

Lots of Leisure Time for Expats in Norway, but No Friends to Spend It With

The *Expats Insider 2022* survey by InterNations reveals the best and worst destinations for living and working abroad.

- Mexico, Indonesia, Taiwan, Portugal, Spain, the UAE, Vietnam, Thailand, Australia, and Singapore are the best destinations for expats in 2022.
- The worst destinations for expats are Kuwait (52nd), New Zealand, Hong Kong, Cyprus, Luxembourg, Japan, South Africa, Turkey, Italy, and Malta (43rd).
- Norway ranks 34th out of 52: expats enjoy their working life, as well as the above-average quality of life in general, but they struggle hard with settling in.

Munich, 12 July 2022 — For the ninth time, [InterNations](https://www.internations.org), the world's largest expat community with more than 4 million members, has published the results of its *Expats Insider* survey. With nearly 12,000 respondents, it is one of the most extensive surveys about living and working abroad, providing insights into expat life in 52 destinations. The survey offers in-depth information on expats' satisfaction with the **Quality of Life**, **Ease of Settling In**, **Working Abroad**, and **Personal Finance** in their respective country of residence. For the first time, the ranking also includes the new **Expats Essentials Index**, which covers digital life, admin topics, housing, and language.

Destination Report

Norway



Overall Ranking
34th out of 52

Happiness Level



68% Norway
71% Global

Expats in Norway



Average Age & Gender Split

43.9
Years old

48% Male
52% Female

0% Prefer to self-describe



Top Reasons for Moving

24% Found a job on their own

24% For love

10% Sent by their employer



Top Income Groups

21% 100,000–150,000 USD

19% 75,000–100,000 USD

19% 50,000–75,000 USD



Working Hours

38.2 h Per week

14% Part time

86% Full time



Top Sectors

12% Manufacturing & engineering

12% IT

10% Energy & utilities

10% Education



Quality of Life Index

16 out of 52

24 Travel & Transit
8 Environment & Climate
47 Leisure Options
20 Health & Well-Being
4 Safety & Security



Ease of Settling In Index

50 out of 52

47 Local Friendliness
50 Finding Friends
51 Culture & Welcome



Working Abroad Index

9 out of 52

36 Career Prospects
5 Salary & Job Security
2 Work & Leisure
13 Work Culture & Satisfaction



Personal Finance Index

37 out of 52



Expats Essentials Index

15 out of 52

5 Digital Life
21 Admin Topics
35 Housing
19 Language



Norway ranks 34th out of 52 destinations in the *Expatriate Insider 2022* survey. It performs very strongly in the Working Abroad Index (9th), also ranking better than average in the Expat Essentials (15th) and Quality of Life (16th) Indices. However, its results in the Personal Finance Index (37th) are somewhat below average, and it ends up among the bottom 3 in the Ease of Settling In Index (50th). Overall, just 68% of expats are happy with their life in Norway, compared to 71% globally.

Mexico (1st), **Indonesia** (2nd), and **Taiwan** (3rd) make up the top 3 destinations, and they all rank very well in the Ease of Settling In and Personal Finance Indices. On the other hand, the bottom 3 destinations, **Kuwait** (52nd), **New Zealand**, and **Hong Kong**, all perform poorly in terms of personal finances for expats. While Kuwait ranks among the worst destinations worldwide for all factors, expats in New Zealand struggle with their career and those in Hong Kong are unhappy with the local environment.

Norway in the *Expatriate Insider 2022* Survey

An Amazing Work-Life Balance

Norway lands in a mediocre 34th place out of 52 destinations in the *Expatriate Insider 2022* survey, but it performs very strongly in the Working Abroad Index (9th). In the Work & Leisure Subcategory, it even lands in second place, right between its fellow Nordic countries Denmark (1st) and Sweden (3rd). Expats in Norway benefit from an amazing work-life balance, with 77% judging it favorably (vs. 62% globally). *"I love the work-life balance! It has a great impact on me having enough time for my family, social life, or any other type of activity,"* says a respondent from Guatemala.

Moreover, expats rate the state of the local economy (93% happy vs. 64% globally) and their job security (70% happy vs. 59% globally) very highly. They also appreciate the fact that Norway's business culture supports flat hierarchies and independent work (71% happy vs. 45% globally) and that it promotes flexibility (78% happy vs. 60% globally). The most common sectors for expats working in Norway are IT as well as manufacturing and engineering (12% each).

Great Digital Infrastructure, Difficult Housing Market

While Norway's ninth place in the Working Abroad Index is its only top 10 ranking, the country still does well in the Expat Essentials Index (15th). The Digital Life Subcategory (5th) is its greatest strength. Among other factors, expats are really happy with the cashless payment options (96% happy vs. 84% globally), the easy access to high-speed internet (88% happy vs. 79% globally), and the availability of government services online (80% happy vs. 61% globally).

Dealing with the local authorities in general does not seem to pose many problems for expats in Norway (68% happy vs. 40% globally). However, the same cannot be said about all the factors in the Admin Topics Subcategory (21st). For example, expats struggle with opening a local bank account (28% unhappy vs. 21% globally). Lastly, the Housing Subcategory (35th) is Norway's weakest spot: only 51% consider housing easy to find for expats (vs. 54% globally), while 48% describe it as hard to afford (vs. 43% globally).

Safe, Clean & Not a Lot of Fun

In the Quality of Life Index, Norway lands in an above-average 16th place. However, its results in the individual subcategories are a bit of a mixed bag. On the one hand, Norway does incredibly well in the Safety & Security Subcategory (4th). Expats describe it as politically stable (92% happy vs. 64% globally), they feel safe there (95% happy vs. 81% globally), and they can openly express themselves and their opinions (77% happy vs. 64% globally). The country also makes it into the top 10 of the Environment & Climate Subcategory (8th). With regard to its natural environment, it even gets the second-best rating worldwide, right after Switzerland (1st). Close to all expats (99%) rate this positively (vs. 83% globally), and 91% say the same about the local air quality (vs. 65% globally).

While Norway's performance with regard to Health & Well-Being (20th), as well as Travel & Transit (24th), is slightly above average, it ends up among the bottom 10 in the Leisure Options Subcategory (47th). Expats are satisfied with the opportunities for recreational sports (82% happy vs. 75% globally) but unhappy with the local culture and nightlife (33% unhappy vs. 16% globally) and the culinary variety and dining options (34% vs. 12% globally).

A Comfortable Life despite High Living Expenses

Norway's result in the Personal Finance Index (37th) is clearly affected by the high cost of living (46th): 55% of expats give this factor a negative rating, 20 percentage points more than the global average of 35%. Nonetheless, three out of four (75%) state that their disposable household income is enough or more than enough to live a comfortable life (vs. 72% globally). All in all, 62% are satisfied with their financial situation, about the same as the global average (60%).

A Cold Welcome in a Cold Climate

Norway's biggest weakness by far is the Ease of Settling In Index, where it ends up among the three worst-rated countries worldwide (50th). Only Sweden (51st) and Kuwait (52nd) do even worse. In fact, for each single rating factor surveyed in this index, Norway ranks among the bottom 10. Expats find it difficult to get used to the local culture (40% unhappy vs. 19% globally), and they do not feel welcome (29% unhappy vs. 16% globally). Over a third (34%) even describe the local population as generally unfriendly (vs. 17% globally), and they struggle with making local friends (61% unhappy vs. 37% globally).

"I dislike the difficulty of building a personal network with the locals. It is hard to overcome feeling like a stranger," says an expat from Italy. It is hardly surprising that 35% do not have a personal support network in Norway (vs. 24% globally). Overall, one in five respondents in Norway (20%) is unhappy with their life abroad, compared to a global average of 13%.

The Best and Worst Destinations for Living and Working Abroad in 2022

According to the *Expat Insider 2022* survey results, Mexico (1st), Indonesia, Taiwan, Portugal, Spain, the UAE, Vietnam, Thailand, Australia, and Singapore (10th) are the best destinations for expats. The top 5 destinations stand out with regard to the Ease of Settling In and Personal Finance. They also tend to perform well in the Expat Essentials Index. While they all land just midfield in the Working Abroad Index, their results in the Quality of Life Index are somewhat mixed. Spain (1st), Taiwan, and Portugal make up the top 3 worldwide, but expats in Mexico (24th) and Indonesia (41st) are not satisfied with the local quality of life.

The worst destinations for expats are Kuwait (52nd), New Zealand, Hong Kong, Cyprus, Luxembourg, Japan, South Africa, Turkey, Italy, and Malta (43rd). Kuwait is among the world's worst destinations in each individual index as well as in the overall ranking. Moreover, all bottom 5 destinations have an average to poor performance in the Working Abroad and Personal Finance Indices. While Italy is an exception regarding Personal Finance (33rd), it only ranks 48th in the Expat Essentials Index.

You can find out more about the best and worst destinations for expats in 2022 in the respective press release (available under "Downloads" in the email).

About the InterNations *Expat Insider 2022* Survey

For its annual [Expat Insider survey](#), InterNations asked 11,970 expats representing 177 nationalities and living in 181 countries or territories to provide information on various aspects 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 rating process emphasized the respondents' personal satisfaction with these aspects, considering both emotional topics and more factual aspects with equal weight. The respondents' 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 in order to rank 52 expat destinations around the world. In 2022, the top 10 are Mexico, Indonesia, Taiwan, Portugal, Spain, the UAE, Vietnam, Thailand, Australia, and Singapore.

To be featured in the indices and consequently in the overall ranking, a sample size of at least 50 survey participants per destination was necessary.

About InterNations

With more than 4 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 6,000 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.

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