

Living and working in PORTUGAL

EUROPEAN
JOB DAYS



Fall 2025



Agenda

Portugal & its labour market

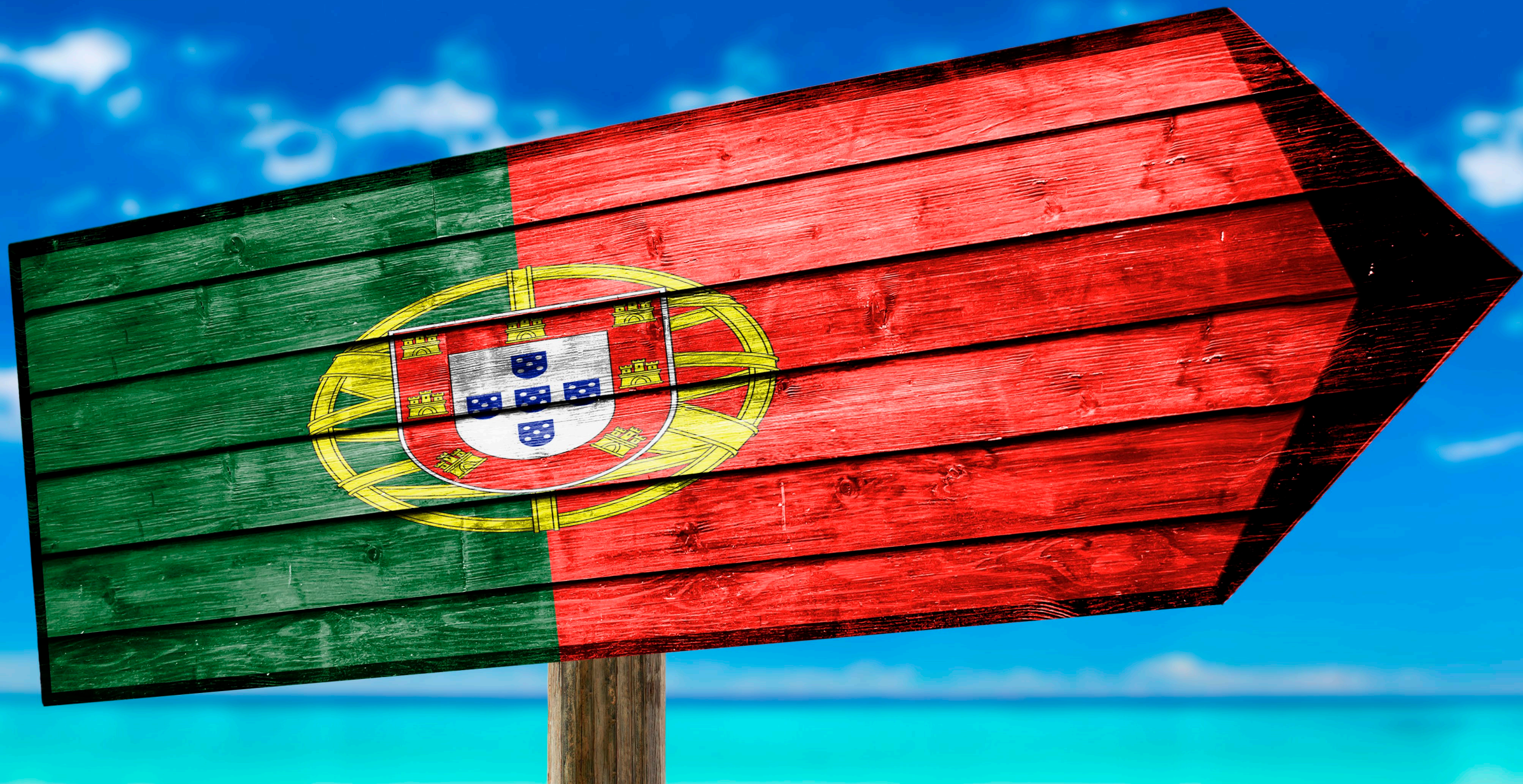
Finding & applying for a job

Learning Portuguese

Working & living in Portugal

Moving to Portugal

How to reach us



Facts & figures

Area 92,412 km²

Coastline > 1600 kms

9 regions

Lisboa, the capital

Population > **10,6 million**

Portuguese: the official language

Parliamentary **Republic**

Euro (€) the currency





Diversity

- The Alentejo planes
- Algarve, Ponta da Piedade
- Lisbon, the capital city
- North, Douro valley
- Azores, "7 Cidades" Lagoon
- Centre, "Estrela" Mountain



Food & Drink

Sardines & seafood, "Cozido", "Cataplana",
"Café e Pastéis de Nata", Portuguese wine & cheese,
Codfish & its 1001 ways, PETISCOS...



Weather



Temperatures:
+15 to 22°C
Pleasant
weather for
exploring
Pack layers, such
as T-shirts and
jackets, for shifts
in temperature



Temperatures:
+8 to 16°C
Winter is mild but
unpredictable,
with some sunny
days and others
rainy
Bring long pants,
long-sleeved
shirts, closed-toe
shoes, a jacket
and umbrella



Temperatures:
+13 to 22°C
Prepare for lots
of sunshine and
warm days!
Pack light
clothing and
some layers



Temperatures:
+20 to 35°C
You will have
sunshine!
Pack sundresses,
shorts, sandals
and bathing suits
for the beach



Surfing



Popular Saints Parties



Night out



Football



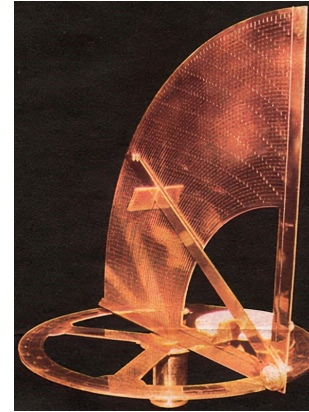
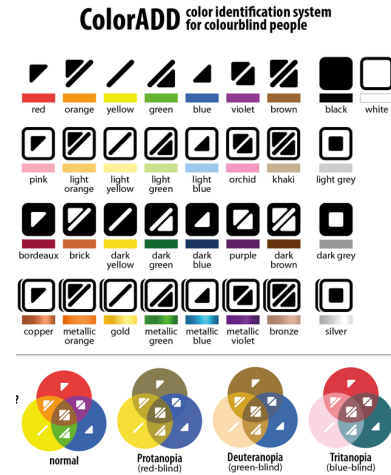
Music Festivals



... a day at the Beach!

... *having Fun!!!*

Creativity



Digital

- Best place to work for remote workers
- 8 cities in the Top 100 world ranking
- 9 unicorns

web 
summit

- Internet & comms prices
- Communication technology
- Coworking spaces (also in little towns)
- Digital nomad networking & services



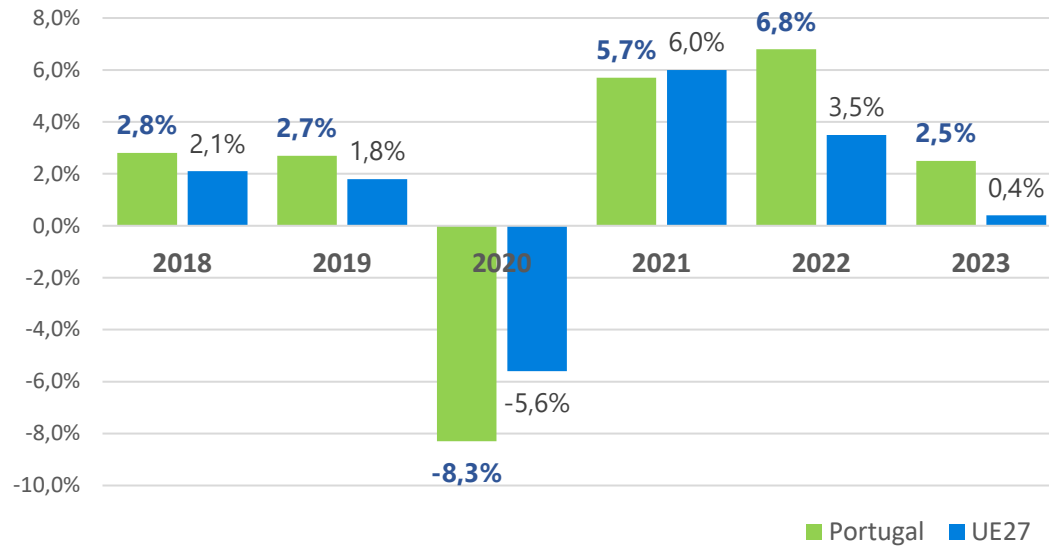
DID YOU KNOW?



- Japanese tempura, the Hawaian ukulele and piri-piri are actually Portuguese “inventions”
- The biggest wave ever surfed was in Portugal
- The first Pirate Code, a code of conduct for governing pirates, was invented by Bartholomew, a Portuguese pirate
- Over half of the world’s cork comes from Portugal
- Portugal holds the oldest, most stable, borders in mainland Europe

Economy & labour market

Real GDP Growth Rate



Source: Eurostat

6,3%
unemployment rate

Source: Eurostat, April 2025

99,9% of employers **mSMEs**
(96% ≤ 10 workers)

68,5% employment

72,5% Service activities

Source: INE, National Statistics Institute



Growing sectors



DIGITAL



**SHARED | GLOBAL
BUSINESS SERVICES**



**TOURISM &
HOSPITALITY**



**RENEWABLE
ENERGIES**



**HEALTHCARE &
BIOTECH**

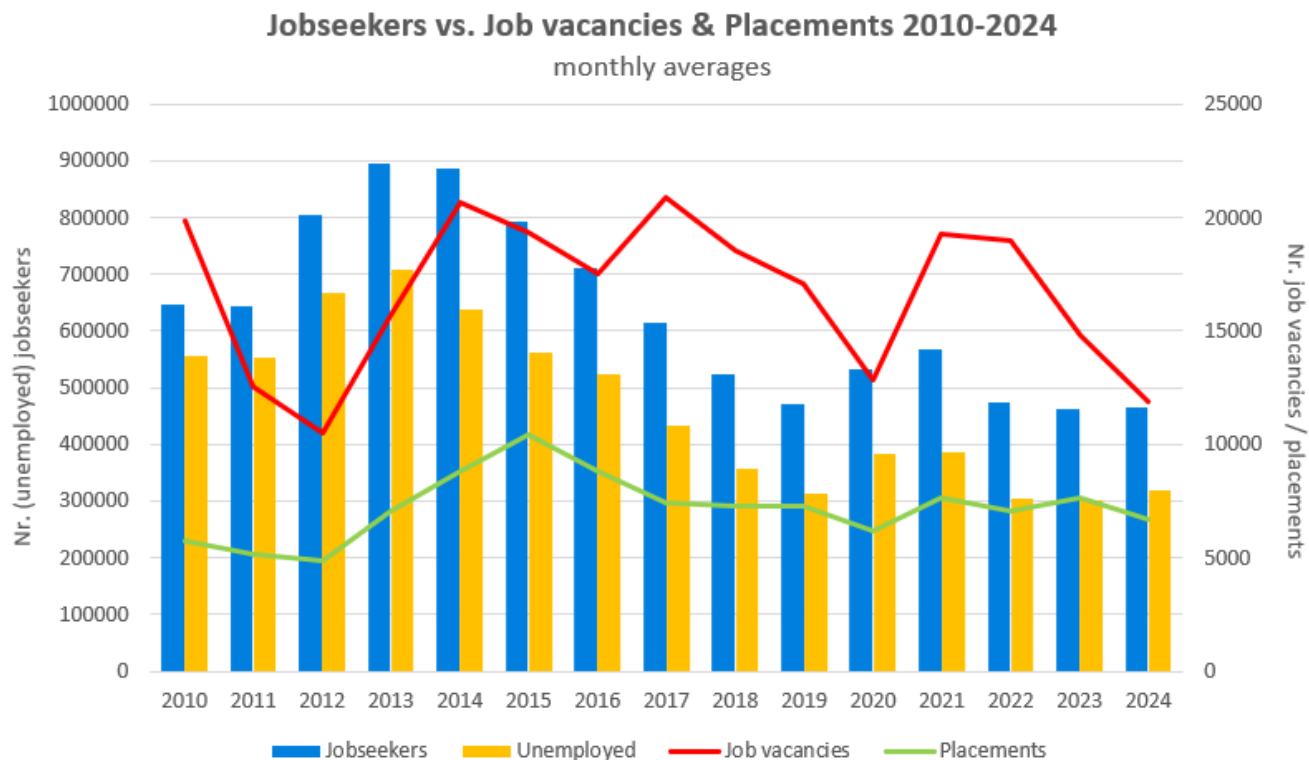
Labour market: PES indicators



April 2025

| | |
|---------------------|----------------|
| Unemployed | 313.623 |
| < 25 years old | 10,7% |
| 1 year + | 38,1% |
| 1 st job | 9,5% |
| women | 55,7% |
| no basic education | 50,8% |
| higher education | 11,8% |
| foreigners * | 22,4% |

* only for the Mainland, Feb. 2025



2024 (monthly average)

| | |
|-----------------------|---------|
| unemployed jobseekers | 318.687 |
| job vacancies | 9.102 |
| placements | 6.688 |

Source: IEFP

Recruiting needs

Customer Service

- Contact Centres (*inbound, outbound*)
- Shared Service Centres (sales, HR, administration, procurement, accountancy & control management)

ICT, Digital & Engineering

- SW & Applications Developers & Programmers
- Systems Analysts
- Content Reviewers
- Telecom & Electronics Engineers

Healthcare & Elderly Care

- **Medical Doctors** (general & specialist practitioners) & **Nurses**
- Ambulance Workers; Medical Imaging and Therapeutic Equipment Technicians: Healthcare & Elderly Care Assistants
- Veterinarians

Tourism & HORECA

- Chefs, Cooks; Waiters & Bartenders
- Hotel Receptionists

Agriculture & Forestry

- Crop & Livestock Farm Labourers; Fruit picking: strawberries, blueberries, raspberries, grapes, pears, avocados,...; Greens picking
- Forestry labourers; Tree and Shrub Crop Growers
- Machinery mechanics and repairers

Languages

Professional Recognition

Seasonal Needs

Recruiting needs

Construction

- Civil & Electrical Engineers; Civil Engineering Technicians
- Floor Layers & Tile Setters
- Insulation Workers
- Electricians
- Plumbers & Pipe Fitters
- Earthmoving | Crane & Hoist Plant Operators
- HVAC Technicians (Air Conditioning & Refrigeration)

Manufacturing

- Electric/Electronic Equipment & Mechanical Machinery Assemblers
- Electr. Engineers; Industrial Machinery & Electrical Mechanics & Servicers
- Sheet Metal Workers; Metal Finishing, Plating & Coating Machine Operators
- Toolmakers: Metal Working Machine & Tool Setting Operators
- Shoemaking Machine Operators
- Tailors, Dressmakers, Furriers, Hatters
- Garment, Patternmakers and Cutters
- Bleaching, Dyeing and Fabric Cleaning Machine Operators

Transports & Logistics

- Bus & Tram Drivers
- Heavy Truck & Lorry Drivers
- Motor Vehicle Mechanics & Repairers

Other

- Commercial Sales Representatives
- Butchers, Meat Cutters & Fishmongers
- Inland and Coastal Waters Fishery Workers

Some unemployment

Sales, Marketing & Management

- Sales & Marketing Managers
- Management & Organisation Analysts
- Advertising & Marketing professionals
- Graphic and Multimedia Designers

Administrative

- General Office Clerks & Office Supervisors
- Secretaries
- Receptionists (general)

Tourism & HORECA

- Travel Consultants / Agents
- Waiters & Kitchen Helpers
- Hotel Receptionists & Luggage Porters
- Food Service Counter Attendants
- Cleaners

Seasonal

Human Sciences

- Social Workers
- Psychologists
- Personnel & Career Professionals

Other

- Messengers, Package Deliverers, Hand Packers
- Hairdressers & Beauticians

World

amoes nt

www.ambos.pt

[maisperto.pt/EN](http://www.maisperto.pt/EN)

[letras.ulisboa.pt/](http://www.letras.ulisboa.pt/)



EURES   IEFP

Your job search tips



- Job portals
- Companies' websites | SoMe
- Job Fairs
- LinkedIn profile

eures.europa.eu
iefponline.iefp.pt
europeanjobdays.eu



- [Job Centres](#)
Unemployment benefit?
U2 form &
register in max 7 days
- [Temporary Work Agencies](#)
- [Private Employment Agencies](#)



- Your network (friends & family)
- National & regional newspapers
- Shop window ads

Your job search websites

eures.europa.eu

iefponline.iefp.pt

europeanjobdays.eu

Generic job banks

expressoemprego.pt

emprego.sapo.pt

net-empregos.com

pt.indeed.com

jobs.universia.net/pt/

Non-PT speakers

<https://englishjobs.pt>

www.jobsinlisbon.com

www.jobinporto.com

IT-related

www.itjobs.pt

<https://empregosit.pt>

<https://portugal.jobsinnetwork.com>

<https://landing.jobs>

www.totaljobs.com > Portugal

www.glassdoor.com > Portugal



Tourism-related

turijobs.pt

hosco.com

ambitur.pt



Your job search: when in Portugal...



- Register ASAP at the [nearest Job Centre](#)
- Required document(s):
 - ID card, or
 - Passport, or
 - Residence * | Work Permit, or Job Search Visa (if you are a non-EU/EEA citizen)
- If an **unemployment benefit recipient** in your country of origin, bring the U2 Portable Document; on arrival, register at the [nearest Job Centre](#) no later than up to 7 days

Applying tips

Motivation Letter + **CV** | **LinkedIn** profile

Curriculum Vitae

- reverse chronological order
- functional model
- infographic & creative
- [Europass CV](#)
- **1-2 pages**
- professional (smiling) photo
- **mobile**: international (e.g. +34)
- **language** skills



Motivation Letter

- as a rule, an e-mail
- 2-3 paragraphs
- keywords
- YOU – ME – US
- your background & link to the company's
- *personal branding*: achievements & motivation
- availability for (online) interview



Traineeships

- < 12 months (exceptions)

All traineeships must:

- be covered by a **traineeship contract**
- be covered by work accident **insurance**
- pay **meal allowance** / provide meals
- pay **Social Security**
- pay **traineeship allowance** \geq
80% minimum monthly wage ($0,8 \times \text{€}870 = \text{€}696$)

Projects for international traineeships:

- Erasmus+
- European Solidarity Corps



<https://estagiar.pt>

<https://jobs.universia.net/pt/>

Internships search: <https://bit.ly/48z4sj1>

Companies available for International trainees: <http://bit.ly/4glvRB9>

Working Conditions



Wage

- **14 x** / year (incl. Holiday & Christmas bonuses)
- minimum (2025): **€870** / month
- meal subsidy



Working time

- **40** hours / week
- **22** holidays (annual leave)
- **13** bank holidays + ...

seg-social.pt
act.gov.pt
portaldasfinancas.gov.pt
eportugal.gov.pt



Social Security and Taxation

- SS: **11%** worker + **23,75%** employer
- SS: minimum **24,1%** independent worker
- IRS: **13,25%** to **47,17%**

Average Monthly Earnings (October 2023)

Eur 1466,65

Qualification Level

| | |
|------------------------|----------|
| ■ Managers | 2.770,62 |
| ■ Employees | 2.069,06 |
| ■ Labourers | 950,14 |
| ■ Apprentices/Trainees | 978,99 |

Gender

| | |
|----------|----------|
| ■ Male | 1.577,32 |
| ■ Female | 1.332,02 |

Minimum Wage in 2025:
€870 / month (14x)

Activity Areas

| | |
|-----------------------------|----------|
| ■ Financial Activities | 2.579,31 |
| ■ Info & Comm | 2.360,20 |
| ■ Consulting, Sci-Tech | 1.854,11 |
| ■ Transports & Logistics | 1.761,67 |
| ■ Education | 1.587,98 |
| ■ Manufacturing | 1.400,65 |
| ■ Sales & Repair Services | 1.373,90 |
| ■ Admin & Support Services | 1.263,92 |
| ■ Health Care & Social Work | 1.250,59 |
| ■ Construction | 1.231,27 |
| ■ Agriculture & Fisheries | 1.125,73 |
| ■ Hotels & Restaurants | 1.046,91 |

Source: GEP-MSTSS, December 2024

Working culture



- Coffee time = break to enjoy with your co-workers
- Small companies = family environment = social integration
- Clear chain of command, clear role in the company
- Trade unions and professional associations protect your rights

Taxes, social security & gross (and *netto*) monthly wage

Example: single, no children, no disabilities

| | |
|---|------------------|
| Taxable income | €1,465.00 |
| Meal allowance (€10,20/working day) | + €224.40 |
| IRS retention rate (income) | 12.11% |
| IRS retention (income) | - €170.00 |
| Social Security contribution | - €161.75 |
| Net income (with food allowance) | €1,350.90 |
| Total cost to the company | €1,989.25 |

Your pay slip

Living Costs... Housing



Monthly rent: 45m² furnished studio in expensive area €956



Monthly rent: 45m² furnished studio in normal area €700



Utilities 1 month (heating, electricity, gas, ...) 1 person €115



Internet 8 mbps (1 month) €22



40" flat screen TV €329



Laundry detergent (3 l.) €6



Hourly rate for cleaning help €10

www.expistan.com/cost-of-living/country/portugal

Per region

| Location | Price m2 Feb 2025 |
|------------------------------|-------------------|
| Portugal | 2,742 €/m2 |
| Alentejo | 1,678 €/m2 |
| Algarve | 3,533 €/m2 |
| Área Metropolitana de Lisboa | 3,820 €/m2 |
| Centro | 1,542 €/m2 |
| Norte | 2,294 €/m2 |
| Região Autónoma da Madeira | 3,251 €/m2 |
| Região Autónoma dos Açores | 1,629 €/m2 |

www.idealista.pt

Living Costs... Food



Basic lunchtime menu
in the business district

€12,00



Combo meal in fast
food restaurant

€8,00



500 gr of boneless
chicken breast

€3,40



1 lt whole fat milk

€0,95



12 eggs, large

€3,19



1 kg tomatoes

€1,98



500 gr local cheese

€5,02



1 kg potatoes

€1,41



1 kg apples

€1,91



0.5 l domestic beer in
the supermarket

€1,06



1 bottle of red wine,
good quality

€5,33



2 lt coca-cola

€2,18



Bread for 2 people 1 day

€0,89



**Average consumer
basket for 1 person**

€270,00

Living Costs... Entertainment



Basic dinner out for 2 in neighbourhood pub

€32,00



2 tickets to the movies

€13,00



Dinner for 2, Italian restaurant in the expat area
(including appetizers, main course, wine and desert)

€44,00



1 cocktail drink in downtown club

€7,00



Cappuccino in expat area of the city

€2,67



1 beer in neighborhood (500ml)

€2,08



1 min. of prepaid mobile tariff
(no discounts or plans)

€0,16

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

Living Costs... An overview



| Expense Items | My Budget |
|------------------------------------|---------------|
| Rental (studio / T1 – shared...) | 800 € |
| Water, Electricity and Gas | 80 € |
| Phone, TV & internet | 70 € |
| Transports (<i>monthly pass</i>) | 30 € |
| Food / Supermarket | 260 € |
| Health – Pharmacy & Doctors | 50 € |
| Leisure (e.g. 2 nights out) | 60 € |
| TOTAL | 1350 € |

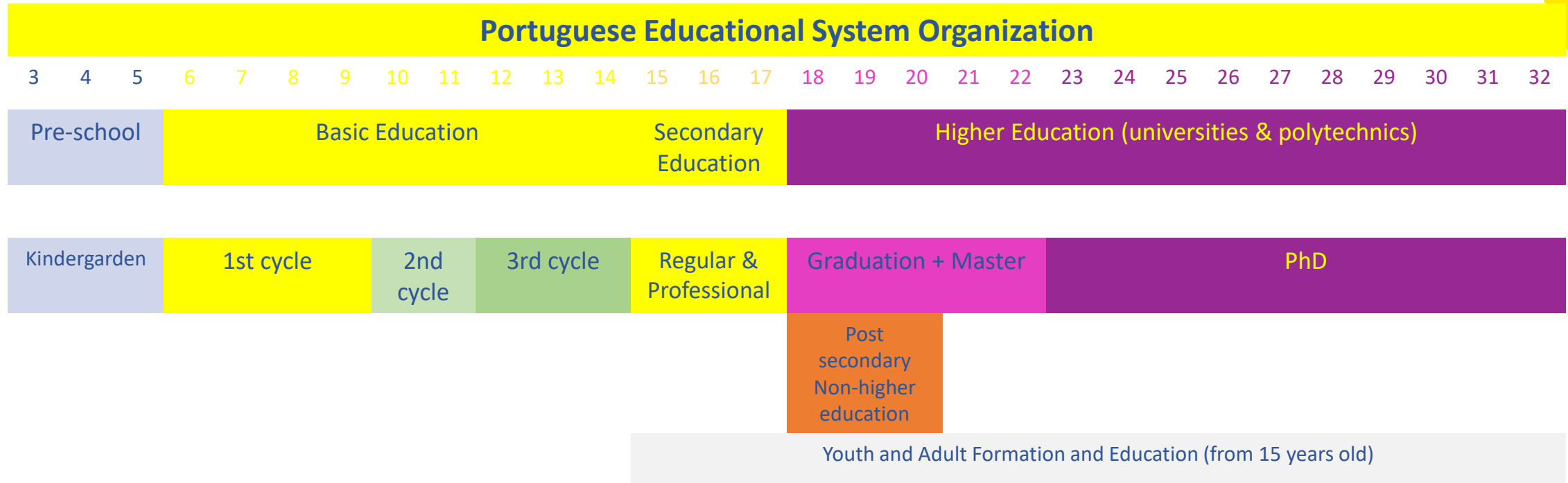
Living... Healthcare



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- **NHS** medical services **free of charge**
- **SNS24: 808 24 24 24**
- *European Health Insurance Card*
- **register** with the **nearest Health Centre**
- **Health Centres** vs. Public Hospitals

Education



International schools (Algarve, Greater Lisbon & Porto, Centre region)

Academic Recognition

Checklist

EUROPEAN
JOB DAYS



Before coming

- Valid **ID card** or **Passport**
- Copy of work contract / conditions **in written**
- **Certificates** proving experience, education
- Wage **payment method** and frequency
- Check **accommodation** availability and price
- **European Health Insurance Card** / Insurance
- Enough money to remain in Portugal
- **Mobility** supporting **schemes** (TMS)

On arrival

- Fiscal number (**NIF**)
- Social Security number (**NISS**)
- Bank account
- Registration certificate (>3 months)
- Register at nearest Health Centre:
SNS User Card

How to reach us



<https://linktr.ee/euresportugal>



Work in Portugal 2025

EUROPEAN
JOB DAYS



4-5 November



Online event

www.europeanjobdays.eu/workinportugal2025