

Information on the size and directions of emigration for temporary stay from Poland in 2019-2024

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1.5 million

Estimated number of emigrants from Poland temporarily staying abroad for 12 months or more at the end of 2024

Statistics Poland presents an estimation of the number of Polish residents temporarily staying abroad for at least 12 months in 2019-2024 (the stock of Polish immigrants in other countries). These data are not migration flows and as such cannot be summed up. The presented results for 2019-2023 are a revision of the estimates published in 2024. The presented results for 2024 are projected values.

According to the estimation at the end of 2024, around 1,499 thousand of Polish citizens temporarily stayed outside the country, which is 22 thousand more than in 2023. It is worth emphasizing that the European countries are the most common (approx. 94%) choice of residence for long-term temporary immigrants from Poland. There were approximately 1,413 thousand Polish emigrants in Europe (22 thousand more than in 2022). Most of them – around 869 thousand – stayed in the EU member states. The highest number of Polish emigrants resided in United Kingdom (415 thousand), Germany (407 thousand), the Netherlands (132 thousand), Norway (78 thousand) and Ireland (69 thousand).

The number of Poles temporarily¹ staying abroad (12 months and more) in 2019 was estimated at around 1.6 million, but in the following year it decreased. Between 2020-2024, this number amounted to approximately 1.5 million.

During the period of 2019-2024, the highest increase in numbers of long-term temporary immigrants from Poland occurred in the Netherlands and Switzerland by 28 thousand (26.6%), 8 thousand (39.1%) respectively. On the other hand, the highest decrease was recorded in United Kingdom (132 thousand /24.1%), Germany (10 thousand/2.4%) and Italy (8 thousand/14.2%).

In 2019, the number of emigrants temporarily staying in United Kingdom for at least 12 months was 547 thousand. At the end of 2020 (after the withdrawal of the United Kingdom from the European Union), the largest decrease in this value was recorded by almost 100 thousand to the value of approximately 449 thousand. In 2024, the number of Polish emigrants temporarily staying (12 months or more) in United Kingdom decreased to 415 thousand.

In other European countries, lesser declines were noted.

Most Poles stayed temporarily in United Kingdom, Germany, the Netherlands, Norway and Ireland.

In 2024, the number of Polish emigrants temporarily staying (12 months and more) in United Kingdom decreased by approximately 132 thousand (24.1%).

¹ These are also persons who emigrated from Poland, even for many years, but did not deregister from permanent residence in Poland.

Table 1. Estimated numbers of emigrants from Poland temporarily staying for 12 months or more in 2019–2024 (number of people staying abroad at the end of the year)

Country of residence	The number of emigrants in thousand					
	2019	2020	2021	2022	2023	2024 ^a
TOTAL	1 605.7	1 499.4	1 515.0	1 481.1	1 477.2	1 499.4
Europe	1 513.1	1 412.3	1 429.2	1 396.9	1 391.0	1 412.6
European Union (26 countries)^b	1 400.8	843.4	851.2	841.9	854.8	868.8
of which:						
Austria	31.5	32.1	32.3	32.9	33.2	33.7
Belgium	47.7	47.1	46.6	46.4	46.0	46.6
Czechia	6.1	4.0	4.2	4.2	4.3	4.3
Denmark	25.3	25.0	26.4	28.2	29.7	30.1
France	21.9	21.7	21.6	22.1	21.6	21.9
Greece	6.1	5.9	6.0	5.8	5.7	5.8
Spain	27.2	26.9	27.0	28.0	29.2	29.6
Netherlands	104.1	110.1	117.5	124.7	129.8	131.7
Ireland	65.2	64.5	64.0	66.0	67.7	68.7
Germany	416.8	418.1	418.0	395.7	400.9	406.9
Sweden	29.3	28.4	28.5	29.7	30.1	30.6
United Kingdom	547.4	.	.	.	.	.
Italy	53.3	47.8	46.0	45.7	45.0	45.7
Countries outside the European Union	112.4	568.9	578.0	555.0	536.2	543.7
of which:						
Iceland	13.6	13.7	14.0	15.4	15.0	15.2
Norway	75.4	76.6	78.2	77.5	77.1	78.3
Switzerland	21.4	22.8	24.2	26.7	29.3	29.7
United Kingdom	.	448.9	453.5	427.6	408.4	414.5

^a For 2024 presented data are estimates.

^b For 2019 – 27 countries (including United Kingdom). Poland is not included in the number of the EU countries.

Methodological notes

The estimation method is mainly focused on the analysis of the group of people staying temporarily abroad for 12 months or more.

Numerous data sources were used to estimate the number of Polish residents temporarily staying abroad for 12 months or more in 2019–2024. The data from population and housing censuses of the rounds 2001, 2011 and 2021 coming from foreign statistical offices were used. In addition, the results of the Polish population and housing censuses from 2002 and 2021 was also taken into account, as well as current research on permanent emigration conducted by the Statistics Poland.

The applied estimation method uses data on the number of residents² with Polish citizenship in European countries, which are the most popular directions of migration by Polish

² Permanent and temporary immigrants for a period of at least a year (12 months).

residents. **Calculations were made for the years 2019-2023 using currently available data by Eurostat** (as at 14.10.2025, [Statistics | Eurostat](#)). In the case of Germany, there was a significant data revision for 2022 and 2023. As result, the number of residents with Polish citizenship decreased by approximately 50 thousand. Due to the lack of relevant data in the case of the United Kingdom, the number of residents with Polish citizenship for 2022 and 2023 has been estimated. For this purpose, the current data provided by the UK's Office for National Statistics on the migration of total residents originating from EU countries and UK visa data on returns and entries were used. The scale of emigration of Polish citizens was estimated based on the total number of emigrants from EU countries using the indicator (proportion) of the share of visas issued to Polish citizens among the total number of return visas for citizens of EU countries. The scale of immigration of Polish citizens was estimated analogously, but on the basis of entry visas to the UK. The number of residents with Polish citizenship in the UK in 2022 and 2023 was calculated by adding the adequate balance of migration (based on the estimated flows of immigration and emigration - described above) to their stock in 2021.

The algorithm described in the appendix to the publication: "National Population and Housing Census 2021. Assessment of the data quality"³ was applied to determine the distribution of temporary immigration among residents with Polish citizenship for selected countries at the critical moment of Poland's Census 2021. The number of temporary immigrants with Polish citizenship in a given country was estimated in accordance with this distribution, in such a way that this distribution was multiplied by the data on residents with Polish citizenship reported by foreign statistical offices in 2019-2023.

Due to the unavailability of foreign data on the number of residents with Polish citizenship at the end of 2024, the **presented results for 2024 are projected values**. This analysis was divided into three parts. Firstly, for each year from the period 2014-2023, the total number of residents (i.e., permanent and temporary residence for 12 months and more) from all included countries (Table 1) was calculated. Secondly, a third-degree polynomial was fitted to the values of these sums (the function that was best suited to the collected data). It was used to estimate the value for 2024. The final procedure was to divide this value for individual countries in accordance with distribution of residents in 2023. As a result, projected resident values for selected countries were obtained for 2024. Then, these projected resident values were used to estimate the numbers of long-term temporary immigrants in accordance with the previously determined the distribution of the temporary immigration among residents.

An annex has been added to this information on the size and directions of temporary (12 months and more) emigration from Poland, containing estimates of the number of people staying temporarily abroad in 2019-2024 by sex and 5-year age groups of emigrants, and the nature of their place of residence before leaving (urban areas/rural areas) and voivodships.

It should be noted that the results of the estimate prepared by Statistics Poland reflect the trend and directions of Poles' departures and should not be treated as precise data, but rather as approximate estimates.

In case of quoting Statistics Poland data, please provide information: "Source of data: Statistics Poland", and in case of publishing calculations made on data published by Statistics Poland, please include the following disclaimer: "Own study based on figures from Statistics Poland".

³ <https://stat.gov.pl/en/national-census/national-population-and-housing-census-2021/final-results-of-the-national-population-and-housing-census-2021/national-population-and-housing-census-2021-assessment-of-the-data-quality,1,1.html> (access 04.12.2025) – see Scheme 1.

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Related information

[National Population and Housing Census 2021. Assessment of the data quality](#)

[Methodological report - Migration of population](#)

[Information on the size and directions of emigration for temporary stay from Poland in 2018-2023](#)

[Information on the size and directions of emigration for temporary stay from Poland in 2017-2022](#)

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Data available in databases

Terms used in official statistics

[Migration for permanent residence](#)

[Migration for temporary stay](#)

[Residents](#)

[Emigrants](#)

[Immigrants](#)