

Expat Business Strategies - EFAM | Escape From America Magazine | EFAM

Expat Business Strategies

By Loral Langemeier / Feb 12 • Categorized as [International Real Estate](#)

Escapeartist Expat Entrepreneurs now have access to a powerful alliance with four time NY Best Selling author and Millionaire Maker Loral Langemeier. Whether your needs are to raise capital, increase your cash flow or establish business relationships with the power players of ThriveGlobal, Escapeartist is aggressively establishing relationships that will provide Escapeartist entrepreneurs with powerful resources to grow their international businesses.

Raise Capital, Create Partnerships

The biggest difference between 'Expats' who create the life they want, versus those who simply live the life they have, comes down to one simple word:

"Yes!"

In Loral Langemeier's new book, you'll discover that Yes! Energy is an eight part equation done in a specific order to help you do less of the things you're not good at and live more of the Expat life you want and deserve.

Regardless of your current situation, where you are in the world, or whatever challenges you might be facing, the path to a life of abundance (in all areas of your life) is found by unlocking your "Yes! Energy."

The process begins with a simple "Yes!" But where do you go from there?

Loral outlines specific, tactical steps that will lead you through her innovative Energy Equation so you will finally be able to solve the mystery that has kept you from finding your true path in life.

For years, Loral has coached clients on how to pursue and achieve the life of their dreams by expanding their financial, spiritual, and personal awareness. With more than ten years of experience and four New York Times Bestselling Books, Loral now shares the formula that has helped her and hundreds of others find success.

The equation was developed through years of personal achievements, challenges and growth. For the first time Loral reveals the ups and downs she has traversed on her amazing journey to abundance in all areas of her life. Her story will inspire you, entice you and drive you to not only define, but develop and achieve your own passion and calling.

Isn't it time?

It all starts with "Yes!"

"Get The Energy" today! [CLICK HERE](#)

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Living in Saudi Arabia is no Party - EFAM | Escape From America Magazine | EFAM

Living in Saudi Arabia is no Party

By Tom McMurrain / Feb 12 • Categorized as [Living Overseas](#)

Living in Saudi Arabia is not for single people who want to party. In this interview with Expat Phil Henderson you will gain a real understanding of what living in Saudi is all about. If you are in the energy business, technology or finance business Saudi has a lot to offer. The quality of life is above average yet so is the cost of living.

Saudi Arabia – Not Amsterdam

Phil has an amazing story, working his way up from the factories of Glasgow, UK, to making his way through school to become an engineer, Phil is a true Escapeartist. In addition to his 'day job' he has built a successful online marketing company working with some very notable brands.

In this interview we cover:

- Entertainment
- Education
- Travel tips
- Real Estate
- Technology
- Internet Marketing Advice

Phil has recently signed on as a Master Membership Trainer with EscapeDates Social and Business Networking Community where he will be serving as an Expat Ambassador for Saudi Arabia and as a Internet Marketing Coach for EscapeDates. Look for Phil speaking at EscapeDates around the world. Phil will also be posting blogs, vlogs and internet marketing advice to help all EscapeDates members.

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Work 3 Weeks, Travel 1 Week, Elaine Does - EFAM | Escape From America Magazine | EFAM

Work 3 Weeks, Travel 1 Week, Elaine Does

By Thomas McMurray / Feb 12 • Categorized as [Living Overseas](#)

Elaine qualifies as an Ultimate Escapeartist, why? In 2011 she committed to working three weeks and traveling one week every month. Over 300 videos recorded from all around the world, she has quite the story to share. Escapeartist is excited to share stories like these because they inspire people to live their dreams. Journeys like these prove that overcoming the four "F"s (Fear, Finances, Friends and Family) is possible and those that do it realize a perspective that changes their life forever. Elaine is now a qualified life coach because she has achieved what most people only dream. Enjoy the interview.

The New Plan 12 Weeks of Travel

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Fiji – The Happiest Place on Earth

By Joe Soecker - Fiji Real Estate / Feb 12 • Categorized as [Living Overseas](#)

Joe Soecker from Fiji Real Estate might as well be Ricardo Montalban from Fantasy Island. Greeting people at the airport with a big smile on his face, it is clearly obvious that Joe lives in the happiest place on earth – Fiji. Yes, Fiji, was recently declared the happiest country in the world and when you see this interview you will see why.

Paradise - The Real Thing

- Perfect weather
- Unsurpassed water, food and air quality
- Ocean View lots starting at \$30K
- World class fishing and diving
- 300 Islands – 1 million people
- High Speed 3G internet
- No fast food franchises
- Low Cost High Quality Health Care
- No guns allowed – Very little crime
- No drug problem

This is just the tip of the iceberg that we touch on in this 40 minute interview. Sounds like it is time to meet Joe at the airport and move to Fiji! De Plane, De Plane, De Plane

To watch the interview click on the video below:

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Living in the Netherlands - EFAM | Escape From America Magazine | EFAM

Living in the Netherlands

By Tom McMurrain / Feb 12 • Categorized as [Living Overseas](#)

Living in the Netherlands provides an excellent quality of life according to Lal and Denise who have been expats in The Hague for over 7 years. Lal is a native of Los Angeles and Denise a native of New York. Denise a fashion director and Lal an educator with the international school in The Hague.

Riding Bikes and Smelling the Flowers

If you move to the Netherlands, there is a good chance you will take up bike riding according to Lal and Denise. Whole families ride on one bike with kids in the baskets with protective tents protecting them from the elements of the weather. The Netherlands is VERY family oriented. Parental education as well as formal education is a top priority.

...and while the images of Amsterdam cloud most people's judgment of The Netherlands, Lal assures us that the sex and drug industry is a very minute part of the culture. (Yes, there are places you can still legally smoke marijuana as well)

Culture in the Netherlands is abundant and there is no lack of beautiful town squares with restaurants and boutiques. Denise provides three travel tips for the Netherlands including one that is way off the beaten path of tourists. Though taxes are high, expats qualify for a 30% exemption for a ten year period. Health care is excellent and provided under the government mandates. The power of the people is evident in the Netherlands where it seems that the government exists to serve the needs of the people unlike the direction that most first world countries are taking.

Lal and Denise are Expat Ambassadors for the Netherlands and they will be posting an extensive photo gallery and blogs on their EscapeDates Netherlands community profile.

If you have questions about the Netherlands and want more information about living, working, investing you can visit Lal and Denise's community. www.livinginthenetherlands.com

To watch the interview [CLICK HERE](#)

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Hollywood Director Chooses to Live Abroad in New Zealand - EFAM | Escape From America Magazine | EFAM

Hollywood Director Chooses to Live Abroad in New Zealand

By Ilene Little, Traveling4Health.com / Feb 12 • Categorized as [Overseas Retirement](#)

It's all about having a choice to live wherever you want to live. And many people of means are making that choice, because they can.

: James Cameron Chooses to Live Abroad in New Zealand.
Photo credit to screenrant.com

Hollywood director, James Cameron, is buying a working farm in New Zealand where he and his family plan to live indefinitely, according to an application filed with the New Zealand Overseas Investment Office. Source: [2/1/12 AP Newswire](#)

Cameron, who currently lives in Canada, is well known for directing two of Hollywood's most successful films "Titanic" and "Avatar."

Apparently the property he is buying is about a 90-minute drive from Wellington, the location of Weta Digital, winner of an Oscar for the visual affects in Avatar.

It's rumored that the sequel to Avatar will be filmed in New Zealand.

So, perhaps Cameron is just moving closer to where he'll be directing the sequel, or perhaps it was in the filming of Avatar that he became so attracted to the country that he decided to make a permanent move.

There could be financial considerations, as well.

Truth is, those who travel have the life experience to make better decisions for their own lives. Some people are making the move for financial reasons; they can live a better lifestyle, pay less in taxes and live a more meaningful lifestyle elsewhere.

For example, in the first half of last year, over 1,000 Americans decided they would rather renounce their citizenship than deal with the absurdities of the U.S. tax code. Source: [Tax Code Driving Americans to Renounce Citizenship](#).

I can't see myself renouncing my citizenship, but I can see living abroad – as long as I have a choice, and don't get "stuck" living somewhere I decide I don't like.

It truly is about choice – and about knowing enough about other places to keep your options open.

Although many people day-dream of living in some exotic location, the litmus test is an extended stay. That gives talented people like Cameron, entrepreneurs, corporate expats, military personnel, and students a leg-up when it comes to tasting what other countries have to offer.

Too many of us don't travel enough and stay long enough when we do travel to make any kind of meaningful attachment either to a country or to people of another culture.

The truth is, people are traveling less not only when it comes to crossing national borders, but even out of their own neighborhoods . . . or out of their own circle of friends.

Some of you may remember how families used to take Sunday drives just to explore further away from home. I know with my grandparents, I traveled for weeks on end. Vacations at least meant exploring thousands of miles from home.

Too much of what people think they know about other cities and towns comes from the news. And, as a result, individuals interact less and tend to inflexible in their attitudes about others. Nothing like traveling to break down myths and shake a person loose from mistaken loyalty to dogma.

So, good for Cameron. Canada is a magnificent country but so, I'm sure, is New Zealand. Let Cameron be an example for us to get beyond our provincial habits and go exploring.

The question you want to ask yourself is, do you have a choice? When it comes right down to it, could you move, and do you know where you would be comfortable living, if you made a decision to do so? Without options, you're living a decidedly limited lifestyle.

Find options, meet people like yourself on the [Traveling 4 Health & Retirement Community](#).

About the author: Ilene Little is CEO of [Traveling for Health and Retirement](#). She writes all of the content for the [EscapeArtist Medical Tourism Blog](#)

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Help Elaine Become a Travel Host - EFAM | Escape From America Magazine | EFAM

Help Elaine Become a Travel Host

By Elaine Sarantakos / Feb 12 • Categorized as [Living Overseas](#)

The Travel X-Factor Audition is my travel audition journey of being a travel host for an online travel reality show. I relate to Melanie Amaro from The X– Factor. “I have been waiting for this for all of my life!” I have made it to the second audition, out of a 4 stage audition process.

This travel show will have two hosts travelling 12 cities in Europe in 3

months. The hosts need to be passionate about travel, and have out of the box travel experiences. In 2011, I set out to travel 12 vacations in 12 months which is living out my dreams of being a Permanent Vacationer. For the entire year of 2011, I worked 3 weeks a month and the last week I took a vacation. This last year I have travelled through: Varadero, Havana, New Orleans, London, Paris, New York City, Madrid, Granada, Tarifa, Sevilla, Toronto, Oahu, Maui, San Blas Islands, Panama City, Montreal, Montego Bay, Negril & Quebec City. My dream job is being a Permanent Vacationer full-time while inspiring people to live out their travel dreams. I have been travelling and living abroad all of my life! They contacted me and I have a second audition! I started to cry! I hope I get it! If you like my videos please comment, like and subscribe. Especially to this video!

Thank you to all of my fans for your support! I love you all!! xoxoxoxo Elaine Sarantakos, Fabulous Living Coach

<http://www.fabulouslivingcoach.com>

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Are French People Nice? - EFAM | Escape From America Magazine | EFAM

Are French People Nice?

By Elaine Sarantakos / Feb 12 • Categorized as [Living Overseas](#)

Are French people nice to tourists? I just arrived in Paris and asked a French girl for directions to Notre Dame from Rue St. Michel. French people have a reputation of not being friendly to tourists that don't speak French. This was very opposite from all of my French encounters. Celia was so nice, helpful and full of life. I even met a lady who didn't speak a word of English, and stood there explaining to me on a map directions to where I wanted to go. Please visit France and interact with many people to judge for yourself. Don't forget to smile and say bonjour! Thank you for following my travel journey of living on a permanent vacation with 3 weeks work, 1 week vacation. <http://www.fabulouslivingcoach.com>

Rude French People

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Hot Sailor Wanted! San Blas, Panama - EFAM | Escape From America Magazine | EFAM

Hot Sailor Wanted! San Blas, Panama

By Elaine Sarantakos / Feb 12 • Categorized as [Living Overseas](#)

Hot Sailor wanted! I am in the San Blas Islands of Panama, when a sailboat comes close to our beach. Sailors are really hot, so I decided to swim to the sailboat to meet the sailor. First it's always a good idea to take out your binoculars just to see if the man is worth your time! I swam to the sailboat, but saw his lady friend. I didn't want to go to the boat, because obviously he would break up with her and be with me. I want to attract a hot sailor. Another sailboat came and a British traveller on the island told me " Elaine, see you have another choice in a sailor." Go with the man with the bigger yacht, if you know what I mean!" Thank you for following my travel journey of living on a permanent vacation with 3 weeks work, 1 week off. Elaine Sarantakos, Fabulous Living Coach <http://www.fabulouslivingcoach.com>

Hot Sailor Wanted

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Living on \$1800 a month in Mexico... Comfortably - EFAM | Escape From America Magazine | EFAM

It is hard to believe it has been six months since we took early retirement and moved to the tiny village of [Xcalak, Mexico](#); way down south on the Caribbean Sea near the border with Belize. Xcalak is the picture postcard version of natural Caribbean shores. Beautiful white sands, impossibly blue waters and a protected reef less than 50 meters offshore remind us daily of why we chose this quiet fishing village to be our first home as expats.



Beach

There are practically an infinite number of lessons to be learned and we aren't foolish enough to believe we have even scratched the surface of our education. What I intend to do here is give a very short list of things you might not have considered. Things that I noticed quite early in the adventure. This list is in no way all inclusive and after only five months out it would be ludicrous and presumptuous for me to even attempt something comprehensive. The situations that I present here are only from my very limited experience and observations. Yours will be different. Maybe though as a newbie I can help you avoid a few traps and lowered expectations.

Many people have asked me what it costs to live in Xcalak. It is impossible for me to tell you what your costs are going to be. We all have different expectations and requirements regarding perceived comforts, living situation and style. From doing our research it appears that on our budget we can live just about anywhere but we are all different. We don't require much room by American standards. Put us in a place with over 1,200 square feet and we start to get lost. We generally don't require centralized climate control and so far have not found it necessary to be sequestered behind layers of security. We have no problem shopping in local markets and cooking at home. We can also entertain ourselves pretty readily.

Having said that, I figure that our spending in Xcalak has been about \$1,800 per month not including trips away. This does include the occasional meal out, as high of quality local foods as we can find and only a moderate amount of adult beverages. We don't spend much time in major supermarkets and when we do to we try as much as possible to buy Mexican products. If you have we had had to buy the same products we used back home we may have been able to find them but there would be no discount; in fact we may have wound up paying a premium over what we did back home.



Blue Crab on the Beach at Casa del Sol

So, in Mexico where we are now, spent carefully, money does go a long way. [We also understand that there are other places where it goes a lot further.] We do entertain on occasion and even have had a bit left over to share with some of our favorite causes. If we had decided to move to say Paris; it might not be as easy but I am sure we would find a way to survive. There are people doing it on less.

One rule of thumb to judge a place's cost of living is by using what is known as a beer index; that is the cost of a restaurant beer in any given place. Beer at Toby's Restaurant in beautiful "downtown" Xcalak is 22 pesos. At today's exchange rate that is about \$1.63 USD. Bear in mind that a Coca Cola cost's about the same. If memory serves a restaurant lager back in the United States was about \$3.50 USD. For reference, in France according to www.pintprice.com a pint of lager will set you back \$7.74 USD.

After five months we have started to get the hang of things but it has been a bit of a learning curve. Because Xcalak is such an isolated place; off the grid and virtually off the map, we have had make some adjustments. Everything from going to the grocery store to getting mail is different. Well getting mail isn't different; Correos de Mexico does not deliver in Xcalak so getting daily mail delivered is impossible. What we get has to be brought by friends from our alternate address in the United States. But a funny thing, there really hasn't been that much to miss.

Getting groceries at our place on the beach road has been an adjustment also. For the most part groceries come to us on grocery truck run by enterprising individuals willing to do a generic grocery shop in distant towns and hopefully sell it all to people living like we do, on the beach road. Now that may seem like a nice thing, and to an huge extent it is, but it also makes you dependent on being available when the grocery truck comes and getting excited about (or having to settle for) what is available. We often find ourselves asking for "anything green" because by the time the truck has made the path to our place almost all the prime vegetables have been picked over. Getting food off the grocery trucks is also relatively expensive compared to actually going to a grocery store but the nearest "American style" grocery store is over three hours away in Chetumal. Naturally we try not to exercise that option too often.

Having said that eating local, even with the grocery truck mark ups is so much more economical than searching for the same products you had back home. It is an adventure to try new things and over time we have found you begin to develop new tastes. We try to get something we have never tried every time we shop and most of the time we like it. It is amazing what we have found. From unusual (to us) fruits and vegetables, to spices and even meats, learning new ingredients has been fun!

We have also found, like everywhere, people still come with their lovable quirks and annoying idiosyncrasies. We have also found it best to reserve judgment of people instead of relying on the "old hands" for opinions. We have made some very good friends in Xcalak, both Mexican and Expat. For the most part the expatriates are caring, progressive people that moved to Mexico because they wanted to have the experience of living there. There is however a small but vocal contingent that merely

wants to replicate the conditions they had at home on the Mexican Caribbean. They are the ones that seem to have the hardest time adjusting and perhaps serve as the best example of what not to do. They build their homes and attempt to outfit them with all the latest in modern conveniences. They complain about prices and use every interaction with locals as a chance to practice their bargaining skills; even though the few cents they save themselves may mean the difference between the local having a nutritious meal that night or doing without.

Many of the expats that have moved to Xcalak on a year round basis have come to the realization that the living here is good – real good – if you learn to adjust. Making a radical change and moving to another country permanently is not necessarily difficult but it is a big deal. There are [hopefully] bound to be differences and in time they find new ways of doing things. They adjust and in many cases come to savor the difference.

Also, some of those that come to escape for only a few months or a season seem to want to get the temporary residence to adjust to them. It doesn't work. Upsetting the already established norms that everyone else has come to enjoy means nothing to them.

This lovely site was ours on one of our last days at Casa del Sol

Apparently, they know what they are experiencing is only temporary and see no reason to adjust. The locals' speaking a different language frustrates them. In some cases they even take a perverse pride in not knowing the language. They want seclusion yet people and services available for their beck and call. They don't want to see anyone who is not invited on "their" beach (all beaches in Mexico are supposed to be for public enjoyment) and only want to be accepted on their terms. Others think they instantly deserve status because they a perception have it back home. Still others think they are surrounded by marauding hordes hiding in trees covetously watching and hoping they will let their guard down long enough so they can take their precious possessions.

Yes, we have heard stories of thievery up here on the beach road. I imagine some of them are even true, however during our five months here we have not had so much as a flip flop taken from us. We use normal precautions. We lock our doors when we leave. We ask friends to check on the place when we are gone. We strategically leave lights on timers when we will be gone at night if we remember. But so far it hasn't been an issue and we don't fret too much about the possibility of someone taking our things. It would be hard to enjoy ourselves if we thought there were "robos" [robbers] studying us from afar, waiting for us to slip up and forget a book on the porch or take our eyes off the clothes line. Yes, there is a possibility that something, someday may turn up missing. I am willing to take that chance and not worry about it too much because if I do I will have lost something far more valuable; my sense of peace and relaxation.

Living in any community with a small number of other expats is like living in a tiny town. As everyone knows a few malcontents, troublemakers or bullies in a small group can make life miserable for those that choose to engage them. Generally I am not an advocate of ignoring problems but this is one where often the aggressors enjoy the confrontation so maybe it is best to do ignore them. These unhappy people will either learn to get along or in time become very, very lonely. Hopefully they will change because I believe everyone has something to contribute.

We have also learned that there is a high season for a reason. If you have wondered why prices in some places escalate drastically and becomes much more crowded during certain periods of the year there probably is a reason for it. Check closely. When we checked out Xcalak for the first time it was in March. The days were agreeably warm and the nights cooled to a comfortable sleeping temperature. There was a steady breeze off of the ocean and it didn't rain. In other words it was idyllic. We naively assumed that it was this way almost year round with the higher prices being because it was still frigid in the United States.

We were wrong. When we arrived to live here in July we were greeted not by ocean breezes but stillness and humidity; the rainy season. It rained almost every day and the wind refused to blow; and with rain and stillness comes mosquitoes. Now Vonda and I grew up in Houston and we thought we knew mosquitoes. We didn't. Combine stillness with houses that are not sealed tight because they are not climate controlled and the mosquitoes can find their way in, in infuriating numbers. The days were hot but there was escape in the beautiful water. The nights weren't cool but with a fan or on those occasions when there was a breeze the sleeping was still good; except for the mosquitoes.

One of the things that we knew before we started is that it would be a learning experience. I have learned that I like isolation up to a point. Snorkeling, sun worshiping, catching up and reading and beach combing can only take you so far. Have realistic expectations of your needs is all I am saying. It is sometimes a fine line between seclusion and monotony. Just be careful.

Also, it is essential that you take care of yourself medically. That should be a no-brainer anywhere but it is especially important when moving to a new country. We have found the medical care in Mexico to be quite good but on occasion a bit hard to decipher and it is always best to decipher it in situations that are not urgent. Right away find the place to go if you need urgent care. That is not something you want to do on the fly in an emergency. Then start asking around and find the nearest or best specialists.

We have also had many opportunities to meet people that have left their home countries to try and get away from themselves and what they see as their bad habits. We haven't seen a single instance of this working by itself. People develop habits and routines over time and they are hard to break. Moving to a new location may separate someone from their tempters or their temptations but there will be a whole new set after relocating. I'm not saying that a move can't be a good starting point for reinventing one's self but that is all it is; a starting point. Change is still hard work and if you aren't careful you will be disappointed to find it is still you staring yourself in the mirror ever morning.

After going over these last few paragraphs I may seem like I am a little pessimistic. No way. I would not want to reverse course for even a second. The ups far outweigh the downs. Having said that, I am often accused of romanticizing everything. Guilty as charged. It is a positive mental attitude that gets you through the downs and the ups have been everywhere. I guess what I am saying is, relish everything and continue to learn. It isn't hard to move to a different country but there are some adjustments. Be positive that you and your partner (if you have one) are ready.

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