

THE GLOBAL LIFESTYLE

**Escape the 9 to 5 Rat Race
Make the Jump to Your Dream Lifestyle
Live, Work and Invest Internationally**

This monthly bulletin provides practical information on living abroad or becoming a seasonal, part-time or full-time traveler. It includes information on the nuts and bolts on visas, taxes, currency exchanges and the cost of living in friendly international destinations. We hope that this information will inspire you to become a citizen of the world, borderless and without limits.

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COLUMBIA - COCAINE IS OUT AND CONDOS ARE IN THE CHANGING FACE OF COLUMBIA

When you say "Colombia" to the average American, he thinks: drugs... gangs... Pablo Escobar... massive political protests... unsafe roads... violence.

We need to stop your vivid imagination there. It's such a misperception! The current reality of this country is far removed from all that.

Luckily for some, that outdated stereotype can be a sign of something good too. Especially for those who're closely inspecting all possibilities of relocating to this secret paradise nestled near the top of South America.

The current exchange rate is handing today's buyers around 50% more buying power for Colombian properties, and it not only affects property purchases but everything else you buy in this country as well.

Interesting fact - the country was named in honor of Christopher Columbus (to be precise - italian version of it, Cristoforo Colombo), although Columbus never actually set foot on the current Colombian territory. It's just that in his fourth voyage he just visited Panama, which was part of Colombia until 1903.

Colombia has fascinated the world for centuries as a tropical country of incredible diversity and charm, ever-changing geography, a history loaded with mystery and adventure, its people and cultures. Not a surprise it comes on the top the search results for those looking to invest, retire or just work online while enjoying a good weather abroad.

Despite all those wonderful facts, there is something else which must be mentioned when talking about Colombia - coffee. If you are a

hopeless coffee lover, head to the small town of Salento in the province of Quindio, the heart of the coffee region. It's fascinating to see yourself an enormous amount of work which goes into that mug of cappuccino or espresso that so many of us enjoy every single day.

And if you've seen so popular Netflix series "Narcos", and your imagination still creates a picture of mustachioed men robbing you at the gunpoint - forget it.



We can guarantee that instead you will be greeted with a friendly smile, smell of a strong freshly brewed coffee, and you might even see Andean Condor, Colombia's national bird and the largest flying bird in the world spreading the wings above your head.

Buenos dias, and welcome to Colombia!

INTERESTING FACTS ABOUT COLOMBIA

1. Aracataca, the birthplace of author Gabriel García Márquez, once held a referendum to rename the town 'Aracataca-Macondo' after the fictional town of Macondo from his famous book One Hundred Years of Solitude. Unfortunately, the referendum failed due to low turnout. (Source: BBC, 2006)
2. Colombia is the second most biodiverse country in the world, after only Brazil which is 10 times its size. It is one of only 17 "megadiverse" countries in the world. (Source: World Resources Institute, 2013)
3. Notorious drug lord Pablo Escobar reportedly offered to pay Colombia's national debt of \$10bn to improve his reputation and escape the crosshairs of justice. (Source: Killing Pablo by Mark Bowden, 2001)
4. The country's name is pronounced Col-o-mbia, not Col-u-mbia. Many non-Spanish speakers get this wrong.
5. Colombia is the only country in South America that has coastlines on both the Pacific Ocean and the Caribbean Sea. (Source: Google Maps)



MEET LARRY & OKSANA

The couple who pioneered into the CBD market in the digital age, founded their website SOL🍀CBD, and built a digital nomad lifestyle based out of Medellin, Colombia.

This couple's got it right. They've found the balance between calling someplace home, all while traveling to 40+ countries over the last few years.

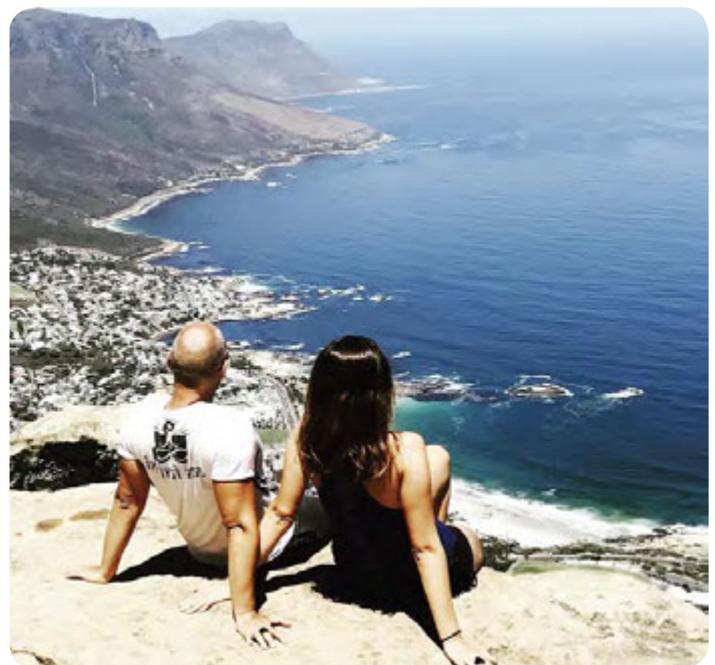
What started with an idea and fears regarding finances and business sustainability blossomed into SOL🍀CBD, the Ostrovsky's website which is helping others find their optimal health through the power of the nutritional agent CBD. Once they found their niche to help others, this couple realized: "now it's time to work on something for us."

Medellin quickly became their dream home base. The couple found themselves saying "I can rent this place for how much? Are you kidding?". On the hunt for making an investment, Colombia was the right choice. The low cost of living combined with the high quality of what you can get there was complemented by the friendly people, a kind and hospitable community, amazing food, and perfect weather, including the lack of mosquitos due to high elevation.



While Larry and Oksana call Medellin "home", they've also found a travel pattern that feeds on their curiosity to see the world. Spanning across South America, Europe, Asia, and Australia, this couple has found their groove "unplugging" and then plugging back in by balancing their travels between urban cities and more relaxed destinations in nature. "I don't see us stopping traveling it's just so amazing. Because the brain loves entropy and habit, the more you throw yourself out of that, the better it is for your mind, and you need to change the known from time to time," the couple shares.

Though bouncing around has satisfied their sense for adventure, the couple is ready to slow down their pace and make the travel lifestyle more sustainable by staying in destinations 2-3 months at a time.



Aside from making this digital nomad lifestyle a reality, Larry and Oksana found work that is fulfilling and gives them the opportunity to contribute to a better world. The couple comments, "It feels really good to be sharing something that genuinely helps people and turns them around so much. CBD is an incredibly powerful nutritional agent, and helps to alleviate stressors that are going on in our world."



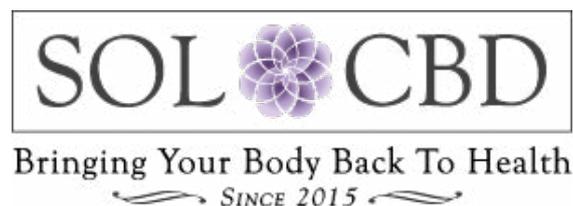
Larry and Oksana found their key to living a full life: balance. Balance between Colombia and abroad. Balance between doing business and helping others. And, as the couple reminds us, a balance between taking care of your body and your mind, all while having fun.

CBD FACT

CBD activates your body's own healing system to:

- Boost Immune Function
- Reduce Inflammation
- Improve Quality Of Sleep
- Optimize Brain Health
- Lower Anxiety

www.SOLCBD.com



[Check out the full interview in the Resource Center – BULLETINS – "CRACKING THE WEALTH CODE" tab!](#)

[And if you're interested to sign up to become an affiliate of SOL CBD - contact our Customer Support for details!](#)



By Kelly Mitchell

After 10 years in the industry, this couple has built trust with their customers and in the market, collaborating with organic farmers in Colorado to bring only the highest quality product to society.

How do they make the business work? The journey to a digital lifestyle has been full of lessons learned. They've put in the work, and now this couple is impacting abundant lives through their business. They've learned how to manage a team of 8, all in different countries and time zones, and have put task delegation and outsourcing to strategic use. Why work an 8-hour day when your productivity levels can prove you more effective in 2-4 hour work sessions?

YOU WOULD MAKE CHRISTOPHER COLUMBUS PROUD, COLOMBIA



Colombia continues to stand out among the competition whenever a backup residency alternatives, a new digital nomad destinations and affordable property prices are discussed. This means two things. First, if the idea of residency in Colombia interests you - you should act now, as the costs for visas and requirements is likely to increase. Second, if you haven't visited Colombia yet, you need to change that immediately.

HISTORY

The Spanish set foot on Colombian grounds in 1499 and in the first half of the 16th century initiated a period of conquest and colonization.

Independence from Spain was acquired in 1819, and by 1830 the "Gran Colombia" Federation was dissolved (what is now Colombia and Panama emerged as the Republic of New Granada). Republic of Colombia was finally declared in 1886.

The United States of America's intentions to influence the area (especially the Panama Canal construction and control) led to the separation of the Department of Panama in 1903 and the establishment of it as a nation. The United States paid Colombia \$25,000,000 USD in 1921, seven years after completion of the canal, for redress

of President Roosevelt's role in the creation of Panama, and Colombia recognized Panama under the terms of the Thomson-Urrutia Treaty.

Colombia and Peru went to war because of territory disputes far in the Amazon basin. The war ended with a peace deal brokered by the League of Nations. The League finally awarded the disputed area to Colombia in June 1934.

Soon after, Colombia achieved some degree of political stability, which was interrupted by a bloody conflict that took place between the late 1940s and the early 1950s, a period known as La Violencia ("The Violence").

Colombia entered the Korean War when Laureano Gómez was elected president. It was

the only Latin American country to join the war in a direct military role as an ally of the United States.

Since the 1960s, the country has suffered from an asymmetric low-intensity armed conflict between government forces, leftist guerrilla groups and right wing paramilitaries. The conflict escalated in the 1990s, mainly in remote rural areas.



On 4 July 1991, a new Constitution was promulgated, and the changes generated by the new constitution were viewed as positive by Colombian society.

The Colombian government of President Juan Manuel Santos and guerrilla of FARC-EP announced a final agreement to end the conflict in November 2016.

Ivan Duque was elected in June 2018 and will succeed a current president Juan Manuel Santos on August 7, 2018.

GEOGRAPHY

The geography of Colombia is characterized by its six main natural regions that present their own unique characteristics:

- from the Andes mountain range region shared with Ecuador and Venezuela;
- the Pacific coastal region shared with Panama and Ecuador;

- the Caribbean coastal region shared with Venezuela and Panama;
- the Llanos (plains) shared with Venezuela;
- the Amazon Rainforest region shared with Venezuela, Brazil, Peru and Ecuador;
- to the insular area, comprising islands in both the Atlantic and Pacific oceans.



Ecologically, it is one of the world's 17 megadiverse countries, and the most densely biodiverse of these per square kilometer, standing only after Brazil which is approximately 7 times bigger.

Colombia is also part of the Ring of Fire, a region of the world subject to earthquakes and volcanic eruptions. It is also the sixth country in the world by magnitude of total renewable freshwater supply.

WEATHER

The diversity of climate zones in Colombia is characterized for having tropical rainforests, savannas, steppes, deserts and mountain climate.

It's also famous as a country that can experience four seasons in one day, if you will move from one side of the country to another.

Mountain climate is one of the unique features of the Andes and other high altitude reliefs where climate is determined by elevation.



- Below 1,000 meters (3,281 ft) in elevation is the warm altitudinal zone, where temperatures are above 24°C (75.2°F). About 82.5% of the country's total area lies in the warm altitudinal zone.
- The cold climate is present between 2,001 and 3,000 meters (6,565 and 9,843 ft) and the temperatures vary between 12 and 17°C (53.6 and 62.6°F).
- Above 4,000 meters (13,123 ft), where temperatures are below freezing, the climate is glacial, a zone of permanent snow and ice.

Rainy season considered to last from November to February, and some parts - March to April.

ECONOMY

Colombia is a middle power and a regional actor with the fourth-largest economy in Latin America, part of the CIVETS group of six leading emerging markets and is a member of the UN, the WTO, the OECD, the OAS, the Pacific Alliance, and other international organizations. It also has a diversified economy with macroeconomic stability and favorable growth prospects in the long run.

One of the healthiest signs of the overriding strength of this country's economy is the fast rate of growth of its middle class which is helping to fuel still-appreciating property values from Medellin to Cartagena, Cali, Bogota, and beyond. So the fundamentals behind the property market also remain strong.

Deutsche Bank publishes a regular study ranking the world's currencies one to the other. The most recent study has the Colombia peso as one of the cheapest (undervalued) in the world. Colombian peso hit 3,000 to \$1 USD in 2015 and has hovered between 2,800 and 3,100 to \$1 USD for the last three years.

1 USD = **2,917.61** COP

US Dollar ↔ Colombian Peso

1 USD = 2,917.61 COP 1 COP = 0.000342746 USD

2018-06-26 10:22 UTC

In other words, a condo selling for \$150,000 USD three years ago is now selling for just \$98,000 USD thanks to the strength of the US dollar. That's a "currency discount" of \$52,000 USD!

Colombia's market economy grew steadily in the latter part of the 20th century, with gross

Destination	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bogota	19°C 37mm	20°C 50mm	20°C 71mm	19°C 116mm	19°C 102mm	18°C 57mm	18°C 42mm	18°C 45mm	19°C 62mm	18°C 130mm	19°C 110mm	19°C 65mm
Cartagena	31°C 2mm	31°C 0mm	32°C 0mm	32°C 17mm	32°C 105mm	32°C 115mm	32°C 83mm	32°C 82mm	31°C 119mm	31°C 193mm	32°C 108mm	32°C 24mm
Medellin	27°C 48mm	27°C 64mm	28°C 94mm	27°C 177mm	27°C 200mm	27°C 138mm	28°C 120mm	27°C 140mm	27°C 162mm	26°C 201mm	26°C 152mm	26°C 83mm

domestic product (GDP) increasing at an average rate of over 4% per year between 1970 and 1998. The country suffered a recession in 1999, and the recovery from that recession was long and painful. However, the following years growth has been pretty steady, reaching 6.9% in 2007, one of the highest rates of growth in Latin America.



Colombia is rich in natural resources, and its main exports include mineral fuels, oils, fruit, sugars, plastics, precious stones, metals, forest products, chemical goods, pharmaceuticals, vehicles, electronic, cosmetics, machinery, manufactured articles, textile and fabrics, glassware, furniture, home and office material, construction equipment, software and so on.

POLITICS

The government of Colombia takes place within the framework of a presidential participatory democratic republic as established in the Constitution of 1991. Colombia was one of the 4 founding members of the Pacific Alliance, which is a political, economic and co-operative integration mechanism that promotes the free circulation of goods, services, capital and persons between the members, as well as a common stock exchange and joint embassies in several countries.

Colombia is also a member of the United Nations, the World Trade Organization, the Organisation for Economic Co-operation and Development, the Organization of American States, the Organization of Ibero-American States, the Union of South

American Nations and the Andean Community of Nations and a global partner of NATO.

The country is divided into 32 departments and one capital district, which is treated as a department (Bogotá also serves as the capital of the department of Cundinamarca). Departments are subdivided into municipalities, each of which is assigned a municipal seat, and municipalities are in turn subdivided into corregimientos in rural areas and into comunas in urban areas. Each department has a local government with a governor and assembly directly elected to four-year terms, and each municipality is headed by a mayor and council.

SOCIETY

Colombia is one of the most ethnically and linguistically diverse countries in the world, and thereby possesses a rich cultural heritage. With an estimated 49 million people in 2018, Colombia is the third-most populous country in Latin America, after Brazil and Mexico.

Colombia is now one of the most urbanized countries in Latin America. The urban population increased from 31% of the total in 1938 to nearly 60% in 1973, and by 2014 the figure stood at 76%.

Colombia is ranked third in the world in the Happy Planet Index!



Colombia is ethnically diverse, its people descending from the original native inhabitants, Spanish colonists, Africans originally brought to the country as slaves, and 20th-century immigrants from Europe and the Middle East, all contributing to a diverse cultural heritage.

LANGUAGE

Though the official language of Colombia is Spanish, and there are other 68 ethnic regional languages and dialects are recognised, English is also widely known. It is taught in school, and Colombians are often exposed to subtitled Hollywood films, so while shy, many younger Colombians in the largest cities know at least a few basic phrases in English.

Some Colombians from more affluent backgrounds will have lived and worked in the US, Canada, England and possibly Australia in order to learn English. Many university text books are also in English, and the majority of high ranking professionals, executives and government workers in Colombia speak an acceptable level of English.

English also official in the San Andrés, Providencia and Santa Catalina Islands.

HEALTH CARE

Health standards in Colombia have improved very much since the 1980s and healthcare reforms have led to the massive improvements in the healthcare systems of the country.

Colombia is projected as one of Latin America's main destinations in terms of health tourism due to the quality of its health care professionals, a good number of institutions devoted to health, and an immense inventory of natural and architectural sites.

Cities such as Bogota, Cali, Medellin and Bucaramanga are the most visited in cardiology procedures, neurology, dental treatments, stem cell

therapy, ENT, ophthalmology and joint replacements because of the quality of medical treatment.

A study conducted by América Economía magazine ranked 21 Colombian health care institutions among the top 44 in Latin America. A cancer research and treatment centre was declared as a Project of National Strategic Interest.

The most common illnesses in Colombia are acute altitude sickness, stomach problems, and in jungle areas malaria and yellow fever.

Tap water is only safe to drink and use for cooking in Bogota. Other capital cities have very good water supply services, with water that can be used for bathing. In rural areas and small towns it is advisable to buy bottled water.



RELIGION

About 90% of the population adheres to Christianity, the majority of which (71-79%) are Roman Catholic, while a significant minority (17%) adhere to Protestantism. Around 5% of the population is atheist or agnostic, while 3.5% claim to believe in God but do not follow a specific religion. 1.8% of Colombians adhere to Jehovah's Witnesses and Adventism and less than 1% adhere to other religions and spiritual studies.

FOOD

Colombia's varied cuisine is influenced by its

diverse fauna and flora as well as the cultural traditions of the ethnic groups. On the one hand, an ample offer of traditional regional recipes, on the other - new trends that make the best of local products to turn Colombian flavors into innovative dishes.

Many of the most famous dishes, like the bandeja paisa and the ajiaco bogotano, are usually enjoyed in their places of origin, with the precise ingredients and quantities and in the appropriate atmosphere: decor, tableware, and the final appearance of the dish.



Some of the most common ingredients are: cereals such as rice and maize; tubers such as potato and cassava; assorted legumes; meats, including beef, chicken, pork and goat; fish; and seafood.

Colombia cuisine also features a variety of tropical fruits such as cape gooseberry, feijoa, arazá, dragon fruit, mangostino, granadilla, papaya, guava, mora (blackberry), lulo, soursop and passionfruit. Colombia is one of the world's largest consumers of fruit juices - starting your day with a freshly squeezed juice won't be a problem anymore!

TRANSPORTATION / TRAVEL

The road network in Colombia has a length of about 215,000 km of which 23,000 are paved. Rail

transportation in Colombia is dedicated almost entirely to freight shipments and the railway network has a length of 1,700 km of potentially active rails, but there is no passenger train service in the country as yet.

The target of Colombia's government is to build 7,000 km of roads for the 2016–2020 period and reduce travel times by 30 per cent and transport costs by 20 per cent. And they are actively working on it!

By car

Driving is on the right hand side of the road-most cars have standard transmissions. Foreign visitors may drive if they show an international driver's license. The speed limit in residential areas is 30 km/h (19 mph), and in urban areas it is 60 km/h (37 mph). There is a national speed limit of 80 km/h (50 mph).

The country has a well-maintained network of roads that connect all major cities in the Andean areas, as well as the ones in the Caribbean Coast. There may be significant landslides on roads and highways during the rainy season, by which traffic gets interrupted. This usually is resolved within 6 hours to 4 days. There are many toll crossings; the fee is about \$3 USD. There are also plenty of dirt roads of variable quality. International land travel is only possible to Ecuador and Venezuela.

Bus and metro

Travel by bus is widespread and has different levels of quality. Long-distance trips rarely cost over \$55 USD (one way). For any distance more than 5 hours, you may want to check into air travel as it tends to be very slow because main highways are two-lane roads with lots of truck traffic. The only metro system of Colombia is in Medellín, in the Department (state) of Antioquia.

Taxi

The taxi networks in big cities such as Bogota are extensive and very cheap. A bright yellow taxi journey across Bogota, can take up to a day but cost less than \$15 USD. Taxi and bus prices increase on Sundays, public holidays, early in the morning and late at night. There are also extra charges for baggage and for booking in advance by telephone. Many taxis are not allowed to travel outside of Bogota due to boundary restrictions with their licences.



Taxis (and much else besides) are much more expensive in Cartagena than in other cities.

Uber is another alternative, relatively cheap in comparison to taxis and generally available in Bogota and Medellin. Be advised, in general Uber is illegal in Colombia so the drivers are hesitant of meeting at the Airport layby or popular spaces with Police near, so they may opt for you to meet them in a more discreet location.

Cable car

Since most of the Colombian population lives in the Andes, cable car systems are becoming popular for both commuting and tourist transportation. You can ride the ones in Manizales and Medellin, which are integrated in the metro system, as well as the ones in rural small towns of Antioquia. Also enjoy the magnificent view of the new cable car above the Chicamocha river canyon in Santander.

VISAS

The country saw more than 3 million tourists for the first time ever in 2017 - 20 percent up compared to the previous year, and the numbers are still going up.

There are regular international flights into major cities including Bogotá, Medellin, Cali, Barranquilla, Bucaramanga, Cartagena, Pereira, Cucuta, Armenia and San Andres Island as well as to other smaller cities in the borders with Venezuela, Ecuador, Panama and Brazil.



Citizens of most western countries, including most European countries, all South American nations, Panama, Costa Rica, Honduras, El Salvador, Guatemala, Belize, Mexico, the United States, Canada, Australia, New Zealand, Solomon Islands, Fiji, Papua New Guinea, Indonesia, Brunei, Philippines, Taiwan, South Korea, Bhutan, Japan, Russia, Malaysia, Turkey and Singapore don't need a visa, unless they are staying for more than 90 days.

You can apply for a 90-day extension to your stay at an Asuntos Migratorios office in some of the major cities, which costs around \$40 USD.

It's possible to obtain Colombian residency quickly, efficiently, and without the help of an attorney. The information on the government website related to the process and the required paperwork is clear and up-to-date.

In addition, that list of requirements doesn't include a police background check (at least not yet). This eliminates the need for an American to get an FBI report, which can be one of the biggest delays for trying to establish residency in any country other than Colombia.

You can qualify for the pensionado visa in Colombia right now with as little as \$832 USD a month. If you're not retired and are looking for options for full-time or backup residency as part of your Plan B, you can invest as little as \$27,700 USD in the country and qualify for an investment residency visa.

Bump up your investment in Colombia to \$180,000 USD, and you can qualify for permanent residency status without having to go through the temporary visa process. The time-in-country requirement for this status is only one day every two years.

Along with competitive thresholds for qualifying, Colombia's time-in-country requirements for maintaining your residency status are user-friendly. Under the temporary residency options, you need to spend but one day every six months in the country.

DESTINATIONS

The largest cities in the country are Bogotá, with an estimated 8 million inhabitants, Medellín, with an estimated 2.5 million inhabitants, Cali, with an estimated 2.4 million inhabitants, and Barranquilla, with an estimated 1.2 million

inhabitants. Cartagena highlights in number of inhabitants and the city of Bucaramanga is relevant in terms of metropolitan area population.



Medellin

It's a city that has been named City Of The Year by The Wall Street Journal in 2013, also the World's Most Innovative City, and it's digital and startup community has been experiencing stable growth. The people here are polite and friendly (even the taxi drivers), the streets are clean and safe, and the infrastructure is international-standard.

In fact, with its restaurants, cafés, galleries, and shops, this place feels more European than Latin American.



It's also called the City of Eternal Spring. The bottom line is that you're always comfortable

at home, and you won't need heat or air conditioning. The most unusual aspect of the city is that there are virtually no bugs.

This capital of the Antioquia department is famous for having a large textile industry, which produces top quality clothing that is sent all over the world. It's also the birthplace of master painter Fernando Botero, therefore it houses the great majority of his works.

Bogota

For mountain-lovers, there's Bogotá where temperatures are cool year-round.

It is a big cosmopolitan city, Colombia's cultural and economic centre, and a space of modern sophisticated cool, with some twelve million people sprawling outwards from Andean mountains, where you'll find excellent museums, world-class dining, and most everything one wants from a big city.



The city is not as warm as Medellín and those working here will have to give up the t-shirt weather in favour of a larger selection of urban amenities: lots of coworking spaces, expats, business centres, and so on.

Cartagena

Most people know Cartagena as Colombia's #1 tourist destination, but it was actually Colombia's first major expat haven, too, and it's still growing in popularity today.

Cartagena can get your attention being the Heroic City, Capital of the Bolivar department is Colombia's tourist city par excellence. The colonial architecture and the skyscrapers can be seen together in this city that offers a unique experience of festivals, historic attractions, restaurants, hotels, and beaches within an easy reach.



Cali

Cali is a city in southwestern Colombia that moves. From the rush of the morning traffic up its tree-lined avenues, to the pedestrians crossing the painted bridges and cobble stone plazas of the centro, to music lovers and travelers coming to dance. All those may be wooed by Cali - the salsa capital of the world, and Colombia's third largest city.

Tourists encounter a world of sensations, tastes, and aromas in the small restaurants that line the streets of the Granada sector.

The "subsidiary of heaven", the name by which Cali is known worldwide, also offers large parks and green areas for extreme sports, churches and museums for cultural tours, and colonial haciendas for lodging in a placid, traditional atmosphere that would complement a stay in the city proper.

Put your pyjamas aside though - the nightlife in Cali will keep you up inviting to the rhythms of orchestras and traditional groups that play the traditional music of the Department of Valle del Cauca with trumpets and drums in dance academies, discos, and dancing sites.



Meal for 2	\$15 USD
Beer	\$0.60-1.5 USD
Apples	\$2 USD / kg
Avocados	\$1.65 USD / kg
Salsa classes	\$125 USD / month

DIGITAL NOMADS

Medellin seems to be the most popular city in Colombia for digital nomads, with an increasing numbers predicted going onwards.

The year round average temperature of 72 degrees Fahrenheit (23°C) in Medellin allows to leave the jacket, boots and scarves at home, and work on the patio of cafes.

El Poblado - the most touristic area, at the same time being a main spot for digital nomads to hang around and / or live. Here you'll find a bunch of coworking spaces, cafes and international restaurants, all within walking distance, and it's also the home of nightlife in Medellin.



What is also important - Colombia rotates from the Central to Eastern Standard Time zone based on the time of year. Either way, it's a huge advantage when working with US based companies.

Cali preserves the air of a small town populated by quaint residential communities, while reaching upwards with its reflective glass towers and concrete buildings. It is a city, which embraces the modern, without letting go of its colonial past.

PRICE COMPARISON

Item	Price / month or item
Studio apartment in a touristic central El Poblado area	\$800 USD (utilities included)
2 bedroom apartment in Conquistadores neighborhood	\$650 USD (utilities included)
Three-bedroom apartment located in Estrato 4 neighborhood in Sabaneta	\$500 USD (utilities included)
Groceries	\$220 USD / month
Bus ticket	100km - \$6 USD
Urban transport	\$0.5 USD
Triple-Play Internet/TV/Phone (Claro)	\$58 USD / month
Cell phone plan (company Claro)	\$15 USD / month
Lunch deal ("Menu del dia" - includes a soup or salad, a main course of meat, chicken or fish plus sides of rice and/or potatoes and a drink)	\$4 USD

Coworking spaces / Coffee shops in Medellin	Memberships & Prices
Global Express	Daily Rate: ~\$6 USD per day Monthly rate: ~\$160 USD First Day Free
Work and Go	Rates starting at around \$160 USD per month First Day Free
Selina CoWork	Rates starting at \$10 USD per day or \$75 USD per month
Tinkko	Hourly packages start at around \$70 USD for 25 hours to \$150 USD for 100 hours Valid over a single month
Verdeo (Cafe)	Predominantly a vegetarian restaurant but has insanely strong coffee and offers a lush garden environment to get inspired.
Cafe Velvet	The Cafe has good food and coffee but best of all, a ideal set up for laptop work, especially in the area with the couch and the roll-in desks.

Information used:
Wikipedia.org
colombia.travel
Lonelyplanet.com

theguardian.com
Britannica.com
Christhefreelancer.com
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PROFILE OF A SUCCESSFUL ENTREPRENEUR

Meet Melissa DiVietri, the global entrepreneur and social media maven who is making her mark on the industry.

This month we connect with Melissa DiVietri, founder of **DI Designs Studio**, who is taking the world by storm with her top-of-the-line social media services reaching a combined network of 2 million worldwide.

“Social media is always changing. The industry is up and down. You have to be ready to learn and you have to wanna learn what your customers want,” Melissa shares. Starting out, Melissa would offer complimentary services to build her portfolio. She’s gotten to the point where she targets brands that she likes and build relationships with companies and causes that she truly cares about.





Though she travels regularly, Melissa also calls Colombia home. Her main draw to the country was the inspirational mountains where her work vibe meshes well with the calm environment. When it comes to life in Colombia, Melissa gives us some stellar pointers: be intuitive, befriend locals, and that its worth it to pay for a better experience and safety.

How does this global entrepreneur run her business? With her team in 9 different time zones, time management and strategic preparation have become priorities in her daily operations. Though she may be solo, she can record a ten minute demo for her team to watch and know what to do, despite the time difference.

Melissa's global lifestyle thrives despite her disability which keeps her mobile on crutches. "I'm constantly surrounded by language and culture and people. I'm not always working. I will leave my computer and my phone wherever I'm staying, lock it up, and then I will go out just to get the experience."



Her final piece of advice? *"You have to be open minded to letting people guide you when you're traveling, 'cause it just makes you a better person and then people will be attracted to work with you."*

If you are looking for the top-of-the-line social media guru, contact Melissa on:



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@MISSYDI



By Kelly Mitchell



In Next Month's Issue

Next month we will be covering another beautiful destination - a sovereign city-state and island country in Southeast Asia, where concrete jungles are nicely cooperating with the most impressive green spaces ever seen.

Remember, "When you land in a new country, it's not always going to be rainbows and unicorns right off the bat," says Wade Lightheart, CEO of The Wealthy Backpacker. "This is especially the case when you're dealing with things like banking, hooking up your hydro, and connecting your internet or phone line. Obtaining other basic services like groceries, medical treatment, and even directions can also be challenging".

Since we are big proponents of the international lifestyle, these monthly publications will offer resources to help you navigate your global adventures with more ease. Each Global Lifestyle Maximizer bulletin will include a range of topics, from practical tips on travel to thought-provoking articles on business, entrepreneurship, and cultural awareness.

Additionally, each bulletin will feature inspiring real-world stories from individuals who made the jump to online business and international globe-trotting.



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