

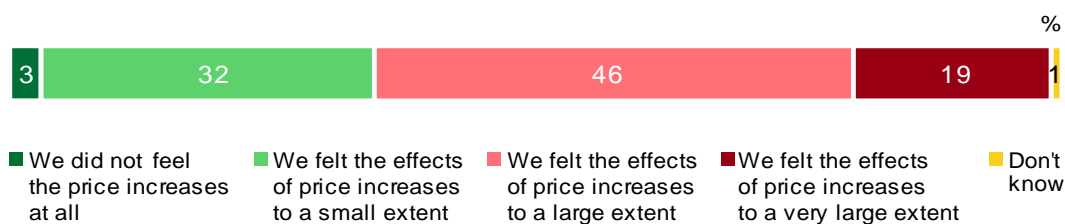
## Coping with inflation

Inflation in Poland is at the highest level in 20 years. According to the Central Statistical Office data, the prices of consumer goods and services, compared to the same month last year, increased by 6.8% in October and by 7.7% in November.

Almost all respondents (98%) believe that prices have increased over the last year, and the vast majority speak of a significant increase in the prices of goods and services (84%).

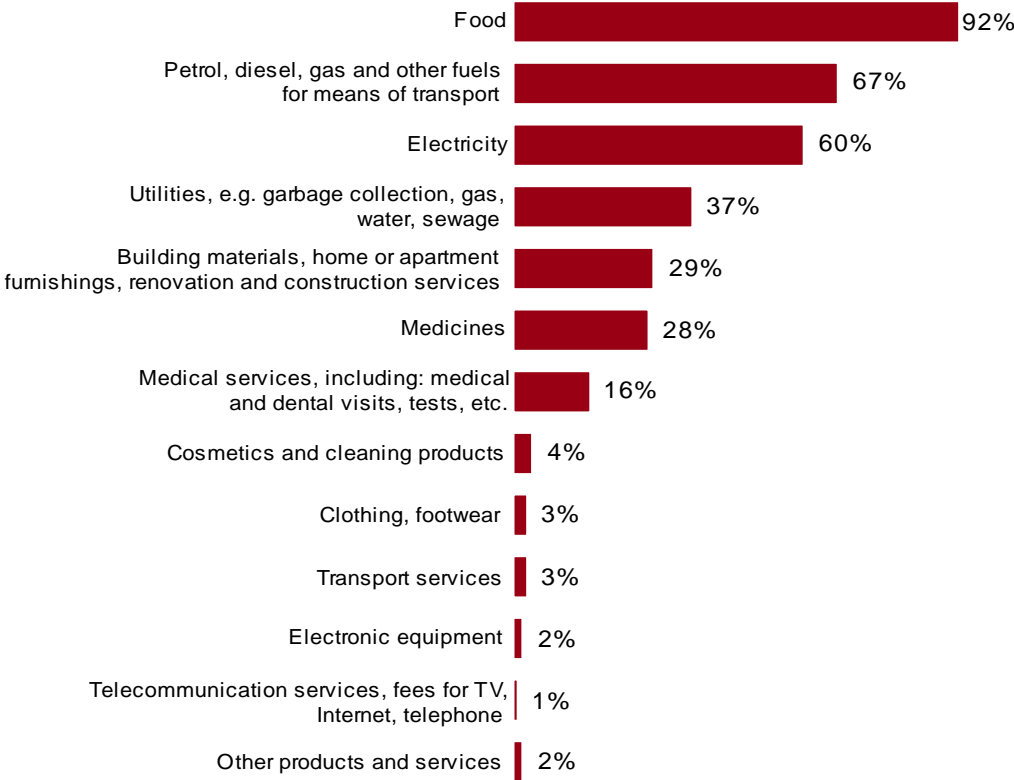
Virtually all respondents feel the price increase to a greater or lesser extent. Only 3% of the people who noticed the price increase did not feel it at all. Price increases are felt more strongly in less well-off households. Respondents who were dissatisfied with the material conditions of their households most often declared that they felt the effects of price increases to a very large extent (51%), people in average living conditions most often declared that they felt price increases to a large extent (54%), and Poles satisfied with their financial condition usually felt them only to a small extent (46%).

### To what extent are price increases felt in your household?



For almost all respondents, the most noticeable is the increase in food prices (92%), followed by the increase in fuel prices for means of transport (67%) and electricity (60%). In this context, more than one-third mentioned utilities, e.g. waste disposal, gas, water, sewage disposal (37%). For a large group of respondents, the price of building materials, home furnishings, renovation and construction services (29%), medicines (28%) and medical services (16%) is increasing. Other products and services were mentioned much less frequently.

**Please indicate, which price increases are the most noticeable in your household?**  
*Responses of people whose households felt price increase.*



Poles have various strategies to cope with inflation. The vast majority (75%) reduce expenses on everyday shopping, trying to buy less or looking for cheaper products. In the face of rising prices, Poles often give up larger expenses or postpone them (64%), reduce water, electricity and gas consumption (63%) as well as spending on entertainment, leisure and culture (57%). Some, on the other hand, use a different strategy than limiting expenses: they buy in advance for fear of a further increase in prices (18%).

Rising prices translate directly into the financial condition of respondents. Due to inflation, a significant part of respondents spend their savings on current expenses (43%), while people who lack savings get into debt (7%). Those who have savings are looking for ways to invest them so that they do not lose their value (9% of the total).

In a situation of rising fuel prices, a large proportion of people limit driving (28% experiencing an increase in prices, 37% owning cars). Inflation also affects the labour market, prompting employees to devote more time to work or change employment to get a better paid job (9% experiencing an increase in prices, 16% of the employed) and translates into an increase in wage expectations and, in general, an increase in wages (10% experiencing an increase in prices, 19% of the employed).

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More information about this topic can be found in CBOS report in Polish: "Ho do Poles Deal with Inflation?", November 2021. Fieldwork for national sample: October 2021, N=1161. The random sample is representative for adult population of Poland.