

100+1

reasons to be a digital
nomad in **Uruguay**

100+1 reasons to be a digital nomad in Uruguay

If you want to travel the world while working remotely, Uruguay is a must-have destination on your list!

With its natural beauty and bustling urban life, this country has it all.

As a digital nomad, you'll be treated to an easy-to-obtain residency permit that allows you to stay in the country for a period of six months. The bonus? You can renew it for six months more online to keep enjoying all Uruguay has to offer.

This permit will enable you to legally freelance or work remotely for foreign companies from within the country. With its solid infrastructure, safe surroundings, and the fastest internet speeds in Latin America, Uruguay goes out of its way to welcome digital nomads.

In this ebook, we will take you through all the best things Uruguay has to offer. Don't be fooled by its small size. Whether your idea of a good time involves tanning on an unspoiled beach or indulging in a vibrant nightlife, you'll find exactly what you want here.

Get ready to see all of this small country's big possibilities.



HISTORY AND CULTURAL HERITAGE

With almost 300 years of history, Montevideo has countless ways to celebrate its rich cultural heritage.

What can you do in Montevideo?

- 1** Tour the **Old City of Montevideo** and visit the Gate of the Citadel, one of the last remaining pieces of the wall that used to fortify this part of the city.
- 2** Explore the seaside neighborhood of **Punta Carretas**, its neoclassical architecture, and even visit a mysterious alchemist's castle.
- 3** Spend a Sunday in **Parque Rodó**, a sprawling 100+ acre park featuring a lake, a plaza covered in hand-painted Spanish tiles, charming monuments, and its iconic amusement park rides.
- 4** Explore the **Salvo Palace**, an eclectic architectural wonder and historical monument that was once the tallest building in Latin America.
- 5** Learn about the musical history and traditions of Uruguay in the **Carnival Museum**, a space dedicated to the longest annual celebration in Uruguay.
- 6** Discover the works of renowned Uruguayan artist Joaquín Torres García, including his image of an inverted South America, at the **Torres García Museum**.
- 7** Visit the **National Museum of Natural History** in Montevideo, where you can admire the flora, fauna, and geology of Uruguay within a beautiful historic building.
- 8** Get an exclusive look at the city's hidden gems on **Cultural Heritage Day**, an annual event where historic buildings, vehicles, and exhibits are opened to the public.
- 9** Visit the **National Museum of Visual Arts**, which houses an extensive collection of Uruguayan paintings, sculptures, and photographs.
- 10** Stroll through **Plaza Independencia**, home to the iconic statue of José Artigas and Palacio Estévez, where the president carries out his day-to-day work.
- 11** Spend a day in **Parque Rivera**, a green space resembling an urban forest with towering eucalyptus trees, lakes, and winding trails.
- 12** Visit the **Tile Museum** in Montevideo, where you can admire beautiful hand-painted tiles and learn about their importance in Uruguayan architecture.
- 13** Visit the **Museo de Arte Precolombino e Indígena (MAPI)**, which exhibits a unique collection of pre-Columbian art from distinct South American cultures.

You can drive from one side of Uruguay to another in five hours. But who would want to move that fast with all these wonders to enjoy:

- 14 Discover the magic of **Colonia del Sacramento**, a charming colonial city with cobblestone streets and a curious combination of modern and historic sites.
- 15 Visit the **Historic District** of Colonia del Sacramento, declared a UNESCO World Heritage Site in 1995 for its well-preserved fusion of Spanish and Portuguese history.
- 16 Explore the **Fort of San Miguel**, a military building dating back to the 1600s that offers panoramic views of the Río de la Plata.
- 17 Visit the monument **The Hand**, The Fingers, or Man Emerging to Life, a sculpture of five fingers partially submerged in the sand at Playa Brava, Punta del Este.
- 18 Visit the **Piria Castle**, the grand and eccentric residence of Francisco Piria, who founded Piriapolis seaside resort.
- 19 Tour the **Wine Route in Canelones**, where you can visit wineries and vineyards to taste award-winning Uruguayan wines.
- 20 See the **Monumento al Gaucho** in Tacuarembó, an emblematic statue that pays homage to the figure of the gaucho in the Uruguayan culture.
- 21 Visit "**Casa Pueblo**" in **Punta Ballena**, an impressive architectural construction created by the renowned artist Carlos Páez Vilaró.
- 22 Enjoy fine wines and exquisite culinary pairings while touring the wine cellars in **Carmelo**.

A tall, white lighthouse stands on a rocky coastline during a vibrant sunset. The sky is filled with streaks of orange, yellow, and blue, with the sun low on the horizon. The ocean waves are crashing against the rocks, creating white foam. The lighthouse is silhouetted against the bright sky.

CONNECT WITH NATURE

After all the sightseeing, you'll need some time to wind down. And what better way is there to do that than enjoying a quiet moment with nature?

After all the sightseeing, you'll need some time to wind down. And what better way is there to do that than enjoying a quiet moment with nature?

- 23 Watch a **magnificent sunset at Barra de Maldonado**, where the sky glows gold and pink as it's reflected by the ocean.
- 24 Visit **Salto del Penitente**, a waterfall over 60 meters long with rock formations resembling the figure of a monk in penance.
- 25 Walk along the **beautiful beaches of Punta del Este**, especially Playa Mansa and Playa Brava.
- 26 Get to know the natural charm of **Rocha**, with unspoiled beaches, national parks, and picturesque lagoons.
- 27 Immerse yourself in nature at **Santa Teresa National Park**, where you see wildlife, including wild capybaras.
- 28 Visit **Cerro de los Burros**, a hill with breathtaking panoramic views of the coast and the Atlantic Ocean.
- 29 Spend a day on the **Laguna de Rocha**, a protected wetland where you can kayak, bird-watch, and fish.
- 30 Climb the **José Ignacio Lighthouse** and enjoy the surrounding virgin beaches.
- 31 Take a guided tour of the wetlands of **Esteros de Farrapos e Islas del Río Uruguay National Park**.
- 32 Visit the **Bañados del Este Biosphere Reserve**, known for its rich biodiversity of birds and native flora.
- 33 Get up close and personal with the ombú trees of **Monte de Ombúes in Rocha**.
- 34 Go **whale watching** in Punta del Este during their winter migration season.
- 35 Enjoy rural tourism and **horseback riding** on one of Uruguay's numerous ranches.
- 36 Take a **safari bus** tour through the eco-park at the Dr. Rodolfo Tálice Flora and Fauna Reserve.
- 37 Go on a **kayaking** tour of the Santa Lucía River.



GASTRONOMY

With all these activities, you're sure to work up an appetite. Don't worry; Uruguay is ready to blow you away with its local cuisine.

With all these activities, you're sure to work up an appetite. Don't worry; Uruguay is ready to blow you away with its local cuisine.

- 38 Savor Uruguay's famous slow-grilled beef and all its fanfare at a **Uruguayan parrilla**.
- 39 Revel in the millions of ways to enjoy **dulce de leche**, from fillings in alfajores to thick swirls mixed into ice cream.
- 40 Share a **mate**, the traditional infused drink of Uruguay, with your friends.
- 41 Bite into a fresh **churro** on a summer day (bonus points if it's filled with dulce de leche).
- 42 Savor the delicious **Uruguayan cheeses**, like its iconic queso Colonia, alongside a glass of local wine.
- 43 Indulge in the flavors of the sea with **fresh seafood** at one of Uruguay's seaside restaurants.
- 44 Enjoy a fresh **torta frita** on a rainy day. And don't forget your mate!
- 45 Try Uruguay's unique take on **pizza**, featuring a thick crust and abundant toppings.
- 46 Explore **Uruguay's gastronomic markets**, like Mercado Agrícola, where you can find a variety of local products and typical dishes.
- 47 Order a delicious **chivito**, the famous Uruguayan sandwich made with tender meat, cheese, and bacon.
- 48 Wrap up a long day out with fresh **empanadas**, available with just about any filling you could imagine.
- 49 Invite your friends to share a **Uruguayan picada**, a Charcuterie Board of cold meats and cheeses accompanied by bread and olives.
- 50 Celebrate **Gnocchi Day** on the 29th of every month with the rich, starchy pasta.
- 51 Try a glass of Tannat, Uruguay's best-known **wine** that has gained international recognition for its quality.
- 52 Dig into a **gramajo**, a typical Uruguayan dish of french fries topped with ham and scrambled eggs.

- 53** Taste the best **seaweed fritters** in the country in Punta del Diablo while sitting by the sea.
- 54** Exploring the **Villa Biarritz Fair in Montevideo**, where you can find fresh and local products, including locally-produced fruits, vegetables, cheeses, and sausages.
- 55** Taste the wide range of **specialty coffees** that are gaining recognition both nationally and internationally.
- 56** Start your day at the bakery with a sampling of **biscochos**, including "Pan con Grasa", "Margaritas," and the long, thin "Vigilantes."



SPORTS

All that delicious food needs a good balance of activity.
Are you ready for adventure?

All that delicious food needs a good balance of activity. Are you ready for adventure?

- 57 **Surf** at the incredible beaches of La Paloma, Punta del Diablo, and Cabo Polonio, where you will find some of the best waves in the country.
- 58 Go **kitesurfing at Playa de la Viuda**, a spot internationally recognized for its prime winds and waters.
- 59 Hit the **trails at Quebrada** de los Cuervos National Park, featuring beautiful waterfalls and landscapes.
- 60 **Boat** through Uruguay's winding rivers and lagoons, such as the Garzon Lagoon or the Rio Negro.
- 61 Go **sport fishing** off the coast and enjoy Uruguay's unrivaled aquatic diversity.
- 62 Tee up at one of Uruguay's renowned **golf courses**, such as the Club de Golf del Uruguay in Montevideo or the Golf Club of Punta del Este.
- 63 Are you the adventurous type? Get a breathtaking view of Rocha or Piriápolis while **skydiving**.
- 64 Explore rural Uruguay on **horseback** while connecting with the gaucho culture.
- 65 Practice **yoga** outdoors on the beaches of Punta del Diablo.
- 66 **Bike** along the Ruta de la Cerveza Artesanal (Craft Beer Route) in the countryside. And yes, you can enjoy some local brews.
- 67 Walk, bike, or skate along the 22.2 kilometers of uninterrupted coastline on the **Rambla of Montevideo**.



CULTURAL/MUSICAL

Uruguay has more than rich food and incredible scenery. Get ready to meet a music and art scene unlike anywhere else.

Uruguay has more than rich food and incredible scenery. Get ready to meet a music and art scene unlike anywhere else.

- 68 Walk along with the **candombe drums** at night and enjoy the rhythm, dances, and traditions that date back hundreds of years.
- 69 Join a **tango class** and immerse yourself in the passion and elegance of this emblematic dance.
- 70 Visit Montevideo's Palermo neighborhood's **art galleries** and exhibitions to discover local talent and contemporary artistic expressions.
- 71 Immerse yourself in a live music event at the **Teatro Solis**, one of Latin America's oldest and most prestigious theaters.
- 72 Enjoy an **open-air concert on Montevideo's Rambla**, where local and international artists perform in a unique setting by the sea.
- 73 Participate in a **ceramics workshop** at the Escuela Nacional de Bellas Artes, where you can create your own pieces of functional art.
- 74 Explore the **Tristán Narvaja Fair** in Montevideo, an emblematic flea market featuring antiques, books, handicrafts, and live music.
- 75 Attend a **milonga**, the traditional tango gatherings that pop up all over the city.
- 76 Explore Montevideo's **Museo Nacional de Artes Visuales**, home to an extensive collection of Uruguayan art, from paintings to sculptures and photographs.
- 77 Enjoy a contemporary **dance performance** at the National Auditorium Adela Reta, a space dedicated to the performing arts and the dissemination of culture.
- 78 Participate in an **Afro-Uruguayan percussion workshop** at the Escuela de Tambores de Candombe, where you will be able to learn about the history and tradition of this unique rhythm.
- 79 Explore the **José Luis Zorrilla de San Martín Open Air Sculpture Park** and admire works by prominent local and international artists.
- 80 Enjoy a **night of live music at La Trastienda**, a renowned cultural space where artists perform diverse types of music.

- 81** Participate in a **photography workshop** at the Centro de Fotografía de Montevideo, where you can perfect your skills and discover the work of renowned Uruguayan photographers.
- 82** Explore the **Casa de Carlos Gardel** in Tacuarembó, which pays tribute to the famous tango singer and displays his legacy.
- 83** Enjoy a show of Uruguayan **folkloric dance**, such as the "baile del gato" or the polka, at a traditional festival or peña.



ENTERTAINMENT AND NIGHTLIFE

If there is one thing Uruguay's got, it's vibrant entertainment both night and day.

Take the chance to:

If there is one thing Uruguay's got, it's vibrant entertainment both night and day.

Take the chance to:

- 84** Explore the **vibrant bar and pub scene** in the Parque Rodó, Punta Carreta, and Pocitos, where you can enjoy creative cocktails and live music.
- 85** Participate in the **Montevideo Late Festival**, where the streets of Montevideo transform into a vibrant and eclectic stage for local and international musicians, art performances, open-air film screenings, and more.
- 86** Visit **La Semana Criolla at the Rural del Prado**, where the space transforms into the epicenter of Uruguayan gaucho culture with food, dance, and activities.
- 87** Enjoy a night of **electronic music** in the nightclubs of Punta del Este, where local and international DJs create an unforgettable experience nearly every night.
- 88** See dazzling shows of comparsas, murgas, and humorists at **Teatro del Verano** during carnival.
- 89** Try your luck in **Punta del Este's casinos**, where you can hope to win big.
- 90** Participate in a **karaoke night** at one of Montevideo's themed bars, where you can show off your vocal skills and enjoy a fun night with friends.
- 91** Laugh until your ribs hurt at one of Montevideo's **stand-up comedy** clubs.
- 92** Participate in a **themed party in an open-air setting by the sea**. Playa Brava and Playa Mansa are popular venues for events, including music, DJs, and light shows.



UNIQUE ATTRACTIONS FOR DIGITAL NOMADS

Still not convinced?

We'll show you why Uruguay should be your first choice as a digital nomad.

Still not convinced?

We'll show you why Uruguay should be your first choice as a digital nomad.

- 93 Enjoy the **fastest internet speeds** in Latin America and the fourth fastest in the world. Montevideo ranks second fastest globally for cities, only surpassed by Dubai.
- 94 Take advantage of modern and well-equipped **coworking spaces** in Uruguay's main cities, where digital nomads can work in a collaborative and productive environment.
- 95 Benefit from **Uruguay's convenient time zone**, allowing easy coordination with work teams in the US and Europe.
- 96 Access **high-quality healthcare** with the free public health system and plentiful and affordable private options.
- 97 Explore Uruguay's entrepreneurial culture and support programs for **startups and entrepreneurs**, including business incubators and accelerators.
- 98 Feeling burned out? **Disconnect in Cabo Polonio**, a town without electricity, where you can relax and unwind in nature.
- 99 Let your business flourish while knowing you're backed by **Uruguay's consistent political and economic stability**.
- 100 Take advantage of the **country's tax benefits** (the export of technology services is tax-free!).
- 100+1 **And, of course, enjoy the ease of obtaining a residency permit for digital nomads in Uruguay!**



For more information about residency
permit for digital nomads, visit

www.liveinuruguay.uy/digitalnomadpermit

You can also send your questions directly to

 **info@liveinuruguay.uy**