

Living and working in PORTUGAL

EUROPEAN
JOB DAYS



Fall 2025



Agenda

Portugal & its labour market

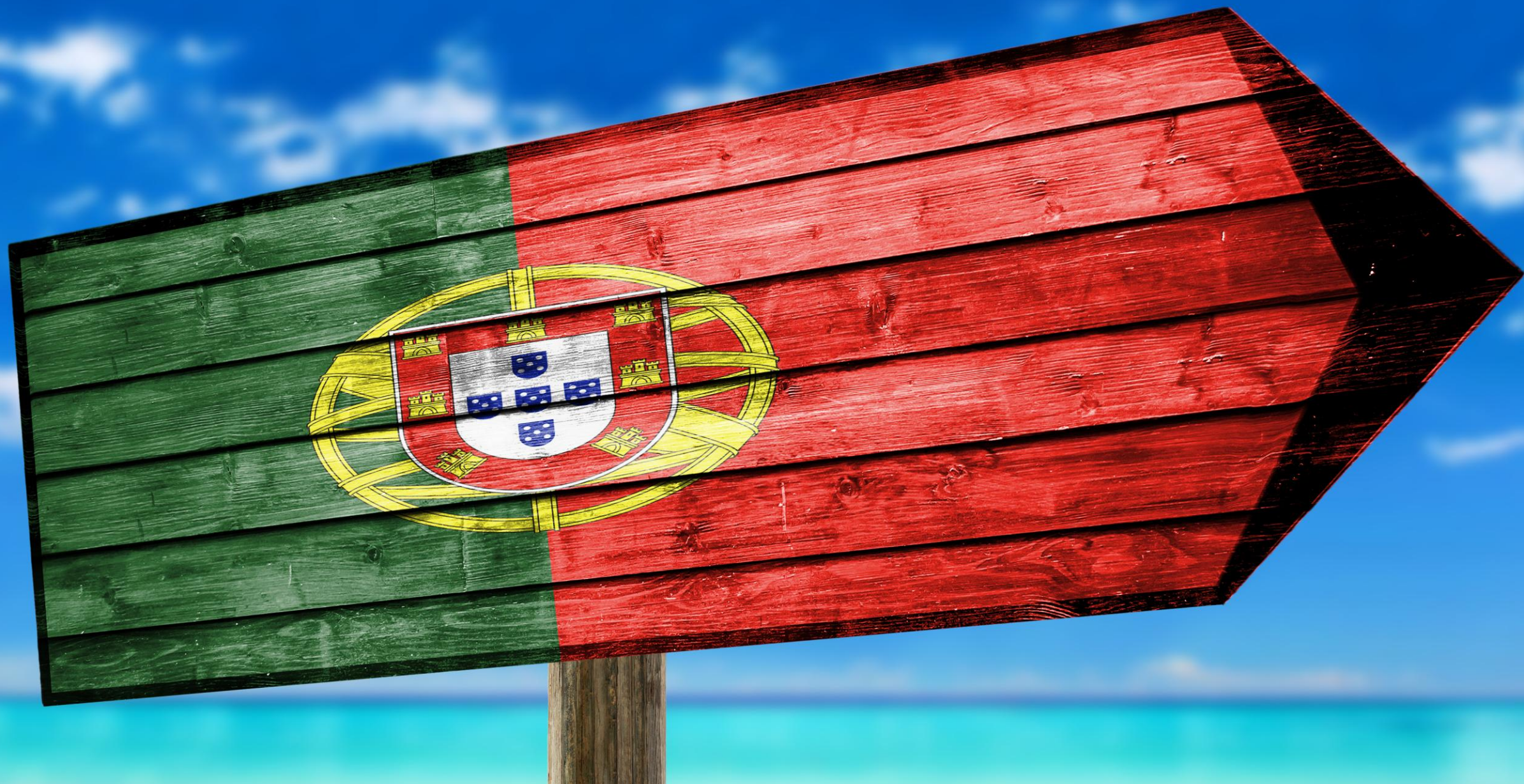
Finding & applying for a job

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



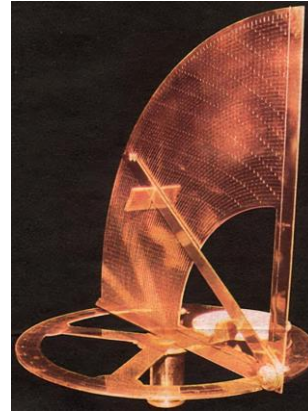
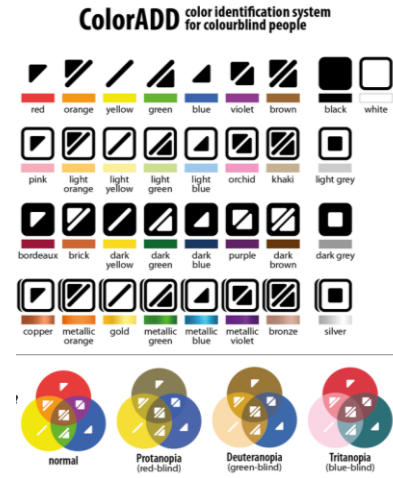
Music Festivals



... a day at the Beach!

... *having Fun!!!*

Creativity



Digital

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



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



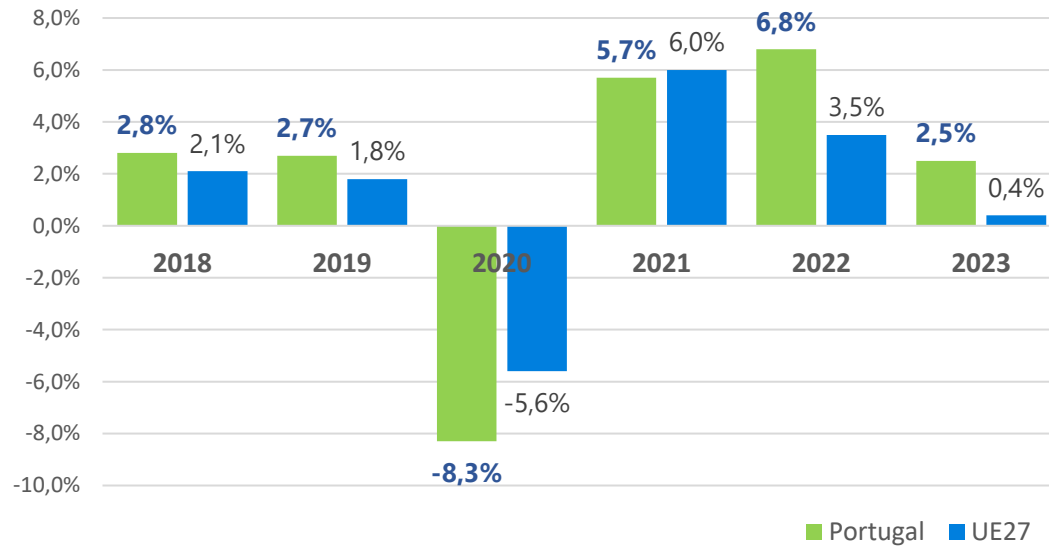
DID YOU KNOW?



- 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

6,1%
unemployment rate

Source: Eurostat, June 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**

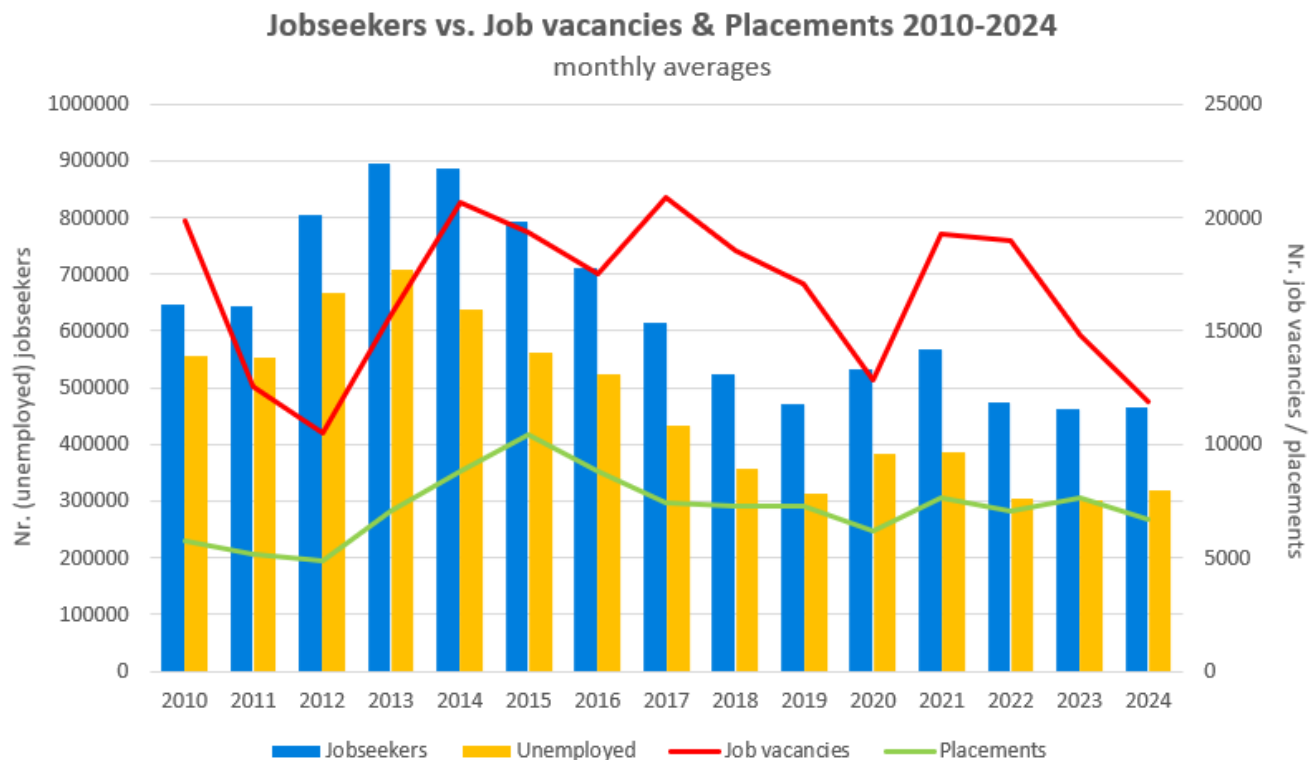
Labour market: PES indicators



August 2025

Unemployed	301.638
< 25 years old	10,3%
1 year +	40,1%
1 st job	9,8%
women	57,4%
no basic education	50,5%
higher education	13,2%
foreigners *	17,1%

* only for the Mainland



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

Learning Portuguese

over **265 million speakers** in the World



www.instituto-camoes.pt

www.portuguesmaisperto.pt/EN



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

e-learning platforms

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

Apps

[30 Apps to learn Portuguese
\(Brazilian & European\)](#)
alllanguageresources.com

... and more ...



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/

+ info & links

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

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)	11.78%
IRS retention (income)	- €172.00
Social Security contribution	- €161.15
Net income (with food allowance)	€1,356.25
Total cost to the company	€2,320.79

Your pay slip

Living Costs... Housing

Per region



Monthly rent: 45m² furnished studio in expensive area €1035



Monthly rent: 45m² furnished studio in normal area €764



Utilities 1 month (heating, electricity, gas, ...) 1 person €120



Internet 8 mbps (1 month) €27



40" flat screen TV €335



Laundry detergent (3 l.) €6



Hourly rate for cleaning help €12

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

Location

Price m2
Aug 2025

Portugal

2,951 €/m2

Alentejo

1,821 €/m2

Algarve

3,792 €/m2

Área Metropolitana de Lisboa

4,158 €/m2

Centro

1,610 €/m2

Norte

2,459 €/m2

Região Autónoma da Madeira

3,524 €/m2

Região Autónoma dos Açores

1,863 €/m2

www.idealista.pt

Living Costs... Food

	Basic lunchtime menu in the business district	€13,00
	Combo meal in fast food restaurant	€9,00
	500 gr of boneless chicken breast	€3,89
	1 lt whole fat milk	€0,99
	12 eggs, large	€3,27
	1 kg tomatoes	€1,99
	500 gr local cheese	€5,00

	1 kg potatoes	€1,49
	1 kg apples	€1,92
	0.5 l domestic beer in the supermarket	€1,11
	1 bottle of red wine, good quality	€5,66
	2 lt coca-cola	€2,17
	Bread for 2 people 1 day	€0,86
	Average consumer basket for 1 person	€280,00

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

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)

€49,00



1 cocktail drink in downtown club

€9,00



Cappuccino in expat area of the city

€3,37



1 beer in neighborhood (500ml)

€2,27



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

€0,17

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>)	40 €
Food / Supermarket	280 €
Health – Pharmacy & Doctors	50 €
Leisure (e.g. 2 nights out)	60 €
TOTAL	1380 €

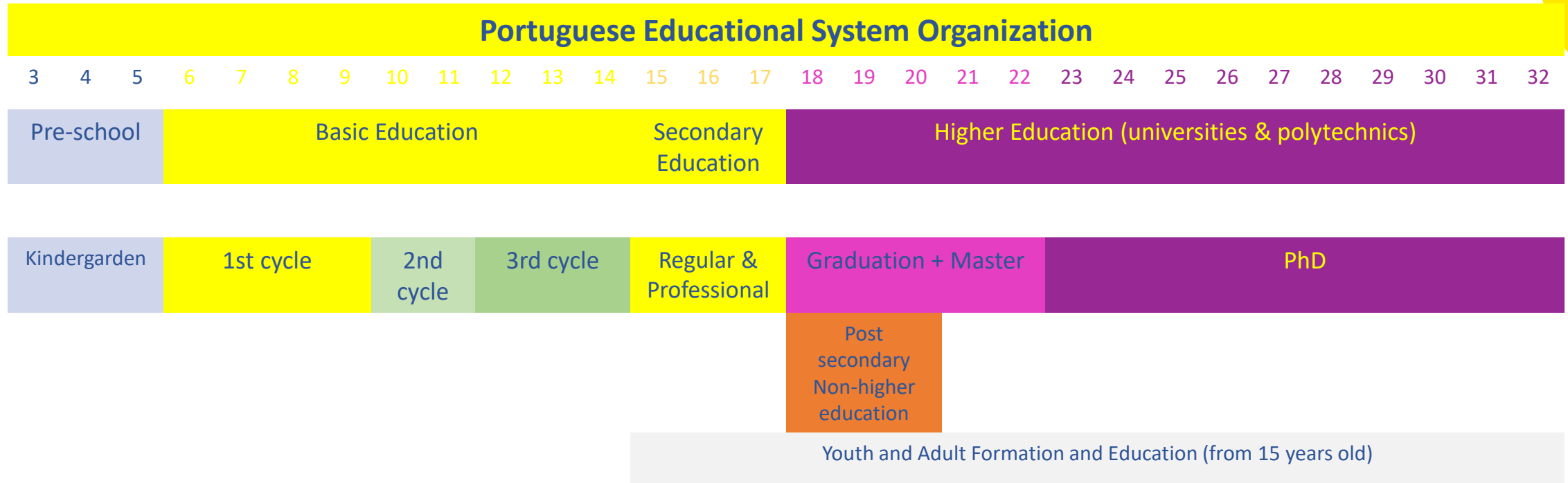
Living... Healthcare



112

- **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