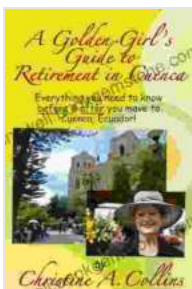


# Golden Girl's Guide to Retirement in Cuenca, Ecuador



## A Golden Girl's Guide to Retirement in Cuenca: Everything you need to know before & after you move to Cuenca, Ecuador! by Christine A. Collins

★★★★☆ 4.6 out of 5

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Cuenca, Ecuador is a beautiful and affordable city that is becoming increasingly popular with retirees from all over the world. The city offers a warm climate, friendly locals, and a low cost of living. In addition, Cuenca has a strong healthcare system and a vibrant arts and culture scene.

If you are a woman over 50 who is considering retiring in Cuenca, this guide is for you. I will provide you with all the information you need to make an informed decision about whether Cuenca is the right place for you.

## **Visas**

The first thing you need to do when planning your retirement in Cuenca is to obtain a visa. There are several different types of visas available, but the most common one for retirees is the Retirement Visa. This visa allows you to stay in Ecuador for up to 3 years and can be renewed indefinitely.

To qualify for a Retirement Visa, you must meet the following requirements:

- Be at least 55 years old
- Have a monthly income of at least \$800 USD
- Submit a health certificate
- Have a criminal background check

The process of applying for a Retirement Visa is relatively straightforward. You can apply at the Ecuadorian embassy or consulate in your home country or at the Ministry of Foreign Affairs in Quito, Ecuador.

## **Healthcare**

Cuenca has a strong healthcare system that is both affordable and accessible. There are several hospitals and clinics in the city, as well as a number of private doctors and dentists.

The cost of healthcare in Cuenca is much lower than in the United States and Canada. For example, a doctor's visit typically costs around \$20 USD and a hospital stay costs around \$100 USD per day.

If you are a Medicare beneficiary, you will be able to use your Medicare card in Cuenca. However, you should be aware that Medicare does not cover all medical expenses in Ecuador. You may need to purchase supplemental insurance to cover the costs of any uncovered services.

## **Cost of Living**

The cost of living in Cuenca is very affordable. A couple can comfortably live on a budget of \$1,500 USD per month. This includes the cost of housing, food, transportation, and healthcare.

Here is a breakdown of the average monthly expenses for a couple in Cuenca:

- Housing: \$500 USD
- Food: \$300 USD
- Transportation: \$100 USD
- Healthcare: \$100 USD
- Other expenses: \$500 USD

Of course, your actual expenses will vary depending on your lifestyle and spending habits. However, you can expect to live very comfortably in Cuenca on a budget of \$1,500 USD per month.

## **Lifestyle**

Cuenca is a vibrant city with a lot to offer retirees. The city has a beautiful historic center, a number of museums and art galleries, and a variety of restaurants and shops.

There are also a number of activities and clubs for retirees in Cuenca. These include hiking, biking, swimming, golf, tennis, and bridge.

The people of Cuenca are friendly and welcoming, and they are always happy to help newcomers. Cuenca is a great place to make new friends and build a new community.

## **Safety**

Cuenca is a very safe city. The crime rate is low and the streets are well-lit at night.

However, as with any city, it is important to be aware of your surroundings and to take precautions to protect yourself from crime.

Here are a few safety tips for retirees in Cuenca:

- Be aware of your surroundings and be careful of people who approach you on the street.
- Do not carry large amounts of cash or jewelry.

- Do not walk alone at night.
- Keep your home and car locked.
- If you are a victim of a crime, report it to the police immediately.

## **Travel**

Cuenca is a great base for travel. The city is located in the heart of Ecuador and is within easy reach of the Andes Mountains, the Amazon rainforest, and the Pacific coast.

There are a number of tour companies that offer day trips and longer tours to destinations throughout Ecuador.

Cuenca is also a great place to start or end a longer trip through South America.

## **Adventure**

If you are looking for adventure, Cuenca is a great place to be. The city is surrounded by the Andes Mountains, which offer a variety of opportunities for hiking, biking, and climbing.

There are also a number of rivers and lakes in the area, which are great for swimming, fishing, and kayaking.

If you are feeling adventurous, you can even climb to the top of Mount Chimborazo, the highest mountain in Ecuador.

## **Culture**

Cuenca is a city with a rich culture. The city is home to a number of museums and art galleries, as well as a variety of festivals and events throughout the year.

The people of Cuenca are proud of their culture and traditions, and they are always happy to share them with visitors.

If you are interested in learning more about Ecuadorian culture, there are a number of ways to do so.

- Visit the museums and art galleries in Cuenca.
- Attend a festival or event.
- Take a Spanish class.
- Volunteer with a local organization.

## **Community**

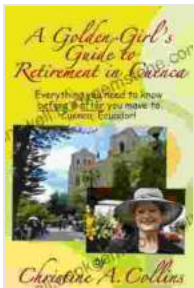
Cuenca is a great place to build a community. The city has a number of organizations and groups for retirees, such as the Cuenca Expats Club and the Cuenca Golden Girls.

These groups offer a variety of activities and events, such as potlucks, hikes, and day trips.

Joining a group is a great way to meet new people and make friends in Cuenca.

## **Golden Years**

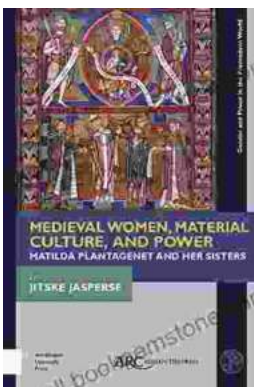
Retirement is a time to enjoy the fruits of your labor. Cuenca is a great place to spend



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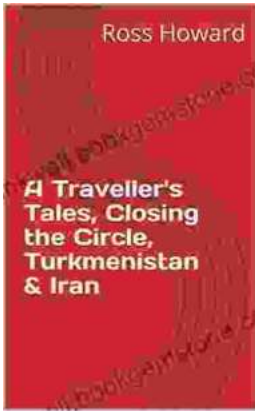
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