

# JourneyWoman™

Sept 9, 2022

Dear Goddess,

You're receiving this month's newsletter a day late because I'm in Bogota, Colombia, attending the Society of American Travel Writers annual conference. This week, I spent time in Medellin, learning how this city is transforming itself into a vibrant arts and cultural centre, after decades of violence.

Whenever I travel, I see women leading the way. In Medellin, I met María Lucila Pérez, or "Mamá Chila", who has dedicated her life caring for the children of Moravia, so that their mothers can work and provide food for their families. Certainly, the passing of Her Majesty Queen Elizabeth – a woman who lived a life in service to others, leaves an enduring legacy of duty and responsibility which we all can emulate.

I believe women can do anything when we work together. We can all make a difference for someone else through our actions. This month's issue looks at women who inspire us to travel solo in their own way - whether it's full-time, as part of a group, or well into their 80s. If you haven't read last month's article on "Solo Travel on Your Own Terms", it's packed with advice on ways to get started on your own journey.

With gratitude,

*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), North  
American Travel Journalists Association (NATJA)

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See more photos on our [Instagram](#) and [Solo Travel Wisdom Facebook Group](#).

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**Featured Editorial: Solo Your Way**



**Finding Freedom: How to Make Your Solo Travel Dreams Real by Carolyn Ray:** Tips from long-time solo traveler Kate Diamond on her full-time travel lifestyle.

[Read more](#)



**Africa for an 80-year old Adventurous woman? You can do it! by Diana Eden:** After months of planning, Diana shares tips from her long-awaited safari to Zimbabwe.

[Read more](#)



**Going Green: A Solo Traveller Readies for Group Travel to Ireland by Sue Janzen:** Sue examines the differences between travelling solo and group travel. *(Sponsored)*

[Read more](#)

We believe all women should have access to solo safety information so we don't charge for our editorial or ask women to pay a membership fee. Help us expand our editorial and grow our team.

**Make a contribution to JourneyWoman here.**



**Wellness and Sleep Travel Tips:** At a time when stress and uncertainty are our constant travel companions, we share tips to make solo travel during (and after) menopause more enjoyable.

[Read more](#)



**Ageism and Technology: Tips to Help Older Women Overcome Stereotypes by Diana Eden:** Diana shares tips for women over 80 to master travel technology and confront ageist stereotypes.

[Read more](#)

**Share a Travel Tip with the JourneyWoman Community!**

[Submit a Tip Here](#)



**Best Spinner Carry-Ons Recommended by Women:** JourneyWoman readers recommend their top spinner luggage brands, sized for carry-on in most overhead bins.

[Read more](#)

It's not too late to join me on Insight Vacation's trip to Croatian Coast

**September 25 - October 7, 2022**

[Read more here.](#)

## September Events: Save the Date

**[PLEASE UPDATE YOUR PROFILE HERE](#)**

**We want to get in touch with you when we host local events and meetups. Please complete your profile and let us know what else you're interested in!**

- [Community Calls](#): Have a topic you want to suggest? [Suggest it here](#).
- [September 21 Book Club](#): Vendela Vida's "The Divers Clothes Lie Empty" (Morocco)

### **Photos from our Toronto Meetup on September**

Special thanks to all the Toronto JourneyWomen who joined our meetup at the Distillery District and to Amina Mohamed for her photography tips! [Join our Meetup Group here](#) to get alerted when new meetups are scheduled.



**September 23-24, Get empowered at the RevolutionHer Summit in Downtown Toronto!  
JourneyWoman's Carolyn Ray joins a panel on Healthy Living Sept 23 – [Join us!](#)**

 **REVOLUTION** *Her*  
**2022** *Summit*  
TORONTO  
SEPTEMBER 23 - 24

HEALTHY  
LIVING  
PANEL



with

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NIMIGAN

CARMEN  
DARLEY

MARSHA  
HEBERT

CAROLYN  
RAY

**clearsips**



*JourneyWoman*

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You have signed up to receive emails from the JourneyWoman Community. Thank you!