

5 November 2025
 EMPLOYMENT STATISTICS
 3rd quarter of 2025

THE UNEMPLOYMENT RATE STOOD AT 5.8%

In the 3rd quarter of 2025, the employed population (5,332.1 thousand people) increased by 1.6% (83.8 thousand) from the previous quarter and by 3.7% (191.2 thousand) from one year before.

The share of the employed population who has teleworked, that is who has worked from home using information and communication technologies, was 19.4% (1,036.4 thousand people), 1.5 percentage points (pp) less than in the 2nd quarter of 2025 and 0.2 pp more than in the 3rd quarter of 2024.

The unemployed population, estimated at 326.6 thousand people, has decreased by 0.9% (2.9 thousand) from the previous quarter and by 2.4% (8.1 thousand) from a year earlier.

The unemployment rate stood at 5.8%, down 0.1 pp from the previous quarter and down 0.3 pp from the 3rd quarter of 2024.

The labour underutilisation covered 573.9 thousand people, a value practically identical to the previous quarter and lower by 2.0% (11.5 thousand) from a year before. The labour underutilisation rate (9.9%) was down in the quarterly (0.2 pp) and in the year-on-year (0.5 pp) comparison.

The inactive population aged 16 and over (3,703.6 thousand) has decreased by 1.3% (49.4 thousand) from the previous quarter and by 1.1% (39.5 thousand) in the year-on-year comparison.

1. THE LABOUR FORCE (ACTIVE POPULATION)

The results of the Labour Force Survey for the 3rd quarter of 2025 show that the labour force (active population), estimated at 5,658.7 thousand people, has increased by 1.5% (80.9 thousand people) from the previous quarter and by 3.3% (183.1 thousand) from the same quarter of 2024.

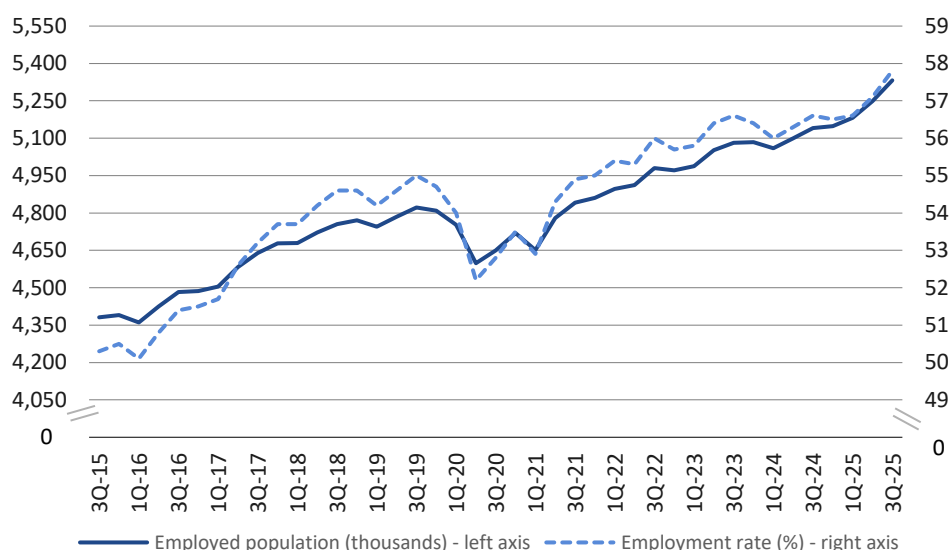
This translated into an activity rate of the working age population (those aged 16 to 89) of 61.4%, up 0.7 percentage points (pp) from the preceding quarter and 1.1 pp from one year earlier.

2. EMPLOYED POPULATION

In the 3rd quarter of 2025, the employed population stood at 5,332.1 thousand people, reaching the highest value of the data series started in 2011, having increased by 1.6% (83.8 thousand) from the previous quarter and by 3.7% (191.2 thousand) from one year earlier. The corresponding employment rate stood at 57.8%, increasing by 0.7 pp from the 2nd quarter of 2025 and by 1.2 pp from the 3rd quarter of 2024.

Figure 1

EMPLOYED POPULATION AND EMPLOYMENT RATE



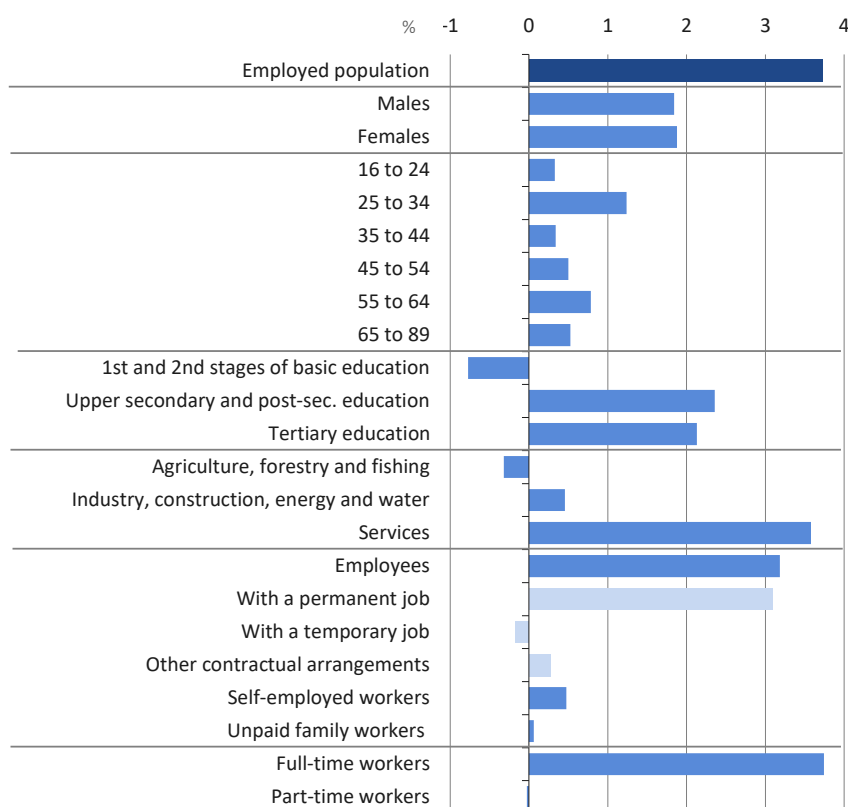
The year-on-year change of the employed population (Figure 2) was mainly due to the increases in the following population groups: men (94.6 thousand; 3.6%) and women (96.5 thousand; 3.8%); people aged 25 to 34 (63.6 thousand; 6.4%); with upper secondary and post-secondary education (121.1 thousand; 7.1%) and tertiary education (109.5 thousand; 6.3%); employed in the services sector (184.0 thousand; 4.9%), namely in the sections of economic activity G (Wholesale and retail trade; repair of motor vehicles and motorcycles), H (Transportation and storage) and I (Accommodation and food services activities), whose increase (56.0 thousand; 4.2%) accounted for 30.4% of the sector change; employees (163.7 thousand; 3.8%), with a permanent job (158.8 thousand; 4.3%); and working full-time (192.4 thousand; 4.1%).

Considering the total employed population, 20.1% (1,072.6 thousand) reported having worked from home in the 3rd quarter of 2025.¹ Among those who worked at home, 26.0% (278.8 thousand) did so always, 38.5%

¹ These indicators were computed from the data collected in the Labour Force Survey module on 'Working from home'. Other indicators related to this subject are available in the Excel tables published together with this Press Release.

(413.3 thousand) did so regularly through a hybrid working model that combines face-to-face work and work at home, 15.2% (163.4 thousand) worked from home on occasion, and 20.2% (217.1 thousand) did so outside working hours. In absolute terms, it was in the hybrid working group that the largest quarter-on-quarter change occurred (64.9 thousand fewer people) as well as the highest year-on-year change (35.6 thousand more people).

Figure 2

CONTRIBUTIONS TO THE YEAR-ON-YEAR RATE OF CHANGE OF THE EMPLOYED POPULATION IN THE 3RD QUARTER OF 2025

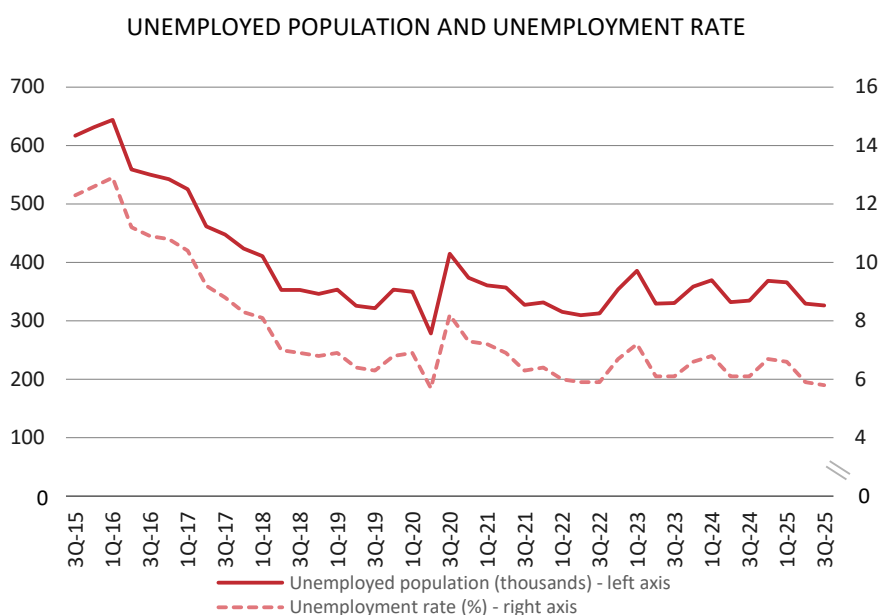
Among those in hybrid work, the most common model was the one that combines a few days a week at home in every week (77.9%; 322.0 thousand), being also the one that had the largest quarterly (33.5 thousand fewer people) and year-on-year change (35.3 thousand more people). Employed persons in a hybrid working model worked at home on average three days a week.

Also, among those working at home, 96.6% (1,036.4 thousand) have teleworked, that is, they have used information and communication technologies (ICT) to perform their jobs from home. This work practice covered 19.4% of the total employed population, 1.5 pp less than in the previous quarter and 0.2 pp more than in the same quarter of 2024.

3. UNEMPLOYED POPULATION

In the 3rd quarter of 2025, the unemployed population (326.6 thousand people) decreased from the previous quarter (2.9 thousand; 0.9%) and from a year earlier (8.1 thousand; 2.4%).

Figure 3



The year-on-year change of the unemployed population (Figure 4) was mainly due to the decreases in the following population groups: men (6.4 thousand; 4.0%); people aged 45 to 54 (9.3 thousand; 14.1%); having completed, at most, the first or second stages of basic education (13.9 thousand; 11.4%); looking for a new job (5.4 thousand; 1.9%); and unemployed for 12 or more months (10.0 thousand; 7.8%).

In the 3rd quarter of 2025, 35.9% of the unemployed population was in this situation for 12 months or longer (long-term unemployment), down 2.4 pp from the preceding quarter and down 2.1 pp from a year earlier. This situation was most common among men (36.9%), those aged 55 to 74 (59.3%) and those who have completed, at most, the first or second stages of basic education (48.4%).

The year-on-year change of the proportion of long-term unemployment was driven by decreases in the following population groups: women (3.3 pp), those aged 45 to 54 (5.4 pp), and with tertiary education (1.7 pp).

The share of very long-term unemployment (24 months or longer) in the long-term unemployment (57.1%) has increased by 4.0 pp from the previous quarter and decreased by 2.8 pp from the same quarter of 2024.

Figure 4

CONTRIBUTIONS TO THE YEAR-ON-YEAR RATE OF CHANGE OF THE UNEMPLOYED POPULATION IN THE 3RD QUARTER OF 2025

Table 1

UNEMPLOYED POPULATION FOR 12 MONTHS OR LONGER (LONG-TERM UNEMPLOYMENT)

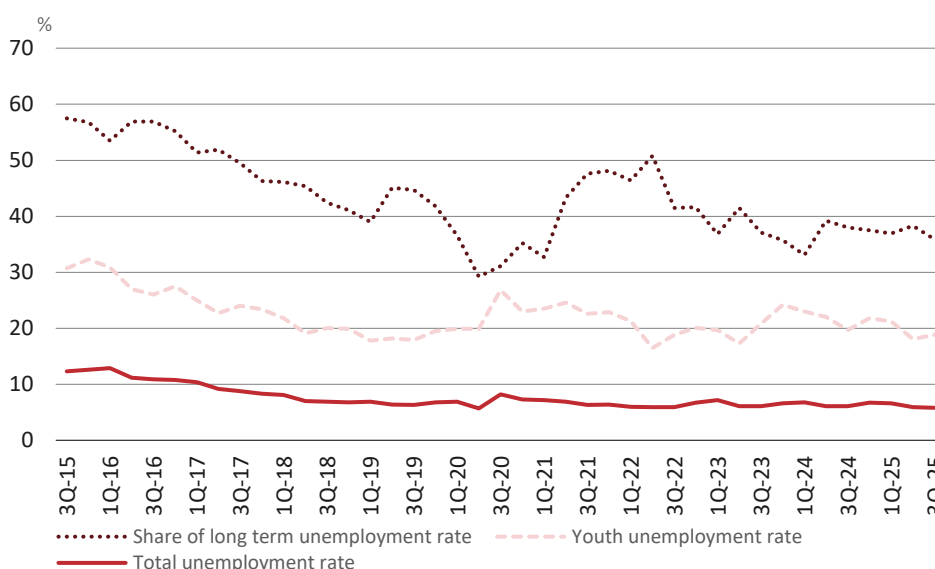
Portugal	Quarterly level			Proportion ^(a)
	3Q-2024	2Q-2025	3Q-2025	3Q-2025
	Thousands			%
Total	127.2	126.3	117.2	35.9
Males	60.2	59.0	56.6	36.9
Females	67.0	67.3	60.6	35.0
16 to 24	12.7	13.5	13.8	18.5
25 to 34	26.8	29.3	23.8	29.6
35 to 44	19.4	20.0	20.1	36.2
45 to 54	31.6	29.7	24.1	42.8
55 to 74	36.7	33.7	35.4	59.3
Lower secondary education (at most)	60.7	55.9	52.5	48.4
Upper secondary and post-secondary non-tertiary	44.8	46.4	42.6	33.9
Tertiary education	21.6	24.0	22.1	23.8
Unemployed for less than 24 months	51.0	59.2	50.3	42.9
Unemployed for 24 months or longer	76.1	67.1	66.9	57.1

Note: (a) The proportions shown, except for the last two, have been calculated considering the unemployed population. The proportions referring to the duration of long-term unemployment are based on the unemployed population for 12 months or longer.

The unemployment rate for the 3rd quarter of 2025 stood at 5.8%², decreasing from the previous quarter (0.1 pp) and from the 3rd quarter of 2024 (0.3 pp). The youth unemployment rate (16 to 24 years old) was estimated at 18.8%, up from the previous quarter (0.7 pp) and down from a year earlier (0.9 pp).

Figure 5

TOTAL AND YOUTH UNEMPLOYMENT RATE AND SHARE OF LONG-TERM UNEMPLOYMENT



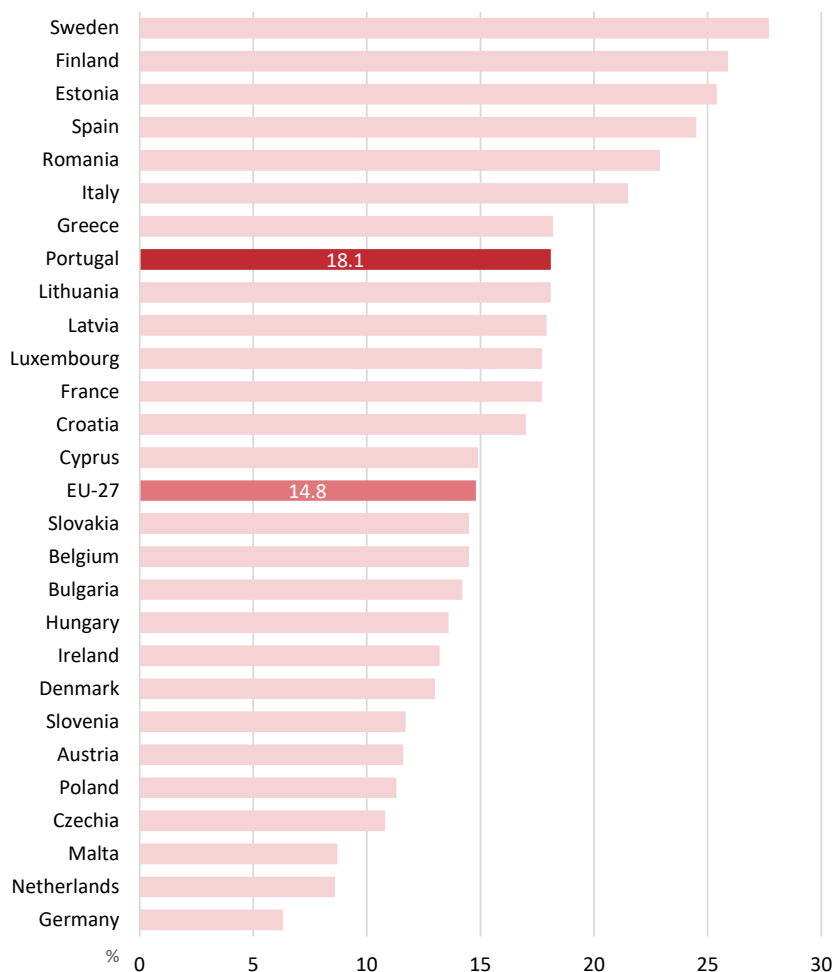
In the 2nd quarter of 2025, the youth unemployment rate in the European Union (Figure 6)³, at 27 countries, was estimated at 14.8%, 3.3 pp less than in Portugal (18.1%), which in that quarter had the eighth highest rate in the EU-27.

From the 1st quarter of 2025, the youth unemployment rate decreased by 0.4 pp in the EU-27 and by 3.1 pp in Portugal. However, a different pattern was observed from the 2nd quarter of 2024: up 0.1 pp for the EU-27 and down 3.9 pp for Portugal.

² This unemployment rate was calculated for those aged 16 to 89 (in line with the concepts in force of the International Labour Organization). The unemployment rate for the moving quarter centered in August 2025 (which corresponds to the 3rd quarter 2025), published in the Monthly Employment and Unemployment Estimates Press Release of September 2025 (disseminated on 29-10-2025), was calculated for the age subgroup of those aged 16 to 74 (as in the Eurostat News Release). This rate (not seasonally adjusted) was 5.8%.

³ The estimates for the 3rd quarter of 2025 at European Union level will be released on December 12, 2025. Their reference age group is that of 15 to 24 years old, except for Portugal, Spain and Italy, whose lower age limit is 16.

Figure 6

YOUTH UNEMPLOYMENT RATE IN THE EUROPEAN UNION IN THE 2ND QUARTER OF 2025

Source: Eurostat, Unemployment by sex and age – quarterly data [\[UNE_RT_Q\]](#).

In the 3rd quarter of 2025, the unemployment rate was higher than the national average (5.8%) in three NUTS 2 (NUTS-2024) regions (*Península de Setúbal*: 6.9%; *Grande Lisboa*: 6.2%; and *Norte*: 6.1%) and lower in the remaining six (*Região Autónoma da Madeira*: 5.3%; *Alentejo*: 5.2%; *Centro*: 5.1%; *Região Autónoma dos Açores*: 4.8%; *Oeste e Vale do Tejo*: 4.6%; and *Algarve*: 4.5%).

Compared to the previous quarter, the unemployment rate increased in three regions, with the increase of 0.9 pp in *Região Autónoma dos Açores* standing out, it remained unchanged in the *Norte*, *Centro* and *Algarve* regions, and decreased in the remaining three NUTS II regions, standing out the 1.7 pp decrease in *Península de Setúbal*.

In the year-on-year comparison, the unemployment rate remained unchanged in *Algarve*, increased by 0.6 pp in the *Grande Lisboa* region, and decreased in the remaining regions, with the largest decrease being observed in *Oeste e Vale do Tejo* (2.9 pp).

Table 2

UNEMPLOYMENT RATES BY NUTS 2 REGION (NUTS-2024)

Portugal	Quarterly level			Rate of change	
	3Q-2024	2Q-2025	3Q-2025	On year	On quarter
	%			pp	
Portugal	6.1	5.9	5.8	- 0.3	- 0.1
Norte	6.2	6.1	6.1	- 0.1	-
Centro	5.7	5.1 §	5.1 §	- 0.6	-
Oeste de Vale do Tejo	7.5 §	4.8 §	4.6 §	- 2.9	- 0.2
Grande Lisboa	5.6	6.5	6.2	0.6	- 0.3
Península de Setúbal	8.2 §	8.6 §	6.9 §	- 1.3	- 1.7
Alentejo	5.9 §	4.9 §	5.2 §	- 0.7	0.3
Algarve	4.5 §	4.5 §	4.5	-	-
Região Autónoma dos Açores	4.9 §	3.9 §	4.8 §	- 0.1	0.9
Região Autónoma da Madeira	5.7 §	4.8 §	5.3 §	- 0.4	0.5

Conventional sign: - Null or not applicable. § Value with low reliability.

4. INACTIVE POPULATION

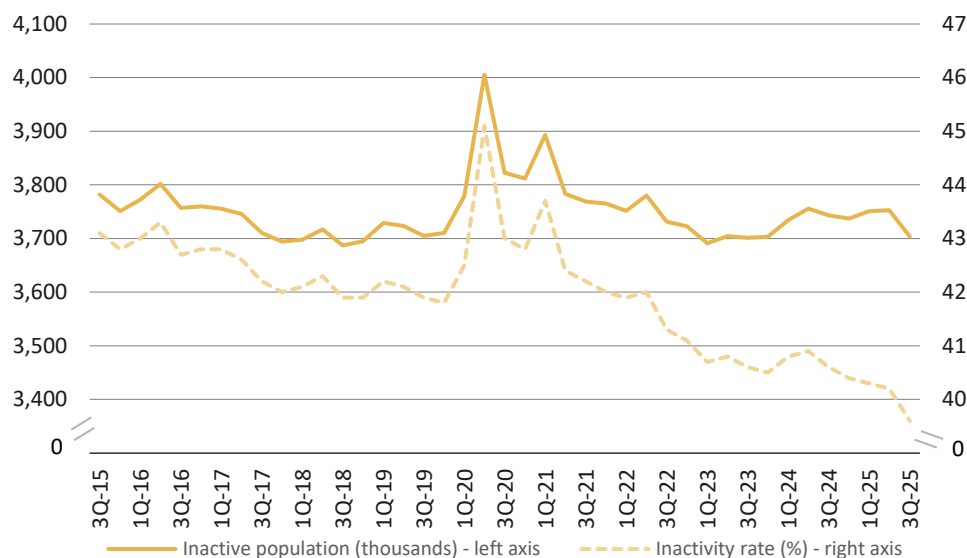
The inactive population, estimated at 5,159.8 thousand people in the 3rd quarter of 2025, decreased by 1.0% (50.5 thousand) from the previous quarter and by 0.9% (44.5 thousand) from the same quarter of 2024.

The inactive population aged 16 and over, which stood at 3,703.6 thousand people, accounted for 71.8% of the total inactive population and has decreased from the previous quarter (49.4 thousand; 1.3%) and from a year earlier (39.5 thousand; 1.1%).

The inactivity rate (aged 16 and over) stood at 39.6%, down 0.6 pp from the 2nd quarter of 2025 and down 1.0 pp from the 3rd quarter of 2024.

Figure 7

INACTIVE POPULATION (AGED 16 AND OVER)



5. SUPPLEMENTARY INDICATORS TO UNEMPLOYMENT AND THE LABOUR UNDERUTILISATION

The labour underutilisation is an indicator that aggregates the unemployed population, the underemployment of part-time workers, the inactive seeking work but not immediately available, and the inactive available but not seeking work⁴. This indicator is supplemented by its corresponding rate – the labour underutilisation rate. This indicator is a broader measure of the labour underutilisation than the unemployment rate.

In the 3rd quarter of 2025, the labour underutilisation was estimated at 573.9 thousand people, and the corresponding rate was 9.9%.

The labour underutilisation has remained practically unchanged from the 2nd quarter of 2025 and has decreased from the 3rd quarter of 2024 (11.5 thousand; 2.0%). The labour underutilisation rate was down by 0.2 pp from the previous quarter and by 0.5 pp from the same quarter of 2024.

⁴ See concepts in the Technical Note and, for a more detailed definition of these indicators, see the publication “Estatísticas do Emprego – 2.º trimestre de 2012” (only available in Portuguese) – chapter 4 (Concepts) and 6 (Theme under analysis) available at: <http://www.ine.pt/xurl/pub/143643471>.

By component, the following is observed:

- The unemployed population was estimated at 326.6 thousand people and, as previously mentioned, decreased by 0.9% (2.9 thousand) from the previous quarter and by 2.4% (8.1 thousand) from the 3rd quarter of 2024. The unemployment rate was 5.8%, down 0.1 pp from the previous quarter and 0.3 pp from the same quarter of a year earlier.
- The number of underemployed part-time workers was 114.5 thousand people, which corresponded to a quarterly decrease of 6.0% (7.3 thousand) and to a year-on-year decrease of 7.2% (8.9 thousand).
- The number of inactive persons seeking work but not immediately available stood at 33.8 thousand, up from the previous quarter (7.6 thousand; 29.2%) and practically matched value from the same quarter of 2024.
- The number of inactive persons available to work but not seeking a job covered 98.9 thousand, which corresponded to a quarterly (3.3 thousand; 3.5%) and a year-on-year (4.5 thousand; 4.8%) increases.

Table 3

LABOUR UNDERUTILISATION BY COMPONENT

Portugal	Quarterly level			Rate of change	
	3Q-2024	2Q-2025	3Q-2025	On year	On quarter
Number	Thousands			%	
Total	585.4	573.1	573.9	- 2.0	0.1
Unemployed population	334.7	329.5	326.6	- 2.4	- 0.9
Underemployed part-time workers	123.4	121.8	114.5	- 7.2	- 6.0
Persons seeking work but not immediately available	33.0	26.2	33.8	2.4	29.2
Persons available to work but not seeking	94.4	95.6	98.9	4.8	3.5
Rate	%			pp	
Unemployment rate	6.1	5.9	5.8	- 0.3	- 0.1
Labour underutilisation rate	10.4	10.1	9.9	- 0.5	- 0.2

TECHNICAL NOTE

The main purpose of the Labour Force Survey is to classify the population in terms of their participation in the labour market. It is a quarterly sample survey, addressed to all persons living in the national territory.

Most of the characteristics observed in this survey report to the situation in one pre-defined week (from Monday to Sunday), known as reference week. The reference weeks are uniformly distributed throughout the quarters and years. The interviews usually take place in the week following the reference week.

The information is obtained directly, through computer-assisted interview by using a mixed data collection mode: the initial interview is done face-to-face by an interviewer visiting the household and the other five interviews are done by telephone if certain requirements are met. However, it should be noted that, following the COVID-19 pandemic and the measures adopted by the competent authorities, Statistics Portugal has decided, between the first fortnight of March 2020 and the end of the collection of the 2nd quarter of 2022, to suspend the face-to-face collection mode, replacing it exclusively with telephone interviews. After analysing the impact of this suspension, Statistics Portugal decided to incorporate the variable "completed level of education" into the process of calibrating the individual weights of the samples for the 2nd quarter of 2020 to the 3rd quarter of 2023, in addition to the information usually used (monthly estimates of the resident population by sex, age group and region).⁵

The Labour Force Survey weights were calibrated by using the resident monthly population estimates calculated from the final results of Census 2021.

Together with this Press Release, two Excel files are published containing the analysed indicators and additional information.

Due to rounding, the totals in tables and diagrams do not always match the sum of parts.

For more detailed information consult the [Labour Force Survey methodological document](#) (only in Portuguese) available at <https://smi.ine.pt/> (tab *Documentação metodológica; tema "Labour market"*).

SOME CONCEPTS

Unemployed: person aged 16 and 74 who during the reference period met simultaneously the following situations:

- neither had a job nor was at work;
- had actively sought work, i.e. had actively searched for a paid or unpaid job during the specified period (reference period or the three previous weeks); and
- was available for a paid and unpaid job.

⁵ For more information, see the "Methodological note on the revision of the Labour Force Survey data: the context of the COVID-19 pandemic", published on 8 November 2023 together with the [Press Release "Employment Statistics – 3rd quarter of 2023"](#).



PRESS RELEASE



Employed: person aged 16 to 89 who, during the reference period, was in one of the following situations:

- worked for at least one hour for a wage or salary, in cash or in kind (including unpaid family work);
- had a formal attachment to his/her job but was not at work temporarily.
- was in early retirement but working in the reference week.

Working age resident population: Resident population aged 16 to 89.

Active: person aged 16 to 89 who, during the reference period, furnish the supply of labour force for the production of economic goods and services (was employed or unemployed).

Labour force: population formed by all active persons.

Extended labour force: corresponds to the labour force enlarged by the inactive seeking work but not immediately available and the inactive available but not seeking work.

Labour underutilisation: indicator that aggregates the unemployed population, the underemployment of part-time workers, the inactive seeking work but not immediately available, and the inactive available but not seeking work. All these population groups consider the age group 16 to 74.

Young people not in employment, education or training: population of young people of a given age group who, in the reference period, was not employed (i.e., was unemployed or inactive) and was not involved in education or training over a specific period of time (the reference week or in the previous three weeks).

Activity rate of the working age population: rate that defines the relation between the labour force and the working age population.

$$P.R. (\%) = (\text{Labour force} / \text{Working age population}) \times 100$$

Employment rate: rate that defines the relation between the employed population and the working age population.

$$E.R. (\%) = (\text{Employed population} / \text{Working age population}) \times 100$$

Unemployment rate: rate that defines the relation between the unemployed population and the labour force.

$$U.R. (\%) = (\text{Unemployed population} / \text{Labour force}) \times 100$$

Long term unemployment rate: rate that defines the relation between the unemployed population seeking employment for 12 months or over and the labour force.

L.T.U.R. (%) = (Unemployed population seeking employment for 12 months or over / Labour force) x 100

Inactivity rate of the working age population: rate that defines the relation between the working age inactive population and the working age total population.

I.R. (%) = (Working age inactive population / Working age population) x 100

Labour underutilisation rate: rate that defines the relation between the labour underutilisation and the extended labour force.

L.U.R. (%) = (Labour underutilisation / Extended labour force) x 100

Rate of young people not in employment, education or training: rate that defines the relation between the population of young people of a given age group not in employment, education or training and the total population of young people of the same age group.

The year-on-year change compares the level of the variable in the current quarter with that of the corresponding quarter of the previous year. This change considering a seasonal stable pattern is not affected by this type of fluctuation but may, however, be influenced by specific effects in a given quarter.

The quarter-on-quarter change compares the level of the variable over two consecutive periods. Although this indicator allows to monitor the recent pace of the variable, its computation is particularly influenced by seasonal effects and other more specific effects in one (or both) of the quarters under comparison.

Next Press Release - 4 February 2026
