

BUILDRES Project

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EU COUNTRIES DESK RESEARCH

Partner organisation: Timis County Youth Foundation (FITT)

Research on: Romania

Country overview, healthcare services and financial & social benefits

In 2025, Romania had a population close to 19 million people, with a fertility rate of 1.71 children per woman, and an infant mortality rate of 5.0 infant deaths per 1,000 live births, based on Worldometer's¹ elaboration of the latest United Nations data. From the 2021 Romanian census², about 45% of the country's population is married, of which 1.28% married in the age group of 16 to 19 years old, about 53% giving birth to at least one living child, and 18.66% in the age group of 20 to 24 years old, about 65% giving birth to at least one living child. On average, women between the ages of 16 and 34 have one child, and for those aged 35 and up, the average is 2 children³.

A 2019 study of birthing adolescents in EU countries⁴ has shown that Romania had 35 cases per 1,000 adolescent girls aged 15 to 19, which placed it in second place, behind Bulgaria. In 2020⁵ around 16,470 teenagers became mothers in Romania.

Currently, mothers are entitled to 126 calendar days of maternity leave before or after birth⁶. According to Article 23, paragraph (1) of Government Emergency Ordinance no. 158/2005 on health insurance leave and benefits, the prenatal leave period may be partially compensated with the postnatal period, depending on the person's choice or the doctor's recommendation. Paternal leave can last 10 to 15 working days (in the first 8 weeks of the newborn's life), the first 10 days being paid⁷. The parental leave for either of the parents starts after the 126-day maternal leave and can last till the child turns 2 years old.

The amount of the social security indemnity in parental leave represents 85% of the value of the calculation base, established by law. The calculation basis is determined as the average of the gross monthly income in the last 6 months of the 12 months from which the contribution period is constituted⁸. At the same time, starting on August 1, 2025, the parental allowance

¹ <https://www.worldometers.info/world-population/romania-population/>

² <https://populatia.ro/>

³ <https://www.recensamantromania.ro/rezultate-rpl-2021/rezultate-definitive-caracteristici-demografice/>

⁴ <https://www.unicef.org/romania/press-releases/pregnancy-adolescents-cyclical-phenomenon-repeated-one-generation-another-same>

⁵ <https://www.romaniajournal.ro/society-people/over-16400-teen-girls-in-romania-became-moms-in-2020/>

⁶ <https://legislatiamuncii.manager.ro/a/126/concediul-de-maternitate-in-2021-conditii-de-acordare-atat-din-punctul-de-vedere-al-angajatorului-cat-si-al-angajatei.html>

⁷ <https://legislatiamuncii.manager.ro/a/29490/concediul-paternal-noutati-si-obligatii-ale-angajatorului.html>

⁸ <https://legislatiamuncii.manager.ro/a/126/concediul-de-maternitate-in-2021-conditii-de-acordare-atat-din-punctul-de-vedere-al-angajatorului-cat-si-al-angajatei.html>

was reduced by 10%, representing the contribution for social health insurance⁹. The child allowance varies according to age¹⁰: 719 lei/month for children up to two years of age (or up to three years of age in the case of children with disabilities); 292 lei/month for children aged between two and 18, as well as for young people over 18 who are attending high school or vocational courses; 719 lei/month for children with disabilities aged between three and 18.

When it comes to fertility and contraception clinics, they exist mainly in big cities, so women and girls experience barriers to accessing healthcare resources¹¹, especially for abortion, which is permitted until 14 weeks of pregnancy. Also, fewer clinics provide abortion services.

There are many private psychology clinics and counsellors in Romania who offer parent-focused psychological support and support groups. Some mental health services can be covered by the national health insurance system (CNAS) under the national health package¹².

Useful resources:

- Example of a childcare online course that fathers can join to receive a certificate that grants 5 more days for the parental leave (additional to the 10 days): <https://curs.copiisiparinti.ro/cursuri/curs-puericultura/>
- A social psychotherapy centre offering free, high-quality therapy regardless of ability to pay, aimed at increasing accessibility: <https://theinnerfoundation.org/portfolio/centrul-social-de-psihoaterapie/>
- An NGO that offers psychological support for vulnerable people, through workshops, events, and free counselling: <https://www.mental-help.ro/>
- **Family Start** is a program set up by the government to give a helping hand to young families and single parents in Romania. The idea is simple: life is becoming more expensive, and those at the start of their journey need a little help to cope with the increasing expenses. Maybe you want to give the down payment to buy a house, provide a decent environment for the children, or do better from one month to the next. Well, Family Start offers loans with a state-subsidised interest rate, lower than you will normally find at banks. See more: <https://mmuncii.gov.ro/family-start/>
- **“Social Program of National Interest to Support Couples and Single Persons to Increase the Birth Rate”** is a financed program from the state budget, from the budget of the Ministry of Labour, Family, Youth, and Social Solidarity and aims to financially support couples and single individuals in Romania, to perform the recommended specialised medical procedures, as the main element of supporting the increase in the birth rate in Romania. See more: <https://mmuncii.gov.ro/familie/crestere-natalitate-fiv/>

⁹ <https://evz.ro/concediu-pentru-cresterea-copilului-2025-ghid-complet-pentru-parinti.html>

¹⁰ <https://stirileprotv.ro/stiri/social/alocatiile-pentru-copii-cu-cat-cresc-alocatiile-ce-acte-sunt-necesare-si-cand-intra-banii.html>

¹¹ <https://www.hrw.org/report/2025/04/07/its-happening-even-without-you-noticing/increasing-barriers-accessing-sexual-and>

¹² <https://mentalhealthforromania.org/en/service/guide-to-benefit-from-services-covered-by-the-national-health-insurance-house/>

Name of the organisation	SEXUL vs BARZA (sex vs the stork)
Short Description (Around 300 characters)	Over the past 10 years, SEXUL vs BARZA has expanded the conversation about reproductive health and women's rights in Romania in the national and international press.
Country	Romania
Mail	contact@sexulvsbarza.ro
Phone	
Website	https://sexulvsbarza.ro
Address	Str. Cuza-Vodă 165, Oltenița
Name of the organisation	Asociația Moașelor din România (Romanian Midwives Association)
Short Description (Around 300 characters)	They work closely with midwives, obstetrician-gynaecologists, family physicians, community health nurses and other health professionals to build an interdisciplinary team capable of providing comprehensive, women-centred care and to respond more effectively and quickly to the diverse needs of vulnerable rural and urban communities.
Country	Romania
Mail	contact@asociatiamoaselor.ro
Phone	+40 722 652 898
Website	https://asociatiamoaselor.ro/
Address	Splaiul Independenței 169, Sector 5, Bucharest
Name of the organisation	ASFANU (Asociația Familiilor Numeroase din România)
Short Description (Around 300 characters)	ASFANU – Large Families Association is a non-profit, non-denominational and apolitical association that promotes, supports and represents the interests of families with 3 or more children. The main goal of the Association is to defend large families and all families.
Country	Romania
Mail	office@asfanu.ro
Phone	+4 0723 751 460
Website	https://asfanu.ro
Address	Str. Carol Davila, Bucharest
Name of the organisation	Secs (Societatea de Educație Contraceptivă și Sexuală)
Short Description (Around 300 characters)	The Contraceptive and Sexual Education Society is a non-governmental organisation founded in 1990 with the help of the IPPF (International Planned Parenthood Federation) to respond to the needs for information, education, and services in the field of sexual and reproductive health.
Country	Romania
Mail	sediu@secs.ro
Phone	+40 759 178 760
Website	https://secs.ro
Address	Calea 13 Septembrie nr. 85, Bloc 77C, Floor 8, Apart. 74, Sector 5, Bucharest