

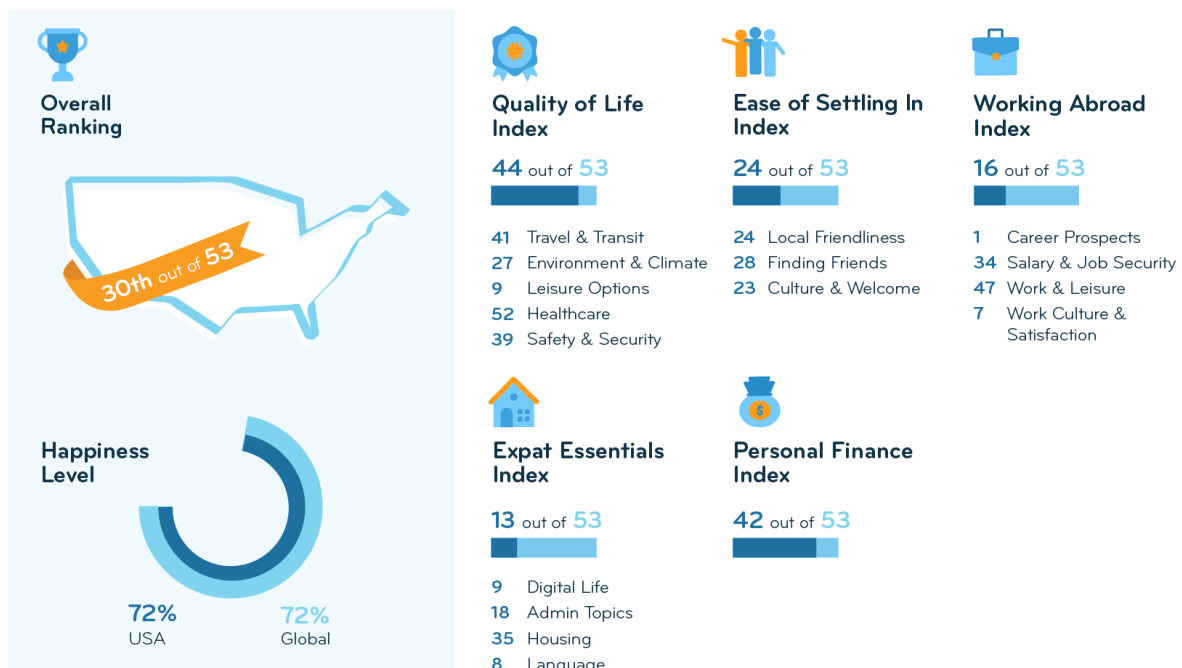
The USA Offers Great Career Opportunities for Expats – If They Are Willing to Pay the Price

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

- The USA ranks **30th out of 53 countries**: expats value the job market and their personal career opportunities, but they struggle to access and afford healthcare and do not feel safe.
- **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 USA



The USA in the *Expat Insider 2023* Survey

The USA comes 30th out of 53 destinations in the *Expat Insider 2023* survey. It ranks best in the **Expat Essentials** (13th) and **Working Abroad** (16th) **Indices**, even coming 1st worldwide for both the local job market and personal career opportunities. However, it performs poorly in the **Personal Finance Index** (42nd), where expats are particularly **unhappy with the general cost of living** (44th). The USA also lands among the bottom 10 worldwide in the **Quality of Life Index** (44th). Overall, **72% of expats are happy with their life in the USA**, which matches the global average.

Questionable Public Transportation & Safety

With the USA ranking 44th out of 53 destinations, the **Quality of Life Index** is its weakest point. The country ends up in the bottom 10 of this index for the first time in ten years. Expats are particularly unhappy with the availability (50th) and affordability (51st) of public transportation. For example, one in four expats (25%) rates the affordability negatively, compared to 15% globally.

Additionally, 29% find it **difficult and unsafe to get around on foot and/or by bicycle** (vs. 13% globally). Safety is not only an issue for expats who enjoy walking or cycling: close to one in five respondents (18%) feel **unsafe in general**, more than twice the global average (8%).

*"You need a car to comfortably commute.
Parking is hard to find and almost always costs something." – Russian expat*

It's Best Not to Get Sick

In the **Healthcare Subcategory** (52nd), the USA ranks second to last, only ahead of Ireland (53rd). More than a quarter of expats (26%) state that it is **hard to access all the healthcare services they need** (vs. 19% globally). Another 64% find **medical care unaffordable**, more than triple the global average (19%). The USA has unfortunately always ranked **among the worst-rated destinations worldwide** for the affordability of healthcare. It has even claimed last place every single year since 2018.

Not Enough Money for a Comfortable Life

Like healthcare, respondents are also **unhappy with the affordability of housing** (41st): 59% rate this factor negatively (vs. 42% globally). In fact, an expat from Mexico lists *"high healthcare costs, high housing prices, and high rents"* as some of the things she dislikes most about life in the United States. Luckily, housing is at least not too hard to find for expats (54% happy vs. 49% globally). When it comes to the **cost of living**, more than half (51%) consider it **too high** (vs. 35% globally). This is one of the country's worst results in years for this factor (44th out of 53). Another 31% say that their disposable household income is not enough to lead a comfortable life (vs. 27% globally).

A Digital Utopia

Despite the high costs for housing, the US ranks 13th in the **Expat Essentials Index**. This is mainly due to its performance in the **Language** (8th) and **Digital Life** (9th) **Subcategories**. The country has done consistently well in the latter category ever since it was introduced back in 2018. Expats are happy with the **unrestricted access to online services** (92% happy vs. 84% globally), find it easy to

pay without cash (95% happy vs. 84% globally), and to get high-speed internet access at home (90% happy vs. 80% globally).

The Place to Advance Your Career

In the **Working Abroad Index** (16th), the USA ranks 1st in the **Career Prospects Subcategory**. Expats are **happy with the local job market** (64% happy vs. 47% globally) and their personal career opportunities (71% happy vs. 57% globally). More than seven in ten (71%) agree that moving to the States has **improved their career prospects** (vs. 59% globally) — 45% even say that they have improved *a lot* (vs. 32% globally).

“There are numerous ways here to advance one’s professional career and become more creative and competitive.” – Canadian expat

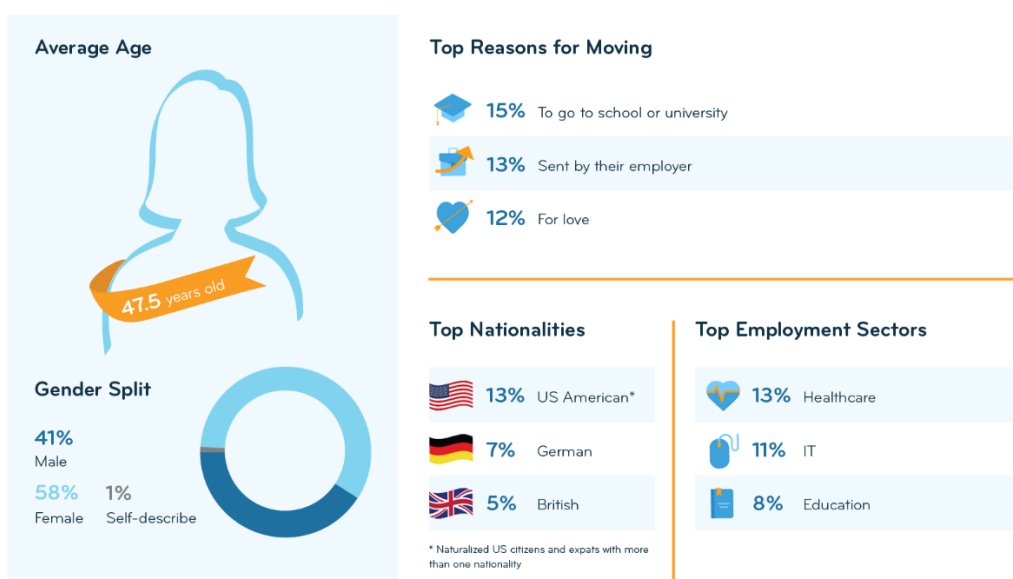
Thinking Outside of the Box

In addition to giving their career a boost, expats also value many aspects of US work culture. They agree that the **local business culture encourages creativity** (73% happy vs. 51% globally), promotes **independent work** and/or flat hierarchies (65% happy vs. 46% globally), and supports **flexibility** (74% happy vs. 60% globally). Overall, the USA ranks 7th in the **Work Culture & Satisfaction Subcategory**.

Dismal Work-Life Balance & Job Security

But **working life also has its downsides**. The US ranks 47th in the **Work & Leisure Subcategory**. Expats are dissatisfied with both their working hours (20% unhappy vs. 16% globally) and their work-life balance (22% unhappy vs. 17% globally). Additionally, the **hire-and-fire culture** leaves its mark: 25% of expats **rate their job security negatively** (vs. 19% globally), with the US coming 46th for this factor.

| Typical Expats in the USA



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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