

Real-World "Retreats" From The Pressures of Civilization - Expatriate Destinations

Post by "Cassius" of August 25, 2022 at 8:27 AM

I write from the USA, and over the years a topic that comes up repeatedly is the viability of leaving the urban lifestyle for life in the country - or even to other countries outside the USA. At some point we will do a separate "life in the country" thread, but this is to start a thread on potential destinations outside the USA where someone of an Epicurean mindset might consider emigrating.

Places in South America or even Mexico are often suggested, but I don't have a clue where to start thinking of places that do have the benefits of technology (the Internet!) but are also safe and away from many of the hazards the urban USA.

Any ideas and thoughts on particular destination possibilities or the idea in general would be appreciated!

Post by "Pacatus" of August 25, 2022 at 11:37 AM

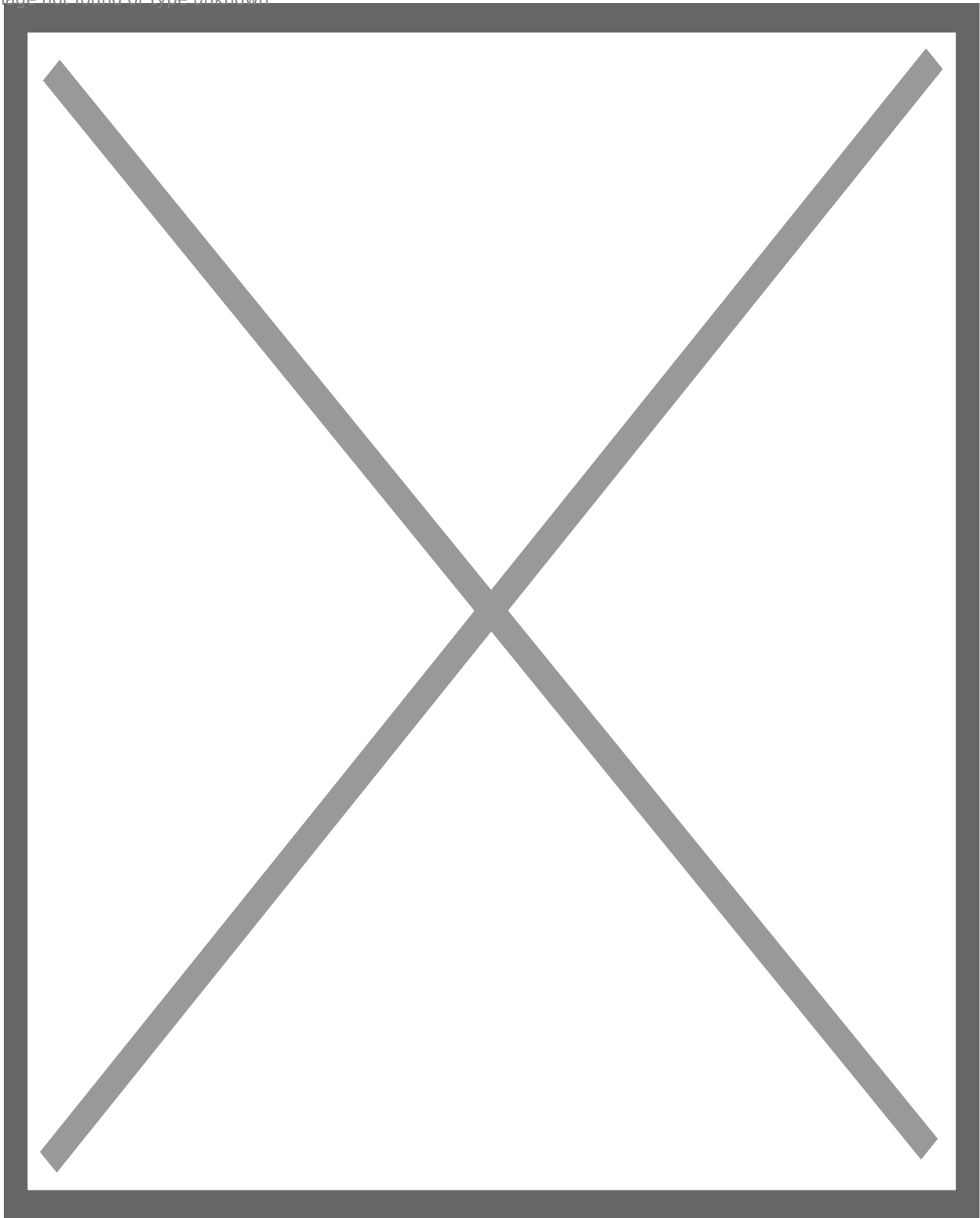
My wife and I did 15 years of life simplification in the country: growing most of our own vegetables, some fruit trees, etc. It was wonderful - but it is hard work, and after 15 years the axes and the pick and the chainsaw were 15 years heavier; and my bad back from a youthful injury would no longer take it. (For about the first 10 years we had no TV, no cell phone and minimal, at best, dial-up internet service.) We moved to a small apartment in a quasi-urban, fairly liberal university town, where we have lived happily for the past 9 years; still simple living. I am still a bit of a recluse most days.

I once looked at Uruguay. From Wikipedia:

"Uruguay is ranked first in Latin America in [democracy](#), [peace](#), [low perception of corruption](#),^[13] and [e-government](#).^{[14][15]} It is the lowest ranking South American nation in the [Global Terrorism Index](#), and ranks second in the continent on [economic freedom](#), [income equality](#), per-capita income, and inflows of [FDI](#).^[13] Uruguay is the third-best country on the continent in terms of [Human Development Index](#), [GDP growth](#),^[16] innovation, and infrastructure.^[13] Uruguay is regarded as one of the [most socially progressive](#) countries in Latin America.^[17] It ranks high on global measures of personal rights, tolerance, and inclusion issues,^[18] including

its acceptance of the [LGBT community](#).^[19] The country has [legalized cannabis](#), [same-sex marriage](#), [prostitution](#) and [abortion](#). Uruguay is a founding member of the [United Nations](#), [OAS](#), and [Mercosur](#).”

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[Uruguay - Wikipedia](https://en.wikipedia.org)
en.wikipedia.org

Post by “Don” of August 25, 2022 at 11:50 AM

I know some who have considered Belize.

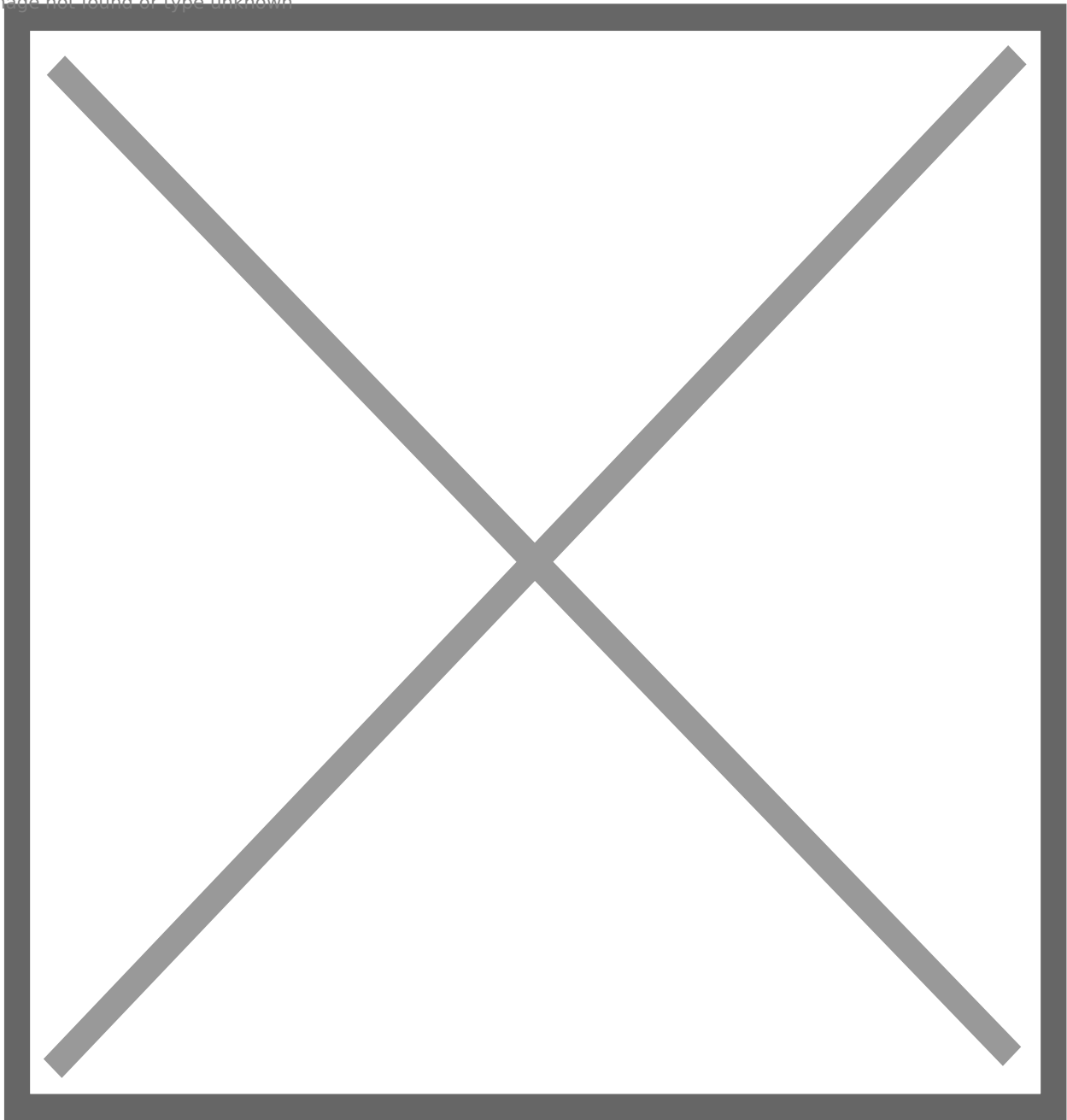
Post by “Pacatus” of August 25, 2022 at 12:05 PM

Another practical consideration: health care. We are in our 70s, and my wife has had a heart attack and has some other health issues that make us thankful for a top-notch medical community and (university affiliated) hospital. So, a smaller university town might be a good alternative to a large urban setting, in the U.S. or elsewhere.

Post by “Kalosyni” of August 26, 2022 at 11:14 AM

Here is a good article:

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[The Safest Places To Retire Outside the US](#)

Some retirees want to stretch their dollars, while others are most concerned with proximity to family, fishing holes or golf courses. Plenty of other folks...
finance.yahoo.com

Post by “Cassius” of August 29, 2022 at 12:20 PM

<https://www.epicureanfriends.com/thread/2645-real-world-retreats-from-the-pressures-of-civilization-expatriate-destinations/>

A friend recommended a podcast called expatmoneyshow.com. Like many podcasts** it seems to be pushing a service that is for sale, but I have listened to a couple of episodes (one about Uruguay included) and it is very interesting and well done.

**But unlike the Lucretius Today podcast! 😊

Post by “Eikadistes” of August 30, 2022 at 8:41 AM

I wish a few of those places were a little warmer! 😊