



January 2021, Renewal Issue, No. 1

Jan 14, 2021

Dear JourneyWoman,

Welcome to our first issue of the new year! Despite what we're seeing in the world, I still feel optimistic about the future, inspired by the [Travel Predictions and Resolutions](#) from our Women's Travel Advisory Council. I believe we have an opportunity to be more purposeful and intentional in our travel decisions, while exercising our power and influence as women to create a better world.

I am committed to helping you prepare for travel in the future by publishing fresh, practical editorial and events to help you get 'TravelReady.' My goal is to elevate your confidence, sustain your enthusiasm and desire to travel, and create opportunities for positive, constructive conversations. I'd love to know what I can do to help you prepare: please click [HERE](#) to share your thoughts in a confidential, quick survey.

This year, JourneyWoman celebrates 27 years of empowering women who love travel. I love publishing this magazine, and am deeply grateful to all the women who help make it possible through their feedback, ideas and articles. It has also been incredibly fulfilling to create new events and forums to share wisdom and support each other.

I hope to accomplish even more. However, I can't do this without your support. If you find these services helpful, I would like to invite you to consider becoming [a founding member of the JourneyWoman Circle](#). For less than \$8 a month, your membership gives you access to exclusive editorial, special events, deals and discounts and a private, off-social-media forum to connect with other women. As always, thank you for your generosity and many contributions to sustain JourneyWoman and Evelyn's legacy.

One final note: I know that many of us feel isolated or lonely right now. Please consider joining one of our six Community Calls, which run across three different time zones. I promise you will find an inspiring, supportive group of women just like you to connect with. Details are at the bottom of this email.

If nothing else, the past few weeks have shown us about the strength of our institutions, our communities and the resolve that exists within us. We are resilient, we are courageous and we will get through this together! We are JourneyWomen!

Please, take care and be safe,

Carolyn

Carolyn Ray, Publisher + Editor-in-Chief, JourneyWoman
Member, Society of American Travel Writers (SATW) + Travel Media Association of Canada (TMAC)
carolyn@journeywoman.com 437.688.TRVL (8785)

JourneyWoman™: Inspiring women to travel since 1994

Renewal: Preparing our Mind, Body and Spirit



How to Find Healing Through Travel (And Where to Go!)

by Amanda Burgess: When we experience grief, loss or change, our stress levels skyrocket and our immunity plummets, leaving us open to illness. This month, we bring you stories from six inspiring JourneyWomen - Jeanne, Brenda, Kristina, Meaghan, Magali and Maria. In different life stages and circumstances, each woman found her strength after putting herself first.

[Read More!](#)

Solo Travel Memoir: An Artist's View of the Art of Self Renewal Through Travel by Amanda Burgess: Artists see the world differently. They travel differently too. When New Yorker Karen Gershowitz – who has travelled solo to more than 90 countries – needs total renewal, she seeks a place



that is not only new, but feeds her passion and desire for art and human connection.

[Read More!](#)



TravelReady: Finding Freedom in Downsizing by Carolyn

Ray: When I downsized two years ago, my vision was to travel. To be free. I just moved into an even smaller space, and am inspired by the stories of Kate and Christine, who didn't want to be constrained by their material possessions either! The ethos of living simply has become my way of life as I prepare for travel in the future.

[Read More!](#)



A How-To Guide for Choosing the Right Vacation

Rental by Diana Eden: The words charming, rustic and secluded inspire action in vacation rental bookers. However, to find the perfect rental, look past romanticized marketing and get clear on what is important to you. Contributing Writer Diana Eden gives the over-70 set some hot tips for choosing vacation rentals that don't disappoint and her top picks for rentals around the world. *(JW Circle Members only)*

[Read More!](#)

Upcoming Events + Community Calls

JourneyWoman TravelReady Events: Preparing for Future Travel
Our Full EVENTS Calendar is [HERE](#).

- **January 7: Travel Tips for Future Travel:** Insurance, Legal and Financial Essentials. If you missed it, watch this event or read the transcript [HERE](#).
- **January 17: Set Your Intention for Future Travel:** Join Amanda to visualize, plan and manifest your travel dreams in our monthly Travel Vision workshop starting on Sunday, January 17. Sign up [HERE](#).
- **January 26: Solo Travel Wisdom:** We're evolving our monthly "Behind the Scenes" editorial-themed webinars to focus exclusively on wisdom-sharing from women in our community. Sign up [HERE](#) or send us an email to share your story.
- **January 27 (originally Jan 20): Book Club: Embracing Nomadic Life:** We travel to Mexico, Indonesia and Israel with Rita Golden Gelman's "Tales of a Female Nomad: Living at Large in the World" with special guest Cathy Gotfried from Babes in Bali. Read more [HERE](#).
- **February 4: Downsizing for Travel:** Fresh from a move to an even smaller apartment, Carolyn is sharing her tips on how to minimize possessions with Downsizing Diva Karen Shinn. Sign up [HERE](#)!

Connect with other women on our JW Community Calls: East Coast every Friday at 10 am ET with Carolyn + Amanda, West Coast with Marillee on Thursday, January 14 at 11 am PT/2 pm ET, and Indonesia/Australia with Amit on Tuesday, January 19 at 5 pm AEST.

Part of the JourneyWoman ethos is giving back. To help our communities, we've adopted a Pay-What-You-Can Model for our events and are donating proceeds to non-profit organizations chosen by our speakers. To date, these include: Feeding America, Food Banks Canada, Yayasan Widya Guna Orphanage in Bali, Ernestine's Women's Shelter, and Women's College Hospital in support of Mental Health Research.

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

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](mailto:info@journeywoman.com).

**Do you know a woman who loves to travel? Invite her to subscribe to our free magazine!
We plant a tree with Tree Sisters for every new subscriber.**

HAPPY ANNIVERSARY TO THE JOURNEYWOMAN WOMEN'S TRAVEL GROUP! Join 2,000 women on the JourneyWoman [Travel Group on Facebook](#). 4/5

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