

LABOUR MIGRATION IN ROMANIA: CURRENT TRENDS AND CHALLENGES FOR 2026

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Abstract

The COVID-19 pandemic had a significant impact on labour mobility, both at the European level and worldwide, accelerating a series of structural changes taking place within labour markets. Romania, alongside other European Union member states, represents a particular case, as it continues to be one of the main exporters of labour within the European Union, while at the same time, over the past five years, it has become increasingly dependent on foreign workers, especially from non-EU countries.

This article aims to analyse labour migration and labour mobility in Romania in the post-pandemic period, focusing on two main directions: the migration of Romanian labour towards the European Union and the inflow of foreign workers (immigrants) into Romania, with particular attention given to workers from Nepal and other Asian countries.

The analysis is based on recent statistical data available up to March 2026 and seeks to highlight the economic, political and social implications of these trends, the imbalances observed on the labour market, as well as the public policy challenges Romania faces as a member state of the European Union.

The results of the study indicate that Romania is moving towards a paradoxical labour market model, characterised by the persistent emigration of its own workforce abroad, alongside a growing dependence on imported labour, particularly in sectors where highly qualified labour is not required.

Keywords: labour migration, labour mobility, post-pandemic labour market

JEL Classification: F22, J21, J61, O15, O52

1. Introduction

Labour migration has been a defining and relatively constant feature of the Romanian economy for more than two decades, particularly since the 1990s.

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Following Romania's accession to the European Union, the country experienced a broad, complex and far-reaching process of labour emigration, mainly directed towards Western European states such as Italy, Spain, Germany, the United Kingdom and France.

This phenomenon intensified after the COVID-19 pandemic, despite the temporary restrictions on labour mobility imposed during the period 2020–2021.

At the same time, in the post-pandemic context, Romania has increasingly faced labour shortages in several strategic or key economic sectors, including construction, manufacturing, agriculture, HORECA, transport, tourism and public food-related services.

The post-pandemic period has brought new challenges for the Romanian labour market. The gradual economic recovery of the country, combined with demographic decline in certain areas or regions, as well as the persistent emigration of Romanian workers, has amplified the demand for labour within the domestic economy.

As a result, Romania has begun to shift from being predominantly a labour-exporting country to becoming, at least partially, a labour-importing economy.

The growing presence of foreign workers, particularly from countries such as Nepal, Sri Lanka, India or Bangladesh, reflects this structural change.

The main objective of this article is to analyse labour migration and labour mobility in Romania after the COVID-19 pandemic, with a particular focus on the period 2021–2026. The study aims to compare the emigration of Romanian workers towards the European Union with the inflow of foreign workers into Romania and to assess the economic and public policy implications of this dual migration process.

The article contributes to the existing literature by providing an updated analysis based on recent statistical data and by highlighting the emerging contradictions within the Romanian labour market.

2. Labour Migration and Labour Mobility

Labour migration is commonly explained through *push–pull* theories, which highlight differences in wages or income levels, employment opportunities and living standards between countries of origin and destination.

In Romania's case, *push* factors such as relatively low wages across various sectors, limited opportunities for professional advancement and career development, as well as persistent regional disparities, have consistently encouraged emigration over recent years.

At the same time, *pull* factors in destination countries include higher incomes, better working conditions and more stable and flexible labour markets, along with professional opportunities for skilled workers.

Labour mobility also plays an important role in the adjustment mechanisms of labour markets, particularly within the European Union.

The free movement of workers allows individuals to relocate as a natural response to economic imbalances, contributing to economic and social efficiency, while at the same time generating several challenges for countries of origin.

Although labour mobility can reduce pressures related to unemployment, it may also lead to labour shortages, skills mismatches and demographic imbalances between regions and countries.

In the post-pandemic context, labour migration has been influenced not only by economic factors, but also by institutional factors and by public and social policies implemented by national authorities.

The restrictions imposed during the pandemic highlighted the strong dependence of many economies on mobile labour, especially in essential sectors affected by COVID-19, such as HORECA, transport, tourism, the food industry and trade.

For Romania, the resumption of migration flows after 2021 coincided with an increasing reliance on foreign workers, generating a complex and sometimes contradictory dynamic on the labour market, which has created more tensions than flexibility.

3. Methodology and Data Sources

This study is based on a descriptive and comparative analysis of labour migration trends in Romania over the period 2021–2026.

The analysis relies on data obtained from official national and international sources, including Eurostat, the National Institute of Statistics, the General Inspectorate for Immigration, the World Bank and the Organisation for Economic Co-operation and Development.

The article examines both the external migration of Romanian citizens towards the European Union and the inward migration of foreign workers to Romania. Attention is given to the evolution of work permits issued to non-EU workers, with a specific focus on migrants originating from Nepal.

3.1. Romanian Labour Migration to the European Union in the Post-Pandemic Period

Labour migration from Romania to the European Union remains one of the most significant demographic and economic phenomena affecting the country over the past two decades. After a temporary slowdown in migratory flows during the COVID-19 pandemic, labour mobility resumed at an accelerated pace starting in 2021.

Countries such as Italy, Germany, Spain and France continue to be the main destinations for Romanian workers, both skilled and unskilled.

Recent statistical data indicate that the number of Romanian citizens living and working in other EU Member States has remained at a relatively high level, exceeding several million people over the past five years.

Most unskilled Romanian migrants are employed in sectors such as construction, agriculture, healthcare, transport and domestic services.

These sectors frequently face labour shortages in host countries, which makes Romanian workers an essential component of European labour markets, particularly in highly demanded fields of activity.

From an economic perspective, labour emigration has both positive and negative effects on Romania.

Remittances sent back home after 2021 contribute significantly to household incomes and to personal consumption (Cp), while emigration also reduces unemployment pressures in certain regions of the country.

However, the long-term economic effects include labour shortages, losses of professional skills and an accelerated ageing of the population.

These developments raise serious concerns for Romania in the coming years, especially in terms of ensuring sustainable economic development over the medium and long term.

3.2. A Growing Trend of Foreign Immigrants in Post-Pandemic Romania

Alongside the emigration of Romanian workers, Romania has recorded a significant increase in the number of foreign workers over the past five years.

After 2021, Romanian employers across various sectors increasingly turned to labour from outside the European Union to cover existing labour shortages on the domestic market.

Among the main countries of origin of these workers are Nepal, Sri Lanka, India and Bangladesh.

Data provided by the General Inspectorate for Immigration show a steady increase in the number of work permits granted to non-EU citizens over the last five years. Workers from Nepal and Sri Lanka represent some of the largest immigrant groups, being mainly employed in sectors such as construction, manufacturing, HoReCa, transport and agriculture.

These sectors face an acute shortage of domestic labour, particularly for jobs involving physically demanding tasks or more difficult working conditions, often offered at the minimum wage level.

From an economic perspective, the use of foreign workers has become a short-term solution for maintaining business activity in these sectors.

However, this migratory phenomenon also raises several long-term challenges related to social integration, contractual stability, language barriers and the protection of labour rights in Romania.

In the absence of coherent integration policies, the risk of social and economic imbalances remains high, generating further challenges that Romanian public institutions will need to address and manage appropriately.

Year of arrival in Romania	Total number of foreign workers
31 December 2020	25.635 persons
31 December 2021	33.666 persons
31 December 2022	51.580 persons
31 December 2023	74.398 persons
31 December 2024	100.298 persons
31 May 2025	119.668 persons

Table no. 1. Evolution of the number of foreign workers holding work permits in Romania³

The data presented in Table no. 1 show an accelerated and constant increase in the number of foreign workers holding work permits in Romania between 2020 and 2025.

Compared to 2020, when their number stood at 25,635 persons, by May 2025 it reached 119,668 persons, representing an almost fivefold increase within just five years.

This evolution points to a significant and dynamic shift in the Romanian labour market, driven primarily by the shortage of domestic labour.

The most pronounced growth is observed in the post-pandemic period, starting in 2022, when the Romanian economy entered a phase of recovery and labour demand rose rapidly across several economic sectors.

The growth rate recorded between 2022 and 2024 indicates that hiring foreign workers has become an important solution for Romanian employers seeking to maintain business operations, profitability and turnover.

In this macroeconomic context, the import of foreign labour has been used to support economic activity, especially in sectors characterised by difficult working conditions,

³ General Inspectorate for Immigration <https://igi.mai.gov.ro/statistici/>.

limited opportunities for professional advancement and relatively low wage levels, with most foreign workers being employed at the statutory minimum wage.

In the absence of effective policies aimed at reducing the emigration of domestic labour, employers were forced to turn to foreign workers to avoid operational and production bottlenecks, meet market demand and sustain business profitability.

In the medium and long term, this growing reliance on imported labour may have significant implications for labour costs, productivity and social cohesion, particularly in the absence of clear strategies for integration and human capital development across different sectors of activity.

Overall, labour migration has become a key factor shaping the functioning of the Romanian labour market in the post-pandemic period.

3.3. Comparative Analysis: Romanian Emigrants and Foreign Immigrants in Romania

In the post-pandemic period, Romania's labour market has been characterised by a paradoxical dynamic. On the one hand, millions of Romanian citizens are working in other European Union Member States such as Italy, Spain, France, Germany and the United Kingdom.

On the other hand, the Romanian economy has become increasingly dependent on foreign labour to sustain domestic economic activity in sectors where Romanian workers are unwilling to accept jobs paid at the minimum wage level.

This situation highlights the presence of deep structural imbalances over the medium and long term, affecting the financial performance of firms operating in these sectors and increasing their dependence on foreign labour.

Wage differentials, working conditions and opportunities for professional development continue to stimulate the long-term emigration of Romanians, while local employers face serious difficulties in recruiting qualified personnel, often being forced to hire unskilled foreign workers.

As a result, the import of foreign labour represents a compensatory solution, but not a sustainable one in the long run.

By comparison, Romanians working in EU countries generally benefit from higher incomes and more comprehensive social protection, whereas foreign workers in Romania often occupy low-skilled positions and face a higher degree of professional and social vulnerability on the labour market.

This imbalance significantly intensifies challenges related to social and economic cohesion, as well as the overall efficiency of the labour market in the short, medium and long term.

The data presented in Table no. 2 illustrate the geographical structure of non-EU labour in Romania in 2025 and show a strong concentration of foreign workers originating from Asian countries, most of them economically disadvantaged.

Nepal ranks first, with 39,723 persons, accounting for approximately one third of all officially registered non-EU workers in Romania.

This high share indicates that recruitment from Nepal has become an important source of labour for Romanian employers, particularly in sectors facing acute shortages of domestic workers.

Sri Lanka and India follow, with 20,704 and 10,906 persons respectively, reinforcing the trend of directing migratory flows towards South and Southeast Asia.

The presence of these workers reflects both the availability of labour in the countries of origin and the relatively lower costs associated with recruitment processes.

At the same time, it suggests the existence of already established migration networks that facilitate labour mobility from these predominantly poor Asian countries to Romania.

The data in Table no. 2 also show that countries such as Turkey, Bangladesh, Egypt, Pakistan, Vietnam and the Philippines contribute to a smaller but relatively stable share of the total number of non-EU workers.

The diversity of countries of origin points to an expansion of foreign labour recruitment processes and to a growing dependence of the Romanian labour market on external sources of labour.

In this context, Romania appears to be aligning with a model observed in other European economies in transition, which increasingly rely on immigration to compensate for demographic decline and occupational shortages across various sectors of the economy.

In the post-pandemic period, the Romanian labour market has been shaped by a rather paradoxical dynamic.

On the one hand, millions of Romanian citizens are working in other Member States of the European Union, such as Italy, Spain, France, Germany and the United Kingdom.

On the other hand, the Romanian economy has become increasingly dependent on foreign labour to sustain domestic economic activity in sectors where Romanian workers are unwilling to accept jobs paid at the statutory minimum wage.

This situation highlights the existence of deep structural imbalances in the medium and long term, affecting the financial performance of firms operating in these sectors and increasing their dependence on foreign labour.

Wage differentials, working conditions and opportunities for professional development continue to encourage the long-term emigration of Romanian workers, while local employers face major difficulties in recruiting qualified personnel, often being forced to hire unskilled foreign workers.

As a result, the import of foreign labour represents a compensatory solution, but not a sustainable one in the long run, either for firms or for employers.

By comparison, Romanians working in EU countries generally benefit from higher incomes and much stronger social protection, while foreign workers in Romania often occupy low-skilled positions and face a higher degree of professional and social vulnerability on the labour market.

This imbalance significantly intensifies challenges related to social and economic cohesion, as well as the overall efficiency of the labour market in the short, medium and long term.

The data presented in Table no. 2 highlight the geographical structure of the non-EU labour force in Romania in 2025 and show a strong concentration of foreign workers originating from Asian countries, most of them economically disadvantaged.

Nepal ranks first, with 39,723 persons, accounting for approximately one third of the total number of non-EU workers officially registered in Romania.

This high share suggests that recruitment from Nepal has become an important source of labour for Romanian employers, especially in sectors facing severe shortages of domestic workers.

Sri Lanka and India follow, with 20,704 and 10,906 persons respectively, reinforcing the tendency of migration flows to be directed towards South and Southeast Asia.

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In this context, Romania appears to be aligning with a model observed in other European economies in transition, which increasingly rely on immigration to compensate for demographic decline and occupational shortages across various sectors of the economy.

Country of origin of foreign immigrants in Romania (2025)	Total number of persons
Nepal	39 723
Sri Lanka	20 704
India	10.906
Turcia	7610
Bangladesh	7506
Egipt	3422

Pakistan	3387
Vietnam	3174
Filipine	2877
Republica Moldova	2803
Total persons	119,668 officially registered persons in Romania with valid work permits

Table no. 2. Countries of origin of non-EU workers in Romania in 2025⁴

An important aspect worth mentioning is the presence of the Republic of Moldova among the main countries of origin, with 2,803 persons.

Although this number is significantly lower compared to Asian countries, this category has a particular importance due to cultural and linguistic proximity, which makes the integration of Moldovan citizens into the Romanian labour market considerably easier.

The structure by countries of origin of non-EU workers reflects a profound change in the functioning mechanisms of the Romanian labour market in the medium and long term.

The rapid increase in workers from Asia highlights both the limits of policies aimed at retaining the domestic labour force and the clear need for more coherent strategies of economic and social integration of foreign workers in Romania.

In the absence of such measures implemented by the Romanian state in the medium and long term, the risk of emerging social, political and economic vulnerabilities remains relatively high in the coming years.

The distribution of Romanians across the main destination countries indicates a relatively dispersed migration pattern yet clearly concentrated in major economies of the European Union.

This homogeneous structure suggests a labour mobility primarily oriented towards stable employment opportunities, secure incomes and developed labour markets that tend to be less volatile and more balanced in the medium and long term.

In contrast to migration flows towards non-EU countries, where temporary workers and low-skilled labour tend to dominate (a feature particularly characteristic of Asian workers coming to Romania), Romanian migration to the European Union shows a more diverse structure.

⁴ Inspectoratul General pentru Imigrari <https://commission.europa.eu/strategy-and-policy/priorities-2020-2025/promoting-our-european-way-of-life/statistics-migration-europe>

It includes both highly skilled labour (such as IT, engineering, architecture, medicine and education) and low-skilled labour (domestic activities, food industry, construction, agriculture and HORECA).

The data presented allow for a direct comparison between two complementary processes: the emigration of Romanians to EU Member States, analysed in terms of structure and destinations, and the immigration of foreign labour into Romania, analysed by countries of origin.

This comparative perspective highlights the existence of a bidirectional, structurally embedded migration process across different sectors of activity.

It goes far beyond a temporary post-pandemic phenomenon and reflects a deep and complex economic and social process, with both positive and negative effects on a continuously changing labour market, as well as on demographic dynamics and public policies implemented by the state.

Destination country of Romanian emigration	Total number of Romanian residents in 2024
Italia	1.070.000 persons
Germania	776.000 persons
Spania	620.000 persons
Other European Union countries (France, Belgium, Netherlands, Austria)	643.000 persons

Tabelul nr.3. Principalele țări de destinație ale românilor în anul 2024 din Uniunea Europeană⁵

Table no. 3 clearly shows that Romania has one of the largest active diasporas of emigrants within the European Union. According to data provided by Eurostat for 2024, approximately 3.1 million Romanian citizens live in other EU Member States, placing Romania first in the European Union in terms of the absolute number of emigrants residing in other community countries. In this context, Romanians represent one of the most significant foreign diasporas within the EU.

Italy represents the largest Romanian community in the diaspora, with around 1,070,000 persons, meaning more than one third of all Romanians residing in another EU country. This situation reflects a long-standing migration tradition towards Italy, reinforced over time by the existence of a stable and heterogeneous Romanian community.

⁵ Eurostat: Demography of Europe – 2025 <https://ec.europa.eu/eurostat/databrowser/bookmark/a2e95b51-c08a-462c-b4b7-c0a11bab32a7?lang=enidem>

Family networks, together with employment opportunities across various sectors of the Italian economy, have played an important role in maintaining this migration flow.

Germany is the second most popular destination country for Romanian migrants, hosting almost 776,000 Romanian residents, while Spain ranks third, with approximately 620,000 persons.

These aggregated indicators for 2024 confirm the strong orientation of Romanian emigrants towards large European economies, characterised by relatively strong and stable labour markets and a sustained demand for labour across multiple sectors of activity.

The remaining Romanian communities in other EU Member States (including the Netherlands, Austria, Belgium, France and other countries) are jointly estimated at over 600,000 persons, completing the total of around 3.1 million Romanian emigrants residing in the European Union.

Overall, Romanians account for approximately 3.1 million people, representing about 22% of all EU citizens living and working in a Member State other than their country of origin. According to Eurostat data recorded on 1 January 2024, they constitute the largest officially registered group of EU citizens residing abroad within the Union.

3.4. Remittances as an Economic Link between Emigration and Immigration

From a macroeconomic perspective, remittances are mainly reflected in GDP through final household consumption (Cp), rather than through productive investment.

One of the most representative methods by which remittances are highlighted in GDP is the expenditure method, which is given by the formula: $GDP = C + I + G + (X - M)$.

Gross Domestic Product (GDP) can be expressed as the sum of household consumption (C), investment (I), government expenditure (G), and net exports (X - M).

For Romania, household consumption represents the primary channel through which remittances generated by labour migration affect overall economic activity.

As shown in *Table no. 4*, remittances sent by Romanian workers abroad accounted for a non-negligible share of GDP during the 2020–2025 period, mainly due to their strong impact on personal consumption.

Income earned abroad is predominantly used for current household expenditures such as goods and services, utilities, education and housing-related costs—thus directly supporting aggregate demand.

While investment reflects expenditures aimed at expanding productive capacity and government expenditure covers public spending on essential services and infrastructure, net exports capture the balance between exports and imports and indicate the degree of external dependence of the economy.

In this context, remittances contribute indirectly to GDP growth by sustaining household consumption, while also highlighting persistent structural imbalances on the domestic labour market.

Year	Remittances sent to Romania by Romanians abroad (EUR billion)	Contribution of remittances to Romania's GDP through personal consumption (Cp, %)	Remittances sent home by foreign workers in Romania (EUR billion)
2020	(lower estimated values)	-	0,394
2021	~8,2 (≈ 9,523 mil USD)	~3,2%	-
2022	high value (close to 2021)	-	-
2023	~6,5	~2,0%	-
2024	~6,7	~2,0%	1,369
2025	~12 (2025 estimate)	~3,1%	-

Table no. 4. Evolution of remittances sent to Romania in the period 2020–2025⁶

3.5. Public Policies and Institutional Responses

Romanian authorities have attempted to respond to labour shortages by increasing the annual quotas for foreign workers admitted to the labour market, particularly in sectors such as tourism, HORECA, transport, telecommunications, and the public and food industries.

At the same time, several administrative measures have been introduced to simplify the procedures for obtaining work permits for foreign workers.

However, existing domestic policies remain largely oriented toward short-term solutions rather than long-term structural approaches.

The lack of coherent strategies aimed at retaining the domestic workforce, insufficient investment in vocational training, and persistent regional disparities continue to limit the effectiveness of current social and labour market policies.

In addition, integration programmes for foreign workers are still underdeveloped, which negatively affects employment stability and overall labour productivity.

Under the current circumstances, a more integrated approach is needed—one that connects migration policies with education, employment, and regional development strategies.

Only through such a coordinated framework can a more balanced functioning of the labour market be ensured in the medium and long term.

The article highlights the fact that Romania is going through a transitional phase on the labour market, characterised by high labour mobility and an increasing dependence on migration.

⁶ Eurostat: Demography of Europe – 2025 <https://www.consilium.europa.eu/ro/policies/ipcr-response-to-crises/>

The COVID-19 pandemic accelerated trends that were already present, further amplifying the structural vulnerabilities of the Romanian economy.

Labour migration should not be viewed exclusively as either a negative or a positive phenomenon.

While emigration contributes to higher income levels through remittances, it also generates significant economic and social costs.

Similarly, labour immigration can support economic activity, but it requires adequate integration and regulatory policies, implemented by state institutions over the medium and long term.

3.6. Digitalisation of the Labour Market in the Context of Labour Migration

In recent years, labour migration in Romania has increasingly become a data-dependent phenomenon, which has required, in the last years, the use of advanced digital tools and information systems for monitoring, forecasting and supporting public policies related to the migration process.

At both European Union level and national level, the digitalisation of labour markets has led to the development and implementation of integrated information systems, having as a main objective the monitoring of migration flows, work permits, labour shortages, as well as the available workforce in different fields of activity, determined by the division of labour, and the registered labour demand in real time.

In Romania, data regarding labour migration are currently dispersed among several public institutions at county level, such as national and local statistical institutes, official immigration authorities and labour employment agencies operating in each county. The lack of a performant and integrated digital system for managing labour migration significantly limits the functional capacity of public institutions, especially in terms of anticipating the current labour shortages in Romania and designing public policies based on solid and conclusive evidence.

In this context, the use of information technologies based on Big Data and machine learning models integrated into information systems could considerably improve the monitoring of the migration process, as well as the development of realistic forecasts regarding future labour migration trends in Romania for the coming years. The application of predictive analyses on migration data would allow the identification of economic sectors that are more exposed to labour shortages, as a result of estimating the future demand for foreign workers (foreign immigrants), and the evaluation of the impact of emigration on domestic employment in different branches and sectors of the economy.

These predictive models and analyses can be developed and processed using extended datasets that combine various administrative information, labour market statistics and macroeconomic indicators, offering more accurate and faster results compared to the traditional descriptive approaches currently used by public institutions responsible for collecting such data.

At the same time, the digitalisation of the labour market has significantly transformed, in recent years, recruitment processes and human resource management. Automated recruitment platforms already used by employers, HR analytics tools and algorithm-based systems for matching candidates' professional skills are increasingly applied at European level for identifying candidates, managing labour mobility and optimising human resource allocation.

In Romania, these information technologies for candidate selection can contribute to a significant increase in the efficiency of recruitment processes, applied both to domestic and foreign workers, while at the same time reducing the informational asymmetries currently existing on the labour market, generated by structural unemployment and the division of labour.

The integration of digital tools and information systems, as well as data-based models, into the management of labour migration represents a new and necessary stage for ensuring a labour market that is more efficient, transparent and resilient to economic, political and social changes in the medium and long term. For Romania, progress in this direction, through digitalisation and the implementation of a performant information system, would strengthen institutional capacity in the long run and would allow the alignment of social and public policies regarding labour migration with the broader European Union objectives of digital transformation, promoted at European level, in the current context of globalisation and labour mobility.

4. Conclusions

In the post-pandemic period, Romania is facing a complex configuration of its labour market, marked by persistent emigration and a significant increase in the number of foreign workers over the past five years.

This dynamic reflects deep structural imbalances that cannot be corrected solely through administrative or short-term policy measures.

The results of the analysis suggest that, in the absence of coherent and integrated public policies, Romania's dependence on foreign labour will continue to increase, while the emigration of Romanian workers is likely to remain high in the coming years.

To ensure sustainable economic development, a long-term strategy is required, focused on improving working conditions, increasing labour productivity across different sectors, and encouraging the return of the domestic workforce.

Another important aspect highlighted in the article concerns the nature of labour mobility in Romania.

While Romanian workers continue to migrate to European Union member states in search of higher incomes and more stable working conditions, foreign workers arriving in Romania generally occupy low-skilled positions in sectors characterised by labour shortages and minimum-wage employment.

This difference in professional status and economic opportunities contributes to the persistence of medium- and long-term imbalances on the labour market.

At the same time, it limits the Romanian economy's capacity to attract and retain highly skilled labour across various fields of activity.

Within this macroeconomic context, public and social policies should move beyond a strictly quantitative approach to labour migration and place greater emphasis on the quality of employment and labour market integration.

Investments in training and professional reconversion, recognition of professional qualifications, and improvements in working conditions could help reduce migratory pressures and create a more balanced framework for labour mobility in the years ahead. Such a socio-economic approach would support medium and long-term economic competitiveness and social cohesion, especially in the context of the accelerated transformations currently affecting Romania's labour market in the post-pandemic period.

The analysis of remittances sent by the Romanian diaspora highlights their role as a stable source of income for the Romanian economy in the post-pandemic period.

Available data for the 2020–2025 interval show that the amounts transferred from abroad have remained high, despite global economic uncertainties.

Indirectly, remittances contribute to maintaining living standards and stabilising domestic demand, particularly by supporting household-level consumption at the macroeconomic level.

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