

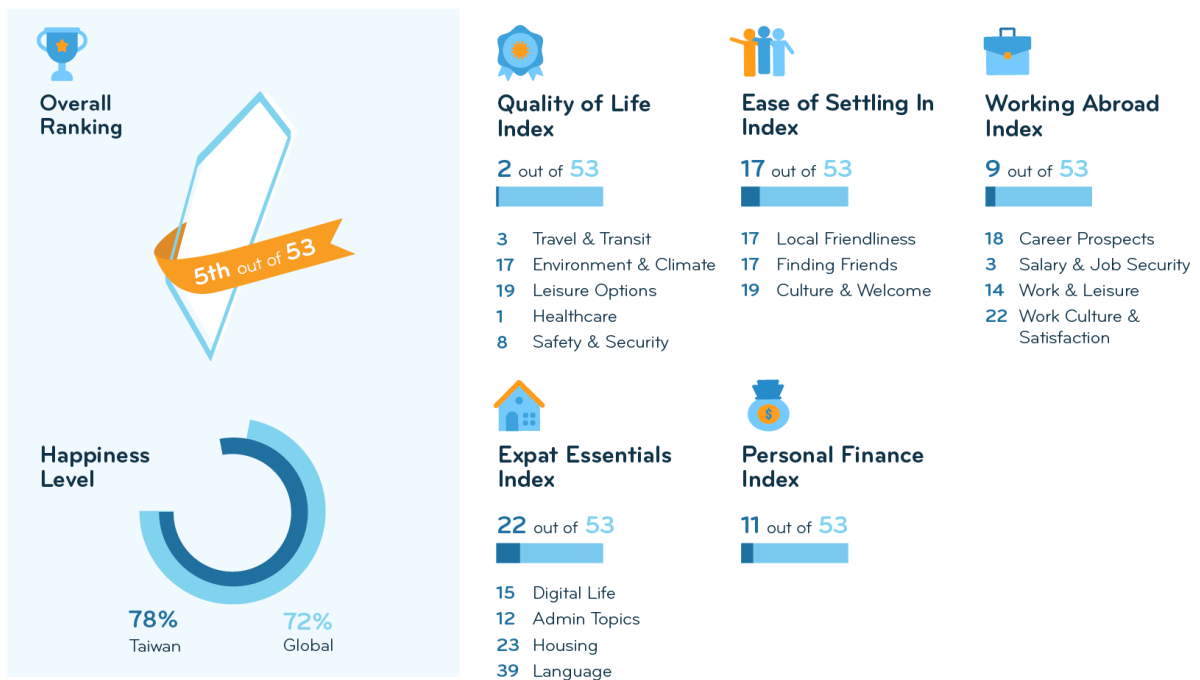
Expats Love the Excellent Healthcare in Taiwan

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

- Taiwan ranks **5th out of 53 destinations**: it is easy to access and afford a wide variety of healthcare services, and expats appreciate their personal safety and job security.
- **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 Expats 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 *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 Taiwan



Taiwan in the *Expat Insider 2023* Survey

Taiwan ranks 5th out of 53 destinations in the *Expat Insider 2023* survey, even coming 2nd worldwide in the **Quality of Life Index**. Expats are especially happy with their Health & Well-Being (1st), as well as Travel & Transit (3rd). They are also highly **satisfied with their job security** (2nd) and rate their working life in general very positively (1st). However, Taiwan only shows a mediocre performance when it comes to **Expat Essentials** like housing or language (22nd). Overall, **78% of expats are happy with their life in Taiwan**, compared to 72% globally.

From Excellent Healthcare to Amazing Travel Opportunities

Since 2016, when Taiwan first appeared in the *Expat Insider* survey, it has always ranked in the top 5 for healthcare-related factors. The majority of expats are happy with both the affordability (91% vs. 62% globally) and the quality (86% vs. 70% globally) of medical care in Taiwan. About nine in ten expats (93%) are also happy with its availability, compared to a global average of 71%. In fact, 88% say that it is easy to access all the healthcare services they need (vs. 65% globally). The result: **first place in the Healthcare Subcategory**.

In the **Quality of Life Index** (2nd), there is even more that expats appreciate about Taiwan. Scoring 3rd in the **Travel & Transit Subcategory**, Taiwan pleases expats with its affordable public transportation (5th) and its travel opportunities (10th). Additionally, **almost all expats feel safe there** (98% vs. 83% globally).

"The country is peaceful, and the travel infrastructure is too good, helping us to explore. The job opportunities for engineers are high, and the people over here are welcoming in nature." – US American expat

Expats Feel Welcome in Taiwan

Taiwan still ranks clearly above the average in the **Ease of Settling In Index** (17th). Many expats feel welcome there (78% vs. 67% globally) and have a personal support network in Taiwan (66% vs. 58% globally). However, adjusting to the local culture is a different matter altogether — the destination ranks poorly when it comes to getting used to the local culture (38th).

Ups & Downs for Working Expats

Working in Taiwan is a great choice for expats — mostly. More than one in three (34%) are *completely* satisfied with their job security, ten percentage points more than the global average (24%). In addition to job security (2nd), the destination also makes it into the top 10 for the state of the local economy (8th) and fair pay at work (9th). Overall, Taiwan ranks among the top 5 of the **Salary & Job Security Subcategory** (3rd).

However, 31% of expats miss flexibility in the local business culture (vs. 18% globally). And another 40% believe that the work culture does not promote independent work or flat hierarchies (vs. 26% globally). Although 73% of expats are actually happy with their working hours (vs. 64% globally), Taiwan only comes 31st for work-life balance. Still, despite some downsides, the destination has the highest level of **overall job satisfaction (1st) worldwide** (1st).

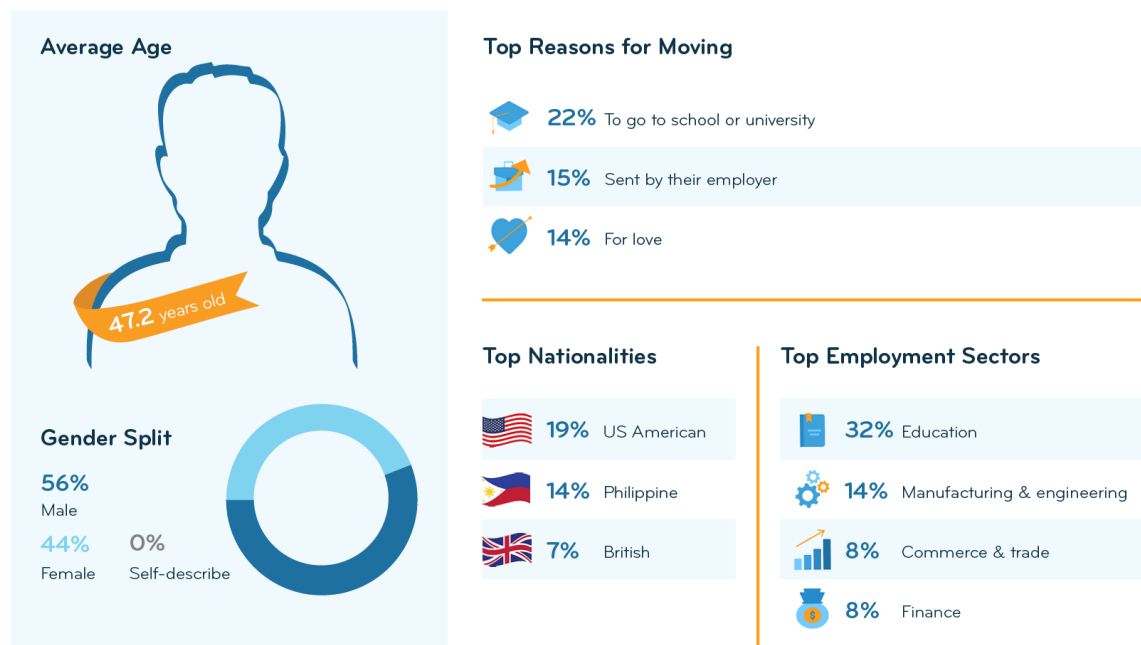
The Essentials of Life Abroad Show Room for Improvement

Taiwan performs worst — but still better than average — in the **Expat Essentials Index** (22nd). While it is easy to get high-speed internet access at home (3rd) and to freely access all online services (7th), paying without cash is still a big challenge (45th). However, language woes weigh on expats. While only 19% find it difficult to live in Taiwan without speaking the local language(s), compared to 32% globally, more than half (55%) say that the language is hard to learn (vs. 38% globally).

No Financial Worries for Expats in Taiwan

Taiwan just misses out on a spot in the top 10 of the **Personal Finance Index** (11th) — financial matters do not seem to trouble expats much. In fact, 63% are happy with the general cost of living in Taiwan, compared to just 44% globally. Unsurprisingly, 62% are satisfied with their financial situation (vs. 58% globally). Another 83% describe their disposable household income as enough or even more than enough to lead a comfortable life abroad (vs. 73% globally).

Typical Expats in Taiwan



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](#) 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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