

# LIZZIE LAU TRAVELS

Single Mom On The Move

[lizzielau.com](http://lizzielau.com)

TRAVEL WRITER  
INSPIRING PARENTS TO EXPLORE THE  
WORLD WITH THEIR KIDS  
TOP 30 VANCOUVER MOM BLOGGER



I write about travel from the perspective of a budget conscious, middle aged, single parent with an adventurous tween daughter at

[lizzielau.com](http://lizzielau.com) (DA34)

I've traveled to 34 countries, and recently returned home to live in BC after nearly 20 years of living abroad while working as a chef in the yachting industry. I call myself a reformed adrenaline junkie because my life before starting a family included competitive skydiving, motocross racing, and feeding sharks.

We are available for press trips.



13K followers  
50K avg monthly impressions



3K followers  
High engagement



1.4K followers  
Over 90% North American Women



3.8K followers  
425K avg monthly viewers



Readership includes a highly engaged audience of active parents and travelers in the USA and Canada.



Giveaways, sponsored posts, social media shares, website and graphic design, social media management.



Also seen on The woman Formerly Known as Beautiful, SMARTliving360, Vancouver Kids Fashion Week, and more.



Fees available upon request. Have something else in mind? Contact me! [lizzie@lizzielau.com](mailto:lizzie@lizzielau.com)

I also help clients build and maintain web sites and their social media presence.

Offline, I have direct contact with a lot of local parents as treasurer of our school's Parent Advisory Committee, Manager of my daughter's soccer team, and as Co-Captain of our neighborhood Block Watch.

My daughter is not just my travel sidekick, she is a working actress and has joined me as a Junior Blogger on assignment for Disneyland, WEDay, Odysseo By Cavalia, and several other local events, sharing on her own public social media channels and blog.

## A FEW OF THE BRANDS I'VE PARTNERED WITH

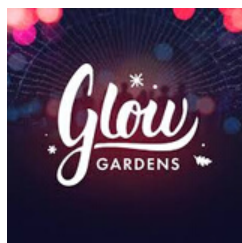
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