



THE SELF- DETERMINATION GUIDE

WHERE IN THE EU CAN YOU GET
WHAT YOU WANT IN RELATION TO ABORTION,
CONTRACEPTION, SURROGACY, ADOPTION
AND ARTIFICIAL INSEMINATION?

MORITZ KÖRNER

FOREWORD

Despite the fact that Europe has been leading the global movement towards the liberalisation of reproductive rights for more than 60 years, access to safe and legal abortion, contraception, surrogacy, in vitro fertilisation and egg donation is still not guaranteed in all EU Member States. While some Member States take a very liberal approach in their policies, others continue to maintain strict laws that seem outdated in comparison.

All people in the European Union should have the right to make their own reproductive choices, regardless of where they live, their gender or their sexual orientation. Unfortunately, however, there is still no 'European standard' on reproductive rights. The extent to which a person can or cannot make decisions about their reproductive choices still depends on where they live. At the same time, as EU citizens, all nationals of the Member States of the European Union have the right to move freely within the European Union and to enter and reside in any EU Member State.

This practical handbook therefore aims to inform everyone who is confronted with obstacles to their self-determination within the EU about their rights in relation to abortion, contraception, surrogacy, adoption and artificial insemination in all 27 Member States.



Moritz Körner
Member of the European Parliament



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I. ABORTION

In which EU countries is abortion generally possible WITHOUT having to specify reasons?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |



In which EU countries are there NO mandatory waiting periods for abortion on request (mandatory time that has to elapse between the date on which an abortion is first requested and the date on which it takes place)?

- | | | | |
|--|--|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries is there NO requirement to undergo mandatory counselling or receive mandatory information from a doctor prior to an abortion?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries can an abortion on request be performed after the 16th week of pregnancy?

-  Netherlands (up to 22 weeks)
-  Sweden (up to 18 weeks)



In which EU countries can an abortion be performed after the time limit has expired, for socio-economic reasons (such as age, marital status or financial situation)?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries are abortion pills available?

- | | | | |
|---|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries is prior authorisation NOT required from a parent, guardian, doctor or other official before women under the age of 18 can access abortion care?

-  Sweden
-  Austria

II. CONTRACEPTION

In which EU countries are birth control pills and hormone patches available WITHOUT a prescription?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries are birth control coils available WITHOUT a prescription?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries are emergency contraceptives ('Morning-After Pill') available WITHOUT a prescription?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries is prior authorisation NOT required from a parent or guardian for women aged between 16 to 18 to have access to contraceptives?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries is there NO minimum age for accessing contraception?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

III. ARTIFICIAL INSEMINATION






















In which EU countries are there NO special requirements for accessing artificial insemination?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries can single persons have access to artificial insemination?

- | | | | |
|---|---|--|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries is artificial insemination available after the age of 45 (and up to what age)?

- | | | | |
|--|--|--|---|
|  Austria (45) |  Estonia (50) |  Italy (46) |  Portugal (50) |
|  Belgium (47) |  Finland |  Latvia |  Romania (48) |
|  Bulgaria |  France |  Lithuania |  Slovakia (50) |
|  Croatia (48) |  Germany |  Luxembourg |  Slovenia |
|  Cyprus (50) |  Greece (50) |  Malta (48) |  Spain |
|  Czechia (49) |  Hungary (49) |  Netherlands (49) |  Sweden |
|  Denmark (45) |  Ireland |  Poland | |

In which EU countries are there NO special requirements for women who want to freeze their eggs (e.g. prior authorisation or medical necessity)?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries is ovum donation generally possible?

- | | | | |
|---|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

IV. SURROGACY

In which EU countries is altruistic surrogacy possible?




 Austria	 Estonia	 Italy	 Portugal
 Belgium	 Finland	 Latvia	 Romania
 Bulgaria	 France	 Lithuania	 Slovakia
 Croatia	 Germany	 Luxembourg	 Slovenia
 Cyprus	 Greece	 Malta	 Spain
 Czechia	 Hungary	 Netherlands	 Sweden
 Denmark	 Ireland	 Poland	

In which EU countries are single persons allowed to access altruistic surrogacy?

 Austria	 Estonia	 Italy	 Portugal
 Belgium	 Finland	 Latvia	 Romania
 Bulgaria	 France	 Lithuania	 Slovakia
 Croatia	 Germany	 Luxembourg	 Slovenia
 Cyprus	 Greece	 Malta	 Spain
 Czechia	 Hungary	 Netherlands	 Sweden
 Denmark	 Ireland	 Poland	

In which EU countries is commercial surrogacy available?

No country in the European Union allows commercial surrogacy.
In continental Europe, commercial surrogacy is possible in:

 Belarus	 Russia	 Ukraine
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V. ADOPTION

In which EU countries is there NO maximum age for adopting children?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

In which EU countries can same-sex couples JOINTLY adopt children?

- | | | | |
|--|---|---|--|
|  Austria |  Estonia |  Italy |  Portugal |
|  Belgium |  Finland |  Latvia |  Romania |
|  Bulgaria |  France |  Lithuania |  Slovakia |
|  Croatia |  Germany |  Luxembourg |  Slovenia |
|  Cyprus |  Greece |  Malta |  Spain |
|  Czechia |  Hungary |  Netherlands |  Sweden |
|  Denmark |  Ireland |  Poland | |

CONTACTS

 Austria	Österreichische Gesellschaft für Familienplanung	oegf.at
 Belgium	The Fédération Francophone Belge pour le Planning Familial et l'Education Sexuelle	planningfamilial.net
 Bulgaria	The Bulgarian Family Planning and Sexual Health Association	safesex.bg
 Croatia	Centar za edukaciju, savjetovanje i istraživanje	cesi.hr
 Cyprus	The Cyprus Family Planning Association	familyplaning.org.cy
 Czechia	Společnost pro plánování rodiny a sexuální výchovu	planovanirodiny.cz
 Denmark	Sex & Samfund	sexogsamfund.dk
 Estonia	Eesti Seksuaaltervise Liit	seksuaaltervis.ee
 Finland	Väestöliitto	vaestoliitto.fi
 France	Mouvement Français pour la Planning Familial	planning-familial.org
 Germany	Pro Familia	profamilia.de
 Greece	Prosexo.gr	prosexo.gr
 Hungary	Patent	patent.org.hu
 Ireland	The Irish Family Planning Association	ifpa.ie
 Italy	La Vita di Donna	vitadidonna.it
 Latvia	The Latvian Association for Family Planning & Sexual Health	papardeszieds.lv
 Lithuania	The Family Planning and Sexual Health Association of Lithuania	tavogyvenimas.lt
 Luxembourg	Planning familial	pfl.lu
 Malta	Sexual Health Malta	sexualhealth.gov.mt
 Netherlands	Rutgers	rutgers.nl
 Poland	Federation for Women and Family Planning	federa.org.pl
 Portugal	Associação Para o Planeamento da Família	apf.pt
 Romania	Societatea de Educatie Contraceptiva si Sexuala	secs.ro
 Slovakia	Spoločnosť pre plánované rodičovstvo	rodicovstvo.sk
 Slovenia	Ženski lobi Slovenije	zenskilobi.si
 Spain	The Federación de Planificación Familiar de España	fpfe.org
 Sweden	Riksförbundet För Sexuell Upplysning	rfsu.se

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