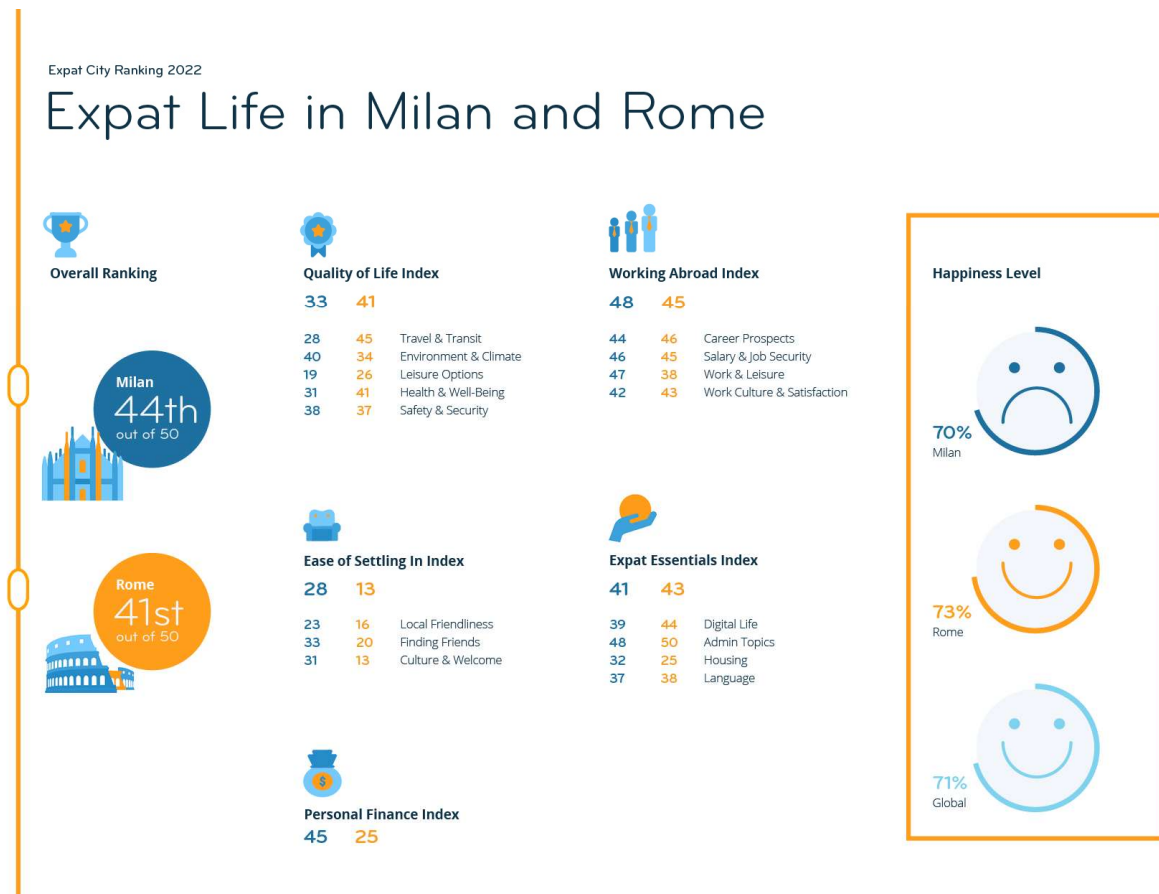


A Complicated Bureaucracy & Lack of Career Prospects Pose Problems for Expats in Rome and Milan

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

- Both Italian cities perform rather poorly in the Expat City Ranking 2022: Rome comes 41st and Milan places 44th out of 50 cities.
- 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 — Rome ranks 41st out of 50, followed by Milan in 44th 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 Italian cities rank in the bottom 10 of the Working Abroad and Expat Essentials Indices. Expats struggle with the bureaucracy and business culture in both destinations. While expats in Milan also struggle in terms of Personal Finance (45th), this is less of a problem in Rome (25th). On the other hand, expats in Milan are happier with their Quality of Life (33rd) than respondents in Rome (41st).



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 Rome and Milan

41 | Rome: Expats Feel at Home despite Low Quality of Life

Rome ranks 41st out of 50 cities in the Expat City Ranking 2022 and lands in the bottom 10 of the **Working Abroad Index** (45th). It performs especially poorly in the Career Prospects Subcategory (46th). Expats there are unhappy with the local job market (38% unhappy vs. 27% globally), and 24% feel that moving there has *not* improved their career prospects (vs. 18% globally). The city also performs poorly in the Work Culture & Satisfaction (43rd) and Salary & Job Security (45th) Subcategories. More than one-third (34%) are concerned about the state of the economy (vs. 17% globally): *"Italy's biggest problem is the economy,"* shares an Iranian expat.

The city does not fare much better in the **Expat Essentials Index** (43rd). In fact, it ranks last worldwide in the Admin Topics Subcategory (50th). Expats feel that it is difficult to get a visa to move there (35% unhappy vs. 24% globally), to open a local bank account (46% vs. 21% globally), and to deal with local bureaucracy and the authorities (73% vs. 39% globally). This may be partly due to the lack of administrative and government services online (50% negative ratings vs. 21% globally), with Rome ranking last worldwide (50th) for this factor.

Rome also ends up among the bottom 10 in the **Quality of Life Index** (41st). Getting around is a major issue for expats. They are unhappy with the availability of public transportation (38% unhappy vs. 17% globally) and the infrastructure for cars (36% vs. 13% globally). They are also dissatisfied with both the quality (43rd) and the availability (48th) of healthcare, and 28% report that it is difficult to access all the kinds of healthcare services that they need (vs. 17% globally).

On the positive side, the city performs well in the **Ease of Settling In Index** (13th). Three in four expats (75%) feel at home in Rome (vs. 62% globally), and 69% have a personal support network there (vs. 59% globally). Lastly, Rome ranks midfield in the **Personal Finance Index** (25th), which is mainly due to the satisfaction with the general cost of living (56% happy vs. 45% globally). Still, 42% feel that their disposable household income is *not* enough to lead a comfortable life in Rome (vs. 28% globally).

44 | Milan: Troubling Financial Situation, Difficult Working Life

Milan ranks 44th in the Expat City Ranking 2022, performing slightly worse than Rome (41st). Like Rome, Milan does worst in the **Working Abroad Index** (48th). The Work & Leisure Subcategory (47th) is a particular low point for Milan — the city ranks in the bottom 5 for both working hours (48th) and work-life balance (46th). Nearly one in three expats (31%) also struggle with the lack of personal career opportunities (vs. 22% globally), and 29% feel that they are not paid fairly for their work (vs. 20% globally). *"Finding a job is so hard, and the salaries are so low,"* shares an Iranian expat. This contributes to Milan's low rank in the bottom 10 of the Salary & Job Security Subcategory (46th).

Milan has both highs and lows to offer in the **Quality of Life Index** (33rd). While over half the respondents (54%) are unhappy with the city's air quality (vs. 19% globally), about three in four (73%) enjoy the climate and weather (vs. 62% globally). And while the infrastructure for cars (42nd) leaves much to be desired, expats appreciate their opportunities to travel (10th), due to the central location, tourism, or other reasons.

The **Personal Finance Index** (45th) is another low point for Milan, though. About one in three expats are unhappy with their financial situation (33% vs. 21% globally) and feel that their disposable household income is *not* enough to lead a comfortable life in Milan (34% vs. 28% globally). When it comes to the **Expat Essentials Index** (41st), the city does not fare much better. Dissatisfaction with the Admin Topics Subcategory seems to be a general problem in Italy, as Milan (48th) joins Rome (50th) in the bottom 3: nearly two-thirds (66%) find it hard to deal with the local bureaucracy, compared to 39% globally.

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. 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](#). Follow us on [Twitter](#) for updates and data insights on expat life.

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