

From Video Chats to Group Dates: Gen Z's First Date Formula

New Delhi, 21 April 2025 — The first date has officially evolved! According to Tinder's latest Modern Dating Survey¹, Gen Z is approaching dating with emotional intelligence, self-awareness, and a clear focus on comfort over clichés. From video calls to clear intentions and group hangs, today's singles are keeping it real—on their terms.

Tinder's India Relationship Expert, Dr. Chandni Tugnait, says: "Dating isn't a game of guessing anymore. Gen Z daters are choosing honesty over pressure, clarity over confusion, and chemistry over checklists. First dates are now more about vibe checks than 'perfect meet-cute moments'—and that's a great thing."

Here's what the data—and the dating expert—say about Gen Z's first date formula:

Safety Is the New Sexy: First dates can be exciting—but they also come with a few nerves. Over 40% of daters surveyed in India say their biggest pre-date worry is how much personal information to share. That's where Tinder's safety-first features come in: [Photo Verification](#), [Video Chat](#), and the "[Does This Bother You?](#)" prompt help users feel more secure and in control before they even leave the house. And since 36% of daters prefer a video call before meeting up, Tinder's face to face video chat feature is the ideal way to do a no-pressure vibe check before the big first date. *Dr. Chandni Tugnait says:* "A quick video call before meeting IRL helps ease nerves and build familiarity. Bonus: there's no pressure to dress up!"

Clear Is the New Cute: First dates aren't just about sparks—they're about clarity. "Let's see where it goes" doesn't cut it for Gen Z—60% say it's very important to define the relationship, and 57% prefer to have that conversation formally. Tinder's [Relationship Goals](#) feature helps daters be upfront about what they're looking for before the first date even happens—whether it's something serious, something casual, or something in between. Because when expectations are clear from the start, first dates feel a lot more meaningful (and way less awkward). *Dr. Chandni Tugnait adds:* "A little clarity goes a long way. Let your intentions guide, not confuse."

Love Without Borders: First dates aren't always local—and that's exactly how Gen Z likes it. According to the Modern Dating Survey, 73% of young singles in India are open to dating someone from another city, and 63% are open to long-distance connections across countries. With [Tinder Passport](#), exploring connections beyond your current location is easier than ever—turning that first date into a virtual adventure or the beginning of a cross-city (or cross-border) story. Because for Gen Z, it's all about the right vibe—not the zip code.

First Dates, But Make It Social: First dates don't have to be a solo mission. In fact, 34% of young singles say they've been on a double or group date in the past year—and it's not just a rom-com move. With [Tinder's Matchmaker](#) feature, friends can recommend profiles before the date even happens, making that first meet-up feel more social, familiar, and way less awkward. Because sometimes, the best way to ease first-date jitters is to bring a friend (or two).

10 Gen Z-Approved First Date Tips from Dr. Chandni Tugnait

Feeling nervous? Here's your friendly cheat sheet to make the most of that first meet:

1. **Safety is key** – Always meet in public, share your location with a trusted friend using Tinder's [Share My Date](#) feature, and most importantly—trust your instincts.
2. **Keep it casual** – Choose relaxed, public spots like a bookstore café, flea market, or comedy show to keep things low-pressure and fun.
3. **Vibe check > checklist** – Pay attention to energy, comfort, and how the conversation flows—connection matters more than credentials.

4. **Keep it short (and sweet)** – A quick 45-minute smoothie run is better than an hours-long first date that feels like an interview.
5. **Clarify your intention upfront** – Whether you're looking for something serious or casual, saying it clearly helps set the right tone.
6. **Compliments? Keep them real** – Thoughtful, specific compliments always land better than generic ones.
7. **Video call = vibe pre-screen** – A quick Face to Face chat before meeting in person builds comfort and saves time.
8. **Comfort > couture** – Wear what makes you feel confident and comfortable—authenticity is more attractive than a curated look.
9. **Boundaries are attractive** – Be clear about what you're comfortable with when it comes to time, touch, and topics.
10. **Have an exit plan, no shame** – If the vibe isn't right, it's okay to politely cut the date short—protecting your peace is part of the process.

¹A OnePoll Survey among Tinder users aged 18-25 in IN who are single and use dating apps. Data was collected between 15/7/2024 - 23/7/2024

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