

At liberty

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The term 'land of the free' generally brings to mind the US but a recent study has found that Mauritius is actually more deserving of the title.

In fact, according to the latest Human Freedom Index (conducted by the Cato Institute in association with the Fraser Institute and the Liberales Institut at the Friedrich Naumann Foundation for Freedom), not only is the African nation 'freer' than the mighty US but it also ranked number one on the continent.

As reported by the Mail & Guardian, the global index defines freedom as 'the absence of coercive restraint' based on a 'broad measure that encompasses personal, civil and economic freedoms'.

This includes freedom from interference – predominantly by government – in people's right to choose how to make a living, and say or think what they want (provided it doesn't infringe on the rights of others).

The index also shows that Africa is home to five of the 10 most improved countries in the last seven years, with Angola taking top spot globally in this regard. At the other end of the spectrum is the DRC – according to the report, it has seen the 'second biggest decline in freedom globally since 2008'.