

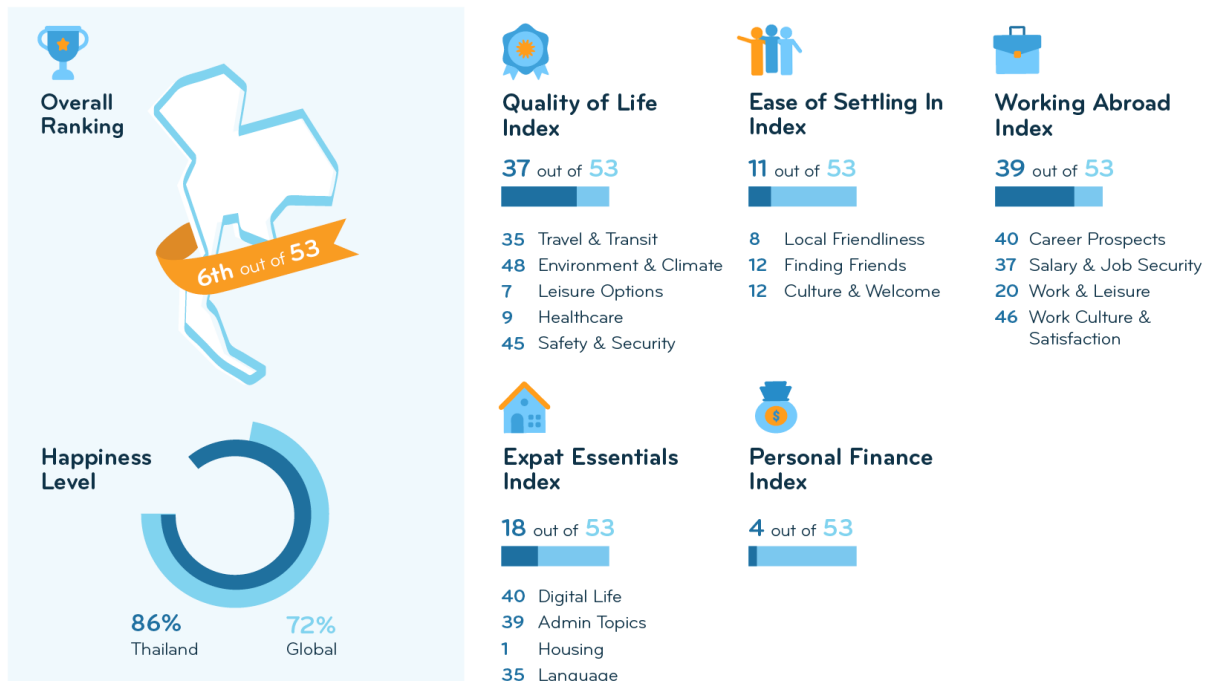
## Expats Enjoy an Affordable Life in Thailand

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

- Thailand ranks **6th out of 53 destinations**: it is easy to afford a comfortable life there, and expats are happy with the leisure options and the friendliness of the local residents.
- **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 Expats Essentials Index**, which covers housing, administration, language, and digital life.

### | How Expats Rate Life in Thailand



## Thailand in the *Expatriate Insider 2023* Survey

**Thailand ranks 6th out of 53 destinations** in the *Expatriate Insider 2023* survey. Cost-conscious expats appreciate Thailand for its easily available and affordable housing (1st), as well as the affordable lifestyle it generally offers. The country ranks 4th in the **Personal Finance Index**. However, there is still room for improvement when it comes to Work Culture & Satisfaction (46th), as well as Safety & Security (45th). All in all, **86% say that they are happy with their life in Thailand**, compared to a global average of 72%.

### The Perfect Place for Thrifty Expats

Expats' money goes a long way in Thailand — 76% rate the general cost of living positively. Nearly nine in ten expats (86%) say that their disposable household income is enough or more than enough for a comfortable life in Thailand (vs. 73% globally). So, it is hardly a surprise that the country ranks 4th in the **Personal Finance Index**. Affordability also crops up in the **Expatriate Essentials Index**: 76% say that housing is affordable, double the global average (38%). However, in the **Quality of Life Index**, Thailand only ranks 30th for the affordability of healthcare. Still, 72% of expats are happy with their financial situation, compared to a global average of 58%.

### Great for Leisure, Less So for Safety

Ranking 7th for its leisure options, Thailand is a great destination for expats who value their free time. The country impresses them with its culinary variety and dining options — nearly nine in ten expats (89%) rate this factor positively (vs. 77% globally). And the culture and nightlife is another highlight for expats: 78% are happy with this factor, ten percentage points more than the global average (68%). But expats are not as pleased with the opportunities for recreational sports in Thailand (34th).

Similarly, the **Environment & Climate** (48th) pose some concerns. Only 35% of the survey respondents are happy with the air quality in Thailand (vs. 66% globally), and 43% believe the government does not support policies to protect the environment, compared to 17% worldwide. Green goods and services, as well as an eco-friendly urban environment, are also missing for expats — Thailand ranks 47th for both factors.

Another area of concern is the **Safety & Security Subcategory** (45th): 28% are worried about the country's political stability (vs. 13% globally). And 33% feel they cannot express themselves and their opinions freely, compared to a global average of 15%.

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*“Every day is a new discovery. It is a delight to live amongst such respectful people.”*  
– British expat

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### A Friendly Population Makes Expats Feel at Home

The majority of expats (82%) appreciate the general friendliness in Thailand (vs. 67% globally). And 81% also describe the local population as friendly *specifically* towards foreign residents (vs. 65% globally). It may not come as a complete surprise that more than seven in ten expats (71%) are satisfied with their social life in Thailand, compared to only 56% globally. Another 78% feel at home there (vs. 62% globally).

## Working in Thailand Leaves a Lot to Be Desired

Thailand receives some of its worst results in the **Working Abroad Index** (39th). While many expats are happy with the work-life balance (69% vs. 63% globally), they are unsatisfied with Thailand's business culture. In fact, 42% say that it does not encourage creativity or thinking outside the box (vs. 26% globally).

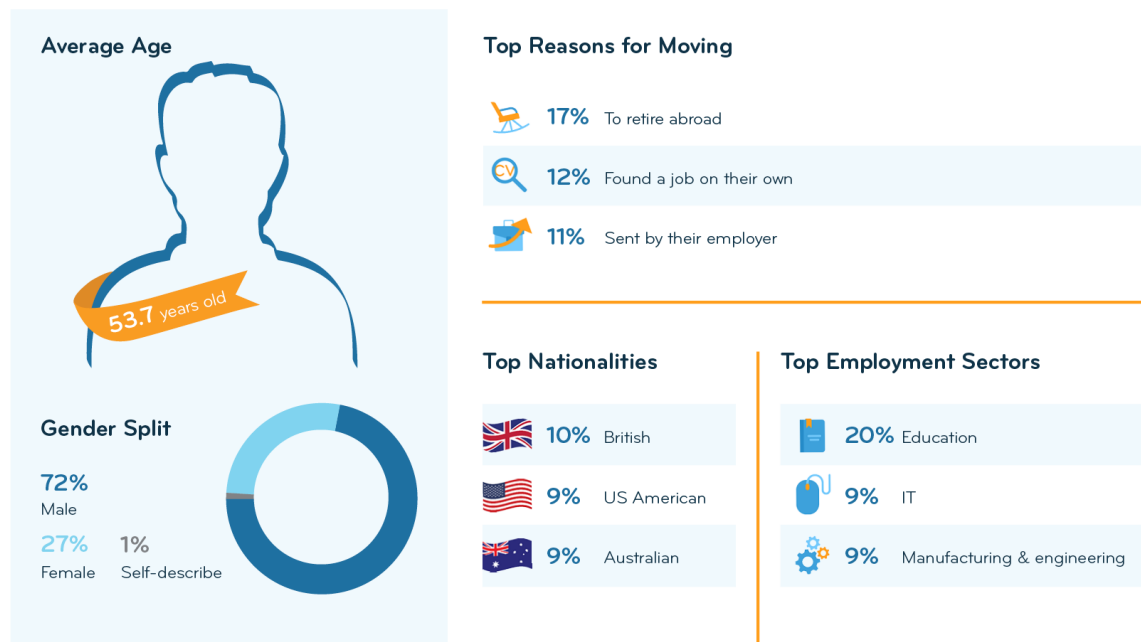
They also do not see the country as a place that promotes independent work or flat hierarchies (vs. 26% globally). About two in three (65%) say that they are paid fairly for their work (vs. 62% globally). But only 45% agree that moving to Thailand has improved their career prospects, compared to 59% worldwide.

## The Basics Could Be Better

The **Expat Essentials Index** (18th) reveals some highs and lows for life abroad in Thailand. On the positive side, it secures 1st place in the **Housing Subcategory**: expats describe accommodation as both easy to find (4th) and to afford (1st).

But things do not look as rosy when it comes to **Digital Life** (40th) or **Admin Topics** (39th). About one in three expats (33%) are unhappy with the availability of government services online (vs. 21% globally), and 45% struggle to deal with the local authorities (vs. 33% globally). The local language is another hurdle for expats. Though 63% say that it is easy to live in Thailand without speaking it (vs. 50% globally), another 63% find it hard to learn, compared to 38% globally.

## | Typical Expats in Thailand



## 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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