

## A LOCATION TO RELOCATE AS A YOUNG PROFESSIONAL: 5 REASONS WHY SWEDEN MAY BE THE ONE.

Sweden, a member of European Union (EU) since 1995, may be a strong front runner for being the best EU member state for you to pursue a career while maintaining a good work/life balance. You may be asking yourself why this is the case, and what information I have to back that bold statement, so let me take you through 5 reasons why Sweden may be the place for you.

1. Overall quality of life
2. Corruption
3. GDP per capita and economic status
4. Work flexibility
5. Leisure activity participation



### 1. LET'S LIVE A GOOD LIFE.

Overall life satisfaction can be interpreted in a variety of ways depending on the individual, the country they reside in, their living conditions, and even their health. The percentage of Swedish people that are satisfied with their life is **88.6%**. Looking at the data, it is evident that the majority of Swedish people are satisfied with life, and I believe level of life satisfaction says a lot about a country and the potential it has to be a great place to live and pursue a career.

## 2. CORRUPTION? NEVER HEARD OF IT.

The roles governments play in the lives of their citizens varies from country to country, but there will always be some level of control no matter what country you live in. This control spans from positive and supportive to negative and deceitful. One major negative aspect of governmental control is the large potential for corruption. Corruption is a major issue that a lot of countries within the EU face. Oftentimes governments hold such high power over their people and want to compete at such a high level with other countries that they become dishonest and even fraudulent. With that high power, especially in lower-income countries, it is easier for the government to take advantage and spin the truth to continue to gain more power and control over their people.

In 2019, Sweden held the highest control of corruption percentile among all EU Member States sitting in the **99th**

**percentile.** Personally, I would want to reside in a country that has little to no corruption as that would have the possibility to increase my overall life satisfaction, trust, and pride in my country. I believe having trust in the leaders of my country is especially important as they are essentially the gates to being able to provide for my family, participate in life activities, and feeling the freedom one should feel.



## 3. LET'S MAKE SOME MONEY

Sweden's GDP per capita is **\$54,608 USD** which is one of the highest in the EU (Eurostat 2018). Though Sweden has a high GDP per capita, it is also one of the most expensive countries to live in due to high taxation. Many citizens are okay with this, though because of their high-quality education and healthcare that result from those high taxes.

## 4. LET'S GET FLEXIBLE... WITH WORK OF COURSE.

Oftentimes work becomes so overwhelming that one needs to take some personal time. This allows for de-stressing, taking care of family, or just having fun and improves overall quality of life. If taking time off was not an option, it would be hard to have a good work/life balance as work would always take priority over life's big and small moments.



Not only is it more generally possible to take whole days off in Sweden, but they also work an average of **36 hours per week**. To put those numbers into perspective, the average working hours per week for the EU as a whole is about 37 hours. In the United States, a vast majority of the working

population work 40 or more hours a week. They are constantly consumed by work and trying to be as successful as they can be. They are driven by titles and money which takes away from a work/life balance, even when that isn't the intention. To only have to work an average of 36 hours per week would be an extremely large benefit to achieving the work/life balance and having the time and energy to enjoy life outside of the office. Personally, this is quite important for me when determining if I could maintain a good work/life balance. The United Kingdom is one of the only other EU member state who has a much higher “generally possible” response percentage.

## 5. LET’S PARTICIPATE.

Even though you need the time and energy to be able to enjoy life, you also need the funds to do so. With a high GDP per capita, Sweden is among the top 5 countries who have exceptionally low percentages of people who cannot afford to participate in leisure activity sitting at only **10.8%**. This information is quite important when determining which EU States would have the best work/life balance. If individuals or households don’t have good opportunities to make money, they will have to give other things up, like indulging in extra leisure activities, to be able to provide funds for the essentials.

Did I convince you of Sweden's work/life balance potential? If not, simply reread. If so, I wish you the best of luck on your new journey to Sweden.



