

# LIFE IN ARMENIA

FOR DIGITAL NOMAD FAMILIES

## STEPANAVAN

A GREEN DESTINATION FOR DIGITAL NOMADS IN ARMENIA

A REMOTE WORKER SINCE 1999 EXPLAINS WHY CHOOSE ARMENIA FOR YOUR DIGITAL NOMADIC FAMILY LIFESTYLE?

IS IT SAFE TO WALK ALONE AFTER MIDNIGHT IN ARMENIA?

CAN MOMMY AND DADDY HAVE SOME FUN IN ARMENIA?

ARMENIA NIGHTLIFE FOR DIGITAL NOMADS

# Mathew Zein

Editor's Letter

Seven years ago, I visited Armenia with my wife for tourism, but little did we know it would be a trip that would change our lives forever. Armenia had us under its spell, and before we knew it, we were fully captivated by its “imperfectly perfect” charm.

Fast forward a decade of life with my wife as digital nomads, and we were ready to start a family. As fate would have it, we found our forever home in Armenia, where we welcomed our first son in 2022.

In a world where the digital nomadic lifestyle is rapidly on the rise, Armenia offers a unique opportunity for remote workers. With this in mind, I started “Life in Armenia,” hoping I can inspire others to consider Armenia as their next and maybe final destination in their digital nomad journey.

If we can spread the word about how attractive Armenia is for digital nomads and remote workers, we can attract thousands of enthusiastic professionals from all over the world, and that alone is a national income like no other, and countries have already started competing over it.



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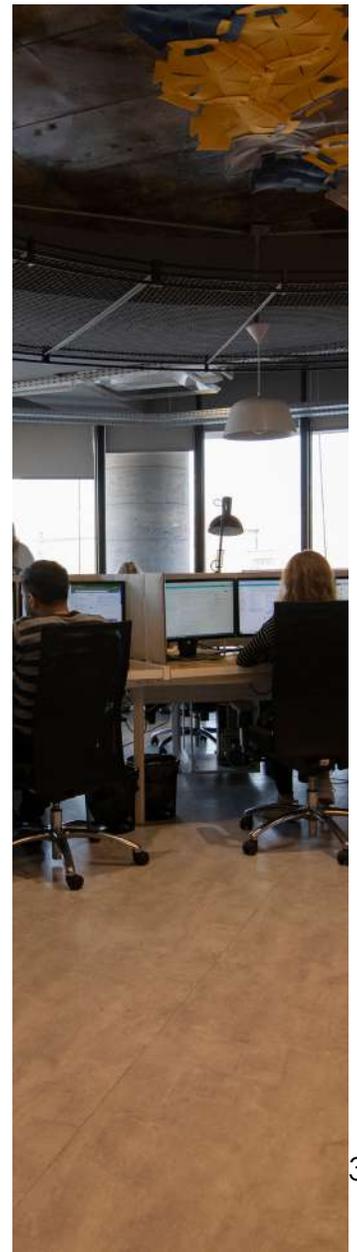
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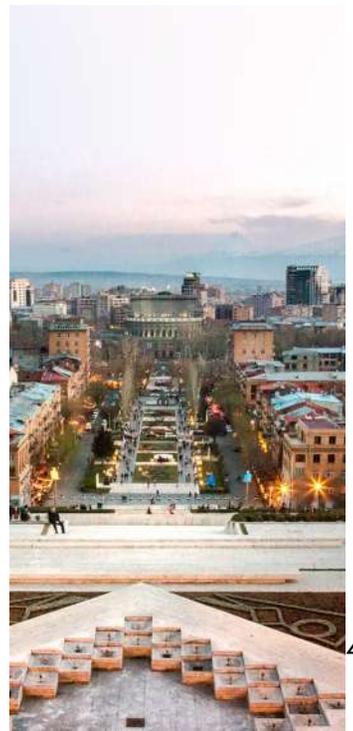
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TOP MYTHS  
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# ARMENIANS DON'T WELCOME VEGANS



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# TOP MYTHS ABOUT ARMENIANS DEBUNKED

## ARMENIANS DON'T WELCOME VEGANS

The very first encounter with a new culture begins with the first bite, and the love of that culture begins with the same bite. This is completely true for traditional Armenian cuisine, but only if you discover its depth and original colors rather than the generic brand sold as “Armenian national cuisine” around the world.

First, let's discuss the common misperception of “traditional Armenian food.” The internet will most likely teach you that Armenians are extreme meat eaters and that every food item is made of meat. We want to stand up for this claim before proving everyone is wrong.

Ancient Armenians lived in the mountains with long, severe winters and had no other option but to preserve food for the winter. Those were mostly dried or preserved meats that could be kept for months and cooked. Meat dishes were hearty, perfect for mountain people. Greens and vegetables were also mixed with the meat, while various no-meat dishes were consumed during the summer and fall months.

Thousands of years have passed, and we are now in present-day Armenia, where no one has to preserve food for the winter. **Armenian food culture is now being rediscovered from a whole new perspective**, with amazing traditional vegan and vegetarian dishes. Of course, ancient Armenians knew nothing of the words

“vegan” or “vegetarian.”

They just made food from nature, and it was amazing.

Today, you can explore the new side of Armenian vegan and vegetarian cuisine with many delicious options. In fact, much has changed in food culture. Vegetarian and vegan food are being propagated lately in Armenia, along with a healthy lifestyle and active sports.

**There are a lot of vegan and vegetarian cafes and communities in Armenia** promoting a “healthy body, healthy mind.” This has affected people of all ages, not just Gen Z and Millennials. Great news for guests who are used to a healthy lifestyle. **You may now find separate vegan/vegetarian menus at various restaurants and coffee shops.**

Healthy fresh juice booths around the city? Yes, please! **Fresh vegetables and fruits from the farm to your table.** You can find them in local markets any time of year. The point is that Armenian cuisine and food culture are multidimensional, with literally no limits and endless tastes to sample.

**More myths are to be debunked in the next editions.** By the way, if you've heard of a myth and would like us to look into it, let us know. We might end up proving it's wrong or right.



**STEPANAVAN**  
A GREEN DESTINATION

# FOR DIGITAL NOMAD FAMILIES IN ARMENIA



**MATHEW  
ZEIN**

**EDITOR IN CHIEF**



## STEPANAVAN

### A GREEN DESTINATION FOR DIGITAL NOMAD FAMILIES IN ARMENIA



Attention digital nomads! Are you seeking an active community of remote workers and IT professionals? A place where co-workspaces equipped with cutting-edge technology are everywhere? Sorry, Stepanavan may not be the place for you. However, if you're a remote worker seeking **a calm lifestyle surrounded by nature in a small town with its own forest and all the amenities you need to boost your creativity**, keep reading!

Nestled in the rolling hills of Lori Province in Armenia, 139 km (68 miles) north of Yerevan and halfway between Yerevan and the Georgian capital, Tbilisi. With its rich culture and stunning scenery, Stepanavan offers a serene escape from the hustle and bustle of city life while still maintaining a connection to the outside world, making it **a suitable destination for digital nomads and remote workers seeking a calm lifestyle in nature.**

For two unforgettable days, I embraced the allure of my surroundings, embarking on a fascinating tour with the visionary City Council Member, Arevik Markaryan, who extended the initial invitation and offered invaluable guidance.

The journey from Yerevan to Stepanavan by car, at a pace of no more than 60 km/h (37 mph), took approximately 2 hours and 20 minutes. **Roads were in good condition, mostly renovated, with moderate traffic along the way**, providing a smooth and enjoyable drive.

Stepanavan has its own airport, but it's currently non-operational. It's under development in collaboration with Czech investors. Shirak Airport in Gyumri is closer to Stepanavan than Zvartnots Airport in Yerevan. However, there aren't lots of direct international flights to Shirak Airport. So, if you're planning to visit Stepanavan, consider crossing

the borders from Georgia or land at Zvartnots Airport in Yerevan, then drive to the city.

Stepanavan has a population of around 10,000 citizens, and recently, **almost 50 digital nomad families moved to the city and settled down**. The safe city was quite calm early in the morning and late at night. I toured around the place at various times of the day, and although not too many people were on the streets, it felt safe.

## Breathing in the Pristine Mountain Air

The moment I stepped out of the car in Stepanavan, **I felt how clean the air was compared to Yerevan**. It was fresh and clean, with a crisp, pure scent that invigorated the senses. The high altitude, many trees, and lack of pollutants created a refreshing experience. I visited the asthma treatment forest on a freezing winter day. Although the temperature dropped to a frosty 8 Celcius below zero (17.6 Fahrenheit), the forest's beauty was unmatched as time passed.

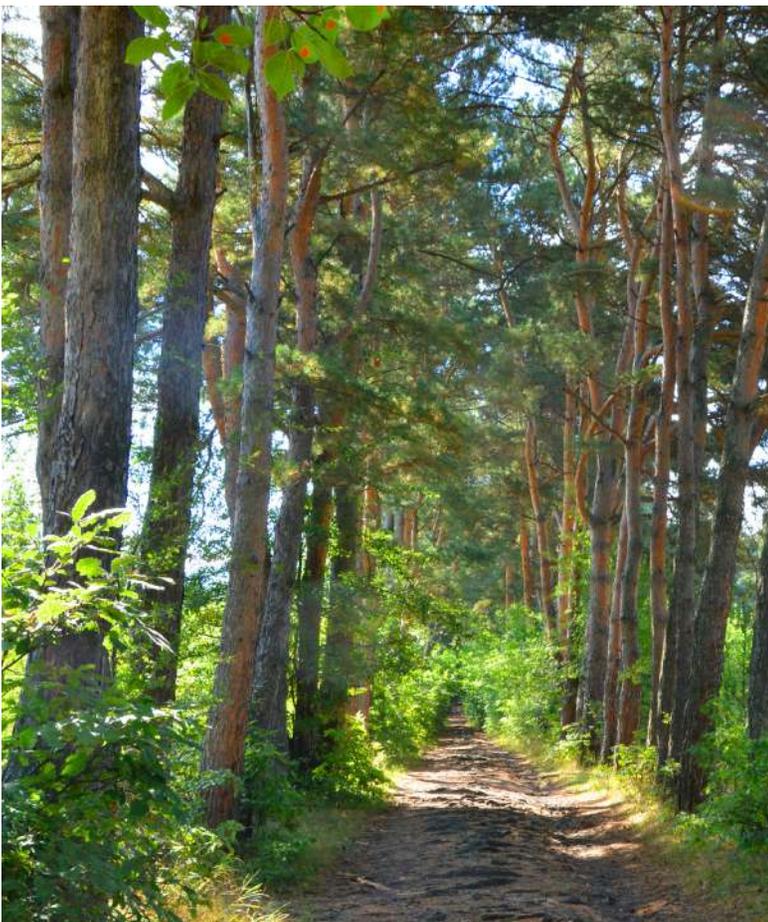
“**Stepanavan boasts an oasis of tranquility in its asthma treatment forest, where one can lose themselves in hours of calm walks.**”

**Mathew Zein**

Accompanied by the delightful Arevik Markaryan, we walked for almost an hour and strolled down memory lane, revisiting the joyful moments of her childhood in the city.

Although many cities have trees and natural surroundings, not all have their own forests like Stepanavan. More importantly, **the forest is officially categorized as an asthma treatment destination**, and Armenians head there in the summer to enjoy the cool weather and fresh air.

Stepanavan might not be the ideal city for those who don't enjoy the snow and cold weather. While the summers, springs, and falls in Stepanavan are charming, the winter season can be quite harsh. On the other hand, for someone who loves winter, like me, it can be a magical time. I love to light the fireplace, prepare a cup of herbal tea, and work for hours on my laptop, surrounded by my family.



# Staying Active in Stepanavan

## Culture Medicine Education

Stepanavan, the picturesque city, embraces a dynamic cultural scene with a theater and culture house. Education is reasonably supported, with six schools and an agriculture college. For health and safety, the city provides a **well-equipped hospital with multiple departments, several pharmacies, dental clinics, and a public multi-purpose clinic**, all watched over by a diligent police department.

Although the city lacks co-workspaces and coffee shops, a fully-modernized facility is currently under construction. The new facility will provide a library, co-workspaces, coffee shops, and much more. A project that Stepanavan needs to take its compatibility with the digital nomadic lifestyle to the next level.

**The Culture House in Stepanavan offers many entertainment activities** for various age groups, including IT and robotic classes, yoga and dancing classes, and English language classes. Additionally, a variety of private entertainment initiatives are organized in the city. A Red Cross Center has its office right in the forest and regularly holds various entertainment events.



## Banks and Telecommunication

Banks have branches in Stepanavan; I came across VTB, UniBank, ACBA, and ArdshinBank. In addition to FINCA. Furthermore, I found offices of major telecommunication service providers in Armenia, including Team, VivaCell, and Ucom. You can also spot some offices for lawyers and accountants while on the street.

The internet coverage was good in different parts of the city. Plus, the city has an electric station that provides a stable service.

## Governmental Processes

The city has its own court and a notary office. It also has a single-window system allowing residents to submit information to fulfill regulatory government requirements and request documents from different state bodies in Armenia. A majority of fundamental processes can be organized from Stepanavan, including registering a business in the country and filing taxation reports.

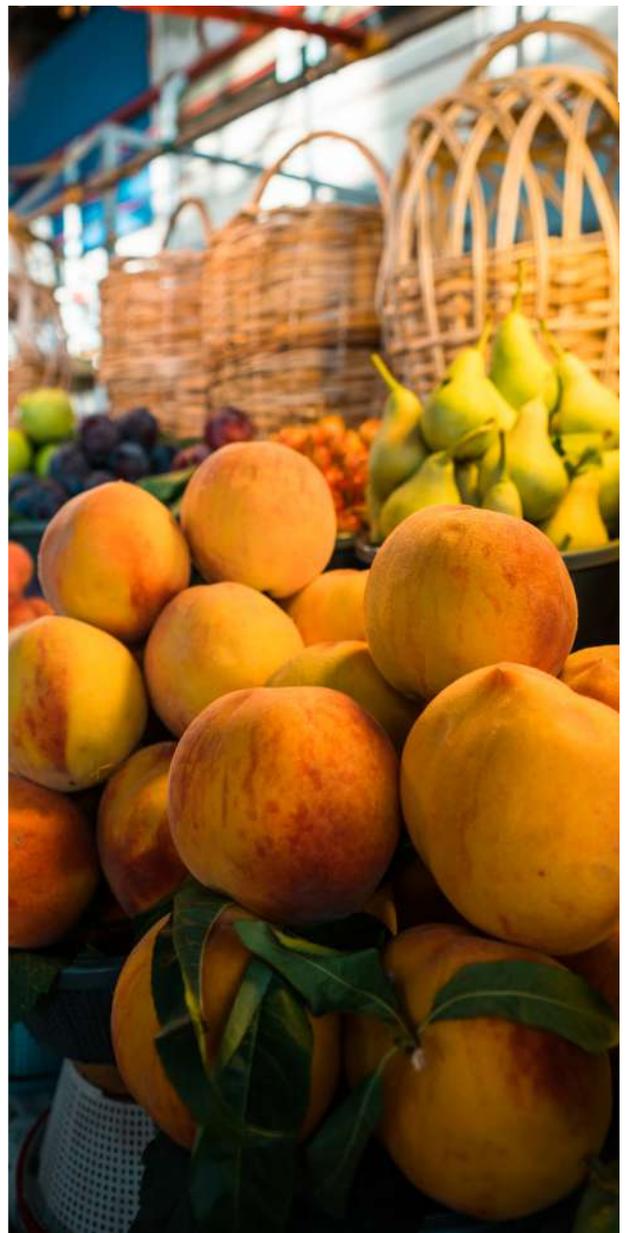
## A Twist on Modern Conveniences in Stepanavan

Step into the world of Stepanavan and experience a unique twist on modern conveniences. Forget Amazon Grocery, Uber Share, and Airbnb, because this charming city has its local version. In Stepanavan, people still appreciate traditional classics. Farmers tour the city to deliver fresh vegetables and fruits right to your doorstep, and affordable group rides to Yerevan and beyond are coordinated simply by a single call.

“ Stepanavan offers a refreshing break from the tech-driven world and allows you to immerse yourself in the local culture fully.”

**Mathew Zein**

gg, Uber to Armenia, doesn't function in Stepanavan, but Yandex works to a certain level. However, it's pretty easy to coordinate a joint ride to and from Yerevan for no more than 1500 AMD (around \$4). All it takes is a phone call.





The intellectual people of Stepanavan noticed the huge rise in prices for apartments in other big Armenian cities. They wanted to control the rents in their own city to keep it an interesting destination for travelers. Therefore, **main Telegram groups, where locals showcase their rentable residential units, forced a ceiling price of 150,000 Armenian Drams (around \$400)** to prevent anyone from going above that price.

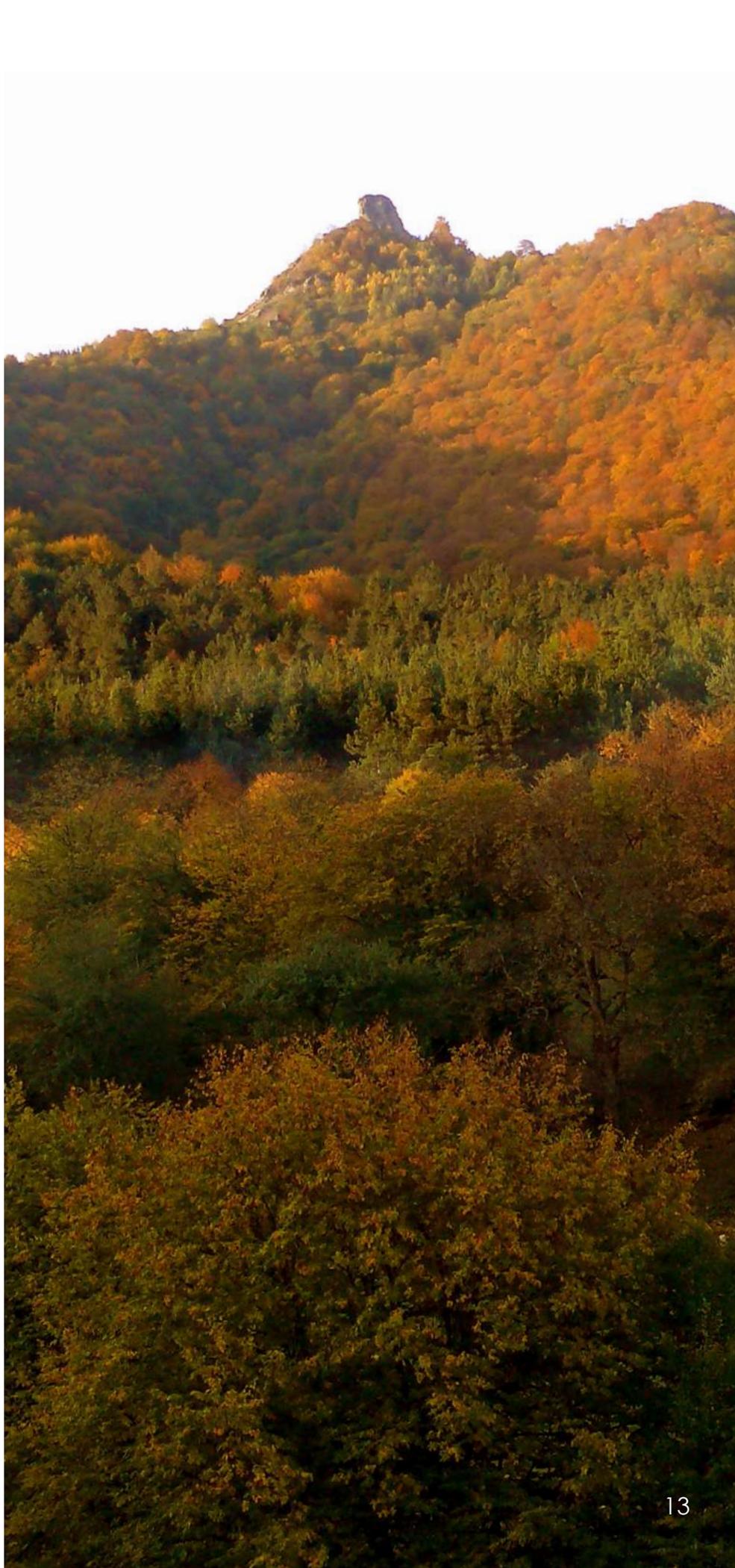
By the time of writing this article, buying **a single-family residential house costs an average of \$20,000**, but of course, the price goes up or down based on how much renovation it needs and its location. Besides remote working, city council member Arevik Markaryan **recommended affordable investments in the hospitality sphere**. For example, the hotel I stayed in was a two-story single-family house turned into a small Euro-style hotel with a cozy bar/restaurant in the basement.

On the last day there, I tried the roasted beef prepared the Lori way by an old Armenian lady in her 70s. Although it didn't look Instagramable because it only had meat and vegetables on the side, the flavorsome dish sent my taste buds on a pleasant journey. Honestly speaking, I felt the same way judge Anton Ego felt in the Ratatouille movie when he took a bite of Remy's dish. It felt like my grandma cooked that meat herself.



# Final words

Every place on planet earth has a positive and negative side, and Stepanavan is no exception. I can write ten other pages describing the city, but I tried to be as brief and informative as possible. Whenever you are in Armenia, remember that Yerevan is not your only option, and other Armenian cities have much to offer. **Visit Stepanavan to enjoy nature and clean air, and you won't regret it.** After all, you might end up relocating to the city. The next time I visit Stepanavan will be this summer, along with my wife; who knows, we might get our own cozy house there to keep coming back. Who can say no to waking up next to a forest and having a coffee while walking under the pine trees?



A REMOTE WORKER  
SINCE 1999 EXPLAINS

# WHY IS ARMENIA GREAT FOR DIGITAL NOMAD FAMILIES?



HAGOP  
PANOSIAN

TECH AUTHOR AND  
MARKETING STRATEGIST



# WHY IS ARMENIA GREAT FOR DIGITAL NOMAD FAMILIES? A REMOTE WORKER SINCE 1999 EXPLAINS

I first got a taste of how great the digital nomad lifestyle can be very early in my career, and I never looked back.

Searching for a “traditional” job a couple of years after graduation, I stumbled upon a remote opportunity accidentally, and it changed my perception of the world.

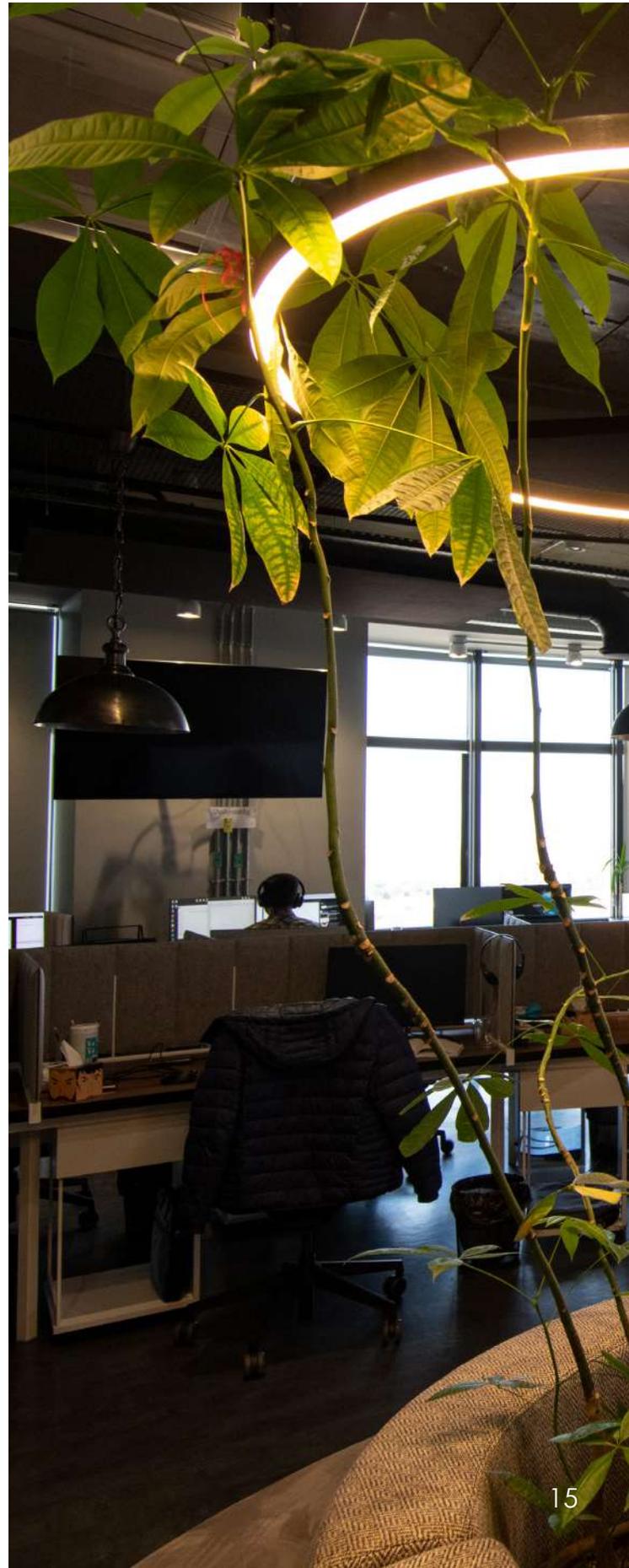
This was in 1999. Yes, I hit upon remote work 24 years ago, long before Covid forced it on the world and even made it the new normal. I’ve worked in a number of roles since then, only one of which was on-site, but I kept that original job for over 19 years until the time came to move on.

## Why It’s Great to be a Digital Nomad

The digital nomad lifestyle is the natural progression and logical pinnacle of remote work. And as any digital nomad will tell you, the big benefit is not avoiding the office. The windfall is not having to miss what matters more or give up spontaneous opportunities to explore the world.

I’ve worked remotely in Cyprus, India, Lebanon, Jordan, and Armenia for employers in the United States, the UK, Italy, Cyprus, the UAE, and elsewhere. I’ve stayed the longest in Armenia, going on for 20 years now.

Now that my children are 14 and 11, I find myself looking at the very exciting prospect of living life as a digital nomad family. The idea of exposing my children to as many cultures as possible is very enticing.





## Digital Nomad Family

The digital nomad lifestyle came to being gradually over the past 20 years, but **the digital nomad family is a relatively new phenomenon**. Simply put, digital nomads who were once single are now married with children and don't want to give up their lifestyle. On the contrary, they see great value in living in "traveling mode" and exposing their children to cultural diversity as early as possible.

Living the life of a digital nomad family is a world away from that of a digital nomad who is single. Though the yearning for adventure and exploration remains, **a couple with two children has a very different set of priorities and expectations** when thinking about where to live, albeit temporarily.

More than anything, a digital nomad family cares about a safe and pleasant family environment that nurtures child rearing, and for the past couple of decades, it has been this goal that has kept our little family in Armenia.

## Why Armenia is Great for Digital Nomad Families

Armenia is great for digital nomad families because [Armenia is great for families](#). There are three main themes to consider while deciding whether a destination is suitable for a digital nomad couple with kids - how comfortable and child-friendly it is for families to live there, how open and rich the local culture is, and how easy it is for professionals to get work done and manage their businesses. [Armenia scores top points on all three](#).

### The Family-Friendly Atmosphere

Armenia is generally very safe for kids, and that is a true blessing. For me, it's always been the core advantage of living here, and its importance cannot be understated. [It creates a level of comfort and a sense of security that's hard to replicate](#).

Easy access to parks and recreational areas, wide sidewalks for pedestrians (Yerevan is great for exploring on foot), good public transport, including a metro, and malls and shopping centers will make sure you're never left wondering about what to do with your kids in your free time. [Quality medical care at a reasonable cost is also easily accessible](#).

One more great benefit is that if your kids are of a suitable age to start learning IT skills, quality education is available for a negligible cost. There's even a Startup School for teenagers to give your kids a good head start.

### The Culture

Armenians are open and friendly, and you're likely to build a circle of friends quickly and enjoy gatherings over great diverse cuisine, of which there is plenty. [There's always something in the local cultural calendar](#), from classical music concerts at the capital's Opera House to the annual Wine Festival.





## The Work Environment

Armenia is very friendly for digital nomads, from Silicon Valley-style cafes to affordable coworking spaces. The country is teeming with skilled professionals you can work with or hire, and there is good connectivity everywhere. It's also very quick and easy to set up a business.

Armenia's startup culture is mature, with access to capital and startup, and not just local. Armenian incubators and accelerators are very well connected, especially with counterparts in the United States. The tech calendar is also teeming with meetups, events, and conferences.

## The secret to Fitting in Quickly: Create Your Community Before You Move

The best way to make the most of your stay in Armenia is to build your social circle of friends and colleagues before you move. Join a community of expats and professionals in Armenia on social media, and ask for tips or suggestions to help make the move easier.

Having a support system in place will make a world of difference and will greatly improve your experience of this incredible corner of the world.



From a Canadian Financial Advisor  
Who Relocated Recently

# BUSINESS ADVANTAGES OF WORKING REMOTELY FROM ARMENIA



**PATRICK  
ELLIOTT**

**FOUNDER & CEO  
PA CONSULTING**



# FROM A CANADIAN FINANCIAL ADVISOR WHO RELOCATED RECENTLY BUSINESS ADVANTAGES OF WORKING REMOTELY FROM ARMENIA



## TAXATION

For those looking for a change of pace, a remote work setup in Armenia, the 'Silicon Mountain' can offer numerous advantages. **From a 5% turnover tax rate on a yearly income below 115,000,000 AMD (around \$287,000)** to the ease of setting up a business, to the low cost of living, safe environment, gorgeous nature, and thriving startup culture. Armenia is an excellent destination for ambitious tech entrepreneurs, remote workers, digital nomads, and their families.



## BANKING

**Remote workers in Armenia can also do business in USD and Euro**, which is a major benefit. This allows remote workers to receive payments from clients and customers from different countries easily. However, **cashing out these amounts in Armenia requires exchanging them for Armenian Drams.**



## BUSINESS REGISTRATION

Another advantage of working remotely in Armenia is the ease of setting up a business. Armenia has **a streamlined process for registering a business, which can be completed in less than 10 minutes.** This means remote workers and entrepreneurs can quickly and easily establish their businesses, allowing them to start making money right away.



## ENTREPRENEURSHIP

The country is home to many successful startups and is known for its entrepreneurial spirit. This creates a supportive environment for remote workers and entrepreneurs and gives way to top-tier networking (**where CEOs of unicorns are always one or two degrees of separation away**), allowing you to connect with like-minded individuals, build a great team and grow your businesses.



## SAFETY

Another important advantage of working remotely in Armenia is the safe environment. **Armenia is ranked the 7th safest country globally as of 2022**, making it an ideal destination for remote workers looking for a secure place to live and work.



## COST OF LIVING

The low cost of living in Armenia is another major advantage for remote workers. Armenia has a low cost of living, which means that remote workers can **enjoy a comfortable lifestyle, combined with being a low tax jurisdiction, allowing them to save more**. From affordable housing to low-cost transportation and food, remote workers in Armenia can enjoy a high quality of life without breaking the bank.



## BONUS

**Armenia's food and wine scene are booming...** Since moving to Armenia, my wife and I are actually offended when someone gifts us a bottle of French or Italian wine. What's the point when so many incredible vintages are yet to be discovered in what is considered one of the oldest wine-making regions on the planet?

Armenia is also known for its stunning natural beauty, which provides remote workers with a peaceful and relaxing environment. From the towering mountains to the lush forests, Armenia is a nature lover's paradise.

Finally, Armenia has a thriving startup culture, making it an excellent destination for remote workers and entrepreneurs looking to be part of a dynamic and innovative community.

In conclusion, Armenia is an excellent destination for remote workers and entrepreneurs. F

Whether you're a digital nomad, an entrepreneur, or just looking for a change of scenery, Armenia is a destination you should consider.

FROM THE PRESCRIPTIVE OF  
A DIGITAL NOMAD FAMILY

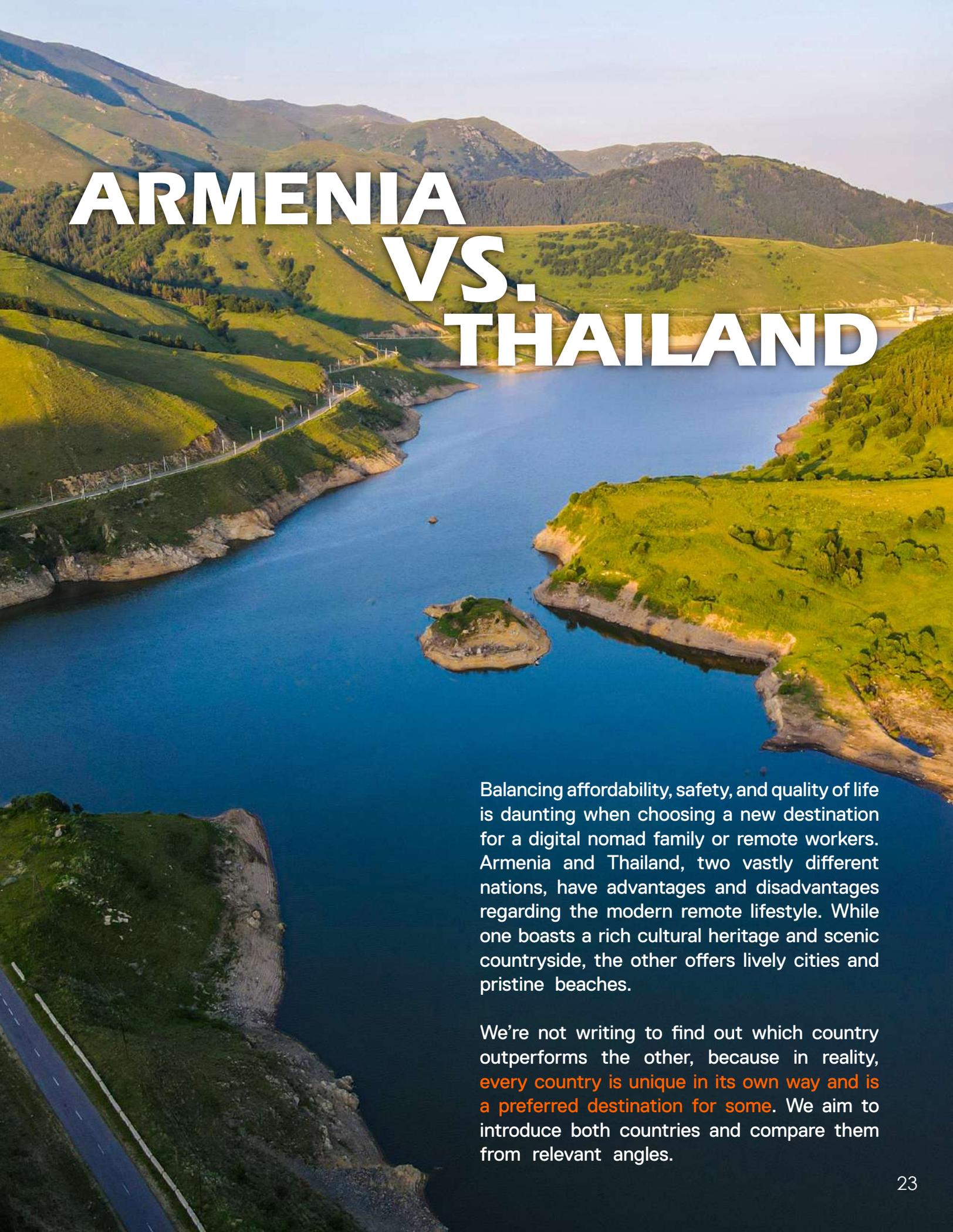
# ARMENIA VS. THAILAND



MARIAM  
NAVASARDYAN

CONTENT WRITER





# ARMENIA VS. THAILAND

Balancing affordability, safety, and quality of life is daunting when choosing a new destination for a digital nomad family or remote workers. Armenia and Thailand, two vastly different nations, have advantages and disadvantages regarding the modern remote lifestyle. While one boasts a rich cultural heritage and scenic countryside, the other offers lively cities and pristine beaches.

We're not writing to find out which country outperforms the other, because in reality, **every country is unique in its own way and is a preferred destination for some.** We aim to introduce both countries and compare them from relevant angles.



# Thailand

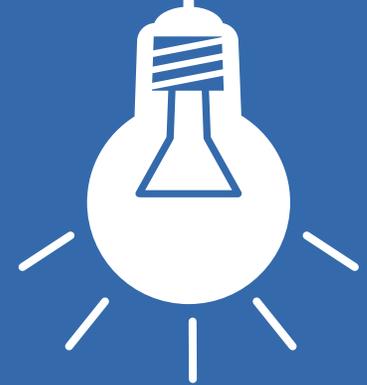
Is famous worldwide for its beautiful blue oceans, impressive rock formations, delicious street food, magical national parks, lively towns, and charming temples.

# Armenia

Nestled in the Caucasian mountains, is a beautiful nation known for its colorful culture, tasteful cuisine, historical churches, sun-kissed vineyards, and breathtaking nature.



# Interesting Facts



01

Thailand is 17 times bigger than Armenia.

02

Armenia has 24 times fewer residents compared to Thailand.

03

Armenia has a 34/100 cost of living, and Thailand has a 39/100 cost of living. Both are much lower than the United States (considering that USA=100%).

04

On a scale from 0 to 100, civil liberties in Armenia score 50, whereas those in Thailand score 40.

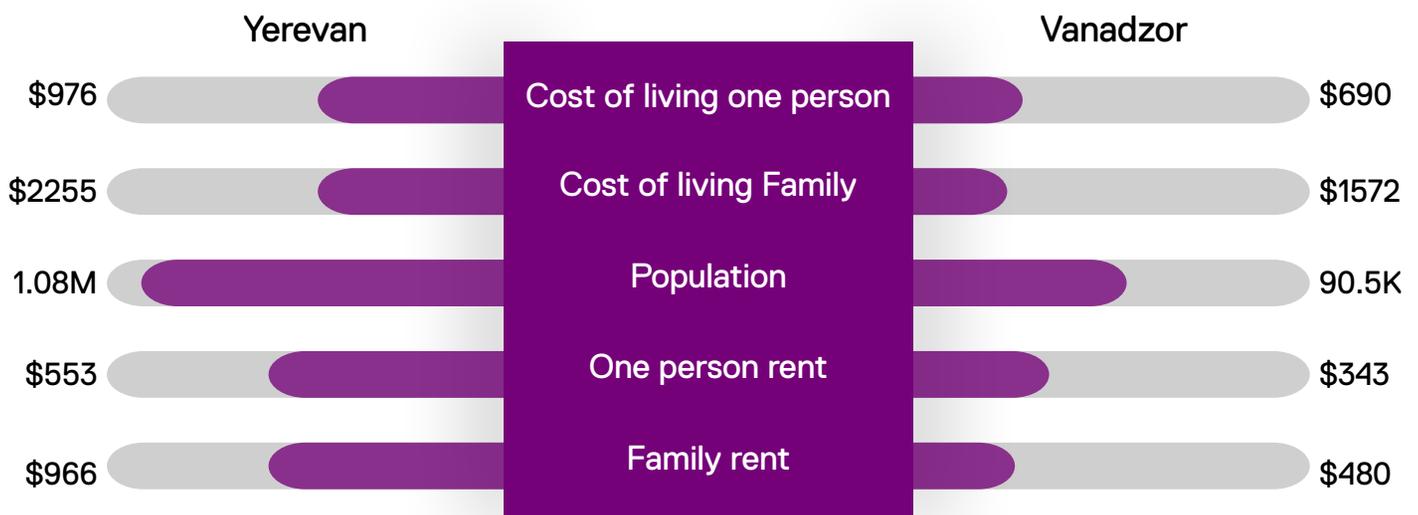
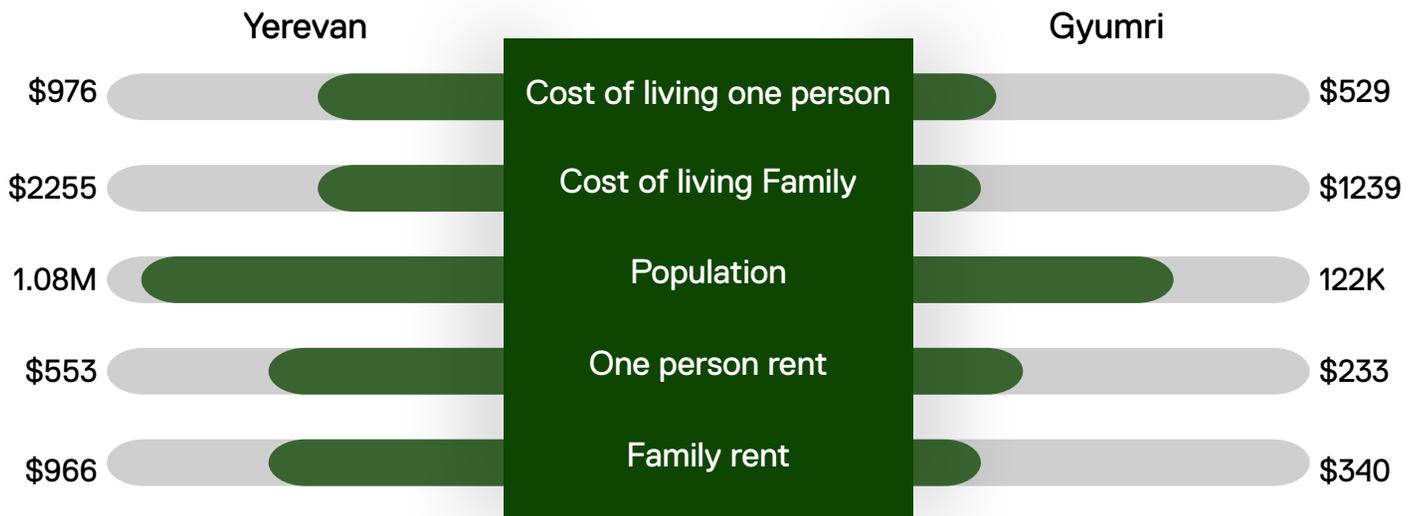
# Accommodation

## Armenia

Living in Armenia is affordable when compared to the US. For example, the cost of living in Yerevan is 58.0% less expensive than in New York (without rent), and Rent in Yerevan is, on average, 74.3% lower than in New York. Since the Russian-Ukrainian conflict in 2022, rental prices in Yerevan and major Armenian cities have increased. However, while Yerevan has a high cost of living, nearby areas in Armenia's provinces offer more affordable options.

These tables compare the cost of living between Yerevan, the Armenian capital city, and two other major Armenian cities, Gyumri and Vanadzor.

Source: [Numbeo](#), [EuroNews](#), [World Cost of Living](#)



# Accommodation

## Thailand

Living in Thailand is more affordable than in the US, making it a cost-effective destination. For example, rent Prices in the United States are 249.5% higher than in Thailand. While the cost of living in tourist and expat-popular areas can be relatively high, many parts of Thailand offer reasonable living expenses. Despite Bangkok being one of the priciest cities in Thailand, there are other less expensive alternatives that are just as attractive, such as Chiang Mai, a consistently ranked low-cost city. Hua Hin is an affordable option among seaside towns for those who prioritize beach time.

These tables compare the cost of living between Bangkok, the Thai capital city, and two other major Thai cities, Chiang Mai and Hua Hin

Source: [Numbeo](#), [Support Adventure](#)



This table compares the two capital cities, Yerevan in Armenia and Bangkok in Thailand

Rent Per Month	Yerevan	Bangkok	
Apartment (1 bedroom) in City Centre	\$1,037.29	\$638.53	-38.4 %
Apartment (1 bedroom) Ooutside of Centre	\$703.42	\$312.81	-55.5 %
Apartment (3 bedrooms) in City Centre	\$1,717.61	\$2,050.76	+19.4 %
Apartment (3 bedrooms) Ooutside of Centre	\$1,066.07	\$980.73	-8.0 %

Buy Apartment Price	Yerevan	Bangkok	
Price per Square Meter to Buy Apartment in City Centre	\$2,373.80	\$5,744.69	+\$142.0
Price per Square Meter to Buy Apartment outside of Centre	\$1,124.88	\$2,683.86	+\$138.6

This table compares the two major cities, Ashtarak in Armenia and Chiang Mai in Thailand

Rent Per Month	Ashtarak	Chiang Mai	
Apartment (1 bedroom) in City Centre	\$416.16	\$369.97	-11.1 %
Apartment (1 bedroom) Ooutside of Centre	\$277.44	\$244.81	-11.8 %
Apartment (3 bedrooms) in City Centre	\$668.38	\$848.86	+27.0 %
Apartment (3 bedrooms) Ooutside of Centre	\$567.49	\$503.31	-11.3 %

Buy Apartment Price	Ashtarak	Chiang Mai	
Price per Square Meter to Buy Apartment in City Centre	\$1,581.54	\$1,712.75	+\$8.3
Price per Square Meter to Buy Apartment outside of Centre	\$741.35	\$1,031.66	+\$39.2

# Transportation

## Armenia

Armenia offers affordable and accessible public transportation options, including taxis, buses, minibusses, and trolleybuses, with the Underground only available in Yerevan. **A one-way ticket on local transport, including bus or underground, costs \$0,25, and a monthly pass ranges from \$5 to \$18.**

Although Uber is not available in Armenia, there are alternatives like Yandex and gg. Driving is possible with an international license or a license from a signatory of the Vienna Convention. Many apps are available for renting bicycles and electric scooters in Yerevan and other major towns. It is quick, exciting, and cheap, allowing users to escape traffic and other hassles.

Source: [Numbeo](#),  
[High Commission for Diaspora Affairs in Armenia](#)

## Thailand

Thailand offers a range of transportation options, from public buses to tuk-tuks, for cost-effective navigation. **A one-way bus or subway ticket costs \$0.92, with monthly passes ranging from \$18 to \$61.** Taxis and motorbike taxis are faster, costing around \$1.22 on average, while tuk-tuks provide a more unique and scenic experience at a higher cost of \$1.40 for the first km and \$0.30 for each additional km in Bangkok. Having a car is not necessary to get around Thailand because the country is accessible through different transportation means.

In Thailand, Uber was discontinued in 2016, but Grab operates in a similar manner. Car service through the app is more expensive than public transit but offers comfort and safety. To drive in Thailand, an international driver's license is required, but a foreign license is not recognized. Getting a Thai driver's license is recommended if you qualify as a resident to enjoy your stay.

Source: [US Embassy in Thailand](#), [The Phuket News](#),  
[Numbeo](#)



# Food

There is a world of difference between the national cuisines of Thailand and Armenia. Thai food leans more toward Asian flavors, while Armenian food is more Mediterranean in style.

## Armenia

[Armenian cuisine](#) features various **flavorful dishes influenced by Mediterranean, Middle Eastern, and Eastern European flavors**, emphasizing fresh ingredients such as herbs, spices, fruits, and vegetables.

Many restaurants in major Armenian towns offer a range of cuisines from around the world, like Chinese and Italian, making it easier for locals and visitors to enjoy diverse flavors and dining experiences. Even though there are no McDonald's in Armenia, it is home to many fast food restaurants serving American favorites, such as KFC, Pizza Hut, and Black Angus. In addition to the popular food chains around the country.

Food delivery services are widely available in Armenia. Yerevan City, SAS, and Carrefour are some of the country's largest supermarket and grocery chains. These supermarkets and others offer a wide range of products from local and international brands.

Source: [US Department of Commerce](#)



# Food

## Thailand

Thai cuisine blends sweet, sour, salty, and spicy notes to create a symphony of taste in every bite. Local **Thai dishes reflect the country's history and diverse influences, including Chinese, Indian, and Southeast Asian cuisines.**

Consumers may get a wide variety of fresh produce and other food items at competitive costs in Thailand's ubiquitous wet markets. However, Thai customers are increasingly favoring more contemporary food retailing channels like supermarkets and convenience stores for their wide product selection and easy accessibility.

Thailand's street food is a vibrant and delicious part of the country's food culture. From savory noodles to sweet treats, street food offers an authentic taste of Thai cuisine. Moreover, fast food chains like McDonald's, Subway, KFC, Pizza Hut, and others have mushroomed in recent years, notably in the country's main cities and popular tourist destinations.



### Let's compare the cost of food in Armenia and Thailand: Market

	Armenia	Thailand
Milk (regular), (1 liter)	\$1.37	\$1.73
Loaf of Fresh White Bread (500g)	\$0.63	\$1.39
Rice (white), (1kg)	\$2.10	\$1.25
Eggs (regular) (12)	\$2.15	\$1.80
Local Cheese (1kg)	\$7.17	\$16.31
Chicken Fillets (1kg)	\$6.44	\$2.52
Beef Round (1kg) (or Equivalent Back Leg Red Meat)	\$10.40	\$11.32
Apples (1kg)	\$1.21	\$2.73
Banana (1kg)	\$1.68	\$1.22
Oranges (1kg)	\$1.69	\$1.88
Tomato (1kg)	\$1.91	\$1.39
Potato (1kg)	\$0.75	\$1.41
Onion (1kg)	\$0.69	\$1.13
Lettuce (1 head)	\$0.61	\$1.05
Water (1.5 liter bottle)	\$0.60	\$0.49
Bottle of Wine (Mid-Range)	\$7.49	\$18.21
Domestic Beer (0.5 liter bottle)	\$1.19	\$1.73
Imported Beer (0.33 liter bottle)	\$1.72	\$2.75
Cigarettes 20 Pack (Marlboro)	\$2.12	\$4.25

Source: [Numbeo Armenia](#), [Numbeo Thailand](#)

# Weather

## Armenia

In Armenia, you may experience all four seasons: From the summer heat to the bone-chilling cold in the winter and anything in between. Consequently, relocating to Armenia will allow you to take full advantage of the country's beauty throughout the year.

Armenia experiences warm weather from June to September, with average high temperatures up to 40°C (104°F). Nights bring a cool breeze from the nearby mountains, making the summer heat more bearable. The climate in Armenia varies greatly by region, with the north being cooler than the south. During the winter, Armenia has dry and cold weather, with temperatures dropping below -15°C (5°F).

Source: [UK National Weather Service](#)





# Weather

## Thailand

Thailand's climate is characterized by its **year-round warm temperatures** and two distinct rainy seasons: the wet season from May to October and the dry season from November to February. The hot season lasts from March to April, with temperature swings being more extreme in the north than in the south. The country experiences high humidity and occasional tropical downpours during the rainy seasons. Overall, **Thailand offers a tropical climate for travelers to enjoy.**

Temperature swings are more extreme in the country's north, making the hot season stand out. In April, average highs in places like Chiang Mai reach approximately 37°C (99°F). South of the nation, in Phuket, average highs during the hot season are closer to 33°C (91°F).

Source: [UK National Weather Service](#)



## Activities

### Armenia

Armenia is a great destination for families as it offers a range of activities all year round. From scenic hikes and bike rides in nature to visiting historical sites and ancient churches, families can explore and

learn together. **Winter sports like skiing and snowboarding are also popular in the country.** Besides sports activities, Armenia has many cultural events, festivals, and indoor activities suitable for all age groups.



## Activities

### Thailand

In recent years, Thailand has been working to shift its image from a wild destination for backpackers to a more family-friendly place. It's a destination offering a diverse range of activities for residents, including cultural attractions such as visiting historic temples and traditional dance performances,

beach activities like snorkeling and surfing, culinary experiences with its famous cuisine, and outdoor adventures like rock climbing and jungle treks. The country also features various shopping options and celebrates many festivals throughout the year.



# Final words

For digital nomad families seeking a new adventure, it's a toss-up between Armenia and Thailand. Both nations offer a perfect blend of central location, easy accessibility, and rich cultural heritage. **Armenia** is your dream destination if you're a fan of Mediterranean cuisine and love the changing seasons and outdoor activities, especially mountain sports. However, if you crave the warmth of the sun and the taste of Asian cuisine, then let **Thailand** be your next destination. Immerse yourself in its tropical paradise, where beaches and delicious food are a constant staple.

FOR DIGITAL NOMADS  
FAMILIES

# HOW SAFE IS ARMENIA IN 2023?



MATHEW  
ZEIN

EDITOR IN CHIEF



## HOW SAFE IS ARMENIA FOR DIGITAL NOMADS IN 2023?

Having lived in Armenia for years, my wife and I can attest to the country's safety and welcoming nature. Our travels across the nation, even **as foreigners with limited language skills, have never posed a security concern**. However, I will rely on global resources known for their reliability and accuracy to provide a more credible answer.



### Crime Rate by Country Report

According to the [Crime Rate by Country](#) report by the World Population Review in 2023, Armenia ranks 127/136, where #1 is the highest crime rate and #136 is the lowest crime rate. **Armenia ranked very close to Switzerland, Hong Kong, Japan, and the UAE.**

### Safety Index by Country

According to the [Safety Index by Country](#) report by Numbeo in 2023, **Armenia ranks 7/142, where #1 is the safest country worldwide,** knowing that Japan and Switzerland ranked #8 and #9, respectively.

### Safety Perception Index

According to the [Safety Perception Index](#) report by Institute for Economics and Peace (IEP) in July 2022, Armenia ranks 14th. The report stated: Experience of harm from violent crime rates was lower than ten percent in Armenia.

Unfortunately, many have no clear idea about how safe Armenia is due to their wrong perception of the country from the post-soviet union collapse era. No one can deny the hard days Armenia has been through, but since then, **Armenia and Armenians have gone way too far to build a welcoming and safe country for locals and foreigners.**

FREEDOM WITH  
A CONSERVATIVE LIFESTYLE

# WHAT ARMENIA HAS FOR DIGITAL NOMAD TEENAGERS TRAVELLING WITH THEIR FAMILIES?



MARIAM  
NAVASARDYAN

CONTENT WRITER





Armenians find fulfillment through seizing every opportunity. They enjoy life to the fullest—they dance and sing, take risks, fall in and out of love, make lasting memories—they have complete freedom to express their emotions and sentiments and to love and live as they choose—yet they do so with an appreciation for the finer things in life, with moderation, discipline, and superior

**awareness of one's own limitations.**

Ultimately, thanks to the nation's conservative nature and its loyalty to the family institution, Armenia is a safe place where it is relatively easy and safe to raise a child and keep a family together despite its rapid development, open-minded community, and its willingness to adapt to the rules and phenomena of the times.

## FREEDOM WITH A CONSERVATIVE LIFESTYLE

“Family is sacred” I have heard this phrase since the cradle, and this has nothing to do with any religion. As an Armenian child, teenager, adult woman, and future mother, I grew up with the spirit that there is nothing more important than family in the world. My spiritual and mental connection with my parents cannot be severed even after living far away from them for more than five years and even after getting married.

Now picture yourself starting a family and establishing your roots, all while immersed in **a society that places a premium on families** and places a high value on the bonds between parents and their offspring. That’s what life is like in Armenia, where **the phrase “out on your own at 18” simply doesn’t apply.**

Armenian children typically stay with their families until they are mature enough to leave. Parents provide material and spiritual sustenance for their offspring long after they’ve left the nest. In addition, Armenian parents have a reputation for strict discipline. Children discuss important issues with the elderly, they regularly seek their counsel, and they never use foul language.

Armenia is a secure place for young people, giving parents peace of mind. **The legal system reflects the country’s commitment to moral principles.** The prohibitions on smoking in public eateries, drug use, and prostitution

being illegal mean you no longer have to watch out for your youngster picking up undesirable habits easily.

When it comes to culture, Armenia is the perfect place to learn about and immerse yourself in a wide variety of artistic and historical practices, from miniature painting to sculpting to engraving to carpet weaving, from dancing to enjoying theater and opera.

A literal interpretation of the adage that “Armenia is a museum in the open air” is quite plausible. Armenia’s capital and the rest of the country are home to many museums, art galleries, historical monuments, architectural wonders, and literary and musical landmarks. You can even see the works of current artists displayed in the parks.

**Armenians have always fared quite well on the world chess stage**, which remains one of their most popular sports today. Another sign of the culture children is exposed to while living in the country.

As a typical teenager from a traditional Armenian family, the love life of teenagers is relatively open in Armenia. Parents give a free choice and private space to their children in this matter, but at the same time, **they are very consistent and watchful and attentive.** It’s sort of a balance between the east and the west, a **balance between a free lifestyle and a conservative one**, giving children the best of each.

CAN MOMMY AND DADDY  
HAVE SOME FUN IN ARMENIA?

# ARMENIA NIGHTLIFE FOR DIGITAL NOMADS



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## CAN MOMMY AND DADDY HAVE SOME FUN IN ARMENIA? ARMENIA NIGHTLIFE FOR DIGITAL NOMADS

As a digital nomad, I have visited many different countries and cities, each offering unique cultural experiences and attractions. When it comes to nightlife, there is no shortage of excitement and entertainment in any corner of the world. However, Armenia stands out in a way that sets it apart from the rest. [It is where the energy and passion of Armenians and expats infuse every aspect of the nighttime experience](#), creating a truly unforgettable atmosphere. Walking the streets of Armenia on a warm summer night, one can feel the buzz and excitement in the air, making it clear that [this is a place where life is meant to be lived to the fullest](#).

I've had the pleasure of hosting friends from all over the world, including Germany, France, the United States, and the United Arab Emirates. They have all been captivated by the energy and joy that fills the air during a night out in Armenia. From [upscale nightclubs and bars to intimate jazz clubs and cozy pubs](#), there's something for everyone to enjoy.

Although Armenian nightlife can vary depending on the city, many bars, clubs, and restaurants offer a lively atmosphere in major cities for locals and tourists alike. [Yerevan, the capital, has the lion's share of the vibrant nightlife](#). In many bars and nightclubs in Yerevan, you'll find a mix of local and international music, including popular genres like pop, rock, and electronic dance music. There are also live music venues that feature local

bands and musicians playing a variety of styles, including traditional Armenian music.

Additionally, many restaurants and cafes in Yerevan stay open late and offer food, drinks, and entertainment, making them popular places to spend a night out. Some restaurants also feature live music, dancing, or other forms of entertainment, making them great options for those who want a more relaxed and laid-back nightlife experience.

The Tourism Committee in Armenia explains all about the vibrant nightlife in the country [through its website](#). They recently produced an exciting video about Armenia's nightlife and active daytime. To watch the video, scan this QR code or [click here](#)



JOY IS THE KEY!

# HOW YEREVAN'S THRIVING SOCIAL DANCE SCENE ATTRACTS DIGITAL NOMADS



**RAZMIK  
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**MASS COMMUNICATION SPECIALIST, PODCAST PRODUCER  
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## JOY IS THE KEY!

# HOW YEREVAN'S THRIVING SOCIAL DANCE SCENE ATTRACTS DIGITAL NOMADS

The questions we ask always premeditate the type of answers we receive. The decision to become a digital nomad inevitably prompts a deeper contemplation not just about where to live but also the paradigm with which we will answer this question.

Over the last 9 years, I have enjoyed a blissful life, a thriving career, and a fulfilling education in the United States, Sweden, and Armenia. On three different occasions, I **made conscious decisions to return to Armenia**, considering as many factors as I could.

This article addresses a factor dear to most digital nomads' hearts – well-being and personal development. I hope it will showcase some of the hidden gems of Armenia.

**The fast-paced and solitary lifestyle of digital nomads can take a toll on their well-being.** With a constant need to be on the move and interact through screens, **the social dance scene in Yerevan offers a refreshing escape** from this pressure. It provides a community-driven atmosphere where individuals can unwind, find balance and build genuine connections with others through the joy of dance. There are many more reasons why the lively energy of Yerevan's dance floors attracts digital nomads like moths to a flame.

## Come as you are and find your groove

**The rich dance culture in Yerevan showcases the city's diverse heritage and cultural influences.** With an array of options from classic Armenian folk dances to contemporary hip-hop and Latin styles, it offers something for everyone. Besides Armenian, the classes are primarily taught in English and Russian, thereby making them more accessible. More importantly, dance is a universal form of expression that enables digital nomads from various backgrounds to effortlessly integrate and feel a sense of belonging, even if they don't speak the language.





## Break the social bubbles

The social dance scene in Yerevan is also a **dynamic hub for networking** and forming new connections, breaking down cultural and social barriers. Truthfully told, Armenia has a lot of bubble communities. For example, many Armenians having moved here from another country or the newly arrived Russians have many possibilities to hang out in secluded communities. They have their restaurants and clubs, which is lovely, but digital nomads are likely to seek a more diverse exposure, so it's opportune to be in places where people otherwise not likely to meet can meet. **The dance scene boasts a diverse mix of nationalities, age groups, professions, and lifestyles.**

## Salsa Viva

In Yerevan, the Latin dance communities are among the most vibrant and active ones. One of the most well-known of these communities is Salsa Viva. It was established in 2016 by Monica Conde, an expatriate from Colombia. With her passion and expertise in Latin dance, Monica has helped to popularize new dance styles in Armenia. With the growing presence of Russian speakers in Yerevan, the Salsa Viva community has become even more diverse and active, providing a warm and welcoming space for social dancers and non-dancers alike.

## A journey for the senses

Interestingly enough, the dance workshops have a special allure for digital nomads. It can be challenging to unwind after hours of focused work. Attending a dance class is a form of meditation that brings one into the present moment. The structured instruction, vibrant music, and the connection with a partner serve to distract the mind from its ceaseless stream of thoughts. **Many studies have shown that dance has a positive impact on mental and emotional health** and can reduce stress and anxiety.

## Warm Atmosphere and Inclusiveness

The social dance scene in Yerevan is known for its warm and welcoming atmosphere. At Salsa Viva I often see how experienced dancers extend a hand to newbies and make them feel included, creating a sense of community that is inclusive and centered around joy. At the same time, there is no pressure to actively participate, and one can simply relax, enjoy a drink and be captivated by the beauty of social dance. I would even say that there are unwritten but quietly agreed-upon codes of conduct. **I think the underlying principle is always the same: joy is the key.**

In conclusion, Yerevan's thriving social dance scene is more than just a place to let loose and have fun. **It's a source of inspiration, a hub for networking, and a way for digital nomads to get more out of being in Armenia.** So if you're a digital nomad in search of adventure, be sure to add Yerevan to your list of must-visit destinations. You won't be disappointed

# CREDITS AND SPECIAL THANKS

Special thanks to the Tourism Committee at The Ministry of Economy of The Republic of Armenia for being collaborative and providing the digital media (photos and videos) to use in the magazine.



TOURISM COMMITTEE  
MINISTRY OF ECONOMY OF  
THE REPUBLIC OF ARMENIA

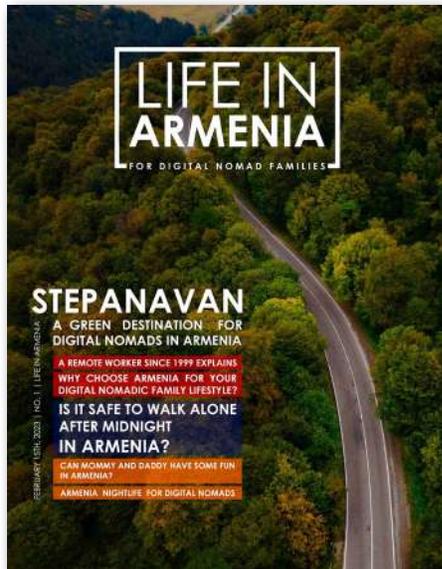
## ARMENIA

### The Hidden Track

Special thanks to Stepanavan City Council Member Arevik Markaryan for the joyful tour of Stepanavan and for providing photos and information about the city.



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Monthly Magazine  
February 2023 edition



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# WELCOME TO ARMENIA

If you would like to contribute to the March 2023 edition and have an idea in mind,  
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# LIFE IN ARMENIA

FOR DIGITAL NOMAD FAMILIES

FEBRUARY 15TH, 2023 | NO. 1 | LIFE IN ARMENIA

## STEPANAVAN

A GREEN DESTINATION FOR  
DIGITAL NOMADS IN ARMENIA

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