

Living & working in... PORTUGAL

Facts & figures

Area 92,412 km²

Territorial Organization 5 regions in the Mainland,
2 autonomous regions (Azores & Madeira)

Capital Lisboa (Lisbon)

Population 10.344.802 (Censos 2021)

Active Population 5.151.1. (Pordata 2022)

Population Density 110,25 inhabitants/km²

Currency Euro

Official Language Portuguese

Political Regime Parliamentary Republic

Per Capita GDP (PPS) 74% UE27 (2021)



Working Conditions

Wage

Due for 14 times per year (monthly salary, holidays & Christmas)

Minimum: 705€ per month

Social Security & taxes

- **Social security (general system)**
 - worker: 11%
 - employer: 23,75%
 - freelancer: min. 21,4%
- **IRS (personal income tax): variable annual rate 14,5% - 48%**

Working time & holidays

- 40 hours per week | 22 holidays (annual leave)

Living - Accommodation

- Rents **vary** a lot according to location, nr. rooms and quality / type and age of the building
- A rental contract is always **written**, 2-year duration by default (if no different duration is made explicit in the contract)
- In general, when starting the work contract, there is a guarantee deposit equivalent to **1-2 months** of rental

	Greater Lisbon	Greater Porto	Algarve
Studio (T0)	600-1500€	550-800€	650-1000€
T1 Apartment	700-1850€	650-1400€	800-1500€
T2 Apartment	850-2600€	800-1750€	950-2000€

Sources: www.remax.pt / www.imo-portugal.pt / www.lardocelar.pt

Living Costs - Housing

	Monthly rent for 85 m2 (900 sqft) furnished accommodation in expensive area	€1,138
	Monthly rent for 85 m2 (900 sqft) furnished accommodation in normal area	€847
	Utilities 1 month (heating, electricity, gas ...) for 2 people in 85m2 flat	€129
	Monthly rent for a 45 m2 (480 sqft) furnished studio in expensive area	€844
	Monthly rent for a 45 m2 (480 sqft) furnished studio in normal area	€608
	Utilities 1 month (heating, electricity, gas ...) for 1 person in 45 m2 (480 sqft) studio	€151
	Internet 8 mbps (1 month)	€31
	40" flat screen tv	€356
	Microwave 800/900 watt (bosch, panasonic, lg, sharp, or equivalent brands)	€97
	Laundry detergent (3 l. ~ 100 oz.)	€9
	Hourly rate for cleaning help	€8

Per Region

Localização	Preço m2 set 2022
Portugal	2.388 €/m2
Alentejo	1.277 €/m2
Algarve	2.899 €/m2
Área Metropolitana de Lisboa	3.430 €/m2
Centro	1.289 €/m2
Norte	2.003 €/m2
Região Autónoma da Madeira	2.282 €/m2
Região Autónoma dos Açores	1.221 €/m2

Setembro/2022 – <https://www.idealista.pt/media/relatorios-preco-habitacao/>

Living Costs – Food

	Basic lunchtime menu (including a drink) in the business district	€10
	Combo meal in fast food restaurant (big mac meal or similar)	€7
	500 gr (1 lb.) of boneless chicken breast	€3.14
	1 liter (1 qt.) of whole fat milk	€0.81
	12 eggs, large	€2.45
	1 kg (2 lb.) of tomatoes	€1.97
	500 gr (16 oz.) of local cheese	€5.18
	1 kg (2 lb.) of apples	€1.72
	1 kg (2 lb.) of potatoes	€1.13
	0.5 l (16 oz) domestic beer in the supermarket	€1.16
	1 bottle of red table wine, good quality	€4.46
	2 liters of coca-cola	€2.28
	Bread for 2 people for 1 day	€0.80

Personal Care

	Cold medicine for 6 days (tylenol, frenadol, coldrex, or equivalent brands)	€3.76
	1 box of antibiotics (12 doses)	€6
	Short visit to private doctor (15 minutes)	€54
	1 box of 32 tampons (tampax, ob, ...)	€4.15
	Deodorant, roll-on (50ml ~ 1.5 oz.)	€3.19
	Hair shampoo 2-in-1 (400 ml ~ 12 oz.)	€4.68
	4 rolls of toilet paper	€1.79
	Tube of toothpaste	€2.01
	Standard men's haircut in expat area of the city	€13

Living Costs – Entertainment

	Basic dinner out for two in neighborhood pub	€25
	2 tickets to the movies	€14
	2 tickets to the theater (best available seats)	€35
	Dinner for two at an italian restaurant in the expat area including appetisers, main course, wine and dessert	€39
	1 cocktail drink in downtown club	€8
	Cappuccino in expat area of the city	€2.28
	1 beer in neighbourhood pub (500ml or 1pt.)	€1.99
	Ipad wi-fi 128gb	€596
	1 min. of prepaid mobile tariff (no discounts or plans)	€0.36
	1 month of gym membership in business district	€36
	1 package of marlboro cigarettes	€5.05

Source: www.expatisitan.com/cost-of-living/country/portugal

Learning Portuguese

Instituto Camões:

www.instituto-camoes.pt

Alto Comissariado para as Migrações:

<http://pptonline.acm.gov.pt>

<http://www.portuguesmaisperto.pt>

Centro de Avaliação e Certificação de Português Língua Estrangeira (Caple):

<http://caple.lettras.ulisboa.pt/>

European Portuguese

- www.practiceportuguese.com
- www.portugueselab.com
- www.portugalist.com

Apps

- [30 Apps to learn Portuguese \(Brazilian & European\) alllanguageresources.com](http://alllanguageresources.com)

Before coming - Checklist

- Valid **Passport and Visa**
- Making sure in advance there is **accommodation** in the area
- **Certificates** proving experience, education/training, references
- **Search for job vacancies** / Contact employers in Portugal
- Copy of a work contract / **working conditions in written**
- Knowing the **wage payment method** and frequency
- Enough **money** to remain in Portugal until 1st wage payment (or to go back...)