



# **THE SELF- DETERMINATION GUIDE**

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

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# 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some Member States take a very liberal approach in their policies, others continue to maintain strict laws that seem outdated in comparison.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  
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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

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

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