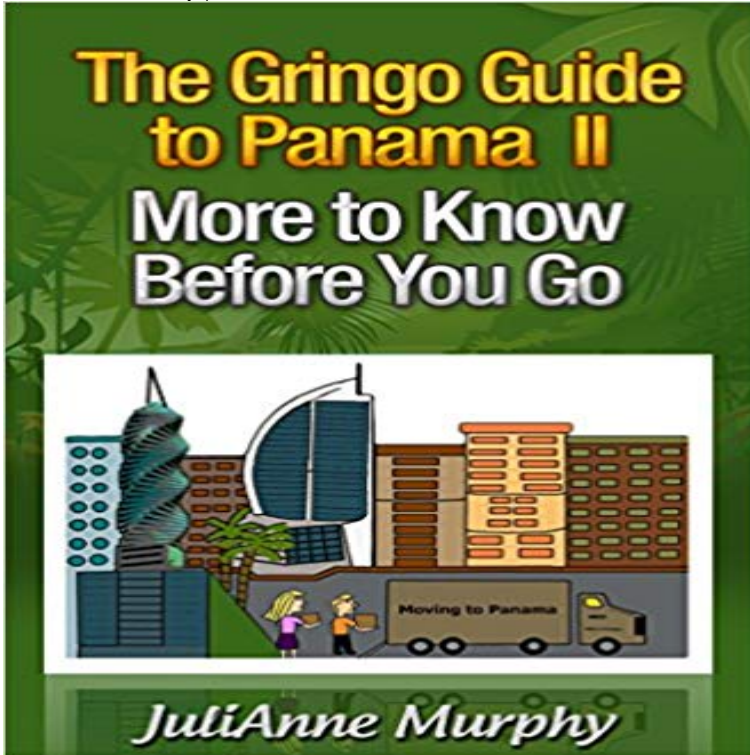


# The Gringo Guide to Panama II: More to Know Before You Go



The Gringo Guide to Panama II More to Know Before You Go - updated in March 2016! In 2008, executive JuliAnne Murphy relocated to Panama; a huge life change which proved challenging, exciting and led to the writing of her first book, the Amazon Kindle bestseller, *The Gringo Guide to Panama: What to Know Before You Go*. Funny, direct and unembellished, this second release in the Gringo Guide to Panama series includes several additional topics about Panama, as requested by her readers and followers online (including gems that did not make it into the first book). (Note that both books were initially released and published under the pseudonym Elizabeth Vance for privacy reasons and re-released under the authors birth name in early 2016.) Inside *The Gringo Guide to Panama II: More to Know Before You Go*, you will find: Panamas recent statistics and what they mean to you Panama 101: Things you may not know about this country, but should Panamas retirement visa and other options Planning your move to Panama asking the right questions, finding a broker, choosing where to live, relocating your pets and more Panamas education system and private school options Adjusting to the tropics: Climate, culture and creepy crawlies Panama as a launch pad for travel getting to and from Panama, neighboring countries to visit, where to stay in the city, and off the beaten path Healthcare in Panama, - quality of care, finding a doctor, medical specialties and our personal surgery experience in a Panamanian hospital How holidays in Panama differ from North America and the rest of the world Plugging into local life bars, bites, fun, fitness and shopping Interviews with expats in Panama (a retiree, a semi-retiree, an entrepreneur and an expat in her 20s) The unvarnished truth and many anecdotes about what life in Panama is really like And much, much more Before you decide

if Panama is right for you, or plan to travel, move, or retire to Panama, read *The Gringo Guide to Panama II: More to Know Before You Go*. Take advantage of these valuable insider insights from a seasoned expat who moved, adapted, acclimated and enjoyed life in Panama for eight years. Wishing you the best in your journey to Panama, or wherever you may land! JuliAnne Murphy

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