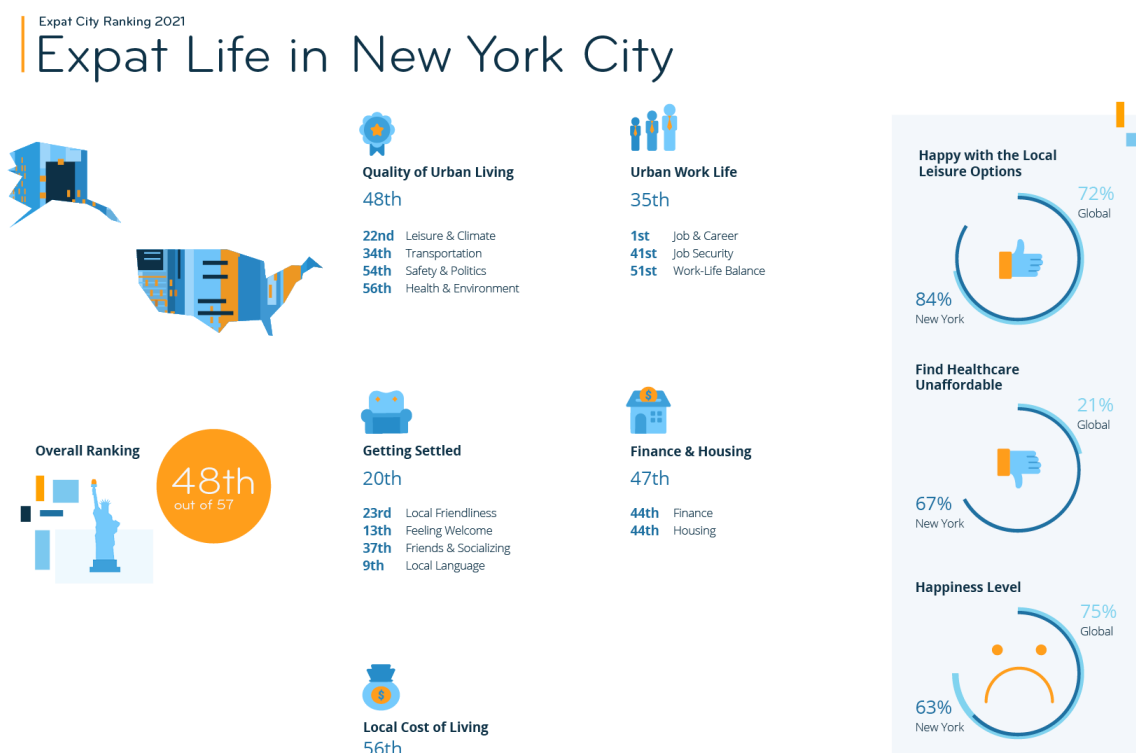


## New York City: Where Expats Sacrifice Their Work-Life Balance for Their Career

The Expat City Ranking 2021 reveals the best and worst cities for expats around the world, including New York City.

- Out of 57 cities in the Expat City Ranking 2021, New York City ranks 48th.
- Kuala Lumpur (1st), Málaga, Dubai, Sydney, Singapore, Ho Chi Minh City, Prague, Mexico City, Basel, and Madrid (10th) are the top 10 cities for expats to live in 2021.
- On the other hand, expats consider Rome (57th), Milan, Johannesburg, Istanbul, Tokyo, Cairo, Paris, Maastricht, Moscow, and New York (48th) the world's worst cities to live in.

Munich, 1 December 2021 — New York City ranks 48th out of 57 in the Expat City Ranking 2021 by [InterNations](https://www.internations.org/), the world's largest expat community with over 4 million members. The city's main downsides are the local cost of living (56th) and the generally low quality of life (48th). However, in the latter index, the local leisure options stand out as the second-best worldwide! While the city also ranks well for the ease of getting settled (20th), the working life is just average overall (35th): expats praise the career opportunities but are unhappy with their work-life balance.



The [Expat City Ranking](https://www.internations.org/) is based on the annual *Expat Insider* survey by InterNations, which is one of the most extensive surveys about living and working abroad, with 12,420 respondents in 2021. This year, 57 cities around the globe are analyzed in the survey, which offers in-depth information about five areas of expat life: Quality of Urban Living, Getting Settled, Urban Work Life, Finance & Housing, and Local Cost of Living. Together, the first four topics make up the Expat City Ranking, which reveals the best and worst cities for expats to live in.

## What Expats Think about Life in New York City

Coming 48th out of 57 in the Expat City Ranking 2021, New York even places second to last in the **Local Cost of Living Index** (56th), just ahead of Geneva (57th). In fact, three-quarters of expats (75%) are dissatisfied with the cost of living in New York, compared to just 34% globally. New York also performs poorly in the **Finance & Housing Index** (47th), especially for one factor in the Housing Subcategory (44th): 78% of expats find housing in New York not affordable (vs. 39% globally).

The **Quality of Urban Living Index** (48th) does not look much better. Expats are worried about the political stability (48% vs. 16% globally) and their personal safety (28% vs. 8% globally). A Filipino expat shares: *"I do not like the political and social instability."* Healthcare is also an issue since expats find it unaffordable (67% vs. 21% globally) and rate its availability negatively (25% vs. 11% globally). While 25% are also unhappy with New York's urban environment (vs. 16% globally), 84% rate the local leisure options positively (vs. 72% globally). The city even ranks 2nd out of 57 for this factor, right after Madrid (1st).

New York gets mixed results in the **Urban Work Life Index** (35th). On the one hand, expats are very happy with the local career opportunities (69% vs. 45% globally), but on the other hand, they rate their work-life balance negatively (38% vs. 17% globally). What is more, 26% view their job security negatively, compared to 20% globally. The results in the **Getting Settled Index** (20th) are a lot better: expats find it very easy to get used to the local culture (77% vs. 65% globally) and feel at home in New York (70% vs. 65% globally).

### About the Expat City Ranking 2021

The [Expat City Ranking](#) is based on the annual *Expat Insider* survey by InterNations. For the survey, InterNations asked 12,420 expats representing 174 nationalities and living in 186 countries or territories to provide information on various aspects of expat life, as well as their gender, age, and nationality. In addition to their satisfaction with life in their host country, respondents were also invited to share their opinions on the city they are currently living in.

Participants were asked to rate more than 25 different aspects of urban life abroad on a scale of one to seven. The rating process emphasized the respondents' personal satisfaction with these aspects, considering both emotional topics and more factual aspects with equal weight. The respondents' ratings of the individual factors were then bundled in various combinations for a total of 13 subcategories, and their mean values were used to draw up four topical indices: Quality of Urban Living, Getting Settled, Urban Work Life, and Finance & Housing. These were further averaged in order to rank all cities worldwide that had the required number of participants for the minimum sample size. (The survey also includes a Local Cost of Living Index, which does, however, not factor into the overall ranking to avoid overrepresenting financial aspects.) In 2021, the top 10 cities for expats are Kuala Lumpur (1st), Málaga, Dubai, Sydney, Singapore, Ho Chi Minh City, Prague, Mexico City, Basel, and Madrid (10th).

For a city to be featured in the Expat City Ranking 2021, a sample size of at least 50 survey participants per city was required. In total, 57 cities met this requirement.

### **About InterNations**

With more than 4 million members in 420 cities around the world, [InterNations](#) is the largest global community and a source of information for people who live and work abroad. InterNations offers global and local networking and socializing, both online and face to face. At around 6,000 events and activities per month, expatriates have the opportunity to meet other global minds. Online services include discussion forums and helpful articles with personal expat experiences, tips, and information about life abroad. Membership is by approval only to ensure we remain a community of trust. InterNations is part of the NEW WORK SE, a group of brands that offer products and services for a better working life.

Find more information about InterNations on our [press page](#), [in our company blog](#), or in our [magazine](#).

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