

Your social security rights

#EU4SocialSecurity
#EULabourAuthority

EU4SOCIAL
SECURITY
Mobility is your choice. Protection is your right

ELA
EUROPEAN LABOUR AUTHORITY

EURES



1 Moving across EU
Your social security rights are protected when moving across the EU, but each country has its own social scheme. Check what rights you have in your host country.



2 Working abroad
When moving across the EU, you are insured in only one country at a time. This is usually the country where you actually work.



3 Posted abroad
If you are sent temporarily to work in another country, you will stay insured in your home country (prove it with a PDA1 form).



4 Sick or having a child abroad
When in need of healthcare while abroad, you can get it there, no matter where you are insured in the EU. Yet, your sickness, maternity and paternity cash benefits will be paid by your country of insurance.



8 Pension
When granting the pension, your career across the EU counts. Each country where you were insured for at least a year will pay you a pension based on how long you worked there — and you can receive it anywhere in the EU.



7 Accident at work or occupational diseases
If you suffer an accident at work or from an occupational disease while abroad, you are entitled to healthcare in the country where it happened, even if insured elsewhere. The cash benefits are paid by your country of insurance.



6 Unemployment
If you lose your job, unemployment benefits are usually paid by the country where you last worked — with your insurance periods from other countries counted in. You can look for new work anywhere in the EU.



5 Family benefits
Family benefits are paid even when family members reside in different countries, with rules to avoid double payments.



Support & advice

If you face problems, EU services like Your Europe Advice, EURES or SOLVIT can help you understand and claim your rights.

Find out more

ela.europa.eu/social-security-campaign