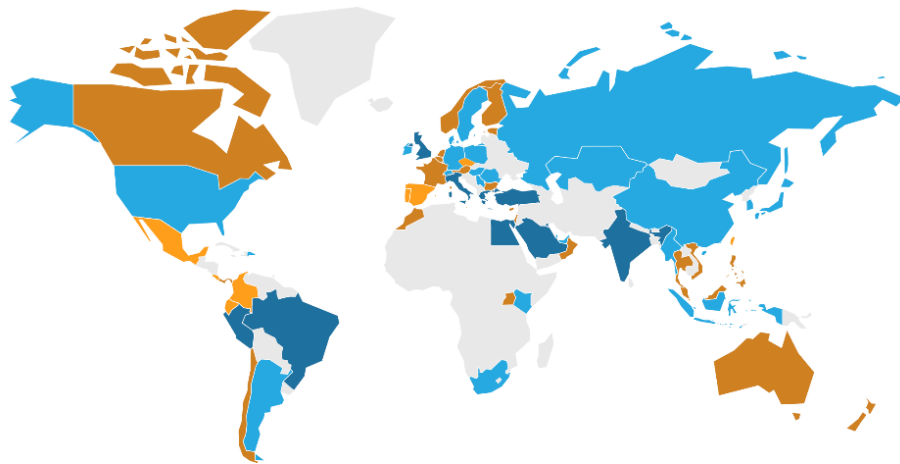


Expatriate Insider 2018 Survey Reveals: Bahrain Tops the List of Best Expat Destinations Once Again

Expats in Bahrain are more than happy with working abroad, as well as family life, and find it easy to settle in.

- Bahrain leads the list of the best destinations for expats, followed by Taiwan, Ecuador, Mexico, Singapore, Portugal, Costa Rica, Colombia, and Czechia.
- Kuwait (68th) and Saudi Arabia (67th) are rated the worst expat destinations worldwide, together with India, Brazil, Turkey, Egypt, Peru, Italy, Greece, and the United Kingdom.
- While Qatar (from 58th to 38th) has gained in popularity among expats, Oman (from 17th to 31st) and the UAE (from 26th to 40th) are losing ground.
- While Bahrain (12th) ranks fairly high for its digital infrastructure, all other Gulf States lag behind: the restricted access to online services such as social media is an issue throughout the region.

Munich, 6 September 2018 — The Gulf States are home to the best expat destination in the world, but also to some of the worst-rated ones: Bahrain ranks at the very top of the *Expatriate Insider* survey for the second year, thanks to great results for working abroad and the ease of settling in. It is followed — at a considerable distance — by Oman (31st), which has lost 14 ranks since last year (17th). Qatar (38th), which has moved up 20 ranks since 2017 (58th), as well as the UAE (40th), which has dropped 14 positions (26th), rank in the middle of the league table. At the bottom of the list, Saudi Arabia (67th) and Kuwait (68th) keep disappointing expats year after year, as the [Expatriate Insider 2018 survey](#) reveals. With more than 18,000 respondents living and working abroad, it is one of the most extensive expat studies, conducted annually by [InterNations](#), the largest expat community worldwide. Apart from offering an in-depth analysis of life abroad, the survey ranks 68 countries by a variety of factors such as quality of life, working abroad, and settling in. While results across the Gulf States vary strongly, Bahrain is this year's winner, followed by Taiwan, Ecuador, Mexico, Singapore, Portugal, Costa Rica, Spain, Colombia, and Czechia.



The Best Destinations for Expats in 2018

1 Bahrain	9 Colombia	16 Netherlands	24 Austria	32 Morocco	39 Poland	47 USA	55 China	62 Peru
2 Taiwan	10 Czechia	17 Malaysia	25 Norway	33 Chile	40 UAE	48 Dominican Rep.	56 Hong Kong	63 Egypt
3 Ecuador	11 New Zealand	18 Thailand	26 Uganda	34 France	41 South Korea	49 Kazakhstan	57 Serbia	64 Turkey
4 Mexico	12 Australia	19 Canada	27 Estonia	35 Denmark	42 Japan	50 Indonesia	58 Argentina	65 Brazil
5 Singapore	13 Panama	20 Malia	28 Philippines	36 Germany	43 Ireland	51 Kenya	59 United Kingdom	66 India
6 Portugal	14 Vietnam	21 Bulgaria	29 Belgium	37 Romania	44 Switzerland	52 South Africa	60 Greece	67 Saudi Arabia
7 Costa Rica	15 Luxembourg	22 Israel	30 Cyprus	38 Qatar	45 Hungary	53 Myanmar	61 Italy	68 Kuwait
8 Spain		23 Finland	31 Oman		46 Sweden	54 Russia		

Best Destinations Worst Destinations

Click on the map for a video and more information about the *Expatriate Insider 2018* survey

Expats Find It Easy to Settle Down in Bahrain

For the second year in a row Bahrain is rated the best destination for expats in the world. The Gulf State receives particularly good ratings for working abroad and the ease of settling in (1st in both categories) as well as family life (7th out of 50 countries).

Expats in Bahrain seem to settle in easily: more than four in five (84%) say they feel at home in the local culture, which is 24 percentage points more than the global average (60%). *"I do not feel like an expat here,"* says an Indian living in Bahrain. *"I feel at home."* Maybe it is the welcoming population that makes life in Bahrain so easy, as more than nine in ten expats (91%) consider the attitude of the local residents towards foreigners to be friendly, compared to 66 percent globally. More than half (55%) even think that the local population could not be any friendlier, which is about twice the global average (28%). What is more, close to seven in ten (68%) find it easy to make local friends in Bahrain (vs. 45% globally).

Great Career Prospects and Work-Life Balance

Working life is also rated highly by expats living in Bahrain, with 70 percent being happy with their career prospects, compared to 55 percent globally. Moreover, the overall job satisfaction among

LIFE IN THE GCC STATES						
	Bahrain	KSA	Kuwait	Oman	Qatar	UAE
Overall Rank*	1	67	68	31	38	40
Quality of Life*	20	67	68	37	42	25
Ease of Settling In*	1	67	68	16	41	26
Working Abroad*	1	66	64	39	35	46
Family Life (out of 50 countries)	7	49	48	42	27	31
Personal Finance*	22	31	50	24	30	59
Cost of Living*	25	39	59	35	62	55

expats in Bahrain is very high: more than four in five (85%) are generally satisfied with their job, which is 20 percentage points more than the global average (65%). The reason why so many expats living in Bahrain are pleased with their job might be connected to the good work-life balance: the country ranks second for this factor, with 77

percent rating it positively (vs. 61% globally). An expat from the Philippines appreciates the fact that *"you have more time as a result of the good work-life balance in Bahrain"*.

Digital Life in Bahrain Excels

Lastly, the new digital life subcategory helps Bahrain move up the ranks in terms of quality of life: ranking an average 32nd out of 65 in this index last year, the country comes in 20th place out of 68 countries in 2018. Expats are particularly satisfied with the availability of administrative and government services online (7th): 84 percent rate this factor positively, which is 29 percentage points more than the global average (55%). While it is easy to access these services, access to other online services such as social media seem to be more restricted in Bahrain (49th).

Top 3 Countries for Expats Are Great for Working Abroad and Easy to Settle In

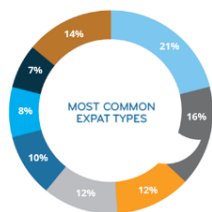
2017's surprise winner **Bahrain** defends its first place, thanks to excellent results for working abroad and ease of settling in (1st for both). Seven in ten expats in Bahrain (70%) are happy with their career prospects (vs. 55% globally), and 81 percent find it easy to settle down in this country (vs. 59% globally). *"I do not feel like an expat in Bahrain,"* says an Indian respondent. *"I feel at home here"*. More than three-quarters of the expats living in runner-up **Taiwan** (76%) are satisfied with their job security (vs. 59% globally), with the destination ranking first in the world for this factor. Taiwan also offers the world's highest quality of life, and 77 percent of expats feel at home there (vs. 64% globally). Coming in third

place, **Ecuador** is one of the biggest winners of the *Expat Insider 2018* survey, moving up 22 ranks since 2017 (25th out of 65). While less than half the expats in Ecuador (46%) were satisfied with their career prospects in 2017, 69 percent are happy now. Moreover, 76 percent find it easy to settle down in this Latin American country (vs. 59% globally).

Bottom 3 Countries for Expats Rank Low for Quality of Life

India (66th), Saudi Arabia (67th), and Kuwait (68th) do not only rank at the bottom of the overall league table, but they are also among the worst destinations in terms of quality of life. Expats in **India** are dealing with the world's lowest quality of the environment: more than four in five (82%) are unhappy with this factor (vs. 19% globally). Over two in five (41%) even give it the worst possible rating, which is more than ten times the global average (4%). "I do not like the quality of the air, all the trash, and the pollution," an expat from the USA says. "It is very dirty all over the country". Around half the expats in **Kuwait** (52%) and **Saudi Arabia** (47%) are also unhappy with this factor. Moreover, the two Gulf States rank last and second to last for the ease of settling in. About half the expats in Kuwait (47%) and Saudi Arabia (51%) find it hard to get used to the local culture, compared to 21 percent globally.

Read More about *Expat Insider* and the InterNations Community



The 7 Most Common Expat Types and Why They Move Abroad

Although every expat journey is unique, there are similarities when it comes to their motivation for moving and their lifestyle abroad. Based on the insights of more than 18,000 expats, InterNations presents the first comprehensive expat typology with the 7 most common expat types that roam the world.

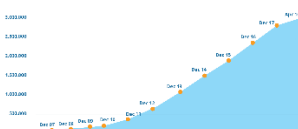
Country-specific versions are available in different languages in the download section at the end of the press release.



InterNations Country and City Guides

In more than 200 destination guides InterNations offers valuable tips and information about expats' destinations, including helpful advice from other members.

If you would like to access the complete guides, please get in touch via press@internations.org.



InterNations Surpasses 3 Million Members

In April 2018 the world's largest expat community reached 3 million members, which equals a growth of 20 percent within the last twelve months. InterNations also expanded its international range to 420 cities around the world with 30 new communities.



Ten Moments That Made InterNations

Growing from a start-up to a global network has been an incredible journey. Here are the stand-out moments that got us to a decade of connecting global minds.

About the InterNations *Expat Insider 2018* Survey

For its annual [Expat Insider survey](#), InterNations asked more than 18,000 expatriates representing 178 nationalities and living in 187 countries or territories to provide information on various aspects of

expat life, as well as their gender, age, and nationality. Participants were asked to rate up to 48 different aspects of life abroad on a scale of one to seven. The rating process emphasized the respondents' personal satisfaction with these aspects and considered both emotional topics as well as more factual aspects with equal weight. The respondents' ratings of the individual factors were then bundled in various combinations for a total of 17 subcategories, and their mean values were used to draw up six topical indices: Quality of Life, Ease of Settling In, Working Abroad, Family Life, Personal Finance, and Cost of Living Index. Except for the latter, all indices were further averaged in order to rank 68 expatriate destinations around the world. In 2018, the top 10 are Bahrain, Taiwan, Ecuador, Mexico, Singapore, Portugal, Costa Rica, Spain, Colombia, and Czechia.

For a country to be featured in the indices and consequently in the overall ranking, a sample size of at least 75 survey participants per country was necessary. The only exception to this is the Family Life Index, where a sample size of at least 40 respondents raising children abroad was required. In 2018, 68 and 50 countries respectively met these requirements. However, in most countries the sample size exceeded 100 participants.

About InterNations

With 3.2 million members in 420 cities around the world, InterNations (www.internations.org) is the largest global community and information site for people who live and work abroad. InterNations offers global and local networking both online and face-to-face. At around 6,000 official events and activities per month, expatriates have the opportunity to meet other global minds. Online services include country and city guides created by a team of professional writers, guest contributions about life abroad, and discussion forums to help members with topics such as the local job or housing search. InterNations membership is by approval only to ensure we remain a community of trust.

The InterNations app is available for Android and iOS and can be downloaded for free on [Google Play](#) and the [App Store](#).

Find more information about InterNations on our [press pages](#), [company website](#), [Facebook](#), [LinkedIn](#), [Twitter](#), or in our [Expatriate Magazine](#).

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