

EB Legal - Government Forms & Downloads

Worker Rights Quick Guide

A plain-language reminder pack about contracts, pay, documents and support routes.

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.

Worker basics

- Understand your contract before signing.
- Keep payslips and wage evidence.
- Ask for deductions to be explained in writing.
- Record working hours if there are disputes.
- Keep your identity documents accessible.

If something feels wrong

[]	Save messages.
[]	Do not delete evidence.
[]	Speak to a trusted support contact.
[]	Check official labour resources.
[]	Avoid signing documents under pressure.

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 help?

Message EuroBridge Workforce on WhatsApp: +40 730 662 575

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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?

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