

BUILDRES Project

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

EU COUNTRIES DESK RESEARCH

Partner organisation: Timis County Youth Foundation (FITT)

Research on: Hungary

Country overview, healthcare services and financial & social benefits

As of 2025, Hungary has a population of approximately 9.6 million, with a fertility rate of 1.5 live births per woman¹. The country operates a comprehensive family-support strategy that allocates 4% of its GDP—around HUF 3,750 billion (EUR 10.1 billion)—to policies designed to strengthen household stability and encourage childbearing². This system rests on three major pillars: tax reductions for families, extensive housing subsidies, and programs that promote work–family balance. These measures coexist with a universal healthcare system providing prenatal, birth, and early-childhood medical services, alongside one of the lowest infant mortality rates in the region at 2.8 per 1,000 live births.

Public attitudes toward family policy show strong support for vulnerable households. In a survey of 1,000 respondents, 56.3% favoured assistance for single-parent families, while 28% prioritized large families. Over the past decade, the poverty rate among large families has declined significantly³: from 35% in 2010 to 12% in 2019, whereas the rate for single-parent families has remained persistently high at 27%.

Hungary provides generous parental-leave benefits⁴. Mothers are entitled to 24 weeks of maternity leave, with extended unpaid leave available until the child turns three. Fathers receive five fully paid days of paternity leave, plus five additional days at 40% pay, taken within four months of birth. Both parents may access 44 days of low-paid parental leave, and annual leave increases with the number of children. These supports, combined with broad healthcare coverage and targeted financial measures, form a distinctive family-policy model that seeks to address demographic decline while improving child wellbeing.

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

² <https://hungarytoday.hu/hungarys-unique-family-support-model-discussed-at-eu-meeting/>

³ <https://onlinelibrary.wiley.com/doi/abs/10.1111/ijsw.12691>

⁴ <https://helpers.hu/staffing-solutions/maternity-leave-and-benefits-in-hungary/>

Name of the program	CSOK Plusz
Short Description (Around 300 characters)	A preferential interest-subsidized loan available under CSOK Plusz can be applied for to purchase or build a first home, to change homes due to an increase in family size (purchase, construction), or to expand a home (at least 1 adopted).
Country	Hungary
Mail	info@money.hu
Website	https://www.money.hu/csok-plusz
Address	1024 Budapest Fény Street 16.
Name of the program	Discount for mothers under 30 years old
Short Description (Around 300 characters)	Personal tax exemption up to the average salary. The benefit for mothers under 30 is granted to mothers over 25 who are entitled to a family benefit.
Country	Hungary
Mail	1818@1818.hu
Phone	+36 (1) 428 51 00
Website	https://nav.gov.hu/ado/szja/szja-kedvezmenyek/30-ev-alatti-anyak-kedvezmenye
Address	1054 Budapest, Széchenyi Street 2.
Name of the organisation	Atthon Shevetünm Foundation
Short Description (Around 300 characters)	The Otthon Segítünk Foundation is a national support service in which volunteers trained by professionals help families in their homes for free, once or twice a week, for an average of 3-9 months. Their goal is to help with everyday activities, create a harmonious family life, and strengthen parenting skills.
Country	Hungary
Mail	osa@otthonsegitunk.hu
Phone	+36 1 365 1436 or +36 20 299 06 72
Website	https://www.otthonsegitunk.hu/holvagyunk.html
Address	1081 Budapest, Népszínház Street 21. 3/1
Name of the program	EdisonLab
Short Description (Around 300 characters)	EdisonLab is an innovative parenting workshop series developed for working parents. Their program builds on 12 key competencies to help families confidently face the challenges of the 21st century.
Country	Hungary
Mail	hello@edisonplatform.hu
Website	https://www.edisonplatform.hu/
Address	1134 Budapest, Apály Street 3, 6th floor, door 4A
Name of the project	Menedék – Migránsokat Segítő Egyesület
Short Description (Around 300 characters)	This project aims to enhance the mental health and well-being of refugee, migrant, and minority children by empowering them, their parents/caregivers, and teachers with the knowledge and tools



	necessary to create inclusive and supportive environments. It fosters open dialogue about mental health, enabling children to express their experiences, particularly those linked to vulnerability, discrimination, or exclusion. The project also builds intercultural skills among teachers and students, promoting tolerance and respect for diversity within educational settings. Addressing xenophobia, discrimination, and bullying, it creates safer spaces where all children can thrive.
Country	Hungary
Mail	menedek@menedek.hu
Phone	+36204507245
Website	https://menedek.hu/
Address	1066 Budapest, Ó utca 39. Ground floor 1