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EscapeCashFlow is Now Live

By Tom Ocean - (0)

When RJ Palano first saw the Escapeartist article on partnering with the #1 website in the world for international living he thought to himself – “you know, America is on Sale, the US Dollar is crashing and EU based currencies are skyrocketing which means the rest of the world can buy US real estate cheaper than Americans can!”



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Nestled within the Makax lagoon in the belly of Isla Mujeres, Mexico you will find an expatriate, Richart (Rishi) Sowa...



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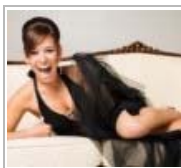
Here's a once in a lifetime opportunity, where you will join a select group of leaders invited to participate in this...



Medicare and You – The American Expat

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Medicare is the government sponsored social insurance program, which provides health care insurance coverage to eligible individuals...



Now You Can Get “Paid for DOING IT.”

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Increasingly people are making the decision to move abroad in retirement in order to enjoy a better standard of living...

Jon and Vonda – The Journey to Xcalak

By Jonathan & Vonda Look - (0)

It has been a little over a year we have been to Mexico. It was only 14 short months ago that Vonda and I were visiting...



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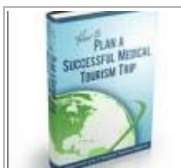
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WHY In the world should patients consider going to Colombia?...



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By Thomas Lloyd - (0)

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EscapeCashFlow is Now Live

By Tom Ocean / Jun 11 • Categorized as [Asset Protection](#) • [Download Print Friendly PDF](#)



Escapeartist Launches EscapeCashFlow Website

When RJ Palano first saw the Escapeartist article on partnering with the #1 website in the world for international living he thought to himself – “you know, America is on Sale, the US Dollar is crashing and EU based currencies are skyrocketing which means the rest of the world can buy US real estate cheaper than Americans can!” RJ jumped on a plane to meet with me (Tom from Escapeartist) and he unveiled his plan to create an educational-based plan to show international investors how to safely invest in high quality US real estate specifically in the Atlanta market. EscapeCashFlow was born!

In a matter of a few weeks after contracting the exclusive rights to the EscapeCashFlow portal for the USA RJ Palano had international prospects calling and emailing him from all over the world wanting to learn more about how to purchase high quality real estate in the Atlanta markets. “Wow, talk about a new way of doing business – with all the time zones these potential buyers live in, you can literally work 24 hours a day.”

In the coming week EscapeCashFlow will be publishing a Special Edition Ezine with 10-12 articles that will feature insider advice that will help Escapeartist readers learn the secrets of generating real cash flow in real estate

EscapeCashflow will be expanding its reach to additional markets in the US and RJ is considering subleasing space on his site for other states to the right partners who share the proven investing philosophies of Buy Cash Flow Properties. If you are interested in securing an exclusive on a particular state in the USA you can contact RJ be [clicking here](#).

In the book The World is Flat, written by Thomas Friedman he speaks about the 10 ‘flatteners’ and how interoperable software is connecting continents, countries and corporations for creating commerce. RJ Palano is just one example of dozens of businesses and individuals who are creating alliances with Escapeartist to experience the flattening of the world.

The reach of Escapeartist is expanding everyday and the partners like EscapeCashFlow who chose to open their product and service offerings to the rest of the world are gaining the global advantage over their competitors. Is your business stagnating in the US market – do you need global exposure and a better plan – Escapeartist is ready made for you!

[To learn more about EscapeCashFlow and to receive RJ Palanos full series of educational reports and a special invitation to a private webinar please CLICK HERE](#)

Imagine...

...Being a global player with your own exclusive Escapeartist Portal and publishing 10-12 articles to 400,000 Escapeartist Readers every quarter.

...adding hundreds new readers to your list each month and becoming a recognized authority in your field of work

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...securing this site and having over 100,000 plus visitors per year looking to you for advice on your expertise...

... working with the local tourism board, the countries investment promotion agency, the local wine and real estate industry, the museums, airline and hotel industry.

... using your Escapeartist ezine to attract an influential advisory board of contributing editors

You can become an evangelist for the Escapeartist Dream by showing people how to Own their World!

What are the driving forces for Escapeartist over the next decade and why should you secure a Media Portal?

People worldwide ARE SEARCHING for an Escapeartist Plan and:

A better quality of life

Less expensive medical care

More privacy

Lower taxes

Peace...not war!

Virtual businesses

The perfect companion...yes we have a dating site as well!

Are you ready to realize your Escapeartist Dream – Do you want to live anywhere in the world and run your new business with a laptop and internet connection. Now you can!

We have other countries that are available and exclusive master licenses for regions like

United States of America – Yes people want to Escape to America as well.

China

Africa

The Caribbean

United Arab Emirates

Sorry North Korea, and Iran did not make the list...

Master Licenses start at \$50,000 per year. Please inquire if you have an interest in a particular region.

Do you have an international hobby or passion? We can provide instant international traffic and a interested readers of anything related to international living or the active lifestyle.

We offer non-country portals that include:

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International Jobs

If you are interested in working with a very entrepreneurial organization that has a passion for the Escapeartist Dream feel free to contact us to discuss the strategic partnerships that we available.

Over the next year we will create lasting relationships with our long time subscribers by licensing over 40 Media portals to our Escapeartist readers who have dreamed of securing a piece of one of the most recognized global brands for the international lifestyle.

Escapeartist has attracted over 400,000 readers worldwide and has achieved a the coveted 1% ranking in the world by Alexa.com and now we are opening the doors for our readers to join us in our mission of making the Escapeartist Dream a reality for people around the world.

Again, if you are interested in securing 'Virtual Real Estate' on the #1 domain for International living and realizing YOUR Escapeartist Dream please contact

Tom at Escapeartist

Email: Tom@escapeartist.com

Skype: escapeartistinc

Phone: 307-459-1111

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Unique Housing: Taking Expatriate Living to the Extreme

By Kristi Rifenbark / Jun 11 • Categorized as [International Real Estate](#) • [Download Print Friendly PDF](#)



an island made out of recycled material which floats entirely on plastic bottles

Nestled within the Makax lagoon in the belly of Isla Mujeres, Mexico you will find an expatriate, Richart (Rishi) Sowa, who decided to create, rather than purchase, his own land. Richart is originally from Middlesbrough England, but caught the travel bug early in his life and started exploring the world in his teens and early twenties as a traveling artist. He found himself in Mexico in his thirties with a guitar, drawings and a new idea – an island made out of recycled material which floats entirely on plastic bottles.

Now fast forward about 15 years. I had the pleasure of meeting Rishi and took my first steps onto “Joysxee”, Rishi’s third floating island. Joysxee is approximately 25 meters in diameter and floats on about 125,000 plastic bottles. As I step onto the island there is slight buoyancy and

a smile crept across my face. Rishi resides in the three-story house he has built on the island which includes a guest room, kitchen, two showers and natural compost toilet.

The construction of Joysxee is fascinating; Rishi collects plastic bottles from all around Isla Mujeres and they get stuffed into recycled fruit sacks to create a floating platform. Palettes are put on top of the full fruit sacks, then board or carpeting on top of that, and finally sand. The baby mangroves he plants on the edges of the island serve as an additional locking system as their roots take hold of the bottles below.

Over just a few months a new bag of bottles will host barnacles and lock in to place underneath to provide more support for the entire island. The bottles stay under the island; they are sealed and remain in darkness which slows the decomposition process. The result is an island created out of approximately 70% recycled material. Rishi is continuously adding more bags of plastic bottles to the island so it can continue to grow and expand. He has been able to add a variety of plants such as sea grapes, mangroves, cactus, fruit-bearing plants bougainvillea and even palms.

Rishi himself oozes imagination and from the moment I met this eccentric man I felt a little more inspired. He acts on his ideas despite the cynics or potential obstacles, of which there are many. Rishi ran into resistance with the Mexican government and locals during the start of his first island. He failed to obtain the appropriate permits and the townspeople ran him out – they thought he was crazy.

His second attempt, off Playa Del Carmen, was more successful and grew into a livable island until it was destroyed by Hurricane Emily in 2005. Joysxee, the third island located within Isla Mujeres sits in more protected water so he can build it as strong as it needs to be for the stronger

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Rishi – creative or crazy?

sea currents.

After spending a few days around town with Rishi it became evident he has local support for this project. He can't go down one street without a few shouts of "Rishi!" He plays his guitar and sings a few nights a week at bars around town; otherwise he is busy collecting materials for the island and expanding it. .

Many expatriates move out of their native countries to work, retire or just relax and enjoy life, but Rishi feels that he must create. For years he has conceptualized, built, rebuilt and tweaked Joysxee and has created some buzz along the way. He and his island have been featured on Ripley's Believe it or Not, Discovery Channel, and on websites such as Treehugger and BoingBoing.

People come from all over the world to stop by Rishi's dock for a tour, which is now his primary source of income. While I stayed on the island, over four days, dozens of people rode up in their golf carts for a visit and Rishi led three school tours of the island. Despite the growing amount of attention, this project isn't about fame. He is overjoyed to have exposure to propel the project but he does worry that he won't be able to manage the added attention. Rishi's concern is building this island so that it can become a teaching island and living blueprint that can float around the world and show others how to turn trash into treasure.

Rishi's immediate goal with Joysxee is, "birthing this island now into the ocean." He plays upon the fertility theme of Isla Mujeres itself when speaking of his own island. He explains how the ancient Mayan Women came to Isla Mujeres to ask for a perfect birth. Isla Mujeres is shaped like a fish and the lagoon Joysxee floats on currently is akin to the fish's womb – Rishi wants to birth his island from the womb of Isla Mujeres into the beautiful Caribbean Sea. To work towards his goal he continues to collect bottles and make the island bigger so it will withstand rougher water.



Rishi - showing others how to turn trash into treasure

Rishi is a forward-thinking, creative, inspiring and charming human being – your next trip to the Yucatan Peninsula should include a stop at Isla Mujeres to meet Rishi and experience his island for yourself.

For more information and to find out how you can support creative projects around the world visit [Kickstarter](#) – the home of independent creation.

About the author: Kristi Rifembark lives, works and studies in the Corozal District of Belize. She is the co-owner of Scotty's Bar and Grill in Corozal Town. In addition to freelance articles Kristi has written about Belize, over the last two years she has maintained a blog about her experiences traveling and living in Central

America at <http://belizedragonfly.com>.

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Bali: A Journey to Self Realization

By Kute Blackson / Jun 11 • Categorized as [Living Overseas](#) • [Download Print Friendly PDF](#)



Bali: A Journey to Self Realization

Ready to Meet God

Here's a once in a lifetime opportunity, where you will join a select group of leaders invited to participate in this exclusive invitation-only journey of transformation, elite networking and serious fun.

Experience the ultimate combination of cutting edge transformational teachings, exclusive business connections, breathtaking beauty, thrilling adventures, exhilarating travel, and profound growth experiences.

Dear friend,

I believe that if you are reading this, it is no accident.

That destiny has brought you to this very moment. I am going to share something with you that may very well be the most important invitation you have received, and a turning point in your life.

This is not for everyone.

But, IF...

You consider yourself a visionary, a leader, who is committed to making a big impact in the world.

You are filled with spirit of adventure, and seek self-discovery through travel.

You never settle for the status quo, always stretching yourself and are looking for the next level in your growth.

You have been to all the seminars, trainings, retreats, and are ready to transform for real, creating radical results and success in your life.

Then read on.

Over the last decade you may have heard about me through:

My revolutionary Transformational Life Coaching programs, where I have changed the lives of thousands around the world.

Or, The renowned Liberation Experience, where I take high-level visionaries to India on a one-on-one, 24/7, 14-day radical transformational journey.

Or, My Love NOW Music CD and Video that have inspired people worldwide.

I believe that one of the greatest pains in life is to live a meaningless life. To walk around each day feeling that so much of your potential isn't fully expressed, and that you are not living your true life's purpose and destiny. You can have "everything," but if you don't know who you truly are, you have nothing.

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Reflect for a moment...

Have you achieved great success in the world, but still feel unfulfilled and sense a longing for something more?

Do you feel overwhelmed by all the responsibilities of life and end up neglecting your deepest personal needs and desires?

Do you feel deep within your heart, the sense that there is a bigger reason you are here on this planet, and that there is a meaningful contribution for you to make?

Nothing will be different unless you do things differently. It is time for you to step up and be the leader that the world is waiting for.

Are you ready to listen to the calling of your own heart?

Are you ready to live your soul's Destiny?

Are you ready to live a daring life that is a bold adventure?

My entire life has been dedicated to personal development, spirituality, transformation and assisting people in navigating challenging times. From childhood, I have been assisting people in breaking through limitations and living their true purpose. One of my very first memories, at age 5, was a deep calling to serve humanity. I grew up with a father that many consider a spiritual "Saint" from West Africa. I began speaking in my father's churches at age 8, designated the successor, and ordained at 14, then by 17 mustered up the courage to walk away from a spiritual organization spanning 300 churches, and over a million members, in order to follow my true calling. This led me on an intense quest to seek lessons, answers, as well as the best information, techniques, and methodologies in transformation and success psychology around the world.

Over the last decade, I have been blessed to travel the world, and work with everyone ranging from billionaires, lawyers, supermodels, bestselling authors, celebrities, doctors, entrepreneurs, to mothers, top sales people, children, and corporations. I have built my reputation based on turning around some of the most challenging cases, as well as creating radical results with my unique brand of "UNCOACHING." I have helped thousands go to the next level, and create lives beyond their wildest dreams. **Many of America's most successful consider me their secret weapon.** I have also spoken to audiences in major corporations, and conferences, on 4 continents, from 10 to 10,000 people, sharing a message of love, inspiration, and empowerment.

Now that you know a bit about me...

I invite you to the most original, one-of-a-kind, transformational experience.

Like me, you may have attended many seminars, retreats, and weekend workshops. After years of attending hundreds, I feel that most are the same and don't really get to the core of the issue. In a typical seminar, you go to one location and you're stuck in a room taking notes of information. You might shift on an intellectual level, but most likely, this shift is short-lived and doesn't lead to a profound, long-lasting change. As a result I decided to create a transformational experiential immersion training that was unlike any other on the planet.

It all started about four years ago, when I asked myself the question,

"What could I create that was unlike anything in the field of personal growth and human potential today?"

This inspired me to create the renowned "Liberation Experience," where three to four times a year I take one client to India for the Mother of all trips—a 14-day, one-on-one, 24/7, nonstop transformational journey diving into the bowels of India—her slums, sacred sites, and streets teeming with mystery. At the airport, I take away my client's passport and money, leaving him/her with nothing but a backpack, a single change of clothes, and a journal. I hold his/her life in my hands. My clients agree to take this radical leap because, despite attaining much in the physical world, they know something vital is missing—be it self-esteem, a sense of spirit, companionship, or peace. They write their last will and testament, and goodbye letters to their families, just in case—and take the plunge, investing two weeks trusting that I'll help them discover what they haven't yet found.

Every journey is one-of-a-kind, because each of us has a unique yearning in our souls, a distinctive contribution. I believe the journey is destined. I create processes and customize an experience that is designed to transform each person from the inside out. Every action is designed to unravel each client's deepest fears. To break them free. To release them to their right lives. This is a true hero's journey where the REAL challenge is an inner one, of forgiveness, confronting inner demons, letting go of self-hatred and the scars of the past.

After word of this journey spread around the world and I successfully facilitated 14 people through this radical

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journey over the last 5 years, I had to turn many people away. As a result, people all around the world have been asking me to create a similar intensive process for a larger group. And I finally felt the time was right to do so.

Of all the places I have traveled and explored, Bali touched me the most. I was so moved by the beauty of the land and the loving nature of the people, that I was guided to create [Boundless Bliss: The Bali Breakthrough Experience](#).

“*What is it?*” you might ask.

I promise you that this is not a just another seminar, where you sit in a hotel room, take notes, get a bunch of intellectual understanding and information, go home and nothing changes. *Information alone is not enough to change your life.*

[Boundless Bliss](#) is a unique 11-day, transformational, experiential, immersion, seminar training without walls, using Bali as the backdrop. This is an ***intensive participatory experiential immersion journey*** that will transform your life, unlock your true potential, and catapult you into living the life you were born to live. It will be unlike anything you have ever experienced.

I will be taking you and 21 committed leaders on a thrilling adventure through the heart of Bali, showing you the Bali that most tourists will never see. This is not the Bali you will find in a guide-book. I have created and customized a cutting edge journey, tailored to assist you in breaking through old limitations, access your true power, and experience deep bliss and fulfillment in every area of your life.

Imagine living your full potential boldly and loving each moment of your life.

Imagine living your purpose, giving your gifts to the world and leaving a lasting legacy.

Imagine living life in the flow, where your goals, desires, intentions, manifest with grace and ease.

Imagine living a life of true freedom, where you can stand unshakable amidst the chaos of everyday experiences.

Imagine living a life where inspiration flows through you and you create abundance effortlessly.

There comes a point in your life, when who you are seeking to become is bigger than who you currently are. You hear a calling from deep within. A call to greatness, a call to a new life. It is a call to let go of the known and jump into a new realm of what is possible for your life—a *life without limits*.

I invite you to join me on this once-in-a-lifetime paradigm altering journey, [Boundless Bliss: The Bali Breakthrough Experience](#). You will simply know that this journey is for you. The journey will call you from deep within your own heart. All that will be left for you to do is answer the call.

So...

[Will you answer the call?](#)

Now that you have read this, and you know that you are ready, the next step is to apply.

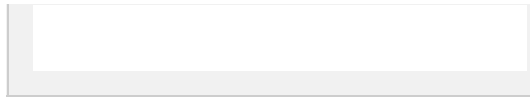
Since space is limited, there is an *interview process* that you must go through in order to be accepted on this journey.

Please fill out the form to receive more information and to request an interview for this experiential journey to absoluteness:

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Medicare and You – The American Expat

By Susan Beverley / Jun 11 • Categorized as [Living Overseas](#) • [Download Print Friendly PDF](#)



Medicare can be an expensive annoyance or an ineffective solution to a genuine problem

Medicare is the government sponsored social insurance program, which provides health care insurance coverage to eligible individuals in the US – such as those who are over the age of 65 for example. It came into being following the signing of the Social Security Act into law in 1965, and it's fair to say that it has its opponents as well as its supporters.

Part of the key concept behind the creation of the Medicare system was to ensure that more vulnerable individuals were not left without access to medical care in later life for example.

In part the system is funded and financed through payroll taxes, with eligible individuals also required to contribute if they have not paid

enough contributions whilst working, or if they would like to have access to additional benefits not covered by Part A of the Medicare system, which covers hospital insurance only.

Very generally speaking, everyone over the age of 65 who has been a legal resident of the United States for at least 5 years is eligible for Medicare. Note however: those who are eligible because of their age but who have not paid enough in Medicare taxes, (currently 10 years or 40 quarters), or whose spouses have not paid enough, must pay a monthly premium to remain enrolled in the Medicare system.

For Americans living and working abroad and US citizens who plan to retire overseas, Medicare can be an expensive annoyance or an ineffective solution to a genuine problem...and whilst there are those who are campaigning for significant changes to make Medicare available to all eligible American citizens no matter where in the world they choose to live, the reality is that currently Medicare is only available – and of any use – if you're actually living in America.

Medicare and You – the American Expat Retiring Abroad...

If you and/or your spouse have lived and worked legally in America and paid US taxes for at least the last 10 years, you are most likely to become eligible for Medicare coverage when you hit 65. For most eligible people Part A (hospital insurance) is free of any monthly premium. You can choose to add on parts B (medical insurance) and D (prescription drug insurance) for additional premiums which will be deducted automatically from your Social Security payments (if you're eligible to receive these).

However, if you're planning on retiring overseas, you get zero Medicare coverage abroad despite the fact you have been paying your taxes and contributing directly toward the system all your working life. (The only advantage is that you do not have to continue paying into the system in the form of premiums for additional benefits such as parts B and D as mentioned above.)

This is seen as one of the largest injustices facing American citizens who choose to exercise their right to freely live where they want when they come to retirement age...

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The argument the government continually regurgitates when challenged on this issue is one they first came up with in 1979, namely: "There are two primary difficulties in extending Medicare services abroad: (1) determining reimbursement rates for foreign services; and (2) ensuring compliance with Medicare standards by foreign medical personnel and facilities."

However, this argument didn't hold much water back then, and it certainly doesn't today because there is already a working model in place to deliver the insurance benefits to those who are eligible and who are living abroad... namely TriCare, the model used to support and reimburse US military personnel and their dependents who are resident overseas.

Currently there are thousands of American citizens retired abroad who would be eligible for Medicare if they lived in the United States, but who have contributed for a significant proportion of their lives to a system which provides them with nothing now that they live abroad.

If you would like to benefit from Medicare you have two choices: 1. Return to America to live permanently or 2. Return to the US if you require medical treatment...

Naturally neither option is ideal for those who want to live abroad permanently in retirement.

Additional points for you to consider include the fact that if you want Part B coverage as a US citizen retired overseas you can have it by paying a monthly premium. However, as Medicare benefits are only available inside America it can make little sense to continue to pay a monthly premium for a service that's not actually available to you.

So, you may decide not to enrol in Part B or just drop it as soon as you move abroad – however if you do this and then return to live in America at some point in the future if your plans or circumstances change, you will be required to enrol again and then pay a premium that is 10% higher for each 12-month period that you did not have coverage. What's more, you can only re-enrol between January and March in each year, with your coverage not resuming until July of that same year.

Health Insurance Options for You – the American Expat Retiring Abroad...

Whilst you may choose to add your voice to the active campaigns in place to extend Medicare benefits to Americans retired abroad, you also have to find a way to fund your medical care once you retire overseas. The good news is that there are international health insurance companies as well as national companies in many nations around the world which will all offer you insurance coverage. The bad news is that medical insurance is nothing if not expensive – particularly for those living on a fixed retirement income and for those over the age of 55.

Your only two real options are: -

- Self-funding your medical care on an 'as-required' basis using your saved and invested retirement wealth or monthly Social Security or pension income. Advantages include having no outlay as long as you're healthy. Disadvantages include having the uncertainty of what you may need to afford in later life, as well as perhaps not having enough money to pay for critical care.

- Buying a level of insurance coverage to suit your affordability constraints as well as your potential requirements. Advantages include having the peace of mind that you will be looked after should you fall ill. Disadvantages include the fact that insurance premiums become more expensive and restrictive as we age.

Medicare and You – the American Expat Working Abroad...

According to IRS.gov: "If you are a U.S. citizen or resident alien, the rules for filing income, estate, and gift tax returns and paying estimated tax are generally the same whether you are in the United States or abroad. Your worldwide income is subject to U.S. income tax, regardless of where you reside." However, the following is also true: if you are living permanently abroad and an employee of a foreign employer and are subject to foreign laws governing their social security tax, you are not required to pay US Social Security tax such as Medicare taxes.

For Americans determined to remain abroad into retirement this means that they effectively avoid having to pay taxes towards a service that they will never benefit from...however, as we all know, plans can change. If the plan in question means that the American currently living abroad and legitimately avoiding having to pay towards Medicare one day returns to the US in retirement, they will have to pay a huge premium to gain access to just the most basic element of Medicare, namely Part A.

There are those who may choose to make voluntary contributions towards Medicare as a result, even though they are living and working abroad. Your situation and the choices you make will of course depend on whether you

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believe you will one day return to American shores and benefit from the Medicare solution.

For more information about Medicare there is a dedicated government website: -

<http://www.medicare.gov/>

For more information about your tax status as a US citizen living abroad visit: -

<http://www.irs.gov/>

And if you would like to know more about the ongoing fight for retired Americans to be granted access to Medicare even if they are living abroad, see the Medicare and Health Care section on: -

<http://www.aca.ch/>

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Now You Can Get "Paid for DOING IT."

By Phyllis Davis / Jun 11 • Categorized as [Living Overseas](#) • [Download Print Friendly PDF](#)



Get Paid to Do It!...Legally

Once upon a time, not so long ago, in small towns and large cities all over the world, people met and became friends, and sometimes they became lovers and even got married (not necessarily in that order). Sometimes, they would network and meet new business associates or just make new friends. For thousands of years, that's the way things were done despite the awkwardness of getting to know new people, the possibility of rejection and drama, and the expense of social networking and dating. Today, EscapeArtist has changed all that and now, with the click of a mouse, you can meet new people all over the world and strike up friendships, create love connections, and develop business

relationships. YOU can become an Internet Socialite and live the EscapeArtist Dream.

EscapeArtist proudly announces [EscapeDates](#) that will 'hook you up' so every night is Saturday night in our worldwide, online matchmaking and social networking community. If you're not looking for a love match, you can still be involved in EscapeDates and build friendships or lasting business relationships within our international community. And, you can even get "Paid for DOING IT." by becoming a part of the EscapeDates business opportunity by inviting your friends to join, so you can be paid through ten generations of friends, FOREVER.

Learn more about EscapeDates and Join for FREE right NOW – [CLICK HERE](#)

The EscapeDates team has done everything possible to design the system to operate perfectly for your enjoyment and ease in every area of our website. Our 'official' launch is scheduled for release in October 2011, but we are opening our membership now to a limited number of people as a way of testing our website and asking new members to provide us with your valuable feedback in our Beta stage of development. Early participation also gives those who would like join our affiliate program the chance to get in on the **ground floor** of our exciting new networking marketing opportunity, and if you're familiar with networking marketing, **ground-floor opportunities are where people create personal fortunes.**

If you understand that EscapeDates is in Beta mode and you are willing to grow along with us and offer us feedback, then please, join now. If you'd rather avoid any inconveniences which may occur (we hope they don't, but we're also realistic and understand that circumstances may require our attention to include updates), then we invite you to wait until our official launch in October 2011.

EscapeDates explores topics of interest everyone:

- Adventure Trips with Friends
- Business Networking
- Personal and Social Networking
- Festivals and Events for Singles
- Tourism with Friends
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We invite you to read a section from EscapeDates regarding Single's Cruises below:

Singles Cruises – Meet Online and Then Meet Again, Onboard, with EscapeDates

If you are single and would like to take a singles cruise, but you would rather not travel alone and pay the per-person rates for travel, EscapeDates offers you opportunity to travel with new friends so you'll never travel alone again. You can meet other singles and find travel companions online to receive bargain rates that couples receive when they cruise, so you can travel on a budget or enjoy luxurious travel accommodations. Better yet, organize a group of travel companions through EscapeDates and book your cruise for a group rate to save money and have more fun. Many cruise lines offer group rates and special perks for groups if they book eight staterooms with two or more guests in each room.

Turn your single's cruise into a Love Boat cruise and dance the night away!

To pay for your single's cruise, EscapeDates provides a fun business opportunity for you to make money online by inviting your friends to join EscapeDates. If your friends join and they enroll their friends, you'll automatically build an online business that can fund your cruises or other Escape Dates adventures through your social networking skills. Imagine making money while you're sailing through the Panama Canal or dancing the night away onboard a ship while it's floating around the Greek Islands! IT'S THAT EASY.

[Join EscapeDates and begin to make contacts with other EscapeDates members today!](#)

If you're ready to *Sail the Seven Seas*, you can find friends to join you on EscapeDates to add to your exciting onboard and offshore experiences to fill your nights and days with excitement and potential opportunities for romance for people of every age.

Cruise ships can be compared to luxury hotels that travel from port to port so their guests may experience new cities, new countries and new sceneries along the way. With onboard single's hosts that organize events, you'll have many opportunities to experience shore excursions with other singles to get to know each other better while you're exploring, shopping and dining together.

The amenities of cruise ships offer:

- Live music onboard in lounges, on deck and in nightclubs
- Lavish buffets that rival any Five-Star Hotel in the world with complimentary room service
- Cocktail parties to mix-and-mingle and meet other singles
- Spa and fitness centers so you can work out together and stay in shape during your cruise
- Onboard entertainment, lectures, magicians, dancers, and singers.

Organize a group of friends on EscapeDates to take advantage of the many types of cruises available today in the cruise industry:

- 20's and 30's single cruises offer fun-loving activities plus a variety of beach destinations for relaxation, water sports, night clubs (onboard and offshore), cocktail parties and mixers, entertainment, beauty and spa facilities, shopping and tours in stops along the way.
- Over 40's cruises include offer opportunities for fine dining, dancing, relaxation, cocktail parties and mixers, educational lectures and tours (onboard and offshore), beauty and spa facilities, crafts and games, entertainment, and shopping excursions.
- Over 60's cruises include destinations for exploration and relaxation as well as opportunities for educational lectures and tours (onboard and offshore), beauty and spa facilities, cocktail parties and mixers, entertainment, crafts and games, dancing, fine dining and shopping.
- Singles and friends: Trips, vacations and cruises for 18 – 35 Year olds, 30's, 40's, 50's and active 60 year olds. Travel with friends and maybe you'll find 'the one' for you.
- Did you know that there is actually a cruise ship company that was featured in the ORIGINAL Love Boat to popularize cruises for singles?
- Tropical singles cruises are designed so you can relax in the warm sunshine and meet new friends in exotic tropical ports.
- Join 100 holistic and conscious singles on an affordable five-day cruise from Miami to Cozumel in one special cruise coming soon.
- Take an all-Christian cruise to Alaska, Jamaica, Mexico, the Bahamas and more to enjoy workshops, praise and worship services and social gatherings.

Look for other EscapeDates members to join you so the two of you can introduce yourselves online and begin making plans for your grand adventure together. It's fast and easy to meet like-minded people on EscapeDates.

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Have some fun! Meet other singles and have fun on a single's cruise. [Join EscapeDates today](#) and learn about exciting and exotic destinations you can take with other members. GO AHEAD and OWN YOUR WORLD and enjoy yourself.

Now you can travel the world online, and build your own business searching for the perfect mate or friendships with EscapeDates - An International Singles and Social Networking Community.

Become an EscapeDates business owner today in less than 5 minutes and realize your Escapeartist Dream. You'll have the chance to fall in love with someone, but we know you'll love the money you'll make from this unique online EscapeArtist company. . . EscapeDates. Join us online.

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10 Steps to Successful Integration When You Retire Abroad

By Susan Beverley / Jun 11 • Categorized as [Overseas Retirement](#) • [Download Print Friendly PDF](#)



abroad and become an active part of your local community

Increasingly people are making the decision to move abroad in retirement in order to enjoy a better standard of living in a safer environment where their social security income will go far further. The decision to move is perhaps easier to make nowadays, thanks to the Internet's ability to deliver all the information you could possibly require about a given nation before you even visit it.

However, no matter how much research you do into a country's viability and suitability as a desirable retirement haven, you cannot prepare yourself in advance for integration solely by reading about what others think of living abroad in your chosen nation.

One person's experience of life living in a given country may be a million miles away from the next person's – with differences created and exacerbated by everything from one's financial position to whether you speak the local language

or not. So, whilst it can be useful to use forums and even social networking websites to connect with other foreign residents in your chosen nation, you cannot base your thoughts about what life will be like for *you* when *you* retire abroad solely on *others'* experiences.

Making the decision to retire abroad requires a great deal of confidence – and whilst the advantages, benefits and positive gains you will undoubtedly enjoy as a result of committing to the relocation will be great, it's also a fact of life that elements of your journey towards integration may be hard.

Therefore, with the understanding that the path towards complete integration is a personal one which no amount of research in advance can necessarily prepare you for, and accepting that integration can also be difficult at times, is there anything a would-be overseas retiree can do to really be ready for the entire process?

The good news is that yes, you can actually benefit from others' experiences – albeit indirectly – and you can prepare yourself so that you have the best chance of smooth integration success. We have compiled a 10-stage plan towards integration abroad for retired persons, basing our guidance on personal experience and commonsense so that it is realistic, accessible and achievable.

1. **Learn the Local Language** – you may believe that everyone in the world speaks at least some degree of English; you may even have been told that the people in the country you're moving to *all* speak English. Well, unless you're moving to Canada, the UK, New Zealand, Ireland or Australia (i.e., nations where English is the national language), you need to get to grips with the local language if you want to get the most out of your new life abroad.

More in 'Overseas Retirement'

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Not being able to openly communicate with your neighbours will prevent you from making deep and lasting friendships...and the one thing all expats need is friends. What's more, if you cannot comfortably communicate in any situation, you will be vulnerable if ever you need help, support or advice. Think about how you would deal with an emergency dentist visit, or how you would cope in the event that your house flooded? If you couldn't communicate, and you couldn't understand others who were trying to help you in a stressful situation, how on earth would you cope?

Therefore, make your life much easier and learn the local language when you retire abroad.

2. **Take Your Family Too** – research from the British Institute of Public Policy Research shows that the expatriate citizens who are happiest living abroad have family within reach. So, if you're thinking about relocating overseas, do you have family members already living abroad, close to whom you could perhaps live in retirement? Or, if you want to retire abroad do your children and grandchildren want to emigrate too?

Of course, for many people relocating their entire family abroad is just not possible, practical, feasible or even perhaps advantageous – but it is worth knowing that extensive research has been done into how expatriates successfully integrate. The research shows that the happiest expats don't move abroad alone.

3. **Make Making Friends Your Top Priority** – no man is an island, i.e., we cannot thrive alone. Everyone needs social contact with friendly, like-minded people on a regular basis, but when you retire abroad you can inadvertently cut yourself off from such contact initially – which is why it is essential that you make making friends a priority once you relocate.

Whether you go to the local drinking hole and look for friends, or you join a sports or social club, whether you use an expatriate network like EscapeArtist.com to find local friends, or you just make the effort to speak to and befriend your neighbours, you must make the effort to make friends.

Shy people can find it very hard to reach out and make social contact – but if you want to retire abroad and be happy living your new life you will need friends. What this means is that you need to prepare yourself in advance for the effort it will take to get out there and make friends. There are no short cuts...

4. **Become an Active Member of the Local Community** – the aforementioned research by the Institute of Public Policy Research in Britain also highlighted the fact that happy immigrants are an active and integral part of their local community.

We've all heard tales of expat ghettos overseas where foreign residents all stick together and make their small environment into a replica of their old home environment, but anyone who wants to retire abroad and properly integrate to get the most out of their new life will become an active part of their new local community.

What this means in reality is anything and everything from shopping locally and using local services and facilities, to attending local community events like fairs and celebrations.

Some expats who really integrate take it to another level and get involved with organising local events – or even participating in local politics!

5. **Learn to Love the Challenge** – elements of your life abroad will invariably challenge you...and no matter how much you prepare yourself there will always be the unexpected that will pop up and surprise you! From suddenly discovering a problem with your home, or getting a puncture when out driving in the middle of nowhere, to discovering you can't actually acquire that one essential item you need locally, or learning that something you believed to be true about your new county is completely false – all are possible elements of expat life.

Whilst you cannot ever prepare for the unexpected, you can adapt your mindset so that when a challenge presents itself you see it as something to be embraced rather than avoided, and you understand that it's just one of those things, rather than another hurdle in your way.

6. **Be Prepared to Adapt Your Way of Thinking** – not everything abroad will be done in the way you're used to. Shops may open and close at different hours, customer service may leave a little to be desired, residency rules may be bizarre, and the red tape you may encounter could be inexplicable. You need to know that you will not change a nation and its people, and that if something challenges your way of thinking you need to be prepared to adapt your way of thinking!

If you're the sort of person who sweats the small stuff, you may not thrive and survive abroad – you will need to learn to let go and go with the flow if you want an easy life. And let's face it, who doesn't want an easy life!

7. **Be Positive as Well as Flexible** – not everything about your new life will be perfect; quite possibly, not



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everything about your new life will be as you planned, expected or dreamed. Sometimes you may feel homesick, sometimes too many things will challenge you in one day and you may wonder why you made the move...however, you need to stay positive!

Those expats with a positive, can-do mental attitude will find a way around issues, they will take off their rose-coloured glasses about what life used to be like back home, they will see the reality around them – i.e., that they are actually living many people's dream – and they will find a way to get their life back on track.

No matter where you live in the world life can sometimes bite you, but if you stay positive as well as adaptable you will succeed.

8. **Don't be Naïve** – newly arrived immigrants in any nation can be vulnerable because they don't know the lay of the land – this can leave some open to the less-scrupulous elements of society that exist in every nation across the seven continents. As a retired expat you need to be particularly astute when it comes to sizing people up as friend or foe!

Anyone who goes out of their way to be overly friendly, overly helpful and basically over-bearing very early on in your relocation should possibly be avoided, or at least you need to be wary of their intentions.

It may just be that someone is lonely, or someone recognises that they went through the same period of confusion when they first arrived overseas and they want to help you out genuinely. But be aware that it is 100% a fact that newly arrived expats can be vulnerable – and so be cautious and a little reticent about making best-friends-forever with the first people you meet.

9. **Money Matters** – even if you have extensively researched the cost of living abroad in your new nation in advance of your relocation and you have a budget in mind on which you will live each month, life can sometimes throw up the odd expensive surprise. If you want to be sure of a secure and successful relocation ensure you have an emergency fund for just such a happening.

Back home if you encountered a financial bump in the road perhaps you could have called on family to help out, or used an already agreed overdraft facility. You would maybe have had easier access to finance or credit to get you past a hiccup – but abroad you may not be in such a position.

It can take a long time to build up a credit rating abroad, and even then credit and finance facilities may not be available. What's more, you don't want to be vulnerable financially speaking when you're in a foreign environment. So, get your money matters absolutely right before you go.

10. **Accept That Change is Inevitable** – by making the decision to retire abroad you must want to change something quite significant about your life! If you are under the misapprehension that you can retire overseas and continue living in exactly the same way as you are now, then perhaps a new life abroad is not actually right for you! Change is inevitable when you move overseas...

What's more, changes will continue to occur in your life. New people will enter your life, new experiences will become possible, you will make new friends, you will see new things and you will experience new emotions. Following the initial big change in terms of your country of residence and the home you live in, you need to accept that as an expat, elements of your life will continue to change perhaps forever! This is a positive aspect of life abroad as an immigrant – but you need to desire it and accept it to be 100% happy as an expat.

About the author: Susan Beverley is a writer and editor for Escape From America Magazine and also writes for and maintains [Expat Daily News](#) – the expat news blog for [EscapeArtist.com](#). She traveled extensively before becoming an expat herself having found a place to call home in South America where she has lived since 2005. She understands the concerns, needs and difficulties that expats face from first-hand experience and is dedicated to supporting and encouraging anyone who is looking for a new nation to call home. [[send her an email](#)]

If you are considering [retiring overseas](#) check out the section on [EscapeArtist.com](#) dedicated to helping you to decide which overseas retirement destination is right for you.

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Jon and Vonda – The Journey to Xcalak

By Jonathan & Vonda Look / Jun 11 • Categorized as [Overseas Retirement](#) • [Download Print Friendly PDF](#)



It has been a little over a year we have been to Mexico. It was only 14 short months ago that Vonda and I were visiting on another of our trips, looking for a location to begin a new phase of life; a place to change directions. A place that was unique and authentic. We wanted to find someplace where the people weren't simply living to outdo their neighbors but living simply and enjoying quality lives. A place where people placed more importance on improving themselves rather than improving their bank accounts. We wanted a quiet place where we could move to the rhythm of life rather than the relentless clicking of clocks. We knew what we wanted but we had no idea how this little fishing village

on the edge of what some consider nowhere, would motivate us to take the leap. Xcalak, the southernmost village on one of the last "unspoiled" stretches of Mexican Caribbean at the end of the Costa Maya.

Although we are both fairly adventurous travelers, admittedly we were a bit concerned about driving from Playa del Carmen to Xcalak on what were for us, unfamiliar roads. When we saw the car rental kiosk, nothing really more than a podium at Señor Frog's next to the ferry dock, we were feeling a little more apprehensive. Our apprehension rose a bit more when we saw the actual vehicle, a tiny three cylinder late model silver Chevrolet hatchback.

After completing the typical paperwork we took the keys and headed out. Concerned that our car had enough horsepower to traverse what we expected to be the Mexican equivalent of the Australian Outback we negotiated our way around back streets and traffic circles guided only by reassuringly familiar colored and geometrically shaped signs and a vague sense of where south was. However, in only a few short minutes we had stumbled upon the beautifully paved four lane highway that was to take us toward our destination. The day was sunny and warm so we eschewed the air conditioner and rolled down the windows to soak in the atmosphere. We were on the road; we had palm trees, tropical breezes and big smiles on our faces.

Everything was going great but we still had things to do. Knowing that we were going to be self-catering we had to find groceries on our way south. We didn't know exactly what our grocery shopping options were going to be but we decided to find something along the way. Naively thinking we might have to stock up at road side stands or convenience stores we came upon the Chedraui Supermarket before we even got to the outskirts of Playa del Carmen. Chedraui is a huge modern grocery store with wide aisles, bright lights and well stocked shelves. Like many of the larger grocery stores in the United States there was a bakery, a meat market and a deli. Really the only difference between Chedraui and the big box American chain grocery stores back home was the somewhat lower prices.

Because neither Vonda nor I have yet learned Spanish we had to do a bit of improvisation to get what we needed. By using pictures on labels we were able to find the staples. We got our deli and bakery orders by smiling, pointing at what we wanted and measuring quantity with our fingers. Everyone in the store was friendly and good natured. It probably helped that whenever we needed assistance we smiled and said, "por favor" and "gracias" a lot. By being friendly we were guided in our selections and helped with our Spanish. It is not every day that you get foreign language lessons and a cart full of groceries at the same time. What could have been an ordeal turned out to be a mini-adventure facilitated only by smiles and a positive attitude.

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We didn't linger because we needed to get going. Xcalak was still almost three hours away and we didn't want to be on the "scary" road after dark. In the United States you often hear sensationalized stories of "banditos" being out on Mexican roads after dark and even though what we were seeing in daylight didn't fit with what we were told was dangerous; we still wanted to be cautious, not that we could outrun anyone in a three cylinder car. We hurried south along Highway 307; we bought some incredibly sweet and juicy pineapples in Limones, topped off the gas tank at the junction near Majahual and arrived at Xcalak just as the sun was setting. There were families out and about, teenagers were kicking an old ball on the soccer fields and young children were chasing each other on the otherwise quiet streets. I could almost feel a buzz as the tension drained from my body. We later learned that most people don't drive on the roads down here after dark not because of "banditos" but because of unfenced cattle and the wildlife moving to the road to stay warm. We took a deep breath and a few minutes to just sit in the car and watch the scene.

It was twilight as we drove down the unpaved but well-kept beach road to our rental house. Any concerns that we had about an underpowered car were totally unfounded. We arrived to a cool breeze and the sounds of surf. The air was clean and tinged by the wonderful aroma of salt and sea. We left our suitcases just inside the door, grabbed a bottle of Shiraz that we had bought at Chedraui and rushed up to the roof to soak in the night sky. Vonda and I just laid there holding hands on chaise lounges staring at the stars and reflecting on the day. It was now pitch black and moonless. The stars looked so close it felt as if you could reach out and touch them. It was so quiet you could almost hear the movement of the planets. We hadn't even seen the place in full sunlight but it was already beginning to feel strangely familiar. Kind of like a step back to the days before we got too swept up in the frenetic pace of the modern world.

In the early morning the sun greeted us by rising over the sea and streaming in through the open windows. A warm breeze moved the curtains and infused the room with the sweet fragrance of frangipani. Although we were anxious to explore we resisted the temptation for a few minutes and just laid there listening to the day begin. There were no mechanical sounds whatsoever. There was only the breeze rustling the palm trees, birds singing and the sound of the ocean.

Our house was off the grid. One of the complications of being off the grid is that solar energy systems can't handle appliances with heating elements in them. This necessitated that our morning coffee ritual would begin with a kettle heated on the propane stove followed by brewing in a French Press. Although we had seen French Press coffee makers used other places we had never been required to operate one ourselves. After a few minutes of fumbling with the parts we managed to figure it out and make a respectable, well actually quite extraordinary, cup of coffee. With bagels toasted under the broiler and a bowl of fresh fruit we put together quite a respectable breakfast.

Less than fifty yards from our front door was the Parque Nacional Arrecifes de Xcalak or in Ingles, Xcalak National Reef Park. The park is part of the world's second largest barrier reef and is known to contain some of the best snorkeling on the planet. We couldn't wait to get into our swimsuits and go discover what natural treasures lay just off shore and we were not disappointed. Dozens of species of coral and hundreds of species of fish schooled in shallow crystal clear waters. It was quite spectacular and Vonda and I were the only people around. We swam until we were exhausted then took a long siesta in hammocks on the beach.

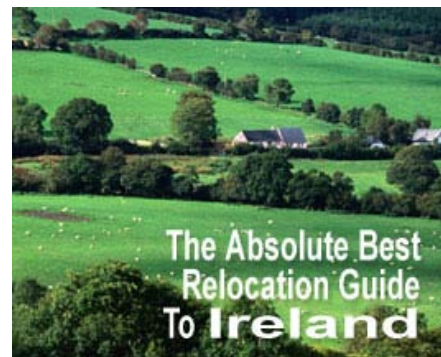
And so it went. We rode bicycles, we snorkeled, we walked on the beach and we took time out for each other. Around, every corner was a new discovery. There was no rushing. People seemed more interested in savoring time; not making it pass. Everyone we met was friendly and helpful. People would see us as new faces and engage us in long unhurried conversations. Remarkably, we felt that they were genuinely interested in getting to know us; not sizing us up trying to figure out our rung on the social ladder. People seemed to treat other with respect and dignity. Everyone acknowledged each other and mixed together comfortably.

Unfortunately, eventually we had to go. Often when you visit places, you know, odds are that you will not return. We didn't have that feeling this time. We knew we had found what would be, for a year anyway; home.

In the time since we have left we have started drastically downsizing. We have given notice at work and put our home on the market. We are examining what it is that we really need and paring down to what is for us – mostly – bare essentials. If it won't fit in the car, it isn't going. We are moving to Xcalak.

PS – Rumor has it that next year is going to be an exciting time in Mexico and on the Mayan Riviera. We have been told that the Mayan calendar is winding down and there is going to be a series of concerts and other events to celebrate it. Now I'm not sure about the end of the world or the metaphysical aspects of calendar expiration but it seems like an excellent opportunity for a party. If you haven't seen Mexico lately maybe you should get there soon because according to the Mayans; time is literally running out! We will keep you posted.

from Home Working Overseas



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To follow us on our journey through Mexico and to receive our tips and advice along the way please enter your information in the form below.

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About the Author: [Jonathan Look, Jr.](#) has along with his wife Vonda recently arranged his life so that he can pursue his passion for travel, photography and writing full time. He believes that awareness is the first step in teaching others to be compassionate and as a consequence is especially interested in using his photography to help impoverished peoples, endangered cultures and ecosystems. Jonathan is available for assignment work and can be reached at through his website, <http://www.journeymanimages.com>.

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Stunning Property in Sustainable Economic Growth Area of Argentina

By EscapeArtist / Jun 11 • Categorized as [International Real Estate](#) • [Download Print Friendly PDF](#)



Casa Epoca - charm, historical integrity and luxury

Many real estate opportunities are promoted as being 'unrivalled' and even 'exciting,' but in truth few even come close to the stunning and thrilling property we're showcasing today. Casa Epoca in downtown Cafayate, Salta in Argentina represents massive potential for any interested investor – it also embodies charm, historical integrity and luxury.

The estate for sale comprises a substantial and completely remodeled and renovated luxurious home which features five separate yet interconnected salons, a separate bodega-studio building, a boutique vineyard and landscaped and working gardens.

Anyone interested in buying has the opportunity to live in luxury and simply enjoy all the aspects of this substantial estate – or they can develop Casa Epoca to become a commercial vineyard, a boutique hotel, a bed and breakfast business, a commercial restaurant serving its own produce or a wine bar for example.

Not only does the estate offer the opportunity for the creation and development of all these business ideas and many more, but the setting of Casa Epoca in downtown Cafayate in Salta supports and sustains such ideas as well.

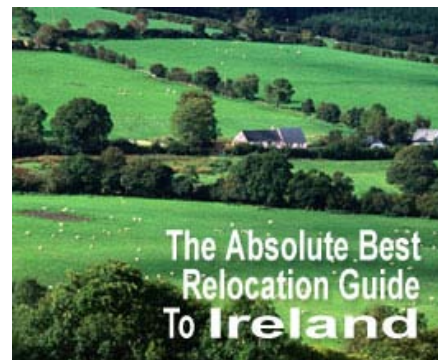
Cafayate is extremely well positioned to be a safe haven for buyers seeking a market to invest their capital. Real estate sales locally are not driven by speculation or mortgage lending, which means that the global financial credit crisis has had little impact. Unemployment in the region is exceptionally low, and the economic output from this part of Argentina is rising. Furthermore, Cafayate is an up and coming wine region in a nation developing its reputation as a leading wine producer of the 'new world.'

The region has a near perfect climate with sunny days and cool nights, and it produces excellent wines and boasts stunning natural scenery. Frommer's Travel Guides recognized the town and the local area as "must see" locations in 2010 because Cafayate is rapidly up and coming as a luxurious touristic destination.

The largest golf course in South America recently opened at La Estancia de Cafayate for example, and it's within walking distance of Casa Epoca. Also within easy reach of the estate is the Patios de Cafayate Luxury Resort and Spa – proving that not only is the region a growth wine production destination, it's developing its own sustainable tourism economy too – and Casa Epoca is right at the heart of all this development and sustainable economic potential.

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stunning natural scenery

Situated directly on the famous Route 40 in downtown Cafayate, Casa Epoca is within walking distance to 5 excellent wineries and it's directly in front of the best wine shop in town – in other words the estate commands a strategic location – making it ideal as a business or commercial space for any interested investor.

In terms of the main homestead, it is an imposing and historic Spanish Colonial property originally

built by one of the founding families of Cafayate. The current owners have painstakingly and lovingly restored not only the main house, but the entire estate to its original glory over the past few years – and they are only selling to realize their capital as they are investing close by in a new commercial business. This means that a new buyer will have immediate friends and local support in the neighborhood.

The renovation of Casa Epoca has been done to the highest exacting and international standards. For example, the current owners have put in a new potable water storage and distribution system, and a new 3 phase electrical system with a low voltage electrical distribution system. The estate also benefits from a central 24/7 security system and new sanitary sewers and storm water collection/discharge system.

Internally there are new floors, 8 new bathrooms, a fabulous and expansive commercial grade kitchen, and the property even has new plumbing throughout as well as a new roof made from handmade local terracotta tiles.

There are 4 new bedroom suites as well as the aforementioned 5 salons, and there is a new building at the back of the vineyard which has been designed for multiple uses – with a new owner able to use it for small wine-making or as a food production facility, a separate commercial rental unit, an owner's unit, caretaker's unit, artist studio, spa or gym, etc.

The entire homestead enjoys a large central patio area with a fantastic fire pit and fountain – and the entire property has new security walls. In terms of the boutique vineyard it was grafted to Malbec in 2009 and expanded in 2010, it has a new drip irrigation system with zone control valves and the property has very important agricultural water rights too.



one of 4 new bedroom suites

There are 329 vines on quarter of an acre of land, of which 119 are considered some of the oldest vines in Cafayate. These 119 vines were the ones successfully grafted from Torrontes to Malbec in 2009, and an additional 210 Malbec vines were planted in 2010. The grafted Malbec yielded 800 kilos of grapes in 2011, and the new vines are expected to yield approximately 1,600 kilos by 2013 – with a total expected yield of about 2,400 kilos per year.

This translates to a new owner being able to produce about 2,000 bottles of Malbec wine from the existing grapes – although they can easily expand and extend the vineyard and/or purchase additional grapes from local Malbec vineyard owners to expand production if desired. A new owner could also register the vineyard with the Instituto Nacional de Vitivinicultura if they wanted to expand the wine production and distribution side of their business.

In total the estate covers 2,189 square meters of land, with a small proportion being given over to decorative, ornamental and landscaped gardens as well as the established vegetable gardens – these all also benefit from a new drip irrigation system with zone control valves.

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The entire estate is priced to sell, and interested parties are openly invited to view the current [owner's own website](#) for lots more photos and even more detail about this excellent and truly thrilling opportunity to invest in a beautiful part of Argentina.

You can contact the owners by [email](#) or telephone. They will be pleased to answer any questions and make an appointment to show you this wonderful property.

Telephone:

Calling from within Argentina:

02944 15 684935

03868 15 404746

Calling from outside Argentina:

+549 2944 684935

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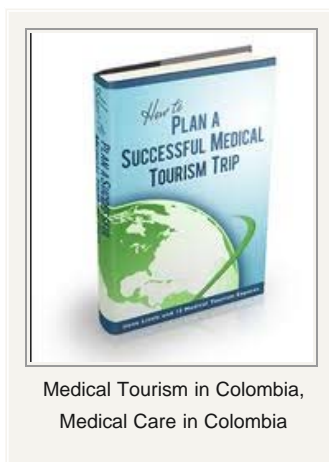
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World Class Cardiac Surgery in Cali, Colombia

By Ilene Little / Jun 11 • Categorized as [Living Overseas](#) • [Download Print Friendly PDF](#)



Medical Tourism in Colombia,
Medical Care in Colombia

WHY In the world should patients consider going to Colombia?

Traveling4Health asked that question of Shai Gold, CEO of International-Triage, LLC., and a subject expert on medical care in Latin America.

Gold's background and expertise make him uniquely qualified to answer this question. He is the former founding Vice President of the International Medical Services Department at Jackson Memorial Hospital in Miami, FL. Currently his medical tourism company maintains a presence in Florida, Colombia, Costa Rica, Panama, Dominican Republic, Bahamas and Venezuela.

Over the course of his career, Gold has managed over 3,000 international cases and 170 million dollars in international medical services.

Why Consider Colombia as a destination for Heart Surgery?

Gold responded to the question first by addressing what is unique about Colombia's medical infrastructure.

Shai Gold (SG): "50 medical schools in a country of 45 million people results in an endless stream of medical talent," and the private hospitals are world-class; well-equipped and supported by private foundation capital.

Seasoned physicians and surgeons practice their professional with the aid of great support teams. Low cost environment (50-75% savings compared to USA) and proximity to the USA (3 hours from Miami), make for an optimal destination.

To learn more about Medical Tourism visit [Escapeartist Medical Tourism](#)

As a senior healthcare planner and hospital executive in the USA, I spotted these trends and decided to bank on Colombia as our key destination in the Caribbean Region.

Traveling4Health (T4H): Most people are afraid of going to Colombia due to concern for personal safety. Isn't this an issue?

SG: Up to five years ago it was an issue. Colombia of the last five years has changed. Political stability, national determination to eliminate internal conflicts and US aid have combined to result in drastic improvement in the level of safety and security. Previously unruly places, such as Bogota, Medellin and Cali, are now booming with foreign investment and business opportunities. Colombians are returning home en mass to help the rebuilding process and partake in the economic opportunities. Today's Colombia is NOTHING like the Old Colombia.

Read why one U.S. cardiac surgeon travels to Cali, Colombia to perform cardiac surgery on U.S. citizens: "[Doctor Saves Retired Surgeon From Trauma of Open Heart Surgery](#)"

[Cost comparisons of Heart Surgery – U.S. to Cali, Colombia](#)

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T4H: Can you give people an example cost savings? Let's talk about the very expensive cardiac surgeries likely to be needed by baby boomers.

SG: Although heart transplants are not available to international patients in Colombia, what is available is a very good pre heart transplant stabilization procedure (LVAD) that in the United States cost a fortune."

Savings of 77% or more on Heart Stabilization Surgery

SG: Cardiac stabilization procedures are required for people with very limited heart output. A left-ventricular assistance device is implanted by a highly-skilled surgeon who is supported by a seasoned nursing team and state of the art cardiac intensive care unit.

In the United States, this procedure at a good teaching hospital will run (inclusive of the device and the lengthy stay of 30 days in the hospital) around \$400,000. In Colombia, we get that done routinely for approximately \$90,000.

T4H: What do you mean by "routinely"?

SG: It means that this procedure is performed routinely by the medical staff for local patients. The team is very experienced and, while it is a complex procedure, it is not an anomaly-type procedure for the surgeon. In a nutshell, experience makes for better outcomes.

T4H: Wouldn't the need for a heart stabilization procedure be an emergency situation? Would there be time to plan ahead for a trip to Colombia for this operation?

SG: It's interesting that you mention that. It is an astute observation. "People are on wait lists for a heart transplant as a result of very protracted declines in heart output and performance. Technically, you could be an outpatient with less than 35% or 40% cardiac sufficiency for a long time at the expense of your quality of life.

You have a poor quality of life because anything you do is an exertion that takes a toll on your cardiovascular system and on your pulmonary system. But as long as you are managed and you are stable, and you don't have too much accumulation of water in your lungs, you're good to be at home. You have time to plan to take advantage of price and quality of life considerations.

To learn more about Medical Tourism visit [Escapeartist Medical Tourism](#)

T4H: That's an excellent example of both quality and cost comparison. So, you're saying that Cali, Colombia is one of the places you recommend as a destination for this procedure?

Cali, Colombia – Centers of Medical Excellence for Cardiac Surgery

SG: I happen to like Cali both objectively and subjectively. Objectively, Cali is the beneficiary of terrific cardiovascular physicians. There is an aggregation of many good cardiologists and cardiac surgeons in Cali in a region that 30 years ago didn't have a single cardiac surgeon.

T4H: Wow. What happened to affect that change?

SG: It was a planned approach. About 30 years ago, an affluent patient and visionary Cardiologist physician by the name , Dr. Waltenberg crossed paths. The patient was shocked to find out that he will have to be sent to Bogotá for treatment, as it was not available at any local hospital. He asked Dr. Waltenberg "what is needed to provide Bogotá quality cardiac care in Cali" and gave the good doctor a large tract of land to build the best hospital in Cali.

Today, Valley de Lilli Foundation Hospital is the largest Cardiac Hospital in Colombia, offering world class services. It has become a focal point for training new generations of cardiologists and surgeons who remained in the community and enriched the choices available for patients. Our medical director in Colombia, [Luis F. Rivas, M.D.](#), was the second Chief of Service in Cardiac Surgery and critical care at Valley de Lilly Foundation Hospital, serving 18 years in that capacity. Dr. Rivas cultivated and shaped many generations of young cardiac surgeons in Cali.

Over time, the number of qualified surgeons proliferated, and today there are five or six hospitals in Cali that perform excellent cardiac surgery. The surgeons have excellent interventional cardiac skills, and the hospitals have wonderful cardiac intensive care units.

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T4H: What is the name of the center of excellence you recommend for this particular procedure; or would you rather provide a list of all of the hospitals?

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SG: I knew for many years about the Valley de Lily Foundation Hospital as a center of excellence, so that is certainly a place that people should strive to go, but they stopped dealing with international patients. So, I looked for a small boutique hospital that is very efficient and effective and safe, and I settled on a place called Clinica Dimé.

T4H: Why Cali for heart surgeries and not Bogotá?

SG: Bogotá is at 8,500 feet of elevation. High-altitude destinations can be very challenging for patients with pulmonary or heart problems. For people who can't deal with the very high altitude of Bogotá, Cali's low elevation represents the perfect solution.

Read about U.S. doctors traveling to Cali, Colombia to perform cardiac surgery on U.S. "[Doctor Saves Retired Surgeon From Trauma of Open Heart Surgery](#)"

Visit [Shai Gold's Blog](#)

About the author: Ilene Little is CEO of www.traveling4health.com. She is a reporter in the medical tourism business and she does all of the content reviews for the [EscapeArtist Medical Tourism Blog](#).

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Retirement in Mexico Will Save You Money

By Thomas Lloyd / Jun 11 • Categorized as [Overseas Retirement](#) • [Download Print Friendly PDF](#)



How Retirement in Mexico Will Save You Money

Everyone says [Mexico retirement](#) is cheap. While this is definitely true, it's good to know exactly how it's cheap – i.e. for which items in your retirement budget will it save you money? While the savings start with one of the most significant points – your retirement property – there are many other items that will help you stay well within your budget and enjoy a few more luxuries.

The following are a few of the items where you can save money by retiring in Mexico:

[Mexico real estate](#) – Quality properties in Mexico are available for any budget. There are two

important points here. One is that any given property would be considerably cheaper than a similar property in a similar location in the U.S. or any other place that offers the quality of life and services available in Mexico. The other point is that the lowest price available for a suitable retirement property in a warm weather location is simply that much lower than in the U.S. A cozy, 1 story home in a pleasant neighborhood, near services in an established tourist region can be found for \$45,000 USD, as can a beautiful beachfront lot.

Many retirees also use their Mexico property only for the winter, and in the summer rent it out; this also allows retirees to keep their budget in tact, and afford a nicer property. In this case, retirees will want to make sure they choose a location and property suitable for their rental market.

[Health care](#) – This can be one of the most major expenses during retirement, and retirees need both accessible prices, and high-quality care. Mexico's private hospitals have been evaluated to be on par with good private hospitals in the U.S. Prices, on the other hand, are usually 50-70% cheaper. Visits to the doctor and medicine are also considerably more affordable.

People who live in Mexico also notice that it's much easier to stay healthy in the first place. The warm weather makes it easier to go for walks, jog, swim at the beach or in a pool or go for a bike ride. Fresh fruit and vegetables are also available.

[Food & Groceries](#) – Whether a retiree likes to buy their regular groceries at Walmart, or they prefer the locally grown produce from the local market, prices for fresh food are very accessible; many of the oceanfront locations offer freshly caught seafood at prices you wouldn't believe. Not interested in healthy food? Tacos, tamales, and a whole variety of other Mexican food, as well as American style fast food are available at nice little restaurants for good prices. American fast food chains are fairly common too, but after a while they stop looking cheap; the other choices are so well priced!

[Household Items and Large-Ticket Purchases](#) – Again, good prices can be found at large stores like Walmart, and the Mexican counterparts. There are a number of national chain stores which are dedicated specifically to household items and clothing. These combine Mexican made products with international brands at similarly low prices. Many little furniture shops also sell both in a rustic-style and cleaner, more modern finish for prices even cheaper than the big stores.

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Bills – One important factor is that no heating is necessary! For the summer months, most people use air conditioners, but higher efficiency units allow residents to keep saving on electricity. The “normal” electricity rates aren’t much different from standard prices in the U.S., but the first 300 kwh are heavily subsidized by the government – less than half the average rates in the U.S. – meaning that during the rest of the year, and for those who are already in the practice of cutting down on electric use, will see very, very low electric bills. Natural gas and water offer a very low, flat-rate price. Property taxes tend to be much lower than you would expect.

Going out – Of course, the first big point of saving money during retirement is just making sure that you stick the budget, but the next important thing is to go out and enjoy life. The savings in the basic, necessary expenses listed above mean that you as a retiree will not only find it easier to stick to your budget, but also to have more cash to enjoy life’s little luxuries.

Going out and enjoying this part of life likewise costs less. Everything from going out for international food to going to the movies, to owning and maintaining a boat will cost less here than back home. Some of the international luxuries (top golf courses, 5-star gourmet dining, etc.) will have similar prices to back home, but it will even be easier to afford these with so many other savings. In any case, most evenings or days out will still be very affordable, and possibly even more enjoyable!

Tours and Sight-Seeing – Another important part of retirement is finally having the time to get out there and see places. Besides actually having a huge number of ancient pyramids, old colonial cities, museums, art galleries, nature reserves and similar places to visit, Mexico’s tour prices are low, buses are comfortable and air-conditioned, and, in general, it’s very convenient to take advantage of this rich part of Mexico’s cultural heritage.

Trips Home and Travel – As mentioned above, many retirees like to live in Mexico for the winter, and return home for the summer. Mexico has a growing number of international airports with a growing number of direct flights to locations throughout North America. Direct flights are short – anywhere between 2 and 5 hours, making trips home easy and comfortable. While the short distances have already made flights accessibly priced, the growing demand has also brought discount airlines from the U.S. (such as Sunshine Express) and Canada (such as Westjet) which offer direct flights at a lower price than many of the stopover options.

But there’s no reason to stay in North America. Airports like Cancun International are emerging as international hubs between North and South America, as well as Europe and other locations. This means that affordable direct or connecting flights to many other locations allow you to enjoy easy access to world travel during retirement. Many North Americans and even Europeans realize there’s so much to discover in Mexico, that they seldom feel the need to pack up and see other countries, but the point is that the option is there, and you’re still going to save some money (at least on the plane ticket!)

Live cheap AND enjoy life ...

What’s important in retirement is not just living cheap and within your budget, but have a high quality of life, and enjoying yourself while doing it. Mexico retirement is one of the best options to combine these factors. Saving money always feels easier when you can have fun doing it!

TOPMexicoRealEstate.com: Mexico’s Leading Network of Specialists for Finding and Purchasing Mexican Properties Safely

About the Author: Thomas Lloyd, *Founder and President of TOPMexicoRealestate.com*

Originally from Indiana, and a graduate of Purdue University in the Krannert School of Management, he holds a degree in management with a speciality in finances. Lloyd has several diplomas and certifications in Mexico Real Estate topics and is one of only a few professionals to hold Mexico’s new degree in real estate. This degree is accompanied by a Professional Identification Number, “cedula profesional,” which is issued for trained professionals such as those in the medical field, or in law. He has over 15 years of direct experience in Mexico’s business culture.

If you are considering [Living In Mexico](#) there are hundreds of articles and resources on [EscapeArtist](#) that you can browse for more information.

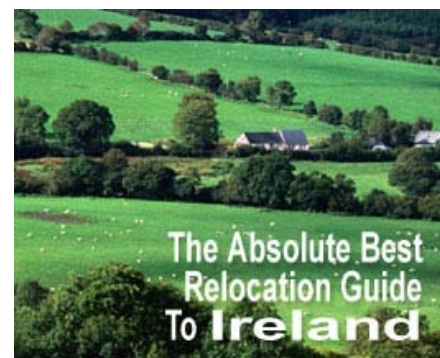
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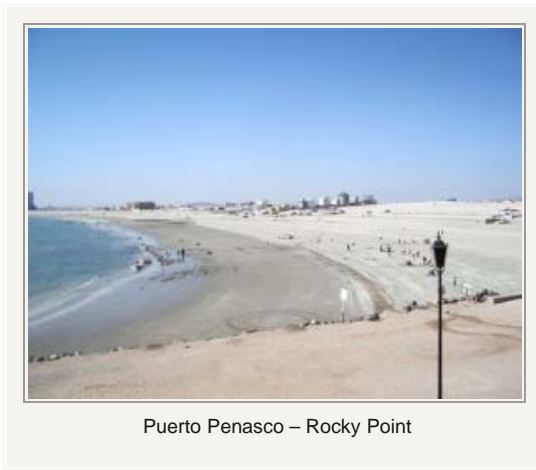
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Puerto Penasco, Mexico: Sun, Sand and Surf Draw Residents and Visitors

By Barbara Coe / Jun 11 • Categorized as [Living Overseas](#) • [Download Print Friendly PDF](#)



Puerto Penasco – Rocky Point

The fierce wind was kicking up big waves and making a loud racket. The tide rose nearly to the top of the seawall but by evening had moved out again very far, serving as a dramatic backdrop to the sunset which, as is often true here, was a glorious orange and red. March 19th, 2011, the day of the “super moon,” when the moon was closest to the earth, began a 3-day period with the most extreme high/low tide in March. The moon was still visible at 9 am on March 22, and looked more like the sun behind haze.

The sea, constantly changing with the tide rising and falling, offers plenty of entertainment in Puerto Penasco, Mexico. Among the opportunities is simply observing the wonderful

natural environment. One day, hundreds of pelicans seemed to be holding a convention just out from my balcony, raising a racket that could be heard for miles. Some days, cranes stand as sentries near the water's edge while other smaller, long-legged birds feast nearby. Dolphins can frequently be seen leaping joyously in the bay. *Rocky Point Times*, a free newspaper in English publishes the tidal calendar for each month. Many people come here for the recreation but for some of us, the natural environment is the main attraction: this desert by the sea features natural phenomena unique in the world. These are only some of the reasons why many US citizens, including people from Colorado, Arizona and further afield, are locating in Puerto Penasco, either part time or full time.

Puerto Penasco or Rocky Point, as it is called in English (but not a literal translation; Puerto means in this case, harbor, not point), is a little-known piece of paradise located a short distance down from the top of the Sea of Cortez (Gulf of California), just 4 hours south of Phoenix and Tucson and 66 miles from the border town of Lukeville, Arizona.

Formerly a small fishing village, it was transformed into a resort area starting in 1999 but retains the original funky charm of a village, with the friendliest people you can find anywhere. It offers a variety of activities for visitors and for the more than 40,000 permanent residents, many of them originally from the United States: swimming or wading in the warm water, beachcombing, building sand castles, fishing, riding in seaplanes, kayaking, windsailing, jet skiing and four-wheeling.

Zumba and yoga classes are readily available. For those with more sedentary tastes, soaking up the sun lying on the beach or by the pool are appealing, perhaps enhancing the time with a book or movie from The Rocky Point Times' free book and movie exchange. Books or movies can be taken, at no charge, and returned later. All completely on the honor system. Or, as I do, others may enjoy simply soaking in the natural environment — watching the tide roll in and out, observing the wildlife or visiting the volcanoes area.

El Pinacate Reserve, the 4 million acre volcanoes area, provides another opportunity to witness the profound wonders of nature. With its El Tecolote and Cono Mayo volcanoes, nine huge craters (among the deepest in the world) 400 cinder cones, piles of lava rock, acres of ash and sand dunes, it seems almost like another planet. In

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fact, NASA trained the crew of Apollo 14 in the area to accustom them to a moonscape.

Approaching El Elegante and Cerro Colorado, the fierce wind was almost strong enough to blow me into the deep craters but wasn't felt further away. Although the volcanoes are considered still active, they haven't erupted for 10,000 years. Many species of flora and fauna can be seen at this Reserve, thriving on the mysterious desert landscape: antelope, javalina, gila monsters and other reptiles, even bobcats, many species of birds, the wonderful saguaro and many other species of cactus, cholla, the flowering ocotillo, the yellow-green palo verde trees and many more. Visitors can hire a guide with a vehicle or drive the 30 miles there and watch videos and presentation at the Visitor's Center.

Other opportunities to explore the natural environment of Puerto Penasco include Bird Island where many species of birds and also dolphins are seen, and the research centers of Center for Technological Sea Studies and Intercultural Center for the study of Deserts and Oceans.



enjoy the natural environment

People living here full time or for long periods tend to be very involved in the community; they find a wealth of organizations, including churches, bridge and bunco clubs, sportsmen's clubs, numerous charities, singles clubs, Alcoholics Anonymous, women's clubs including the Red Hat Club and another with the catchy title of Uncommon Women on Common Ground and many more organizations. Churches, including the Catholic Church and the non-denominational Family of God, sponsor various committees to address needs in the community, which are greater now than before.

Poverty has grown significantly because of the worldwide economy. More significantly, though, poverty has risen because of decreased number

of visitors and thus, decreased numbers of jobs. Prospective visitors have been scared by unclear media coverage that makes all of Mexico sound like one big war zone. This makes as much sense as saying "don't come to California or the United States because of crime in downtown Los Angeles" (or any other US city). True enough, some places in Mexico are best avoided but incidents of violence in Puerto Penasco are more rare than in most US cities including those in nearby Arizona.

If you simply want to relax and eat well, you won't go hungry in Puerto Penasco, which offers some of the best shrimp anywhere, not to mention other seafood and types of cuisine, including good Japanese, Chinese and Italian. Marlin Azul (Blue), Flying Dolphin and Balboa's feature delectable seafood and fish and Mexican food. La Casa del Capitan is also highly-regarded. At Mare Blu Bistro you can enjoy fine Italian cuisine at two locations. Several of these are on the Malecon, or nearby. Also centrally located, Max's Café is a popular hang-out, especially for breakfast, with tasty food, wifi and during happy hours from 4 to 6 pm, \$2 drinks. The Coffee Haus offers wonderful breakfasts, lunches and espresso drinks. Another charming place to go for espresso is Mario's, offering organic coffee grown on their plantation in Chiapas. For people who prefer a more secluded location, the elegant Mayan Resort is growing in popularity.

Accommodations

Short-term rentals in condos, as well as hotels are abundant and, given the slow economy, quite reasonably-priced. Rocky Point Reservations and Seaside Reservations are two popular rental agencies. Many lovely condos are for sale also at prices about one third of what they were before 2008 and offer a great opportunity for buyers who want a second home or, as many here, want to relocate by the sea in a laid back and affordable environment. El Pinacate is especially popular, given its pleasant atmosphere, quality accommodations and central location. The Penasco del Sol hotel right next door has been elegantly updated and has spa facilities as well as a pool and other amenities.

Getting there and around

The easiest way to get to Puerto Penasco is to fly into Phoenix and then take a shuttle from there. You can rent a car and drive from there if you don't mind the insurance cost. Advantage, Dollar and Enterprise all allow rental cars to go into Mexico. Many people who come from nearby states: Arizona, California, Colorado, New Mexico and Utah drive their own cars. No vehicle permit is needed this near the US border.

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Shuttles include Head out to Rocky Point, which is clean, has good equipment and offers door to door service. When coming at a busy time, be prepared for a few extra hours on the shuttle while other passengers get picked up and delivered or shuttle delays in getting people or traffic. Several other shuttles take passengers from a central point in Puerto Penasco to one in Phoenix. These include Nena's Transportation, Transportes Superior and Mercedes Shuttle. Rocky Point Rides transports people between Puerto Penasco and Tucson but runs irregularly and infrequently. Driving at night, either in a car or on a shuttle, is not recommended. The traffic can be very heavy on the two-lane highway as people try to get back home after waiting until the last minute to leave and some drivers take serious risks. The border crossing can be time-consuming also, especially on the last day of a weekend or holiday. Try to schedule your departure on a weekday or leave very early in the day. For those arriving by shuttle, for getting around once in Puerto Penasco, taxis are readily available at \$2 or 20 pesos per person each way for in town, more for further out). Usually you can get a taxi within 5 minutes if you are in a central location. Golf carts and cars can also be rented for local travel.

These publications provide information about resources and upcoming events on a regular basis:

<http://rptimes.com/>; <http://www.rockypointweekly.com/>.

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Expat Daily News: Top stories from May 2011

By EscapeArtist / Jun 11 • Categorized as [Living Overseas](#) • [Download Print Friendly PDF](#)



Expat Daily News

If you enjoy Escape From America Magazine and would like to read more about these topics, check out [Expat Daily News](#). There, you will find original articles published on a daily basis covering news, expat information, culture, current events, and other issues of interest to expatriates and anyone planning to make the big move abroad.

Look for our new Friday [Q&A segment](#), where we will be addressing readers' most pressing concerns.

For a taste of what you will find, here are the top five articles from May 2011:

[The Cook Islands: Another Good Place to Sit It Out](#)

The Cook Islands, located in extreme western South Pacific, between Samoa and French Polynesia, are so far out of the way that you actually have to select it as your flight destination. There are direct flights from Auckland, New Zealand, Fiji, Tahiti, and sometimes Honolulu. [Read the full article.](#)

[Two Great Free Online Language Learning Aids](#)

Learning a foreign language has been one of the most rewarding experiences of my life, and I encourage anyone who is interested in communicating with other human beings to keep on working at their foreign language skills (I still have much to learn, myself). Happily, there are many helpful resources available on the internet that can be taken advantage of for free. Here are two of my favorites: [Read the full article](#)

[A Bit of Expat Confusion](#)

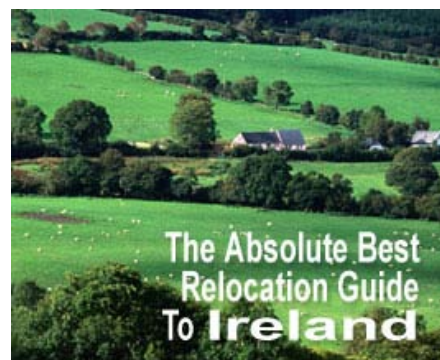
After six month of writing articles for and about expats on a daily basis, I have identified a couple of points of possible confusion for expats and those who are trying to plan for a life abroad. These situations come up for reasons that revolve around financial matters, as well as the fact that there are two distinct types of expats – working expats and retiring expats (I have also seen them labeled as “lifers” and “silver expats”), whose needs are, in many ways, in opposition to each other – yet many people are hybrid versions of the two, and so it can be difficult to know what information that you find on the internet applies to your individual circumstances. [Read the full article.](#)

[The “No Plan” Plan: Better Than No Plan At All](#)

What on earth is that supposed to mean? It means expatriating without any plans is very difficult and, quite frankly, foolhardy, but those plans should be very flexible.

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This title occurred to me after reading an article about how the combination of high inflation, low interest rates, poor exchange rates, and weak economies are making things difficult for many expats and soon-to-be expats. The article offered its advice, which I have distilled down to my "No Plan" Plan. [Read the full article](#)

Expats: Looking for New Friends and Associates? InterNations Can Help

Having just arrived in your chosen new home planet, you may feel out of place, with no friends or support, and you need help, such as how to get from Point A to Point Z in Parador, your new home away from home. The language is strange, in spite of your seven years of schooling in your home country, and they never taught you about that weird accent they speak here. [Read the full article](#)

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