

"Pura Vida" is a national saying in Costa Rica that translates literally as *"pure life"*. Used as a greeting, a farewell, as an answer expressing that things are going well, or as a way of giving thanks—it reveals the importance Costa Ricans place on living a happy, healthy life in a beautiful environment. Expats living in Costa Rica enjoy the climate, neighborly atmosphere, low cost of living, excellent health care, stable democracy, and countless ways to have fun. To learn more visit: [Costa Rica - Internationalliving.com](http://CostaRica-Internationalliving.com)

Low Cost of Living

Expats report that you can live quite happily without sacrifices on a monthly budget of **\$1,500 to \$2,500**. That's two people living in a mid-range, two-bedroom home, and includes rent, utilities, transportation and Internet.

The requirement of \$1,000 per month from Social Security or a pension means that retiring to Costa Rica is very straightforward.

Eat like the locals at a *soda*—a small, informal restaurant that serves healthy, traditional meals like chicken, rice, beans and salad for **\$4 to \$5** a plate.

You could hire a maid or a gardener for **\$2** an hour or **\$200** per month.

Safe, Convenient and Beautiful

Costa Rica is a neutral and peace-loving country that constitutionally abolished armed forces in their country in 1949.

The money that Costa Ricans save on an army, is spent on education. The Costa Ricans have one of the highest literacy rates in the world.

San Jose is only a 2-hour flight from Miami and 3 ½ from New York. There are nonstop flights from New York, Houston, and Miami.

There are 801 miles of coastline, both on the Atlantic (also known as the Caribbean) and Pacific and over 300 beaches.

Sociologists say Costa Ricans are the happiest people on the planet. This is according to the *Happy Planet Index*, an independent think tank founded to study environmental impact and human well-being. Costa Ricans report the **highest life satisfaction** in the world.

High-Quality Healthcare

Costa Rica makes it into *Forbes* list of Top Ten Countries for medical tourism in the world. It is especially favored by Americans because of its proximity to the U.S.

Once you become a resident of Costa Rica, you can join the universal healthcare system known as *"Caja"*. The cost is **\$30-\$60** a month depending on your income and would cover all your medical expenses.

Costa Rica has one of the highest life expectancy rates in the world and the second highest life expectancy rate on the American continent, beaten only by Canada.

Eco-Friendly

Costa Rica has abundant water supply, reliable hydroelectric power, and one of the most advanced telecommunications systems in Latin America.

More than 25% of Costa Rica's land is dedicated to national parks, reserves and wildlife refuges. There are more than 100 different protected areas to visit.

Costa Rica has a Sustainable Tourism Certification (STC) program; which certifies tourism companies based on a sustainability model. This means that Costa Rica is committed to not letting its beautiful coastline become overdeveloped.

Costa Rica ranks 3rd on the Environmental Performance of 163 countries around the world, according to a Yale University study. It aims to be the first 'carbon neutral' country in the world by 2021.

