

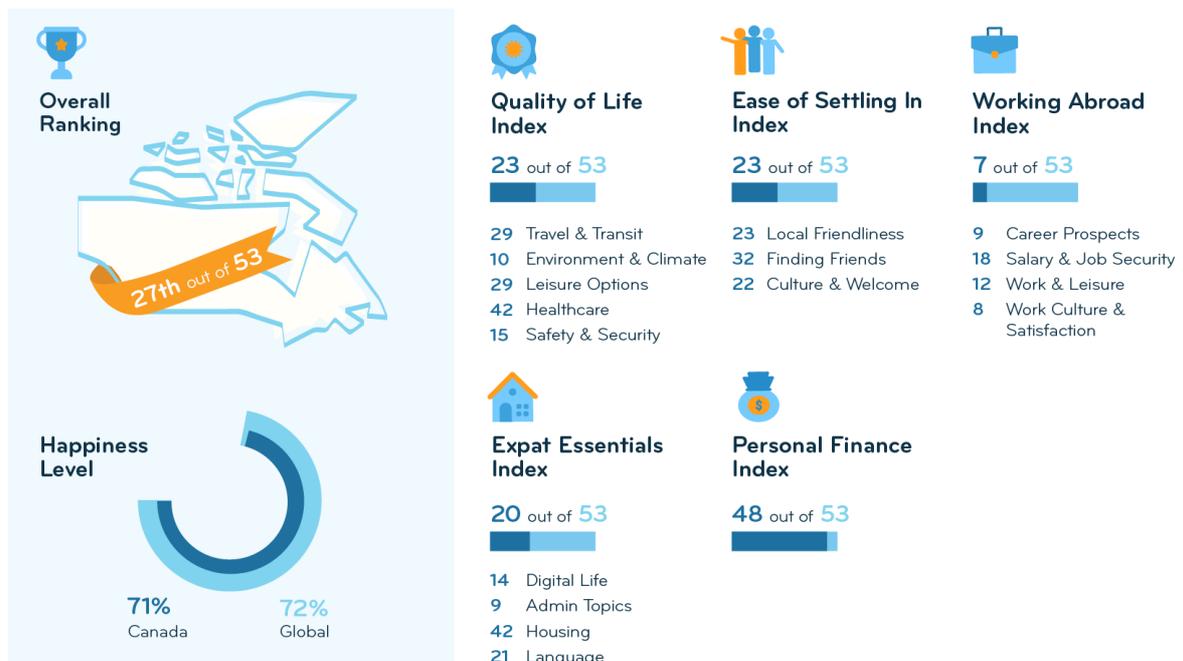
Great Career Options for Expats in Canada Come with Certain Drawbacks

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

- **Canada comes 27th out of 53 countries:** expats especially love their working life but struggle with housing costs and general living expenses.
- **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 destinations 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 Expats Insider survey**. In the past decade, it has become one of the most cited studies on 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 *Expats Insider* survey. This year also marks the survey's 10th anniversary. With more than 12,000 respondents, *Expats 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 Canada



Canada in the *Expat Insider 2023* Survey

Canada comes 27th out of 53 destinations in the *Expat Insider 2023* survey. Expats love their working life and highlight the great work culture and job market. However, the cost of living makes life in Canada hard for many. While they enjoy the local urban environment, often find medical services inaccessible. Luckily, they report that dealing with the local bureaucracy is not an issue, though getting a visa can be tough. Overall, **71% of expats are happy with their life in Canada**, compared to 72% globally.

A Flexible Work Culture & Excellent Career Options

Working Abroad (7th) is Canada's strongest point. Expats especially love the **Work Culture & Satisfaction** (8th) and their **Career Prospects** (9th). Among other things, they appreciate the way in which Canada's **business culture promotes flexibility** (77% happy vs. 60% globally), independent work (61% vs. 46% globally), and creativity (63% vs. 51% globally). About two in three expats (65%) also rate their **personal career options** positively (vs. 57% globally), while nearly three in five (59%) are satisfied with the local **job market** (vs. 47% globally).

"Here, you can choose your field of work, as long as you show motivation and professionalism. It's not everywhere that you will get the opportunity to change careers from one day to the next." – French expat

Disillusioned by High Cost of Living

The survey reveals a glaring drawback to life in Canada. Though the country comes in an above-average 19th place for fair pay at work, **many expats struggle with their finances**. In the **Personal Finance Index**, Canada ranks a **subpar 48th** out of 53 destinations, featuring among the bottom 10. The country has never done well in this regard during the past ten years of the *Expat Insider* survey — it has even ended up in the bottom 10 since 2018.

In 2023, nearly half the expats in Canada (49%) consider the **general cost of living too high**, compared to 35% worldwide. Unsurprisingly, another 40% do not agree that their disposable household income is enough to live comfortably in Canada (vs. 27% globally).

A Welcoming Culture & Easy-Going Residents

In the **Ease of Settling In Index**, Canada lands in a **decent 23rd place**. More than seven in ten expats (71%) describe the local population as **generally friendly towards foreign residents** (vs. 65% globally). Roughly the same share finds it **easy to get used to the local culture** (69% happy vs. 62% globally) and feel welcome in Canada (70% happy vs. 67% globally).

Stress-Free Bureaucracy, Stressful Housing Market

Canada claims an **above-average spot in the Expats Essentials Index** (20th). It especially benefits from its strong performance for **Admin Topics** (9th). Canada makes it into the global top 3 for the **ease of opening a bank account**, and 59% of expats also find the **local authorities easy to deal with** (vs. 39% globally).

Though expats enjoy a comparatively hassle-free bureaucracy, they face a **rather tough housing market**. Canada only ranks 42nd out of 53 in the **Housing Subcategory**. Affordability, or rather, the lack of it, is a particularly big problem: 58% of expats say that **housing is not affordable**, 16 percentage points more than the global average (42%).

Great Environment, Less Than Great Healthcare System

Lastly, Canada's **ranking of 23rd in the Quality of Life Index** hides a stark contrast among its subcategories. On the one hand, Canada offers its expat residents **relatively high Safety & Security (15th)** and a **superb Environment & Climate (10th)**. Among the respondents, 77% agree they can openly express themselves and their opinions (vs. 65% globally). They also love the urban environment (9th), the availability of green goods and services (10th), the air quality (13th), and the natural environment (15th).

"I don't like how hard it is to get access to a family physician and the long waiting times for medical examinations." – Expat in Halifax

On the other hand, **Canada does very poorly in the Healthcare Subcategory** (42nd): 28% rate the **availability of healthcare** negatively (vs. 14% globally), and 30% do not have **easy access to all medical services** they need (vs. 19% globally).

Typical Expats in Canada



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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