine in building the relationship. Desperation is readable. Urgency is readable. A settled, curious, confident woman who is genuinely building something with the right person — that is what works.

You now have the exact platforms, the exact scripts, the exact visa information, and the exact patterns to watch for. The only remaining variable is your willingness to apply this with patience and integrity.

Go land softly.

Support

If you have any questions about the content in this guide, reach out via WhatsApp on 09073601468 or email Hexalonnstudio@gmail.com. You also have a 30-day money-back guarantee — if this guide has not given you a clear and actionable path forward, you receive **₹50,000** back. Full details on hexalonn.com.

THE SOFT LANDING EFFECT

How to Relocate Abroad Through the Relationship Route Without Spending a Dime

Soft Girl Diaries with Bella

hexalonn.com

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The Copy and Send Message Vault

01

Every script for every critical moment — from first message to relocation conversation

BONUS

The Copy and Send Message Vault

Stop staring at a blank screen. Every important conversation moment in the international dating process has a script below. Read each one, adapt it to your voice, and use it. The goal is not for these to sound robotic — it is to give you a starting point that is already 80% of the way there.

Every script you need.

Copy. Paste. Send.

VALUE: ■25,000

SECTION ONE — First Impressions

Opening Messages That Actually Get Responses

HINGE — RESPONDING TO HIS PROMPT

COPY & SEND

"Your answer about [his specific prompt] — I was not expecting that. What made you say it that way?"

Why it works: Specific, shows you read his profile, creates an easy open-ended question.

HINGE / BUMBLE — HE HAS AN INTERESTING LIFESTYLE PHOTO

COPY & SEND

"That photo in [location or activity] — I have been staring at it trying to figure out where that is. Where was that taken?"

Why it works: Compliments without being generic. Opens a real conversation about his life.

BUMBLE — YOU MESSAGE FIRST (GENERAL)

COPY & SEND

"Okay your [specific thing from profile] caught my attention. Tell me more about that."

Why it works: Direct, confident, not desperate. Shows specific interest, not mass messaging energy.

OKCUPID — HIGH COMPATIBILITY MATCH

COPY & SEND

"We matched at [X]% which apparently means we agree on some fairly specific things. I am curious which ones. What made you answer the questions the way you did?"

Why it works: References the platform mechanic naturally. Creates an intellectually interesting opening.

FACEBOOK GROUP — NATURAL TRANSITION TO DM

COPY & SEND

"I noticed you commented on [specific post] and said [specific thing]. I actually think about this differently — I would love to hear more about your take. Is it okay if I send you a message?"

Why it works: Not a cold DM. It references a real interaction. Feels like a natural conversation, not a romantic approach.

SECTION TWO — Building Connection

Deepening the Conversation Beyond Small Talk

TRANSITIONING FROM SURFACE TO REAL

COPY & SEND

"I feel like we have been doing the polite version of getting to know each other. What is something you actually care about that you do not usually talk about in the first few days of talking to someone?"

Why it works: Signals maturity and depth. Invites him to be real. Very few women say this.

KEEPING HIM ENGAGED BETWEEN CONVERSATIONS

COPY & SEND

"Something happened today that made me think of something you said. I will tell you about it when we talk next — remind me."

Why it works: Creates anticipation. Makes the next conversation feel necessary. Builds emotional investment.

SHOWING GENUINE CURIOSITY ABOUT HIS LIFE

COPY & SEND

"You mentioned [specific thing] last week and I have been thinking about it. What actually made you [decision/choice/move]? I want to understand the real reason, not the short version."

Why it works: Shows you actually listen and remember. Almost nobody does this. It is magnetic.

AFTER HE SHARES SOMETHING PERSONAL

COPY & SEND

"Thank you for telling me that. I do not think people share that kind of thing easily. I am glad you did."

Why it works: Validates vulnerability without making it awkward. Creates safety for him to open up more.

SECTION THREE — Key Milestone Conversations

The Moments That Move Things Forward

SUGGESTING THE FIRST VIDEO CALL

COPY & SEND

"I am genuinely enjoying this but I have zero idea what your actual voice sounds like. Can we do a quick call this week? I want to know if you are as interesting out loud."

Why it works: Light, confident, frames the call as her curiosity not a relationship milestone. No pressure.

WHEN HE GOES QUIET FOR 2-3 DAYS

COPY & SEND

Send nothing. When he returns: "You disappeared. Everything okay?"

Why it works: Two words land harder than three paragraphs. Shows you noticed but are not destabilised.

THE INTENTIONALITY CONVERSATION

COPY & SEND

"I have been enjoying getting to know you and I want to be honest — I am not interested in keeping something casual indefinitely. Not pressure, just honesty. Where is your head at with this?"

Why it works: Direct without being aggressive. Sets a standard without an ultimatum.

WHEN HE MENTIONS VISITING NIGERIA

COPY & SEND

"I would genuinely love that. Lagos during [season] has a specific energy that I think would either completely captivate you or overwhelm you. I want to show you the version I actually live in — not the tourist version."

Why it works: Enthusiastic without desperate. Creates specific intrigue about your world.

AFTER THE FIRST VISIT — OPENING THE FUTURE

COPY & SEND

"Those days with you were genuinely the best I have had in a long time. I am not going to pretend I am not thinking about what comes next. What are you thinking?"

Why it works: Vulnerable without desperate. Opens the future conversation without pressure.

WHEN HE RAISES RELOCATION

COPY & SEND

"I have thought about it. I want to do it properly — build something real first, make sure we actually work together in person as well as we do like this. But yes. I am open to it if we get there."

Why it works: Not jumping. Not running. Calm, considered, confident. This is the energy that makes men certain.

SECTION FOUR — Handling Difficult Moments

Scripts for When Things Get Complicated

WHEN HE ASKS WHAT YOU ARE LOOKING FOR

COPY & SEND

"Something genuinely worth building. I am not looking to fill a space or tick a box. I want to actually want the person I am with. What about you?"

Why it works: Honest without being heavy. Turns the question back to him.

WHEN HE PULLS BACK AFTER THINGS WERE GOING WELL

COPY & SEND

"I have noticed things feel different lately. I am not going to pretend I have not. What is going on with you honestly?"

Why it works: Direct. Does not play games. Does not pretend. Most men respect this completely.

WHEN HE ASKS IF YOU HAVE BEEN TALKING TO OTHER MEN

COPY & SEND

"I am on dating apps, yes. I am taking this seriously which means I am being intentional about who I invest my time in. You are someone I am genuinely interested in. What made you ask?"

Why it works: Honest without being threatening. Shows selectivity. Turns it back to his motivation.

WHEN HE ASKS ABOUT NIGERIA / YOUR PLANS TO LEAVE

COPY & SEND

"I love where I am from. Lagos is genuinely one of the most interesting cities in the world if you know how to live in it. What made you ask about that?"

Why it works: Corrects the framing without confrontation. Shows cultural pride. Does not take the bait.

EXITING A CONVERSATION CLEANLY

COPY & SEND

"I do not think we are looking for the same thing. I wish you well genuinely."

Why it works: Final, clean, gracious. No drama. No explanation. No door left open.

The Platform Setup Checklist

Exactly what to write, where to put it, and what settings to activate on every platform

BONUS

Use this checklist to set up each platform correctly before you start. Tick each item as you complete it. A profile that is 80% set up performs significantly worse than one that is 100% set up — do not rush this.

The Platform Setup Checklist

HINGE

Step by step setup for every platform.

Nothing left out.

Photos

VALUE: ■20,000

- ☐ Photo 1: Face fully visible, natural light, genuine expression — no filters
- ☐ Photo 2: Doing something you love (lifestyle photo)
- ☐ Photo 3: With other people at a social setting
- ☐ Photo 4: Full body or three-quarter shot in a natural setting
- ☐ Photo 5: Something unexpected that does not look like a dating profile photo
- ☐ No blurry photos, no group photo as first photo, no heavy filters

Prompts (choose 3 — use these specific ones)

- ☐ Prompt: "The most spontaneous thing I have ever done..." — Answer: something genuine and specific
- ☐ Prompt: "I am weirdly passionate about..." — Answer: something that shows real personality
- ☐ Prompt: "A typical Sunday for me looks like..." — Answer: something that shows your actual life texture
- ☐ Avoid: "I am looking for something serious" as a prompt — too heavy, too early
- ☐ Avoid: Generic answers that could apply to anyone

Settings

- ☐ Set location to your actual city OR use VPN to appear in London, Toronto, or Amsterdam for initial setup
- ☐ Set preferences: Age range realistic (not too narrow), distance to "Worldwide" or a specific target city
- ☐ Enable: "Active Today" status — this improves your placement in feeds
- ☐ Disable: "Show me to everyone" — set to show only to your preferred age range
- ☐ Standouts: Send roses only to men whose profiles genuinely interest you — do not send randomly

BUMBLE (INTERNATIONAL)

Account Setup

- ☐ Subscribe to Bumble Premium (approximately ■8,000–12,000/month)
- ☐ Activate "Travel Mode" or international discovery — set to your target city (London, Toronto, Amsterdam, Berlin)
- ☐ Use same photo hierarchy as Hinge — do not use different photos across platforms
- ☐ Enable: Show me in Beehive (Bumble's community feature) — additional visibility

Profile

- ☐ Bio: Use the four-element formula from Chapter Three
- ☐ Add: At least one voice prompt if available in your region
- ☐ Instagram connection: optional — only connect if your Instagram is curated and reflects you well
- ☐ Job title and education: fill in accurately — these signal social compatibility

Using It Correctly

- ☐ You message first — every match expires in 24 hours if you do not message
- ☐ Never open with "Hi" or "Hey" — always reference something specific from his profile

- ☐ If he does not respond to your first message within 48 hours: extend the match once, then let it expire
- ☐ Check the app daily — Bumble rewards daily active users with better placement

OKUPID

Profile Setup

- ☐ Answer minimum 80 questions before your profile goes live — more questions = better matches
- ☐ Set your location to target city (use VPN if needed)
- ☐ Write a genuine "About Me" section of at least 150 words — OkCupid users read these
- ☐ Fill in: Looking for, Relationship type, Lifestyle (drinking, smoking, exercise) — be honest
- ☐ Set: Match percentage filter to show only 75%+ matches

Questions Strategy

- ☐ Answer all questions about values, communication style, and relationship expectations honestly
- ☐ Mark which questions are "important" and "very important" to you — this drives the matching algorithm
- ☐ Answer questions about cultural attitudes and family — these create strong compatibility signals
- ☐ Review your answers every 2 weeks and update anything that no longer reflects you

Messaging

- ☐ OkCupid users expect real messages — reference his profile content specifically
- ☐ Respond to all genuine messages within 24 hours — the algorithm rewards responsiveness

- ☐ Use the "Boost" feature (free daily boost available) at peak hours: 6pm–9pm target city time

FACEBOOK EXPAT GROUPS

Finding the Right Groups

- ☐ Search: "Expats in Lagos", "Internationals in Lagos", "Lagos Expat Community"
- ☐ Search: "Expats in Abuja", "Abuja International Community", "Nigeria Expats"
- ☐ Search: "Lagos Social Club", "International Friends Nigeria"
- ☐ Join every group with more than 500 members that is actively posting (posts within the last week)
- ☐ Also join country-specific groups: "British in Nigeria", "Germans in Nigeria", "Americans in Nigeria"

How to Engage Correctly

- ☐ Do NOT immediately start messaging men in the group — this reads as desperate and will get you removed
- ☐ Comment genuinely on posts for the first 2 weeks — share recommendations, answer questions, be helpful
- ☐ Attend at least one event before messaging anyone directly
- ☐ After an interaction at an event or in comments: "I enjoyed your comment on [post] — do you mind if I DM you?"
- ☐ Your profile must be genuine and complete before engaging — they will check

Events

- ☐ Check each group's events tab — mark upcoming events on your calendar
- ☐ Dress intentionally for events — you are meeting people, not attending a casual hangout
- ☐ Bring a friend to the first event if it makes you more comfortable
- ☐ Follow up with anyone interesting within 24 hours of meeting them

INTERNATIONS.ORG

Setup

- ☐ Create a complete profile — professional photo, full bio, listed interests
- ☐ Select Lagos or Abuja as your chapter
- ☐ Subscribe to basic membership (free) to start — upgrade when you have attended one event
- ☐ Connect your professional social media if relevant

Using It

- ☐ Attend the next scheduled Internations event in your city
- ☐ The platform is professional/social, not explicitly romantic — approach naturally
- ☐ Events typically happen monthly — mark all upcoming ones
- ☐ Follow up with connections made at events through the platform messaging

The Visa Readiness Tracker

Every document you need, tracked by country — so when the time comes, you are already ready

BONUS

The women who move fastest through the visa process are the ones who started collecting documents long before the relationship reached that stage. Use this tracker from the beginning. Print it. Update it monthly. By the time the relocation conversation happens, you will be ready.

Track every document for every country.
Be ready before he asks.

UNIVERSAL DOCUMENTS — Needed for Every Country

VALUE: ■18,000

Collect these regardless of which country you are headed toward. Start today.

Document	Notes	Status
Valid International Passport	Minimum 18 months validity remaining when you begin the process	☐ Not started ☐ In progress ☐ Complete
Birth Certificate	Certified copy from National Population Commission	☐ Not started ☐ In progress ☐ Complete
WAEC Certificate / O-Level Results	Certified copy	☐ Not started ☐ In progress ☐ Complete
University Degree / Professional Certificates	Certified copies of all	☐ Not started ☐ In progress ☐ Complete
6 Months Bank Statements	Showing regular, genuine financial activity	☐ Not started ☐ In progress ☐ Complete
Employment Letter / Business Registration	Current, on letterhead, signed and stamped	☐ Not started ☐ In progress ☐ Complete
Police Clearance Certificate	From Nigeria Police Force — takes 4–8 weeks to obtain	☐ Not started ☐ In progress ☐ Complete
Passport Photographs	Recent, white background, multiple copies	☐ Not started ☐ In progress ☐ Complete

Personal Statement	Written account of how you met, relationship development, future plans	☐ Not started ☐ In progress ☐ Complete
Relationship Evidence Folder	WhatsApp export, call logs, photos together, visit evidence	☐ Not started ☐ In progress ☐ Complete

United Kingdom

Document	Notes	Status
Sponsor's Payslips (3 months minimum)	Must show income of £29,000+ per year	☐ Not started ☐ In progress ☐ Complete
Sponsor's Employment Contract or P60	Confirms employment and salary	☐ Not started ☐ In progress ☐ Complete
Proof of Accommodation in UK	Rental agreement or mortgage statement	☐ Not started ☐ In progress ☐ Complete
Relationship Evidence — Minimum 12 Months	WhatsApp exports, call logs, photos, visit evidence	☐ Not started ☐ In progress ☐ Complete
Personal Statements — Both Parties	Separate statements from you and your partner	☐ Not started ☐ In progress ☐ Complete
Evidence of All In-Person Meetings	Flights, hotel bookings, immigration stamps	☐ Not started ☐ In progress ☐ Complete
Biometrics Appointment Booking	Book early — Lagos BHC runs 8–14 weeks behind	☐ Not started ☐ In progress ☐ Complete

Canada

Document	Notes	Status
Sponsor's Notice of Assessment (NOA)	Canadian tax document proving income	☐ Not started ☐ In progress ☐ Complete
Sponsor's Employment Records	T4 slips, pay stubs, employment letter	☐ Not started ☐ In progress ☐ Complete
Marriage Certificate OR Proof of Cohabitation	Spousal = marriage cert; Common-law = 12 months cohabitation evidence	☐ Not started ☐ In progress ☐ Complete
Police Clearance from ALL Countries Lived In (6+ months)	Nigeria + any other country	☐ Not started ☐ In progress ☐ Complete
Medical Examination	By IRCC-approved panel physician only	☐ Not started ☐ In progress ☐ Complete

Proof of Genuine Relationship — Extensive	Canada requires more evidence than any other country	■ Not started ■ In progress ■ Complete
Joint Financial Evidence	Joint accounts, shared expenses, evidence of supporting each other	■ Not started ■ In progress ■ Complete

■■ Germany

Document	Notes	Status
A1 German Language Certificate	From Goethe-Institut Lagos — book test early, slots fill fast	■ Not started ■ In progress ■ Complete
Sponsor's Proof of Income	Current salary slips, employment contract, tax returns	■ Not started ■ In progress ■ Complete
Sponsor's Rental Agreement / Property Proof	Showing adequate accommodation for both	■ Not started ■ In progress ■ Complete
Proof of Health Insurance in Germany	Sponsor must have adequate family health insurance	■ Not started ■ In progress ■ Complete
Certified Translation of All Nigerian Documents	All documents must be translated to German by certified translator	■ Not started ■ In progress ■ Complete
Apostille on All Nigerian Documents	Nigerian documents must be apostilled before submission	■ Not started ■ In progress ■ Complete
German Consulate Appointment in Abuja	Book early — slots run 6–10 weeks behind	■ Not started ■ In progress ■ Complete

■■ Netherlands

Document	Notes	Status
Both Parties Must Be 21+	Hard requirement — both partners minimum 21 years old	■ Not started ■ In progress ■ Complete
Sponsor's Proof of Income (70% minimum wage)	Payslips, employment contract, tax statement	■ Not started ■ In progress ■ Complete
Sponsor's Proof of Accommodation	Rental contract or property ownership showing adequate space	■ Not started ■ In progress ■ Complete
Relationship Evidence — Genuine and Durable	Photos, communication, visits, joint plans	■ Not started ■ In progress ■ Complete
Apostille on All Nigerian Documents	Required for all official Nigerian documents	■ Not started ■ In progress ■ Complete

Dutch Consulate Appointment — Abuja	Book early — processing has improved but still runs behind	■ Not started ■ In progress ■ Complete
Both Partners' Joint Statement	Written statement about the relationship and future plans	■ Not started ■ In progress ■ Complete

■■ United States

Document	Notes	Status
Evidence of In-Person Meeting Within 2 Years	Photos, flights, hotel records, immigration stamps — strictly required	■ Not started ■ In progress ■ Complete
Sponsor's Affidavit of Support (Form I-864)	Must show income of 125% Federal Poverty Guidelines	■ Not started ■ In progress ■ Complete
Sponsor's Tax Returns (3 years)	IRS transcripts or copies of filed returns	■ Not started ■ In progress ■ Complete
K-1: Both Must Be Legally Free to Marry	Divorce decrees if previously married	■ Not started ■ In progress ■ Complete
Medical Examination	By USCIS-approved civil surgeon only	■ Not started ■ In progress ■ Complete
Police Clearance — Comprehensive	Nigerian police clearance + any other country	■ Not started ■ In progress ■ Complete
US Embassy Interview Preparation	Know his address, family details, workplace, how you met in detail	■ Not started ■ In progress ■ Complete

Relationship Evidence — What to Collect From Day One

Start this folder today. Even if the relationship is only two weeks old. You cannot recreate evidence of early conversations later.

- ☐ Export WhatsApp conversation history monthly and save to a secure folder
- ☐ Screenshot call logs showing frequency and duration of calls
- ☐ Save all photos taken together — date and location stamped where possible
- ☐ Keep all flight and hotel bookings for visits — both yours and his
- ☐ Save any emails, cards, or letters exchanged
- ☐ Document any gifts received — photos with approximate dates

- ☐ Keep records of any video call sessions (platform history, screenshot of active call)
- ☐ Write brief monthly notes about significant moments in the relationship — date them
- ☐ Save any social media interactions — tags, posts about each other, comments
- ☐ Get written references from mutual friends or family members who can attest to the relationship

Red Flag Fast Exit Scripts

Exact words for exiting every time waster type — cleanly, confidently, without drama

BONUS

You do not owe anyone a long explanation for why you are choosing not to continue. These scripts are designed to close doors firmly but graciously. Use them without guilt.

Red Flag Fast Exit Scripts

Exit every time waster cleanly.
No drama. No wasted energy.

He is attracted to Nigerian women as a category, not to you as an individual.

Situation: He says "African women are so beautiful / loyal / warm"

WHAT TO SAY

COPY & SEND

"Thank you. I am going to be honest though — I am looking for someone who is interested in me specifically, not in a category I happen to belong to. I do not think we are looking for the same thing."

Why it works: Direct, clear, no room for argument.

Situation: He keeps referencing Nigerian stereotypes (cooking, submissiveness, traditional roles)

WHAT TO SAY

COPY & SEND

"I have noticed you have some specific ideas about what Nigerian women are like. I am probably not the person who fits what you are looking for. I wish you well."

Why it works: Closes it without confrontation.

Situation: You just want to exit without explaining

WHAT TO SAY

COPY & SEND

"I do not think we are the right match. Take care."

Why it works: You owe nothing further.

THE ROMANCE SCAMMER — Nigerian Platform Version

He is running a script designed to extract money. This is an organised operation. Exit immediately.

Situation: He mentions a crisis and hints at needing money

WHAT TO SAY

[COPY & SEND](#)

"I am going to stop you there. I do not send money to people I have not met in person, for any reason. I wish you well."

Why it works: Then block immediately. Do not respond to anything further.

Situation: You suspect he is a scammer but are not certain

WHAT TO SAY

[COPY & SEND](#)

"I would like to do a video call right now — not scheduled, right now. If that is not possible, I think we should stop talking."

Why it works: A real man can do an unscheduled video call. A scammer cannot.

Situation: He has already asked directly for money

WHAT TO SAY

[COPY & SEND](#)

Say nothing. Block on all platforms immediately.

Why it works: No response necessary. No explanation owed.

THE PEN PAL

Months in and nothing is progressing beyond the phone.

Situation: Three months with no mention of meeting

WHAT TO SAY

COPY & SEND

"I have genuinely enjoyed talking with you but I am going to be honest — I am not looking for something that stays in a phone indefinitely. Are you actually open to meeting and building something real? Because if not I would rather know now."

Why it works: His response tells you everything.

Situation: He gives a vague answer to the above

WHAT TO SAY

COPY & SEND

"I hear you. I think we want different things right now. I am going to focus my energy elsewhere. Take care."

Why it works: Clean close.

Situation: He keeps promising to visit but never books

WHAT TO SAY

COPY & SEND

"I have noticed you have mentioned visiting a few times but nothing has been booked. I am not going to keep investing in something that has no concrete steps toward becoming real. When something changes on your end, you know where to find me."

Why it works: Puts the responsibility on him. Leaves no ambiguity.

THE HOLIDAY SEEKER

Genuinely interested in a visit. Not interested in anything beyond it.

Situation: After the visit, energy has dropped significantly

WHAT TO SAY

COPY & SEND

"I noticed things have felt different since you left. I want to be straight with you — I am not interested in keeping something in a holding pattern indefinitely. What are you actually thinking about where this is going?"

Why it works: Forces clarity. His answer will be obvious.

Situation: He gives a non-committal answer

WHAT TO SAY

COPY & SEND

"Thank you for being honest. I think I am looking for something that has a real future attached to it. I do not think this is that. I am glad we spent the time we did."

Why it works: Gracious, final, clean.

THE INCONSISTENT MAN

Good for a week, disappears for four days, returns like nothing happened.

Situation: First time he disappears and returns

WHAT TO SAY

COPY & SEND

"You disappeared. Everything okay?" — then wait for his explanation.

Why it works: Give him one chance to explain.

Situation: Pattern continues after conversation

WHAT TO SAY

COPY & SEND

"I have noticed this is a pattern and I have told you it does not work for me. I cannot invest in something this inconsistent. I wish you well."

Why it works: You said it once. You do not say it twice.

Situation: He apologises and promises to change

WHAT TO SAY

COPY & SEND

"I appreciate that. Let's see what that looks like."

Why it works: Watch what he does, not what he says. One more disappearance = exit.

THE MARRIED / UNAVAILABLE MAN

Something feels off. He has limited availability, never does calls, protects his phone.

Situation: You suspect but are not sure

WHAT TO SAY

COPY & SEND

"I want to ask you something directly and I would like an honest answer. Are you in a relationship or married?"

Why it works: Most men will answer honestly when asked directly. The ones who lie will contradict themselves.

Situation: He admits to being in a relationship

WHAT TO SAY

COPY & SEND

"Thank you for telling me. I am not going to continue this. Take care."

Why it works: Immediate close. No discussion.

Situation: He denies it but the signs persist

WHAT TO SAY

COPY & SEND

"Something does not add up for me and I have learned to trust that feeling. I am going to step back from this."

Why it works: You do not need proof. Your instinct is sufficient.

The One Rule That Covers Everything

You never need more than one clear conversation to know where you stand with a man. If you have had the conversation and the situation has not changed, the answer is already there. You are simply choosing not to accept it.

Exit without guilt. Your energy is finite. Protect it like the resource it is.

Bella

Soft Girl Diaries with Bella

The Two-Week Assessment Scorecard

05

Fill this out for every man at the two-week mark. Score honestly. The numbers tell you what your emotions cannot.

BONUS

Print this page multiple times — one for every man you are assessing. Fill it out at exactly two weeks of conversation. Be ruthlessly honest. Your time is too valuable for anything else.

The Two-Week Assessment Scorecard

Score every man at two weeks.

Remove emotion. Keep only what is real.

HOW TO USE THIS SCORECARD

For each question, circle YES or NO. At the end, count your YES answers. The scoring guide at the bottom tells you what to do.

VALUE: 112,000

1	Has he asked you at least 3 genuine questions about who you are as a person — not your appearance?	☐ YES	☐ NO
2	Does he remember specific things you have told him from previous conversations?	☐ YES	☐ NO
3	Is the conversation genuinely two-sided, or are you carrying most of it?	☐ YES	☐ NO
4	Does he respond consistently within a reasonable timeframe (same day or next morning)?	☐ YES	☐ NO
5	Has he shared something real about his actual life beyond surface-level information?	☐ YES	☐ NO
6	Can he do a clear, stable video call without persistent technical excuses?	☐ YES	☐ NO
7	Does talking to him feel natural and enjoyable, or does it feel like work?	☐ YES	☐ NO
8	Does he seem interested in Nigeria as a real place and culture — or only in you removed from your context?	☐ YES	☐ NO
9	Has his profile / behaviour shown no signs matching the scammer script (widowed, vague job, no video call)?	☐ YES	☐ NO

10

Do you feel like he sees you as a specific person, not a category or a type?

YES

NO

SCORING YOUR RESULTS

Score	What It Means	What To Do
8–10 YES	Strong genuine interest. Real conversation. Worth continuing. Move to video call if possible.	Continue and invest more.
5–7 YES	Mixed signals. Some genuine interest, some gaps. Have a direct conversation and clarify.	Have a direct conversation and clarify.
3–4 YES	Significant red flags. Not enough genuine investment. Exit justly and define.	Exit justly and define.
0–2 YES	This is likely a time waster. The signs are clear.	Exit cleanly using the scripts in Bonus 4.

Notes on This Man

His name / username:

Date assessed:

Decision:

- ☐ Continue and invest more
- ☐ Have a direct conversation
- ☐ Exit cleanly