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Predictors of adaptation to life abroad among Poles in selected European countries during the COVID-19 pandemic.

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The aim of this work is to examine whether family relationships, temporal orientation and hierarchy of values can be a predictor of adaptation to the crisis caused by the migration of Poles to selected countries in Europe. In order to measure the level of family relationships, the Circular Model of Marriage and Family Systems by David H. Olson and his colleagues was used. The measurement of temporal orientation was taken from the theory of time perspective by Philip Zimbardo and John Boyd (Time Perception Questionnaire). Among the respondents. In turn, the values were taken from Shalom Schwartz's Circular Value Model (Schwartz's Portrait Values Questionnaire PVQ-R). The theoretical construct of adaptation was taken from the Questionnaire Acculturation Orientation, Psychological Adaptation and Perceived Cultural Distance was created by Kali A. Demes and Nicolas Geeraert.

The results do not explain all assumptions in the variables, but indicate that hierarchy of values, family relationships and temporal orientation are predictors of adaptation to the migration crisis. France and the Netherlands are countries where emigrating Poles feel better adapted. Among Poles living in England and Sweden, the level of adaptation is the lowest.

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