You're taking a spontaneous day trip to Amsterdam! Congratulations—you won't have to pay any extra roaming charges, which means you can make calls, send texts, and use mobile data at the same rates and under the same conditions as you do at home. Regulation 2022/612 (secondary legislation) has stipulated since April 2022 that no additional roaming charges are to be paid in another EU country (strengthening consumer protection). Before that, checking your cell phone bill after a trip often led to a nasty surprise…

When you wake up, you decide that after breakfast you want to drive to Amsterdam for a long weekend. Congratulations: You can cross the border without border controls. Article 22 of the Schengen Borders Code, which is valid in all EU countries under EU-Regulation 2016/399 (secondary legislation), makes this possible. It stipulates that internal borders may be crossed regardless of the nationality of the persons concerned and without identity checks.

You want to eat healthily. No problem: Since 2011, under EU-Regulation 1169/2011 (secondary legislation), all food products (including those from non-EU countries) must be labeled with standardized nutritional information. This means you can always easily see what's in your food.

You're buying fruit at a Polish super-market. Good news: The same strict pesticide limits apply here as they do back home. These limits are uniformly set for the EU in Regulation (EC) No. 396/2005 (secondary legislation), and all countries must comply with them. But it's okay to go even further: Stricter national rules are allowed 😊.

Great, you can start your job in Brussels tomorrow without needing a separate work permit. Under Articles 20, 21, and 45 of the TFEU (secondary legislation), every EU citizen is free to move, live, work, or study in any EU member state. It's called freedom of movement ☺.

Unfortunately, the pants you bought online from a Parisian store don't fit. No problem: Uniform EU consumer rights (Directive 2011/83/EU on consumer rights) stipulate that you have a 14-day right of withdrawal for online purchases, regardless of whether the store is in London, Paris, or Hamburg. You can return your pants without giving a reason, and the full price must be refunded. Without EU rules, you would have to deal with different national laws.

Your flight from Lisbon to Hamburg is significantly delayed. Every cloud has a silver lining: Under the consumer protection provisions of Article 169 of the TFEU (primary law), you are entitled to compensation for flight delays.

You're traveling through Latvia and fall ill. You're in luck: If you unexpectedly fall ill during a temporary stay in another EU country, you're entitled to any medical treatment that can't wait until you return. This entitlement is based on regulations grounded in Article 168 of the TFEU (primary law). So you don't need to take out separate international health insurance, as was previously required.

Do you love swimming in lakes? Then we have good news for you: As an EU citizen, you have access to some of the cleanest waters in the world. Every year, the EU publishes a report on water quality at more than 22,000 bathing sites along the coast, as well as in lakes and rivers. In 2022, 87.5% of the monitored bathing sites met the European Union's highest and strictest quality standards. The EU Water Framework Directive (Directive 2006/7/EC) ensures that this is and remains the case. It sets limit values and regulates their monitoring.