



Poland — A Story of Growth and Resilience

Poland is now the 5th largest country by population and the **6th largest economy in the EU**. Its GDP per capita (PPP) has reached approximately **80% of the EU average**, a massive leap from the 51% recorded at the time of its EU accession.



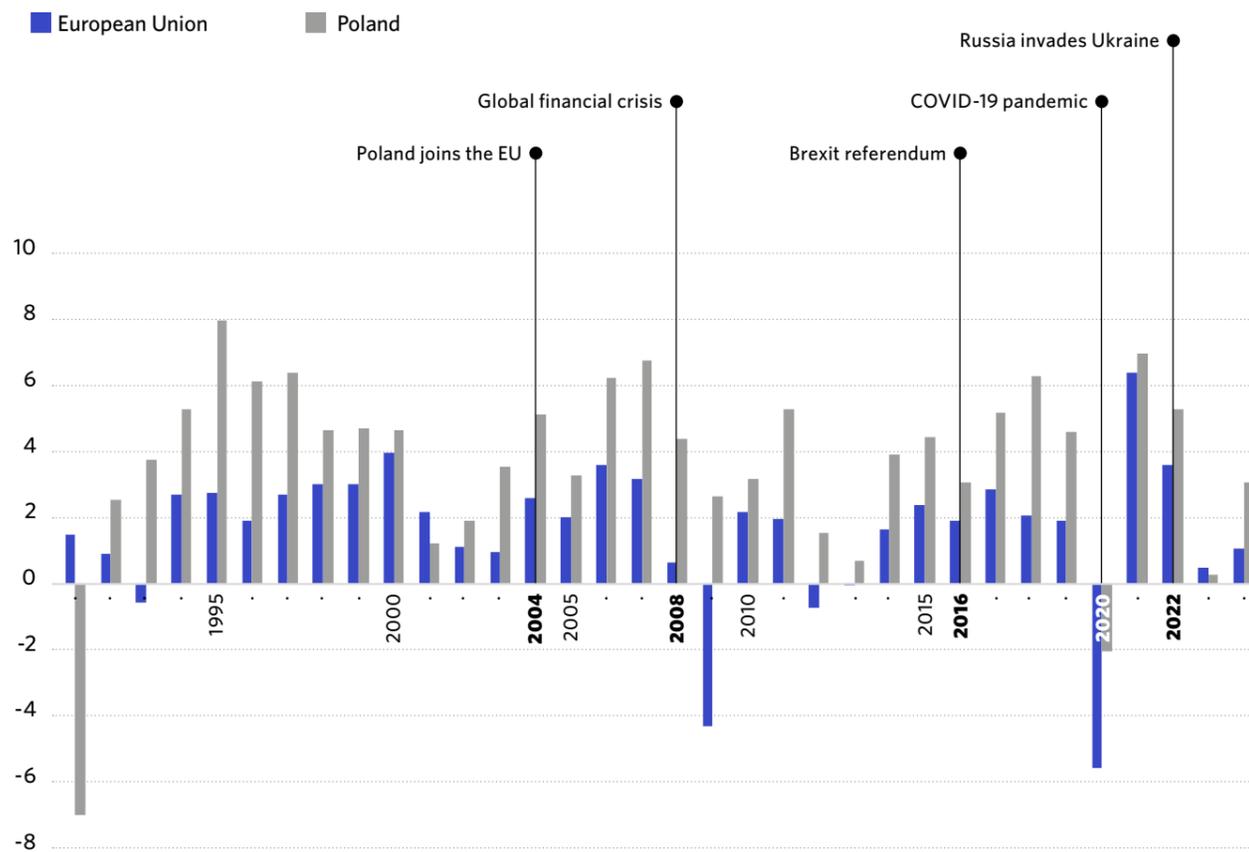
Bank Polski

Over the last three and a half decades, Poland has undergone a remarkable transformation from an inefficient, centrally planned economy to one of the most dynamic market economies in Europe. This journey has culminated in Poland's advancement into the ranks of the **20 largest economies globally by nominal GDP**. According to the IMF, Poland reached this milestone in 2025, overtaking Switzerland as its GDP surpassed USD 1 trillion.

Since the 1990s, Poland has maintained stable and rapid growth, which accelerated significantly after joining the European Union in 2004.

Access to the common European market allowed Poland to evolve into **a key link in global value chains** and a major European logistics hub. It created a positive feedback loop – the more open and interconnected the Polish economy became, the more **capital and technology poured into the country**, increasing competitiveness and investment attractiveness. Foreign direct investment was a significant source of both capital and technological and managerial advancement. Today, **FDI fluctuate around 40% of Polish GDP**, still bringing in not only money, but also know-how and business links.

REAL GDP GROWTH YEAR ON YEAR (%)



SOURCE: WORLD BANK.

Poland's economic success is a story of growth, only briefly interrupted even by the most damaging crises of the 21st century: the Global Financial Crisis, the European debt crisis, the COVID-19 pandemic, the cost of living crisis, and Russia's

full-scale invasion of Ukraine, which resulted in a mass inflow of Ukrainian refugees. Real per capita income has risen by an impressive **18% since 2019 alone**.



Poland: A Story of Successful Transition



ECONOMIC DEVELOPMENT

	THEN	NOW
GDP (current prices, USD bn, IMF)	67.237 (1989)	1,039.619 (2025)
GDP position in world (IMF)	38. (1990)	20. (2025)
Economic Openness: (exports + imports of goods and services as % share of GDP, Eurostat)	54.9 (1995)	95.4 (2025)
Labour force (mn, World Bank)	17.3 (2004)	18 (2025)
Unemployment rate (World Bank)	19.3 (2004)	2.9 (2025)



SOCIAL DEVELOPMENT

	THEN	NOW
GDP per capita (PPP, international dollar, World Bank)	6,729.185 (1990)	55,340.224 (2025)
Poverty rate (GUS)	12.3% (2005)	5.2% (2024)
Life expectancy at birth (World Bank)	71 (1989)	79 (2023)
Infant mortality per 1,000 live births (World Bank)	14 (1989)	3 (2023)



Optimistic Outlook for Near Future

The broad consensus is that **Polish economy will keep outpacing its neighbours** in the foreseeable future. This acceleration will primarily be driven by a surge in NextGen EU (NGEU) fund execution and the lagged effects of monetary easing – both on consumption and investment. Public investment will be driven not only by EU funds, but also by major developmental projects in infrastructure (a central communication hub,

with new airport and surrounding railway and road infrastructure), defence and energy. Private investment will also grow as part of companies' drive to automate processes and increase production capacity due to the expected increase in demand from both the domestic market (partially thanks to local content policy) and main trade partners, most notably Germany.

REAL GDP GROWTH FORECASTS BY MAJOR INSTITUTIONS

		2025	2026	2027
IMF	Poland	+3.3	+3.5	+2.7
	EU-average	+1.4	+1.4	+1.6
WORLD BANK	Poland	+3.3	+3.2	+2.9
	Euro area	+1.4	+0.9	+1.2

Goldilocks Economy: After a period of high inflation triggered by the Russia-induced energy price shock in late 2021, inflation in Poland has now stabilised around the midpoint of the target range (2.5%). IMF projections place inflation at **3.8% in 2025** and **2.7% in both 2026 and 2027**, meaning that low inflation will coincide with the peak of the growth cycle.

Fiscal Challenges: While growth is strong, fiscal imbalances have widened. The deficit is projected to reach **7% of GDP in 2025** before falling slightly to **6.5% in 2026**. Public debt is expected to reach **59.3% of GDP in 2025** and **65.5% in 2026**. It will still represent a relatively low debt-to-GDP ratio compared with most advanced economies. Compliance with the EU excessive deficit procedure, strong constitutional debt limits, and robust growth should ensure that the debt increase will be kept in check.

Resilient Labor Market: Unemployment remains among the lowest in the EU and is projected to stay stable at around **3.0-3.1% through 2026** (IMF forecast). More importantly, the unemployment rate has been decreasing since 2013, and has remained below 4% since 2018, even during the pandemic. Low unemployment coincides with growing labour market participation (a record of 59% of the population aged 15-89 as of end of 2025 according to Polish Statistical Office) and a steady inflow of migrant workers.

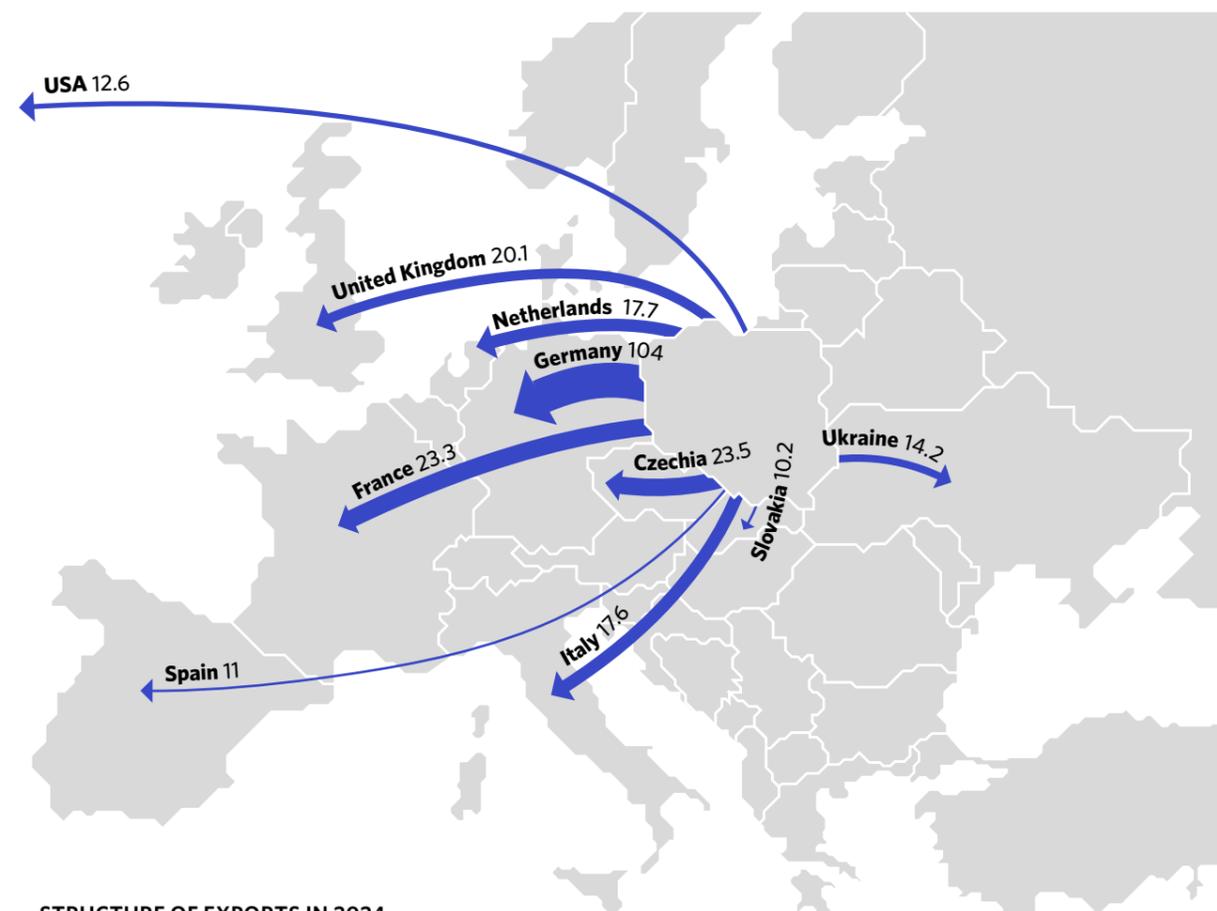


Why Poland? Overview of Competitive Advantages

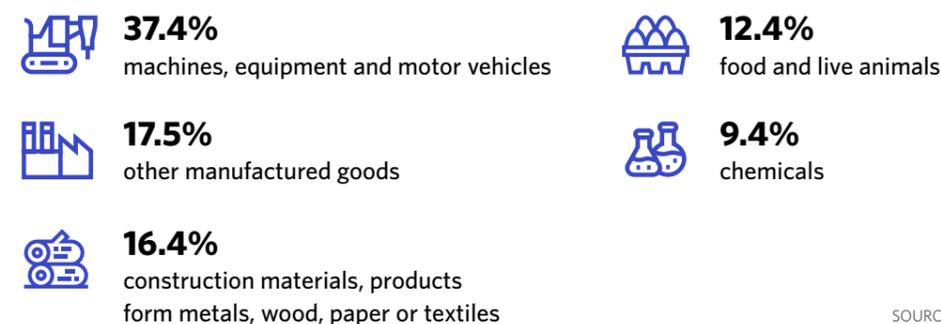
Poland's primary competitive advantage lies in its extraordinary **economic resilience** and **diversified structure**.

Diversified Economy: Unlike many of its peers, Poland is not overly dependent on a single sector. Value added is generated across a wide range of manufacturing industries, services, construction and agriculture, which limits the impact of sector-specific shocks. While the export-to-GDP exceeds 60% (a record 63% in 2023, according to PAIH), a large domestic market with a high propensity to spend helps stabilise the economy during global downturns.

POLISH MAJOR TRADE PARTNERS (VALUE IN USD BN, 2024)



STRUCTURE OF EXPORTS IN 2024



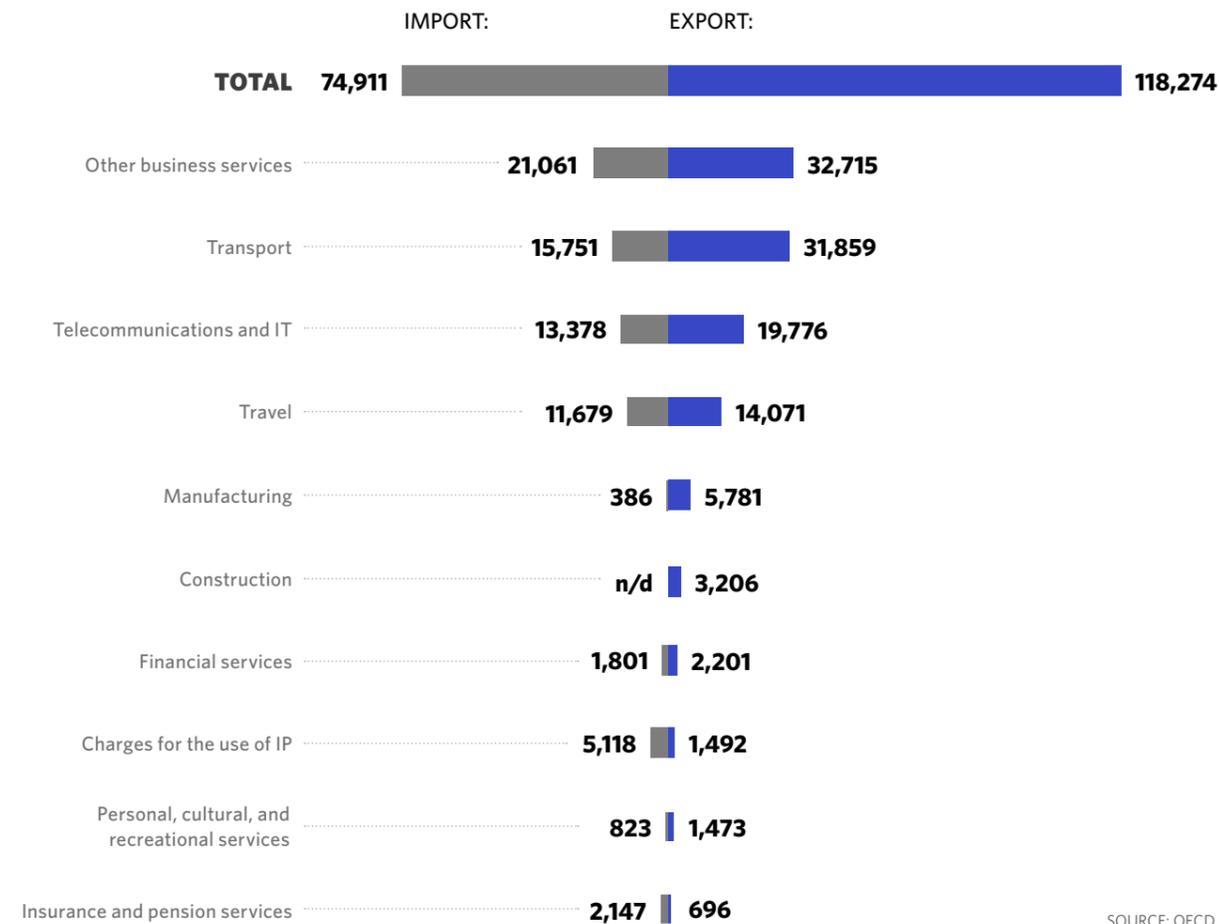
SOURCE: POLISH STATISTICAL OFFICE.

Export Strength: Polish exports have proven resilient despite currency appreciation, benefiting from high import-intensity (reducing input costs) and strong capital-to-labour ratios in top sectors like electronics and chemicals.

Business Services - a Hidden Gem of the Polish Economy: While Poland maintains a deficit in trade of goods (partially due to energy resources imports), the balance of trade in services remains positive. Poland is not only exporting valued construction services, but it is also a European transportation and logistics hub (doubling warehouse capacity since the COVID-19 pandemic). Most notably, major Polish cities have become centres for sophisticated business services, ranging from finance and legal services to IT. A highly qualified but still cost-competitive workforce by European standards, renowned for its strong work ethic, language skills, and competent management, is attracting foreign investors to locate their service hubs in Poland. The sector is creating career opportunities for hundreds of thousands of Poles, offering well-paid and fulfilling jobs.



EXPORT AND IMPORT IN SERVICES (MN USD, 2024)



SOURCE: OECD.

Development in New Technologies: From batteries to satellites and from gaming to fintech, Poland is expanding its capabilities in modern industries. While the core of economic activity (in terms of production, employment and market capitalisation) still consists of traditional industries, new businesses are growing, and some of them - such as Poland's game development industry - have already built a solid reputation.

Untapped Productivity Potential: While the labour force is predicted to shrink in the medium to long term - as is the case across much of Europe and most developed economies - Poland can still shield itself from the economic effects by unlocking additional productivity growth. Poland still has a large share of employment in sectors with moderate productivity, such as agriculture (7.6% of total employment, according to the ILO), as well as in SMEs with a low propensity to invest. The gradual reallocation of labour into sectors and companies with higher productivity and stronger productivity growth trends will help compensate for the adverse demographic effects on growth. Wage growth and targeted policy measures can also further increase labour force participation, especially among young adults and pensioners.

Stable Financial Sector: The banking system is well-capitalised, liquid and profitable. Despite the natural challenges of being a small, open economy with its own currency, Polish markets and institutions have time and again proven resilient to external shocks. This is the result of a stable economy, as well as prudent regulation and responsible management in the financial sector.



At the Gates of G20

The invitation to the **2026 G20 Summit in Miami** marks a historic milestone in Poland's international aspirations. It is a global acknowledgement

of the position Poland has achieved in the global economy and politics over the past three decades.



What Poland Brings to G20



A Blueprint for Success: Poland offers a unique "success story" of transition from a developing to a developed economy.

Capability to Build Bridges: Positioned between East and West, Poland understands the challenges of both wealthy nations and those still catching up. It has experience in building successful coalitions within the EU.

Regional Leadership: As the largest country in Central and Eastern Europe, Poland represents a region of growing geopolitical and economic importance, a newly forged middle-power that the polarised world needs to lower the geopolitical tensions.

Energy Transition Lab: Facing heavy reliance on coal while aggressively investing in renewables, Poland is a "mini-laboratory" for the challenges of a just climate transition.



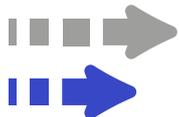
What Poland Gains from G20



Shaping Global Agendas: Participating in the world's premier forum for economic cooperation allows Poland to co-create global norms in climate policy, digital regulation, and financial stability.

Beyond Europe: G20 provides a vital platform for building strategic economic relationships with partners outside of the EU.

A New Civilizational Mission: G20 participation serves as a unifying national goal, similar to past aspirations of joining NATO and the EU.



Going Forward

After more than 35 years as a democracy and an open market economy, and over 20 years as an EU member, Poland has become a middle power. Poland's experience of transition to a developed economy, combined with a unique geographic and historical perspective of balancing between major global powers, will be a valuable contribution to G20 discussions and initiatives. It can also bring

its experience in building coalitions and negotiating compromises. As a regional middle power and a recently developed economy, it can strengthen G20's representativeness and therefore its legitimacy. The invitation to the 2026 G20 Miami summit is a first step toward greater inclusion of Poland's perspective in global governance.



AUTHOR: **Hanna Cichy**
Head of Business Desk, Polityka Insight

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