

BUILDRES Project

Project number: 2024-2-CY01-KA220-YOU-000295718

EU COUNTRIES DESK RESEARCH

Partner organisation: Timis County Youth Foundation (FITT)

Research on: Germany

Country overview, healthcare services and financial & social benefits

The German demographic shows a population of about 84 million, characterised by a total fertility rate of 1.5 live births per woman in 2025, alongside low infant mortality rates (2.7 infant deaths per 1,000 live births)¹. The conventional conception of the average German family is a married couple with one or two children². By 2015, the country had approximately eight million families with children under the age of 18. Although 5.5 million parents are married, family structures are increasingly diverse, encompassing 843,000 unmarried cohabiting couples. Furthermore, there are 1.6 million single parents, with women constituting 1.5 million of this group. Same-sex couples with children, while still low in absolute number (7,000), have significantly increased since 1996. There is a trend of fertility postponement, as mothers are nearly 30 years old and fathers 35 when their first child is born, a factor contributing to 53% of families having only one child.

The government provides essential social and maternal benefits, including *Kindergeld* (Child Allowance), which is a monthly payment issued until a child turns 18 to help offset upbringing costs. The Maternity Protection Act covers all employed women with typically 14 weeks of leave. Financial support³ during parental leave is facilitated through *Elterngeld* (Parental Allowance), which provides 65% of net income for a total of 14 months, available to either parent. Regarding labour dynamics, 70% of mothers are employed, but 40% work part-time. While this suggests a persistent gender asymmetry, a change is emerging, as one in three fathers now takes advantage of the parental allowance, often for two to three months, indicating a desire for greater involvement in child-rearing.

¹ <https://www.worldometers.info/demographics/germany-demographics/>

² <https://www.deutschland.de/en/topic/life/how-families-live-in-germany>

³ <https://germanyexpat.de/maternity-leave-in-germany/>

Name of the organisation	Together against violence against women (Gemeinsam gegen Gewalt an Frauen)
Short Description (Around 300 characters)	The Federal Office for Family Affairs and Civil Society (BAFzA) manages the federal funding program “Together against violence against women” on behalf of the Federal Ministry of Education, Family, Senior Citizens, Women and Youth (BMBFSFJ).
Country	Germany
Mail	gegengewaltanfrauen@bafza.bund.de
Phone	0221 3673-3328 or 0221 3673-53328
Website	https://www.gemeinsam-gegen-gewalt-an-frauen.de/
Address	An den Gelenkbogenhallen 2-6, 50679 Köln
Name of the organisation	Nummer gegen Kummer
Short Description (Around 300 characters)	Nummer gegen Kummer e. V. is the umbrella organisation of the largest, free, telephone counselling service for children, adolescents and parents in Germany.
Country	Germany
Mail	info@nummergegenkummer.de
Phone	0202 25 90 59 0
Website	https://www.nummergegenkummer.de/
Address	Hofkamp 108, 42103 Wuppertal
Name of the organisation	National Centre for Early Support (NZFH)
Short Description (Around 300 characters)	Early support services are available to parents from pregnancy onwards and to families with children up to the age of three. They are low-threshold and are particularly aimed at families in stressful situations. The services aim to strengthen parents’ relationships and parenting skills. They offer parents support, advice and guidance. The goal is to enable every child to develop healthily and grow up free of violence.
Country	Germany
Website	https://www.fruehehilfen.de/
Address	Köln, Nordrhein-Westfalen
Name of the organisation	Association of Binational Families and Partnerships (iaf)
Short Description (Around 300 characters)	The Association of Binational Families and Partnerships works nationwide at the intersection of family, migration, education, and anti-discrimination policies. They are the only advocacy group for binational, migrant, and transnational families and couples at the federal, state, and local levels. They are committed to promoting the fundamental and human rights of all families and couples living there, regardless of their origin, sexual orientation, or religion, and are critical of discrimination and racism.
Country	Germany
Mail	info@verband-binationaler.de
Phone	069 713 756 – 0 or 069 713 756 29
Website	https://www.verband-binationaler.de/
Address	Ludolfusstraße 2 - 4 60487 Frankfurt/M.



Name of the organisation	Protestant Working Group for Families
Short Description (Around 300 characters)	The Protestant Working Group for Families (eaf) is a Protestant family association that advocates for the needs and social concerns of families in politics and the church. With its Family Education working group, it places a special focus on family education as a place for encounter, learning, and support for all families.
Country	Germany
Mail	info@eaf-bund.de
Phone	+49 (0) 30 28 39 54 00
Website	https://www.eaf-bund.de/
Address	Auguststraße 80, 10117 Berlin-Mitte

- Member organisations of the German Family Organisations: <https://ag-familie.de/en/about-us/agf-members/>