



If you can get past the whistling, honking and cat calling while in the city or walking down any street with construction; being a woman in Panama can be a very liberating experience. I know for me the first time I drove into the city alone I was so proud of myself I called my sister to tell her where I was. I don't know if she realized the significance of my achievement but I was impressed. Arriving in Panama and becoming the self sufficient and independent Mrs, Miss or Ms. can be either an adventure or a challenge depending on how you look at it. For me it has been an adventure. If this was to be my home I was not about to rely on my partner to take me to the hair salon or drive me into the city every time I wanted to go shopping or participate in my races. I was also not going to rely on him to take care of changing our household gas tanks or getting the car fixed if he wasn't around. If my single girl friends could do it, why couldn't I. Like anything else if you approach a situation with confidence and a desire to succeed anything can be done. I have spent nights in the city alone in my favourite Bed and Breakfast and I have also dealt with mechanics that only speak Spanish. I have negotiated some renovations in my home and I have picked up parts for our plane.

How we came to learn the city is for the first few months we only drove in on Sundays. Sunday mornings in the city are manageable. There are very few cars on the road and we found that getting lost on a Sunday was less stressful and was a great way to learn the streets of Panama. I often take the bus which makes life so much easier. The bus takes you right into Albrook

Mall and there I can hop into a taxi and get to where I need to be while practicing my Spanish with the driver. I always find being assertive and direct yet polite with anyone you meet while in the city on your own will make the experience enjoyable. Stay vigilant as you would anywhere in the world and have your cell phone charged just in case you need to call for back up.

There are women here at the beach from the ages of 29-65 that are doing it alone. For some it was a decision they made before they left their North American home, for others they have found themselves either widowed or divorced. Needless to say they are still here and enjoying their independent lives in the tropics. The tropics for me has been empowering. Realizing that I can survive in a country with different processes, a different language and a different culture has been a rewarding experience. Not to mention there are so many associations and activities to get involved in. From Book Clubs, to Boot Camps, Saving Stray Dogs to Mahjong, there are countless Women's groups that fill up the calendar here at the Beach. One of my girlfriends at the age of 28 took on owning her own restaurant - Picasso Bar and Restaurante

. Another two wonderful ladies I know started their own [Real Estate Company](#) and the list goes on.

If being a single Woman is holding you back from living your dream or changing your lifestyle in the tropics don't let it. If your husband needs to leave the country and leave you home alone for a few days, you can do it. If you need to get into the city and shop without having your partner wait for you, I know many woman who would love to go with you. Empower yourself as a woman and if the guys whistle, I usually whistle back.

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