

## Portugal Makes Expats Feel at Home

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).
- Portugal ranks 4th out of 52: expats enjoy the high quality of life, find it easy to settle in, and are happy with their personal finances.

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.

Portugal comes 4th out of 52 destinations in the *Expats Insider 2022* survey. The country makes it into the top 10 of the Quality of Life (4th), Ease of Settling In (7th), and Personal Finance (10th) Indices. While it also ranks in a good 19th place in the Expats Essentials Index, it does not perform so well in the Working Abroad Index (35th). Overall, 85% of expats are happy with their life in Portugal, 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.

## Portugal in the *Expatriate Insider 2022* Survey

### A Better Quality of Life

Ranking 4th out of 52 destinations overall, Portugal also comes fourth in the Quality of Life Index. In fact, 24% of expats moved to Portugal for a better quality of life, the most common reason for relocating there. And the country did not disappoint: more than nine in ten (94%) enjoy the climate and weather (vs. 62% globally), and 89% are happy with the air quality (vs. 65% globally). Portugal ranks seventh in the Leisure Options Subcategory: expats are particularly happy with the opportunities for recreational sports (87% vs. 75% globally).

### Safe & Open

Beyond that, 93% of expats find it easy and safe to get around on foot and/or by bicycle (vs. 77% globally), and 82% feel that they can openly express themselves and their opinions (vs. 64% globally). For the latter factor, Portugal actually ranks first worldwide. When asked what they like most about life in Portugal, an expat from India mentions *"the good environment and peaceful life"*.

### A Place to Call Home

Portugal lands in another top 10 spot in the Ease of Settling In Index (7th). *"I enjoy the beauty of the country and the relaxed way of life of the Portuguese people and their kindness,"* shares an expat from the Netherlands, and a respondent from Germany points out that *"people are friendly and open"*. In fact, 82% of expats describe the Portuguese as generally friendly (vs. 66% globally), and 80% consider them friendly towards foreign residents in particular (vs. 65% globally). They also find it easy to make local friends (51% vs. 42% globally) and are happy with their social life (67% vs. 56% globally).

Maybe this is why 77% generally feel at home in Portugal (vs. 62% globally), and 41% even feel *completely* at home there (vs. 30% globally). Overall, 45% of expats intend to stay in Portugal forever, while just 35% of expats worldwide say that about their respective host country.

### Low Costs — Low Salaries

The low cost of living (8th) is another highlight of expat life in Portugal. More than seven in ten (71%) rate the general cost of living positively (vs. 45% globally). However, just 63% are satisfied with their financial situation (vs. 60% globally), and 74% feel that their disposable household income is enough or more than enough to lead a comfortable life (vs. 72% globally) — both shares are just slightly above the global average.

But the cost of living is not the only thing that is low in Portugal — so are the salaries. Close to two-thirds (64%) make less than 50,000 USD per year, compared to 53% globally, and 24% even earn less than 12,000 USD annually (vs. 18% globally). On the one hand, a high share of expats in Portugal are retired (27% vs. 10% globally). Out of those who do work, 34% only work part time, which is twice the global average (17%). On the other hand, 25% also do not feel paid fairly for their work based on their industry, qualifications, and role, compared to 20% globally.

### **Unpromising Career Prospects**

Expats are not only unhappy with their income. More than one in five (21%) also rate the state of the economy negatively (vs. 17% globally). Portugal ranks among the bottom 10 worldwide in the Career Prospects Subcategory (43rd): expats are unhappy with the local job market (39% vs. 27% globally) and their personal career opportunities (27% vs. 22% globally). Overall, 27% even say that moving to Portugal has made their career prospects worse, compared to 18% globally. Portugal ranks 48th for this factor, only ahead of Cyprus, Greece, New Zealand, and the Philippines.

### **Accomplishing Admin Tasks Is Not Always Easy**

Lastly, Portugal ranks 19th in the Expat Essentials Index. While it shows an average-to-good performance for most factors surveyed in this index, this is not the case for administrative topics. More than half the expats (52%) find it hard to deal with local bureaucracy/authorities (vs. 39% globally), and 24% are unhappy with the availability of administrative/government services online (vs. 21% globally). *"Dealing with the government bureaucracy is a significant challenge and a paperwork nightmare at times,"* says an expat from the US.

## **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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