

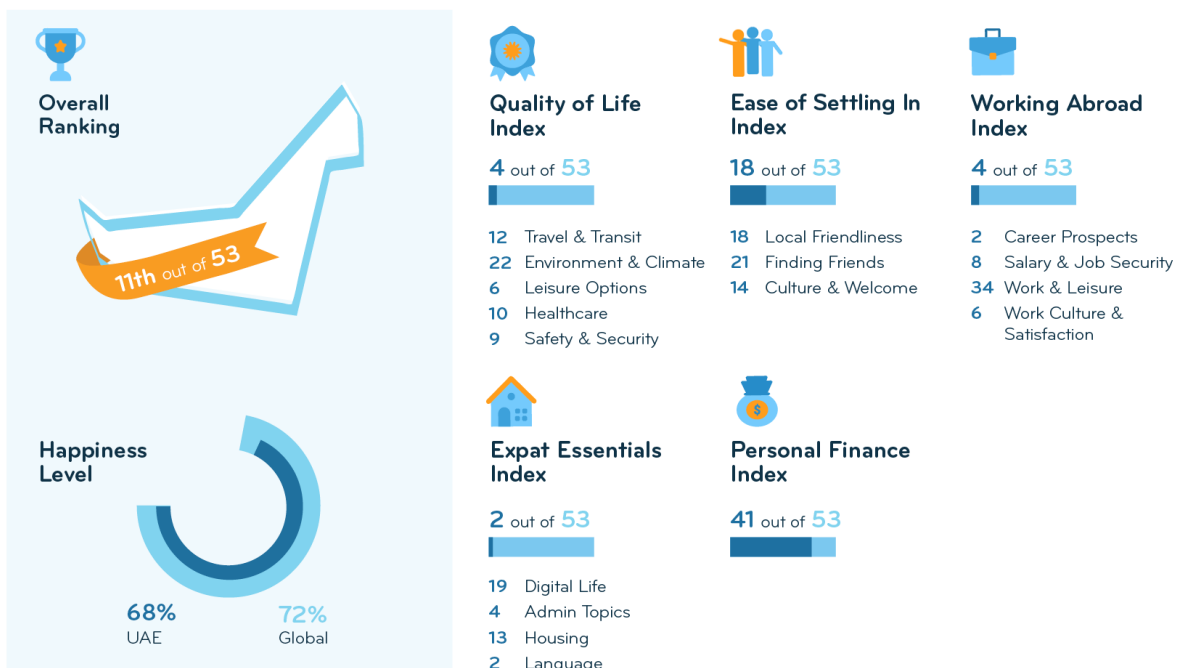
## The UAE Offers Expats a High Quality of Life & Lots of Career Opportunities

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

- The UAE ranks **11th out of 53 countries**: expats enjoy the high quality of life and job opportunities but often need to stretch their finances.
- **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 the UAE



## The UAE in the *Expatriate Insider 2023* Survey

**The UAE comes 11th out of 53 destinations** in the *Expatriate Insider 2023* survey. It even makes it into the top 5 of three indices: **Expatriate Essentials** (2nd), **Working Abroad** (4th), and **Quality of Life** (4th). According to expats, it has the best infrastructure for cars, the government strongly supports policies to protect the environment, its local business culture very much encourages creativity, and it is the easiest destination to get a visa for — the UAE ranks 1st for all these factors. While it still lands in a good 22nd place in the **Ease of Settling In Index**, it only comes 41st in the **Personal Finance Index**. Overall, **68% of expats are happy with their life in the UAE**, which is below the global average of 72%, though.

### Easy to Manage the Essentials

The UAE ranks 2nd in the **Expatriate Essentials Index**, only beaten by Bahrain (1st). Aside from the fact that it is easy to live in the UAE without speaking the local language (2nd), expats are very happy with **Admin Topics** (4th). Four in five (80%) found it easy to get a visa when moving there (vs. 57% globally), and 64% have no problem dealing with the local bureaucracy, compared to 39% globally.

In the **Digital Life Subcategory** (19th), expats are happy with the online availability of government services (84% vs. 60% globally). They also find it easy to get high-speed internet access at home (87% happy vs. 80% globally). But the country ranks among the bottom 5 worldwide for its restricted access to online services, such as social media (48th).

### A Vibrant Expatriate Life

When it comes to the **Quality of Life Index** (4th), the UAE does best in the **Leisure Options Subcategory** (6th). Expats enjoy the culinary variety and dining options (84% happy vs. 77% globally), as well as the culture and nightlife (76% vs. 68% globally). The country ranks 5th for both these factors but only 22nd for the opportunities for recreational sports.

It is also easy to get to the restaurants, bars, and more. While expats' satisfaction with the availability of public transportation is just slightly above average (76% happy vs. 73% globally), the infrastructure for cars comes in 1st place worldwide. More than nine in ten expats (93%) are pleased with this factor, compared to 75% globally. And there is good news for those who like to explore outside the UAE: 70% could not be happier with the opportunity to travel (vs. 56% globally).

### Safe & Healthy

The UAE makes it into the top 10 of both the **Safety & Security** (9th) and **Healthcare** (10th) **Subcategories**. Expats rate the political stability (86% happy vs. 63% globally) and their personal safety (93% vs. 83% globally) very positively.

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*"It's safe to walk alone here, no matter what time of day or night." – Philippine expat*

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Additionally, they are happy with the availability (81% vs. 71% globally) and quality (81% vs. 70% globally) of medical care. Close to three-quarters (74%) find it easy to access all kinds of healthcare services they need, compared to 65% globally.

### A Working Life Full of Opportunities

The **Working Abroad Index** (4th) is another area where the UAE performs very well, particularly in the **Career Prospects Subcategory** (2nd). Only the USA (1st) does better here. Expats in the UAE are happy with their personal career opportunities (64% vs. 57% globally). Another 77% say that moving there has improved their career prospects (vs. 59% globally).

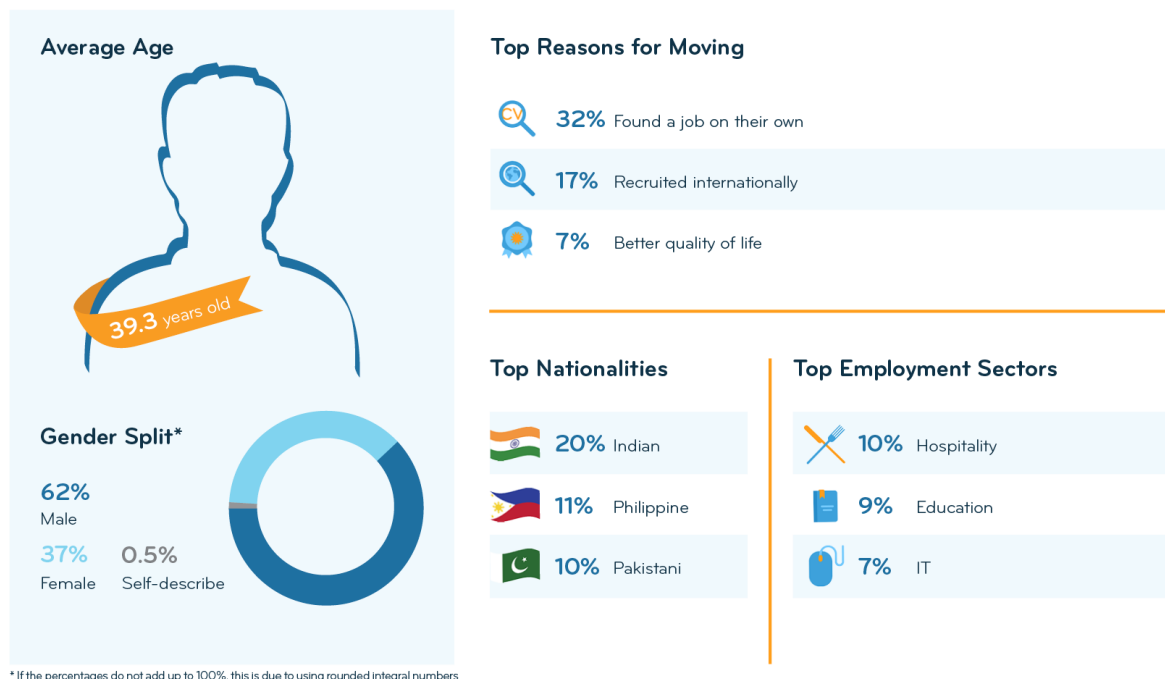
The country also ranks well in the **Work Culture & Satisfaction Subcategory** (6th), even coming 1st worldwide for thinking outside of the box. Close to three-quarters (73%) agree that the local business culture encourages creativity (vs. 51% globally) — 43% even say it does so *very much*, compared to 18% globally. And the business culture also promotes independent work and flat hierarchies (62% happy vs. 46% globally).

### Poor Work-Life Balance & Low Salaries

On the downside, the UAE does not do so well in the **Work & Leisure Subcategory** (34th). Just 57% of expats rate their work-life balance positively, which is below the global average of 63%. And only 55% feel paid fairly for their work, based on their industry, qualifications, and role (vs. 62% globally). In fact, half the expats in the UAE have a gross yearly income of less than 25,000 USD, compared to 33% globally.

This might also explain the country's low ranking in the **Personal Finance Index** (41st). A quarter of respondents (25%) are unhappy with their financial situation (vs. 22% globally). In fact, 36% say that their disposable household income is *not* enough to lead a comfortable life in the UAE, compared to 27% globally.

## | Typical Expats in the UAE



## 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](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.

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