



Michele White

Jamila White

Kimberland Jackson

Patricia Cofield

Carol J. Dunlop

PANAMA BARBADOS COLOMBIA VIETNAM/THAILAND MEXICO

BLACK Women MOVING ABROAD

information session

Get your questions answered

- housing and healthcare
- daily living
- attitudes and peace of mind



11:00 am Est



Wed. Nov. 27, 2024



[csicorporation.com/
black-women-moving-abroad](https://csicorporation.com/black-women-moving-abroad)

FREE TO ATTEND

Meet the presenters

Carol J. Dunlop

Carol J. Dunlop, The Online WOW! Strategist and 10X Amazon Best-selling author, influential podcast host, and expert event producer, teaches Purpose Driven Entrepreneurs to convert marketing into money using their WOW! Website, along with the Best UN-Marketing Strategy, so they can fund their lifestyle using their business. Carol's clients hail from cities across the U.S.A., the U.K., Canada, South Africa, New Zealand, and Australia. Carol is currently working to promote the Best-Selling books, Influential podcasts, and Expert summits that she and her clients are creating.

Contact Carol at csicorporation.com

Kimberland Jackson

In October 2021, Kimberland left the U.S. to find healing after experiencing racial trauma and bullying in Pennsylvania's educational landscape. Her journey led her through Mexico and Colombia. A return to the U.S. in 2023 brought intense burnout and a mental health crisis, revealing her neurodivergence (ADHD, Autism, OCD) and deepening her connection with God. Now, Kimberland embraces an awakening—honoring her true self beyond labels and expectations. Her journey is about rediscovery, courage, and healing, and she invites others to join her in exploring self-actualization and transformation.

Contact Kimberland at kimberlandjackson.com

Jamila White

Jamila White is founder of the 2,800-member Barbados Blackpats community for Black expats, digital nomads, and long-term visitors in Barbados.

When she's not cheerleading for Black women to live their best expat lives abroad, Jamila is an internationally-acclaimed psychic medium, life coach, transformational retreat leader, and bestselling author of "A Year of Self Love Journal: 52 Weeks of Prompts and Practices for Loving Who You Are."

She's also a proud Howard U. alumna, and member of Delta Sigma Theta Sorority, Inc.

Contact Jamila at jamilawhite.com

Michele White

Although born on Fort Benning, Georgia, Michele White grew up in the small town of Browns Mills, New Jersey. She graduated from Georgia Tech with a Bachelor of Science degree in Management; she has also earned two Masters degrees. After college, she worked as a flight attendant for Delta Airlines. She next served in the U.S. Army as a Financial Management and Human Resources Officer, which included a deployment to Iraq. She retired this year after 24 years of military service. In August 2024, her family (herself, spouse, and four children) moved to Panama City, Panama from Tampa, Florida.

Contact Michele at facebook.com/michele.barksdale

Patricia Coffield

After 14 years in banking, a mission trip to Honduras sparked a desire for change, though fear held me back. Only after a significant illness did I embrace transformation. Since then, I've traveled through Asia—Thailand, Laos, Turkey, and Vietnam—each journey mirroring deep inner growth that I don't think would have been possible in America.

Now, I am in the process of creating a more authentic life that physically reflects this internal evolution. As an English Educator and Intuitive Life coach, I continue to follow a path of resilience, renewal and purpose, with more unfolding as my journey evolves

Contact Patricia at facebook.com/patricia.coffield.5

Resources

You Too Can Live Abroad

by Cha Jones

<https://push.fm/pl/a4iykzmg>

\$7.95

Are you tired of watching International House Hunters wishing, dreaming, and imagining it were you? Do you feel like you are boxed in simply living to work while your life is getting away from you? Maybe you feel like a life somewhere out there is reserved for a select few. However, what if I told you that You, Too, Can Live Abroad? Living in a foreign country is not reserved for them. It is reserved for anyone willing to take the leap of faith and do it. Many people would love to know how to travel the world, but more and more people want to know how to live abroad without waiting until it's time to retire. Great news! You don't have to wait until you are too old to enjoy living abroad. You can do it now! Don't let money and your stinking thinking STOP you. It's time to live the life you have been dreaming about TODAY! In this book, you will learn about:

- Find out where to look for job opportunities
- Create an action plan for relocating
- Find resources to connect with other expatriates
- And much, much more!

AI response

JahMaica Mandi

This is AI response to yesterday's MOST ASKED QUESTION by black folks.

Prompt used:

What is some practical advice that you would give black people on expatriation due to election results? Please be specific.

Response:

Expatriating as a response to election results, particularly in the context of political climate and systemic challenges, is a deeply personal decision that requires careful planning and consideration. If you're a Black person considering expatriation due to concerns over political developments, here are some practical steps to help navigate the process:

1. Assess Your Motivation and Goals

- Understand Why You Want to Leave: Reflect on the specific election results or political environment that has prompted your decision. Are you seeking safety, better opportunities, or a more supportive social environment? Identifying your goals will help you determine the best countries for relocation.

- Long-Term Perspective: Think about how your expatriation fits into your long-term personal and professional goals. Are you planning to move permanently or tempo-

rarily? Will you return to the U.S. after a change in political climate, or are you seeking a new home entirely?

2. Research Countries with Strong Diaspora Communities

- Consider Historical Ties: Many African nations have strong historical ties to the African American diaspora. Countries like Ghana, Nigeria, and South Africa have established programs designed to attract people of African descent. Ghana's "Year of Return" initiative in 2019, for example, was aimed at repatriating people from the African diaspora.

- Look for Social Acceptance: Some countries may have a history of better race relations or have a more open and inclusive attitude towards Black expatriates. Countries like Canada, the UK, and some Caribbean nations may provide welcoming environments and a sense of community.

- Cultural Fit: Assess how well the country's culture aligns with your values. For example, countries with strong social justice movements and policies aimed at racial equity might provide a more comfortable environment.

3. Legal and Immigration Requirements

- Understand Visa and Immigration Policies: Each country has different visa requirements, and these can vary depending on your purpose for moving (e.g., work,

study, or retirement). Some countries may offer special visa programs for people of African descent (e.g., Ghana's "Right of Abode").

- **Work Permits and Residency:** Investigate countries where you may be eligible for work permits or permanent residency. Some countries have skilled worker visas, entrepreneur visas, or investment opportunities that might be viable pathways for you.

- **Dual Citizenship:** If you are eligible for dual citizenship (for instance, through an ancestral link), consider taking advantage of it, as this can simplify your legal and financial transitions.

4. Financial Planning and Employment Opportunities

- **Save and Budget:** Expatriating can be expensive, especially in the early stages. Consider how you will support yourself and your family during the transition period. Research the cost of living in your destination country and plan accordingly.

- **Employment Options:** Understand the job market in the country you're moving to. Some countries, especially in Europe, Canada, and parts of Africa, have specific industries where expats are in high demand. If you're not relocating with a job in hand, research the labor laws and whether you'll need additional qualifications or certifications.

- **Healthcare and Insurance:** Research the healthcare system and make sure you're covered. Many countries have universal healthcare systems, but others require expats to purchase private insurance. Understand the local healthcare costs and availability.

5. Learn the Local Language and Culture

- **Language Proficiency:** If you're moving to a country where English is not the primary language (e.g., France, Germany, or a non-English-speaking African country), learning the language will greatly enhance your experience and ability to integrate.

- **Cultural Sensitivity:** While you may face less racial discrimination, you'll still need to adapt to the culture, understand local norms, and avoid common cultural faux pas. Learning about the local history, especially regarding race relations and colonialism, can help you better understand the dynamics at play.

6. Prepare for Emotional Adjustment

- **Dealing with Homesickness:** Expatriation can be emotionally challenging. While the political situation in the U.S. may be a motivating factor, it's essential to prepare yourself for the emotional and psychological effects of living in a new environment.

- **Building a Support System:** Establish connections with local expat groups, African diasporas, or organizations that support Black communities abroad. These groups can offer practical advice, social connections, and a sense of belonging as you navigate your new life.

- **Racial and Cultural Differences:** While you may seek a more welcoming environment, it's important to acknowledge that racial dynamics can differ greatly across the world. Some countries may have their own forms of racial or ethnic discrimination, so it's important to research local attitudes toward race and how they may impact your experience.

7. Prepare for the Long-Term Logistics

- **Tax Implications:** As a U.S. citizen, you are still subject to U.S. taxes, even if you live abroad. Understand the Foreign Earned Income Exclusion (FEIE) and how to avoid double taxation. Consult with a tax professional who specializes in expatriates.

- **Banking and Financial Systems:** Research how to manage your finances abroad, including setting up bank accounts, transferring money, and managing U.S.-based financial accounts. You may also need to understand the currency exchange rates, financial regulations, and the cost of remittances.

- **Education and Family Considerations:** If you have

children, research the local education system and how it compares to what you're used to. Consider the long-term implications for their education, safety, and integration into the community.

8. Make a Trial Visit First

- **Scouting the Destination:** If possible, take a trip to the country you're considering before making a permanent move. This will give you the chance to assess whether the environment is truly the right fit for you and your family. Spend time exploring the local culture, neighborhoods, and even meeting locals or expats.

- **Living Costs and Infrastructure:** A short-term visit can help you assess the cost of living, the availability of amenities, healthcare options, and safety.

Move Abroad Checklist: <https://frofamlytravels.newzenler.com/f/move-abroad-checklist>

Interview with Mexican lawyer about moving to Mexico

<https://frofamlytravels.newzenler.com/courses/becoming-a-mexican-resident>

Chyna Nro: Over the past 20 years or so many of my family members, friends and acquaintances have moved ABROAD and are loving it.

Moving abroad is an exciting but complex process.

1. Research & Plan

- **Destination Research:** Consider factors like cost of living, healthcare, culture, language, and job opportunities.

- **Visa & Residency Requirements:** Check the visa options for your destination. Each country has different requirements depending on your purpose (work, study, family reunification, etc.).

- **Cost of Living:** Compare costs in terms of accommodation, groceries, transportation, and healthcare.

- **Language Skills:** If needed, take language courses or improve your proficiency in the language of the country.

2. Secure a Job or Study Opportunity

- **Work:** If you're moving for work, ensure you have a job lined up and that your employer is aware of the

Conclusion

Expatriating is a major decision that requires careful planning and consideration. If you're considering this move due to dissatisfaction with the political environment, it's essential to weigh the practical aspects—like immigration policies, cultural integration, financial planning, and emotional adjustment—before making your decision. There's no one-size-fits-all answer, but with proper research and preparation, expatriation can be a viable option for those seeking a better future.

necessary visa processes.

- **Study:** Apply to schools or universities, and secure a student visa if applicable.

- **Freelance or Remote Work:** If you plan to work remotely, verify that you're allowed to do so in the country you're moving to.

3. Apply for a Visa

- Submit your visa application based on the type of visa you're applying for (work, student, family, etc.).

- Be aware of timelines, required documents, and any interviews or additional steps in the process.

4. Sort Out Accommodations

- Research neighborhoods and secure temporary accommodation (if necessary) before you arrive.

- Consider options like renting an apartment, staying in shared housing, or using short-term rentals.

5. Prepare Your Finances

- **Bank Accounts:** Open an international or local bank account for easy access to your money.

- Tax Considerations: Understand how your move will affect your taxes both in your home country and the destination country.

- Currency: Familiarize yourself with the local currency and exchange rates, and consider setting up a currency transfer service for moving funds.

6. Healthcare & Insurance

- Health Insurance: Ensure you have valid health insurance that covers you in the new country, or check if you need to apply for local coverage.

- Medications: If you're on any prescription medications, make sure you bring enough or can obtain them abroad.

7. Pack and Prepare

- Sort Your Belongings: Decide what you're taking with you, selling, or storing. International shipping can be expensive, so streamline what you bring.

- Documents: Prepare important documents (passport, visa, employment/student letters, birth certificate, etc.) and make copies.

- Electrical Adapters: Ensure you have the proper adapters or converters for your electronic devices.

- Home Country Affairs: Notify relevant authorities (banks, insurance, etc.) of your move, and ensure your address and contact information are updated.

8. Settle Legal & Administrative Matters

- Tax Implications: Investigate whether you'll still owe taxes in your home country or need to file any forms after your move.

- Banking & Credit: Ensure your home country credit cards and bank accounts will work abroad, or set up new accounts for international use.

- Driver's License: Check if you can drive with your current license or if you need to exchange it for a local one.

9. Travel to Your New Country

- Flights: Book your flight and keep an eye on travel restrictions, quarantine requirements, or health protocols.

- Arrival: Upon arrival, ensure you know how to get to your accommodation and have the necessary local

currency for immediate expenses.

10. Settle In

- Register with Local Authorities: Depending on the country, you may need to register with the local police or government office.

- Cultural Adjustment: Embrace the local culture and customs. Take the time to explore and connect with locals and other expats.

- Network: Join local expat groups, attend meet-ups, and seek out social and professional opportunities.

- Local Transportation: Learn about public transportation or how to obtain a driver's license if you plan to drive.

11. Keep Your Support System

- Stay in touch with family and friends back home through video calls, social media, and messaging apps.

- Consider setting up a regular schedule for communication to maintain connections.

By following these steps and staying organized, your transition to living abroad can be a smoother and more successful experience.

Above all RESEARCH, RESEARCH, RESEARCH
Good luck

DiscoveringOurselves.com our ebook that helps families and solo travelers to relocate! We did it with 6 of us (2 under 2) and learned from all the hiccups to help the next family! Please do yourselves send and save yourselves some time!

From our Presenter Kimberland Jackson

www.findingpeaceabroad.com
www.kimberlandjackson.com
www.mindingmyblackassbusiness.com
www.wehealthatshit.com

Social Spaces:

www.youtube.com/@mindingmyblackassbusiness
www.youtube.com/@healthatshit
www.instagram.com/mindingmyblackassbusiness
www.instagram.com/kimberlandj

Discover Your Destiny Life Coaching Program

<https://www.kimberlandjackson.com/discover-your-destiny>
Coupon Code: BWLA (gives price of \$500 for group coaching program until midnight 12/1/24)

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**YouTube Channels**

Picky girl travels the world: <https://www.youtube.com/@AdaliaAborisade>  
Mexico relocation guide: <https://www.youtube.com/@MexicoRelocationGuide>  
Panama: [https://www.youtube.com/results?search\\_query=panama+relocation+guide](https://www.youtube.com/results?search_query=panama+relocation+guide)  
Rashida's Dowe: <https://www.youtube.com/@Roshida>  
Stephanie Perry: <https://www.youtube.com/@StephaniePerry>  
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Blaxit Global: <https://www.youtube.com/@BlaxitGlobal>  
Almost retired in Mexico: <https://www.youtube.com/@AlmostRetiredinMexico>

**Other information:**

[Whichcountrytomoveto.com](http://Whichcountrytomoveto.com)  
Susi Macdonald, Realtor in Mexico: <https://www.susimacdonald.com/home>  
Black Women Living Abroad FB group: <https://www.facebook.com/groups/2781494235413543>