

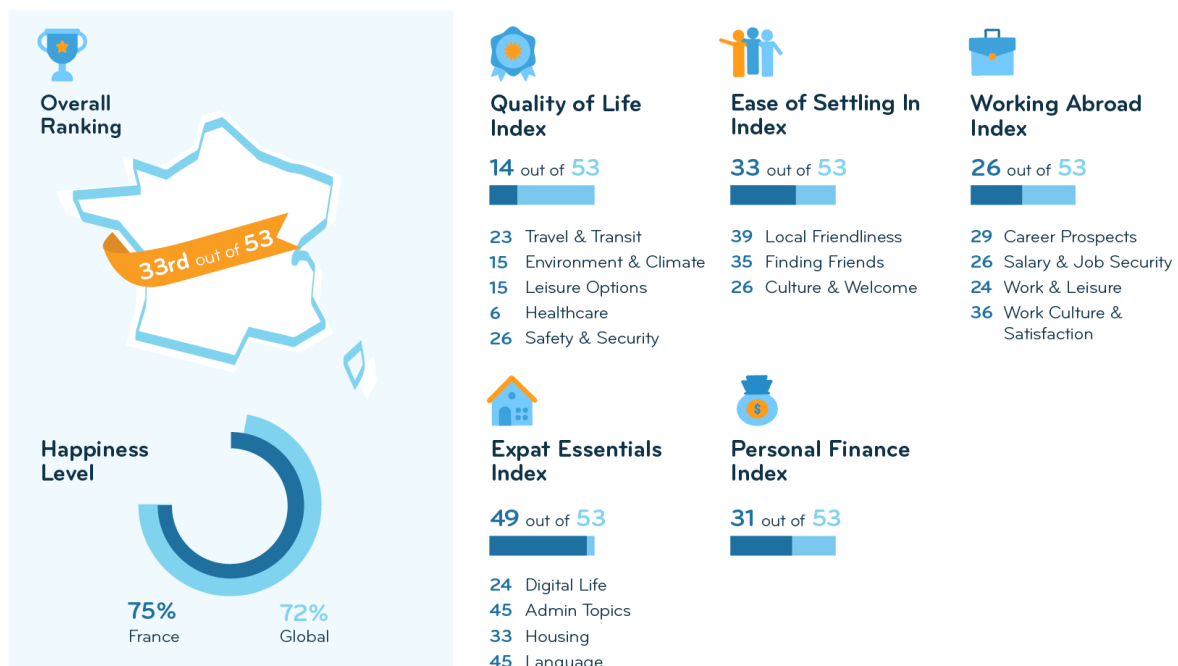
## France: Great Healthcare but Tricky Administration for Expats

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

- France ranks **33rd out of 53 destinations**: expats appreciate its outstanding quality of medical care, but they struggle with the country's heavy administration and the French language.
- **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 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 France



## France in the *Expat Insider 2023* Survey

France comes **33rd out of 53 destinations** in the *Expat Insider 2023* survey. It receives its highest ranking for **Healthcare** (6th). In fact, France is the **3rd best destination worldwide for the affordability of medical care**, and **6th for its quality**. But the bureaucracy and the language (both 45th) frustrate expats. **Overall, 75% of expats are happy with their life in France**, compared to 72% globally.

### Medical Care Remains Top-Tier

Since InterNations published the first *Expat Insider* survey in 2014, **France has always ranked among the top 10 for its exceptional quality of healthcare**. Also this year, **84% say they are happy with this factor** (vs. 70% globally), and 83% find medical care affordable (vs. 62% globally). *"The healthcare is just great!"* confirms an expat from the USA.

### Food & Outdoor Culture: French Quality of Life Pleases Expats

**Overall, expats adore the French lifestyle**. Although it falls short of the top 10 in the **Quality of Life Index** (14th), expats in France enjoy the Environment & Climate (15th), the availability of green goods and services (6th), and the **Leisure Options** (15th). As a Latvian expat explains: *"I love the fact that people spend loads of time outdoors, as well as the food and wine, the people in general, and the quality of life."* She is not alone in that: **84% are happy with the culinary variety and dining options** (vs. 77% globally).

---

*"The French are obsessed about gastronomy — just like me. I enjoy the culture of going to the farmers' market and butchers. And I love the 'apéro': a get-together with snacks and a drink." – Taiwanese expat*

---

### The French Language Makes It Hard to Get Settled

Over the last decade, when asked how easy it was to live in France without speaking French, expats have continuously voted the country among the bottom 10 destinations. Also this year, **more than half (59%) find it difficult to live in France without speaking the local language**, compared to only 32% worldwide. This is a problem, as only 35% say that it is easy to learn French (vs. 40% globally).

And it does seem that expats in France work harder than others to learn the language of their country of residence, as **70% say they speak it fairly to very well compared to only 55% globally**. Yet, the frustrations of not being understood remain.

---

*"I have, on multiple occasions, attempted to speak French with French people who claim not to understand me. Apparently, my pronunciation is imperfect, so they cannot comprehend me when speaking." – British expat*

---

### French Administration among the Worst

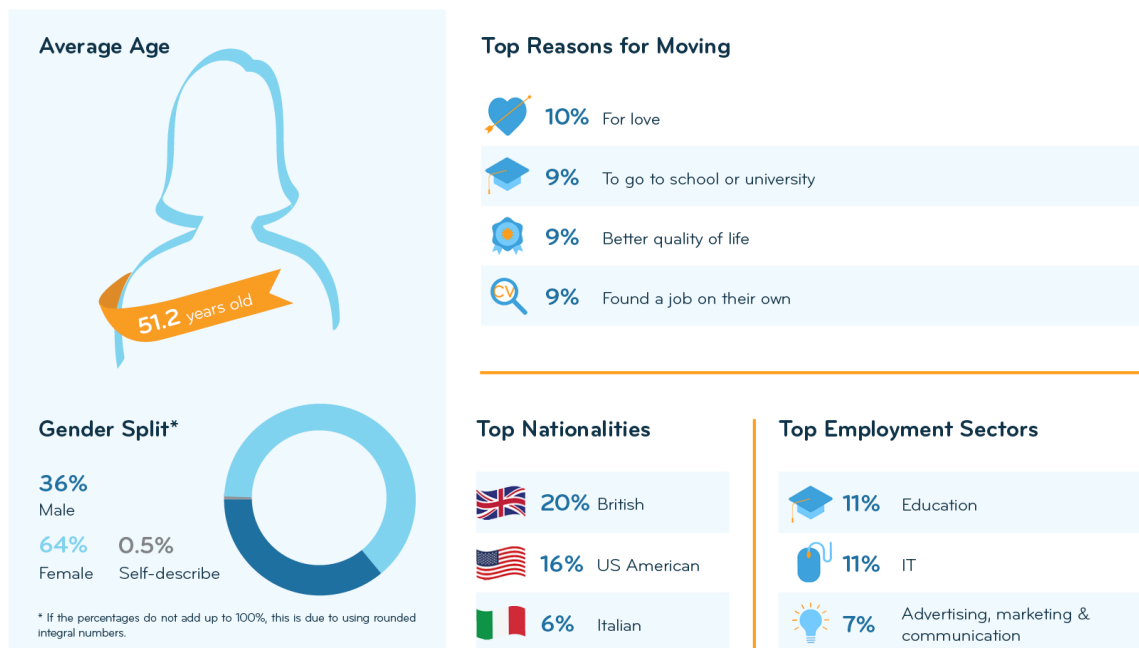
Apart from language issues, expats also encounter bureaucratic hurdles, as France finds itself among the bottom 10 countries for **Admin Topics** (45th). **More than half (53%) say it is difficult to deal with the local bureaucracy** (vs. 38% globally). And only 49% say it is easy to open a local bank

account, which is 13 percentage points less than the global average (62%). The country does better for its **Digital Life** (24th) and **Housing** (33rd), but it is still voted among the bottom 5 in the **Expatriate Essentials Index (49th)**. *"The government websites are not user friendly. Dealing with the prefecture to renew one's visa is time-consuming and frustrating,"* says a US American expat.

### French Business Culture Remains at the Bottom

**France** ranks in the middle of the **Working Abroad Index** (26th). Expats are fairly happy with their job security, where France ranks 17th, but are less content with the **Work Culture & Satisfaction** (36th). Only 38% find that the local business culture promotes independent work and/or flat hierarchies (vs. 46% globally). **Still, 66% rate their overall job satisfaction positively**, two percentage points higher than the global average (64%). When it comes to **Personal Finance** (31st), France ranks slightly below average.

## Typical Expats in France



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

According to the *Expatriate 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>