1. In Costa Rica, in direct contrast to popular belief, Nicaraguan migrants are not overrepresented as users of health services (this thesis).

2. In a context of welfare chauvinism, the recent (2009-2016) interplay between Costa Rica’s social and migration policy has created institutional forms of exclusion that make it harder for migrants to access health insurance and health services (this thesis).

3. As of 2012, the Costa Rican state has de facto eliminated the possibility of indirect family insurance for migrants, thereby limiting access to the most important mechanism to ensure universal coverage of health insurance (this thesis).

4. ‘Illegality’ is the single most important factor explaining migrant exclusion from health insurance and access to health services, but regularization of migratory status is not a sufficient condition (this thesis).

5. In light of the different processes of exclusion from healthcare, Nicaraguan migrants in Costa Rica find alternative strategies to acquire health services and medicine, mostly through informal markets (this thesis).

6. In the context of developing countries, where social policy arrangements generally fail to encompass the entire population, states will not prioritize the incorporation of migrants in such arrangements.

7. Despite the existence and increasing pressure to acknowledge international normative frameworks to respect migrants’ human and social rights, states find inventive ways to circumvent these frameworks and to exclude migrants from social policy.

8. Universalism in social policy does not always apply equally to national and migrant populations, and is generally weaker for migrants than for nationals.

9. Costa Rica and other Central American countries underwent significant economic transformation in the 1980s and 1990s, as a result of structural adjustment policies implemented in the wake of the debt crisis (1980-81).

10. In Central America’s agricultural sector, hiring practices are generally informal and wage laborers, many of whom are migrants, are often not paid a minimum wage, let alone a living wage.

11. Costa Rica’s national football team reached the quarter finals of the World Championship football in Brazil in 2014. This was a fantastic achievement, but it is very likely that this will be the team’s best performance in the coming 100 years.