

## BUILDRES Project

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### EU COUNTRIES DESK RESEARCH

Partner organisation: DANMAR COMPUTERS

Research on: POLAND

**Country overview** (statistical data- population, fertility percentages, indicators- cultural characteristics of the country around family building, e.g family vs. career oriented, average of mothers working full time, average number of children in new families, Fertility rate, average maternal age).

Based on the latest statistical data, Poland is a country of approximately 38.1 million people, characterized by a declining population and an aging society with a median age of 42.5 years. The nation's fertility rate stands at a low 1.31 children per woman, well below the replacement level, a trend reflected in the declining number of live births and a steadily increasing average maternal age, with the 30–34 age group now accounting for the highest percentage of live births. Culturally, Poland maintains strong family-oriented values, heavily influenced by its Roman Catholic heritage, which emphasizes collectivism and the centrality of the family unit. However, this is balanced against significant economic pressures, as the estimated cost of raising children is substantial. While the state supports family building with policies like generous, shared parental leave, the reality is that Polish families are having fewer children. This creates a complex social landscape where traditional family values coexist with the economic realities that discourage larger families, contributing to the country's persistent demographic challenges.

Demographic decline in Poland is shaped by multiple structural factors, including housing affordability constraints, labour market insecurity among young adults, urbanization, and the emigration of working-age populations in previous decades. Parenthood is increasingly postponed, particularly among women pursuing higher education and stable employment. The shift toward later childbearing has implications for reproductive health patterns and rising demand for fertility treatment services. At the same time, rural–urban disparities remain visible, with larger families more common in smaller towns and eastern regions of the country.

Pregnancy and maternal healthcare services in Poland are delivered through the publicly financed healthcare system, coordinated by the National Health Fund (Narodowy Fundusz Zdrowia – NFZ). All insured women are entitled to comprehensive prenatal care, including regular obstetric examinations, diagnostic testing, ultrasound screenings and hospital delivery. Pregnancy care standards are nationally regulated, and women may choose between public and private providers, though access and quality may vary regionally. Hospital births are the norm, and postnatal care includes midwife visits, newborn screening programs and paediatric follow-ups. Poland maintains relatively strong maternal and infant health indicators, though debates persist regarding reproductive rights and access to certain services, particularly following restrictive abortion legislation introduced in recent years.



Parental leave and income protection form a central component of Poland's family policy framework. Mothers are entitled to 20 weeks of maternity leave (longer in the case of multiple births), compensated at a high percentage of previous earnings. This is followed by parental leave, which can be shared between both parents and may extend the total paid leave period to approximately one year, depending on the benefit option selected. Fathers are entitled to dedicated paternity leave, reinforcing policy efforts toward greater paternal involvement in early childcare. Employment protections guarantee job security during maternity and parental leave periods, supporting work–family reconciliation.

Financial support for families has been significantly expanded over the past decade. The flagship “Family 500+” programme (recently increased to 800+ per child per month) provides universal monthly cash transfers for each child under 18, regardless of income. Additional supports include child tax credits, one-time birth grants (“becikowe”) for eligible families, and childcare co-financing schemes. These measures aim to reduce child poverty and offset the direct costs of raising children. However, despite substantial fiscal investment in pro-family benefits, fertility rates have not rebounded sustainably, suggesting that financial incentives alone may not fully address structural and cultural determinants influencing reproductive decisions.

Overall, Poland presents a demographic paradox: strong cultural endorsement of family life alongside persistently low fertility and delayed parenthood. The country combines comprehensive maternity protection, extended parental leave and generous child-related transfers with ongoing demographic decline. Policymakers continue to face the challenge of reconciling economic modernization, gender equality in the labour market, and sustainable family formation in the context of long-term population ageing.

<b>Name of the organisation</b>	<b>FEDERA</b>
<b>Short Description (Around 300 characters)</b>	A leading non-governmental organisation working for reproductive rights. It runs a Health Centre offering a safe space and services for marginalised communities, including transgender people, people living with disabilities, sex workers and refugees.
<b>Country</b>	Poland
<b>Mail</b>	<a href="mailto:kontakt@federa.org.pl">kontakt@federa.org.pl</a>
<b>Phone</b>	22 635 93 95
<b>Website</b>	<a href="https://federa.org.pl/">https://federa.org.pl/</a>
<b>Address</b>	ul. Nowolipie 13/15 (parter), 00-150 Warszawa
<b>Name of the organisation</b>	<b>Centrum Wsparcia Rodziny</b>
<b>Short Description (Around 300 characters)</b>	The Family Support Centre is a team of experienced experts in psychology, pedagogy, addiction therapy, mediation, and family and criminal law. They provide effective and comprehensive assistance in solving family and personal problems.
<b>Country</b>	Poland
<b>Mail</b>	<a href="mailto:kontakt@centrumwsparciarodziny.org">kontakt@centrumwsparciarodziny.org</a>
<b>Phone</b>	+48 504 606 966
<b>Website</b>	<a href="https://www.centrumwsparciarodziny.org/">https://www.centrumwsparciarodziny.org/</a>
<b>Address</b>	
<b>Name of the organisation</b>	<b>Caritas Polska</b>
<b>Short Description (Around 300 characters)</b>	Caritas Polska is the largest Polish charitable and social charity organisation of the Catholic Church, which provides assistance to the poor, excluded and needy. It operates as a public benefit organisation, providing both spiritual and material assistance.
<b>Country</b>	Poland
<b>Mail</b>	<a href="mailto:caritaspolska@caritas.pl">caritaspolska@caritas.pl</a>
<b>Phone</b>	+48 22 3348500
<b>Website</b>	<a href="https://caritas.pl/">https://caritas.pl/</a>
<b>Address</b>	ul. Okopowa 55, 01-043 Warszawa
<b>Name of the organisation</b>	<b>Klinika Bocian</b>
<b>Short Description (Around 300 characters)</b>	Klinika Bocian in Rzeszow is a modern center for diagnosis and treatment of infertility, which carries out IVF procedures. The clinic employs doctors experienced in assisted reproduction, highly qualified embryologists, laboratory diagnosticians and professional midwives who support patients at every stage of treatment.
<b>Country</b>	Poland
<b>Mail</b>	<a href="mailto:international@klinikabocian.pl">international@klinikabocian.pl</a>
<b>Phone</b>	+48 533 331 350
<b>Website</b>	<a href="https://klinikabocian.pl/">https://klinikabocian.pl/</a>
<b>Address</b>	ul. Podwisłocze 31, 35-309 Rzeszów
<b>Name of the organisation</b>	<b>Fundacja Dajemy Dzieciom Siłę</b>



<b>Short Description (Around 300 characters)</b>	The organization provides psychological and legal support to abused children and their caregivers, educates children on how to stay safe from violence and exploitation, raises adults' awareness on preventing and responding to child abuse, and advocates for legal changes in Poland to better protect children's rights and well-being.
<b>Country</b>	Poland
<b>Mail</b>	rodzice@fdds.pl
<b>Phone</b>	22 616 02 68
<b>Website</b>	<a href="https://rodzice.fdds.pl/">https://rodzice.fdds.pl/</a>
<b>Address</b>	ul. Mazowiecka 12/25, 00-048 Warszawa