

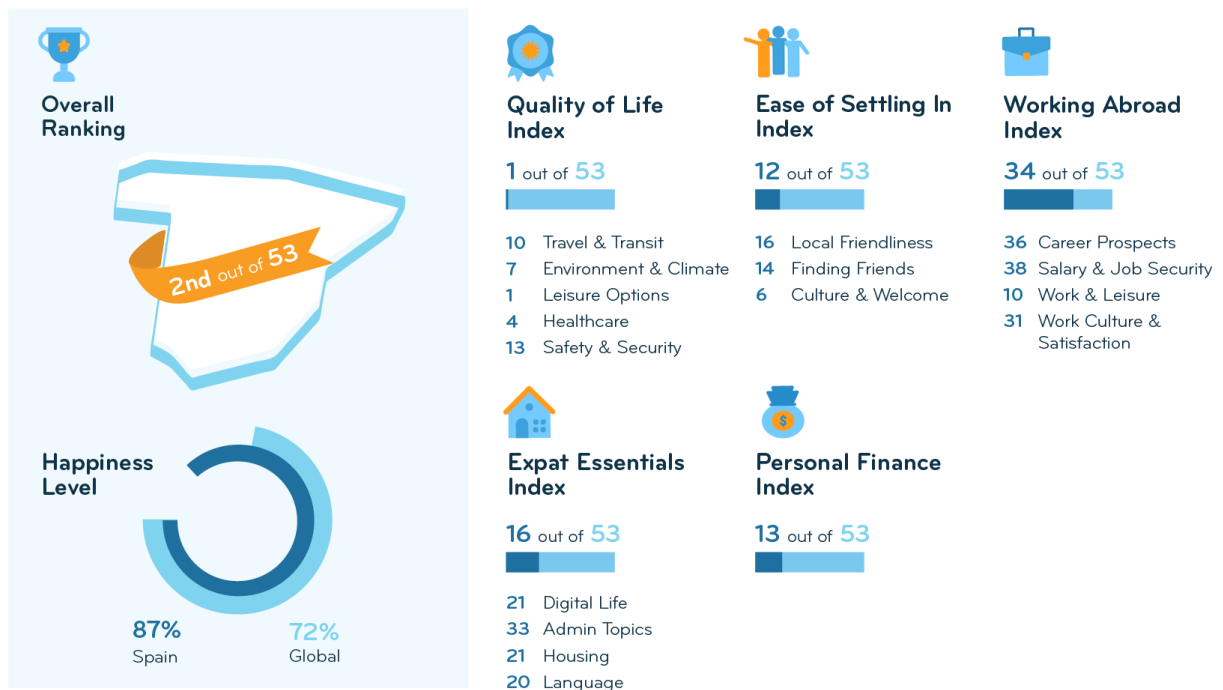
## Expats Feel at Home & Happy in Spain

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

- Spain ranks **2nd out of 53 destinations**: a wide variety of leisure options are easily accessible, and expats say they feel at home.
- **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 Spain



## Spain in the *Expat Insider 2023* Survey

**Spain comes 2nd out of 53 destinations** in the *Expat Insider 2023* survey. It even lands in 1st place worldwide in the **Quality of Life Index**. Expats are especially happy with their **Health & Well-Being** (4th) and their Leisure Options (1st). They also are **satisfied with their social lives** (10th) and find it easy to get used to the local culture (2nd). However, the country ranks below the global average for Working Abroad (34th). Overall, **87% of expats are happy with their life in Spain**, compared to 72% globally.

### Excellent Leisure Activities Continue to Please Expats

Since the first *Expat Insider* survey in 2014, Spain has always ranked in the top 10 of the **Quality of Life Index**. For example, the country has consistently featured among **the best worldwide for its Leisure Options**, placing 1st again in 2023. The majority of expats (88%) is happy with the culture and nightlife in Spain, compared to 68% globally. Additionally, over nine in ten (91%) are happy with their opportunities for recreational sports (vs. 75% globally). Luckily, Spain's **climate and weather** (3rd) makes it easier for expats to get out and enjoy these activities.

---

*"I love the sea, beach, weather, and sporting activities. I don't need a car to get around with the great public transportation." - German expat*

---

### Hassle-Free Healthcare

Expats also love the **Healthcare** (4th) in Spain. They are satisfied with both the availability (84% happy vs. 71% globally) and the affordability (82% happy vs. 62% globally) of healthcare, and they vote Spain's quality of medical care in 10th place globally.

### A Place to Call Home

Though missing out on a top 10 spot in the **Ease of Settling In Index** (12th), Spain does come 6th in the **Culture & Welcome Subcategory**. Four in five expats (80%) feel at home there, 18 percentage points more than the global average (62%). They also consider it easy to get used to the local culture (78% happy vs. 62% globally).

Feeling at home abroad often goes hand in hand with a healthy social life, and expats in Spain do seem to benefit from this. Nearly seven in ten (69%) have a personal support network in Spain (vs. 58% globally), and 72% are **happy with their social life** there (vs. 56% globally).

### Working Life Is Below Average

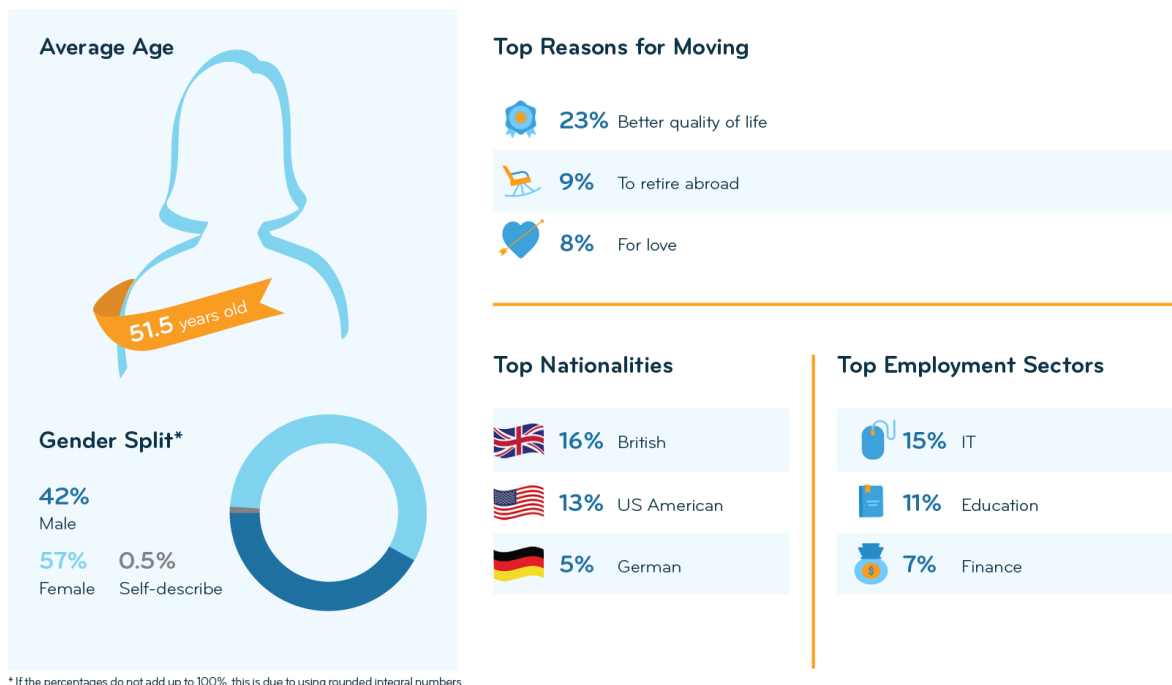
Spain performs worst in the **Working Abroad Index** (34th). Less than half the expats (49%) agree that moving there has improved their career prospects (vs. 59% globally), and 36% are **unhappy with the local job market** (vs. 26% globally). Job security (43rd) and the state of the local economy (39th) leave a lot to be desired. On the positive side, the country ranks 10th in the **Work & Leisure Subcategory**, largely due to expats' satisfaction with their work-life balance (73% happy vs. 63% globally).

## Few Monetary Worries

Finances don't appear to pose many problems for expats in Spain. It ranks 13th in the **Personal Finance Index**, and more than two in three expats (69%) are happy with the general cost of living, compared to only 44% globally. Similarly, in the **Expats Essentials Index** (16th), Spain comes in 13th place (out of 53) for the affordability of housing.

Spain ranks slightly below the worldwide average in the **Admin Topics Subcategory** (33rd), though. Nearly half the expats (47%) have difficulties **dealing with the local bureaucracy** (vs. 38% globally). While another 36% also find it difficult to live in Spain without local language skills (vs. 32% globally), 62% at least describe the local language(s) as easy to learn (vs. 40% globally).

## Typical Expats in Spain



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

According to the *Expats 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.

#### **Press Contact**

Jane Masumy  
Media Spokesperson

InterNations GmbH  
Schwanthalerstrasse 39  
80336 Munich, Germany

Email: [press@internations.org](mailto:press@internations.org)

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