Abstract of the doctoral dissertation (in English)

This doctoral dissertation, *"A Utopia of the Good Life: An Analysis of Changes in the Social Situation of Labour Migrants from Poland to Germany and Belgium,"* examines contemporary labour migration within the context of European integration. It analyses transformations in the social situation of Polish migrants and their families, with a particular focus on the psychosocial consequences of transnational mobility.

The study centres on men employed in the construction sector, exploring the tension between the economic rationality of migration and the emotional and relational costs associated with prolonged family separation. Special attention is given to the phenomenon of "long-distance fatherhood" and evolving partnership patterns, highlighting the growing importance of family life quality and emotional well-being.

The theoretical framework draws on Polish humanistic sociology, particularly the work of Florian Znaniecki, and the praxeological sociology of knowledge. Migration is conceptualised as a meaning-embedded, biographically grounded process rather than solely an economic phenomenon.

Empirical research conducted in Germany and Belgium (2017–2018) employs the documentary method of Karl Mannheim and Ralf Bohnsack to reconstruct latent structures of meaning shaping migrants' practices. The findings reveal the ambivalent character of labour migration: while improving material conditions, it simultaneously weakens family ties and redefines paternal and partner roles.

The dissertation contributes to migration studies by linking micro- and macro-level consequences of transnational mobility with migrants' subjective interpretations of work, family, and identity in late modern Europe.