



Jan 13, 2022

Dear JourneyWoman,

For as long as I can remember, I've dreamed of travelling the world, meeting inspiring people, learning new things and sharing them with as many people as I can. I have to pinch myself when I think I am living that dream now, with you.

I believe you can turn all your dreams into reality if you believe in them. The past two years have shown me that it IS possible, even in a pandemic. Curious how women are feeling about solo travel right now? Read **2022 Trends in Women's Solo Travel**, with insights gleaned from our December 2021 TravelReady survey, which showed a mix of optimism, frustration and fear - but above all, an adventurous spirit.

Whether you plan to stay close to home, or have trips already planned, my goal is to help make 2022 your year. In this issue, we've got expert tips on managing fear of travel, advice on long-haul flights, and financial tips to reduce travel costs. I'm also thrilled to officially announce our **Women's Travel Wisdom** retreat in October 2022, which features 13 powerhouse women who want to empower you to live your best life.

Let's make this your year, one step at a time.

Be safe and well,

*Carolyn*

Carolyn Ray, Publisher + Editor-in-Chief, JourneyWoman, [editor@journeywoman.com](mailto:editor@journeywoman.com)  
Member, Society of American Travel Writers (SATW) + Travel Media Association of Canada (TMAC)

*"The future belongs to those who believe in the beauty of their dreams."  
Eleanor Roosevelt*



**Five Lessons Learned from Living in Mexico During the Pandemic by Carolyn Ray:** Not only did she learn Spanish, Carolyn discovered the soul of Mexico, reasserted her own independence and rediscovered her curiosity. Join us on our January 27 Community Call to learn more.

[Read More!](#)



**How Women Can Manage Fear of Travel by Amanda Burgess:** Expert tips to manage anxiety from master life coach Debbie Phillips. Join us for a special webinar on Fear of Travel on February 22.

[Read More!](#)

**WOMEN'S  
TRAVEL  
WISDOM**

**Our "Women's Travel Wisdom" Retreat in October 2022 Empowers You to Think Big:** Meet the 13 women who will empower you, including Lola Akinmade Åkerström, Loung Ung and Debbie Phillips. Join us this Saturday on Instagram to learn more.

[Read More!](#)

#### **COMMUNITY CALLS, WEBINARS, BOOK CLUBS**

Follow JourneyWoman on [Eventbrite](#) to learn about upcoming events

- Community Calls: Friday, January 14 and Thursday, January 27
- iPhone Travel Photography Course: Tuesday, January 18, 25, 7 pm ET
- Fear of Travel: Managing Anxiety + Uncertainty, February 22, 7 pm ET
- Book Club - Joanna Glen's "All My Mothers" (Spain), February 16, 8 pm ET



**Travel Over 80: Tips & Stretches for Women to Face Flights With Ease by Diana Eden:** Diana and our mobility expert Dr. Nekessa Remy share stretches and tips to help you endure long-haul flights.

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**Follow Your Passions: How Photography Leads One Woman on New Journeys by Amanda Burgess:** Australian Lee Horbachewski shares her passion for photography, which helped her recover from depression.

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**9 Simple Rules to Financially Safeguard Your Future Travels by Amanda Burgess:** JourneyWoman Advisory Council member and financial planning expert Libby Wildman dishes up nine simple rules to help you save money for travel.

[Read More!](#)

### PLANNING THE TRIP OF YOUR DREAMS?

Search by date, destination and activity and support a women entrepreneur in our new **Women's Travel Directory**, which features women-friendly businesses in over 100 countries around the world. **Advertisers:** Renew your listings now.

*This Issue of JourneyWoman Magazine is presented by Davis Rea Investment Council.*

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