

The Netherlands: Among the Top 5 Destinations for Working Abroad

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).*
- *The Netherlands ranks 22nd out of 52: expats love their working life but are put off by high living expenses and difficulties 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

Netherlands



Overall Ranking
22nd out of 52

Happiness Level



77% Netherlands
71% Global

Expats in the Netherlands



Average Age & Gender Split

42.3
Years old

39% Male
60% Female

0.9%
Prefer to self-describe



Top Reasons for Moving

15%
For love

15%
Found a job on their own

13%
Recruited internationally



Top Income Groups

22%
25,000–50,000 USD

21%
50,000–75,000 USD

14%
75,000–100,000 USD



Working Hours

38.5 h
Per week

15%
Part time

85%
Full time



Top Sectors

16%
IT

8%
Manufacturing & engineering

8%
Advertising, marketing & communication



Quality of Life Index

22 out of 52

11 Travel & Transit
24 Environment & Climate
35 Leisure Options
41 Health & Well-Being
8 Safety & Security



Ease of Settling In Index

37 out of 52

29 Local Friendliness
44 Finding Friends
33 Culture & Welcome



Working Abroad Index

4 out of 52

10 Career Prospects
9 Salary & Job Security
9 Work & Leisure
4 Work Culture & Satisfaction



Personal Finance Index

32 out of 52



Expats Essentials Index

25 out of 52

9 Digital Life
8 Admin Topics
49 Housing
23 Language



The Netherlands comes 22nd out of 52 destinations in the *Expatriate Insider 2022* survey. The country excels in the Working Abroad Index (4th) and gets slightly above-average results in the Quality of Life (22nd) and Expat Essentials (25th) Indices. However, it ranks below the global average in the Personal Finance Index (32nd) and only lands in 37th place with regard to the Ease of Settling In. Still, 77% of expats are happy with their life in the Netherlands, 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.

The Netherlands in the *Expatriate Insider 2022* Survey

High Praise for the Business Culture

The Netherlands excels in the Working Abroad Index (4th), performing best in the Work Culture & Satisfaction Subcategory (4th). Nearly three in four expats (73%) agree that the local business culture fosters creativity (vs. 51% globally). Another 74% describe it as promoting flat hierarchies and independent work (vs. 45% globally), and 83% appreciate how flexibility is supported (vs. 60% globally).

Better Career Options & Work-Life Balance

Apart from such “soft” factors, the Netherlands also does well on “hard” factors related to the local job market (9th), job security (12th), and working hours (7th). For example, 67% of expats say that moving there has improved their career options (vs. 60% globally). Nearly three in five (59%) are happy with the local job market (vs. 47% globally), and 85% rate the state of the economy positively (vs. 64% globally).

But expats are not only satisfied with their job security (67% vs. 59% globally). They also thrive with regard to work-life balance: 70% rate it favorably (vs. 62% globally), and 73% are happy with their working hours (vs. 63% globally).

Stable, Open-Minded, Well Connected

While the Netherlands still ranks better than average in the Quality of Life Index, it only lands in 22nd place. It narrowly misses out on the top 10 in the Travel & Transit Subcategory (11th), though. More than nine in ten expats (94%) find it easy and safe to get around on foot or by bicycle (vs. 77% globally). They are also satisfied with the infrastructure for cars (88% happy vs. 75% globally) and their travel opportunities (92% happy vs. 82% globally).

Expats view the Netherlands as a stable country and liberal society: 79% are happy with its political stability (vs. 64% globally), and 78% say that they can freely express themselves and their opinions (vs. 64% globally).

Great Environment, Subpar Healthcare

The other subcategories receive rather mixed results. The country gets great ratings for the availability of green goods and services (81% happy vs. 64% globally), environmentally friendly policies (81% happy vs. 61% globally), and its urban environment (81% happy vs. 67% globally). *"I love the air quality, the bicycle paths, and walking tracks. There are so many parks here, and it's such a green country. I just love it!"* an expat from India comments.

However, expats in the Netherlands are not satisfied with the factors surveyed in the Health & Well-Being Subcategory (41st). Only 54% describe healthcare as affordable (vs. 61% globally), and just 66% say it is easily available (vs. 73% globally). One in four (25%) is also dissatisfied with its quality (vs. 14% globally). Last but not least, respondents are unhappy with the local climate (49% vs. 19% globally).

A Difficult Housing Market

In the Expat Essentials Index, the Netherlands ranks in a mediocre 25th place. This is mostly due to the Housing Subcategory (49th), where it ends up among the bottom 5 worldwide: 53% agree it is difficult for expats to find housing (vs. 27% globally), and 69% consider it hard to afford (vs. 43% globally).

As far as other aspects of everyday life are concerned, the Netherlands performs quite well. For instance, 79% find it easy to live there without speaking the local language (vs. 51% globally), 64% of those who needed a visa to relocate had no issues with getting one (vs. 56% globally), and 85% like the easy availability of government services online (vs. 61% globally). *"I really like the ease of dealing with the government and all the admin-related things of moving to a new country. It is also great that the Dutch speak English so well,"* says an expat from South Africa.

Not Exactly Cheap — Or Friendly

With regard to Personal Finance, the Netherlands ends up in a below-average 32nd place. In fact, 46% of expats consider the cost of living too high (vs. 35% globally). Nevertheless, 77% feel that their disposable household income is enough or more than enough to live a comfortable life (vs. 72% globally).

The country's weakest spot is the Ease of Settling In Index (37th). Just 63% of expats describe the local population as generally friendly, slightly less than the global average of 66%. Another 24% find it hard to get used to the local culture (vs. 19% globally).

In the Finding Friends Subcategory (44th), the Netherlands even features among the global bottom 10. Only 46% are happy with their social life (vs. 56% globally), and 52% say that making local friends is difficult (vs. 37% globally). Unsurprisingly, 47% are mostly friends with other expats (vs. 33% globally). *"The Dutch interact much less with expats. Most of my friends here are other expats, whereas I had many French friends in Paris,"* 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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