

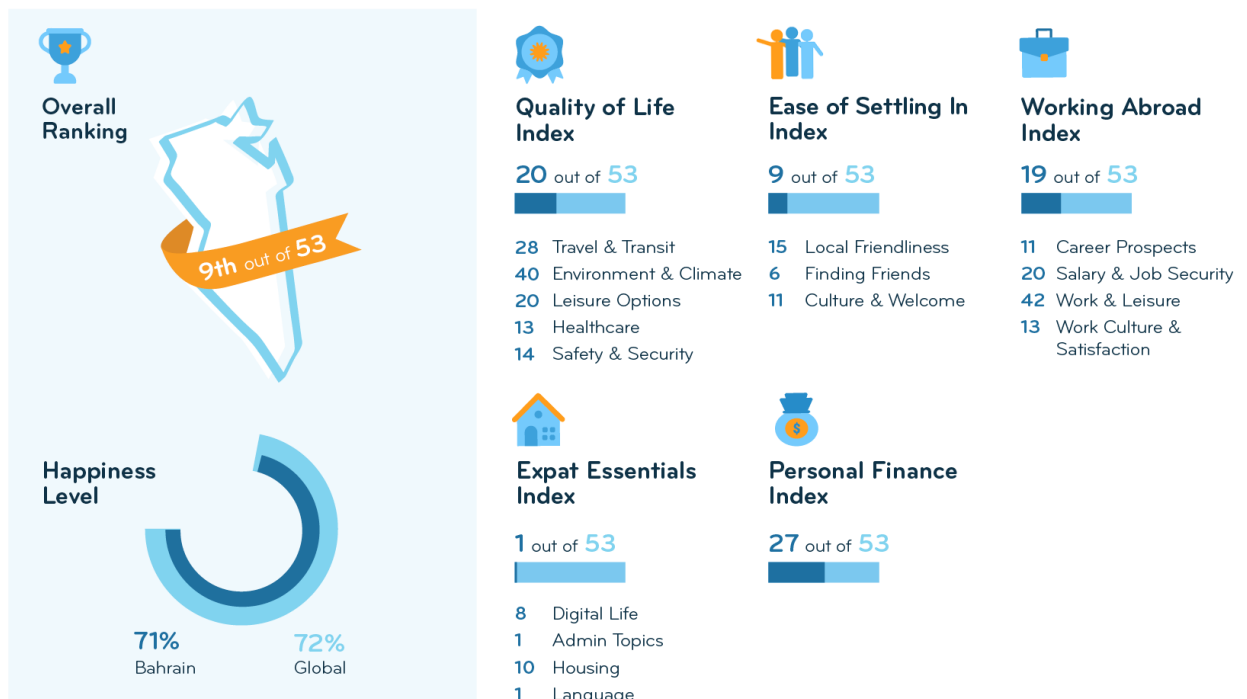
## Expats Love Their Social Life in Bahrain

The *Expat Insider 2023* survey by InterNations reveals the best and worst destinations for living and working abroad.

- Bahrain ranks **9th out of 53 destinations**: it is easy to deal with the essentials of expat life (i.e., housing, bureaucracy, digital life, language), and expats feel welcome there.
- **Mexico (1st), Spain, Panama, Malaysia, Taiwan, Thailand, Costa Rica, the Philippines, Bahrain, and Portugal (10th)** are the best destinations for expats in 2023.
- The worst countries for expats are **Kuwait (53rd), Norway, Türkiye, South Korea, Germany, South Africa, Italy, Malta, New Zealand, and Japan (44th)**.
- This year also marks the **10th anniversary of the Expat Insider survey**. In the past decade, it has become one of the most cited studies on expat life abroad.

Munich, 11 July 2023 — [InterNations](https://www.internations.org), the **world's largest expat community** with more than 4.8 million members, has published the latest results of its annual *Expat Insider* survey. This year also marks the survey's 10th anniversary. With more than 12,000 respondents, *Expat Insider* is one of the **most extensive surveys about living and working abroad**. It provides insights into expat life in 53 destinations, offering in-depth information on the respondents' satisfaction with their respective countries in these five indices: **Quality of Life, Ease of Settling In, Working Abroad, Personal Finance, and the Expat Essentials Index**, which covers housing, administration, language, and digital life.

## How Expats Rate Life in Bahrain



## Bahrain in the *Expatriate Insider 2023* Survey

**Bahrain ranks 9th out of 53 destinations** in the *Expatriate Insider 2023* survey. The bureaucracy involved in moving to and settling down in Bahrain is easy to handle for expats — the country **ranks 1st for admin topics** (i.e., getting a visa, dealing with local authorities, opening a bank account). **Digital services** (8th) **are also widely available**, and the language (1st) is not a big hurdle for expats. But survey respondents in Bahrain are **unhappy with their disposable household income** (51st), and many say that they are **not paid fairly for their work** (48th). Still, **71% are happy with their life in Bahrain**, about the same as the global average of 72%.

### Admin Topics Are Not an Issue in Bahrain

**Expatriate Essentials** (1st), for example administrative topics, are not a reason for concern in Bahrain. In fact, nearly nine in ten (86%) say that **opening a local bank account** is easy (vs. 62% globally). For over seven in ten (73%), **applying for a visa** was not difficult either (vs. 57% globally), and 59% do not struggle when **dealing with bureaucracy and the local authorities** (vs. 39% globally).

The **language barrier is rather low**: 78% find it easy to live in Bahrain without speaking the local language (vs. 50% globally). And though about one in four (27%) find it difficult to learn, this is actually lower than the worldwide share of 38%.

**Housing is easy to find** in the country (according to 75% vs. 49% globally) **but not quite as easy to afford**. Nearly three in ten survey respondents (28%) struggle with this factor, though this share is at least notably lower than the global average of 42%. Last but not least, Bahrain is thriving when it comes to digital life (8th). It is easy to get **high-speed internet access at home** (6th), and **administrative tasks** can easily be taken care of **online** (7th). However, **unrestricted access to online services** (such as social media) can be difficult to come by in Bahrain (41st).

### Finding Friends Is Easy for Expats

Ranking 9th in the **Ease of Settling In Index**, Bahrain is a great destination for **Finding Friends** (6th). In fact, 64% of expats in Bahrain find it generally easy to make local friends (vs. 43% globally). The **Local Friendliness** (15th) probably plays no small part in that — 82% describe the local population as generally friendly towards foreign residents (vs. 65% globally). But for many survey respondents, their social life is a particular highlight: 70% are happy with this factor, compared to a global average of 56%. Unsurprisingly, the majority of expats feels welcome in Bahrain (84% vs. 67% globally).

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*"Bahrain makes me feel like I belong. I love how small the country is and how you always feel like family!" – US American expat*

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### Good Healthcare, but the Environment Leaves a Lot to Be Desired

Due to some mixed results, Bahrain ranks only 20th in the **Quality of Life Index**. Expats are particularly happy with the **easy access to all kinds of healthcare services** (78% vs. 65% globally). And 78% appreciate the **quality of medical care** (vs. 70% globally).

Still, the **Environment & Climate** (40th) offers some reasons for concern: 17% rate the **natural environment** poorly (vs. 6% globally), while 20% say the same about the **urban environment** (vs. 16% globally). Many expats also do not seem to cope well with the arid climate and weather (51st).

## Great Career Prospects, Not So Great Work-Life Balance

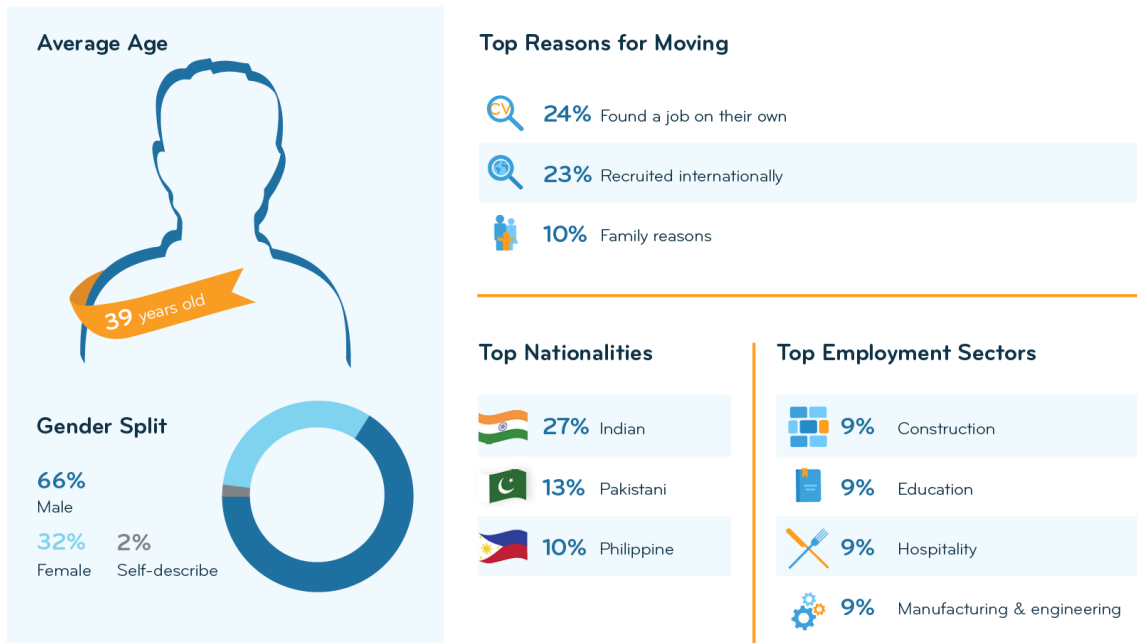
Moving to Bahrain has improved their **career prospects**, according to 71% of survey respondents (vs. 59% globally). Another 63% agree that the **local business culture** encourages creativity and thinking outside the box, compared to 51% globally.

At the same time, 24% are unhappy with their **working hours** (vs. 16% globally). With an average of 49.3 hours per week for full-time employees, these are indeed much longer than the global average of 42.7 hours. No wonder that Bahrain only ranks 41st for work-life balance. Still, thanks to factors like a strong local economy (13th), Bahrain lands in 19th place for **Working Abroad**.

## Not the Best Place for Financially Conscious Expats

However, not all expats may be benefiting personally from the economy: 27% believe they are not **paid fairly for their work** (vs. 19% globally). And though 48% are happy with the general **cost of living** (vs. 44% globally), only a little more than half (52%) are actually satisfied with their **financial situation** (vs. 58% globally). Lastly, more than two in five (43%) do not feel like their **disposable household income** is enough to afford a comfortable life in Bahrain (vs. 27% globally). All in all, this puts the country in an average 27th place for **Personal Finance**.

## | Typical Expats in Bahrain



## The Best & Worst Destinations for Living and Working Abroad in 2023

According to the *Expat Insider 2023* survey results, **Mexico (1st), Spain, Panama**, Malaysia, Taiwan, Thailand, Costa Rica, the Philippines, Bahrain, and Portugal (10th) are the best destinations for expats in 2023. The top 5 destinations stand out with good to **great results in the Personal Finance Index**. All top 10 destinations perform better than the global average in the Ease of Settling In Index, but with the exception of Taiwan (9th), none of them manage to rank highly in the Working Abroad Index. The top performers also see very different results when it comes to the Quality of Life Index: Spain (1st) and Taiwan (2nd) excel here, while the Philippines (48th) ends up among the bottom 10.

The worst destinations for expats are **Kuwait (53rd), Norway, Türkiye**, South Korea, Germany, South Africa, Italy, Malta, New Zealand, and Japan (44th). All bottom 5 countries have average to **very poor rankings in the Ease of Settling In Index**. The Working Abroad Index, on the other hand, reveals a wide range of results among the bottom 5 destinations: Germany and Norway perform above average, while Türkiye, Kuwait, and South Korea show very poor results.

**You can find out more about the best and worst destinations for expats in 2023 in the respective press release (available under "Downloads" in the email).**

### **About the InterNations *Expat Insider 2023* Survey**

InterNations has been conducting its annual *Expat Insider* survey since 2014. This 10th edition of one of the world's largest expat surveys is based on data from 12,065 expats representing 171 nationalities and living in 172 countries or territories. They provided information on various areas of expat life, as well as their gender, age, and nationality.

Participants were asked to rate up to 56 different aspects of life abroad on a scale of one to seven. The process emphasized the respondents' personal satisfaction with these factors, considering both emotional topics and more factual aspects with equal weight. The ratings of 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 indices were further averaged together with expats' general happiness with their life abroad to rank 53 destinations around the world.

To be featured in the indices and overall ranking, a sample size of at least 50 survey participants per destination was necessary.

### **About InterNations**

With more than 4.8 million members in 420 cities around the world, [InterNations](https://www.internations.org) 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 4,000 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](#), in our [magazine](#), or on our [LinkedIn page](#). Follow us on [Twitter](#) for updates and data insights on expat life.

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