

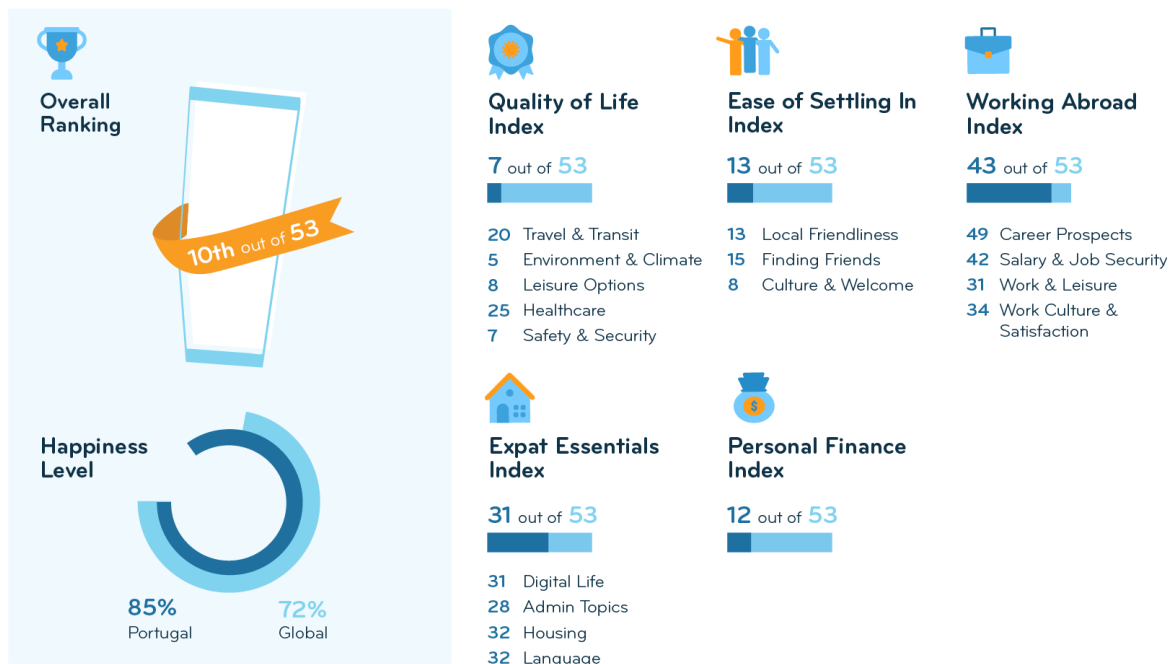
Expats Praise the Quality of Life in Portugal but Struggle with Poor Job Opportunities

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

- Portugal ranks **10th out of 53 countries**: expats love the climate and feel welcome there but face poor career prospects.
- **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 Portugal



Portugal in the *Expat Insider 2023* Survey

Portugal comes 10th out of 53 destinations in the *Expat Insider 2023* survey. Expats are very happy with their **Quality of Life**: they enjoy the climate, leisure options, and safety. They find it generally easy to get settled and feel at home in Portugal. Despite frustrations with the local bureaucracy and a disappointing job market, **85% of expats are happy with their life in Portugal**, compared to 72% globally.

A Welcoming Culture

The **Ease of Settling In Index** (13th) is one of the major highlights for expats in Portugal, particularly with regard to **Culture & Welcome** (8th). Expats feel at home (78% vs. 62% globally) and welcome (81% vs. 67% globally) there. This may be partly due to the fact that 71% have a personal support network in Portugal, compared to 58% globally. What's more, 76% find it easy to **get used to the local culture** (vs. 62% globally). The majority (80%) also reports that the population is **generally friendly to foreign residents**, 15 percentage points more than the global average (65%).

"Even though I have limited Portuguese language skills, the locals are friendly and accepting." – Irish expat

Plenty to See & Do While Enjoying the Great Weather

Since the first *Expat Insider* survey in 2014, Portugal has **consistently performed well or very well** in the **Quality of Life Index** — in 2023, it ranks 7th worldwide. Some of the country's long-standing highlights have been the climate & weather (7th) and the air quality (9th). *"The beaches and scenery are excellent, and the weather is fantastic!"* shares a US American expat. It is hardly surprising that the country ranks **among the best destinations for Environment & Climate** (5th).

Expats also have many opportunities for recreational sports (85% happy vs. 75% globally) and enjoy the local **culture and nightlife** (74% happy vs. 68% globally). They feel safe (94% vs. 83% globally) in Portugal and agree that they can openly express themselves and their opinions (83% vs. 65% globally).

Expats Face Administrative Hurdles

In the **Expat Essentials Index** (31st), though, the country ranks only midfield. Over half the expats (56%) have a hard time **dealing with the local bureaucracy** (vs. 38% globally). And one in four (25%) is unhappy with the availability of government services online (vs. 21% globally). On top of that, more than half the expats describe Portuguese as difficult to learn (vs. 38% globally). Luckily, another two in three (68%) consider it easy to live there **without local language skills** (vs. 50% globally).

"The Portuguese bureaucracy is inefficient and unpredictable. It can be nearly impossible to figure out how things are supposed to be done." – US American

Not a Destination for Career-Driven Expats

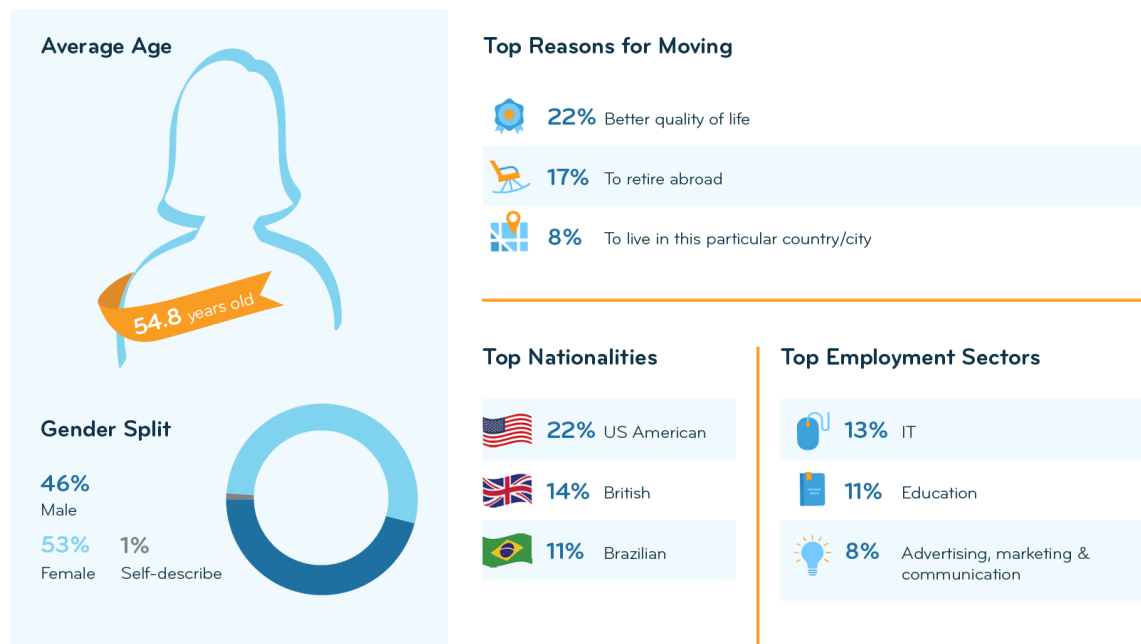
Portugal narrowly escapes the bottom 10 in the **Working Abroad Index** (43rd). The country performs worst in the **Career Prospects Subcategory** (49th). Expats vote it 45th for local career opportunities, and more than one in three (36%) are **unhappy with the job market** (26% globally). Unsurprisingly,

28% state that moving to Portugal has *not* improved their career prospects (vs. 18% globally). The country does rank above the global average for work-life balance (17th), even though expats rate their **working hours rather poorly** (45th).

On the Plus Side: Personal Finances

Interestingly, while the country does badly for fair pay at work (42nd), 78% of expats still agree that their household income is enough or more than enough to **lead a comfortable life** (vs. 73% globally). Overall, Portugal performs very well in the **Personal Finance Index** (12th): 63% are **happy with the general cost of living**, compared to a global average of 44%.

| Typical Expats in Portugal



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 *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](#) 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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