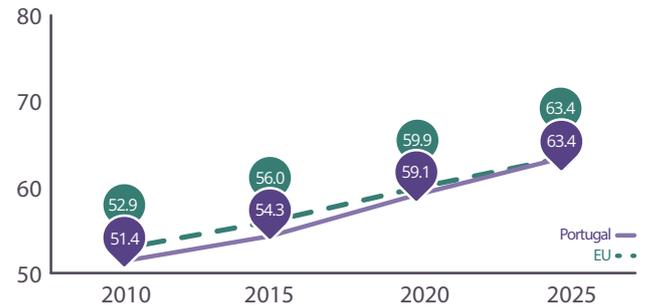


Portugal



Portugal scores 63.4 points out of 100 in the Gender Equality Index. Portugal ranks 10th in the EU. The Gender Equality Index score has increased by 9.1 points since 2015. Since 2020 it has increased by 4.3 points, mostly due to the improvement in the domain of power.¹

Portugal is improving in gender equality over time but performing lower than the EU. The scores show that the distance from the EU average is reducing.



¹ The Gender Equality Index has been reviewed in 2025 (see About the Index below). The domain of time is calculated with the 2024 EIGE CARE survey. Index 2025 uses 2024 data for the most part and traces progress from a short-term (2020-2024) and longer-term (2015-2024) perspective. Greece and Romania have the same scores. Their position in the ranking is determined statistically based on the second decimal place of the Index score.

Best performance

Portugal achieves its highest ranking (6th) among domains in the domain of work, with a score of 74.9 points. This result is primarily due to the 5th position held in participation subdomain (89.9 points).

Most room for improvement

The **most room for improvement** lies in the domain of health, in which Portugal ranks 23rd in the EU, with a score of 80.6 points. This performance is mainly driven by health status (last position in the EU, 79.4 points). However, the lowest score recorded in Portugal is in the domain of power (36.8 points, 13th).

Biggest improvement

The **biggest improvement** for Portugal has occurred in the domain of power, where the score has increased by 11.2 points since 2020. This change is the result of improvements in economic power (+ 17.1 points) and social power (+ 10.0 points).

A step backwards

Both the domain of knowledge and domain of money recorded **a step backwards** in score (– 1.3 and –1.0 points respectively) since 2020. The decline in the domain of knowledge is largely driven by a drop in attainment and participation (– 3.2 points). In the domain of money, the decrease is mainly explained by a worsening in the economic situation (– 3.3 points).

Explore Portugal's Index results

	2010	2015	2020	2025	Change since 2015	Change since 2020
Index	51.4	54.3	59.1	63.4	9.1	4.3
Work	72.5	68.8	71.9	74.9	6.1	3.0
Participation	84.6	87.3	88.8	89.9	2.6	1.1
Segregation and quality of work	62.1	54.2	58.2	62.4	8.2	4.2
Money	73.6	75.7	80.9	79.9	4.2	-1.0
Financial resources	71.9	73.2	78.3	79.5	6.3	1.2
Economic situation	75.3	78.2	83.7	80.4	2.2	-3.3
Knowledge	57.1	57.1	56.8	55.5	-1.6	-1.3
Attainment and participation	73.9	70.5	71.7	68.5	-2.0	-3.2
Segregation	44.1	46.2	44.9	45.0	-1.2	0.1
Time	72.5	72.5	67.0	67.0	-5.5	0.0
Care activities	63.8	63.8	54.5	54.5	-9.3	0.0
Social activities	82.4	82.4	82.4	82.4	0.0	0.0
Power	12.4	17.1	25.6	36.8	19.7	11.2
Political	27.7	31.3	50.4	50.3	19.0	-0.1
Economic	5.1	12.0	30.3	47.4	35.4	17.1
Social	13.3	13.3	11.0	21.0	7.7	10.0
Health	76.6	75.9	79.6	80.6	4.7	1.0
Status	73.7	72.4	77.6	79.4	7.0	1.8
Behaviour	79.5	79.5	81.8	81.8	2.3	0.0

Explore Portugal's performance by indicator

		Portugal		EU	
		Women	Men	Women	Men
Work					
Participation	Full-time equivalent employment rate (% , 15-89, 2023) ¹	52	61	44	59
	Duration of working life (years, 15+ population, 2024)	38	40	35	39
Segregation and quality of work	ICT specialists (% , 15-74, 2024)	23	77	20	81
	Managerial positions (% , 15-74, 2024)	38	62	35	65
	Low paid workers (% , 16+, 2024)	16	10	28	16
Money					
Financial resources	Median earnings (PPS, 18-64 employed population, 2024)	15693	19093	23000	29960
	Gender pension gap (65+, %, 2024)		23		25
Economic situation	Median partner earnings ratio (18-64, %, 2024) ²	80	130	70	152
	In-work poverty of adults in single or single-parent households (% , 16+ employed population, 2024)	15	16	16	13
Knowledge					
Attainment and participation	Graduates of tertiary education (% , 30-34, 2024)	50	34	50	39
	Graduates in IVET (Initial vocational education and training) (% , 25-34, 2024)	17	24	27	34
Segregation	Graduated in tertiary education in EHW (Education, Health and Welfare, Humanities and Art (tertiary students) (% , 2023)	74	26	75	25
	Graduated in tertiary education in STEM (Science, Technology, Engineering and Mathematics) (% , 2023)	36	64	34	66
Time					
Care activities	Informal childcare (0-11) for more than 35 weekly hours (% , 16-74, 2024)	28	14	41	20
	Informal long-term care for more than 20 hours per week (% , 45-64, 2019)	32	16	20	13
	Housework chores every day (% , 16-74, 2024)	66	44	59	33
Social activities	Hours spent on leisure activities per week (% , 16-74, 2024)	21	31	30	43
	Voluntary, charitable or political activities at least once per week (% , 16-74, 2024)	10	10	13	17
Power					
Political	Share of ministers (% , 2024)	38	62	35	65
	Share of members of parliament (% , 2024)	35	65	33	67
	Share of members of regional assemblies/local municipalities (% , 2024) ³	35	65	32	68
Economic	Share of members of boards in largest quoted companies (% , 2024)	35	65	34	66
Social	Share of members of highest decision making body of the national Olympic most popular sport organisations (% , 2024)	19	81	23	77
Health					
Status	Self-perceived health, good or very good (% , 16+, 2024)	50	58	66	71
	Healthy life years at 65 in percentage of the total life expectancy (% , 65+, 2023)	34	48	44	50
Behaviour	People who don't smoke and are not involved in harmful drinking (% , 16+ population, 2019)	83	62	73	56
	People doing physical activities and/or consuming fruits and vegetables (% , 16+ population, 2019)	26	30	38	43

EU-LFS, EU-SILC, European Health Interview Survey (EHIS), Eurostat health statistics, EIGE's CARE survey, EIGE, Gender Statistics Database, WMID.

¹ FTE employment rate measures employed persons in a comparable way, even though they may work a different number of hours per week.

² Median of the annual earnings expressed as a percentage of a partner's earnings for coupled women and men in employment and in working age.

³ Share of members in local municipalities for BG, EE, IE, CY, LT, LU, MT, SI.

Employment rates increased equally

In Portugal, the full-time equivalent (FTE) employment rate¹ stands at 52 % for women and 61 % for men. These figures increased by the same extent over the last decade (+ 9 percentage points). The lowest FTE employment rates are found among low educated people and couples without children. The widest gender gap stands among people with low levels of education.

Segregation in labour market declined

The share of women among ICT specialists reaches 23 %, after an increase of 5 percentage points over the past decade. Women account for 38 % of manager positions, due to a rise of 5 percentage points in the same period.

Employed women with low income decreased

The percentage of low-paid women² is 16 %, compared to 10 % of men. Although the gender disparity persists, the share of women has decreased significantly since 2015 (– 5 percentage points) – resulting in a smaller gender gap.

Earnings ratio in couples decreased both for women and men

Women in couples earn on average the 80 % of their partner's earnings, while men earn 30 % more than their partner. Since 2015, both ratios have declined, but the overall gap has remained largely unchanged. The disparity is particularly pronounced among couples with children and those aged 25–49.

The risk of in-work poverty has reversed for women and men

In Portugal, 15 % of working women are at risk of poverty³. The percentage for men is 16 %. These figures are the result of a decrease for women and an increase for men. In 2015, the percentages were 18 % for women and 13 % for men.

Gender segregation in education persists

In Portugal, nearly three out of four graduates in EHW fields (Education, Health and Welfare, Humanities, and the Arts) are women. By contrast, less than two out of three STEM graduates (Science, Technology, Engineering and Mathematics) are men. Since 2015, women's share has declined in both areas of study.

Women spend more time than men on childcare and housework

In Portugal, 28 % of women and 14 % of men spend more than five hours a day caring for children aged 0–11. Regarding household tasks, 66 % of women perform them daily, compared with 44 % of men. The largest disparities are seen among older individuals and couples with children.

¹ The FTE employment rate measures working hours comparatively, even though people may work different numbers of hours per week.

² Percentage of employed population receiving two thirds or less of the national median employee income, which covers gross employee cash or near cash income, gross non-cash employee income and employers' social insurance contributions.

³ In-work at-risk-of-poverty is the percentage of employed persons who are at risk of poverty, meaning that their disposable household income (after social transfers) is below 60 % of the national median equivalised disposable income.

Women are more likely to do childcare and housework activities

In Portugal, 28 % of women and 14 % of men spend more than five hours a day caring for children aged 0–11. Regarding household tasks, 66 % of women perform them daily, compared with 44 % of men. The largest disparities are seen among older individuals and couples with children.

Gender equality in voluntary, charitable or political activities

The share of persons who spend at least one day per week volunteering or doing charitable or political activity is the same for women and men, 10 %.

Mixed changes in politic representation

Women account for 38 % of ministers – a rise of 3 percentage points since 2023. In parliament, women make up 35 % of seats (– 2 percentage points since 2023). In the regional assemblies their presence is 35 % of members (– 3 percentage points since 2023).

Portugal has implemented gender quotas for parliamentary candidates, requiring that each gender represent at least **40 %** of the candidates.

Small improvement in women’s presence among companies’ boards

The presence of women on the boards of the largest listed companies stands at 35 %, following a slight improvement since 2023 (+ 1 percentage point).

Portugal adopted gender quotas for the boards of listed quoted companies requiring at least **33 %** of the under-represented sex in boards.

The representation of women in major sporting organisations is rising

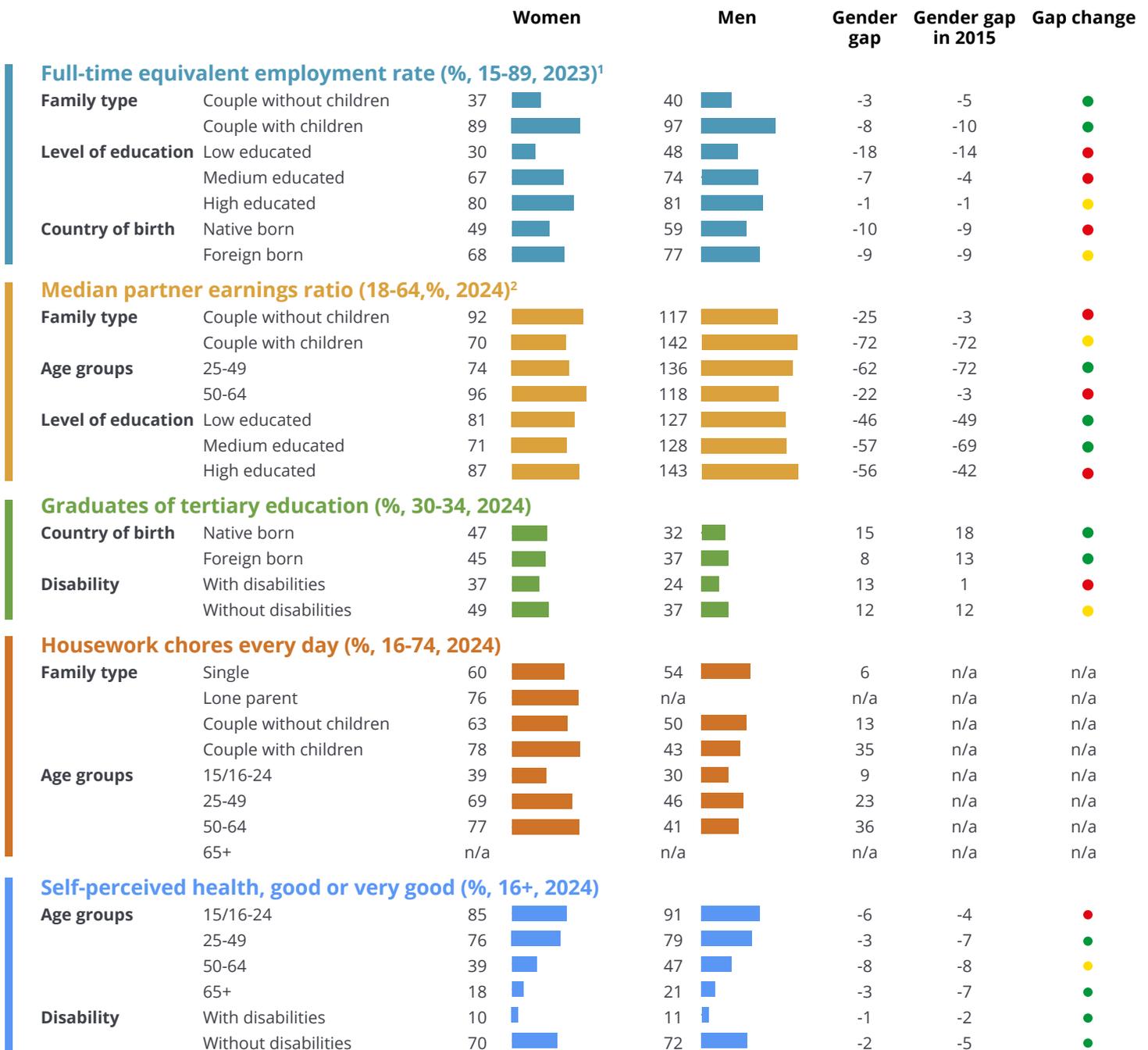
Women now make up 19 % of the highest decision-making bodies in the country’s most popular national Olympic sport organisations, an increase of 2 percentage points since 2023.

Self-perceived health reaches gender equality

The percentage of women rating their health as ‘good’ or ‘very good’ is 50 %, and 58 % for men. These are among the lowest levels of self-perceived health in the EU. Gender equality slightly improved, as women’s portions have increased more than men’s since 2020. Lowest levels of self-perceived health are recorded among people with disabilities and older generations.

Women aged 65 are expected to spend 34 % of their remaining life in good health, compared to 48 % for men. This share slightly increased both for women and men since 2020.

Explore intersecting inequalities



● gender gap decreased (< -1 p.p.) ● no change (gender gap increases/decreases between -1 and 1 p.p.) ● gender gap increased (> 1 p.p.)

Eurostat (European Union Labour Force Survey, European Union Statistics on Income and Living Conditions), EIGE CARE survey.

¹ FTE employment rate measures employed persons in a comparable way, even though they may work a different number of hours per week. Family type is based on the relationships between the members of households. Children are only those economically dependent household members (i.e. aged below 18).

² Median of the annual earnings expressed as a percentage of a partner's earnings for coupled women and men in employment and in working age.

Violence against women

Violence against women is one of the additional domains of the Gender Equality Index. The 2024 edition of the composite indicator on violence against women is calculated on the basis of the EU-GBV survey on violence against women. The 2024 composite measure scores are not fully comparable with scores calculated in 2017.

Due to data limitations, the composite measure of violence could not be calculated for Portugal, but data can be found at indicator level, when available.¹

- In Portugal, 20 % of women have experienced physical and/or sexual violence since the age of 15. This is 11 percentage points lower than the EU-27 average (31 %).
- Some 53 % of women have experienced health consequences of physical and/or sexual violence since the age of 15.
- Around 34 % of women who have experienced physical or sexual violence by any perpetrator in the past 12 months have not told anyone.

The **Istanbul Convention** is the most comprehensive international human rights treaty on preventing and combatting violence against women and domestic violence.

Portugal signed the Istanbul Convention in May 2011 and ratified it in February 2013. The treaty entered into force in Portugal in August 2014.

The European Council approved the EU's accession to the Istanbul Convention on 1 June 2023.

¹ More information can be found in the report 'Gender Equality Index 2024. Tackling violence against women, tackling gender inequalities'.

Violence against women

	Portugal Women	EU Women
Physical and/or sexual violence		
1 Women having experienced physical and/or sexual violence by any perpetrator since age 15 (% , 18-74, 2021)	20	31 e
18-29	22	35 e
30-44	24	35 e
45-64	18	31 e
65-74	15	24 e
severe limitations	28	46 e
limited but not severely or not limited at all	20	30 e
some	25	40 e
some or severe	26	41 e
no limitations	17	28 e
intimate partner violence	10	18 e
non-partner violence	13	20 e
2 Women having experienced physical and/or sexual violence by any perpetrator in the past 12 months (% , 18-74, 2021)	2	3 e
Femicide		
3 Women victims of intentional homicide by intimate partner or family member, rate per 100 000 inhabitants (2022)	:	:
family member	:	:
current or former partner	:	:
Health consequences of violence and multiple victimisation		
4 Women having experienced health consequences of physical and/or sexual violence since the age of 15 (% , 18-74, 2021)	53	57 e
intimate partner violence	66	72 e
non-partner violence	40	37 e
5 Women having experienced health consequences of physical and/or sexual violence in the past 12 months (% , 18-74, 2021)	:	37 e
6 Women having experienced physical and/or sexual violence from one or several types of perpetrators (non-partner, current partner or former partner) (% , 18-74, 2021)	20	31 e
Disclosure of violence to institutions or to anyone else		
7 Women having experienced physical and/or sexual violence in the past 12 months and have not told anyone (% , 18-74, 2021)	34	31 e
intimate partner violence	46 u	31 e
non-partner violence	32	38 e

EU-GBV survey on violence against women (Statistics | Eurostat (europa.eu))

Italy, the data based on Victimisation survey 2022-2023 (Le molestie: vittime e contesto – Anno 2022-2023 – Istat); women aged 18-70.

Femicide, Eurostat (crim_hom_vrel)

e: EIGE's estimation

u: low reliability (estimate is based on 20 to 49 sample observations or if non-response for the item concerned exceeds 20% and is lower or equal to 50%)

d: definition differs

: not available

Gender stereotypes in Portugal

The Gender Equality Index 2025 present data on gender stereotypes across the EU and key findings alongside public perceptions of gender roles in each domain. The data shows how deeply engrained gender norms continue to influence our daily lives, choices and opportunities.

	Portugal		EU	
	Women	Men	Women	Men
Gender stereotypes				
1 Men earn more than women because their jobs are more demanding (% , 15+, 2024) <i>Tend to agree or totally agree</i>	47	47	36	45
2 If childcare services are not available, mothers should stay at home with the child and fathers should prioritise their job (% , 16-74, 2024) <i>Agree or strongly agree</i>	33	39	33	42
3 A man's most important role is to earn money (% , 15+, 2024) <i>Tend to agree or totally agree</i>	36	44	40	45
4 Women should make most of the decisions on how to run a household (% , 16-74, 2024) <i>Agree or strongly agree</i>	26	25	36	38
5 A university education is more important for a boy than for a girl (% , 15+, 2017/22)¹ <i>Disagree or strongly disagree</i>	93	89	92	88
6 Women and men are treated in the same way at school / university (% , 15+, 2024) <i>Agree</i>	74	64	66	69
7 It is good for family wellbeing when fathers and mothers equally share parental leave (% , 16-74, 2024) <i>Agree or strongly agree</i>	89	83	82	78
8 Overall, men are naturally less competent than women to perform household tasks (% , 15+, 2024) <i>Tend to agree or totally agree</i>	62	52	49	48
9 Men are more ambitious than women in politics (% , 15+, 2024) <i>Tend to agree or totally agree</i>	59	56	46	48
10 Soft skills often attributed to women are important for being a good leader (% , 15+, 2024) <i>Tend to agree or totally agree</i>	81	80	65	61
11 Men are better treated by medical staff (% , 15+, 2024) <i>Agree</i>	12	6	22	16
12 Women and men are treated in the same way by medical staff (% , 15+, 2024) <i>Agree</i>	84	86	67	70
13 A man controlling his wife's finance is acceptable (% , 18+, 2024) <i>Acceptable</i>	20	35	26	46
14 If women share intimate pictures of themselves with someone, they are at least partially responsible if the image is shared online without their consent (% , 18+, 2024) <i>Tend to agree or totally agree</i>	51	57	42	45

Special Eurobarometer 545 on Gender Stereotypes
 EIGE' CARE survey II
 2017-2022 European Value Study 5, World Value Survey 7
 Flash Eurobarometer 544 on Gender Stereotypes - Violence against women

e: EIGE's estimation

u: low reliability (estimate is based on 20 to 49 sample observations or if non-response for the item concerned exceeds 20% and is lower or equal to 50%)

d: definition differs

: not available

EIGE's calculations, based on microdata

¹ 23 European countries out of 27 answered the question.

Nearly half of women and men accept that men earn more

Around 47 % of women and men think that men earn more than women because their jobs are more demanding. While the percentage for men is in line with EU levels, the portion of women is far above the EU average for them. The share of people who agrees with this view is particularly high among older people.

Women are naturally more competent than men to run the household

More than three out of five women think that men are naturally less competent than women to lead the household. The number of men who share with this view reaches more than a half of them. This belief is more common among older generations.

Victim-blaming over online image sharing persists

In Portugal, 51 % of women and 57 % of men believe that a woman is partially responsible if her intimate images are shared without her consent. These percentages are higher among older age groups, but the share of young men who share this view is also significant.

About the Index

The Gender Equality Index, first launched in 2013, has become a cornerstone of gender monitoring in the European Union. More than a decade has passed since its first release and during this time, it has served as a valuable tool for benchmarking progress, identifying persistent gaps and supporting evidence-based policymaking across Member States. In 2025, the Index underwent a comprehensive review to strengthen its alignment with current EU policy priorities, integrate new data and update its methodology.

The Gender Equality Index measures gender gaps between women and men in six core domains – work, money, knowledge, time, power and health – and is composed of 27 indicators. Scores range from 0 to 100, where 0 reflects complete gender inequality and 100 represents full equality.

Two additional domains are included in the Index, but do not impact a country's final score. The domain of intersecting inequalities highlights how gender inequalities manifest in combination with age, disability, education, family type and migrant background (based on the country of birth). The domain of violence against women measures, monitors and analyses the most common and widely criminalised forms of violence against women across the EU.

Given the changes introduced to the Index, the entire time series has been reconstructed, applying the updated methodology to past years to ensure full comparability over time. Each indicator has been recalculated annually using the most recent data available for that specific year. As a result, the Index time series have been updated and the time series published up to 2024 will no longer be used. This revision preserves the accuracy of historical data while allowing consistent trend analysis under the new methodology.

The European Institute for Gender Equality (EIGE) is the EU knowledge centre on gender equality. EIGE supports policymakers and all relevant institutions in their effort to make equality between women and men a reality for all Europeans by providing them with specific expertise and comparable and reliable data on gender equality in Europe.

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