

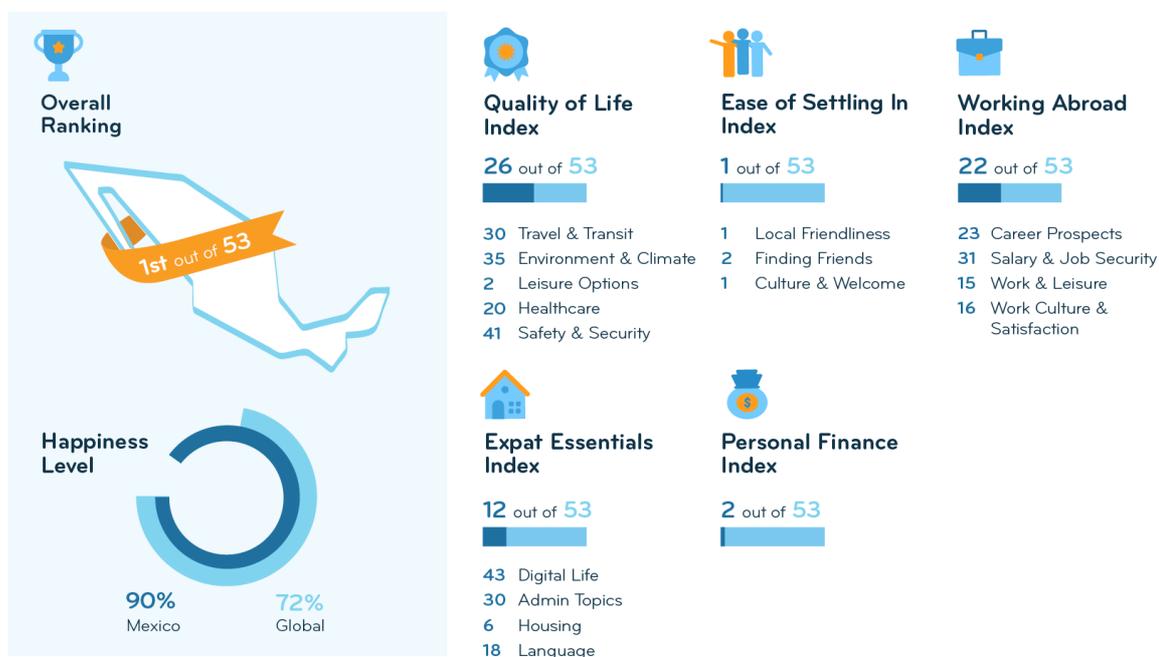
Mexico Is the Best Country for Expats (Again)

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

- Mexico ranks **1st out of 53 destinations**: expats enjoy a great social life and an affordable lifestyle.
- **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 Mexico



Mexico in the *Expat Insider 2023* Survey

Mexico comes 1st out of 53 destinations in the *Expat Insider 2023* survey. This might not come as a surprise, as the country has ranked in the top 5 since the first survey was conducted in 2014. Mexico lands in 1st place of the **Ease of Settling In Index**, with expats feeling at home there (2nd). This outstanding result is followed closely by the **Personal Finance Index** (2nd), which highlights a great financial situation (1st). While Mexico has ups and downs in both the **Quality of Life** (26th) and the **Working Abroad** (22nd) **Indices**, it shows a strong performance for **Expat Essentials** (12th). Overall, **90% of expats are happy with their life in Mexico**, compared to 72% globally.

"If you are willing to learn the language and adapt to the local culture, this is the best country to live and work in." – Dutch expat

A Place to Make Friends Easily

Throughout the 10 years of the *Expat Insider* survey, Mexico has always ranked among the best in the **Ease of Settling In Index** (1st in 2023). This also holds true for all its subcategories and rating factors. Expats have consistently enjoyed the **Local Friendliness** (1st): most find the local residents to be friendly in general (91% vs. 67% globally) and towards foreign residents in particular (89% vs. 65% globally).

Finding Friends (2nd) is also no problem. About three in four expats (74%) say that it is easy to make local friends, compared to only 43% globally. This is probably one reason why expats in Mexico have a personal support network (2nd) and are very happy with their social lives overall (4th). Mexico secures another 1st place in the **Culture & Welcome Subcategory**. Expats feel both welcome (89% vs. 67% globally) and at home (82% vs. 62% globally) there. They also report that it is easy to get used to the Mexican culture (1st).

"Mexico is a very happy country. The people are helpful and friendly, and they celebrate everything!" – Expat from New Zealand

The Trouble-Free Basics of Life Abroad

The country has another strong performance in the **Expat Essentials Index** (12th). About three in four (74%) had no trouble getting a visa to move there, compared to 57% globally. They also report that learning Spanish is easy (9th), which seems to pay off: *"I've learned to speak Spanish, and the locals really appreciate it!"* shares a US American expat. And while expats struggle with the inability to pay without cash (49th), **Housing** (6th) is no problem. Expats say that accommodation in Mexico is not only easy to find, but also affordable (7th for both).

Budget-Friendly Living

Affordability is a general trend in Mexico. Mexico ranks 2nd in the **Personal Finance Index** — only Vietnam (1st) performs better. Most expats (87%) say that their disposable household income is enough or more than enough to lead a comfortable life in Mexico (vs. 73% globally). Another 71% are **happy with the general cost of living**, compared to only 44% globally.

Overall, 80% are satisfied with their financial situation (vs. 58% globally), with the country ranking 1st for this factor. *"The affordable cost of living makes being here much more enjoyable in general,"* an expat from the USA explains.

A Satisfying Work Life

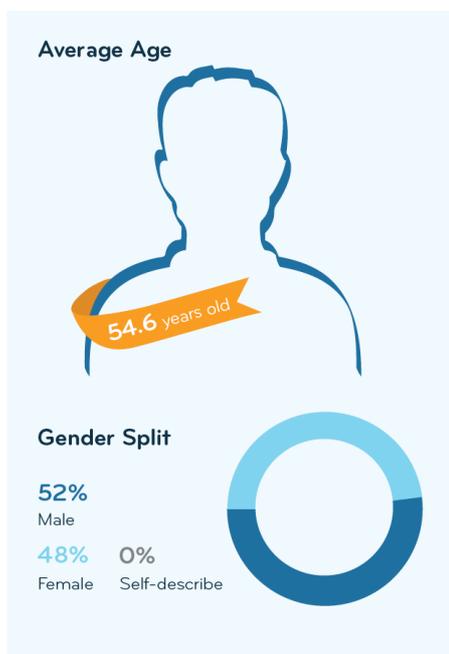
Mexico has positive results in the overall **Working Abroad Index** (22nd). Expats are especially happy with their personal career opportunities (4th), fair pay (5th), and work-life balance (7th). Most expats (87%) see a purpose in their work (vs. 78% globally), and 71% are satisfied with their jobs in general (vs. 64% globally).

Problems with Safety

The **Quality of Life Index** (26th) reveals rather mixed results. On the negative side, Mexico only ranks 45th for political stability, and 18% of expats do not feel safe there, more than double the global average (8%). The lack of a high-quality infrastructure for cars (44th) is another problem, as well as the lack of policies to protect the environment (49th).

On the positive side, Mexico's **Leisure Options** (2nd) are among the best worldwide. The country ranks 1st for its culinary variety and dining options, as well as 3rd for its culture and nightlife. And expats can have all of this while enjoying the wonderful climate and weather (5th).

| Typical Expats in Mexico



Top Reasons for Moving



Top Nationalities



Top Employment Sectors



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

According to the *Expatriate 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 *Expatriate Insider 2023* Survey

InterNations has been conducting its annual *Expatriate 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.

Press Contact

Jane Masumy
Media Spokesperson

InterNations GmbH
Schwanthalerstrasse 39
80336 Munich, Germany

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