

2023 Census results

Internal migration into and out of Auckland

What is internal migration?

This summary reports on migration out of and into Tāmaki Makaurau/Auckland to other parts of New Zealand between the 2018 and 2023 Census, based on the 2023 Census question on where residents were living five years earlier. The analysis only includes people who were usually resident in New Zealand at both the 2018 and 2023 Census. It does not report on movements within Auckland, or to and from overseas, and does not include those who were not (yet) born in 2018.

Overall net loss to other parts of New Zealand

Between 2018 and 2023, more internal migrants left Auckland for other parts of the country than moved to Auckland. More than 136,000 people who lived in Auckland in 2018 had moved to another part of New Zealand by 2023. Meanwhile, around 85,000 people who lived in other parts of New Zealand in 2018 had moved to Auckland by 2023. This constitutes a net loss overall of over 50,000 people.

There has been a pattern of net loss from Auckland to other areas in New Zealand in intercensal periods over the last few decades. For example, between 2013 and 2018, Auckland had a net loss of more than 40,000 people moving to other regions in New Zealand.

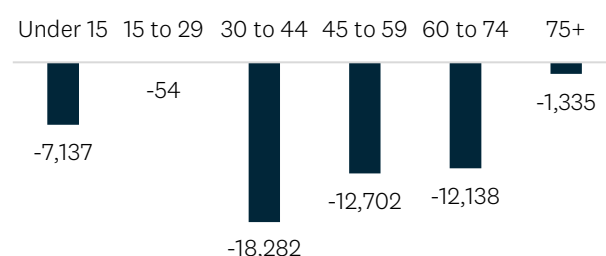
Auckland had a net loss to all other territorial authorities (TAs) between 2018 and 2023. The greatest losses were to areas close to Auckland - Waikato District (-6204), Tauranga City (-5106) and Whangarei District (-3186).

Minimal net loss among young people

As the chart below shows there were net losses across all age groups, but the scale of loss varied.

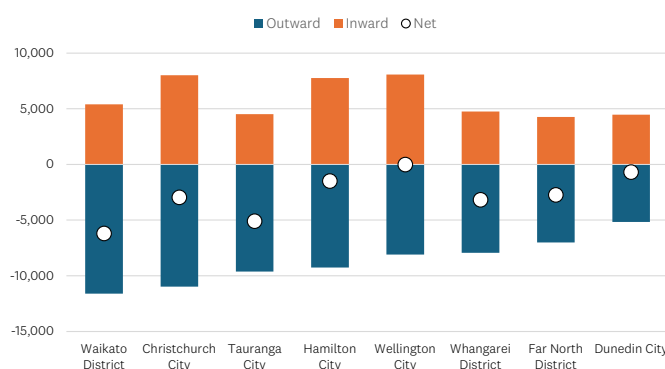
The biggest net decreases were in the 30 to 44 age group (-18,282) and 45 to 59 age group (-12,702). There was near-zero net migration for the 15 to 29 age group (-54).

Net internal migration to and from Auckland (2018-2023) by age group



There were high levels of movement into and out of eight TAs in particular, as shown below and discussed on the following pages.

Auckland's internal migration between 2018 and 2023



Movements out of Auckland

A total of 136,698 people living in Auckland in the 2018 Census had moved to another part of New Zealand by 2023.

Three quarters moved elsewhere in the North Island (74.8%, 102,231) while a quarter moved to the South Island (25.2%, 34,446).¹

The most common TAs Aucklanders moved to were Waikato District (11,604, 8.5% of all those who moved out of Auckland), Christchurch City (10,980, 8.0%), Tauranga City (9627, 7.0%), Hamilton City (9264, 6.8%), Wellington City (8094, 5.9%), Whangarei District (7944, 5.8%), Far North District (7008, 5.1%) and Dunedin City (5166, 3.8%). Combined, these areas account for half (51%) of all movements out of Auckland.

The highest proportions leaving Auckland were among those aged 30 to 44 (29.7%) and 15 to 29 (25.9%).

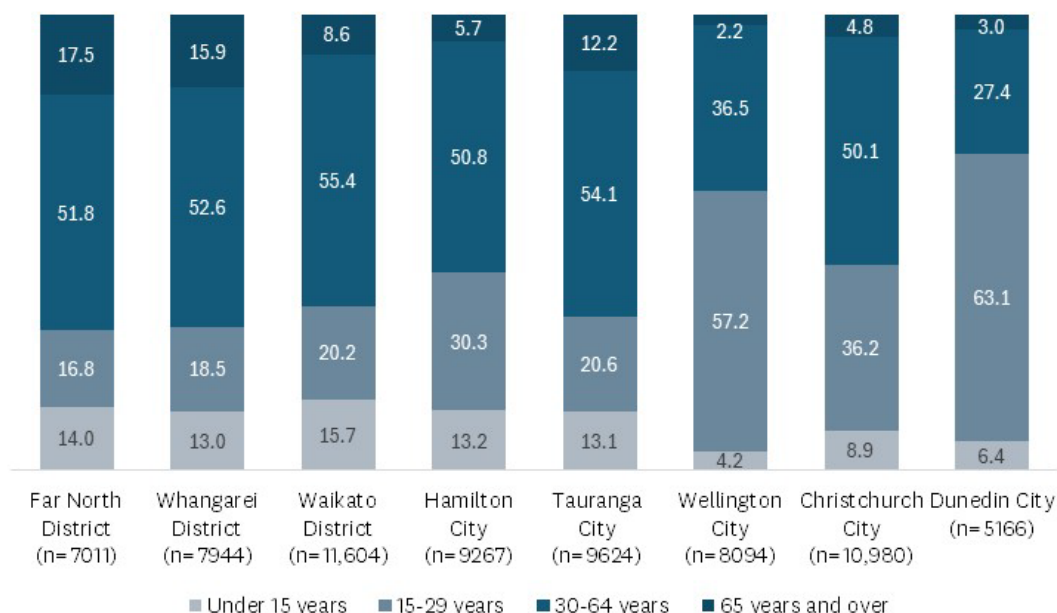
The chart below shows the age distribution of those who moved out of Auckland, across the eight largest destination TAs.² Areas are shown north to south.

There are some distinct differences. For example, relatively large proportions of those who migrated to the Far North District (17.5%) and Whangarei District (15.9%) were 65 years and over, compared to the other areas.

In addition, a notable proportion (15.7%) of those who migrated to Waikato District were children aged under 15 years. This group accounted for just over one in ten children (11.2%) who had migrated out of Auckland.

Two thirds (63.1%) of those who migrated to Dunedin City, and over half (57.2%) of those who went to Wellington City were aged 15 to 29. Combined, this group made up 22.3 per cent of all those aged 15 to 29 who had moved out of Auckland.

Age distribution of internal migrants who left Auckland, for the eight most common destinations (%)



¹ Twelve moved to the Chatham Islands, and nine moved to an area outside of a TA (such as small off-shore islands).

² At the time of this report, data for movements across TAs were only available by these broad age groups.

Movements into Auckland

A total of 85,068 people who lived in other parts of New Zealand (outside Auckland) in 2018 had moved to Auckland by 2023.³

Three quarters (65,070, 76.5%) moved from elsewhere in the North Island and a quarter (19,983, 23.5%) moved from the South Island.⁴

The most common TAs people moved to Auckland from were Wellington City (8076, 9.5% of all those who migrated into Auckland), Christchurch City (8016, 9.4%), Hamilton City (7761, 9.1%), Waikato District (5400, 6.3%), Whangarei District (4758, 5.6%), Tauranga City (4521, 5.3%), Dunedin City (4470, 5.2%), and the Far North District (4269, 5.0%). Combined, these areas account for over half (55.3%) of all movements into Auckland.

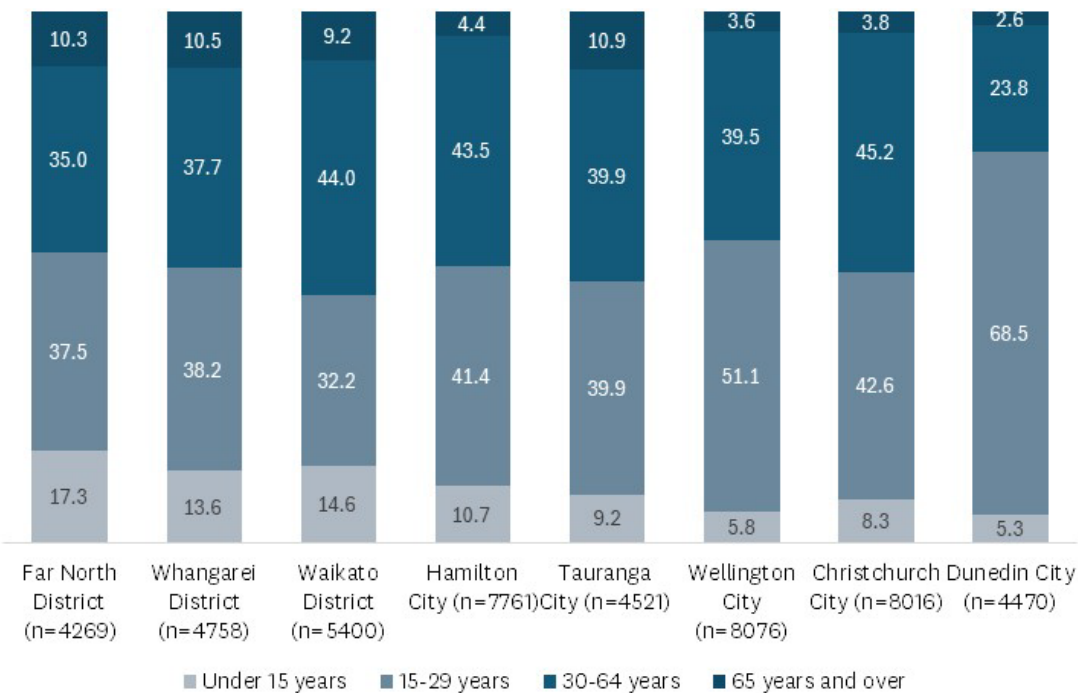
The chart below shows the age distribution of those who moved into Auckland, across the eight largest origin TAs. Areas are shown north to south.

Overall, a high proportion of those who moved to Auckland were aged 15 to 29 (41.6%). The proportion varied by origin TA. Over two thirds (68.5%) of the Aucklanders who had been living in Dunedin City in 2018, and half (51.1%) of those who came from Wellington City were aged 15 to 29.

A notable proportion (17.3%) of those who migrated from the Far North District were children aged under 15 years.

Relatively large proportions of those who came to Auckland from Far North, Whangarei and Waikato districts as well as Tauranga City were aged 65 and over, compared to the other areas.

Age distribution of internal migrants who come to Auckland, for the eight most common origin TAs (%)



Further information

This document was prepared in August 2025 by the Social and Economic Research and Evaluation team at Auckland Council as part of a series of [census summaries](#), available on Knowledge Auckland (www.knowledgeauckland.org.nz). For further information or queries on the census please contact us at census@aucklandcouncil.govt.nz.

³ Children not (yet) born in 2018 (98,565), those unable to be matched to administrative data (37,869) and those with no fixed abode (300) were excluded from these numbers.
⁴ Fifteen moved from the Chatham Islands.