Almost 8,000 Jews aged 16 or over from 13 EU countries responded to the online survey from January to June 2023. In Poland, 305 Jews completed the survey. The estimated Jewish population in the country is 7,250.

See the press pack for full findings and the survey methodology.

**Daily life**
- 75% of Jewish respondents in Poland consider antisemitism is a big problem in their lives. The survey average is 84%.
- 63% think that antisemitism in Poland has increased in the last five years. The survey average is 80%.
- 95% have encountered antisemitism in their daily life in the year before the survey. The survey average is 96%.

**Antisemitism online**
- 52% encountered online antisemitism all the time in the year before the survey. The survey average is 61%.
- 33% encounter online antisemitism on Facebook, 14% in online news, 2% on Instagram and 13% on X. Across the survey, most encountered antisemitism on Facebook (25%), then online media (20%), X (19%) and Instagram (12%).
- Due to online antisemitism, 31% limited their participation in discussions online, 10% reduced their use of platforms and 17% said it negatively affected their mental health. Across the survey, 23% limited participation, 16% reduced usage and 15% had mental health issues.
Safety and security
- 37% are very worried about harassment and 25% about being attacked. They worry even more about their family and friends. The survey average for worry about harassment is 53%, about attacks it is 44%.
- 71% avoid wearing Jewish symbols in public at least occasionally. The survey average is 76%. In Poland, 22% never wear Jewish symbols because of safety concerns, compared to 48% across the survey.
- 36% avoid Jewish events and 38% certain places because they do not feel safe as a Jew. The survey averages are 34% and 40%.
- 16% think that Arab-Israeli conflict has an impact on their feeling of safety. The survey average is 62%.
- 54% feel they are blamed at least occasionally for the Israeli government’s actions because they are Jewish. The survey average is 75%.

Harassment and violence
- 40% experienced antisemitic harassment in the year before the survey. The survey average is 37%.
- 4% were attacked in the five years before the survey because they are Jewish. The survey average is 5%. 2% faced violence in the year before the survey.

Discrimination
- 28% felt discriminated against because of being Jewish in the year before the survey. The survey average is 20%.
- 25% experienced negative attitudes at work against people because they are Jewish (the highest rate among the countries surveyed). The survey average is 16%.

Reporting
- 36% reported the last incident of antisemitic harassment and 30% an incident of online antisemitism. But only 13% reported discrimination. The survey averages for reporting are for harassment 28%, for online antisemitism 26%, and for discrimination only 11%.

Satisfaction with governments
- 43% in Poland have considered emigrating in the past 5 years for reasons related to being Jewish. The survey average is 45%.
- 70% think that the government combats antisemitism effectively. This is the highest rate in among the countries surveyed. The survey average is 18%.