

JourneyWoman™

February 2021, No. 4

Feb 25, 2021

Dear JourneyWoman,

I really appreciate that February was a short month. It feels like every day gets us one step closer to the departure gate at the airport!

First of all, thank you for the wonderful feedback on our last issue. I received so many lovely emails. A special thank you to Joyce, who said: "I haven't read your email for almost a year, knowing I would NOT be traveling, so don't know why I opened this one but SO glad I did. I've spent almost 2 hours reading all the articles and so enjoyed them, especially the book and movie recommendations, and the piece about Orvieto was absolutely mouthwatering." For those who might have missed a few of our emails, we'll have an archive up on our website soon - stay tuned!

I just went through my third round of downsizing, this time clearing out my storage locker! Now, I'm even more ready to travel! In this issue, we explore new travel lifestyles and invite you to share your thoughts in a brief survey that explores our travel dreams. Please join me at a special virtual event on March 11 where you'll meet women who have embraced alternative travel lifestyles, from living on boats to housesitting to volunteering.

In February, for our Valentine's Day event, we asked you to write a love letter to yourself and share your wisdom. Today, I'd like to ask you to share a piece of advice you received from another woman. Who was that woman and how did her wisdom shift your perspective? We'll curate these and share them with you on March 8 for International Women's Day.

JourneyWomen, I know these are challenging times as we wait for borders to open up again. But we are all in this together and I need each one of you. Even though we are not

travelling right now, I'm hoping that in 2021 each of our readers will send in at least **one** travel tip. Send me the name of a book or movie that you recommend, or tell us about a city, country, homestay/hotel, restaurant, museum, etc. that you want other women to know about. Ours is a global community; if you are reading this outside of North America, we want your tips too. We are powerful influencers in the travel industry and your voice matters. Together we can move mountains. Let's make future travel for women the best and safest it can be.

Please, take care and be safe,

Carolyn

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JourneyWoman™: Inspiring women to travel since 1994

Finding freedom and looking ahead



Finding Freedom: Downsizing for Travel Part 2: Designing Your Travel Lifestyle by Carolyn Ray: For the past two and a half years, I've been on a downsizing journey to prepare for full-time travel. Now all the hard work is done and I'm thinking not just about where I will travel, but how to do so safely in the future. Take our quick survey and join me for a discussion on Travel Lifestyles on March 11 at 4 pm EST to talk about safe and budget-conscious ways for women to travel, including homestays, house-sitting, home exchanges and more!

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JourneyWoman Love Letters: Solo Travel Wisdom for Your Younger Self, curated by Nadine Lavoie: For Valentine's Day, JourneyWomen from around the world shared their wisdom with their younger solo selves in a love letter. On February 14, we read our letters together at a heartfelt and joyful celebration, hosted by Nadine. Have some wisdom to share? We'd love to include your love letter in this ongoing series of wisdom-sharing and self-love.

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Five Tips for Finding the Perfect Roommate by Diana Eden: Finding a husband might be easier than finding a roommate to travel with! Many older solo travelers, newly single, find themselves in the position of wanting to take a trip but are unable or unwilling to pay the single supplement. No matter who you go with, doing the do-si-do with a stranger to access the closet or the bathroom takes some getting used to.

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JourneyWoman Book Club: Our March book is "Nervous Conditions" by Zimbabwean author Tsitsi Dangarembga by Carolyn Ray: in celebration of International Women's Day, we're reading *Nervous Conditions*, a partially autobiographical story of Tambu, a young girl who lives on an impoverished Rhodesian farm during the late 1960s. Recommended by our book club co-host Wendy, this book is listed as one of the BBC's top 100 books that changed the world in 2018, and ranks in the Top Ten of Africa's 100 Best Books of the 20th Century. Join us on March 17, 8 pm EST for our book club discussion.

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Sleep and wellness: Do you need a health reset in 2021? by Shawna Robins: There's no better time than now to show ourselves some love and develop healthy habits to improve our overall health. Learn how from Shawna Robins, sleep expert and member of our JourneyWoman Advisory Council, who is offering women a special four-week 'Irresistably Healthy' virtual coaching program in April to get you ready for future travel.

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Calling all Adventurers: How Writing a Travel Memoir Can Change Your Life by Cynthia Morris: Perhaps you've never taken a moment to chronicle your adventures, but this is the perfect time to start! Writing coach Cynthia Morris shares her experiencing in travel memoir writing, starting with an Adventure Resume, which illuminates memories so we can savor them with fresh eyes.

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Women's Travel Directory: Sleep Next to a Waterfall in the Honduras Rainforest: Adventurous female travelers will love Las Cascadas Lodge, a safe, private, and LGBT friendly hotel in the rainforest. Catering to small groups or solo travellers, the hotel can arrange a multitude of eco and cultural activities, or simply provide a restful and relaxing environment.

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[Upcoming Events + Community Calls](#)

All of our events are free. If you'd like to host one please let me know!
EVENTS Calendar [HERE](#). Have feedback to share? Do it [here](#).

- **March 11: Finding Freedom: Designing Your Travel Lifestyle.** Register [here](#).
- **March 17: JourneyWoman Book Club: Nervous Conditions.** Register [here](#).
- **March 21, 3 pm EST: Set Your Intention for Future Travel:** Join Amanda to visualize, plan and manifest your travel dreams. Sign up [here](#).
- **March 30: Solo Travel Wisdom: Growth.** Register [here](#)

MISSED A SESSION? WATCH IT HERE

- **Jan 26: [Solo Travel Wisdom](#)** talk show featuring three adventurous solo travellers
- **Feb 4: [Downsizing for Travel](#)** with Downsizing Diva Karen Shinn

JOURNEYWOMAN COMMUNITY CALLS: Connect with other women on our JW Community Calls: East Coast every Friday at 10 am ET with Carolyn + Amanda, plus our monthly West Coast call with Marillee. Learn more [here](#). We're also looking for women who want to host calls. Email editor@journeywoman.com for more information.

CALLING ALL AUTHORS: Have you published a travel memoir or book? Email editor@journeywoman.com to be featured in our new series on women's travel books.

All of our events are free, but we've adopted a Pay-What-You-Can Model to donate proceeds to non-profit organizations chosen by our speakers. You can read more about this [HERE](#).

If you can't attend an event live, watch them afterwards on our website [HERE](#) or our [YouTube channel](#).

We list women-friendly tour companies in our [Women's Travel Directory](#). By joining our Directory, you have access to a global group of tour operators who share ideas and resources in support of safer travel for women. Learn more [HERE](#).

If you'd like to discuss a brand partnership for 2021, please email info@journeywoman.com.

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