spainward.

FREE TABLE · CITIES · NOV 2026

The 5 best Spanish cities to live on a tech salary.

Ranked by how much of an average tech salary goes to rent for a 70 m² flat. Lower is better. Salaries and rents come from different sources and dates: each one is labelled below.

€42,742
average yearly pay in Spain's tech sector (information & communications), before tax · INE 2024

€3,562
the same salary per month, before tax (÷ 12)

70 m²
flat size used for every city · asking rent, average for the whole city

CITY	RENT €/M²	70 M² FLAT PER MONTH	SHARE OF TECH SALARY	RENT CHANGE IN A YEAR	AVG. SALARY IN THE REGION*
01 **Seville**	13.4	€938	**26%**	+3.3%	€26,090
02 **Valencia**	16.5	€1,155	**32%**	+4.2%	€26,817
03 **Málaga**	16.7	€1,169	**33%**	+5.4%	€26,090
04 **Barcelona**	20.5	€1,435	**40%**	+0.3%	€31,730
05 **Madrid**	23.4	€1,638	**46%**	+4.5%	€34,410

How to read it

"Share of tech salary" = monthly rent for 70 m² ÷ €3,562. It's before tax, so the real share of your take-home pay is higher. A common rule of thumb is to keep rent under about a third of what you earn.

*Why Madrid still wins jobs

The last column is the average salary across all jobs in each region (Madrid, Catalonia, Valencian Community, Andalusia), before tax. Madrid pays the most. INE only publishes tech pay for Spain as a whole, so the same tech salary is used for every city.

Pick the city with the job, not just the cheap rent. If you need a work visa, the employer matters more than the city: you need a company in Spain willing to sponsor you. Spainward finds jobs in Spain that sponsor visas and applies for you. General information, not financial or legal advice.

Sources: INE, Encuesta Anual de Estructura Salarial 2024 (final data): average annual earnings per worker, section J "Información y comunicaciones" and by autonomous community (ine.es) · idealista, rental price report October 2026, asking price per m² in each capital city, excluding seasonal rentals (idealista.com). Percentages rounded.

Jobs in Spain that sponsor visas, applied for you
spainward.co