

# The Plan B Blueprint: Exit Essentials

*Your foundational guide to researching, planning, and executing a realistic move abroad—without the hype.*

---

**\*Disclaimer:**

*This guide is for educational and informational purposes only. It does not constitute legal, tax, financial, medical, or immigration advice. Always consult with qualified professionals and official government sources before making international relocation decisions.*



# Introduction & the Mindset Shift

---

## Welcome to Your Plan B

If you are reading this, you are part of a quiet, growing movement. You aren't looking for a permanent vacation, and you aren't making a dramatic political statement. You are simply looking at the math, the stress levels, and the trajectory of daily life, and asking: "Is there a better way?"

At Informed Exit, our philosophy is simple: **A Plan B is about reducing risk, not running away.**

Wealthy individuals have always diversified their assets—holding multiple bank accounts, varied investments, and often, multiple residencies. Today, the middle class is realizing they can diversify their lives. Having a passport, a residency in a more affordable country, or just a fully researched exit plan means you are building options.

This guide contains the core frameworks from our video, The Quiet Exodus, plus exclusive bonuses, checklists, and self-assessments to help you take your very first steps safely and logically.

# The 3 Global Hubs (Where Are They Going?)

---

When Americans look abroad, they generally filter into three main regions based on their priorities. Here is the breakdown of what each region offers:

## 1. Latin America (Mexico, Costa Rica, Panama, Colombia)

- **Best For:** Families, Retirees, and those needing U.S. time zones.
- **The Draw:** Proximity to the U.S. (short, direct flights back to family), warm climates, highly affordable private healthcare in major hubs, and a deeply family-centric culture.
- **The Tradeoffs:** Infrastructure (roads, power grids) can be inconsistent outside of major cities; bureaucracy can be slow.

## 2. Southern Europe (Portugal, Spain, Italy)

- **Best For:** Retirees, Digital Nomads, and those seeking a slower pace.
- **The Draw:** World-class infrastructure, extreme safety, walkability, rich history, and excellent public transit. It offers a highly civilized, slower-paced lifestyle.
- **The Tradeoffs:** Higher taxes (depending on the visa), a higher cost of living compared to LatAm/Asia, and complex, ever-changing immigration rules.

## 3. Southeast Asia (Malaysia, Thailand, Vietnam)

- **Best For:** Remote Workers, Entrepreneurs, and Geographic Arbitrage.
- **The Draw:** Maximum value for the U.S. dollar. You can afford a luxury lifestyle (high-end condos, eating out daily, domestic help) for a fraction of U.S. costs.
- **The Tradeoffs:** Drastic time zone differences (difficult for U.S. corporate jobs), long/expensive flights back home, and intense heat/humidity.

# The Reality Check (Mistakes to Avoid)

---

YouTube is full of influencers selling the "expat dream." But treating a massive life transition like a two-week vacation is the fastest way to fail.

Avoid these critical traps:

- **The "Burn the Boats" Mistake:** Selling your U.S. home, cars, and shipping all your furniture before you've lived in the new country for at least a year. Always rent first.
- **The Vacation Illusion:** Judging a country by how it feels when you are drinking margaritas on the beach, rather than how it feels when you are trying to set up a bank account or fix your Wi-Fi.
- **The Expat Bubble:** Moving abroad only to surround yourself exclusively with other Americans. This leads to isolation, prevents language learning, and often results in moving back home within two years.
- **Ignoring the Tax Man:** The U.S. taxes based on citizenship, not residency. Moving abroad does not automatically erase your U.S. tax obligations.

# BONUS 1: The 30–90 Day Trial Move Checklist

---

The single most important step you can take is the **Trial Move**. Do not commit to a country until you have completed this checklist on the ground.

## Housing & Daily Life

- Rent an apartment/Airbnb in a *normal residential neighborhood* (not a resort).
- Do a full week of grocery shopping at the local market (track the exact costs).
- Navigate the public transit system or rent a car to test the driving culture.
- Test the Wi-Fi speeds during your normal working hours.
- Figure out how to pay a local utility bill or top-up a local SIM card.

## Health & Safety

- Visit a local private clinic or hospital. Ask for a tour and a price list for basic services.
- Locate the nearest 24-hour pharmacy and see if your regular prescriptions are available (and what they cost).
- Walk around your neighborhood at night to gauge your personal comfort and safety level.

## Community & Culture

- Attend a local expat meetup AND a local community event.
- Try to resolve a minor administrative issue (e.g., mailing a package at the post office) to test your patience with local bureaucracy.

# BONUS 2: Visa Category Cheat Sheet

---

*Disclaimer: Immigration laws change constantly. This is a high-level overview for research purposes only. Always verify current requirements with the official consulate of your target country.*

## **1. The Tourist Visa (The Starting Point)**

- *What it is:* Standard entry for 90 to 180 days (depending on the country).
- *Best for:* Your Trial Move. You generally cannot work locally or access public healthcare on this visa.

## **2. The Retirement / Passive Income Visa (e.g., D7 in Portugal, Non-Lucrative in Spain, Pensionado in Panama)**

- *What it is:* Residency granted by proving you have a guaranteed monthly income (Social Security, pensions, rental income, dividends) that meets their minimum threshold.
- *Best for:* Retirees and financially independent individuals.

## **3. The Digital Nomad Visa (e.g., Spain, Costa Rica, Malaysia)**

- *What it is:* A newer category allowing remote workers to live in the country legally while earning income from a foreign employer or business.
- *Best for:* Remote workers and online entrepreneurs. Often requires proof of a minimum monthly salary.

## **4. The Golden Visa (Investment Visa)**

- *What it is:* Residency (and sometimes a path to citizenship) granted in exchange for a significant financial investment in the country (real estate, business creation, or capital transfer).
- *Best for:* High-net-worth individuals looking for a fast-tracked Plan B.

# BONUS 3: The "Plan B" Readiness Assessment

---

Before you spend another hour researching countries, sit down with your partner or family and answer these questions honestly.

1. **Are we running *from* something, or running to something?** (If you are only running *from* U.S. politics or stress, you will likely be unhappy abroad. You must have a genuine interest in the culture you are moving to).
2. **What is our absolute, non-negotiable dealbreaker?** (e.g., "We must be within a 4-hour flight of our grandkids," or "We must have English-speaking doctors.")
3. **How do we handle inefficiency and lack of control?** (If a delayed Amazon package ruins your day in the U.S., how will you handle a 3-week wait for an internet installation abroad?)
4. **What is our actual, realistic monthly budget?** (Include hidden costs: travel back to the U.S., private health insurance, and international school fees if applicable).
5. **If we move and absolutely hate it after one year, what is our exit strategy to return home safely?**

## BONUS 4: Trusted Research Resources

---

Stop relying on social media influencers for facts. Use these tools to gather real data:

- **Numbeo.com:** The world's largest cost-of-living database. Use it to compare the cost of groceries, rent, and utilities between your current city and your target city.
- **NomadList.com:** Excellent for digital nomads to check internet speeds, safety ratings, and community vibes in thousands of cities globally.
- **The U.S. State Department (travel.state.gov):** For objective safety advisories and entry requirements.
- **Official Embassy Websites:** Never trust a blog for visa requirements. Always go directly to the official government consulate website of the country you wish to move to.

# What's Your Next Step?

---

Now that you understand the mindset, the regions, and the mistakes to avoid, it's time to look at the actual math.

If you're ready to take the next step in your relocation journey, head back to the [Informed Exit YouTube channel](#) and catch our latest video.

**Stay Informed. Plan Calmly.** Subscribe to our channel for weekly, evidence-based relocation guides.

***Disclaimer:** This guide is for educational and informational purposes only. It does not constitute legal, tax, financial, medical, or immigration advice. Always consult with qualified professionals and official government sources before making international relocation decisions.*