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SURVEY ON LIVING CONDITIONS, ORIGINS AND TRAJECTORIES OF THE RESIDENT POPULATION 2023

MORE THAN 1.2 MILLION PEOPLE HAVE ALREADY BEEN DISCRIMINATED IN PORTUGAL

According to the results of the Survey on Living Conditions, Origins and Trajectories of the Resident Population in Portugal (ICOT), people aged 18 to 74 self-identified in terms of ethnic origin or belonging as follows: 6.4 million with the *white* ethnic group; 169.2 thousand with the *black* group; 56.6 thousand with the *Asian* group; 47.5 thousand with the *gypsy* ethnic group; and 262.3 thousand reported having a *mixed origin or belonging*. The population who self-identifies as *Asian*, *mixed origin or belonging*, *black,* and *gypsy* has a younger age structure than that who self-identifies as *white*.

In Portugal, 1.4 million people have an immigrant background, of which 947,5 thousand are first-generation immigrants, and they are most represented in Algarve (31.0% and 24.2%, respectively) and Área Metropolitana de Lisboa (29.2% and 18.8%, respectively). The population that identifies with the *black*, *Asian,* and *mixed* ethnic groups has the highest proportions of immigrant background (90.3%, 83.7% and 69.2%, respectively). Most first-generation immigrants (65.2%) live in Portugal for more than ten years. Family and professional reasons are determining factors in coming to Portugal.

More than three quarters of the population (76.3%) say they feel a strong or very strong attachment to Portugal and only just over half (53.5%) feel the same way about Europe. The population with an immigrant background and first-generation immigrants are more attached to Portugal than to their family's country of origin or their country of birth.

More than 4.7 million people aged 18 to 74 were employed (62.4%), with the ethnic groups of *mixed origin or belonging* (67.9%), *blacks* (64.3%) and *whites* (62.9%) standing out. More than two million people needed to work while studying and 1.7 million were forced to leave school earlier than they would have liked.

In addition to Portuguese, 486,4 thousand people spoke another language at home until the age of 15. Currently, 661,7 thousand speak Portuguese at home and another language. Languages from other European countries and PALOP (Portuguese-speaking African Countries) languages or dialects are the most widely spoken.

More than 1.2 million people (16.1%) have experienced discrimination in Portugal, most felt by people who identify themselves as *gypsy* (51.3%), *black* (44.2%) or of *mixed origin or belonging* (40.4%), as well as by women (17.5%), younger people (18.9%), those highly educated (18.3%) and the unemployed (24.9%).

More than 4.9 million people (65.1%) believe there is discrimination in Portugal and 2.7 million (35.9%) have witnessed it. Ethnic group, skin colour, sexual orientation and territory of origin are the most relevant factors in perceived and witnessed discrimination.

Statistics Portugal releases the results of the Survey on Living Conditions, Origins and Trajectories of the Resident Population in Portugal (ICOT) 2023, which collected data in the first half of 2023.

This Press Release includes an analysis of the main results of the ICOT, with a view to characterising the diversity of the resident population in Portugal, with a focus on ethnic belonging/identification, generational trajectories and, whenever possible and the estimates based on a sample survey allow it, also on objective living conditions, in their multiple expressions, such as access to employment, education, health, housing, languages spoken and learned, as well as the experience of discrimination in various domains.

The ethnic identification, a central aspect of this survey, observed for the first time in official statistics, resulted from people's self-classification, following the recommendations of international institutions in this field[1]. Self-classification is how people see themselves, not how others perceive them. The question on ethnic self-identification, to which respondents could select more than one option for the group to which they considered themselves to belong, included the following answer possibilities: *Asian, white, gypsy, black, mixed origin or belonging*[2]. The stages of work that went into defining this classification and carrying out this survey are described in the Methodological Note at the end of this Press Release.

The importance of the question on ethnic self-identification lies in the fact that it makes it possible to understand how people self-identify, regardless of their place of birth and their migratory experience. This information is complemented with data on their place of birth and that of their ancestors, up to the third generation, making it possible to observe the existence of migration trajectories in the family history of the population living in the country. Other elements of people's characterisation were also observed, covering topics such as education, the labour market, languages spoken and learned, health conditions and housing, which can be worked on in greater depth in later studies, as well as from the microdata base for scientific purposes, to be made available in January 2024.

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[1] For example, see the European Commission document with recommendations on the collection and use of data on equality based on ethnic origin https://commission.europa.eu/system/files/2022-02/guidance_note_on_the_collection_and_use_of_equality_data_based_on_racial_or_ethnic_origin_final.pdf.

During the process of drawing up the question on self-classification from an ethnic point of view, a systematic review of the literature was carried out, paying special attention to the Census and surveys carried out in other countries that include the topic of migration and, more specifically, questions on ethnic-cultural origin.

[2] With the exception of "Other" or "Mixed origin or belonging", which were exclusive options, the rest were multiple choice. The question about self-classification from an ethnic point of view in the ICOT was the result of a wide-ranging debate involving various sectors of society, particularly in the context of the Statistical Council. Further details on this issue, as well as the survey framework, are described in the Methodological Note at the end of this Press Release.

## 1. Ethnic self-identification of the resident population in Portugal

Of the total number of residents in Portugal aged 18 to 74 (7.6 million), 6.4 million self-identify with the *white* ethnic group, while 262.3 thousand people reported having a *mixed origin or belonging*, 169.2 thousand self-identify with the *black* ethnic group, 56.6 thousand with the *Asian* ethnic group and 47.5 thousand with the *gypsy* ethnic group. The results show that most people identify with only one of the ethnic groups mentioned (87.2 %), and only 0.2 % with more than one group, while 12.6 % did not know or preferred not to identify with any of the groups.

Most of the population in the survey's reference age group lives in the *Norte* region (35.5%), followed by *Área Metropolitana de Lisboa* (27.3%) and *Centro* region (21.2%). However, the geographical distribution of the population according to ethnic group shows a different distribution pattern in the territory: while the population that identifies with the *white* group follows the pattern observed in the total population, the population that identifies with the *black* (69.9 %), *mixed origin or belonging* (48.4 %) and *Asian* (34.7 %) groups is mostly concentrated in *Área Metropolitana de Lisboa*.

Around three quarters of the population (74.3%) lives in predominantly urban areas, where the following ethnic groups stand out, with higher-than-average values: *black* (91.7%), *mixed origin or belonging* (88.7%) and *Asian* (80.3%).

The proportion of women in the total population is higher than that of men (51.7% and 48.3% respectively), a trend observed in all ethnic groups, except for *Asian*, where the proportion of men (50.6 %) is higher than that of women (49.4%). The gender gap in favour of women is particularly noticeable in the *black* ethnic group, where the gender gap is 15.0 percentage points (p.p.), the *gypsy* (13.2 p.p.) and *mixed origin or belonging* (11.8 p.p.) groups.

Figure 1. **Proportion of people aged 18 to 74 by ethnic group and sociodemographic characteristics, 2023**
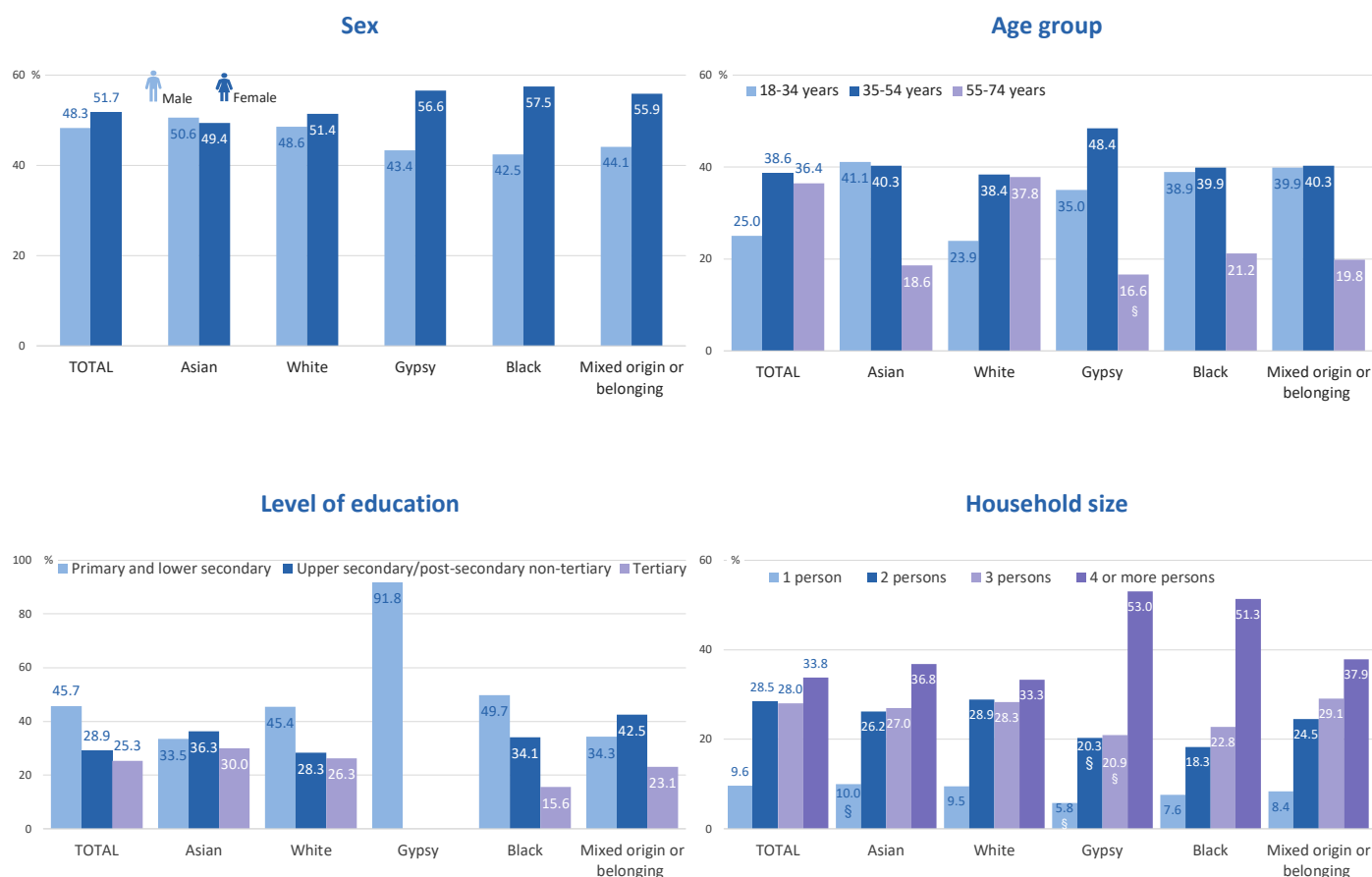
Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Note: § - Estimate with low reliability. The estimates associated with the "Upper secondary/post-secondary non-tertiary" and "Tertiary" categories for the *gypsy* ethnic group have a margin of error that is higher than the quality standard considered acceptable for dissemination.

Population that identifies as Asian, of mixed origin or belonging, black and gypsy with a younger age structure than the population that identifies as white.

Three quarters of the resident population in Portugal is aged over 35: 38.6% are between 35 and 54 and 36.4% between 55 and 74. Only a quarter of the population (25.0%) belongs to the youngest age group, 18 to 34 years old. The *white* ethnic group, with which most of the resident population identifies with, follows this age distribution. However, the other groups show an age pattern where the greater weight of the younger population stands out when compared to the total population: for people who identifies with the *Asian* ethnic group, the 18 to 34 age group is the most represented (41.1%), which also includes 39.9% of the population who say they are of *mixed origin or belonging*, 38.9% of those who identify with the *black* ethnic group and 35.0% of those who identify with the g*ypsy* ethnic group.

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Asian ethnic group with tertiary level of education above the average for the total population.

Completion of a level of education corresponding, at most, with primary and lower secondary is dominant in the resident population (45.7%). The population that identifies with the *gypsy* and *black* groups stands out with above average values for this level of education (91.8% and 49.7%, respectively). Almost a third of the population who identify as *Asian* (30.0 %) have completed tertiary education, a proportion above the average observed for the total population (25.3%). The group identifying with *mixed origin or belonging* is the one with the highest proportion of the population with upper secondary/post-secondary non-tertiary education (42.5%), higher than the total population (28.9%).

Most of the population consider themselves Catholic, the predominant religion in the white, black, and mixed ethnic groups.

Around two thirds of people (66.8%) say they are Catholic, and almost a quarter (22.2%) say they have no religion at all. A similar pattern is found in the population that self-identifies as *white*. The Catholic religion is also dominant in the *black* and *mixed origin or belonging* groups, although with lower proportions than in the total population, 51.5% and 45.5% respectively. The latter ethnic group stands out in comparison to the total population, with the highest proportion of those who have no religion (31.2%). Almost half (48.6%) of those who identify as *Asian* profess other religions, while two fifths (40.1%) of those who identify with the *gypsy* ethnic group are Protestant/Evangelical.

Figure 2. **Proportion of people aged 18 to 74 by ethnic group and religion, 2023**
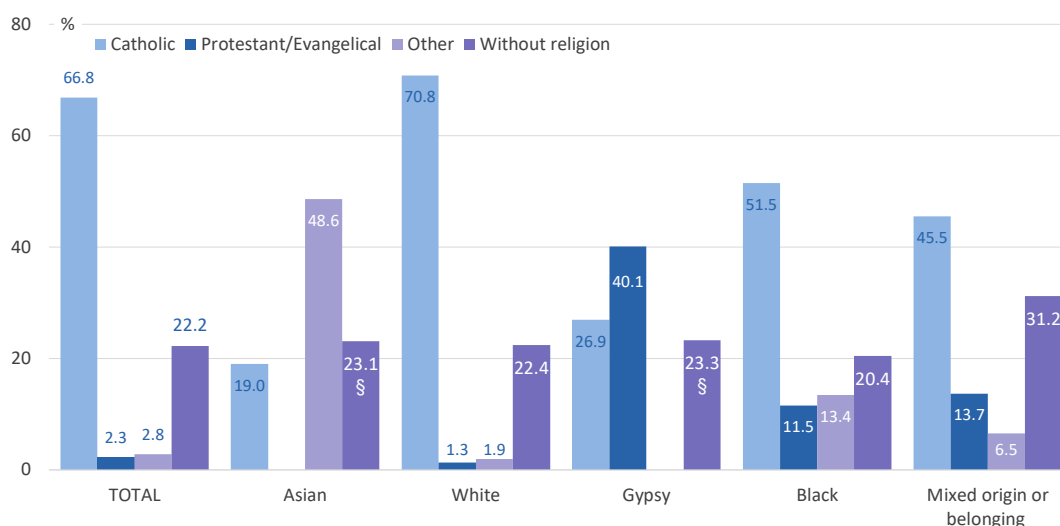
Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Note: § - Estimate with low reliability. The estimates associated with the "Protestant/Evangelical" category for the *Asian* ethnic group and "Other" for the *gypsy* ethnic group show a margin of error that is higher than the quality standard considered acceptable for dissemination.

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Around a third of residents (33.8%) belong to households of four or more people, with above-average proportions of people in this category self-identifying as *gypsy* (53.0%), *black* (51.3%), of *mixed origin or belonging* (37.9%) and *Asian* (36.8%). Of the total population, 9.6% belong to single-person households. As for the type of household they belong to, 27.2% are part of households made up of two adults without children, and around a fifth (19.1%) of households made up of two adults with children. However, two fifths of the population (41.7%) belong to other types of households, consisting of either only adults (three or more) or three or more adults with children, where people who self-identify with the *gypsy* (45.9%) and *black* (45.8%) ethnic groups standing out.

2. Origins and trajectories of the resident population in Portugal

Improving knowledge about the diversity of the resident population, particularly in terms of their personal and family migratory trajectories, is one of the survey's objectives.

The definition of immigrant and immigration background is based on the person's country of birth. By combining the person's country of birth with the countries of birth of their parents (mother or father) and grandparents (maternal or paternal), the resident population in Portugal, aged 18 to 74, was characterised according to the immigration background typology, which comprises the following groups:

– People without an immigration background: people born in Portugal and whose parents and grandparents were born in Portugal;

– People with an immigration background: people born outside Portugal or people born in Portugal but with at least one parent or grandparent born outside Portugal. This includes:

   – First-generation immigrants: people who were born outside Portugal;

   – Second generation immigrants: people who were born in Portugal, but with at least one parent born outside Portugal;

   – Third generation immigrants: people who were born in Portugal, whose parents were born in Portugal, but with at least one grandparent born outside Portugal.

In Portugal, 1.4 million people have an immigrant background, of which 947.5 thousand are first-generation immigrants. People who identify with the black, Asian, and mixed ethnic groups have the highest proportions of immigrant background.

More than 6.1 million people living in Portugal aged 18 to 74, corresponding to 81.5% of the population, do not have an immigrant background. Of the 1.4 million people with an immigration background (18.5%), 947.5 thousand (12.5%) are first-generation immigrants, 363.2 thousand (4.8%) are second generation immigrants and 92 thousand (1.2%) are third generation immigrants. By ethnic group, those who identify themselves as *black*, *asian* and of *mixed origin or belonging* have higher proportions of immigrant background (90.3%, 83.7% and 69.2%, respectively). Conversely, those who identify as *white* (13.9%) have the lowest proportion of immigration background.

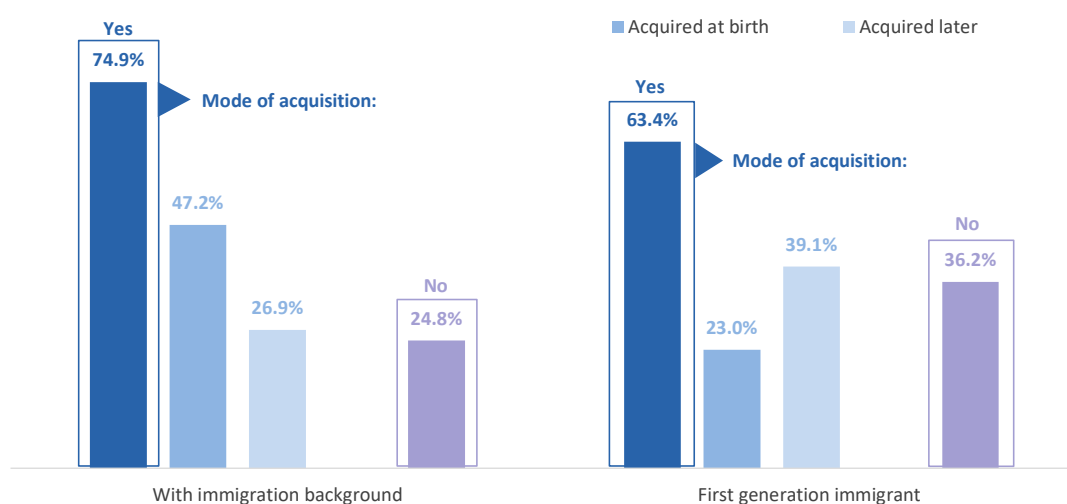**Figure 3.** Proportion of people aged 18 to 74 by ethnic group and immigration background, 2023
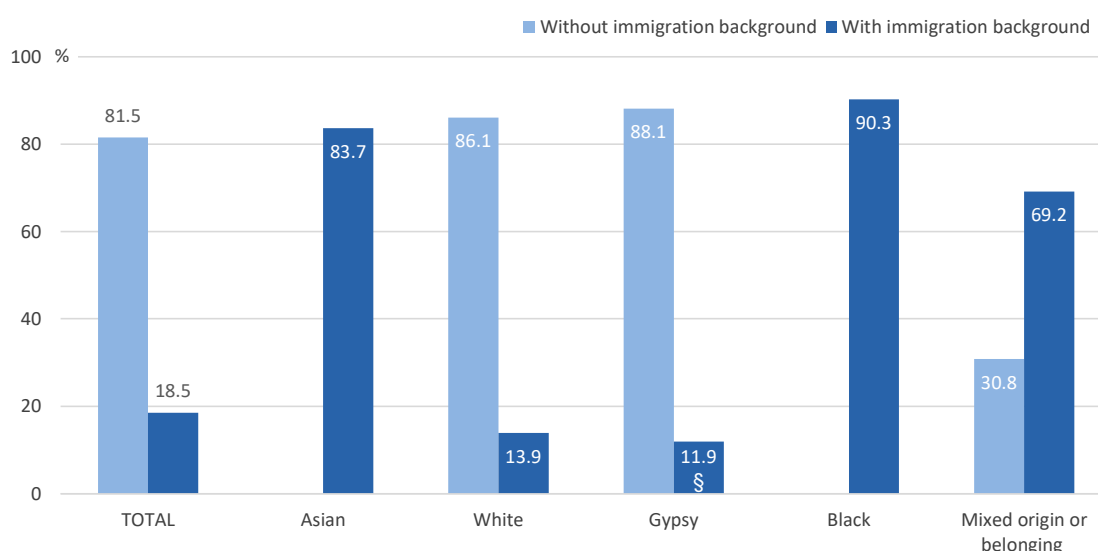
Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Note: § - Estimate with low reliability. The estimates associated with the "Without immigration background" category for the *Asian* and *black* ethnic groups have a margin of error higher than the quality standard considered acceptable for dissemination.

Most of the resident population (95.2%) has Portuguese nationality, of which 89.9% acquired it at birth and 5.0% later. Of the population with an immigrant background, around three quarters (74.9%) have Portuguese nationality, with almost half (47.2%) having obtained it at birth and around a quarter (26.9%) having acquired it later. Among first-generation immigrants, less than two thirds (63.4%) have Portuguese nationality (23.0% acquired it at birth and 39.1% later) and 36.2% do not have Portuguese nationality.

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Figure 4. Proportion of people aged 18 to 74 by immigration background, Portuguese nationality and mode of acquisition of Portuguese nationality, 2023

Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Among those who do not have Portuguese nationality, 272.5 thousand have never applied for it (but 195.3 thousand intend to do so), half of them because they did not fulfil the requirements (52.5%). Regarding dual nationality, only 4.3 % of the population aged 18 to 74 say they have it, a proportion that is higher among those with an immigrant background (21.4 %) and, in particular, among first-generation immigrants (27.9 %).

Algarve and Área Metropolitana de Lisboa are the regions with the highest proportions of immigrant background and first-generation immigrants.

Of the population with an immigrant background, around a third (32.5%) were born in Portugal, which means that they are descendants of immigrants. A fifth (20.7%) were born in the Portuguese-speaking African countries (PALOP) and 16.4% in Brazil, followed by those born in Northern, Southern and Western Europe (14.3%), Central and Eastern Europe (5.2%), Asia (4.5 %) and other countries (6.5%).

First-generation immigrants come from countries with which Portugal has cultural, linguistic, and historical links, reflecting the presence of established communities, such as the PALOP countries (30.6%) and Brazil (24.2%), as well as countries that reflect the enlargement of the European Union or bilateral agreements: 21.1% come from Northern, Southern and Western Europe; 7.7% from Central and Eastern Europe; 6.7% from Asia; and 9.6% from other countries.

Figure 5. Proportion of people aged 18 to 74 by immigration background and place of birth, 2023
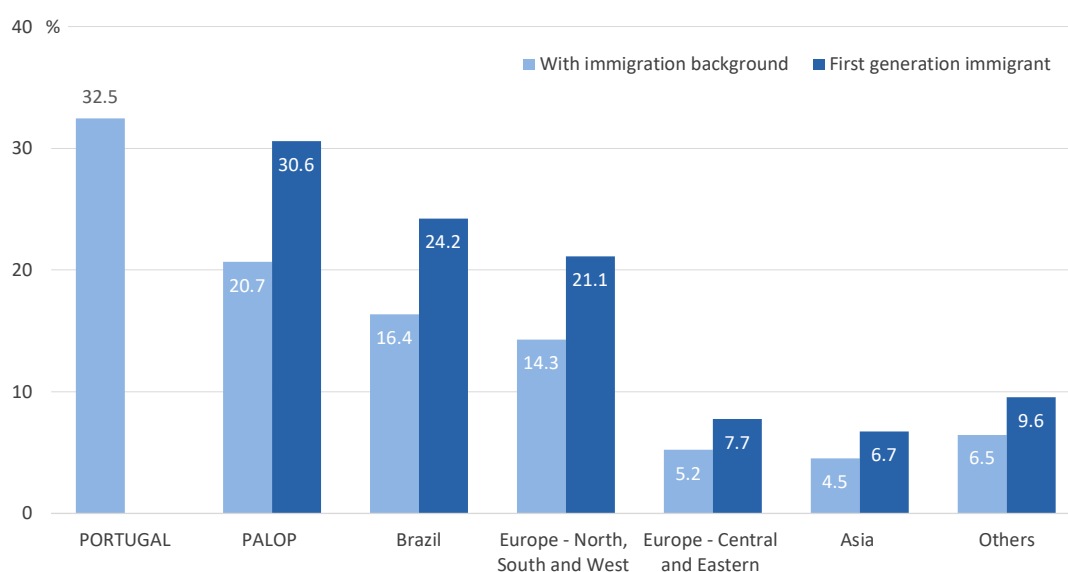
Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Analysing by NUTS 2 regions, *Algarve* (31.0%) and *Área Metropolitana de Lisboa* (29.2%) stand out as the regions with the highest proportions of residents with an immigrant background. The remaining regions have proportions of this indicator below the national average. Those regions also have the highest proportions of residents who are first-generation immigrants: around a quarter of people living in *Algarve* (24.2%, of which 6.2% come from Northern, Southern and Western Europe and 5.5% from PALOP); and almost a fifth of those living in *Área Metropolitana de Lisboa* (18.8%, of which 8.0% come from PALOP and 5.1% from Brazil).

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Figure 6. **Proportion of people aged 18 to 74 by immigration background and NUTS 2 region (NUTS 2013), 2023**
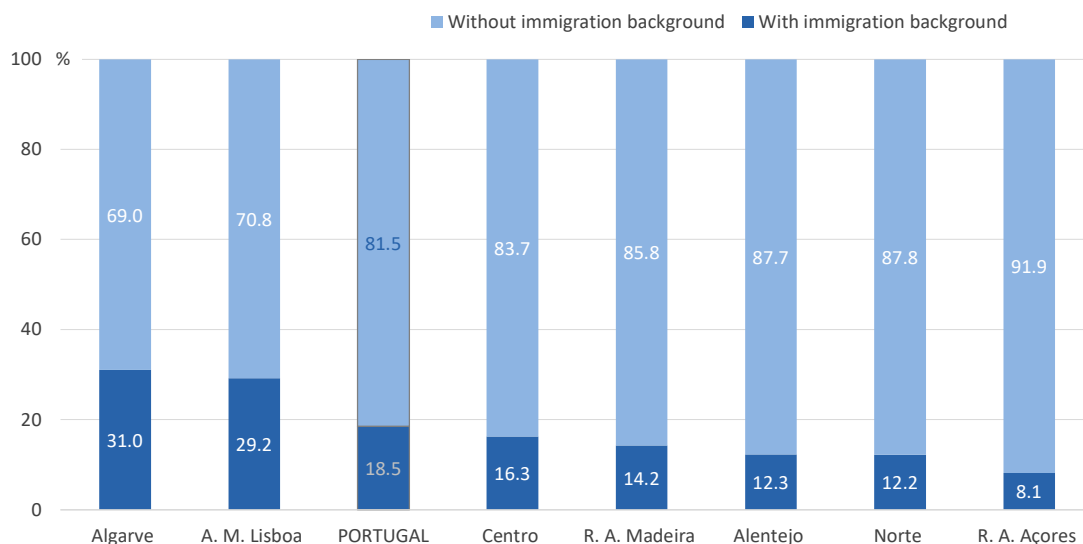
Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Most first-generation immigrants live in Portugal for more than ten years.

The survey's results show the importance of the history of immigration flows in the composition of the first-generation immigrant population living in Portugal: the majority (65.2%) of first-generation immigrants have been living in the country for more than ten years, while 32.3% are more recent immigrants (they have been living in Portugal for less than 10 years). It can also be seen that around four fifths of immigrants from Northern, Southern and Western Europe (83.7%), the PALOP countries (81.4%) and Central and Eastern Europe (79.6%) settled in Portugal more than ten years ago. Immigrants from Brazil and other destinations stand out for being more recent immigrants: 65.9% and 44.0%, respectively, living in Portugal for less than 10 years.

Family and professional reasons are determining factors in coming to Portugal.

Family related factors, whether due to family reunification/family formation (25.7%) or coming with parents as a child (24.1%), along with employment or work (22.3%), are preponderant in first-generation immigrants' reasons for coming to Portugal. This, followed by factors such as violence/violation of human rights in the country of origin (14.6%) and education/training (11.6%). The importance of issues related to family reunification in the reasons for coming to Portugal is supported to the fact that almost all the first-generation immigrants who have a spouse or partner (97.3%) have that person living in the country.

The main reasons referred by men and women follow the pattern observed in the total population of first-generation immigrants, although not in the same order: men referred employment/work (26.3%), compared to 19.3% of

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women; and then family issues; 24.5% came with their parents as a child and 22.9% mentioned family reunification/family formation, compared to 23.8% and 27.8%, respectively, of women.

Figure 7. **Proportion of people aged 18 to 74 by main reason for coming to Portugal and sex, 2023**
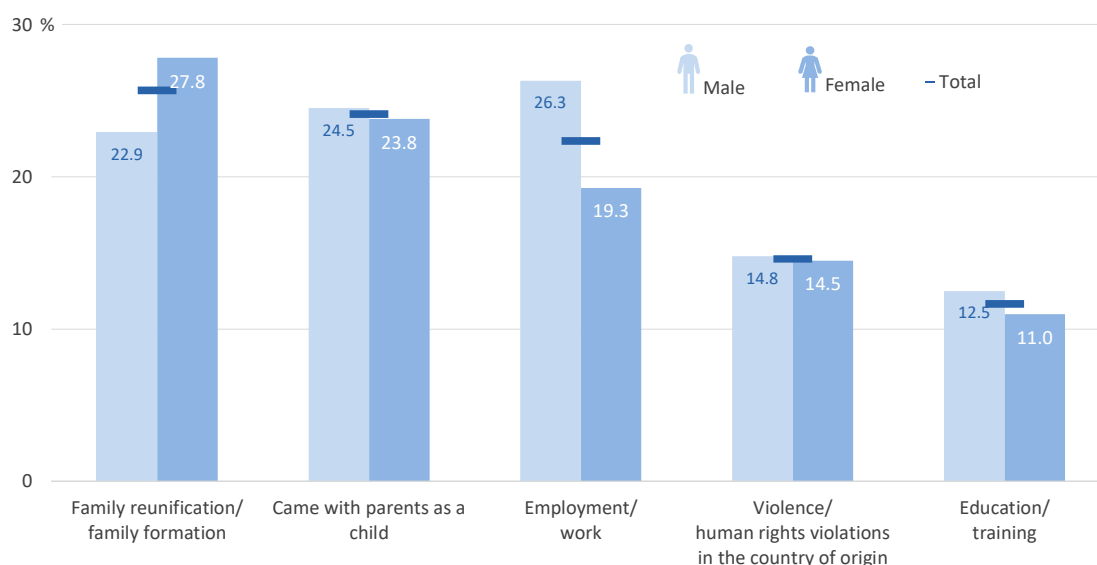
Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

By age group, the population aged 18 to 34 has the highest proportions for reasons such as family reunification/family formation (32.5%), employment/work (27.2%) and education/training (20.9%). Around a quarter (27.3%) of people aged 35 to 54 came with their parents as a child, for family reunification/family formation reasons (24.6%), or for employment/work reasons (24.1%). In the 55 to 74 age group, the most relevant reasons were violence/human rights violations in the country of origin (26.0%), coming with parents as a child (23.3%), and family reunification/family formation (21.1%).

The survey's results also reveal that the most common reasons given by first-generation immigrants for coming to Portugal vary according to the region they came from: people from the PALOP countries most often mentioned coming with their parents as a child (27.8%) and violence/violation of human rights in their country of origin (24.5%); those from Central and Eastern Europe (46.2%), Asia (41.4%) and Brazil (37.8%) pointed to employment/work as the main reason for coming to Portugal.

More than half of people with an immigrant background have a connection or contact with their family's country of origin, a higher proportion among first-generation immigrants and in the 35-44 age group.

The survey included a set of questions aimed only at people with an immigrant background to understand the degree of connection to the family's country of origin. Of the 1.4 million people with an immigrant background, more than half (54.3%) maintain some connection or contact with that country, which translates into visits less than once a year for 25.8%. The connection to the country of origin is particularly noticeable in the first-generation immigrant population (68.2%), compared to 28.0% in the second generation and 14.3% in the third.

The connection to the family's country of origin by the population with an immigrant background increases with age, up to the 35-44 age group, which has the highest values in this indicator (64.1%), decreasing thereafter to 48.2% of the 65-74 age group.

Figure 8. **Proportion of people aged 18 to 74 with an immigration background and a connection to the family's country of origin, by sex, age group and type of immigrant, 2023**
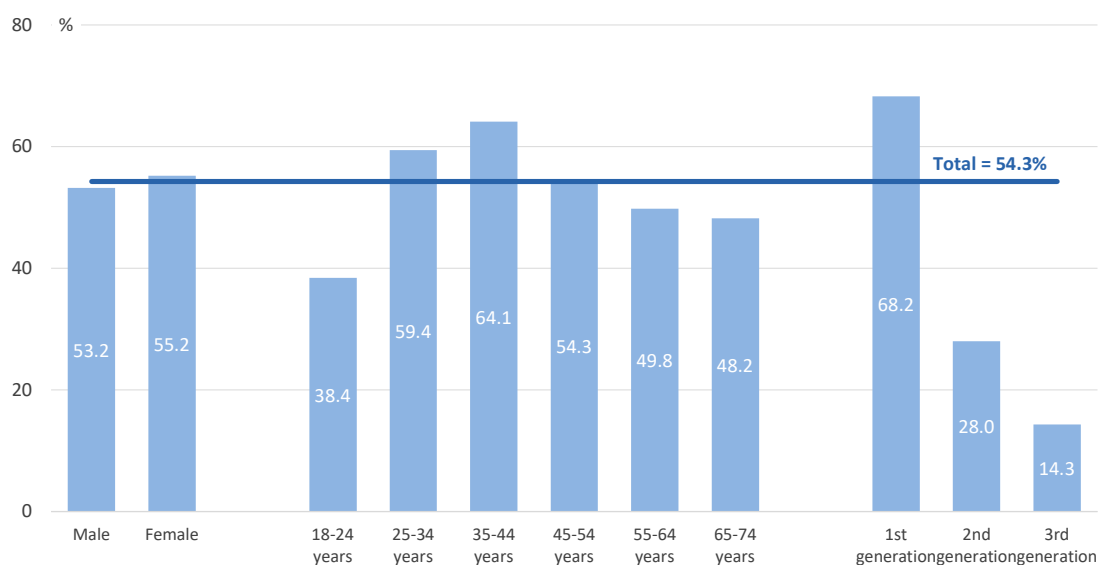
Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

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More than three quarters of the population say they have a strong/very strong sense of belonging to Portugal and only around half have the same feeling towards Europe. In both cases, the proportion of the population with this type of feeling increases with education.

People can feel different levels of belonging to the place where they live, to their city, region, country, or Europe, to the country where they were born (first-generation immigrants) and to their family's country of origin (for those with an immigrant background). In the survey, people were asked about the sense of belonging they felt to each of these geographies.

The results show that, considering the whole population aged between 18 and 74, as the geographical area to which the sense of belonging being observed is extended, the proportion of those who say they feel a strong/very sense of belonging is higher: neighbourhood, place, or village (54.3%), town or city (61.5%), region where they live (63.8%) and Portugal (76.3%). This feeling is lower in relation to Europe, a geography with which only around half of the population (53.5%) say they feel that way.

There are no notable differences in the sense of belonging to Portugal between men and women and by age group. It is worth highlighting the increase in the proportion of those who say they feel this way about the country as their level of education increases, with those with up to primary and lower secondary education (72.9%) having a lower proportion than the average for the total population, rising to 82.0% for those with tertiary education. A similar trend can be observed for those with a strong/very strong sense of belonging to Europe: this covers only 43.7% of those with up to primary and lower secondary education, a proportion that rises to 67.2% for those with tertiary education.

People with an immigrant background and first-generation immigrants with a stronger sense of belonging to Portugal than to their family's country of origin or the country where they were born. People with a mixed origin or belonging with a strong/very strong feeling for Portugal and Europe.

Around three quarters (77.6%) of people with an immigrant background and those who are first-generation immigrants (76.5%) say they have a strong/very strong feeling for Portugal. Only half of first-generation immigrants (49.3%) feel strongly/very strongly about the country where they were born (for 23.6% the feeling of belonging is even non-existent/weak), a similar proportion to those with an immigrant background (51.5%) regarding their family's country of origin, with 22.6% feeling non-existent/weak.

Regarding the country where they were born, for first-generation immigrants, women have a higher proportion of strong/very strong feelings (52.4%), compared to 45.3% of men, as well as young people aged 18 to 34 (56.5%), compared to the 35 to 54 and 55 to 74 age groups (46.2% and 48.3% respectively).

Figure 9. Proportion of people aged 18 to 74 by sense of belonging to the place where they live, their city, region, Portugal, Europe, country of birth, and family's country of origin, by immigration background and first-generation immigrant, 2023
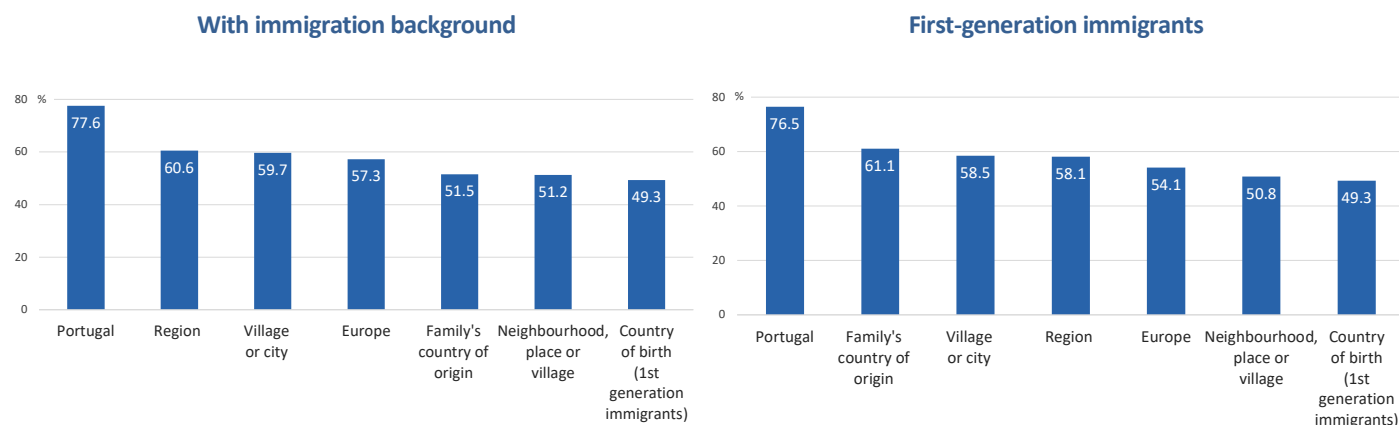
With immigration background

First-generation immigrants

Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

By ethnic group, people who identify themselves with a *mixed origin or belonging* who feel strongly/very strongly about Portugal (80.0%) and Europe (59.0%) stand out, with values above the average observed for the total population. This group, along with people who identify themselves as *black* and *Asian*, have the highest values for feeling a strong/very strong sense of belonging to their country of birth, 60.1%, 66.4% and 60.5% respectively. These are also the groups that stand out with a similar feeling towards their family's country of origin, 54.5%, 60.3% and 62.5% respectively.

3. Labour market and living conditions of the resident population in Portugal

More than 4.7 million people aged between 18 and 74 were employed, particularly in the ethnic groups of mixed origin or belonging, blacks and whites.

The labour market is an important dimension in characterising people's living conditions. According to some of the survey's results in this area, most people (62.4%) aged 18 to 74 reported that they had a job or work, 8.4% were unemployed and 29.1% were inactive.

The ethnic groups of *mixed origin* (67.9%), *black* (64.3%) and *white* (62.9%) had the highest proportions of people in employment, followed by *Asians* (49.6%). Most of the employed population (85.3%) were employees, while 13.8% were self-employed.

Figure 10. **Proportion of people aged 18 to 74 by ethnic group and activity status, 2023**
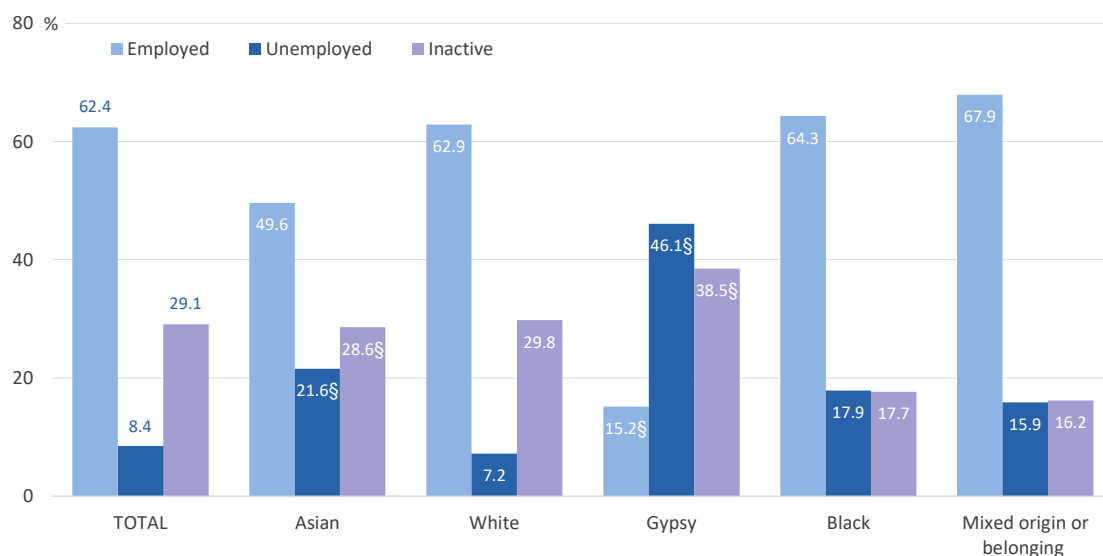
Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Note: § - Estimate with low reliability.

More than 2 million people had to work while studying and 1.7 million were forced to leave school earlier than they would have liked.

Alongside the labour market, educational trajectories also represent an important dimension in the analysis of people's characterisation and living conditions. When asked if they needed to work while studying, 2.1 million people answered yes, which represents 27.9% of the total population.

Analysing the results by the different population groups, people who self-identify with the *mixed origin or belonging* (40.7%) and *black* (31.0%) groups are the ones who most often reported needing to work while studying.

More than a fifth (22.4%) of the total population said they had been forced to give up their studies earlier than they would have liked. It can also be seen that the *black* (36.5 %) and *mixed origin or belonging* (27.2 %) groups are the ones with the highest proportions of people who reported needing to drop out from school.

Figure 11. Proportion of people aged 18 to 74, by ethnic group, needing to work while studying and leaving education earlier than they would have liked, 2023

Needing to work while studying

Leaving education earlier than they would have liked

Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

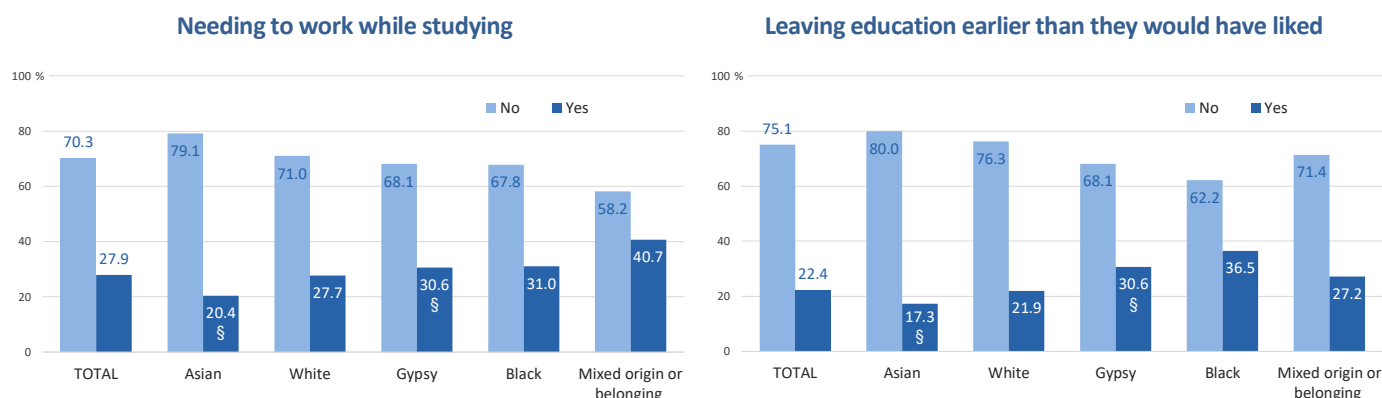**Note:** § - Estimate with low reliability.

Work is the main source of income for the resident population in Portugal, especially for people who identify with the mixed origin and black groups.

Work is the main source of income for 4.8 million people (63.2%), while 18.5% reported a pension, 10.5% said they depend on family and 5.6% had other sources of income. The group with a *mixed origin or belonging* (71.5%) is the one for whom work as the main source of income is most significant, followed by the group of people who identify themselves as *black* (66.7%).

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Figure 12. **Proportion of people aged 18 to 74, by ethnic group and main source of income, 2023**
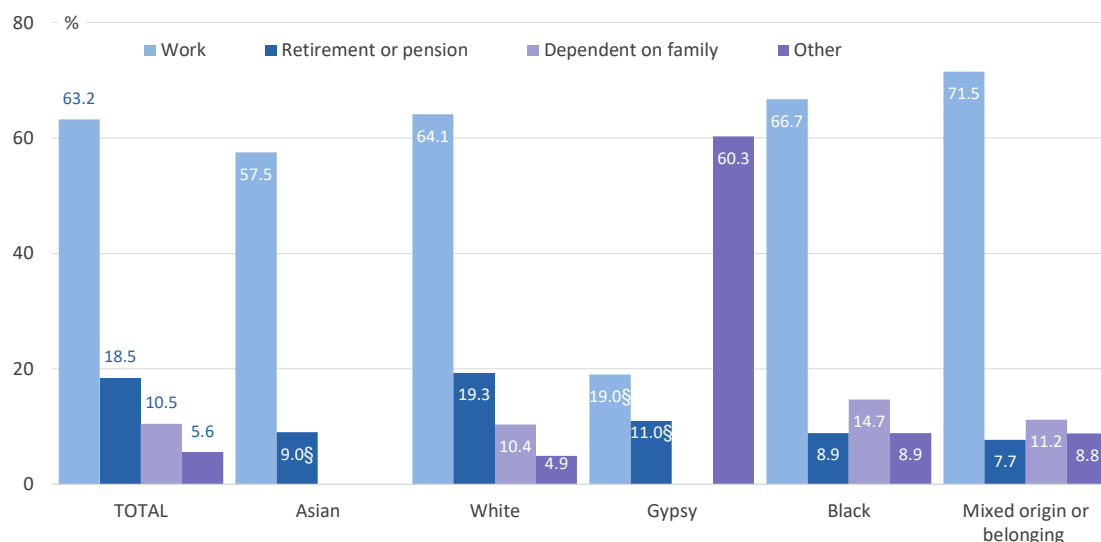

Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Note: § - Estimate with low reliability. The estimates associated with the categories "Dependent on family" and "Other situation" for the *Asian* ethnic group and "Dependent on family" for the *gypsy* ethnic group have a margin of error that is higher than the quality standard considered acceptable for dissemination.

Most of the resident population can make ends meet but must control spending.

More than 5.7 million people (76.3%) consider their financial situation to be sufficient to make ends meet, although they must be careful to control spending. Only 12.2% said they had no difficulty in making ends meet, while 6.7% did not.

People who identify themselves as *white* (12.7%) and of *mixed origin or belonging* (10.2%) have the least difficulty in making ends meet.

More than 4.5 million people consider their health to be very good or good. Chronic illnesses affect less than a third of the population and are most frequently reported by the gypsy (38.1%) and white (32.6%) ethnic groups.

Regarding people's health conditions, more than half (59.7%) consider their health to be very good or good, while less than a third (30.3%) rate it as reasonable, and only 7.9% as bad or very bad.

In the same vein, less than a third have a chronic illness (31.9%), compared to 63.6% who have no permanent illness. When we analyse the prevalence of chronic illness by ethnic group, there are some differences: people who identify as *gypsy* have a higher prevalence of chronic illness (38.1%), while those who identify as *black* and of *mixed origin* stand below the national average (26.8% and 28.4% respectively).

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Figure 13. **Proportion of people aged 18 to 74, by ethnic group and chronic illness, 2023**
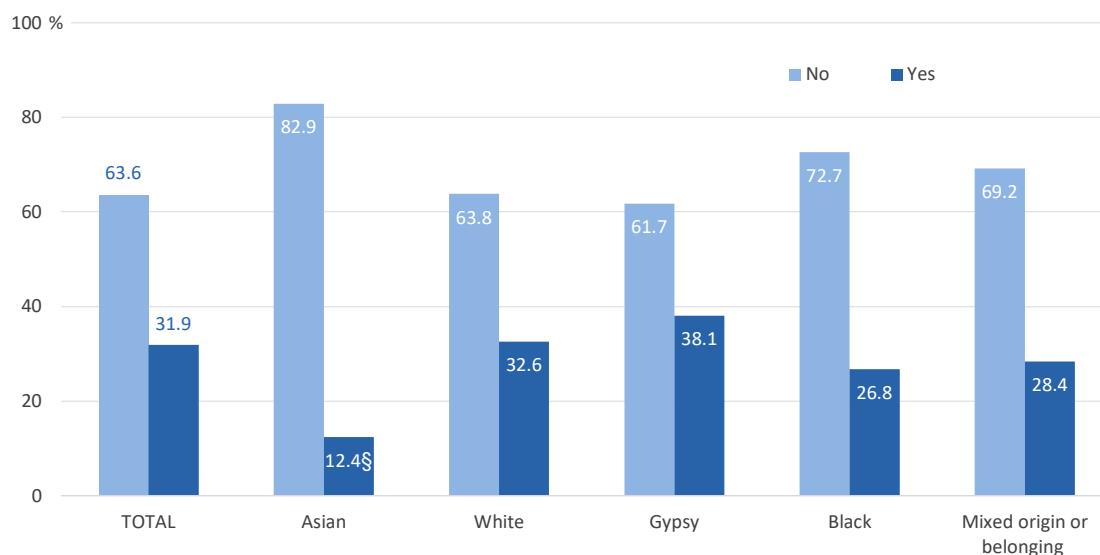
Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Note: § - Estimate with low reliability.

About health limitations, the results show that 70.3% of people do not feel limited at all, 21.6% have limitations, but not severe ones, and 4.5% say they have severe limitations.

When asked about their ability to meet their health needs, both in terms of going for appointments, diagnostic examinations or treatments and buying prescription drugs, the vast majority were able to meet this need when they felt it (65.6% and 73.9% respectively). Only 8.5% needed a consultation, examination or treatment and were unable to get it, a proportion that drops to 2.3% in the case of the inability to buy prescription drugs.

While the failure to fulfil the need for a medical consultation/examination or treatment was largely due to the difficulty in making an appointment due to the lack of a doctor (76.4%) and, to a lesser extent, financial unavailability (21.0%), the failure to purchase prescription medicines was due to financial unavailability (65.0%), followed by the fact that the medicine was unavailable/out of stock (15.2%).

The white ethnic group is the one with the highest values for housing ownership and thermal comfort.

In terms of housing conditions, 27.2% of people live in dwellings with an area of between 100 and 149 m² and 21.1% in dwellings with an area of between 60 and 99 m². In terms of rooms, 4-room and 3-room dwellings stand out, with 35.6% and 25.6%, respectively.
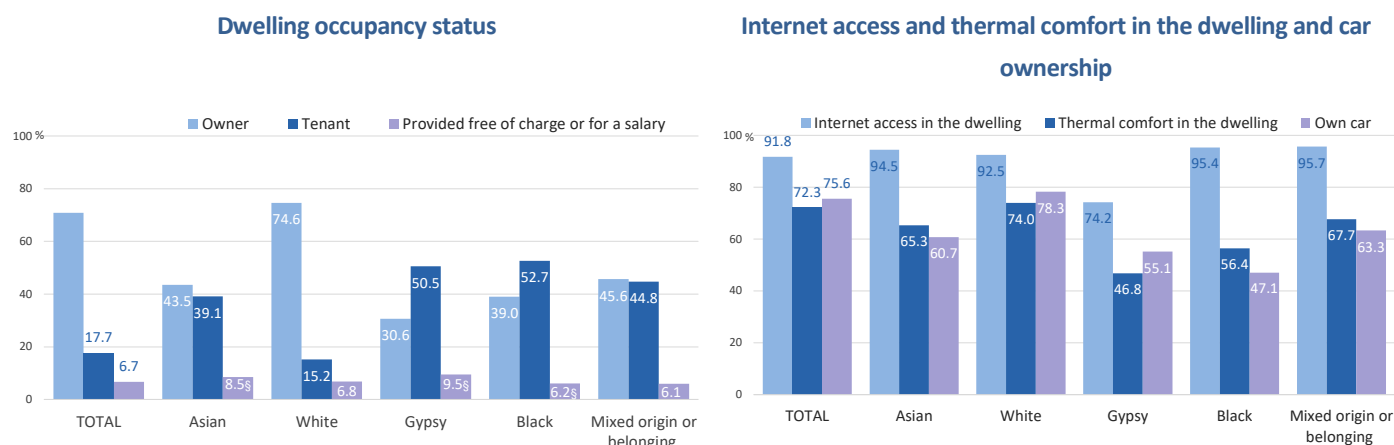
Regarding the occupancy status of the dwelling, the survey's results show that 70.8% of people own their dwelling, compared to 17.7% who rent it. These proportions change, however, when the ethnic group is considered. The population that self-identifies as *white* has the highest proportion of owners (74.6%) and the lowest proportion of renters (15.2%). On the other hand, among people who identify as *black* or *gypsy*, renters dominate, with 52.7% and 50.5%, respectively (compared to 39.0% and 30.6% of owners for these groups). Among *Asians* and people of *mixed origin* there is a greater balance between these two housing occupancy conditions, with 43.5% and 45.6% owners and 39.1% and 44.8% renters, respectively.

Internet access in the dwelling (91.8% for the total population) is common across the various groups, with only people who identify themselves as *gypsy* having the lowest proportion (74.2%). However, when other indicators of living conditions are analysed, such as thermal comfort in the dwelling and having their own car, the differences between the various population groups are more evident.

People who identify themselves as *white* are the only group with above-average proportions (74.0%, compared to 72.3%) in the indicator relating to thermal comfort, i.e. the ability to keep the house adequately heated during winter. The proportions in the other groups are as follows: *mixed origin or belonging* (67.7%), *Asians* (65.3%), *blacks* (56.4%) and *gypsy* (46.8%).

Regarding car ownership, the same pattern can be observed as for the thermal comfort of the home, with the population that self-identifies with the *white* ethnic group showing a value (78.3%) above the average for the total population (75.6%). The other groups have the following values for this indicator: *mixed origin or belonging* (63.3%), *asian* (60.7%), *gypsy* (55.1%) and *black* (47.1%).

Figure 14. Proportion of people aged 18 to 74, by ethnic group, dwelling occupancy status, internet access in the dwelling, thermal comfort in the dwelling and car ownership, 2023

Dwelling occupancy status

Internet access and thermal comfort in the dwelling and car ownership

Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Note: § - Estimate with low reliability.

4. Languages spoken and learnt

The inclusion of questions about languages spoken and learnt is due to the importance of understanding which languages are most spoken in Portugal, in addition to Portuguese. The population was asked about the languages spoken at home up to the age of 15, languages currently spoken, and languages spoken with the spouse or partner and children, if any, to understand how people communicate in their closest context.

Languages spoken and learnt are also an important indicator of the degree of integration of the population not born in Portugal into Portuguese society. To this end, non-Portuguese residents were asked about their level of knowledge of the Portuguese language when they arrived in Portugal and their current level of knowledge of the language.

Languages from European countries and languages or dialects from PALOP are among the most spoken at home, up to the age of 15, and in the domestic context, with spouses and children.

People who said they spoke Portuguese up to the age of 15 were asked if they spoke another language at home, in addition to Portuguese. Of those who answered yes (486.4 thousand), the vast majority (82.7%) said they spoke another language from European countries, while 11.8% said they spoke a language or dialect from one of PALOP countries and 3.6 % spoke other languages.

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Of the people who did not speak Portuguese at home until they were 15 years old (247 thousand), more than half (56.9%) said they spoke a language from European countries, 21.7% spoke other languages and 18.5% spoke a language or dialect from the PALOP countries.

Of the people who indicated that they currently speak Portuguese at home and another language (661.7 thousand), more than four fifths (84.8 %) refer to a European language, while 9.6% speak a language or dialect from PALOP countries. For those who do not currently speak Portuguese at home (108,3 thousand), 56.8% speak a European language and 30.3% other languages.

About the languages spoken with a spouse or partner (99.4 thousand), 64.5% of people who speak Portuguese and a foreign language with their partner, speak another language from a European country and 21.1% a language or dialect from the PALOP countries. Of the people who do not speak Portuguese with their spouse or partner (114.3 thousand), 63.9% communicate through a European language and 23.3% through other languages.

For those who reported speaking Portuguese and another foreign language with their children (506.2 thousand), around 88.2% speak another European language and 6.2% a language or dialect from the PALOP countries. For those who said they communicate with their children through a foreign language (102 thousand), 56.0% use a European language and 22.9% other languages.

Figure 15. **Proportion of people aged 18 to 74, by groups of languages spoken, other than Portuguese, and groups of languages spoken as first language, 2023**
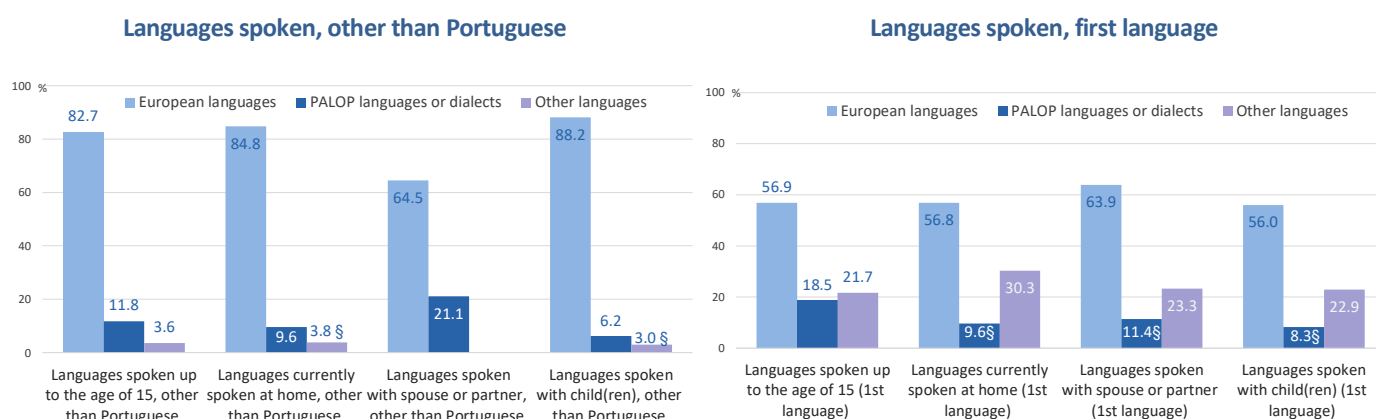
Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Note: § - Estimate with low reliability. The estimate associated with the category "Other languages spoken with spouse or partner, other than Portuguese" has a margin of error higher than the quality standard considered acceptable for dissemination.

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Almost half of the people who were not born in Portugal and spoke a foreign language at home by the age of 15 had taken Portuguese lessons in Portugal. Those who did not have Portuguese lessons learnt informally from friends, colleagues, or family.

People who were not born in Portugal and who spoke a foreign language at home up to the age of 15 (240 thousand) were asked if they had Portuguese lessons in the country, with around half (49.9%) answering in the affirmative. When asked where they took Portuguese lessons, the main places mentioned were school (71.4%) and migrant support associations or other types of associations (16.2%).

For the 50.1% of people who were not born in Portugal and spoke a foreign language at home until the age of 15, and did not have Portuguese lessons in Portugal, they were asked about the main reasons for not having Portuguese lessons. More than two fifths (44.0%) of people indicated that they learnt informally from friends, colleagues, or family, 20.8% indicated that they did not need to and 19.0% mentioned lack of time as the main reason.

Level of knowledge of Portuguese upon arrival in Portugal: around half of the people understood the Portuguese language well or very well.

People who were not born in Portugal, arrived in Portugal aged 6 or over and indicated that they spoke at least one foreign language by the age of 15 (371.7 thousand), were asked to assess their level of knowledge of Portuguese upon arrival to Portugal. Around half (50.9%) said they understood the Portuguese language very well or well upon arrival in Portugal, while 20.6% understood it poorly or very poorly and 27.2% did not understand the language at all.

Regarding reading, 45.5% read very well or well, 30.3% could not read Portuguese language and 22.6% read poorly or very poorly.

Regarding written Portuguese language upon arrival in Portugal, the percentages are closer, with 37.3% considering that they wrote very well or well, 34.2% that they did not write at all and 27.0% that they wrote poorly or very poorly.

About speaking, 42.9% indicated that they spoke very well or well, 28.1% spoke poorly or very poorly and 27.8% did not speak Portuguese language at all.

Figure 16. **Proportion of people aged 18 to 74, by assessment of the level of knowledge of Portuguese, 2023**
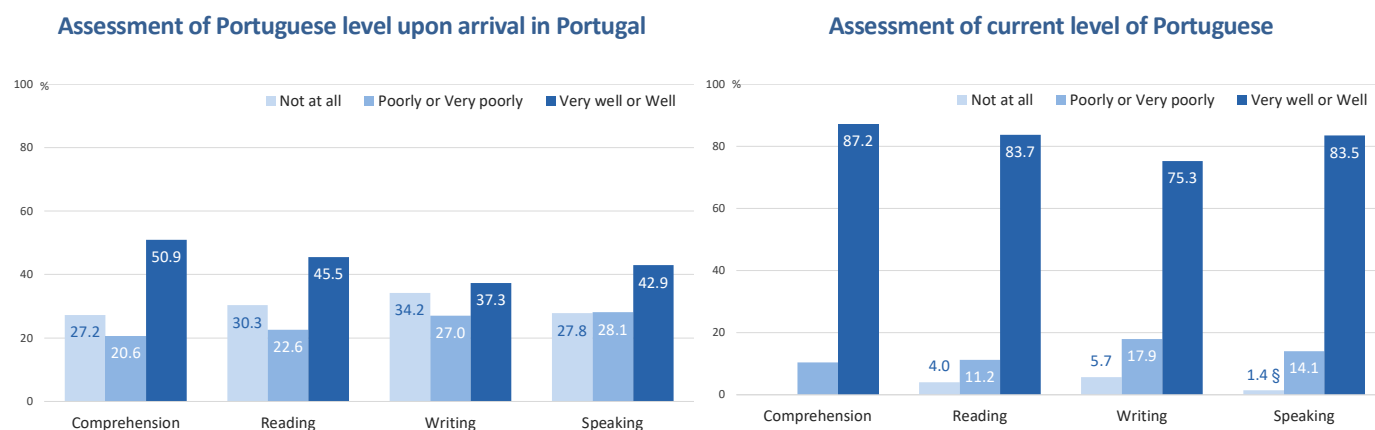
Assessment of Portuguese level upon arrival in Portugal

Assessment of current level of Portuguese

Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Note: § - Estimate with low reliability. A estimativa associada à categoria "Nada" na compreensão do português atualmente apresenta uma margem de erro superior ao padrão de qualidade considerado aceitável para divulgação.

The level of knowledge of Portuguese language reported by people that were not born in Portugal reveals a positive evolution in understanding, reading, writing, and speaking.

To understand the evolution of the level of knowledge of the Portuguese language by people who were not born in Portugal and spoke at least one foreign language until the age of 15, they were also asked to evaluate their current level of knowledge of Portuguese language.

The positive evolution reported is notable in the four considered dimensions of knowledge of Portuguese language, with most people currently indicating that they can communicate in Portuguese.

The proportion of people who understand the Portuguese language very well or well is currently 87.2%. For reading, 83.7% report that they read very well or well, 11.2% read poorly or very poorly and 4.0% do not read at all. Regarding writing, 75.3% write very well or well, 17.9% write poorly or very poorly and 5.7% cannot write in Portuguese. In terms of speaking, 83.5% indicate that they speak Portuguese well or very well, while 14.1% speak Portuguese poorly or very poorly.

5. Experiences, perceptions, and witness of discrimination in Portugal

1.2 million people have already experienced discrimination in Portugal. People who identify as gypsy, black, or of mixed origin or belonging, as well as women, young people, more educated and unemployed, were those who more experienced discrimination.

Among the population residing in Portugal, aged between 18 and 74 years old (7.6 million), 1.2 million reports having been the target of discrimination (16.1%), with discrimination occurring *sometimes* to 7.0% and *rarely* (including once) to 5.0%. The last situation occurred more than five years ago, for 5.8% of people, and in the last year, for 5.0%.

The proportion of those who have experienced discrimination more than triples among the population that self-identifies as being of *gypsy* ethnicity (51.3%), also affecting 44.2% of the population that identifies as *black* and 40.4% of those who consider themselves to be of *mixed origin or belonging*. Only the population that self-identifies as *white* (13.9%) presents a below-average proportion of discrimination experienced.

Figure 17. **Proportion of people aged 18 to 74, by ethnic group and experience of discrimination, 2023**
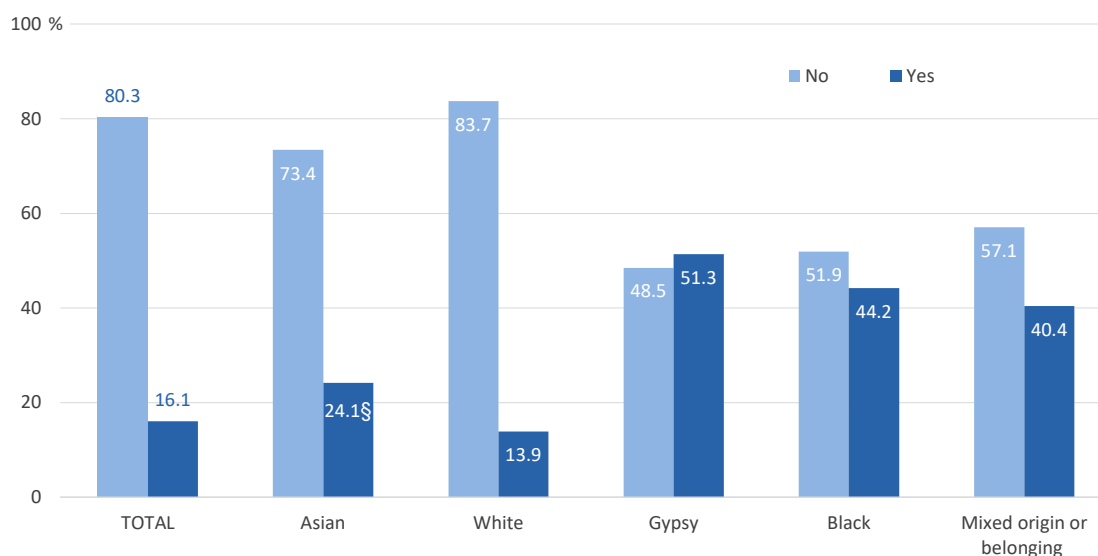
Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Note: § - Estimate with low reliability.

The phenomenon of discrimination affects women (17.5%) more than men (14.5%), as well as younger people, aged between 18 and 34 (18.9%), decreasing with age until reaching 11.4% of people aged 55 to 74. The experienced discrimination also increases with the level of education, affecting 13.6% of the population with education up to primary and lower secondary, increasing up to 18.3% for the population with tertiary education. By activity status, results show that it is the unemployed population who most report having experienced discrimination (24.9%), which compares with 16.5% of the employed population and 12.6% of the inactive population.

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There is also a notable difference between the population with an immigration background (29.2%) and those without it (13.1%). People's region of birth deepens these differences, with the population born in Portugal being the only one with a share of experienced discrimination below the national average (13.7%). Among the resident population born abroad, there is an asymmetry between those born in Northern, Southern and Western Europe (17.2%), who reveal lower proportions of experienced discrimination, and those born in other countries (24.6%), Central and Eastern Europe (26.7%), PALOP (33.0%) and Brazil (54.7%), with higher prevalences of discrimination.

When analysing the respondents' religious belonging, relevant differences are also observed in the level of experienced discrimination. Below the average is only the Catholic population (13.6%), when compared with those who declare that they do not profess any religion (19.1%), with Protestants/evangelicals (49.8%) and with those who profess other religions (31.1%).

Figure 18. **Proportion of people aged 18 to 74 who have experienced discrimination, by sex, age group, level of education, activity status, immigration background, place of birth and religion, 2023**

Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

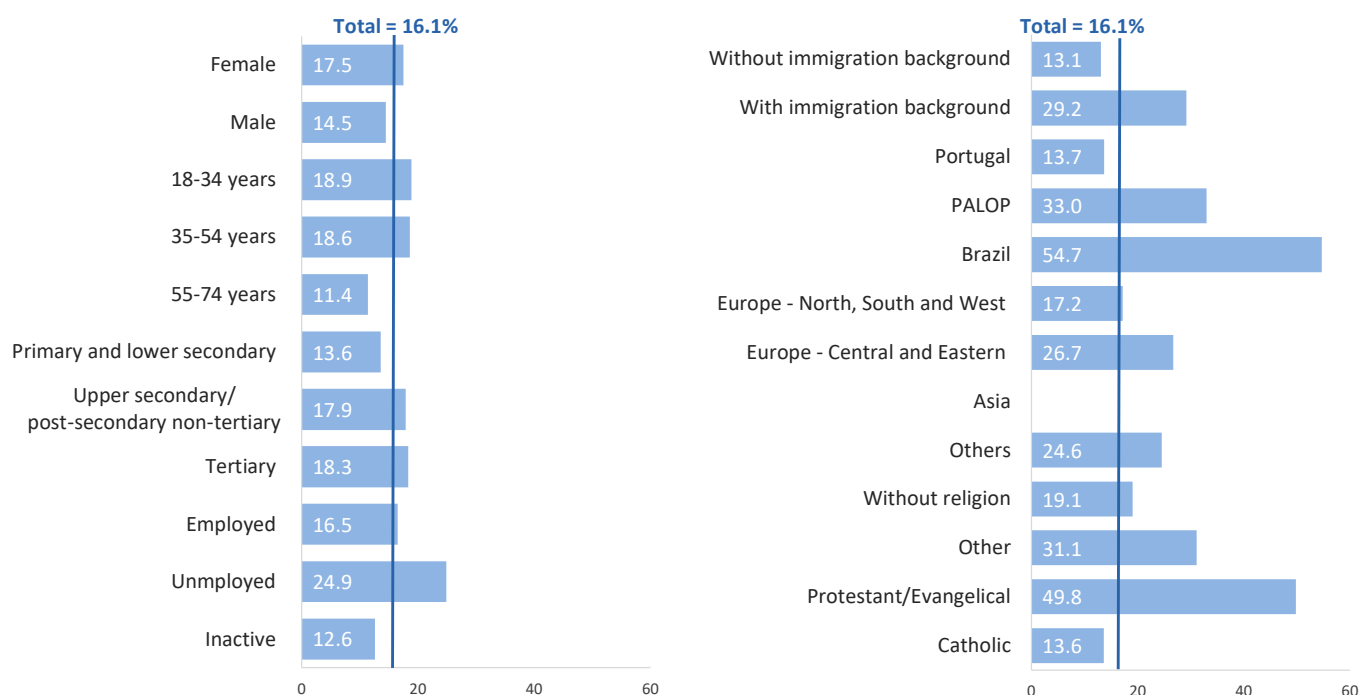**Note:** § - Estimate with low reliability. The estimate associated with the "Asia" category for the country of birth has a margin of error higher than the quality standard considered acceptable for dissemination.
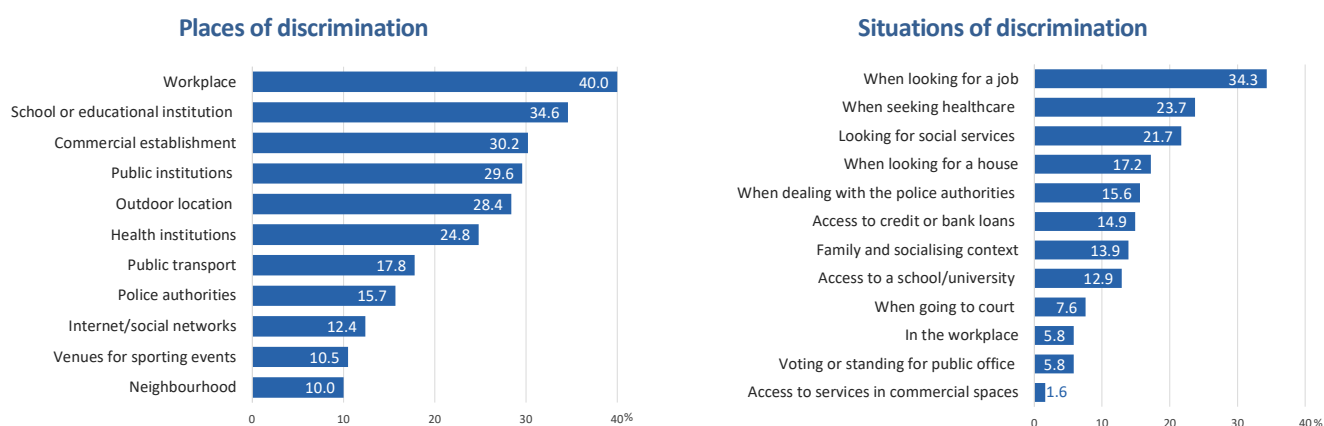
Discrimination occurred most in the workplace and at school, as well as in the search for employment and health care and social services.

When observing the contexts in which people experienced discrimination (due to any of the factors considered), a distinction is made between places (physical) and situations in which this discrimination occurred.

Regarding places, the workplace and school (or other educational or training institution) stand out as the most mentioned by people who have experienced discrimination (40.0% and 34.6%, respectively). This is followed by commercial establishments (30.2%), public institutions (29.6%), outdoor places, such as streets, parks, or beaches (28.4%) and health institutions (24.8%).

Regarding the situations in which discrimination occurred most in Portugal, the following stand out: looking for a job (34.3%), looking for health care (23.7%) and social services (21.7%), looking for a house to buy or rent (17.2%), situations in contact with police authorities (15.6%), access to credit or bank loan (14.9%) and within the family and in a context of sociability (13.9%).

Figure 19. **Proportion of people aged 18 to 74 who have experienced discrimination by places of discrimination and situations of discriminations, 2023**

Places of discrimination

Workplace	40.0
School or educational institution	34.6
Commercial establishment	30.2
Public institutions	29.6
Outdoor location	28.4
Health institutions	24.8
Public transport	17.8
Police authorities	15.7
Internet/social networks	12.4
Venues for sporting events	10.5
Neighbourhood	10.0

Situations of discrimination

When looking for a job	34.3
When seeking healthcare	23.7
Looking for social services	21.7
When looking for a house	17.2
When dealing with the police authorities	15.6
Access to credit or bank loans	14.9
Family and socialising context	13.9
Access to a school/university	12.9
When going to court	7.6
In the workplace	5.8
Voting or standing for public office	5.8
Access to services in commercial spaces	1.6

Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Only 8.8% of people who experienced discrimination reported the situation to the authorities. More than half of those who did not report considered that nothing would change with the report.

Regarding contact with authorities following the situations of experienced discrimination, it appears that only 8.8% of those who experienced these situations did so. For these, this happened mainly through reporting to the police authorities (62.8%) and the Public Prosecutor's Office or other legal services (16.2%).

The reasons given for not reporting the situations of experienced discrimination were, above all, the perception that nothing would change if they did so (reason given by 46.5% of people), followed by the idea that it was an

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unimportant episode (22.2%). 15.9% dealt with the problem alone or with family and friends, with 14.7% not wanting to cause problems.

Economic situation, territory of origin, sex, age, and education on the basis of the experienced discrimination.
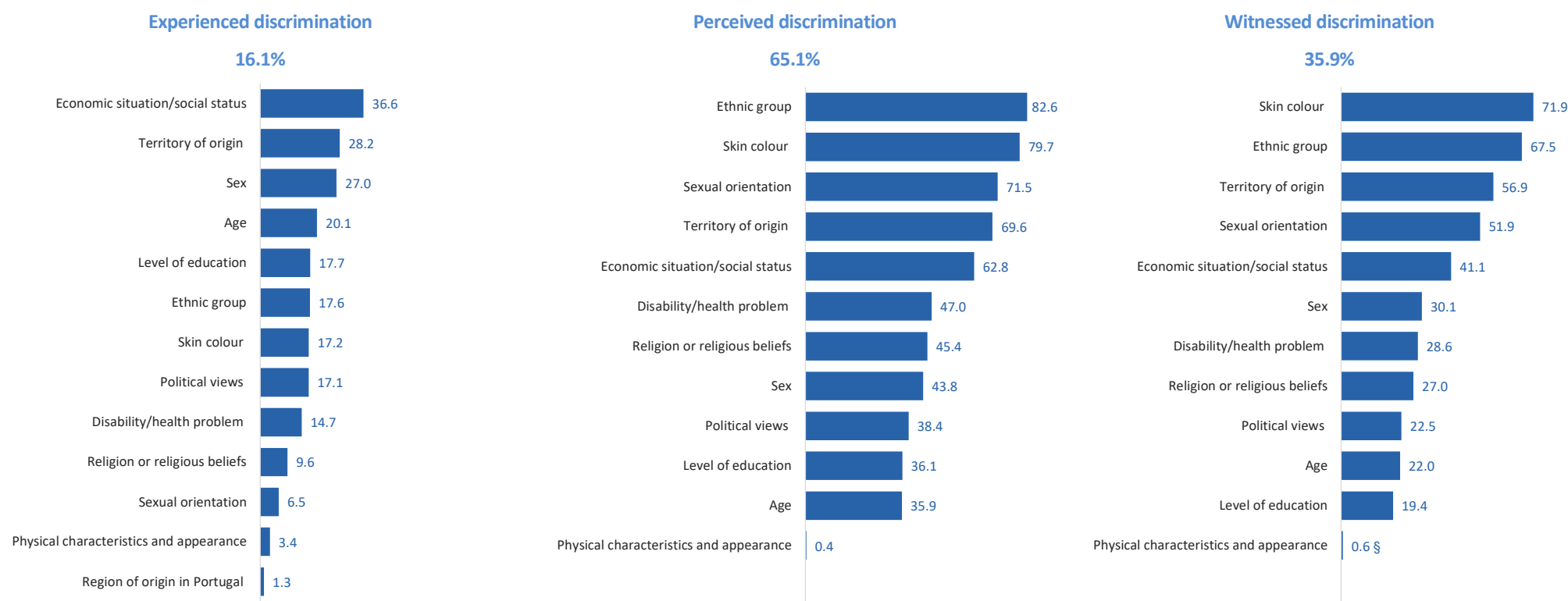
Factors related to people's demographic characteristics were the most pointed out as being at the basis of the experienced discrimination: economic situation/social condition (in 36.6% of cases), territory of origin (28.2%), sex (27.0%), age (20.1%), and level of education (17.7%). A second group of more prevalent factors are those related to alterity (*quality of what is other or different*): ethnic group (17.6%) and skin colour (17.2%).

Almost two thirds of people consider discrimination exists in Portugal and around a third have witnessed situations of discrimination. Ethnic group, skin colour, sexual orientation and territory of origin constitute the most relevant factors in perceived and witnessed discrimination.

In comparison with the experienced discrimination, when asked about their perception of the existence of discrimination in Portugal, it appears that almost five million people (65.1%) report that there are situations of discrimination in the country. The factors identified as being at the basis of this discrimination differ from those identified as responsible for the experienced discrimination. In terms of perceived discrimination, the following factors stand out: ethnic group (82.6%), skin colour (79.7%), sexual orientation (71.5%) and territory of origin (69.6%).

More than a third of people (35.9%) have witnessed situations of discrimination in Portugal. Of these, a large proportion also mention skin colour (71.9%) and ethnic group (67.5%) as the factors that were behind the discrimination they witnessed, followed by discrimination based on the territory of origin (56.9%) and sexual orientation (51.9%).

Figure 20. Proportion of people aged 18 to 74 who have experienced discrimination (*experienced discrimination*), who consider there to be discrimination in Portugal (*perceived discrimination*) and who have witnessed discrimination in Portugal (*witnessed discrimination*), by reasons for discrimination, 2023

Experienced discrimination

16.1%

Reason	Value
Economic situation/social status	36.6
Territory of origin	28.2
Sex	27.0
Age	20.1
Level of education	17.7
Ethnic group	17.6
Skin colour	17.2
Political views	17.1
Disability/health problem	14.7
Religion or religious beliefs	9.6
Sexual orientation	6.5
Physical characteristics and appearance	3.4
Region of origin in Portugal	1.3

Perceived discrimination

65.1%

Reason	Value
Ethnic group	82.6
Skin colour	79.7
Sexual orientation	71.5
Territory of origin	69.6
Economic situation/social status	62.8
Disability/health problem	47.0
Religion or religious beliefs	45.4
Sex	43.8
Political views	38.4
Level of education	36.1
Age	35.9
Physical characteristics and appearance	0.4

Witnessed discrimination

35.9%

Reason	Value
Skin colour	71.9
Ethnic group	67.5
Territory of origin	56.9
Sexual orientation	51.9
Economic situation/social status	41.1
Sex	30.1
Disability/health problem	28.6
Religion or religious beliefs	27.0
Political views	22.5
Age	22.0
Level of education	19.4
Physical characteristics and appearance	0.6 §

Source: Statistics Portugal, Survey on Living Conditions, Origins and Trajectories of the Resident Population, 2023.

Note: § - Estimate with low reliability.

METHODOLOGICAL NOTE

The Survey on Living Conditions, Origins and Trajectories of the Resident Population in Portugal (ICOT), carried out in 2023, aims to measure and characterise each of the ethnic groups with which the resident population in Portugal identifies. The main objective is to understand how people self-identify and how they report and interpret their origins, to understand and combat discrimination and inequalities in various areas. The aim is to contribute to the Portuguese statistical system having official data on the origin and ethnicity of the population living in Portugal, and their characterisation.

The question of ethnic self-identification observed in the ICOT started with a first proposal, defined by the 2021 Census Working Group (WG) - Ethnic-Racial Issues (Statistics Portugal, 2019, "Summary of the Work of the 2021 Census Working Group (WG) - Ethnic-Racial Issues", Order no. 7363/2018), to include the question in the 2021 Census. Following the recommendation of the 2021 Census Standing Section of the Statistical Council not to include the question on ethnicity in the 2021 Census and the evaluation of an alternative solution that would allow the ethnic composition of the Portuguese population to be characterised, Statistics Portugal conducted an alternative survey with a more comprehensive analytical potential to learn about the origins, trajectories and objective living conditions of the resident population in Portugal: the ICOT.

Battling racism and ethnic discrimination, as well as obtaining data and knowledge about this issue to produce and support the definition of public policies, is a priority for the European Commission, expressed in the European Union Action Plan against Racism 2020-2025. At national level, the Working Group for Preventing and Combating Racism and Discrimination was set up in 2020 (Order no. 309-A/2021, of 8 January). In addition, Resolution of the Assembly of the Republic no. 11/2021 recommends "carrying out studies leading to the collection of statistical information, through the body responsible for national statistics, on ethnic-racial discrimination" and Assembly of the Republic Resolution no. 16/2021 recommends drawing up and implementing a national strategy to combat racism. This operation is provided for in the National Plan to Combat Racism and Discrimination 2021-2025 (Council of Ministers Resolution 101/2021).

With this in mind, the pilot Survey on Living Conditions, Origins and Trajectories of the Resident Population, previously presented and discussed with the Working Group for Preventing and Combating Racism and Discrimination (Order no. 309-A/2021), was carried out in 2021/2022. The main aim of this pilot survey was to test the sampling design and collection methods that were most appropriate, the content and the respondents' adherence to the topics being asked about. Based on the information obtained from the results of the pilot survey, Statistics Portugal developed a proposal for a final questionnaire on the themes of origin, belonging, trajectories and discrimination to be implemented on a national scale, submitted for consultation to experts in the field of study and also presented and subject to debate in the Statistical Council - Permanent Section for Social Statistics, as well as with the High Commissioner for Migration and the Migration Observatory.

This is a multidimensional survey, which aims to characterise this diversity as much as possible and, as a result, make it possible to explore the different characteristics of the population and their experiences of discrimination in various areas. The aim is to assess living conditions in their multiple expressions, such as access to and quality of employment, health, education, housing, mobility, and socialisation networks. Belonging from an ethnic point of view is the result of self-classification and origin is analysed by the place of birth of the respondent and their ancestors, up to the third generation.

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The ICOT is a sample survey, whose information was collected directly from the observation units - individuals aged 18 to 74 who had been residing in Portugal for at least a year (or whose intention was to live there for at least a year) - using a mixed collection method, CAPI (Computer-Assisted Personal Interview), CATI (Computer-Assisted Telephone Interview), and CAWI (Computer-Assisted Web Interview), giving respondents the opportunity to use the method that best suits them.

The survey was carried out throughout the country, between January and August 2023, on a sample of 35,035 housing units, making it the largest sample of household surveys carried out by Statistics Portugal. Only one person was interviewed per dwelling unit, selected using the last birthday method, and 21,608 complete interviews were obtained.

The results were calibrated with reference to the annual estimates of the resident population on 31 December 2022 (based on the Census 2021).

For a more detailed analysis of the methodology followed, we suggest reading the ICOT methodological document (only in Portuguese), available at Statistics Portugal website.

MAIN CONCEPTS

Discrimination: Any distinction, exclusion, restriction, preference, or unequal treatment directly or indirectly manifested on prohibited grounds, and which nullifies or impairs the recognition or exercise, on an equal basis, of fundamental freedoms and human rights in the political, economic, social, cultural or any other field of public life.

Note: Prohibited grounds of discrimination are race, colour, sex, language, religion, political or other opinion, social origin, property, state of birth, disability, age, nationality, marital and family status, sexual orientation, gender identity, state of health, place of residence, economic and social situation, pregnancy, African descent, and other statuses.

Dual nationality: The status of a person who has two legal citizenships, the second of which is the result of a process of naturalisation and acquisition of nationality.

Note: The nationalities listed on the identification document, passport, residence permit or nationality certificate are considered.

Ethnicity: A group of people with strong ties to each other, who historically share a common cultural and linguistic unit and whose characteristics distinguish them in the society in which they live.

Nationality: Special legal link between an individual and his or her country, acquired by birth or naturalisation, following declaration, choice, marriage, or other means, in accordance with the legislation in force.

Note: A person with two or more nationalities is assigned to a single country, to be determined in the following order of precedence: 1) declaring country; 2) if the person does not have the nationality of the declaring country: another Member State of the European Union; 3) if the person does not have the nationality of another Member State of the European Union: another country outside the European Union. In cases of dual nationality, where both countries belong to the European Union, but neither is the declaring country, the Member States determine the nationality to be attributed.

Place of birth: Place of birth or place of usual residence of the mother at the time of birth. For certain statistical purposes, the mother's place of usual residence at the time of birth should be considered preferential.

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Family reunification: The right for a resident foreign national to request that family members come and join them in national territory. This includes the spouse, dependent children, children under 21 or incapacitated, adopted children, dependent ascendants, and minor siblings under guardianship.