

How to Retire Abroad

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Personal & Social

Leaving friends and family behind can be challenging all while trying to build community in your new surrounds.

What's the Plan?

Permanent or Temporary Move?

- Where will you live? What happens with your US home?
- Do you hope to buy a home, land, a business?
- Are you still employed?
- Many programs require proof of funds in specific forms (i.e. pension or SS not savings or investment income).

It Takes Time

Rent before buying!

- Acquiring residency requires time and proof of income.
- There are options as to visas including digital nomad, tourist and temporary along the way.
- Immigration attorneys can be helpful especially if you aren't fluent in the language

Did you Consider?

Your New Home Country

- Do you know the language?
- What is the social, economic and political climate?
- Safety considerations
- Cultural differences
- Revisiting your Estate Plan

Being an expat creates complications with your tax situation.

Taxes



You MUST file taxes in both countries

Foreign Earned Income Exclusion

Foreign Tax Credit

Non-resident status may be better for you

Your ROTH IRA may be taxable

Employ an Expat Tax Advisor

Banking

Some countries will require a bank account and a minimum balance held.

Stateside

Opt into e-delivery
Maintain bulk of savings and retirement accounts in the US
US bank account aids with Social Security and taxes

New Home

Establish account and register with IRS if needed
Be mindful of service, transaction and convenience fees with your US cards and accounts

S o c i a l S e c u r i t y

- Payments can be sent to foreign banks with some exceptions (Cuba, North Korea, Moldova, Azerbaijan, and the Five Stans)
- Taxation of your Social Security depends on your host country.



Healthcare & Medicare Limitations

Secure Coverage Before Travelling

Check for age limits and if pre-existing conditions are covered when looking for an international policy

Consider Evacuation Coverage as well as coverage for stateside treatment

Don't be cheap!

What about meds?

Medicare doesn't cover care abroad, so most expats have a global health insurance policy that covers them for their host country and regional area as well as the US

Comprehensive Care

Shop around

Don't forget vision and dental

Check out local health care options

Keeping Medicare

Helpful for emergency treatment

Avoid late enrollment penalty fees if you move back

Where Can I Go?

Not every country will welcome Americans, particularly in this climate



- Check for any Travel Advisories for countries of interest
- Each country has a different process and timeline
- Do your homework, visit, talk to fellow expats
- Join and follow expat communities on social media
- Explore any ancestral ties (Ireland, Canada)
- Are you a specialized skilled worker in a needed field? (Australia)
- Want to make a business investment? (Portugal)
- Are you retired and receiving a set pension? (Mexico, Belize, Panama)

Where Can I Go?



Digital Nomad or Remote Work Lifestyle

Perfect for semi-retirement or early retirees still earning online.

□ [Nomad List](#) – Community-driven data on cost of living, WiFi, safety, and lifestyle for global cities

A Few Sample Countries below and [here](#) for a list of currently available visas

Country	Visa Name	Duration	Income Requirement (approx.)
Portugal	D7 Passive Income / Digital Nomad	1–5 years	~\$2,750/month
Spain	Digital Nomad Visa (2023 launch)	1 year (renewable)	~\$2,600/month
Croatia	Digital Nomad Visa	Up to 1 year	~\$2,300/month
Costa Rica	Rentista Visa / Digital Nomad Visa	2 years	\$2,500/month or \$60,000 lump sum

Where Can I Go?



Buying Real Estate

Best for those seeking residency or lifestyle permanence

Resources:

- ☐ [International Living – Property Abroad](#) – Country-by-country guides to buying property.
- ☐ [Escape Artist Real Estate](#) – Real estate listings and investment insights globally.
- ☐ **Local expat-focused realtor websites** (e.g., **Idealista** for Spain, **Green Acres** for Portugal, **Encuentra24** for Costa Rica).

Note:

Some countries offer residency for real estate purchases (ex: Greece, Portugal, Panama).

- ☐ Rent for a year before buying!
- ☐ Be aware of foreign ownership restrictions (common in Thailand, Mexico beachfront areas, etc.).

Where Can I Go?



Investment-Focused Retirement

Aimed at retirees looking to qualify through financial means.

Resources:

- ❑ [Henley & Partners](#) – Source on citizenship/residency-by-investment programs.
- ❑ [Nomad Capitalist](#) – Entrepreneur/investment-based expat planning.

Example Programs:

Country	Investment Type	Investment Minimum
Portugal	Golden Visa	€500,000 fund
Panama	Friendly Nations Visa	~\$200,000 real estate or \$300,000 term deposit
Greece	Golden Visa	€250,000 property
Turkey	Citizenship by Investment	\$400,000 property

Where Can I Go?



Starting a Business or Local Enterprise

For entrepreneurial retirees or part-time business owners.

Sample Countries with Business-Friendly Visas:

Country	Visa Program	Key Highlights
Chile	Start-Up Chile	Equity-free grant, great for tech
Estonia	E-Residency	Business remotely within the EU
Mexico	Temporary Resident Visa	Can be used for business w/income proof
Georgia	Remotely from Georgia	Business-friendly for remote workers

Where Can I Go?

Popular Countries with Established Retirement Visas:



Country	Visa/Program	Key Benefits
Portugal	D7 Visa / Retirement Visa	Access to healthcare, residency for passive income, easy path to EU citizenship
Costa Rica	Pensionado / Rentista Visa	Welcoming to U.S. retirees, great healthcare, tax perks
Mexico	Temporary/Permanent Resident Visa	Proximity to U.S., low cost of living
Spain	Non-Lucrative Visa	Great lifestyle, healthcare access, must prove sufficient income
Thailand	Retirement Visa (O or OA)	Low cost of living, warm climate, affordable private healthcare
Panama	Pensionado Visa	Lifetime residency, discounts for retirees, no tax on foreign income
Italy	Elective Residency Visa	Passive income required, great for cultural lifestyle seekers

Where Can I Go?



Take a Tour!

Portugal The Simple Life Tours

- Website: portugal-the-simple-life.com

Retire in Costa Rica Tours – Christopher Howard

- Website: liveincostarica.com

Retire in Mexico Tours – Focus on Lake Chapala & San Miguel de Allende

- Website: focusonmexico.com

Panama Relocation Tours

- Website: panamarelocationtours.com

Spain Expat Tours

- [TorreviejaTranslation.com](https://torreviejaTranslation.com) – Alicante/Valencia region focus with legal support.
- [MoveToTravels](https://MoveToTravels.com) – Boutique tours in Granada, Malaga, and Seville areas.

Resources

<https://www.americansabroad.org/>

<https://internationalliving.com/>

<https://www.escapeartist.com/>

<https://www.myexpattaxes.com/>

<https://expatfinancial.com/>

<https://www.expatistan.com/cost-of-living>

<https://www.numbeo.com/cost-of-living/>

<https://www.eddandcynthia.com/program>

<https://www.forbes.com/sites/williampbarr>

<ett/2019/11/27/the-best-places-to-retire->

<abroad-in-2020/#89013a0516c2>

<https://expatsi.com/>

<https://www.expatinfodesk.com/expat->

<guide/organizing-your-departure/calendar->

<before-you-go/>

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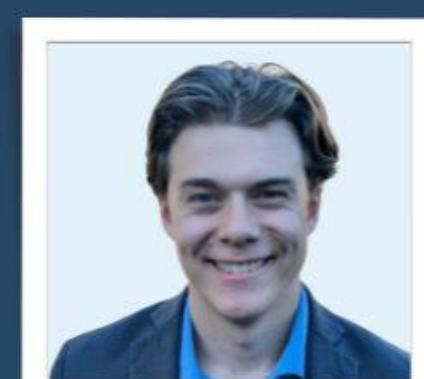









Final Thoughts & Questions



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