

Transcript

Episode Title: Moving to Lisbon as a Digital Nomad with Cinnamon

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CINNAMON [00:00:00]

It's really hard in Black America where you work hard. And then you keep seeing the late and displays of people not caring about a Black life. And I don't know how many times you can see that and still be okay. Here you are working. And you still got to be on the zoom or write the proposal and know that some Black person you don't know just got murdered for just being Black. And then people act like no, that hasn't happened. And that creates a level of trauma. And it craves creating trauma for me, on the states. They'll inundate you with some news. I mean, until you feel it in your soul. And I'm saying and it affects you like here, I can somewhat sadly ignore it. And I don't want that energy. But when I was stuck in the States, I don't know which other person was murdered. remember crying like, like four weeks straight like

CHRISTINE [00:01:07]

Hey, everyone, welcome to **Flourish in the Foreign** the podcast that elevates and affirms the voices and stories of Black women living and thriving abroad. This podcast centers Black women, and also explores living abroad as a pathway to wellness and wellness in all of its many forms, financial professional, physical, mental, emotional, and spiritual. Welcome to the show. And welcome back if you are returning, I love I love my audience. So thank you so much for tuning in every week. I greatly appreciate you. And if you're new Hey, I'm Christine Job, the host of **Flourish in the Foreign** and a Black American expat living and thriving here in Barcelona. As I said before, I am the host, creator, producer and everything are of this here podcast. And this podcast truly is a labor of love. But yes, labor none the less. That is why I'm asking you all to please support this here podcast. There are five ways for you to support **Flourish in the Foreign one**, become a Patreon supporter of **Flourish in the Foreign** by going to [wwe.patreon.com slash flourish foreign](https://www.patreon.com/slashflourishforeign). The second way you can support Flourish in the Foreign is by cash app, you can cash out the podcast at dollar sign *flourish foreign* and cash app is kind of like a tip jar. So if you're listening to an episode that really moves you really educates you helps you anything, you can go ahead and just slide the podcast a couple bucks. If you want to contribute to the podcast, but

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CHRISTINE [00:06:57]

This week, we have cinnamon and cinnamon is also known as driven spice on YouTube. She has an incredibly popular YouTube channel, where she has laid out her journey of going abroad to Portugal. But I will let her tell you all about it.

CINNAMON [00:07:16]

My name is cinnamon. I am 41 years old. I'm currently in Lisbon, Portugal, and I'm from Washington, DC summer of my 14th is when I left for Portugal. I think moving abroad wasn't really on my radar. Honestly, I started my first company when I was like 2122. And I worked really, really hard at that and just spent so many hours in so many time doing that, that I didn't really have much of a life. And then I as life does, it shows you that life is short, not 2008 2009, I was heavily invested in real estate. And I lost everything with the 2008 2009 you know, crash real estate crash and I lost everything and had to start all over. But before starting over, there was a lot of depression, I had associated how my words about how much money I made. And when I wasn't making any money, I didn't feel worthy of anything. So I went through a massive depression for I think, a couple years. And I also had a business colleague who was we were both in the same industry. So she got hit pretty bad as well. And at the time, we really identified with each other because we were both relatively smart, but just got hit and it was just trying to get back up. So fast forward some years we, you know, kind of picked ourselves up and life was starting to get good. We started to travel, maybe like to the Caribbean or South America and stuff like that. And then one day, she said she wasn't feeling well. And she had to go to the hospital, myself and girl just let me know what they say. And when we talked the following morning, they told her she had lung cancer, she never smoked a day in her life, nothing to explain why she would have lung cancer. And then apparently the cancer just went all over her body. And within a year she was gone. And at that time, she was literally my most healthy friend like she drink green juice every day. She was yoga exercise. She was a teeny thing. And we were thinking like Jesus, if she can go anyone can. And then I had a series of other people in my age demographic that they thought they had forever, and their life was cut short. So I wanted to travel more when I thought about her. I was like if she knew she only had a year to live all those deadlines and, and things that were so important to us. We thought so important. You should have done something different. She would have traveled the world and met new people and seeing beautiful things. And so I was like listen, I don't know if I got one week, two weeks, two months, two years, two decades, but I want to be able to say ahead of your run when this is all over. So I started becoming extremely obsessive with travel. Like I think I left the country every single month. And I found a way to do it cheaply. And then I started experiencing how I'm treated in other countries and didn't know I was never aware of that. And that's what made me start thinking, oh, maybe American needs to be put on the back burner you need to leave,

CHRISTINE [00:10:09]

I asked cinnamon to talk more about her traveling and how she's been perceived and received. As a Black American woman traveling abroad,

CINNAMON [00:10:19]

I started to do some small travel with some friends and I went out with other girlfriends, I was limited on you know, certain places they want to go. And we just know the the food tastes different. And I'm pretty neurotic about my food. And I do know that there. There are certain things in America allows and our food and ingredients that Europe is just not happy. So that was kind of a push to like, gosh, they even feed us differently in other countries. And then I needed to learn how to solo travel, because some of my friends either couldn't get the time off, or they weren't interested in going to the countries I wanted to go to. So when I started solo traveling, I remember meeting this gentleman, he's Italian, and I'm on Tinder actually, when I was in DC, and he put on his profile, he says I don't want to hook up, I don't want a girlfriend, I just want to go to dinner and practice my English. And I was like, That's right up my alley. So I went to dinner with him. And he was explained to me all these places that he had traveled, and how he worked all these years, and the company just didn't really care about them. And so now he's out traveling, and you listen to him. And I'm just fascinated. And I say, well, Weren't you scared. And I remember him saying so. So distinctly. He was like, I was terrified. And he said, but people are nice. And and when he said I was like I didn't believe it, I was like people aren't nice. They're just not nice to strangers. And so when I started traveling by myself, no one really concentrated on my skin color, per se. Now there is part of it is like when you travel as your US citizen. People kind of look at you as a US citizen first and then your color, unlike the US. So that was the major difference that I saw. Because unfortunately, depending on what country you're going to, there's still discrimination in those countries. For natives that lived there. I just didn't necessarily experience it. Because it was clear that I was American. So I'm definitely not saying that Black and brown people are treated wonderfully everywhere. I just noticed that I was treated differently. And part of that, of course, was because I was American. But I know that I was treated far better outside of America than I am treated inside. And I think just the trauma that we experienced in the states like the past two years, I have been waking up crying. For people I never met, just hearing people getting murdered, whether it's by police officers, or racist vigilantes that are just doing the most and it creates trauma. And I think that was one of the things that kind of made me feel like I need to get out of the US because this isn't this is affecting my spirit. And so when I was looking for a country, I google very cheap countries in Europe to live. And that's what started the research for Portugal.

CHRISTINE [00:13:12]

I asked to send them in to tell me what was going on in her life, before she decided to actually move to Portugal.

CINNAMON [00:13:21]

This is a woman who was like a grandmother to me, she passed November, year before I left and I don't think anyone deals with death. Well, I really don't deal with death well, and I was just over it. And I was just ready to go. And sounds like I'm 40 I don't know how long I have. Let's just try it. So I didn't want to go so far that if I changed my mind that I couldn't come running back. I wanted a place that was warm. I wanted it to be safe because I was a single woman moving by myself and despite what people believe like not every country in America in the world is safe for single women. And so on the safety index Portugal's scored extremely high in regards to safety. I'm a major foodie. So if the food is not good, I can't live there. And the food in Portugal is just amazing. I thought about your just because I understood the Food Standards they had in comparison with American America barely having any. So that was important to me. And so I started researching it. And it's not as cheap as anyone says it is. That's for sure.

CHRISTINE [00:14:30]

I sent [him] in to tell me what her family and friends thought when she made the decision to move to Portugal.

CINNAMON [00:14:38]

Well, when I told people I tell my best friend I don't really know how to tell her because we're super, super close. And I said I think I sent her like an apartment in Portugal. And we travel a lot and she's like, Oh, you I'm going on vacation. I was like No, I was thinking and go to the live and she's like what, and I'm not sure if she knew that I meant it at the time. But she soon was with it and because she travels and it's a six hour flight from from DC to Lisbon, so she's like, Girl, I'll be there like, no, don't worry. So she's good, then I'm good. And so for family, getting their passports that they've never had it before they're working on that. So I just thought, Okay, this is what I'm going to do. And then two months prior to going, I started developing all types of anxiety. And I've never had an anxiety attack. I didn't even know what it was. And it just felt like so much stuff had to be done prior to me leaving and I just felt like I didn't have enough time. I didn't have any friends at the moment had who

had moved abroad. So my friends would just keep telling me Oh, it'll be okay. And I'm thinking, How do you know that? Like, how do you know it's going to be okay, like, stop telling me that. I'm like, losing it. And I went to, I think it was the girls love travel, or one of those Facebook groups. And I basically just wow out in a post and hosts like, I'm so scared. This seemed like a good idea six months ago, and Adam two months out, I'm freaking out. I don't know what to do. I can breathe sometimes. And there were a series of women that just told me their experiences. One woman told me that she moves every two years sight unseen, and she gets sick every time. And there were two other women that just really reached out to me, one of one of them is now a really good friend of mine. She lived in Spain at the time, she's actually here with me in Portugal visiting. But she reached out and she had moved to four different countries. And she was sharing her experience and was actually coming to Portugal for the summer.

CHRISTINE [00:16:28]

Cinnamon's journey abroad to Portugal was somewhat straightforward. But her first year in Portugal was not thanks to the global pandemic of covid 19.

CINNAMON [00:16:43]

And so I moved to Portugal. And I remember the first first couple of weeks were just really, really tough. I felt extremely lonely. And it was just rough. It was it was a lot of new experiences all at the same time, especially at 40. But I'm saying so of course, you want to operate ovens to take the train, you have two basic things. And I realized I didn't know how to do anything. So every thing I tried, I felt stupid, like I would mess up on the train, I'll get lost for hours, I couldn't figure out how to operate the oven. I didn't know Fahrenheit to Celsius conversion, like, it was just all these just very minor things that I was just bad at because it was new. And then adding that to the anxiety of being in this new place. Not really not really speaking the language. I didn't speak it at all. And I was just like, what have I done. And I just remember feeling so awkward and so scared. And I went to the skies initially, because someone on the plane who told me that the prices for apartments are more reasonable out there. I've not found that to be true. But I did learn for me the case was a little bit too suburban for me. And again, for me, because I was like, Oh, you should go there. I'm like, you guys don't know me and what I need to tell me where I need to be. But in my opinion, very family oriented. And so I just felt incredibly lonely out there. So then that told me I needed to come back to the city at least until I started to build some community and be able to experience shops being open late and doing things that I like, because I'm from a city. I'm from DC. So city vibe was important to me. And then the young woman I met on Facebook, she came to Portugal for the summer. And so I think it was when that happened. And I started meeting more people and meet more community, I started to feel

calmer. And I had no idea how important community was because I'm an introvert. And in DC, I can be in a house for three weeks and not see a person and be completely fine with that. So I figured Oh, if I move to a country by myself, I'll be cool. If I'm in the house, it is a completely different thing. So that was rough for me. So I'm not gonna lie for transparency, the first couple of weeks to a month were extremely, extremely rough for me. But I think a lot of things changed once I started to find some community. So I was I think four months after being here met a gentleman and fell madly in love. And we were together for about six months and we live together. So a good portion of me feel the community is because I had a partner and we did many things together and that type of thing. And then right before COVID I flew to the states to go to Curacao with my best friend. We had a trip to Curacao. We went to Curacao. And then we came back to the States. I was only supposed to be there for a couple days and I got sick when I was in the states and we got back from Curacao. I had uterine fibroids for about, I don't know, a decade or so. And they never really caused me problems and the doctor was like as long as you're not in pain if you shouldn't have to get them removed. And when I got sick, my doctor blamed it on my fibroids which I felt like he was just pulling it out of the air. But he was telling me they've gotten bigger and he He doesn't know or no one knows how much pressure it's putting on the rest of my organs. So I was like, Okay, fine. I'm in another country. So let me just go, Hey, get this operation. So I never have to deal with this and come back to America. So I always knew I had them. And I had researched surgeons like two years ago. So I was like, Alright, let me just make an appointment. And then COVID happened And when COVID happened, I don't think none of us knew what was really going on, but kept saying it's like the flu, and I barely get the flu. So I was like, okay, we're good. And then they start shutting down borders. And I was like, oh, like, what is this mean? So for like, a month or two, it was cool, because I was able to spend time with, you know, family and friends in a way that I couldn't before. Because in the US, everybody has these busy schedules, you got to, you know, put someone on your calendar, just to have much things. So now everyone was stuck in a house, and he was able to see and spend quality time with people that I love. So initially, that part was great. And I think we thought, oh, maybe they'll close the borders for like a month to max. And then the borders like, for us specifically, in most countries, they was like, Nah, I can't come back in. So initially, I was on a tourist visa when I moved. But the residency visa was the only way to get back into the country. And my life was here, I had my everything, I had only had a week's worth of clothes in DC, because I didn't plan on being there. So really just trying to figure out what I needed to do to get the visa then, of course, the visa office was closed because of COVID. And then it finally opened up and I was able to get my paperwork in the process of becoming a resident. So part of it was out of necessity, because of COVID. This and people going out and playing games with these borders, and I had to do what I needed to do.

CHRISTINE [00:21:50]

So cinnamon was expecting to spend the entire year in Portugal, but found herself stranded outside of Portugal in the United States. I had to ask her, what happened to all her stuff, while she was away

CINNAMON [00:22:05]

Its still here. So then me and my boyfriend broke up, because some things that he wasn't truthful about came to the forefront. And so we broke up. And actually COVID didn't happen at that point, we just broke up. And I was emotionally just sick. And it took me a minute to even get out the bed, let alone do anything else. So my heart was broken. And I'm dealing with that. And luckily, by the grace of God, I was with my best friend. Because if I went through that breakup, and I was by myself in Portugal, I don't know how I would have been able to do. But I was with her. And finally kind of got it together. And then COVID hit. And so my stuff was still in Portugal, I had to communicate back and forth my landlord and he was extremely kind he was he's like I understand, don't worry about it. Okay, figure it out. And he was just really gracious and kind to me. And I can't imagine anyone being so kind in the States. And I was like, can I send you money for storage fees or something? And he's like, what's a pandemic? It's okay, it'll be all right. And I was like, Wow, so I'm just really, really anxious for months of just getting back because I just felt so horrible about my life being stuck in Portugal in my stuff everywhere. But again, they were just really gracious and kinds of me, and which just continues to show me that this country just has really amazing people. I mean, you want to find your exception, no jerk anywhere. But for the most part, people have bent over backwards to help me or make sure I have a good experience or to be kind to me. And that's just new territory for me. I mean, again, I'm an East coaster, we're not, not with me, stereotype of being the kind of people that was definitely a new space for me.

CHRISTINE [00: 23:48]

I asked her to tell me a little bit more about what Portugal has been like for her and the visa process, understanding that her first complete year was interrupted by the global pandemic.

CINNAMON 24:02

So I'm away for full transparency this year is really really hard because I feel like I didn't have like the full experience because we lost some money months to COVID so many offices were closed. So you couldn't even travel like can't see a good portions of Portugal

now because of COVID. So I'm still very much in my opinion, like when people ask me How long have you been there? I feel really weird about saying like a year and some change because I'm like the subtract seven months in two months because of COVID. So I feel like once I get closer to like right now I have my residency that I got in the States, and I guess for anyone leaving the US and need to get a visa Get it, get it in the States, particularly if you don't speak the language going to another country. So I have my meeting with immigration in November and I'm sure I'll have so much more to say upon what I wish I would have known Then, but right now I felt like I'm still in this kind of interesting honeymoon phase. But just finding out what you need to do to be able to stay in the country legally can be a challenge, because I felt like even with other expat friends that I had, they were part of the EU. So you weren't around, it's really not knowing what is necessary to stay. And of course, I'm still in the process, I have my residency visa, but then on end, there's a series of steps I do after that. So being an immigrant is definitely a different life, I have so much more respect for immigrants and really figuring out this system, because it's not easy at all. It's not like the government sites are very packed with information that's easy to digest. So you have a lot of trial and error, and it can be extremely frustrating. And you're going to ave thoshe obstacles, but you just keep doing it and keep doing it.

CINNAMON [00:25:54]

You know, a lot of times when people go abroad, they think, particularly here in Iberian Peninsula, Portugal and Spain, it's cheap, it's cheap to live. But you know, that really all depends on exactly where you live. For example, I live in Barcelona, and cinnamon lives in Lisbon, which is not cheap. So I've asked him in what has apartment hunting in Lisbon been like, Oh, getting an apartment in Lisbon has been the most difficult thing I have ever experienced. That's a little bit of an exaggeration. It's a challenge. And the frustration for me in particular is because people in Portugal know that the salaries aren't high here. Some people admit it, some people don't. But let's be real. If we look at the salaries of Portugal, in a government scale, and look at the salaries and other countries in Europe that are a part of the EU. Portugal's on the low side. So the fact that their apartments and granted I am speaking of Lisbon, I'm not speaking outside of the fact that their apartments are so ridiculously high, it makes no sense. And when it would really makes it frustrating is that some of these apartments can be just as expensive as what I was paying for my three bedroom townhouse with three bathrooms and three levels in Washington DC, there is no reason in hell that makes sense. It makes no sense.

CHRISTINE [00:27:18]

Something that people don't always consider when going abroad is the exchange rate. And exchange rates fluctuate all the time, I asked him to tell me about her experience dealing with exchange rates,

CINNAMON [00:27:34]

Major phone call on my side, I did not consider the exchange rate when I moved here. No, not at all, I knew that there was a difference. I know the Euro was worth more. But when I first moved here, it was like \$1.11. And I think now maybe up to \$1.18, or 19. And currencies change every day. So especially with your mind go on economically, when America and America know America, like they're greatest. But when other countries, currency is higher than you, it can create an issue. So a couple cents may not sound like a big deal, initially, but when you're getting like high ticket items like rain, and stuff like that, those pennies add up to hundreds of dollars. And it can change over the course of a month, depending on what the economy is doing. And I'm not gonna argue with anyone about what's about to happen to the economy. But my opinion globally, it's about to go through some major changes. And the US is going to find themselves in a really difficult situation, because we continue to just borrow money in order to get ourselves out of whatever financial drama we get into every 10 years. Like that's kind of been our thing. And so in the process of what's been going on, but not to go political, like we've been upsetting a lot of countries just over our arrogance. And these are countries that invest in us, and some of them own majority of our debt. So you piss it off countries that are majority of a debt. Like if they all like to give us money, we wouldn't even know what to do, we would have no idea what to do. So thinking economically about what's going to happen globally, but also what's going to happen to the US dollar and you don't live in the US and you may live in a country that is higher in regards to currency in the US. That is a big deal. And I did not consider that.

CHRISTINE [00:29:23]

I asked her to tell me about her serial entrepreneurship and what kind of businesses she's had over the years.

CINNAMON [00:29:31]

So I started when I was 21. I was teaching adjudicated youth in special needs students at the time. And in DC. There were various schools that provided that type of need. And I was

a teacher, I provide educational services. And I had a friend who had a business and I hadn't had one and didn't have that many friends that were entrepreneurs. And I had a meet with him and I was like so what am I supposed to do? And I initially went on Talk to my accountant again, I was 2122. And they were like, well, you should incorporate because it'll save you in taxes. And I didn't know what that meant. And I was like, okay, we've saved me in taxes. And guess that's what I'm supposed to do. And then I talked to a friend who was a mentor at the time. And he said, we'll go get these various certifications. So he told me about the a certification, what was then called the lspd, cert certification, various certifications in DC so that when certain contracts come about, you get points for being a part of certain groups. And so I found all that paperwork, didn't really know what I was doing. I just was doing what I was told. And so what that allowed me to do is then expand the company to two government contracts, because I had a federal certification. So I expanded that way. And I always had like real estate investment on the side. And I was just getting really frustrated with the bureaucracy of the schools, in addition to some of the federal contracts, and I was like, I'm just going to go to real estate full time. So I bought a series of investment properties, I rented some out, I flipped some. And again, when the 2008 2009 crash came, and I was also trading them too, and I had liquidated my brokerage account to attempt to save real estate that I shouldn't have, and just basically lost everything. So I wasn't doing anything for years, but the whole world was imploding, at least in the states and not the world. But the US was just imploding with foreclosures going everywhere, people losing their jobs, it was just like a financial Armageddon. And it probably gave me PTSD, because then I always been so cautious afterwards. But I tell myself then that what the last, you know, entrepreneur endeavors I was doing, I never traveled, I barely saw people I cared about, I was just hustling and grinding. And I said, Well, whatever I do. Next, I want to be location independent, not really thinking that I was going to be traveling the world just more. So I wanted to be able, if I wanted to see a friend in Indiana and stay there for a week and visit them, I could do that. I had to think about what new skill Could I learn. And what I do know is no matter what market you're in, if you can help a company, get more customers, they will pay you, period. So I said okay, so let me figure out what that looks like. And so I started studying digital marketing, and understanding how online advertising provided a level of tracking and efficiency that traditional advertising just had no ability of doing. And so I became obsessed with that. And then I concentrated on industries that had enough money to consider paying for someone like me and did that. And still, I still love it. But it wasn't as exciting, like my creative side wasn't really able to shine much. And I felt like I was kind of stuck. I mean, I've been working with the same type of clients and was doing the same thing day in and day out. And I felt like creatively I was just stuck. And then ironically, when I moved to Portugal, and just kind of living the life and experiencing everyday things, I was saying, hmm, you will see certain things of how technology could be more efficient in certain areas, and how I can make that a business. And so I've been working on a cup time with a couple projects here in Portugal as to how to use technology and my digital marketing background to better help businesses display what they do to tourists or people who want to come to Portugal. So I've been building that for a while and

working on other projects. So most of my life has moved to more digital projects. For myself. When I did move, I said that I wanted to spend more time building my personal brand, because I had spent years building everybody else's brand. And that's what Portugal allowed me to do. Because it wasn't this hustle and grind every morning every evening. The East Coast is five hours behind so I can get up to yoga, or whatever. And by the time it's time to work. I've done everything I needed to do. And I'm back in the house in Portugal. So my entrepreneurship has been kind of all over and it's had some successes and it's had some major failures. I think the thing that's important to know is that no matter what happens to you or whatever your stripped away from you tangibly, it's like no one can take the knowledge that's in your brain. And knowledge is just too important to not get as much of it as you possibly can. And that's always been like a model for me, like, read the books, spend hours study and be better know it, and you'll always be able to think critically, you know, some people just can't problem solve and think critically. And so they'll see a problem and they'll just deteriorate. And if you see a problem, that's the opportunity for money, so get your life together.

CHRISTINE [00:34:53]

I was curious to know how she was planning to handle her retirement and her taxes of her Many businesses while living abroad,

CINNAMON [00:35:02]

Well for retirement, I'm still of course investing in that I day trade. So I invest in my retirement actively. So my business is taxed in the United States, because that's where the income comes from. So that's my tax obligation based on the legal entities that I hold. I do want to start a business in Portugal. I know in the US like, there's more benefit to business owners and W two employees period, they don't make any benefits for W two employees. And so being a business owner, you kind of understand that there are certain things that are considered business expenses, and you pay your business expenses before you pay taxes on your profit. And what I don't know if that's the case in Portugal, I haven't met a ton of business owners yet to further understand how do we tax like, I'm not sure if it's beneficial to incorporate in Portugal as of now. So I'm still going through that level of education with the country in the business taxes to figure that out. But I'm still a US citizen, I still make us income. So I'm responsible for paying taxes on that income,

CHRISTINE [00:36:09]

I asked Cinnamon if there is a vibrant Black community in Portugal,

CINNAMON [00:36:14]

I met Black people everywhere. I don't know why people are saying that Black people just get stuck in certain places. But you got to remember, like there's a huge that's what there's a large angle in Cape Verde and Mozambique population here in Lisbon. And just people Black people are everywhere. So I mean, my my ex boyfriend was from Ghana, and but was raised in London, and we met in Portugal. And the gentlemen I met prior to that, like he was raised in in Italy, and he his family's Nigerian. So like Ghana today is like people who try to realize why people everywhere like they just are so you don't have to just go to Africa to see Black people they are living everywhere Africans live in every country. Yeah. So we anyway,

CHRISTINE [00:36:56]

I asked them to tell me what she knew of the Portuguese health system, and also private Portuguese health insurance.

CINNAMON [00:37:05]

So I can't say specifically, but because I have to have my meeting with the immigration I have a traveler's insurance right now because that's what you need for the visa. But once I'm I before I go to my staff meeting, which is in November, I have to purchase private insurance. From what I was told, it can range anywhere from 35 to \$45. And it includes everything dental, health and things of that nature, I do have a girlfriend who's here. And she has had to go to the hospital into the emergency room a couple times. But she said the experience was so much easier, because the same day she was able to have a specialist doctor come there. And I know for us or even for my conditions with fibroids, if I needed an ultrasound, I had to wait like another three or four months to get an appointment with a completely different type of doctor, then my primary care. So whatever is going on, if you need a specialist, you're waiting a month to three months, sometimes longer than that, just to get the follow up and hear she was able to find a doctor who spoke English and was able to help her and I was asked, I was like, do you feel like you had a good experience, it was a great experience. So it's definitely much more affordable. I have friends who you know, live in Spain and have a better situation as well. So the health insurance is a big deal. And even though you're paying private health insurance is still substantially cheaper than anything you pay in the States.

CHRISTINE [00:38:26]

I asked cinnamon to tell me more about her driven spice YouTube channel, why she started it. And what's it all about?

CINNAMON [00:38:35]

Initially, the project was for me, I mean, I had the channel for a while and I would just put stuff what so for archiving for me to remember the places I've been and memories that I've had with some of my friends. So when I'm 80 years old, God willing, I can look back and like look what I did, you know, when I was a little kid, but then when I moved to Portugal, I wanted to share my experience for a couple of different ways. I'm a businesswoman. So of course there was that portion of it. And there was also I didn't see much out there that answered the questions if you were trying to move there. Like there is a bunch of videos on Portugal like just you know, this is beautiful. This place is great. And for like tourist stuff, but for like wood. How do you get here? What are you supposed to do? And I could not find it. So I was just like, Okay, I'm about to share my journey with y'all. And if anyone is interested Here it is. Now because I know about SEO and algorithms and how to feed stuff to the algorithm and the computer and stuff like that. There were certain things I did strategically to get more eyes on it as possible. But the experience is living abroad. That was a complete accident. COVID happened of course, and no one could go anywhere. And because I know the importance of feeding the algorithm, I was like, Okay, I gotta give it some content or I'm gonna lose the momentum. And particularly, I know how on YouTube So initially, people were asking me stuff about not just Portugal but moving abroad in general. And I just did not feel equipped. I was like, I don't know, y'all, I just started this journey, and I'm messing up what it felt like to me. So I was like, Alright, let me find people who live in a bunch of different countries. And you can hear their perspective. So did all of it wasn't on me, because I just didn't know. And it was great for me and his career. And I'm sure you can attest to this, when you interview various people that you choose. Really, it's some bad people out here. Not bad, like horrible people like, like, amazing, like, what they've done. And I don't even think they know it half the time when I'm interviewing them. Because I'm sitting on my mobile phone, like you are incredible. I'm hearing these stories of these people who move to different countries in the way they've done it and what they experienced. And I'm like, Man, this is awesome. So initially, everybody was in house for COVID. So it was easy to get a hold of people to do an interview. Because Arab I was in a house. And I plan on stopping it in July, I think the end of July, and I plan on stopping it. And then I reached out to my audience, and I asked them first and I was like, Listen, I know you guys want to know more about Portugal, but I was thinking about stopping this. How do you feel and they were extremely supportive, and kind, they were, like, take care of uses. But we really

enjoyed the interviews and they just start going in. And I was like, Oh, I can't stop it. So I got a little concerned because I was like, Do I really have the time to keep finding people, but by the grace of God, people have been finding me and they're like, Hey, I live here. And this is experience I had, and I was like, Hey, you won't get interviewed. So that kind of worked out well, and just the dynamics of people that are just living abroad, like I just had no clue, and just different cultures. And it's not just about people leaving America, I try to get people who left their home country, because when you leave your home country, it's a big deal. And there are a variety of people there in their home country, and they want to leave and they just want to see someone else's experiences. So I'm trying to, you know, pull that together and get more of an experience with that

CHRISTINE [00:42:06]

Cinnamon is the creator of the moving abroad summit. And I asked her to tell me why she created it, who's it for? And what are some things people can expect.

CINNAMON [00:42:17]

So the moving abroad summit is a virtual online summit of various expats that live all over the world. And they share their experiences of living all the world in a general sense. But then for people who upgrade, we have breakout sessions, everyone has their, their video and their mic and we can chat like we're friends and communicate and connect. And then there's a networking component that there's it's almost like speed networking, where you get to hit the button, you're connected with someone, you talk for about three minutes, and then you if you both agreed to connect, then it will exchange your information. So at the end of the conference, you'll have these lists of people that you can connect with who live all over the world. And you can continue to develop those relationships. And then of course, we have Expo Center where people can virtually walk down hours and see different, you know, products and services that our speakers are, you know, promoting and that they have if they want to take things to the next level. So there's a general session and just basically talks about all of the things that people either wish they would have done, or would have done differently, or what you should do your first week, first couple months. And then for those who really need something specific, like we have breakout sessions, some of them are dating abroad, woods like being Black abroad and traveling, starting in businesses in Africa being entrepreneurs. So there's various niche topics that the instructor would teach for about 45 minutes to an hour QA and then people can walk away with tangible information of just being more prepared. Because regardless of what country you go into a community is important if you can develop some community in this workshop to have up amazing, the summit. And to you just need to know stuff. I mean, it's just can't research everything you need when you're moving as a country but knowing other people's

experience, it helps a lot. Oh, like it helps a whole lot for people to kind of know even if someone told me that you may be lonely the first kind of month or two. So just take it easy, then I probably wouldn't have felt like I was going crazy. I would have been like, Oh, this is normal, then just relax and bitches No, but I mean, so what this is just an online platform to just allow people to network and communicate and learn because your friends who you grew up with, may think this moving abroad thing is ridiculous. And you may not have a lot of people to support you, and now has a whole audience of people. They've been there they've done that, and they're not gonna look at you like you're crazy because you're saying you're live in whatever country you're in. And the great thing about moving abroad is you can still travel everything is so much closer. Africa is closer, all parts of Europe as close to Asia is closer. So you can find people in another The country and go visit them. And now you get to experience this country in a whole different way if you just there by yourself and you can develop that community when you go on holiday or vacation, so I just wanted to just be a summative, just love and friends and learning and networking,

CHRISTINE [00:45:15]

I asked them to tell me about some tools or resources she thinks are necessary or helpful for moving abroad.

CINNAMON [00:45:23]

Yeah, I'm actually gonna do a video on this too, because there's certain so there's a company called transferwise. And I feel a little nervous about mentioning them, because before I was going to mention them on my channel. And then I googled their reviews really quickly. And some people were like, they kept their money. And now, I don't know why. So I've been using transferwise for probably about a year, and I haven't had any issues. But transferwise saves you dramatically on international currency exchange rates. And I've never put any large amount in, let it sit there like I may have to pay a writer or something who lives in Europe and maybe just transferring their payment, but I've never put like a large sum of money there and let it sit there. So that's one. And if you still have business in the US, so if you need to make calls and get text messages, because when you're working with your financial institutions, they may want to send you a text message for security purposes to make sure you are who you are. And to save in costs, you have a couple options. If you get if you get a Google Voice number before you leave, you can still get the text messages while your phone is on Wi Fi in airplane mode. So that you can still communicate with your bank and your financial institutions to call back and forth to the US for free. You can use hangouts word on the street as Google is going to phase out hangouts in the event that they do, you can upgrade to some of the Google suite business packages and include Google Voice. And some of them will allow you to call any country for free and

have various telephone numbers in various countries as well, depending on what you upgrade to. So the VPN is important. transferwise helps getting Of course, a bank account in your local country. And really determining how to create some type of income of business in that currency is going to be critical. And I knew that when I moved, I knew that, you know, it was going to tend to create some type of company. But yeah, there's a couple like digital tools you should definitely employ just to kind of make life a little bit easier, particularly when you're communicating back and forth with your banks.

CHRISTINE [00:47:35]

I asked him if she ever thought she would return to United States again, to live

CINNAMON [00:47:40]

I'm never gonna say never. But I had when I started traveling, I felt like just off of health insurance alone, me growing old in the United States just seems like why. I've been most I've been self-employed majority of my life. So I was usually always responsible for my own health care. And at the start at like 21, my health insurance was \$300 a month. And so I've done like various things to whether it's part-time somewhere else to get health insurance or this back and forth, dip and dive you have to do to make sure that you should just get your cover for your health. It's just too much like it's just too much in the States. And so I knew I wasn't going to grow old in the States. At the time, I didn't plan on moving out the country. And now that I'm out of the country, I'm like, Well, what, what am I gonna vote for? I mean, I work online, so I still have us clients. And I like living in a country where they care about the ingredients they put in my food. That's just what that is. And I never want that to change. I don't want to ever move to a country where they will put a variety of five syllable words in your food and call it food.

CHRISTINE [00:48:49]

I asked him to tell me what her definition of wellness is, and how has this journey of moving abroad really affected her definition? And of course, practice of wellness,

CINNAMON [00:49:04]

I think well as is being gentle with yourself. And I think what the US is such this push to produce and work hard and make some employer happy with you, even if they're not even

doing right by you. But just the fear that people have of losing their job and potentially losing their health insurance or having so much status in a career that if they don't have that career or that job anymore, that somehow they're not worthy. And so you deal with that back and forth of this value that you place on yourself. And then even with the trauma they you experience like it's really hard in Black America where you work hard and then you keep saying like blatant displays of people not caring about a Black life. And I don't know how many times you can see that and still be okay. So like, here you are working, and you still gotta be on the zoom or write the proposal and know that some Black person you barely you don't know, just got murdered for just being Black. And then people act like no, that hasn't happened. And that creates a level of trauma. And it creates creating trauma for me. And I don't even know it in the States. They'll inundate you with some news. I mean, until you feel it in your soul. And I'm saying and it affects you in a bubble like here, I can somewhat sadly ignore it. And I don't want that energy. But when I was stuck in the States, I was, I don't know which other person was murdered. Parents remember crying, like, like four weeks straight, like shit, I'm tired. I feel like taking care of yourself and your mental is critical. And you don't know how long you're going to be. You You push things off, and you work so hard, you get disrespected by your job, or whomever, whatever it is, whether you're in a relationship you should get out of like, life is short. And I feel like you can be kind of oblivious when you go to another country and just be excited by small things like oh my god, like, I remember when I found my way and didn't get lost and how proud of myself I felt like over this small thing, that if I'm back in the States, like I'm expected to excel, I'm expected to be the best of me whether I put that pressure on myself or someone else did. But I'm expected that and then in the process, you don't even get to relax like vacation. Like what this little this little weekly won't give you how you take care of yourself like that. And so now it's just like, I just got to take care of me, I take care of me if I'm supposed to, you know, be here the way that God wants me to be here and bless other people and share whatever I got me I gotta be good. I gotta be okay. I can't do that and be sick and depressed and sad and crying. I can't. So if I'm gonna do what God put me here to do, like, I got to feel okay with me.

CHRISTINE [00:52:09]

Thank you so much cinnamon for just your great advice and your candor. I really appreciate it. If you want to keep up with cinnamon, you can be a social media

CINNAMON [00:52:22]

[inaudible] ... And you can find me at driven spice on Instagram, which is the best way to reach me if you want me to answer something, because I can leave a voice note and it can be quick. And of course, I'm on YouTube, same tag of driven spice on YouTube.

CHRISTINE [00:52:38]

All right, thank you all so much for tuning in this week. I appreciate it so much. I also wanted to make a quick announcement to let you guys know that I have released another bonus episode for you my amazing and wonderful audience. I really truly appreciate y'all You guys are so kind because sometimes it feels like he kind of put things out into the universe. It's kind of like radio silence. And you guys aren't like that. Yeah. chatty, and I like it. Cube chatting wakening. So just to show my appreciation for all of you. I know one of the biggest questions you have is how to land a job abroad. Well, I have put together a bonus episode from a fantastic previous guest, Barbara from going global with Barbara, and her episode was all about how she had retired from the Navy and moved with her husband and kids to Jordan to live in. She was an entrepreneur and an international talent acquisition specialist. Yes, she knows how to get a job abroad because she's the lady in charge. She's a person who recruits and hires people to go abroad in her industry in her sector. I asked her to break it all the way down for us. And she did. If you haven't heard that episode, definitely go back and check it out. But also, we have a bonus episode basically heard walking everyone through how to actually go abroad. And what is the best strategy to go abroad? Should you get a headhunter? Should you go with an agency? Do you do it for yourself? Should you just go independently? Should you work for the government? Should you try to be a contractor so many different things she addresses and honestly, if you are still on the fence, you are not sure exactly how you will support yourself abroad. Listen to this bonus episode is going to move some things. Okay. Then I definitely want to hear what you guys think about this bonus episode. If you like it if you think it's been helpful, let me know tell me in some comments on Instagram. Send me an email send me a DM let me know if this episode was helpful because I want to help you. I want to help Black women get stay and thrive abroad. It's so so important to me. So definitely check it out. You can check out that bonus episode. via the website, www.flourishintheforeign.com/resources so it's on the resources page. Or again, you can always find it in the BIOS across all social media channels. Check it out and let me know what you think. This week, October 20 to October 22 is the moving abroad summit. If you are serious about wanting to move abroad, this is the summit for you. It is a virtual event that showcases 20 plus everyday people, including myself, and families that decided to move away from their home country, they've navigated through visa processes, found employment, retired, purchase real estate and started a new business. This free event to learn tips and gain resources that helped each of the speakers create meaningful and rewarding lives abroad. You'll learn about what they wish they'd known before moving and how to prepare for the talk with friends and family. The panelists will also reveal steps you should take during your first month in a new country, as well as how to search for community employment and housing. Learn from personal experiences of others to get a better understanding about what to do when things go wrong. As I said before, I am also speaking at this event, and I will be speaking on day three about how to take your expertise online and abroad. If you haven't heard my episode of how I went

abroad, definitely check it out. It is Episode 10 of this podcast. But also, as I mentioned before in previous episodes, I am a business strategist. I've been a business strategist for eight years, I started in an incubator at the university that I started law school and I've been helping entrepreneurs ideate strategize and execute for the past eight years. And now I help Black women and women of color leverage your talents and your expertise into viable and sustainable online businesses that you will be professionally fulfilled and financially abundant so that you can pursue a thriving life abroad. That is what I'm going to talk about at the moving abroad summit. So you definitely want to check it out. If you are ready to go abroad, I do have a signature program. It is a 12 week sprint 90 days, and 90 days from now is well into January. I know I can't believe it either. It's well into January 2021. So if you're listening to this podcast, and you're like, I want to go abroad, but I'm not sure how I'm going to do it, definitely check out my website, www.ChristineJob.com/services. I'm actually offering some moving abroad consultations, and also some business strategy consultations. Everything from one off one hour sessions just to pick my brain to four sessions in a month called a month on a mission to really hone down and strategize and also my signature program, which is the 12 week sprint. It is for if you're wanting to go abroad, and you don't know where to start, at the end of the 12 weeks, you are going to have a game plan and not just like a rinky dink game plan, you will be well on your way because that's how I rock and roll. And if you are wanting to launch your business, you will have launched the business and you will have your first clients or we will have scaled the business. That's just what I do. I mean, ask about me, you can look at the testimonials. That's what I do. I stand on it. But let me just tell you guys, I have amazing clients that I work with that continuously want to work with me. So if you're interested in getting in, I highly suggest you to get on my calendar for a free discovery call because if you're serious about starting the New Year, not only with a game plan but with a business not only with wishes and dreams go abroad, but a plan of action and steps already being taken you'll definitely want to hit me up so go ahead and do that now. And if any of you want to attend the moving abroad summit, grab your free ticket yes free ticket through the links in all the social media BIOS for *Flourish in the Foreign* or of course on the Flourishing of Foreign website and through the show notes as well. It's a live event so I hope to see you guys there. If you identify as a woman of color podcaster I want to again bring to your attention the W OC insiders podcasters membership, it is a membership that I am a paying member of and I can definitely vouch for whether you are a newbie podcaster or perhaps you're thinking about starting a podcast in the new year. You'll definitely want to join the WC insiders podcasting membership. There are so many great resources to help you not only get started, but also really help you scale your reach of your podcast. So if this sounds like something That is interesting to you please sign up today for the W OC insiders podcaster. Membership. And you can do so good there *Flourish in the Foreign* affiliate link, which is again in our show notes in the bio across all social media channels, and of course the website. So please do so with the affiliate link because it is at no extra cost to you. But it's another way for you to support this podcast. As always, thank you to Zachary Higgs who produced music of this podcast, Zachary is dope and you guys know it. If you need music

for your podcast or your next project. Definitely hit him up. He's fantastic. I will leave all of this information in the show notes. All right. That is it for this week. See you all next week.