

Mexico – One of the Best Retirement Destinations

For almost 30 years, *International Living* has been searching for the best retirement and lifestyle destinations.

In its Special Report: *Find Your Perfect Retirement Destination*, International Living classifies what they believe are the countries that offer the best places to retire in the world. They also provide their favorite locations in each country: Towns and cities that offer the best of everything for your perfect retirement.

Below we have provided an exact transcription of International Living's *Find Your Perfect Retirement Destination* section on Mexico:

Mexico



There is only one place in the world where you can enjoy an affordable overseas retirement, live right on the beach for pennies on the dollar, yet remain within minutes of the U.S. by car...

With its moon-lit fiestas, languid white-sand beaches, ancient colonial towns set in the rugged Sierras, and ancient Mayan pyramids rising from the misty Yucatan jungle, it's no wonder so many retirees are starting new lives in Mexico.

America's closest southern neighbor consistently makes *International Living's* list of the top ten countries to live in, and was named the number one retirement destination in the world in our 2007 and 2008 Global Retirement Index and has remained in Top 5 since.

A move to Mexico means you can still enjoy the amenities you were accustomed to north of the border: cable TV, high-speed Internet, and modern home appliances. And if you prefer, you can even bring all of your favorite things with you without paying import taxes.

Goods and services cost less, so you can afford the kinds of luxuries only the very wealthy enjoy up north: a maid, a cook, and a gardener for example. In your retirement here, you'll

have the time to volunteer at the local school, golf in the mornings, relax on the beach...and savor life.

Whether your vision of the ideal retirement involves shopping, fishing, sunbathing, diving, biking, mountain climbing, parasailing, collecting crafts, visiting archeological sites, partying, going to concerts, attending the theater, or fine dining, in Mexico you can engage in all of these activities, and more.

Climate and landscape



Mexico is such a diverse nation that everybody can find exactly what they want here. You don't have to choose between water and mountain views; you can have both. And because of its' geographic diversity, you can also choose what climate you want to enjoy during your Mexican retirement: from hot and dry in the north, to hot and humid in the south, to spring-like temperatures all year round in the Colonial Highlands.

Cost of living

The key to smart shopping in Mexico is local shopping. You'll pay about 50 cents a kilo (that's about 2.2 pounds) for fresh fruit like mangos, oranges, or pears. A kilo of avocados sells for about \$1.55—which is roughly what you'd pay for one avocado in the U.S.

While it is true that you can find just about any U.S. product you're used to having—from Campbell's Soup to Tide—it's also true that you'll probably pay more for the convenience of a brand name. But if you shop at the local produce markets and the stores where locals buy, you're sure to pay less for your goods.

Senior citizens' benefits program

Foreigners who hold a valid residency visa for Mexico can now take part in Mexico's senior citizens' benefits program.

The program, for adults aged 60 and over, offers discounts on a wide range of services. These include discounts on health-related services (hospitals, doctors' visits, lab tests, medical devices, pharmacies, and dental work); cultural activities; travel-related costs, including airline tickets, buses, car rentals and purchase, and hotel accommodation. Discounts can range up to 50% off the full price of a given good or service.

Health care

Health care in Mexico is first rate. Private clinics and hospitals are staffed by expert physicians (many of whom trained in the U.S., Europe, or in Mexico's own world-renowned teaching hospitals), and medical care and prescription drugs will cost you only a fraction of what you would pay in the U.S.

Every mid-size to large city in Mexico has at least one first-rate hospital. And a big plus is that the cost of health care in Mexico is generally one-half or less of what you might expect to pay in the U.S.

Prescription drugs manufactured in Mexico cost, on average, about 50% less than the same drugs in the U.S.

For medical care, private health insurance in Mexico is half or less than what it costs in the U.S. But for a couple it can still cost \$200 or more a month. In addition, private plans usually exclude pre-existing conditions and won't take new clients who are more than 64 years old. In Mexico, fortunately, there's IMSS (*Instituto Mexicano del Seguro Social*, or Mexican Social Security Institute), Mexico's national health insurance. Once they have their residence visas, a couple can get health insurance coverage—including prescription medicines—through IMSS for a cool \$300 each *per year*. (...)

To read the entire publication, please visit InternationalLiving.com, and its Special Report: "Find Your Perfect Retirement Destination".