

LIFE IN ARMENIA

FOR DIGITAL NOMAD FAMILIES



YEREVAN
WINE DAYS

WELCOME TO
CRADLE OF
WINEMAKING

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APRIL, 15TH 2026 | NO. 36 | LIFE IN ARMENIA

WELCOME TO ARMENIA
FROM THE TOURISM COMMITTEE OF ARMENIA

**A NEW FORM OF ACCESSIBLE
EDUCATION IN ARMENIA**
A DAY IN THE LIFE OF 10TH GRADE HIGH
SCHOOL STUDENTS AT ACT COLLEGE

ARMENIA'S AIR CONNECTIVITY IN 2026
YOUR GUIDE TO TRAVELING BETWEEN ARMENIA
AND GLOBAL NOMAD HOTSPOTS

THE PRICE OF WATER
WATER IS NOT CHEAP,
IT IS PRICELESS

ARMENIA
THE BRIDGE IN A DISRUPTED WORLD

**PUTTING ARMENIAN FOOD
ON THE GLOBAL MAP**
ARMENIA'S BID TO BECOME
A WORLD REGION OF GASTRONOMY

THE DIGITAL NOMAD'S HEALTH HANDBOOK
A GUIDE TO YEREVAN'S BEST ENGLISH-SPEAKING
CLINICS FOR DIGITAL NOMAD FAMILIES

WHERE TO GET A ROOM WITH HISTORY
A REMOTE WORK RETREAT IN ARMENIA'S
INDUSTRIAL HEARTLAND



MATHEW ZEIN

EDITOR'S LETTER

Welcome to a new chapter of Life in Armenia. Since day one, we've done everything we can to capture the soul of this country through print. This July, we are taking that mission to the airwaves with our brand-new podcast.

Life in Armenia: The Podcast will explore the country through the eyes of those who chose to call it home. From parents and professionals to the unique perspectives of teenagers and children, our guests share their authentic journeys. We'll dive deep into the undeniable charms, the unexpected challenges, and everything in between.

The magazine isn't going anywhere, but this podcast is a new way to share the same stories you love. Stay tuned for what's coming next!

Mathew Zein



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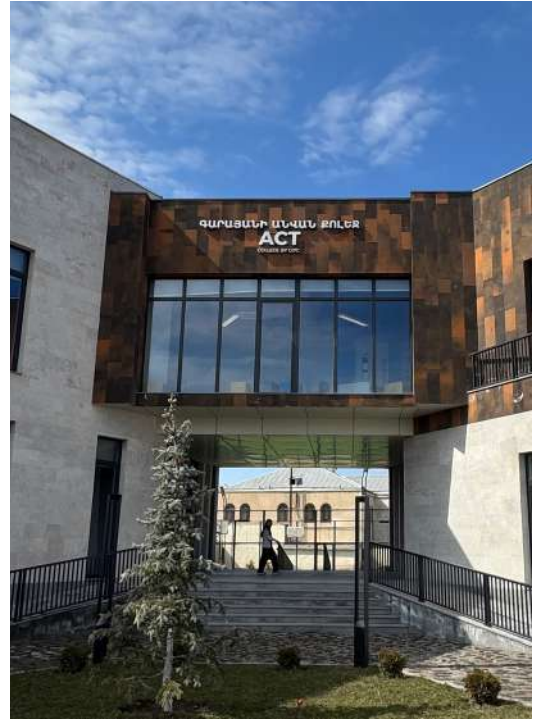
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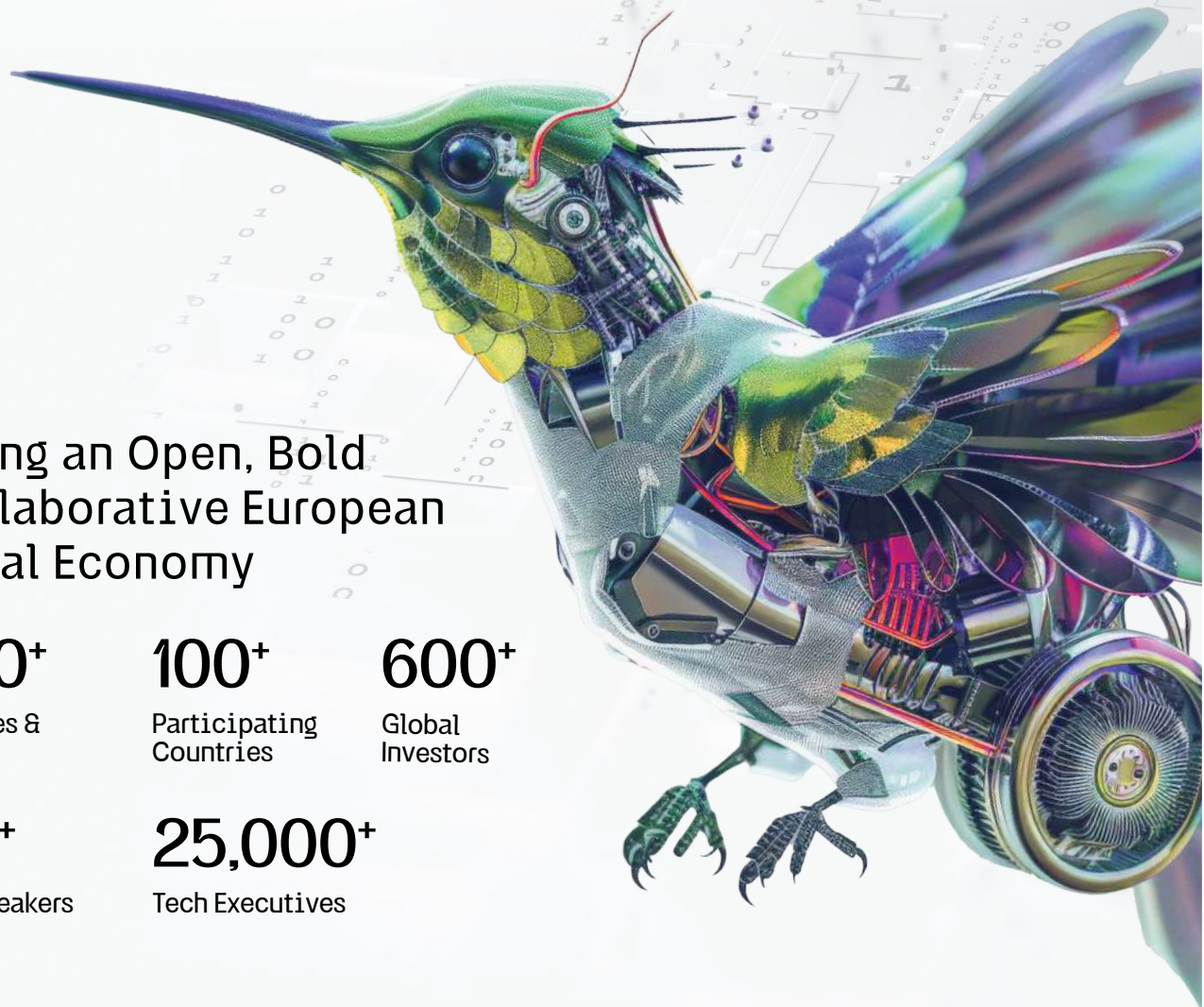
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A PERSONAL WELCOME LETTER

FROM THE TOURISM COMMITTEE OF ARMENIA



**LUSINE
GEVORGYAN**

Chairperson of the Tourism Committee
of the Ministry of Economy of the
Republic of Armenia



A PERSONAL WELCOME LETTER FROM THE TOURISM COMMITTEE OF ARMENIA

A Personal Welcome from Lusine Gevorgyan,
Chairperson of the Tourism Committee of the
Ministry of Economy of the Republic
of Armenia

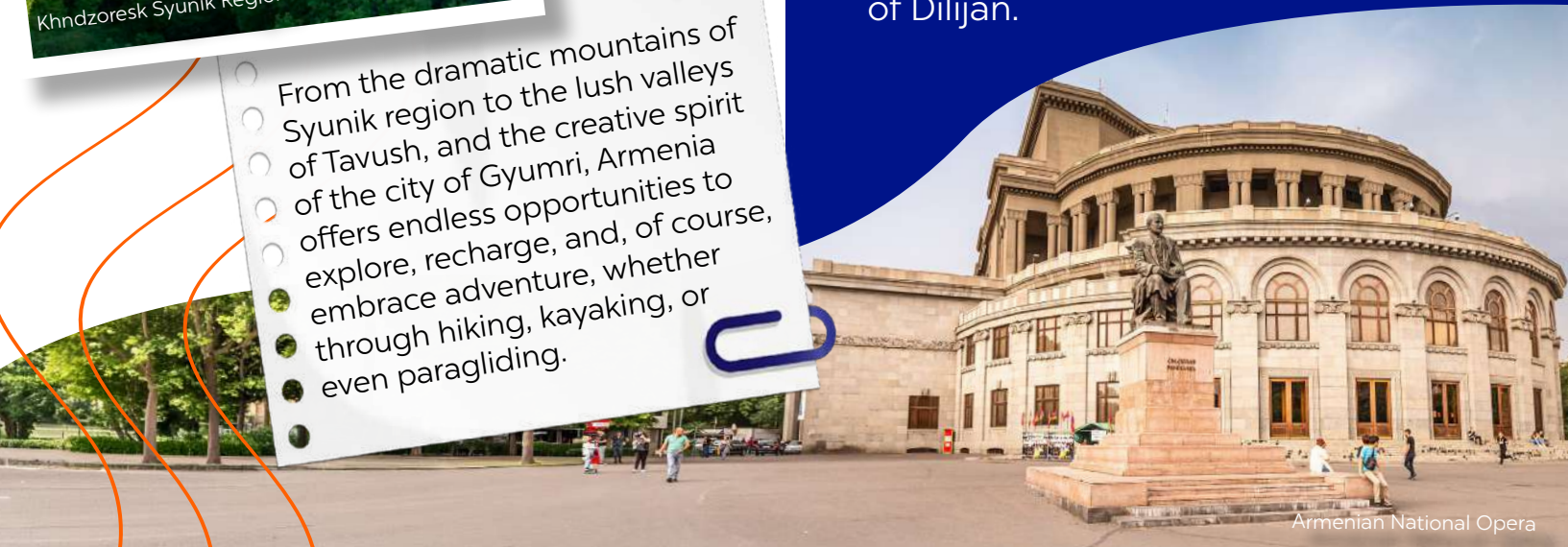
It is my great pleasure, on behalf of
the Tourism Committee of Armenia,
to warmly welcome the readers of
Life in Armenia - innovators, creators,
entrepreneurs, and digital
nomads exploring
your next
destination.



From the dramatic mountains of
Syunik region to the lush valleys
of Tavush, and the creative spirit
of the city of Gyumri, Armenia
offers endless opportunities to
explore, recharge, and, of course,
embrace adventure, whether
through hiking, kayaking, or
even paragliding.



Armenia is a place where work and
discovery go hand in hand, and
where no two days are ever the same.
You might start your day in a café
in Yerevan, a vibrant, walkable city
with a growing creative and tech
scene. By afternoon, you can find
yourself in the spa town of Jermuk,
the vineyards of Areni (home to the world's
oldest known winery) or the forested
landscapes
of Dilijan.





This is also a country to be savored. Armenia's rich culinary traditions, from ghapama to delicious tolma, paired with distinctive wines from our five unique wine regions, world-renowned brandy, and genuine hospitality, transform every meal into a truly memorable experience.

Combined with reliable infrastructure, a growing network of co-working spaces, and a high quality of life, Armenia offers an ideal balance for remote work and meaningful living.



TOURISM COMMITTEE
MINISTRY OF ECONOMY OF
THE REPUBLIC OF ARMENIA

ARMENIA
The Hidden
Track



We invite you to come, work, explore, and discover Armenia for yourself.

Բարի գալուստ Հայաստան - Welcome to Armenia

A NEW FORM OF ACCESSIBLE
EDUCATION IN ARMENIA

A DAY IN THE LIFE OF 10TH GRADE HIGH SCHOOL STUDENTS AT ACT COLLEGE



**MATHEW
ZEIN**

EDITOR IN CHIEF

INTERVIEWING

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HARUTYUNYAN**

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**NAREK
MKRTCHYAN**

Engineering and Manufacturing Student

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HAYRAPETYAN**

Engineering and Manufacturing Student

**EMIL
YAVRUMYAN**

Computer Science Student

**MERY
BASMAJYAN**

Computer Science Student



A NEW FORM OF ACCESSIBLE EDUCATION IN ARMENIA A DAY IN THE LIFE OF 10TH GRADE HIGH SCHOOL STUDENTS AT ACT COLLEGE

ACT College, the College of Creative Technologies, opened in 2025 in Armenia. It offers three specializations: computer science, engineering and manufacturing, and digital art. Students enter after 9th grade, which means choosing this path at fifteen. Last month, while touring ACT College to cover their new approach to education in Armenia, I asked for the chance to meet with the students directly. I wanted to hear about the experience from those who live it every day. Little did I know that was only the start of the journey ahead. One thing quickly led to another; keep reading, because the best is yet to come.



One week later, the head of the students council arranged the meeting with a group of eight 10th graders. I wasn't sure if the students would be too shy to speak comfortably in English, so I brought a local reporter along to interpret and keep the conversation flowing. But when they **started answering my questions in fluent, confident English, jumping in, building on each**

other's points, and even cracking jokes, I had to stop for a second. These are fifteen and sixteen year olds! In Armenia!

Honestly, I didn't find my voice until my 30s. It took a degree in journalism, a few years of reporting for different media outlets, and a trek around the world to build the confidence I have today. These kids seem to have it all figured out, despite being half my age!

So, I started with a simple question: where did you learn English? And yes, some had private tutors. **But most of them? They taught themselves.** Through YouTube, gaming, TV shows, podcasts. One student switched his entire internet language from Russian to English and just committed to it. Another started reading books in English in fifth grade. One credited Eurovision, of all things.

The point is, these kids did not wait for the system to teach them. They went and figured it out. These are students with initiative, kids who, at eleven or twelve, were already making independent decisions about their own education.

I asked the students what changed after they joined ACT College, and one of them, I loved his honesty, **told me he used to be the laziest person in his class in previous years.** His words, not mine. He did not care about homework. He did not try. And then he came to ACT, and his grades went up. His effort went up. When I asked why, "In the previous school, it did not matter if you did the homework or not. You just pass and whatever. Here, it actually matters."

The other students all assured me of the same thing. ACT rewards engagement, notices when you show up, and **even gives monthly recognition to students who put in the work.** When you are fifteen, that kind of feedback loop changes everything. As they shared stories from their previous schools, almost all of them admitted they **used to be the regulars, the ones who never stood in the spotlight.**

These students weren't exceptional in their previous schools. ACT College created conditions where **ordinary students start performing like exceptional ones.**



A digital art student described it differently but landed in the same place. She said: “We are learning to be creative. We’re forced to be creative.” I love that word, forced. She does not mean it negatively. She means that at ACT, [creative thinking is the baseline expectation](#). For students coming from traditional Armenian classrooms built around memorization, being told that your ideas matter, and that you have to express them, that is a seismic shift.

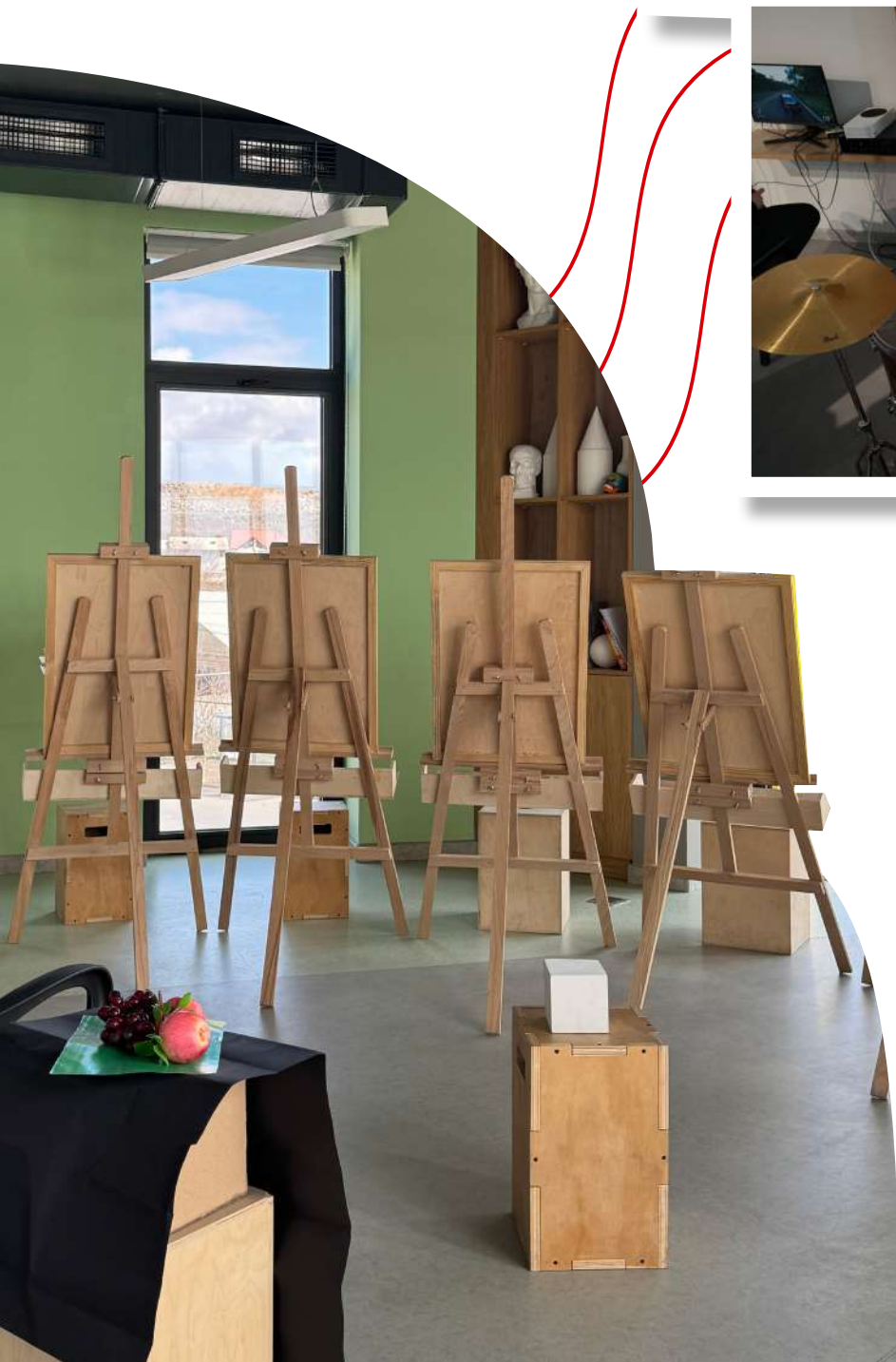
I asked the group to describe their relationship with their teachers in just a few words. [The word “safe” came up from all students](#) when describing their relationship with the teachers. Other words were friendly, comfortable, open, no wall between you and the teacher.

Then one student said it all: “I can go talk to someone who is not even teaching us. And you’re getting treated as if you’re their friend.” She gave a specific example, going to a teacher outside her department with a problem, and always being heard. Another student described a technical issue coming up, and this teacher said: “Sit here. I will come back in five minutes.” Five minutes later, everything is fixed. [They play football and chess against their teachers. Monthly tournaments. Board games after school.](#)

By the way, one thing worthy of mentioning is that every single student in that room stays after school. I asked why, assuming the answer would be extra studying. It was not! They stay to hang out, talk with friends, play games, [spend time with teachers who make themselves available after the school day ends](#). Extension classes run after 3 PM that anyone can join.



Teachers sit with you one-on-one if you need to catch up. One student then said the school's goal, as communicated by the administration, is to make students so well-prepared during school hours that they will never need private tutoring outside. And that next year, ACT will offer free preparation for international English exams. Free. In Armenia



Almost all the students in the group want to go to university after ACT, and almost all of them are aiming for international scholarships. One student had a different plan: skip university, start working remotely, and travel. When I heard that from a teenager in Armenia, I smiled; he's becoming a fellow digital nomad! That kind of confidence in an alternative path is new here.

And that might be the biggest thing ACT is doing that does not show up in any curriculum, **showing these students that there is more than one acceptable way to build a life.** You can study digital art and learn to paint on real canvases before you ever open Photoshop. You can follow your father's welding into a proper engineering program. You can teach yourself to code at eleven and finally find a school that takes that seriously. You can be the kid who saw an opening ceremony on Facebook and called to ask if there was room.

This is something Armenia has needed for a long time. A school that makes students believe they are worth educating. ACT has not yet graduated its first class. But if these 10th graders are any indication, **the wait will be worth it.**

At the end, I asked to schedule an interview with a group of teachers at ACT College to understand where they're coming from and what makes them engage with students on this level. Interviewing the teachers went also above and beyond and this is what you'll read about in the upcoming issue of the magazine.





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ARMENIA

THE BRIDGE IN A DISRUPTED WORLD

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The global trade map is being redrawn right now. Wars, sanctions, and blocked corridors are forcing businesses across the region to find new routes, new partners, and new alternatives. Armenia is becoming one of the most important answers to that question. Armenia offers a stable, neutral, and fully operational trade corridor in one of the world's most disrupted regions.

Goods still move here. Deals still get done. The freight forwarders, customs brokers, logistics operators, and trade companies that make that possible are all coming together in one place this July. eLogi Fest 2026





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ARMENIA'S AIR CONNECTIVITY IN 2026

YOUR GUIDE TO TRAVELING BETWEEN ARMENIA AND GLOBAL NOMAD HOTSPOTS



**MATHEW
ZEIN**

EDITOR IN CHIEF

ARMENIA'S AIR CONNECTIVITY IN 2026 YOUR GUIDE TO TRAVELING BETWEEN ARMENIA AND GLOBAL NOMAD HOTSPOTS

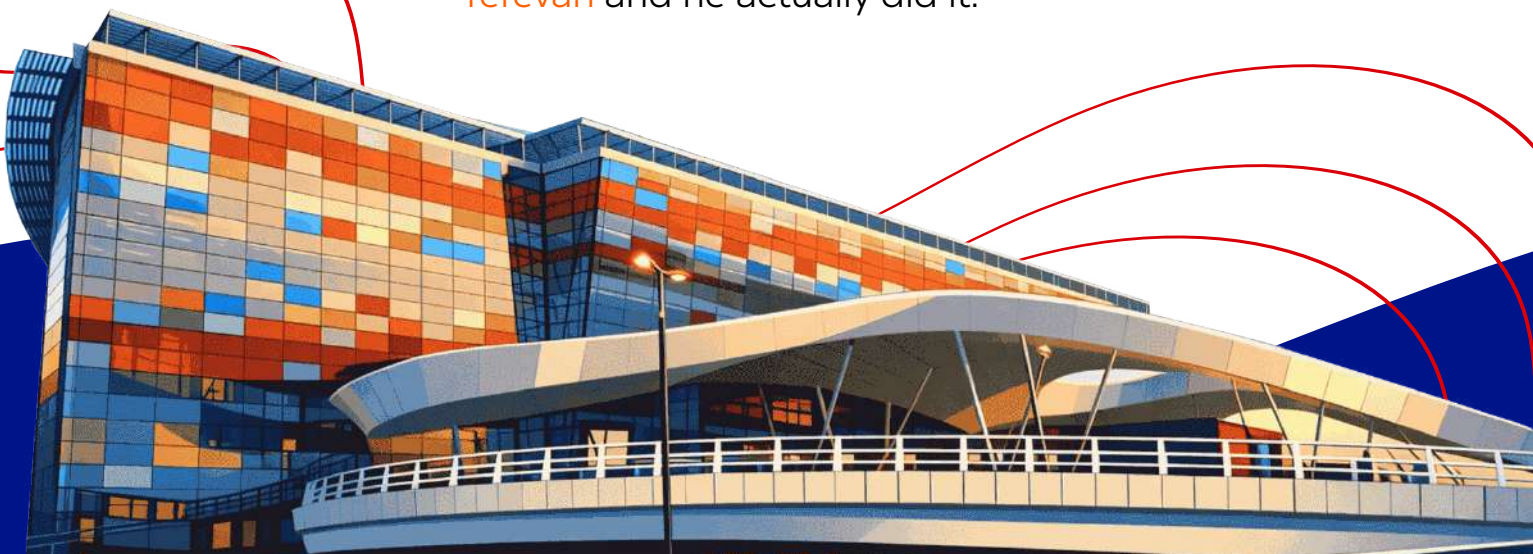
I was in Armenia years before Zvartnots International Airport (EVN) began its transformation into a flight hub. As of early 2026, Yerevan connects to 76 airports across 32 countries through 38 airlines and new routes seem to be announced almost monthly. If you're a digital nomad thinking about basing yourself here for a while, you need the ground truth on how easy it is to get around. As an ex-nomad who based himself in Armenia and still travels around, here is my take on the recent connections.

Armenia is Not a Cul-de-Sac

The biggest mindset shift for digital nomads landing in Armenia is **realizing you're no longer at the end of the line**. In many of my conversations with Western digital nomads, Yerevan is seen as a final destination, a place you visit and then backtrack from. But that's no longer the case!

To the West, you have multiple direct hops into major European transit hubs that put you in the EU in less time than it takes to watch a movie. For example, **Wizz Air alone connects Yerevan to 18 European cities in 10 different countries**; they're scaling up even further this year by basing a 3rd aircraft in Yerevan and increasing flight frequencies. London is an upcoming destination for Wizz Air, with a new direct route from Yerevan (EVN) to London Luton (LTN) launching this June. Paul Vatisas, my British co-founder at Nomad Armenia, travels here monthly; these new flights will completely change the game for him.

Last year, an Italian friend of mine, a nomad who's lived here for nearly 10 years, joked that he could **have dinner with his mom in Milan for the price of a fancy meal in Yerevan** and he actually did it.



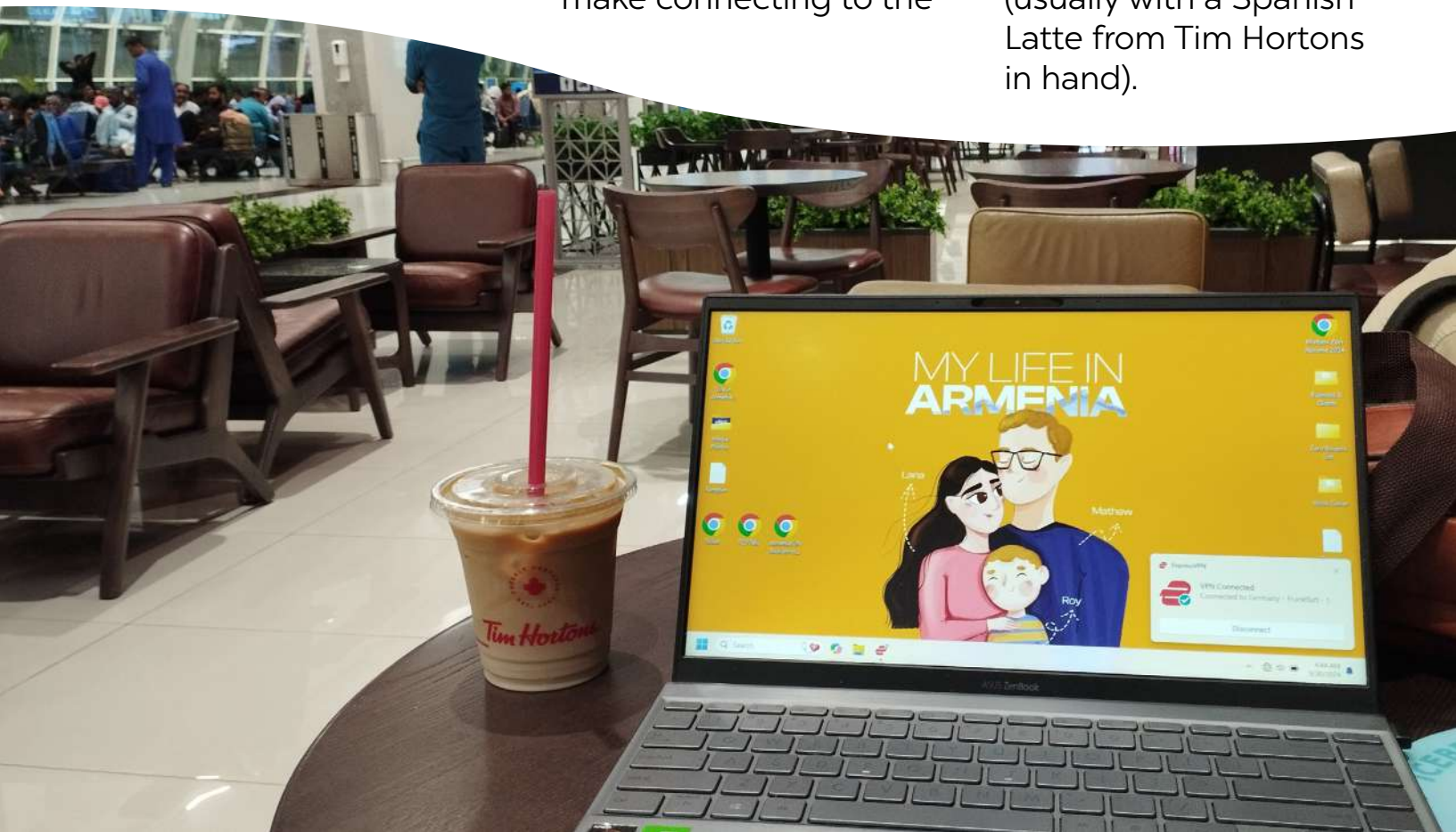
It cost him about \$60 to get home to his family, and he was back in Armenia over the weekend just to prove a point. Another story I can't but bring up is **a friend from Seattle who recently relocated to Yerevan with her husband and kids**. She negotiated a unique remote-work arrangement with her US employer to remotely from Armenia full-time and spend one day a week at the company's office in Italy. Thanks to her US-level salary and Armenia's reliable connectivity, **the weekly commute to Italy is a small price to pay for the lifestyle she's built here**.

If you're eyeing Southeast Asia or Africa, you can utilize the "Gulf Cheat Code" by **taking a quick leg to Dubai or Doha**, placing you one stop away from virtually any city on the planet. I know this isn't the best time to bring this up given the current regional situation; however, sooner or later, the Gulf airports will return to normal operations.

Honestly, this is my favorite way to travel; the flight between Armenia and the UAE is barely 3 hours. I'm constantly on Air Arabia or flydubai because they make connecting to the

rest of the world so easy. If you're a nomad who moves between Armenia and Asia, learn to love the Gulf connection. Yerevan to Dubai or Doha is roughly three hours, and from either hub you can reach Bangkok, Bali, Kuala Lumpur, or most of East Africa with a single connection. Total travel time to Southeast Asia is often under 12 hours.

On a personal note, I actually prefer SHJ over DXB whenever possible. It reminds me of the airport in Yerevan; **small, functional, and easy to navigate** (usually with a Spanish Latte from Tim Hortons in hand).



But of course, when you need maximum connectivity, Dubai is still the move. By the way, FlyOne Armenia operates direct flights

between Yerevan (EVN) and Dubai (DXB) a few times a week but I haven't tried it yet.



Armenia Has Seasons

Summer is the peak season in Armenia. The Armenian diaspora comes home, tourists flood in, and seat availability drops while prices spike, especially July and August. If you have flexibility, the shoulder months (May, early June, September, October) give you the same weather with better fares and availability. Truth be told, **my parents would choose October over any other season in Armenia.** There's nothing like witnessing the magnificent colors of the fall here.

Winter is the opposite game. Fewer routes operate year-round, but the ones that do are often cheap. If your travel needs are flexible, winter is when you'll find the best deals out of Yerevan. Book popular routes early for summer; the largest Armenian carrier fills up fast on competitive routes, and waiting until June to book a July flight is a mistake you only make once.





10
Yerevan
Wine Days

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“ TO LIFE IN ARMENIA READERS ”

There was a time, not so long ago, when my bags were almost packed. I wasn't looking at event maps or wine lists; I was looking at maps of Nepal. I was ready to trade the complexity of Armenia for the silence of Everest Base Camp, convinced that my path lay somewhere far away from here.

But a question kept pulling me back. It wasn't a romantic question, but a practical, stubborn one: Why, despite everything this country has, are people not choosing it more often? Armenia had it all: history, culture, wine, and identity. On paper, it was perfect. And yet, attention does not automatically turn into movement. People weren't deciding to come. It became clear to me that the issue wasn't what Armenia had, but what was missing: a reason to be here at a specific moment.

This is where Nune Manukyan, my future co-partner, came in. We were an unlikely match. Nune had this unshakable, almost wild intuition that our city streets needed to breathe and celebrate through a collective urban festival. I, on the other hand, was looking at the situation through the lens of a legal mind obsessed with sustainability. I wasn't just thinking about a one-time event; I was thinking about whether we could build a financially viable, independent system.



At that time, festivals in Armenia were mostly seen as cultural activities dependent on external support. There was no model connecting them to tourism demand or business ecosystems. So, instead of competing in an existing field, we decided to create a space that did not yet exist in the entire region, a “blue ocean” where we weren’t comparing ourselves to others, but defining the format ourselves.



What I attempted to do, at times against all expectations, was to build the financial and structural logic of that space. For me, financial independence was essential. I didn’t want our vision to be redefined by outside priorities. While I built the “invisible bones” of the system, Nune worked tirelessly with the government to show them that Armenia didn’t just need a festival, it needed this type of sustainable model.

The results weren’t guaranteed, and they didn’t come immediately. But between 2018 and 2019, something shifted. People stopped “stumbling” upon the event by chance; they began to plan their entire trips around it. At that moment, I knew we had moved beyond organizing a festival. We had created a reason to travel.



This confirmed a belief that guides everything I do: People do not travel just because a place exists. They travel because there is a reason to be there.

Armenia is still being written. It isn't a finished book; it's a conversation that is just getting started. For those of you who move between borders, searching for a place that still has room for your dreams, Armenia offers a rare privilege: the chance to be part of the "before," a place not yet reduced to a single, fixed narrative.

I didn't go to Nepal that year. I stayed. And if you're curious about how a woman who was ready to leave it all for the Himalayas ended up finding her summit on the streets of Yerevan, I hope to share that story with you in my next letter.

Mary Badalyan, Co-creator of Yerevan Wine Days



PUTTING ARMENIAN FOOD ON THE GLOBAL MAP

ARMENIA'S BID TO BECOME A WORLD REGION OF GASTRONOMY



**MATHEW
ZEIN**

EDITOR IN CHIEF

PUTTING ARMENIAN FOOD ON THE GLOBAL MAP ARMENIA'S BID TO BECOME A WORLD REGION OF GASTRONOMY

“Where did all of this come from?” That was the only thing Lana and I could say as we sat down for our first Armenian breakfast on Tumanyan Street in Yerevan nine years ago. **To be honest, we had no expectations,** maybe some eggs or a few local bites. I asked the waiter to bring us the best he has and he certainly delivered.

Over 15 dishes crowded the table. To name just a few, we had several types of omelets (with sujuk, basturma, and mushroom) alongside a large collection of Armenian cheeses and fresh mountain greens. He also brought “zhingyalov hats” which is a thin flatbread stuffed with every herb and green imaginable, then baked over a wood fire. On top of all was “rejan” with honey, which is a mysterious, creamy middle ground between cheese and butter you simply can’t find anywhere else.

I have lived here since 2018, and I still get that same reaction every time someone visits me and I take them to eat. Last year, we had digital nomad influencers from the US and Europe visiting to evaluate Armenia as an emerging digital nomad destination. I took them to that very restaurant on their first day. That look of pure shock never fails to get me; they fell for it just as we did, and they all had the exact same question: **“Where did all of this come from?”**





You see where I'm going with this, but here's the catch: **Why did I have to actually be in Armenia to learn about this food?** How had I never heard or read about it before, despite being a regular traveller for years?



Food in many other countries is a tourist attraction. You walk through Istanbul and you cannot escape the Turkish breakfast with its fifteen little plates, the cheeses, the olives, the honey dripping over kaymak, the tea that never stops coming. It has become one of Turkey's most powerful tourism brands. Georgia did the same thing with "khachapuri and khinkali" that are now on every "best food destinations" list on the internet. Lebanon turned "mezze" into a global word. Peru built an entire tourism identity around "ceviche" and the restaurants of Lima.



And then there is Armenia. The food was always here. It was always remarkable. **What was missing was anyone putting a frame around it and saying: look at this.** Things are changing, though. Armenian cuisine has been trending lately thanks to a mix of public and private initiatives. And recently, a new development made its way into tourism headlines, **though many might have missed it if they aren't in the industry.**



In February 2026, Armenia officially joined the [World Region of Gastronomy Platform](#) as a candidate for the 2028 Award, **the first country in the Caucasus to do so**. The platform is run by IGCAT, a non-profit that has been working since 2012 with regions around the world to use food as a tool for cultural preservation, education, tourism, and community development.



For context, this is an international framework that recognizes places where gastronomy connects to land, to economy, to identity, to people. The candidacy was formalized on December 5, 2025, when a stakeholder committee signed a Memorandum of Understanding. Armenia now sits alongside Catalonia, Manabí in Ecuador, and Jeddah-Taif in Saudi Arabia on the global platform. Based on my personal experience with these cuisines, **it's going to be a tough competition but Armenia has a high chance of winning.**



When I read the candidacy news, my first thought was: Finally. My second thought was: Who made this happen? When I looked at the key partners behind the candidacy, one name was [Green Rock Foundation](#). **Ok, then I'm not surprised. I know these guys and know how they think.** If you have been following what has been happening in Dilijan over the past couple of years, this will not surprise you. If you have not, let me connect the dots for you. Green Rock Foundation is the non-profit arm of Green Rock, an organization **based in Dilijan with an investment portfolio of \$160 million in hospitality projects.**



In September 2025, they opened [Apicius Armenia](#), an international hospitality school created in partnership with Apicius Florence, one of Italy's first hospitality schools. A town of around 17,000 people in the mountains of Tavush now has **an internationally accredited culinary school with Italian faculty**. Students spend their first year in Dilijan, their second in Florence. Full scholarships are available for Dilijan residents. The school also runs cooking and wine workshops for tourists and locals.

Then there's [Meet Dilijan](#), a tourism platform that earned the MICE Excellence Award and was presented at the International Conference on Tourism Standards in Tbilisi, where Green Rock signed a cooperation agreement with the Georgian Tourism Association. Meet Dilijan is a member of the GSTC and Destination International. Most importantly, Dilijan has been nominated to [World Travel Awards](#) through Meet Dilijan.



Add the Regional Tourism Forum, the renovated sports complex, and the Multifunctional Complex currently in development, a 60,000 square meter project that will include a hotel, a music hall, an art park, and a campus.

So when Armenia's gastronomy candidacy was announced and Green Rock Foundation was listed as a key partner, I was not surprised. Education, tourism, infrastructure, sustainability, they all converge at the table. The candidacy gave all of it a name and a global stage. It's worthy to mention that the candidacy is not just Green Rock, of course. The Dilijan Municipality, the Tavush Destination Management Organization, the Youth Cooperation Center of Dilijan, and the Association of Restaurateurs are all part of the stakeholder network, which remains open for new partners who share this vision for Armenia's future.



For those of us living here, raising families, building businesses, working remotely from Yerevan or Dilijan or anywhere else in this country, this matters.

Because the same things that make Armenian food special are the same things that make Armenia special to live in. Armenia is building a real strategy around food. And if the 2028 candidacy goes the way it should, the world might finally understand what anyone who has ever sat at an Armenian table already knows.

And finally, people will arrive in Armenia already expecting “where did all of this come from?” when they order their first breakfast

FROM BORDEAUX TO AGHAVNADZOR

FINDING ARMENIA'S NEXT INDUSTRY IN A PILE OF GRAPE SKINS



**MATHEW
ZEIN**

EDITOR IN CHIEF



FROM BORDEAUX TO AGHAVNADZOR FINDING ARMENIA'S NEXT INDUSTRY IN A PILE OF GRAPE SKINS

An Areni Noir grape, a French woman, and a pile of “waste” behind a winery in Vayots Dzor. At first glance, they share nothing. But bear with me for a few minutes and by the end of this piece, you’ll see exactly how they’re connected.

Before we begin, I would like to credit Anoush Iskandaryan, CEO of SAROMM Grounds, for inviting me to their project site in Aghavnadzor, which led directly to this discussion and my later research.

Now, back to three things that seemingly have nothing in common.

The first is a grape. Areni Noir. It grows in the mountains of Vayots Dzor at altitudes between 1,300 and 1,800 metres, in volcanic soil from Mount Ararat’s ancient eruptions. The climate is harsh, burning days, freezing nights, about 300 days of direct sun a year. To survive, the grape has developed a thick skin.

Winemakers love this grape for what that skin does to the wine, the tannins, the colour, the notes of cherry and black pepper. But that thick skin is also packed with polyphenols, resveratrol, and antioxidants. The same compounds the wellness and skincare industries are spending billions trying to source.

Hold onto that thought for a moment ...



The second is a French woman named Mathilde Thomas. In 1993, she was at her family's vineyard in Bordeaux during harvest when a polyphenols researcher looked at the grape seeds being discarded after pressing and told her she was throwing away treasure. Grape seeds, he said, contain some of the most powerful antioxidants in the plant world.

Two years later, she launched Caudalie, a skincare brand built on grape-seed polyphenols. By 1999 she'd opened the first Vinotherapie Spa on the estate. Today Caudalie operates in over 27 countries. The entire concept of vinotherapy, using winemaking byproducts for wellness, was born from that conversation about what gets left behind after the press.

Now the picture is starting to come together ...



Photo credit
Mathilde Thomas
Co-founder of Caudalie
[www.cosmeticmag.com/
features/2015/2/mathilde-
thomas-co-founder-of-
caudalie](http://www.cosmeticmag.com/features/2015/2/mathilde-thomas-co-founder-of-caudalie)



The third is a pile of “waste” behind a winery in Vayots Dzor. I saw it a few months ago while heading to the SAROMM Grounds project in Aghavnadzor. My driver had stopped at this small winery to deliver something he picked up from Yerevan, and in a typical display of Armenian hospitality, I was offered coffee. The winemaker had just finished pressing Areni Noir, leaving behind a heap of grape marc (skins, seeds, and stems). That’s when I noticed the pile, which later led to a long conversation with Anoush when we met in Aghvanadzor.

I’m sure you’ve already guessed where I’m going with this, but I want you to stay with me ...



Upon reaching the vineyards, I sat down with Anoush for hours discussing the future of the Armenian wine wellbeing. She shared deep insights into how the Aghavnadzor project plans to utilize grape marc at a later stage.

In general, when grapes are pressed, the leftover skins, seeds, and pulp still contain high concentrations of beneficial compounds. Resveratrol, found in grape skins, is a defence molecule plants produce in response to stress and UV radiation. Research confirms it has antioxidant, anti-inflammatory, and skin-protective properties; a 2025 clinical trial in *Frontiers in Aging* found that trans-resveratrol alone improved visible signs of skin aging.



Grapeseed oil, rich in linoleic acid, is recognised by dermatologists as a moisturiser that reduces redness and inflammation. And procyanidins in grape seeds, the compounds that started the Caudalie story, are among the most potent antioxidants in nature.

Now here is the part that matters for

Armenia. Resveratrol production is driven by stress. The harder a vine fights to survive, the more resveratrol it packs into its skin. High altitude, intense UV, wide temperature swings, dry conditions; **scientific literature confirms all of these push polyphenol concentration upward.** Now think about Areni Noir. A thick-skinned grape. Growing above 1,300 metres. In volcanic soil. Under extreme sun. With day-to-night temperature drops that would kill most European varieties. **The grape is manufacturing resveratrol at high rates just to stay alive.** Not in a lab. In the vineyards of Vayots Dzor, every summer.

So here is the connection. In Bordeaux, Mathilde Thomas looked at the byproducts of winemaking and saw a treasure that nobody else saw. She built a company, a spa concept, and an entire category of wellness around it. In Armenia, we have the same byproducts; **grapes that grow under more stressful conditions, in volcanic soil, at higher altitudes.**

Anoush walked me through their plans for SAROMM Grounds to establish a luxury wine ecosystem in Vayots Dzor. It's way beyond a typical winery. They plan an organic Areni vineyard, an international-standard winery, an open source research center, a boutique village hotel, and finally, a wellness center centered around wine and its byproducts.

What could it look

like? A vinotherapy spa in the mountains, treatments using extracted polyphenols. Grapeseed oil massages from locally pressed Areni seeds. Scrubs combining volcanic soil and crushed grape seeds. Facials with resveratrol from the same skins that colour the wine. And much more.

The grapes are already growing. The science is proven. The story is 6,100 years old. Someone just needs to look at that pile behind the winery and see what Mathilde Thomas saw in Bordeaux thirty years ago.



THE PRICE OF WATER

WATER IS NOT CHEAP, IT IS PRICELESS



**NVER
KASIS**

CONTENT CREATOR AT THE WATER INSIDER



THE PRICE OF WATER WATER IS NOT CHEAP, IT IS PRICELESS

In Armenia, when something costs almost nothing, we say: the price of water “Ջրի գին”. That saying tells you everything about how we have thought about water. And for generations, water shaped everything here. Agriculture, fish farming, and a beautiful cultural symbol; պուպուլակներ. A cultural expression that says: water is so abundant, so freely given, it flows for anyone who passes by.

There was a time when water did even more economically. The Ararat Valley once had a thriving fish farming industry, exporting thousands of tons of trout. But heavy water use (and waste) eventually began to drain the very resource that made the industry possible. Today, that same region is drying out. Water quality is falling, two thirds of the country is now under water stress, and still, the old saying remains.



My initiative aims to rewrite the course of how water is perceived here. Not through grand gestures, but through small mindset shifts and daily habits. Things like adding a faucet to

a pulpulak so water only flows when someone needs it. Encouraging closed-loop fish farming that reuses instead of wastes.

Installing low-flow showerheads in homes, or simply choosing drip irrigation over flooding an entire garden with a hose. **Small changes that, together, add up to something significant.** Because the way we treat water starts with the way we see it.

When we stop calling it cheap and start treating it as the precious, finite resource it truly is, that is when things begin to change. Join on the initiative of making water a national resource and perceive it as one of the most valuable things this land has ever given us.





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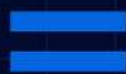
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THE DIGITAL NOMAD'S HEALTH HANDBOOK

A GUIDE TO YEREVAN'S BEST ENGLISH-SPEAKING CLINICS FOR DIGITAL NOMAD FAMILIES



**MATHEW
ZEIN**

EDITOR IN CHIEF

THE DIGITAL NOMAD'S HEALTH HANDBOOK A GUIDE TO YEREVAN'S BEST ENGLISH-SPEAKING CLINICS FOR DIGITAL NOMAD FAMILIES

What happens when your kid gets a fever at 2 AM and you're an English-speaking digital nomad parent who recently arrived in Yerevan? **Healthcare is one of those things you don't think about until you absolutely need it**, and by then, you want answers fast. Having lived in Armenia for years and raised a child here, I've spent my fair share of time in clinics. Let me save you the trial and error.

Armenia's healthcare system is a mix of public and private providers. The public system is functional but generally not where you want to go as a foreigner, mostly because of the language barrier and varying levels of infrastructure. The private clinics, on the other hand, have improved over the past decade.

Several now **operate at a standard that would feel familiar if you're coming from Western Europe or North America**, and at a fraction of the cost. A standard doctor's consultation at a private Armenian clinic typically runs between 10,000 to 25,000 AMD (roughly \$25-65 USD). Lab work, imaging, and specialist consultations are affordable. Dental work, in particular, is a fraction of what you'd pay in the US or UK, and the quality at top clinics is excellent.



If I had to recommend one healthcare provider for digital nomad families, it would be the Wigmore Group, which is part of a UK-based healthcare group. They operate two primary locations: Wigmore Clinic on 56 Pushkin Street in central Yerevan, and Wigmore Women's & Children's Hospital at 10/7 Hrachya Nersisyan Street.

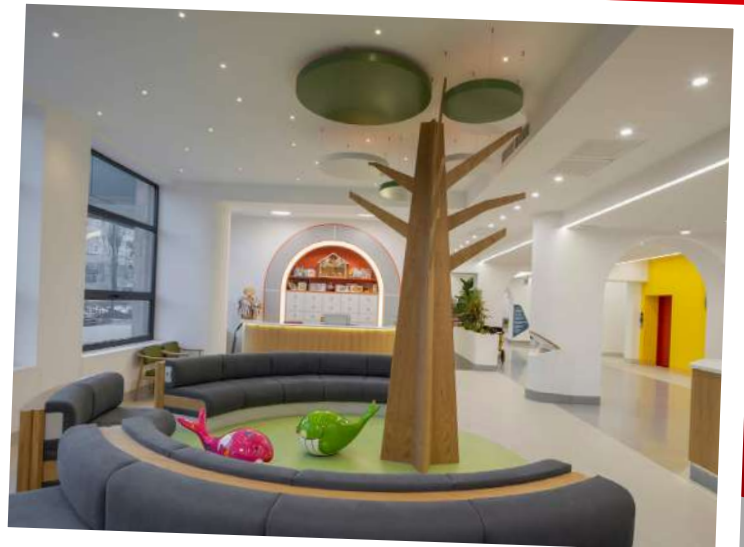
As the names suggest, the clinic in central Yerevan provides ongoing, family-style primary care; if you're staying in Armenia for several months, consider this place. The hospital, about a 15-minute drive from the city center, is a modern, **large-scale facility dedicated specifically to women and children.**



I won't dive into the technical details you can find on their website; instead, I'll share a personal story. Last August, my 3-year old son at the time swallowed some water while playing in the fountains. Later, he developed a fever and some breathing issues that scared us. At 7 AM, we rushed him to the Women's & Children's Hospital, which operates 24/7.

The staff and doctors speak fluent English. **You can even specifically request an English-speaking pediatrician.** The ER nurse took his vitals immediately, and the pediatrician who examined him was very reassuring. She confirmed it wasn't serious, provided a full medical report in English (including prescriptions), and even **scheduled a free follow-up appointment three days later.** When I asked her to re-examine him just to be safe, she did so with a smile. Everything progressed exactly as she predicted, and he recovered quickly. We had a similarly positive experience when my wife visited a gynecologist there.

A visit costs 20,000-25,000 AMD (almost \$55-65). I have to admit that by local standards this is expensive; however, **it is pennies compared to many other countries**. The peace of mind, and the fact that you can often get a non-emergency appointment the very next day, is worthy of the money. I recommend saving Wigmore's number: **+374 12 345 678**. One number connects you to all three facilities (The number looks like a placeholder, but I promise it's correct)



Beyond Wigmore, **Vardanants Hospital and Nairi Medical Center** are both good private hospitals with some English-speaking staff. There are other facilities as well. While I hope you never need them, it's good to know Wigmore isn't the only option. For dental care, **Yerevan has several high-end clinics**

that attract medical tourists from across the region. As for medication, pharmacies are everywhere. Some are local and some are part of international chains. If you take regular medication, bring your prescription details. My father takes a specific German medication for his heart; here, he

found a Greek alternative that was just as effective and much more affordable. The pharmacists were even able to verify the chemical composition for him in English.

Healthcare shouldn't be the factor that breaks your decision to live somewhere. In Yerevan, it won't be.



WHERE TO GET A ROOM WITH HISTORY

A REMOTE WORK RETREAT IN ARMENIA'S INDUSTRIAL HEARTLAND



**MATHEW
ZEIN**

EDITOR IN CHIEF

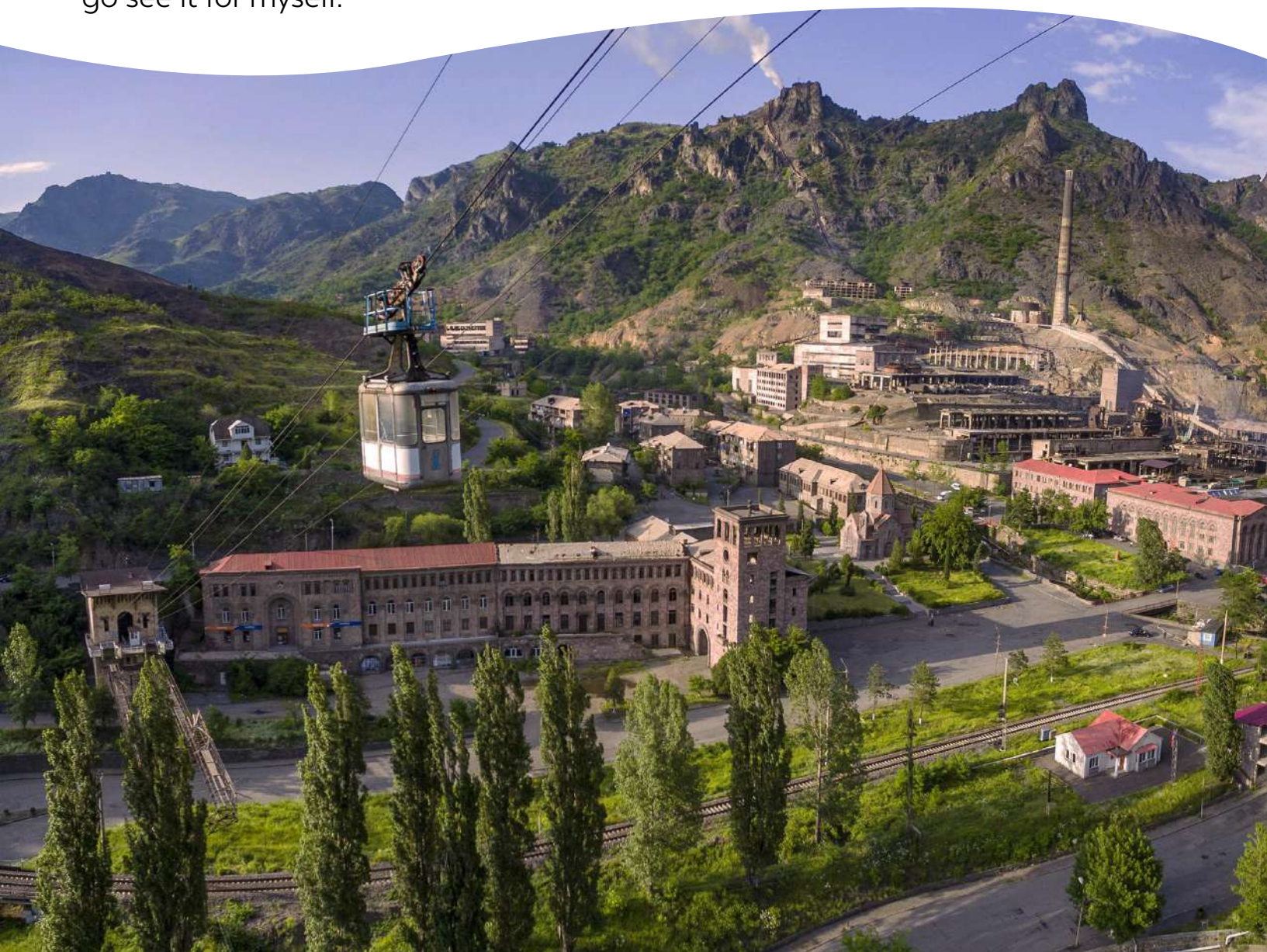


WHERE TO GET A ROOM WITH HISTORY A REMOTE WORK RETREAT IN ARMENIA'S INDUSTRIAL HEARTLAND

I still remember my first visit to Alaverdi as if it were yesterday. Around eight years ago, I came across photos of this little town online; I was so impressed by how it sits tucked away in the canyon that I knew I had to go see it for myself.

For those who don't know, Alaverdi sits in the Debed River canyon in the Lori region, about three and a half hours from Yerevan. To get there, we had to drive through deep gorges and forested mountains. Then the canyon opened up, and there it was: a town split in two by a river, with Soviet apartment blocks on one side, green cliffs on the other, and the remains of an industrial empire scattered between them.

People live here. Around 12,000 of them. Kids go to school. Shops are open. But the thing that built Alaverdi, the thing that turned a small settlement into a real town, is mostly silent now. It's copper.





Alaverdi's copper smelter was founded in 1770 by Greek and Armenian specialists. By the late 1800s, the mines here were supplying nearly **a quarter of the entire Russian Empire's copper**. Over the years, the smelter expanded. The workforce grew into the thousands. Apartment blocks went up. Schools, cultural centers, a theater, all of it built on copper money.

During World War II, when German forces cut supply lines to other Soviet factories, Alaverdi's copper supplied roughly **one out of every four bullets and shells used by the Soviet Army**. By the way, I'm not making up these figures. That's the actual history of this small canyon town.

After Armenia's independence in 1991, supply chains collapsed. The smelter scaled down, and eventually suspended operations. Alaverdi's population dropped from over 20,000 to around 12,000. Young people left for Yerevan, for Moscow, for anywhere with jobs. **What remains is a town that carries its history in its architecture**, in the faces of people who remember a different Alaverdi.

I know what you're thinking, why am I sharing a story about a copper town? Simply because I believe [Alaverdi is a story waiting to be told](#). We've seen tourism take off in "left-behind" cities and industrial heritage sites like Chernobyl, and I'm convinced Alaverdi could be next. Imagine guided tours of the copper mines and smelters, city walks, a dedicated museum, and perhaps a documentary for visitors. Suddenly, [a forgotten town becomes a must-see destination](#).



Most visitors to northern Armenia treat the Debed Canyon as a day trip. Drive up from Yerevan, rush through the monasteries, drive back. That's four hours each way. You never sit by the river. You never eat dinner while the canyon turns golden. [How can you enjoy the Alaverdi I described?](#)



Now, here's my recommendation, and there's a reason I'm making it personal. Vallex Garden Hotel is a 4-star property right in Alaverdi, and it's run by the Vallex Group, **the same company whose history is connected to the copper smelter**. The hotel is in a renovated building surrounded by gardens, with the copper mine sitting right behind it, just up the hill. I should mention that Vallex Garden Hotel was actually **the first to invite me to work remotely in Alaverdi**, which I did last year.

Alaverdi is a combination, the weird, the ancient, the industrial, the natural, all layered on top of each other in one small town, is exactly what a certain kind of traveler is hungry for. The kind who's tired of places that try to be one thing. **Alaverdi is many things at once, and it doesn't apologize for any of them.**

Armenia's copper capital is writing a new chapter. And there's a room with history waiting for you when you're ready.



ONLINE SHOPPING FOR DIGITAL NOMADS

A PRACTICAL GUIDE TO ORDERING ONLINE AND GETTING INTERNATIONAL DELIVERIES IN ARMENIA



**MATHEW
ZEIN**

EDITOR IN CHIEF



ONLINE SHOPPING FOR DIGITAL NOMADS A PRACTICAL GUIDE TO ORDERING ONLINE AND GETTING INTERNATIONAL DELIVERIES IN ARMENIA

Let's get the obvious out of the way first. Online shopping in Armenia works differently. You won't find direct, one-click shipping from Amazon or most major Western platforms here. You'll find a few Armenian platforms for groceries, electronics, and clothing, but the selection is limited compared to what you're used to in Europe, the US, or Southeast Asia.

To get your favorite brands from Amazon and other platforms, you'll need to go through a "middleman" system, also known as a shipping forwarder. **It acts as a bridge between international online stores and your doorstep.** Once you set up an account with a forwarding service, the process becomes second nature.

Just a heads-up: this is an editorial piece, not a sponsored post. **It's based on my own experiences,** and though I mention certain providers, there are plenty of others out there to consider.



How to Use a Shipping Forwarder in Armenia?

My favorite shipping forwarder in Armenia is [Globbing](#) and this is how it works:

- 1** You register on Globbing's platform and receive a personal warehouse address in several countries, including the US (Delaware), China, Germany, the UAE, and Italy.
- 2** When you shop on Amazon or hundreds of other stores, you use that address as your shipping destination.
- 3** Once your package arrives at the Globbing warehouse abroad, it gets shipped to Armenia.
- 4** You then pick it up from one of their collection points and lockers across the country. There is now likely a locker within a 5-minute walk of almost any nomad-friendly neighborhood in Yerevan.

The pricing is based on the actual weight of your package, and there's a useful calculator on their website. For packages from the US via air shipping, rates are approximately 3,500–6,000 AMD (\$9–\$15) per kilogram and delivery typically takes around 7 to 10 working days. They also offer sea shipping for heavier, non-urgent items at a lower cost of roughly 1,000–1,500 AMD per kg, though this can take 2 to 3 months.

A key detail for digital nomads in Armenia: if each package costs less than 200 euros and weighs under 31 kilograms, you won't pay any customs duty. That's a generous threshold and covers most personal purchases comfortably. If you exceed this, you'll generally face a 15% tax on the amount over the limit plus a small processing fee.



Tips From My Experience

According to Globbing's official guidelines, a parcel automatically enters the delivery stage roughly 24 hours after it is registered at the foreign warehouse. If your second order arrives two days later, **it will be shipped as a completely separate tracking number** and charged a separate minimum fee.

Keep your receipts from online shopping platforms. If customs flags a package, having a digital invoice to prove you stayed under the limit speeds up the process. **Globbing might email you to request these PDF invoices** so they can handle this process on your behalf.

Don't wait until the last minute for kids' essentials. Since some international brands aren't sold in Armenia, **a 14-day lead time via a forwarder is your best bet**. Just remember to account for holiday rushes; plan ahead and order a week earlier than usual to avoid shipping delays.

As I mentioned earlier, keep in mind that Globbing isn't the only player in the market. Services like [Onex](#)

provide an excellent alternative with widespread coverage across Armenia.



IS ARMENIA SAFE FOR DIGITAL NOMADS?

ANALYZING ARMENIA'S SAFETY RANKINGS FOR FEMALE DIGITAL NOMADS



**MATHEW
ZEIN**

EDITOR IN CHIEF



IS ARMENIA SAFE FOR DIGITAL NOMADS? ANALYZING ARMENIA'S SAFETY RANKINGS FOR FEMALE DIGITAL NOMADS

For many female digital nomads worldwide, “9 to 5” actually means **working until 3:00 AM to stay in sync with the US market**. While most travel guides obsess over upload speeds and coffee prices, they often overlook the most important piece of infrastructure: the walk home. For women especially, the freedom to work from a vibrant coworking space loses its magic if the trek back to the apartment after midnight doesn't feel safe. **In this world, physical safety is as important as high-speed Wi-Fi.**

I've lived in Armenia for almost a decade and I love working remotely here, but my words and feelings alone are not enough. Feelings are nice, but **rankings published by international organizations carry more weight.**



According to Numbeo's 2025 Safety Index, Armenia ranks 8th out of 147 countries worldwide, with a safety score of 77.9. To put that in perspective, **Armenia sits ahead of Singapore (9th) and Japan (10th).**

The data on personal security when walking alone is something you should learn about. Survey responses rate Armenia at 89.6 during the day and 76.9 at night, **both well above global averages.** If you're a

solo female nomad who wants to take a late walk through the streets of Yerevan after a long shift of working remotely, **the data backs up what your instincts will already tell you: you'll be fine.**

Recently, a team of experts from [Loopex Digital](#) conducted research on the safest cities for female digital nomads, and Dubai took the top spot. This was just a week before

the regional situation changed everything. However, **guess which city in the entire world came in second? It was Yerevan.** This small city that many may have never heard of was ranked the second-safest destination for female digital nomads globally, based on hundreds of published statistics and data points.

I know that safety statistics don't always capture the full reality for women. You can be in a statistically "safe" country and still feel the weight of being watched, approached, or made to feel uncomfortable while walking alone. **That's where the qualitative side of the story matters.**

Armenia is a conservative society in many ways, but that conservatism usually translates into a protective layer of safety. Public harassment is rare; catcalling, which is such a persistent drain in other nomad hubs, is virtually nonexistent in Yerevan. **I've seen this myself at countless public festivals and street parties.**



Even when thousands of people gather in the city squares to dance and celebrate, you don't see the kind of rowdy behavior or harassment that has become the norm elsewhere, including some of the most popular European capitals. What's most impressive is that this isn't due to a heavy police presence, **it's just a natural byproduct of societal respect.** I've always commented that it was the balance between personal freedom and social conservatism that got us to extend our stay in Armenia in the first place.



That said, I want to be neutral. In more rural areas, attitudes are more traditional, and a woman traveling alone may attract curious looks, not hostility, but attention. It's cultural curiosity, not a safety concern, but it's worth knowing about. In central

Yerevan, this is a non-issue. So, **whatever I'm talking about here is focused on central Yerevan.** Armenia is safe, it feels safe, and it is especially welcoming to women traveling and working independently. **The numbers back it up. Your experience will too.**

Disclaimer: The information provided in this article is based on personal experience, local observations, and third-party safety indices current as of early 2026. While Armenia and Yerevan consistently rank high for safety, individual experiences may

vary. Regional political situations can change rapidly; therefore, travelers are encouraged to monitor their local embassy's travel advisories and stay informed on current events before making travel arrangements.

TECH EVENTS



with

ARTAK N. G.



TECH BLOGGER

APRIL 1	Mastering AI for business analysis	
APRIL 3	Biztech event by ASBC	
APRIL 8	“Bridging platforms and economies” Doing Digital Forum	
APRIL 11	Dev Meetup	
APRIL 11-12	Programs and digital tools for business in regions	
APRIL 17	Plug and Play Pre-Acceleration program launch	
APRIL 17	FinTech day	
APRIL 18	Robotics national competition <i>(10:00 am 17:00, at Physmath school, 4th floor)</i>	
APRIL 18	AI conf “ Scaling with GPUs”	
APRIL 18	MentorPlay:Project Management	
APRIL 27-29	Fintech 360	
APRIL 28	Design competition vby EngineerX and Davaro	
APRIL 30	PGDay Armenia conference	



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FOR DIGITAL NOMAD FAMILIES

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