

PORTUGAL

Continent: Europe

[Population](#): 10.3 million

[Life Expectancy \(at Birth\)](#): 82.7

[Governance System](#): Democratic Republic

Capital: Lisbon

[Area](#): 91,606 km²

Major Languages: Portuguese

[GDP \(2021\)](#): 249,886 US\$ millions

Select Global Rankings

[Human Development Index](#): 38th

[Fragile States Index - Inverted](#): 16th

[Soft Power 30 rank](#): 22nd

[Human Freedom Index](#): 18th

[World Happiness Ranking](#): 56th

[Good Country Index](#): 29th

Elite Sport System Rankings

[Global Cup Ranking](#): 53rd

[Per Capita Cup Ranking](#): 38th

[Olympic Medals – Summer '20](#): 4 (47th)

[Olympic Medals – Winter '22](#): 0 (NR)

Football/World Cup Profile

[FIFA Region](#): UEFA

[FIFA Ranking](#): 9th

World Cup Appearances: 7

Best World Cup Performance(s): 3rd Place (1966)

Qualification: UEFA Playoff winner

[World Cup Group](#): H

Last World Cup Appearance: 2018

PORTUGAL in INTERNATIONAL AFFAIRS (by Oliver Campbell)

Portugal has a rich history of being a colonial power, once being the largest and most successful empires for over 6 centuries, having colonies [all over the world](#). Portugal had several colonies in Asia, South America, and Africa, with its peak in the 17th century, slowly losing their colonies to other powers such as the Dutch and the British in the early 18th century. Despite losing all of their colonies by 1999 (the last being Macau transferred to China), the Portuguese language is the sixth most spoken language around the world. Portugal became a republic in 1910, and in 1911 separated the church from the state. Portugal has faced a couple of coups over the course of the [20th century](#), but has overall remained democratic in their political system. They have also alternated consistently between left and right wing governments.

Portugal is a member of several key international organizations. It is a founding member of NATO (North Atlantic Treaty Organization) and has allowed the use of their Azores islands as an air base. Other than that, Portugal has been fairly inactive in NATO. Portugal is also a member of the [European Union](#), having been a member since its inception in 1986, and has used the Euro as its currency since 1999. Majority of Portugal's trade is within the EU, accounting for 71% of its exports. Portugal's past

president, Antonio Guterres is now the current chair of the UN and has been since 2016. Portugal is also one of the founding members of the OECD. Portugal is eyeing a temporary seat on the UN security council, hoping to secure a spot in [2027-28](#) Portugal still maintains relations with its former colonies as well, working closely with them on various diplomatic and economic fronts. .

Portugal can be considered an emerging middle power, sharing influence on issues related to the economy, democracy, and human rights. They have called themselves “Atlantacists” – focusing on their ties with democratic countries in the North Atlantic, with the United Kingdom, United States, and Canada being their most important allies. Portugal has supported the United States in the war on terror, and has fully stood behind the United States in their hunt for Osama Bin Laden. Overall, Portugal has extremely strong ties with what is traditionally known as the “West” and has been a large advocate of human rights, free trade, and strengthening ties with countries of similar interests.