



Hí, I'm Sílvía Lawrence!

Heart My Backpack chronicles my adventures across the globe, both solo and with friends. So far **I've traveled to over 60 countries and lived in 7**. I've lived abroad for the past four years, but one year ago I packed my backpack for long-term travel with no end in sight.

My travels tend to focus on less popular tourist destinations such as Iran and the "Stans" of Central Asia, where I've aimed to challenge misconceptions we have about countries that often suffer harsh representations in Western media.



Heart My Backpack in Numbers

Website

(3 month average)

Monthly page views: 17,000

Monthly visitors: 7,000

Domain Authority: 33

Social Media

Klout Score: 65

Facebook: 1,800+

Twitter: 6,800+

Instagram: 600+



Reader Demographics

60% of readers are female, and 45% are ages 25-34.

Contact Me

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