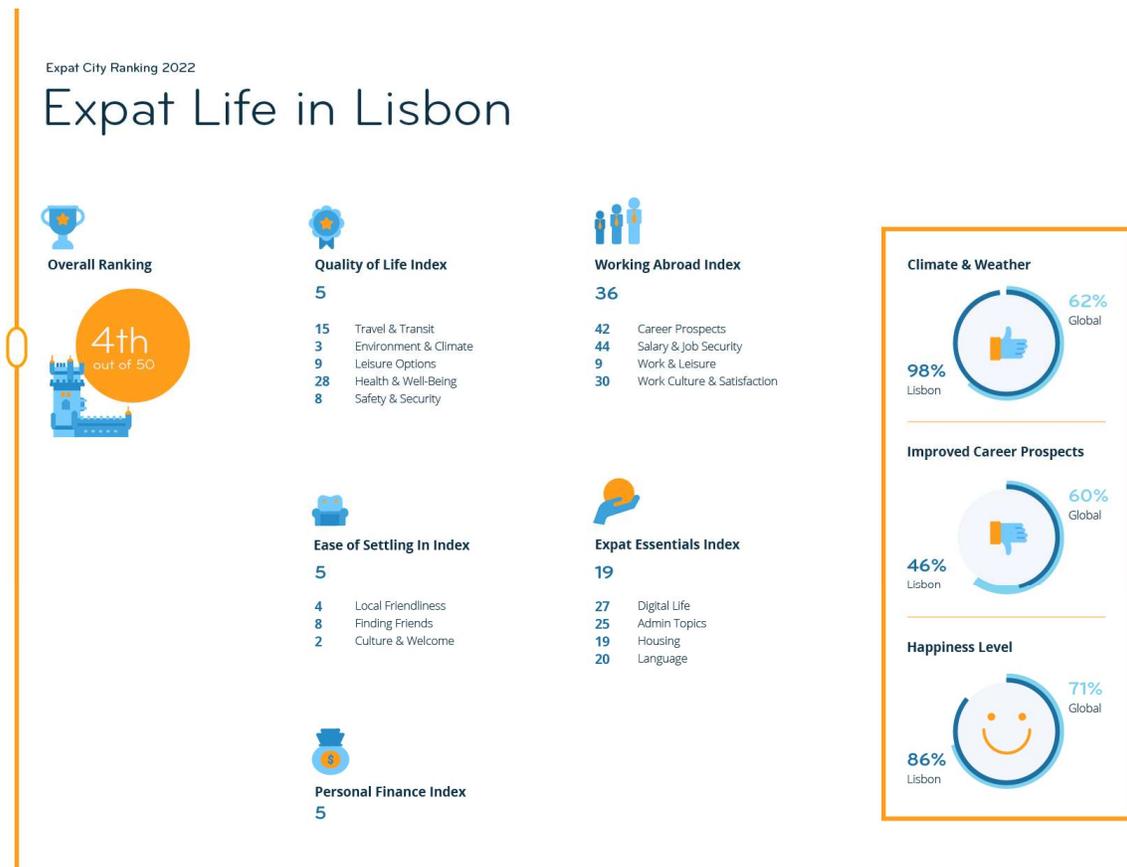


Expats in Lisbon Are Among the Happiest Worldwide, but Their Careers Are Not Advancing

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

- *Lisbon ranks 4th out of 50 cities in the Expat City Ranking 2022. It is among the best cities for quality of life, ease of settling in, and personal finance, but expats view their career prospects negatively.*
- *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 — Lisbon ranks 4th out of 50 cities in the Expat City Ranking 2022 by [InterNations](https://www.internations.org/), the world's largest expat community with over 4.5 million members. The Portuguese capital lands in a remarkable fifth place in three out of the five indices featured in the survey: Quality of Life, Personal Finance, and Ease of Settling In. On the downside, Lisbon lands among the bottom 15 cities in the Working Abroad Index. Still, expats in Lisbon are among the happiest in the world, only topped by Valencia (1st).



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.

4 | Lisbon Offers an Amazing Climate & Quality of Life, but Mediocre Work Options

Lisbon ranks 4th out of 50 in the Expat City Ranking 2022 and is one of the cities where expats are happiest with their life abroad (86% happy vs. 71% globally). Only expats in Valencia are even happier. It is also one of the best-rated cities in the **Quality of Life Index** (5th). Almost all expats (98%) are happy with the climate & weather (vs. 62% globally), ranking the city first in this regard. In fact, 17% moved to the Portuguese capital for a better quality of life (vs. 7% globally), and they are not disappointed. *“Everything is great here — the climate, the people, the food, and the nature,”* says an Indian expat. Expats also highly appreciate the culture & nightlife (87% happy vs. 67% globally) and the opportunities for recreational sports (94% vs. 81% globally). On top of that, more than nine out of ten feel safe in Lisbon (94% vs. 81% globally) and find it easy to get around on foot and by bicycle (93% vs. 77% globally).

Lisbon also ranks fifth in the **Ease of Settling In Index**, with particularly great results in the Local Friendliness (4th) and Culture & Welcome (2nd) Subcategories. *“I love the hospitable, patient, and easy-going Portuguese people. They are helpful, kind, and polite,”* says a US American expat. In fact, expats describe the local residents as generally friendly (82% vs. 66% globally), find it easy to get used to the local culture (81% vs. 62% globally), and are happy with their social life (69% vs. 59% globally). Lastly, Lisbon also lands in fifth place in the **Personal Finance Index**, mainly due to expats’ high satisfaction with the cost of living (69% happy vs. 45% globally). However, just 71% say that their disposable household income is enough or more than enough to lead a comfortable life, about the same as the global average (72%).

This might be related to the fact that 27% of expats in Lisbon feel that based on industry, qualifications, and role, they are *not* paid fairly for their work (vs. 20% globally). *“Wages in general are very poor in Portugal,”* says an Irish expat. Since they also rate the state of the local economy negatively (25% vs. 17% globally), the city only ranks 44th in the Salary & Job Security Subcategory. What is more, 28% find that moving to Lisbon has *not* improved their career prospects (vs. 18% globally). For this factor, the city ranks second to last worldwide, only ahead of Valencia (50th). However, thanks to the Work & Leisure Subcategory (9th), Lisbon still ranks 36th in the **Working Abroad Index** overall. More than seven in ten (72%) rate their work-life balance positively (vs. 62% 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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