

Information on the size and directions of emigration for temporary stay from Poland in 2020-2025

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1.51 million

Estimated number of emigrants from Poland temporarily staying abroad for 12 months or more at the end of 2025

Statistics Poland presents an estimation of the number of Polish residents temporarily staying abroad for at least 12 months from 2020 to 2025. These results do not refer to migration flows, measured by the number of persons leaving Poland in given years. They refer to the stock of persons residing abroad, representing the total number residing abroad at the end of a given year.

The presented results for 2020-2024 are a revision of the estimates published in 2025. The presented results for 2025 are projected values.

According to estimates from the end of 2025, around 1.51 million Polish citizens were temporarily staying outside the country, which is 21 thousand fewer than in 2024. It is worth emphasizing that European countries are the most common (approx. 91%) choice of residence for long-term temporary emigrants from Poland.

There were approximately 1.37 million Polish emigrants in Europe (19 thousand fewer than in 2024). Most of them – around 835 thousand – stayed in the EU member states. The highest number of Polish emigrants resided in the United Kingdom (412 thousand), Germany (386 thousand), the Netherlands (130 thousand), Norway (76 thousand) and Ireland (67 thousand).

Between 2020 and 2023, the number of Polish citizens temporarily¹ staying abroad for 12 months or longer was slightly above 1.55 million. In the following two years, it decreased, reaching approximately 1.51 million at the end of 2025.

During the period of 2020-2025, the highest increase in numbers of long-term temporary immigrants from Poland occurred in the Netherlands and Switzerland by 20 thousand (18.0%) and 7 thousand (29.4%) respectively. On the other hand, the highest decrease was recorded in the United Kingdom (42 thousand /9.2%) and Germany (33 thousand/7.8%).

In the remaining European countries, minor changes were observed, not exceeding 5 thousand persons during the analysed period.

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

During the period of 2020-2025, the largest increases in the number of long-term emigrants from Poland were recorded in the Netherlands and Switzerland. In contrast, the largest declines were observed in the United Kingdom and Germany.

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 2020-2025 (number of people staying abroad at the end of the year)

Country of residence	The number of emigrants in thousand					
	2020	2021	2022	2023	2024	2025 ^a
TOTAL	1 562.8	1 565.2	1 550.9	1 557.2	1 534.2	1 513.4
Europe	1 417.9	1 420.1	1 407.1	1 412.9	1 392.0	1 373.1
European Union	845.9	852.6	843.8	857.6	846.8	835.3
of which:						
Austria	32.1	32.3	32.9	33.2	33.1	32.6
Belgium	47.1	46.6	46.4	46.0	44.5	43.9
Czechia	4.0	4.2	4.2	4.3	4.3	4.3
Denmark	25.3	26.8	28.7	29.8	29.9	29.4
France	21.7	21.6	22.1	21.7	22.1	21.8
Greece	5.9	6.0	5.8	5.7	5.5	5.4
Spain	26.9	27.0	28.0	29.2	30.2	29.8
Netherlands	110.1	117.5	124.7	129.8	131.7	129.9
Ireland	64.5	64.0	66.0	67.7	67.6	66.7
Germany	418.1	418.0	395.7	400.9	390.8	385.5
Sweden	28.4	28.5	29.7	30.1	28.8	28.5
Italy	47.8	46.0	45.7	45.0	44.3	43.7
Countries outside the European Union	572.0	567.5	563.3	563.3	555.3	545.2
of which:						
Iceland	13.7	14.0	15.4	15.0	15.4	15.1
Norway	76.6	78.2	77.5	77.1	77.1	76.0
Switzerland	22.8	24.2	26.7	29.3	29.9	29.5
United Kingdom	454.0	446.1	438.8	429.0	418.1	412.4

^a For 2025 presented data are estimates.

Methodological notes

The presented estimation results apply to persons temporarily staying abroad for a long-term stay (for at least 12 months).

Numerous data sources were used to estimate the number of Polish residents temporarily staying abroad for 12 months and more in 2020-2025. 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 were taken into account, as well as current research on permanent emigration conducted by the Statistics Poland.

In the applied estimation method, data on the number of usual residents² with Polish citizenship in selected European countries are used. These countries represent the most popular destinations for Polish migrants. **Calculations were made for the years 2020-2024 using currently available data by Eurostat** (as at 09.07.2026, [Statistics | Eurostat](#)) and the Office for National Statistics (ONS). The necessity for a revision is due to the annual updates of the

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

data on immigrants being published by these institutions. These updates involve not only adding data for the following year but also correcting data from previous years.

The most significant change in the size of the Polish-citizen immigrant population was recorded for the United Kingdom, due to a modification of the data source for this country. Previously, the figures relied on UK census and visa data, as the Office for National Statistics (ONS) did not publish ongoing migration flow updates by individual countries between 2022 and 2024 (categorizing them only as EU or non-EU). This changed at the end of 2025 when, after a long break, the UK resumed releasing these results for high-migration countries, now including Poland. For the United Kingdom, the number of residents holding Polish citizenship was estimated using the balancing method, based on data published on the website of the United Kingdom's statistical office. The starting point for the analysis was the 2021 UK Census result regarding the number of residents holding Polish citizenship. The balance calculation took into account the results of current surveys on migration flows (ONS, [Long-term international migration, provisional: year ending December](#)). The number of residents holding Polish citizenship in the United Kingdom from 2022 to 2024 was calculated by adding the corresponding net migration to the initial stock in 2021, determined using the UK Census results.

The obtained in this way values for the United Kingdom impacted also on the total number emigrants with Polish citizenship residing abroad. This is because the estimate for this group is based on frequency distributions by country, and the United Kingdom accounts for nearly 30% of the total. In the case of data from the Eurostat database, the changes were negligible.

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 the distribution multiplied by the data on residents with Polish citizenship reported by foreign statistical offices in 2020-2024.

Due to the unavailability of foreign data on the number of residents with Polish citizenship at the end of 2025, the **presented results for 2025 are projected values**. This analysis was divided into three parts. Firstly, for each year from the period 2014-2024, 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 fourth-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 2025. The final procedure was to divide this value for individual countries in accordance with the distribution of residents in 2024. As a result, projected resident values for selected countries were obtained for 2025. Then, these projected resident values were used to estimate the numbers of long-term temporary immigrants in accordance with the previously determined distribution of temporary immigration among residents.

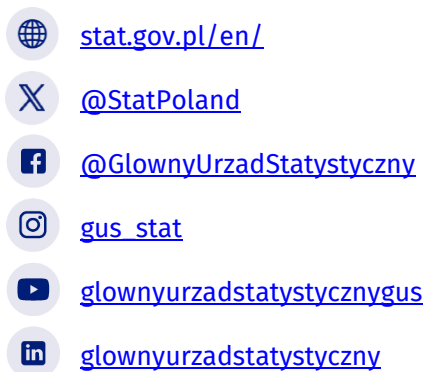
This Information Note on the size and directions of temporary emigration from Poland (12 months or longer) was supplemented with estimates of the number of persons temporarily residing abroad in 2020-2025 by sex, five-year age groups and voivodship.

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 exact 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 06.12.2023) – 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 2019-2024](#)

[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](#)

[Information on the size and directions of emigration for temporary stay from Poland between 2004-2020](#)

Data available in databases

Terms used in official statistics

[Migration for permanent residence](#)

[Migration for temporary stay](#)

[Residents](#)

[Emigrants](#)

[Immigrants](#)