

The 2017 Annual Global Retirement Index

Country	Buying & Renting	Benefits & Discounts	Visas & Residence	Cost of Living	Fitting in	Entertainment & Amenities	Healthcare	Healthy Lifestyle	Infrastructure	Climate	FINAL SCORES
Mexico	94	88	91	89	91	97	91	88	90	90	90.9
Panama	87	100	96	82	90	93	89	93	89	89	90.8
Ecuador	97	99	82	83	89	89	87	92	89	100	90.7
Costa Rica	89	78	85	80	90	93	96	97	87	84	87.9
Colombia	89	66	79	93	85	94	94	95	91	91	87.7
Malaysia	89	70	85	87	93	95	97	92	89	73	87.0
Spain	85	71	70	78	88	90	89	90	98	89	84.8
Nicaragua	97	69	72	97	84	85	80	97	73	82	83.6
Portugal	84	72	76	82	85	80	84	90	95	83	83.1
Malta	79	71	76	77	92	85	85	79	90	83	81.7
Honduras (Roatán)	78	73	87	73	96	76	84	74	88	81	81.0
Thailand	84	67	61	85	88	90	89	80	83	83	81.0
Italy	67	74	74	79	78	90	81	85	93	84	80.5
Peru	86	60	80	94	86	74	83	72	80	87	80.2
Belize	77	81	84	72	95	74	86	85	70	78	80.2
France	65	79	74	57	87	96	88	79	93	82	80.0
Cambodia	76	57	77	99	89	91	80	83	69	74	79.5
Bolivia	93	62	64	87	80	76	72	83	84	88	78.9
Philippines	60	72	64	85	95	90	89	73	84	70	78.2
Dominican Rep.	91	70	60	81	85	85	82	77	82	68	78.1
Ireland	78	75	73	64	98	84	73	72	95	67	77.9
Guatemala	83	63	73	90	81	78	76	68	77	86	77.5
Uruguay	68	62	62	59	83	98	89	73	91	81	76.6
Vietnam	75	61	67	91	72	68	78	75	67	79	73.3

Portugal is 9th

Portugal's low cost of living and real estate is just some of the reasons for its growing popularity among retirees. According to *IL* Editor Glynnia Prentice: "A couple can live well on as little as \$1,700 a month, including rent, in many smaller cities, and from about \$2,200 a month in Lisbon, the capital."

It also doesn't hurt that [Portugal](#)'s climate is generally mild, and that most of its western coast is lined with beaches. And although its coastline is Atlantic, Portugal's lifestyle in many ways is classic Mediterranean, with a laidback air, an emphasis on friends and family, and plenty of good food and wine (and leisurely mealtimes for enjoying them). Port, the fortified wine beloved by the British, is the signature drink of Porto, the country's second city. But Portugal's red and white wines, including the slightly fizzy *vinho verde*, are also excellent. Seafood appears on most menus, especially *bacalhau* (salted cod), showing Portugal's seafaring history is evident in its diet, even today.

The Lisbon area, including the seaside towns of Cascais and Estoril, is a favorite with expats. Lisbon offers all the amenities you'd expect in a capital city, including an international airport, great restaurants and cafés, and museums and concert halls. Though it's one of Europe's oldest cities, much of Lisbon is 18th century or later, thanks to the Great Lisbon Earthquake that razed much of the city in 1755. Lisbon proper lies along the banks of the Tagus River estuary, which gives the city a pleasant seaside air. Cascais and Estoril, just half an hour away, are on the Atlantic proper. Known for their beaches, they are popular with both full- and part-time expats, especially the British.

The country's second city, Porto, offers a mild, moist climate, much like the U.S.'s Pacific Northwest. It tends to attract expats who prefer cool weather and city amenities in a small package. (Though Porto has all the amenities of a major city, its population is a cozy 240,000.)

The Algarve, the country's warmest and southernmost region, is home to numerous golf courses and sunny beaches. You'll also find plenty of British expats here, so English is widely spoken.

But, actually, many Portuguese speak English. So while it's a good idea to learn some Portuguese if you plan to retire here, you can generally get by in English. And Portugal's friendly locals help make life here extremely pleasant.