

Spain, a well-being country

Quality of life and well-being remain one of the main attractions of Spain. A good health system, a high score in diversity or a good balance between personal and professional life are some of the attractions that Spain offers to its citizens and that place it as one of the most attractive places to live.

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01.

A place
to live



Health, balance and safety

The Organization for Economic Cooperation and Development (OECD) points out that Spain reaches “good results” in many dimensions of general well-being in the Better Living Index.



Work-life balance

4th position



Health

6th position



Security

12th position

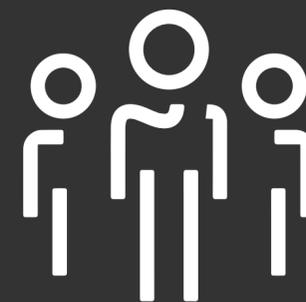
Community at the centre

Spain is one of the OECD countries with more spare time and with stronger and more stable interpersonal relationships. These elements are one of the main sources of happiness and well-being of the population.



Social bonding

Spain is one of the OCED countries with strongest social bonding and civic engagement.



Trust

In Spain, 93% of people think they know someone they can rely on, vs OCED average of 91%.



Spare time

Is the 3rd OCED country with more spare time, just after Italy and France.

Progress in quality of life

Spain holds the 27th place in the Human Development Index (HDI) by United Nations.

0.905

Spain's score in
2021 ranking,
considered as
very high

32th

happiest country in
the world, according to
World Happiness
Report 2022, by
United Nations

HDI

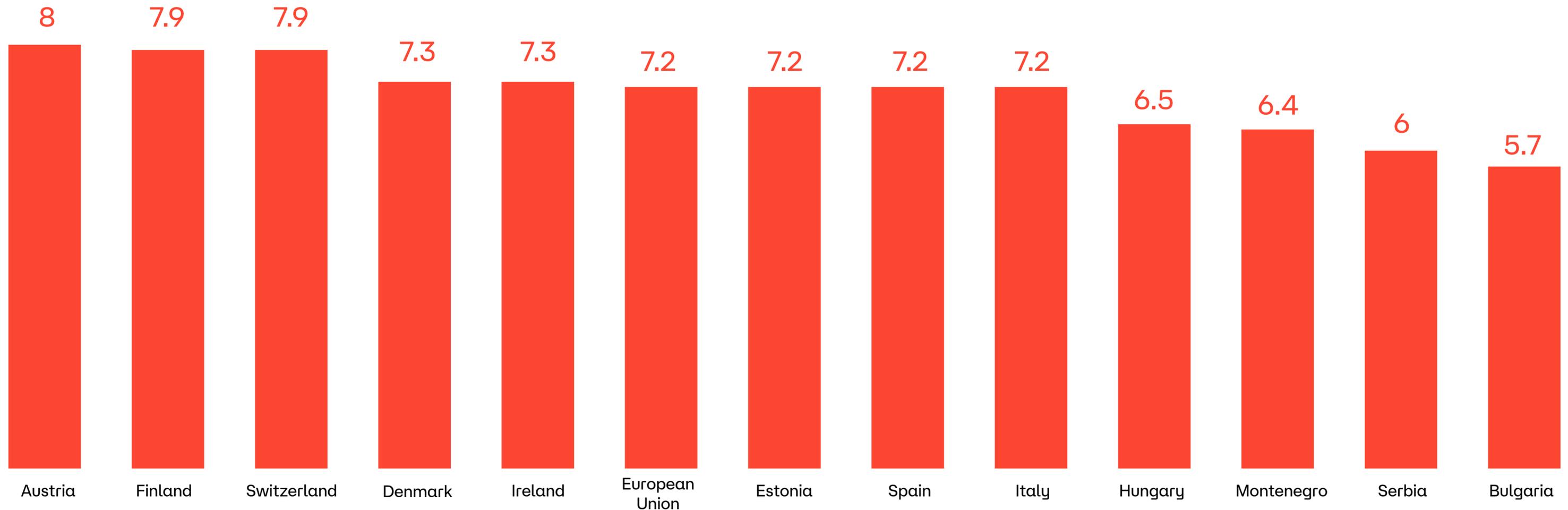
puts people capacity to
progress at the centre of a
country's development

European satisfaction

Spain is in line with the European average on satisfaction of living conditions



The Nordics take the lead at the Eurostat survey, while Spain ranks as Italy and Estonia, within the European average.



02.

Active and welcoming



Active and welcoming

Spain has been elected best country in Europe and the second in the world for expatriates in 2023.

Valencia is the best city to live for foreigners and Madrid the fifth.

Sustainable tourism

European Charter for Sustainable Tourism (ECST):

29 of the 95 areas protected by the ECST are located in Europe (Source: Europarc).

2nd country in tourist attraction, but 16th country in pollution related to tourism (Source: McKinsey).

Good practices:

Barceló

The company has developed a tool to measure economic, social and environmental impact of its activity on different destinations where it has a presence.

Meliá

The company opened the first carbon neutral luxury hotel in Menorca in 2022.

NH

The company introduced in 2022 new more environmentally friendly amenities.

An adventurous nature

Spain has multiple spaces to explore, both rural and urban, and hundreds of activities for locals and visitors.



Spain is the most biodiverse country in the EU :

>>> 121 different types of habitats due to its their geostrategic location and insular territory

>>> 16 National Parks and 53 Biosphere Reserves



4th best country in the world

for adventure, thanks to its good weather, its friendly people and its openness to international tourism



2nd country in the world

most attractive to **tourism**



3rd country in the world

with a most appealing **heritage**



5th country in the world

with most **UNESCO** Heritage Sites

Fiestas of international tourist interest



Spain celebrates 78 Fiestas of International Tourist Interest that every year attract thousands of visitors



Feria de Abril de Sevilla



Las Fallas de Valencia



Semana Santa de Valladolid



Fiestas de San Fermín de Pamplona



El Entierro de la Sardina de Murcia



Fiesta del vino Albariño de Cambados



Carnaval de Santa Cruz de Tenerife



El motín de Aranjuez



La Tomatina de Buñol

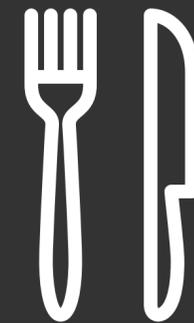
A healthy country

Spain is the healthiest country in the world. In 2019 surpassed Italy due to factors such as:



Life expectancy

The second highest in the OECD, only behind Japan.



Mediterranean diet

Full of vegetables, fruits, fish and nuts. Ranked as one of the healthiest in the world.



Sanitary system

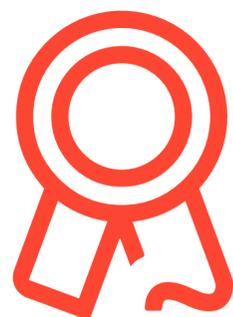
Cardiovascular diseases and deaths from cancer have slowed down in a decade.

Health leader



**1st
European
country**

in ISO 15224
certifications and
2nd in JCI



**10.9%
of GDP**

Spanish sanitary
system accounts
for 10.9% of
national GDP



**7% of
global
organ
transplants**
are performed in
Spain, a global
leader in this field



**8th
country
in the
world
in sanitary
assistance**

03.

Well-being leader



Companies that boost well-being

From skincare to olive oil, Spanish companies offer products and services that improve quality of life



Extra virgin olive oil, rich in oleocanthal biophenols and oleacein, can improve health of people with obesity and in early stages of diabetes, according to a research by The Spanish National Research Council.

Internationally recognized olive oil

Spain is the main player in the olive oil market, with a growing consumption thanks to its nutritious and healthy characteristics.



5 of the ten best olive oils in the world are Spanish, according to Evooleum Awards



Spain produces:

70%

of olive oil production in the EU

45%

of the global olive oil production



1st world olive oil exporter

Spanish exports account for around 65% of its total commercialization

Culinary power

Source: [KPMG](#)

The culinary industry represents 33% of the Spanish GDP and occupies 2.73 million workers

Source: [The World's 50 Best Restaurants 2023](#)

3 of the 5 best restaurants of the world are in Spain and 6 are in the top 50

Source: [Acevin](#)

Spain has the largest area of vineyards on the planet. The visits to wineries and museums increased by more than 160% between 2007 and 2019

Spain is the 5th country in the Michelin guide 2024 ranking, with 272 starred restaurants: 15 of them with three stars, 32 with two stars and 225 with one Michelin star. In the last edition, two restaurants obtained three stars and one upgraded to two.

Noor

Chef Paco Morales' restaurant, in Cordoba, obtained three stars

Venta Moncalvillo

This restaurant in La Rioja upgraded from two to three stars

Disfrutar

The restaurant, placed in Barcelona and owned by Mateu Caseañas, Oriol Castro and Eduard Xatruch, won its third star



Leading
Brands of Spain
Forum