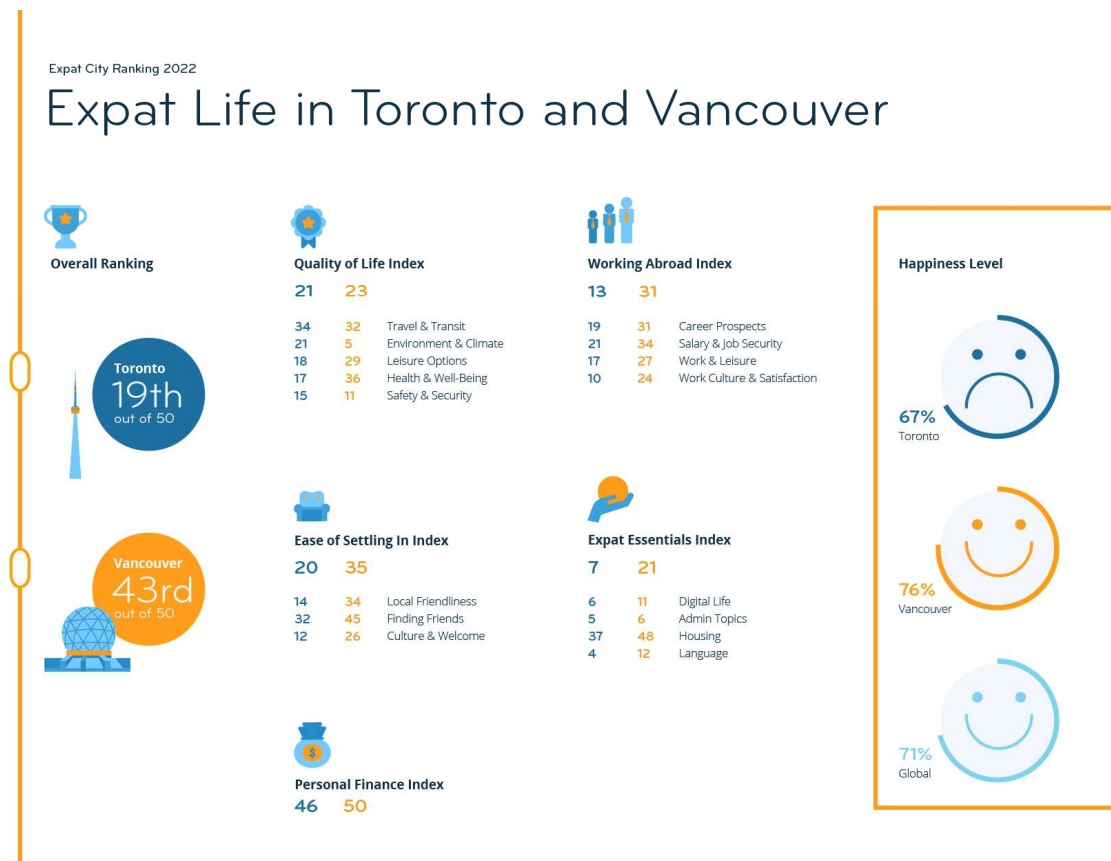


Expats Enjoy the High Quality of Life but Struggle to Afford Living in Toronto and Vancouver

The Expat City Ranking 2022 reveals the best and worst cities for expats around the world, including Toronto and Vancouver.

- Toronto ranks 19th while Vancouver lands far lower at 43rd place out of 50 cities in the Expat City Ranking 2022.
- In 2022, Valencia (1st), Dubai, Mexico City, Lisbon, Madrid, Bangkok, Basel, Melbourne, Abu Dhabi, and Singapore (10th) are the top 10 cities for expats to live in.
- On the other hand, expats consider Johannesburg (50th), Frankfurt, Paris, Istanbul, Hong Kong, Hamburg, Milan, Vancouver, Tokyo, and Rome (41st) the world's worst cities to live in.

Munich, 29 November 2022 — Toronto ranks 19th out of 50, followed by Vancouver in 43rd place, in the Expat City Ranking 2022 by [InterNations](https://www.internations.org/), the world's largest expat community with over 4.5 million members. Both Canadian cities rank among the top 25 in the Quality of Life Index, but land in the bottom 5 for Personal Finance. Expats are extremely unhappy with their financial situation and feel that their disposable household income is not enough to lead a comfortable life. In the end, Toronto outperforms Vancouver by far in terms of Working Abroad (13th vs. 31st), Expat Essentials (7th vs. 21st), and the Ease of Settling In (20th vs. 35th).



The [Expat City Ranking](#) is based on the annual *Expat Insider* survey by InterNations. It is one of the most extensive surveys about living and working abroad, with 11,970 respondents in 2022. A total of 50 cities around the globe are featured this year, offering in-depth information about five areas of expat life: Quality of Life, Ease of Settling In, Working Abroad, Personal Finance, and the new Expat Essentials Index, which covers digital life, admin topics, housing, and language.

What Expats Think about Life in Toronto and Vancouver

19 | Toronto: A Great Place to Work & Easy to Deal with Admin Topics

Toronto ranks 19th out of 50 cities in the Expat City Ranking 2022 and makes it into the top 10 of the **Expat Essentials Index** (7th). Expats find it very easy to navigate Admin Topics (5th), such as dealing with the local bureaucracy (70% happy vs. 40% globally) and opening a local bank account (91% vs. 64% globally). While the Digital Life Subcategory (6th) is also rated highly, Toronto only comes 37th in the Housing Subcategory. This is mainly due to expenses: more than three-quarters of expats (76%) find housing unaffordable, compared to 43% worldwide.

High costs are also reflected in the **Personal Finance Index**, where Toronto ranks among the bottom 5 (46th). *"Toronto has become totally unaffordable for a lot of people,"* shares a Russian expat. In fact, 26% of expats are unsatisfied with their financial situation (vs. 21% globally), and 40% say that their disposable household income is not enough to lead a comfortable life (vs. 28% globally).

The **Working Abroad Index** (13th), on the other hand, is another highlight of expat life in Toronto. Expats are particularly satisfied with their job security (66% happy vs. 59% globally), the local job market (64% vs. 47% globally), and their personal career opportunities (61% vs. 58% globally). The city also ranks tenth in the Work Culture & Satisfaction Subcategory, since the majority of expats agrees that the local business culture promotes independent work (74% happy vs. 45% globally) and supports flexibility (83% vs. 60% globally).

Lastly, Toronto performs well in both the **Ease of Settling In** (20th) and **Quality of Life** (21st) **Indices**. While expats enjoy the natural environment (94% happy vs. 83% globally), 35% are unhappy with the climate and weather (vs. 19% globally). They also feel welcome (77% happy vs. 66% globally) and find it easy to get used to the local culture (69% vs. 62% globally), ranking the city twelfth in the Culture & Welcome Subcategory. It might help that 72% consider the locals generally friendly towards foreign residents, compared to 65% globally.

43 | Vancouver: Where Housing Is Unaffordable & the Local Residents Are Not So Friendly

Ranking 43rd out of 50 cities in the Expat City Ranking, Vancouver is rated considerably worse than Toronto (19th) and even places last in the world in the **Personal Finance Index** (50th). Expats are extremely dissatisfied with the general cost of living (69% unhappy vs. 35% globally) and their financial situation (43% vs. 21% globally). Half (50%) even say that their disposable household income is not enough to lead a comfortable life (vs. 28% globally). In fact, the affordability of housing (49th) is also the worst-rated factor in the **Expat Essentials Index**. However, thanks to Vancouver's excellent performance in the Admin Topics (6th), Digital Life (11th), and Language (12th) Subcategories, it still comes in a good 21st place in this index.

Coming back to expats' financial struggles, it does not help that 31% of expats feel paid unfairly for their work (based on industry, qualifications, role, etc.), compared to 20% globally. What is more, 18% do not see a purpose in their work, which is twice the global average (9%). Aside from these two factors, however, Vancouver's performance in the **Working Abroad Index** (31st) is not so bad: expats are happy with their work-life balance (73% happy vs. 62% globally) and rate the local job market positively (60% vs. 47% globally).

Vancouver receives below-average results in the **Ease of Settling In Index** (35th): close to three in ten expats (29%) describe the local residents as unfriendly, compared to 17% globally. Maybe this is why 39% are unhappy with their social life (vs. 26% globally), and 32% do not have a personal support network (vs. 24% globally). Vancouver even ranks last worldwide for the latter factor. *"It can be hard to enter a social circle which is already established,"* shares an expat from New Zealand. On a more positive note, the Environment & Climate Subcategory (5th) in the **Quality of Life Index** (23rd) is a real highlight: 100% of expats appreciate the natural environment (vs. 83% globally). They also enjoy the air quality (87% vs. 65% globally) and the availability of green goods and services (89% vs. 64% globally) in Vancouver.

You can find out more about the 50 cities featured in the Expat City Ranking in the full report as well as in the press release about the best and worst destinations worldwide (both available under "Downloads" in the email).

About the Expat City Ranking 2022

The [Expat City Ranking](#) is based on the annual *Expat Insider* survey by InterNations. For the survey, InterNations asked 11,970 expats representing 177 nationalities and living in 181 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 up to 56 different aspects of urban life abroad on a scale of one to seven. The rating process emphasized their personal satisfaction with these aspects, considering both emotional topics and more factual aspects with equal weight. The individual factors were then bundled in various combinations for a total of 16 subcategories, and their mean values were used to draw up five topical indices: Quality of Life, Ease of Settling In, Working Abroad, Personal Finance, and Expat Essentials. These were further averaged — together with the responses to the question "All things considered, how happy are you with your life abroad in general?" — to create the Expat City Ranking. In 2022, the top 10 cities for expats are Valencia (1st), Dubai, Mexico City, Lisbon, Madrid, Bangkok, Basel, Melbourne, Abu Dhabi, and Singapore (10th).

For a city to be featured in the Expat City Ranking 2022, a sample size of at least 50 survey participants per destination was required. In total, 50 cities met this requirement.

About InterNations

With more than 4.5 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.



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Press Contact

Jane Masumy
Media Spokesperson

InterNations GmbH
Schwanthalerstrasse 39
80336 Munich, Germany

Email: press@internations.org
Home page: <https://www.internations.org/press>