



The Expat Hybrid Lifestyle

Keep	Leave behind
<ul style="list-style-type: none"> Long daily walks Healthier modes of transportation (walking, biking, public transport, accessibility) Morning coffee routine Simpler lifestyle 	<ul style="list-style-type: none"> Owning or maintaining a car Driving everywhere, everything requires a drive outside my local area Commuting regularly
<ul style="list-style-type: none"> Communicate with people in my “network” (including family and friends) and in the expat community Putting myself out there to meet new people Better and more frequent social time Family/Friends as part of the culture New friends and community 	<ul style="list-style-type: none"> Stress and drama, politics, news, violence, aggressive communities Fast pace of life and work
<ul style="list-style-type: none"> More time in nature Longer time in a climate I prefer 	<ul style="list-style-type: none"> Longer seasons that I dislike
<ul style="list-style-type: none"> Healthier lifestyle and access to healthcare (both physical and mental) More opportunities and ways to stay physically and mentally healthier 	<ul style="list-style-type: none"> Expensive healthcare
<ul style="list-style-type: none"> Travel more to new places and in new ways Feed my sense of adventure and spontaneity Growing my self-reliance 	<ul style="list-style-type: none"> Boundaries to being spontaneous
<ul style="list-style-type: none"> Maintaining less stuff New definition of what “home” needs to include 	<ul style="list-style-type: none"> Consumerism Attachment to things High cost of living Superstores
<ul style="list-style-type: none"> Positive mindset Better, locally-produced food 	<ul style="list-style-type: none"> Fear of change Negative worldview
<ul style="list-style-type: none"> Flexibility to enjoy personal and work life Volunteering Self-determined income Self-determined methods for working (from a distance, contract work) Personal growth 	<ul style="list-style-type: none"> Work, work-focused lifestyle Work dictated by employer Corporate stress My desk Emphasizing “overwork” as a positive thing
<ul style="list-style-type: none"> Appreciation of culture Community-based social acceptance 	<ul style="list-style-type: none"> Difficulties making new friends and acquaintances Shyness



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Guiding questions:

- Planning: How much planning do you need to do to be prepared for a move abroad? Have you researched visas, living conditions, and quality of life in your new home? What are the missing areas that you know will require planning?
- Time: What are your expectations on how you will spend your time? Can you map out a "typical day"? What does it look like? How will your time be spent differently?
- Money: How will you pay for your living expenses? Have you investigated cost-of-living indicators? Have you factored in travel home to the US?
- Health: What does a healthy life look like to you? Have you researched medical and mental health care and medications? Have you been able to speak with other expats in the area about healthcare options?
- Motivations: What are the reasons you want to become an expat? How will you remind yourself of those reasons? Will you revisit your reasons periodically?
- Stuff: How are you going to manage the physical things in your life? What will you keep, give away, donate, and discard?

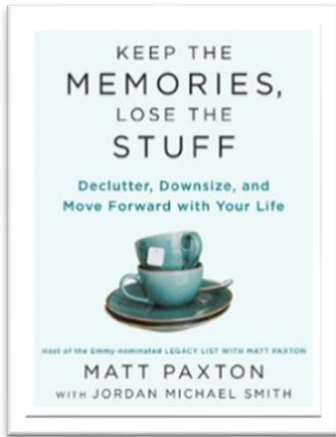


<https://cleverexpat.com/future-expats-meetup/>

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Monthly resource:



Keep the Memories, Lose the Stuff: Declutter, Downsize, and Move Forward with Your Life by Matt Paxton and Jordan Michael Smith

Kindle <https://amzn.to/3zBJnmJ>

Audiobook <https://amzn.to/3tzSbpx>

Paperback <https://amzn.to/3mNKQyM>

Spiral-bound <https://amzn.to/3xPculj>