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### **Migration As the Process of Care Exclusion**

In Poland, alike in other eastern and central European countries, caring functions are played by families and particularly by women. Women who work abroad exclude themselves from direct care of their children and elderly parents. Then their children and elderly parents are left on their own and tend to be excluded by the nearest. In such a situation they must manage on their own or look for strangers' help. Cultural norms make both parties (migrants and their families) notice the discrepancy between the obligations and execution of care duties. The presentation quotes the results of quantitative research (N=400) in Polish women migrating to Norway. It shows examples of care deficits and attempts to solve the problem