



Mar 3, 2022

Dear JourneyWoman,

It's hard to think about travel right now as we watch the unimaginable happen in Ukraine. As with any crisis, the most vulnerable – women, children, the elderly and the poor – are the most affected.

As JourneyWomen, we lead with our hearts, and travel with generosity and compassion. Many of us have witnessed the heartbreaking consequences of war in our travels. Even thousands of miles away from this conflict, we realize how absolutely vulnerable we all are—I this could happen to anyone, anywhere. But we also know that as human beings, we are all connected. When we come together, anything is possible.

One simple thing we can do is to remain informed about the conflict and to be careful about the misinformation that is being shared on social media. Another action we can take is to donate money to reputable organizations, like Sunflower for Peace, which is providing backpacks with first aid and medical supplies to front-line doctors, soldiers, citizens, and volunteers. The sunflower has long held a meaningful place in the hearts of many Ukrainians as the national flower, and has become a global symbol of resistance, unity and hope.

I have nothing but hope for the future. I am incredibly inspired by the women featured in this issue, which shows the profound impact we make in the world. We need all women's voices as we work toward this year's International Women's Day goal of 'gender equality today for a sustainable tomorrow.' I hope you'll join us on our March 11 Community Call to talk about the actions we can take to help women around the world recover from the pandemic. We need you!

Take care and be safe,

*Carolyn*

Carolyn Ray, CEO/Editor-in-Chief, JourneyWoman, [editor@journeywoman.com](mailto:editor@journeywoman.com)

Member, Society of American Travel Writers (SATW) + Travel Media Association of Canada (TMAC)

*"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women." - Maya Angelou*

## Featured Editorial



**12 Ways You Can Empower Women Through Travel by Carolyn Ray:** As travel's primary decision makers, women can make intentional choices that lift up other women. Have more ideas? Take our survey and join us on our March 11 IWD Community Call.

[Read more](#)



**The Power of Women: Five Stories of Women Helping Women in Travel by Carolyn Ray:** Be amazed by how these small women-owned businesses have been supporting women, children, wildlife and communities throughout the pandemic.

[Read more](#)



**Introducing YOUR 2022 JourneyWoman Women's Advisory Council by Carolyn Ray:** Meet the three new members of our Women's Travel Advisory Council, including entrepreneurs and travel experts Tonya Fitzpatrick, Amina Mohamed and Mariellen Ward.

[Read more](#)



**Six Secrets for Aging Disgracefully by Amanda Burgess:** Women who defy society's perceptions of aging dish out their top secrets to staying forever young in spirit as they travel the world.

[Read more](#)



**It's Your Time Now: How to Rediscover Your Purpose at Midlife by Carolyn Ray:** Feeling stuck? Kavita Aduja wants to help you find your passion and live the life of your dreams. Let's get moving!

[Read more](#)



**Write for us! New Editorial Guidelines:** We believe women's voices have power. If you have a transformative travel experience, fresh tips or advice to share, we want to hear from you!

[Read more](#)



**Why Antarctica is the Ultimate Journey for Women by Carolyn Ray:** Polar expedition expert Franny Bergschneider believes that women need to carve out space in the Antarctic. "I want everyone's daughter to be able to go there, to understand and know that anything is possible."

[Read more](#)



**JourneyWoman™**

IWD 2022 COMMUNITY CALL



Friday, March 11,  
10 am Eastern / 3 pm BST

**Empowering  
Women Through  
Travel**

Join our new Advisory Council Member Mariellen Ward from India  
+ JourneyWoman CEO Carolyn Ray

[www.journeywoman.com](http://www.journeywoman.com)

If you enjoy our editorial, please support us with a donation. Thank you!

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## Upcoming Events

In the past two months, we've hosted events on Positivity, Living a Nomadic Life, Age-Defying Women, Expert Tips for a Travel Mindset, and our monthly book club on Cordoba, Spain.

[Missed an event? Subscribe to our YouTube channel.](#)

We don't want you to miss any events! Follow us on [Eventbrite](#) to get alerts!

- March 4-6, **Women's Travel Fest**, Portland OR (JW CEO Carolyn Ray is speaking this Sunday - *Attend in-person or virtually. JourneyWoman readers get 15% off tickets with code "Journeywoman" at [www.womenstravelfest.com](http://www.womenstravelfest.com)*)
- **March 8, International Women's Day with Dolly Parton and James Patterson** (in partnership with RevolutionHER): Admission is a \$15 donation in support of Women Entrepreneurs across North America or you can use code **JOURNEYWOMAN**. More [here](#).
- March 11, 10 am ET, **International Women's Day Community Call** with Mariellen Ward joining from India
- March 13, 4 pm to 7 pm ET, **NEW Travel Writing Course by JW Editor Carolyn Ray**
- March 16, 8 pm ET: "An Act of Love" by Carol Drinkwater, JW Book Club
- March 22, 7 pm ET, **Travel Advisor Roundtable and Q&A on Insurance, Travel Regulations and more**
- April 20, 8 pm ET, "The Island of Missing Trees" by Elif Shafak, JW Book Club

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# WOMEN'S TRAVEL WISDOM

## Women's Travel Wisdom Retreat: Connect with Other Women

When is the last time you gave yourself time to reflect and restore? Take some time for you and get reinvigorated at our five-day wellness and travel retreat in October 2022 in California. Get close to nature, meet incredible women and leave feeling fulfilled and focused. You can even stay glamp or stay in a RV! Until March 31, receive \$200 off when you mention the code #SoulSisterWTW.

[Learn more!](#)

### ARE YOU ON OUR SOCIAL CHANNELS?



Join over 5,000 women on the JourneyWoman Travel Group on Facebook.

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