MY MEXICO MOVE

Oaxaca City Per-City Pack

The paid, printable companion to the free city profile

November 2026 edition | mymexicomove.com

Mexico's soul kitchen, the culinary and cultural heart of the country. A colonial center of carved green stone at 5,100 feet, surrounded by Zapotec and Mixtec villages. Seven regional moles, the world's best markets, mezcal culture at the source, Guelaguetza in July, and Día de los Muertos done more profoundly than anywhere in Mexico.

How this pack was built

Every figure in this pack is taken from the free Oaxaca City profile at mymexicomove.com/cities/oaxaca-city/, verified November 2026. This edition goes beyond the free profile: it adds a fill-in budget worksheet built on the profile's own figures, a first-30-days plan sequenced from the profile's own sections, a rental viewing checklist, Spanish phrases for renting and for healthcare visits, and the consulate and canje steps from the site's residency guides. Where the profile states a gap, this pack states the same gap, honestly, in the Honest gaps section and in the worksheet.

What is in this pack

- The snapshot: monthly totals, rents, climate and healthcare at a glance.
- Costs and rents, with the profile's own monthly totals and rent ranges.
- Neighbourhoods, streets, markets, healthcare and IMSS, Spanish, expat life, retirement fit, work, families and schools, food, and safety.
- Climate by the month, from the profile's own published source.
- Honest gaps: what the profile does not verify, stated plainly.
- New in this edition: a fill-in budget worksheet, a first-30-days plan for this city, a rental viewing checklist, Spanish phrases for renting and healthcare, and the consulate and canje steps.
- A printable, dated checklist for this city: what to check before you sign, and your first 30 days.

This pack is a PDF download. Buying the pack does not include platform membership. Your purchase carries the 14 day money back guarantee. Full refund on an email request within 14 days. Your purchase includes 3 downloads, and the download link expires in 7 days.

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The snapshot

The profile's own headline figures, as the profile prints them.

Figure	Value	Basis
Monthly total, one person	$1,200–$1,700	One person, living like a resident
Monthly total, a couple	$1,800–$2,500	A couple
Rent, Centro	$600–$1,200	Per month, 2026 planning figure
Rent, Reforma	$400–$750	Per month, 2026 planning figure
Healthcare	Day-to-day in town	Major cardiac, cancer or complex surgical care means Puebla or Mexico City

Travel advisory: Oaxaca state is at Level 2 (Exercise Increased Caution) in the US State Department Mexico advisory dated 11 August 2026.

Costs and rents

Monthly total, one person: $1,200–$1,700 (One person, living like a resident).

Monthly total, a couple: $1,800–$2,500 (A couple).

Rents

Rent	Range	Note
Centro	$600–$1,200	Per month, 2026 planning figure
Jalatlaco	$600–$1,000	Per month, 2026 planning figure
Xochimilco	$450–$800	Per month, 2026 planning figure
Reforma	$400–$750	Per month, 2026 planning figure
San Felipe del Agua	$600–$1,100	Per month, 2026 planning figure

Realistic 2026 planning figures for decent long-term rentals. Furnished and short-term places run higher, and the best rentals move through local contacts rather than listings aimed at foreigners.

Neighbourhoods

Centro

Beautiful and increasingly priced for tourism, with short-term rental pressure squeezing supply. Noise and festival crowds included.

Jalatlaco

The muraled darling barrio: charming, small, now trendy.

Xochimilco

Cobblestoned, artisan, slightly calmer.

Reforma

The modern middle-class north: banks, clinics, parking. Unromantic and practical.

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San Felipe del Agua

Leafy foothills with views and bigger homes, car recommended.

Streets and getting around

Oaxaca City is a walking city in the center and a bus and taxi city everywhere else. The historic center is compact and flat by Mexican colonial standards, and the Zócalo, Santo Domingo, the markets and the Andador Turístico are all on foot. Beyond the center, the city spreads, the streets are less even, and the practical move is a taxi or a city bus. Taxis are cheap and everywhere; agree the fare before you ride. Driving is possible but not pleasant: narrow colonial streets, scarce parking in the center, and periodic blockades that close roads with little notice. Most long-term residents walk the center and take taxis for the rest, and keep a car only if they live in San Felipe del Agua or outside the center. The airport sits just south of the city, with flights to Mexico City, Guadalajara, Cancún and the US west coast. First-class ADO buses run to Mexico City in about six hours and to Puebla in about four.

Markets and daily shopping

Oaxaca has the best markets in Mexico, and they are the center of daily life, not a tourist attraction. The Mercado Benito Juárez, a block south of the Zócalo and a center of trade since 1894, is the everything market. Across the street, the Mercado 20 de Noviembre is the food market, and its Pasillo de Humo, the smoke hall, is a corridor of open grills where you buy raw meat and have it grilled over charcoal. The Mercado de Abastos, on the edge of the historic center, is the giant, with more than 3,500 stalls. The neighborhood markets, Sánchez Pascuas and La Merced, are smaller, calmer and more everyday. On Sundays, the Tlacolula market, about half an hour east, is one of the oldest and most famous market days in Mexico. For the supermarket run, Soriana, Chedraui and Walmart all have Oaxaca stores, but the honest pattern is market first, supermarket second.

Healthcare and IMSS

Day-to-day care in Oaxaca City is fine and cheap, with good private doctors, dentists and clinics and same-week appointments. The honest limit: for major cardiac, cancer or complex surgical care, residents fly or drive to Puebla or Mexico City, and anyone with a significant ongoing condition should weigh that in the decision.

Facility	Type	What the profile says
Hospital Reforma	Private hospital	Founded in 1990, Reforma avenue, more than 30 doctors on staff
Clínica Hospital San Felipe	Private hospital	San Felipe neighborhood
Hospital Molina	Private hospital	In the center
Hospital Civil Dr. Aurelio Valdivieso	Public	In the center
Hospital Regional de Alta Especialidad de Oaxaca	Public, high-specialty regional	San Bartolo Coyotepec, south of the city
Hospital General de Zona No. 1 Dr. Demetrio Mayoral Pardo	Public, IMSS	In the city

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