

Pamela Holt

2023 MEDIA KIT

ME MYSELF & THE WORLD

THE ART OF SOLO TRAVEL



About Pamela Holt

Pamela Holt is a travel expert, Executive Producer & Host of the new streaming series, Me, Myself & The World: The Art of Solo Travel, now streaming on **Amazon Prime**, **GoTraveler** and **Sling TV**. Born in California and raised in Hawaii, Pamela began solo traveling at the age of 19. Today, she's journeyed to over 81 countries solo, including Antarctica, Bali, Japan, Singapore, and nearly everywhere in between. From living in a hut deep in the Amazon rainforest to jumping from the highest commercial bungee in the world in South Africa to getting detained in Russia, Pamela is inspiring others to join her solo travel revolution, explore the world on their own terms, and seek adventure in everyday life. Her travel expertise has been quoted in Business Traveler, Daytime TV, The List, and more.



My Mission

"To inspire others to embrace solo travel as a means of self discovery."



Me, Myself & The World: *The Art of Solo Travel*

Seasoned travel expert and filmmaker Pamela Holt celebrates the joy of solo travel in her latest series, “**Me, Myself & The World: The Art of Solo Travel.**” Streaming now on [Amazon Prime Video](#), [GoTraveler](#), and more, the first season of “Me, Myself & The World” is an intimate look at Pamela’s journey as a solo traveler throughout southeast Asia, including faraway destinations like Bali, Indonesia and Ho Chi Minh City, Vietnam.

[Click Here for the Official Press Release](#)

[Click Here for the Official Trailer](#) 



Topics of Expertise

- The art of solo travel
- The benefits of solo travel
- Simple acts of kindness to try during your travels
- How to discover yourself via solo travel
- How women 40+ can build confidence via solo travel
- Solo travel tips
- Safety tips for solo traveling
- Destination-specific travel recommendations
- Financial tips/managing money when on vacation



Backstory

An avid adventurer to her core, travel expert and personality Pamela Holt is an experienced solo traveler, open water scuba diver, and filmmaker.

Born in Westlake Village, CA and raised on the beautiful island of Oahu, Pamela Holt got the travel bug at the young age of 19. Having studied theater, film and television at UCLA, Pamela also developed a passion for storytelling. Despite making headway in her acting and musical theater career, Pamela's plans came to a screeching halt when she experienced a traumatic car accident at the age of 35. Nearly immobilized, Pamela required extensive spinal surgery that she wasn't sure she'd ever recover from.

(continued)



Backstory (continued)

On the heels of accomplishing major career highs, like dueting with Barry Manilow at the Hollywood Palladium and selling her first indie film, “The Three Amigas,” at the Cannes Short Corner, Pamela realized the long road to recovery ahead meant she had to pause her acting and singing pursuits.

Despite hitting rock bottom, Pamela’s inherent joie de vivre meant it was only a matter of time until she picked herself back up. In fact, it was in recovery that Pamela decided to marry her two passions in life - travel and storytelling - which would inevitably take her on a journey to the farthest corners of the world. She made an “80 by 50” promise to herself - travel to 80 countries before turning 50 years old - and the minute she regained her strength, it was wheels up for Pamela.

(continued)



Backstory (continued)

Now 53 years old, Pamela has certainly made good on her promise - she's journeyed to over 81 countries solo, including Antarctica, Bali, Japan, Singapore, and nearly everywhere in between. Along the way, Pamela worked as a travel reporter and host, documenting content from her travels. From living in a hut deep in the Amazon rainforest to jumping from the highest commercial bungee in the world in South Africa to getting detained in Russia, Pamela is inspiring others to join her solo travel revolution, explore the world on their own terms, and seek adventure in everyday life.

Pamela's new show, *Me, Myself & The World: The Art of Solo Travel*, is a love letter to the journey of rediscovering oneself and embracing second chances, or better yet, second acts.



Audience

"Me, Myself & The World" is part of the GoTraveler network, the largest travel channel and app reaching hundreds of millions of viewers.

148.6 million

prime now

2.46 million

sling
TELEVISION

13 million

PLEX

24 million

xumo

120 million

freevee

1 million

redbox.

15 million

VIZIO

200 million

SAMSUNG



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Media Resources

- Pamela Holt Head Shots
- Me, Myself & The World Cover Art
- Me, Myself & The World Press Release



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