

EB Legal - Government Forms & Downloads

Know Your Rights Pack

A practical worker rights guide for migrant workers in Romania.

Use this first

This guide is designed to help migrant workers understand practical next steps in Romania. Rules and processes can change, so always check official sources or get qualified advice for your own case.

Core idea

The aim is simple: understand your basic rights, keep evidence and ask for help before a problem becomes a crisis.

Always keep copies of

[]	Work contract.
[]	Payslips or salary records.
[]	Bank transfers or salary screenshots.
[]	Working hours/timesheets if available.
[]	Messages about shifts, pay, housing or threats.
[]	Passport and residency card copies.

Important worker rights topics

- Salary and payment dates.
- Working hours and overtime questions.
- Illegal or unclear deductions.
- Resignation and notice periods.
- Workplace safety and dignity.
- Discrimination or harassment concerns.

Official sources

Official source	Link
Labour Inspectorate	https://www.inspectiamuncii.ro
ANOFM	https://www.anofm.ro
CNCD	https://www.cncd.ro
ANITP	https://anitp.mai.gov.ro

Need practical help?

WhatsApp EuroBridge Workforce: +40 730 662 575

<https://wa.me/40730662575> | eurobridgeworkforce.com

Red flags

Important warning

Threats, passport control, unpaid wages, forced housing, unclear deductions or pressure to sign documents you do not understand should be treated seriously.

Need help?

Message EuroBridge Workforce on WhatsApp: +40 730 662 575

<https://wa.me/40730662575> | eurobridgeworkforce.com

Disclaimer: EB Legal provides practical informational guidance only. It does not replace independent legal advice. Immigration, employment, healthcare and tax situations can vary. For case-specific advice, consult qualified professionals or official Romanian authorities.

Need practical help?

WhatsApp EuroBridge Workforce: +40 730 662 575

<https://wa.me/40730662575> | eurobridgeworkforce.com