

FEDERA



ANNUAL REPORT 2025



ANNUAL REPORT 2025

Edited by: Marta Paczkowska

Design and layout: Julia Karwan-Jastrzębska

Warsaw, March 2026

en.federa.org.pl



CONTENTS

		"Get to Know Your Cycle. Menstruation Without Secrets"	11
LIGHT IN THE DARKNESS. YEAR IN REVIEW	6	"HPV Vaccine – An Investment in Your Health and the Health of Your Loved Ones"	11
ADVOCACY IN POLAND	7	Leaflet on HIV prevention	11
Institutional cooperation	7	PONTON Group and educational workshops	11
Access to medications used for abortion	7	WenDo workshops	12
Changes in miscarriage regulations	7	Webinars	12
Fighting for access to abortion in hospitals	7	COUNSELING AND SUPPORT	14
Launch of a medical training programme	7	Abortion support and online counseling	14
In defence of pro-choice doctors	8	Helpline	14
A new advocacy tool – legal and medical report	8	Profile of callers	14
Public speaking and expert engagement	8	PROMOTION AND COMMUNICATION	16
ADVOCACY AT THE INTERNATIONAL LEVEL	9	Maja chatbot	16
"Equality, Europe!" Conference – Polish Presidency of the Council of the EU	9	Social media	16
Open letter to EU Member States	9	Newsletter	16
International Conference on Family Planning (ICFP), Bogotá	9	Collaborations	17
28 May Campaign – International Day of Action for Women's Health	9	PARTNERSHIPS, COLLABORATIONS AND PATRONAGES	18
EU Multiannual Financial Framework	9	International partnerships	18
EU Anti-Discrimination Directive	9	Joining the SexSense Network	18
My Voice, My Choice Initiative	10	Collaboration with AMAZE	18
CEDAW – List of Issues Prior to Reporting	10	Expert partnerships	18
Abortion and Contraception Policy Atlases	10	Polish Society of Sexology Conference "Sexology 2025"	18
EDUCATIONAL ACTIVITIES	11	Matronages	18
Educational and informational publications	11	10th National Student Conference on Sexology	18
		3rd National Scientific and Training Conference "Safe Sex for Everyone" (APS Student Association)	18

Educational campaign “Immunology” – Mediaplanet	18
Social media collaborations	19
FEDERA HEALTH CENTER	20
Services and scale of activity	20
Medical team and organisation of work	21
Communication and visibility	21
Partnerships and collaboration	21
Safety standards and data protection	21
ASTRA NETWORK	22
Context and challenges	22
Advocacy and solidarity actions	22
Influence on EU policies and international presence	22
Knowledge production	23
Governance and institutional development	23
COALITION FOR EQUALITY AND CHOICE	24
INTERNAL MATTERS	25

LIGHT IN THE DARKNESS. YEAR IN REVIEW

The past twelve months have been a time of profound global uncertainty. Many of us feel exhausted, overwhelmed, and increasingly confronted with a reality that seems to be growing darker.

All of this is true. And yet, over the past year, there has also been light in that darkness.

For FEDERA, 2025 was a time of close collaboration with people who had the courage to do what was right – regardless of the consequences.

It was the courage of Anita, who initiated a public conversation about abortion care in the second and third trimesters, breaking long-standing taboos and opening space for others to follow.

It was Dr. Jarosław Górnicki, who stood firmly by his patients, despite facing personal and professional consequences.

It was Dr. Gizela Jagielska, demonstrating in practice what it truly means to stand on the side of women and medical knowledge.

And it was Joanna from Kraków, who has continued her determined fight for justice, consistently challenging the narrative of a “properly functioning system.”

It is true that the system does not support women – and that those willing to stand up are still too few.

That is precisely why we have taken matters into our own hands.

In collaboration with experts in medicine, law, and social sciences, we launched a nationwide training programme for medical professionals. Step by step, workshop by workshop, we are building competencies and improving the quality of healthcare in hospitals across Poland – so that patients’ rights are not the exception, but the standard.

In 2025, FEDERA acted wherever the system failed.

We continued to support, protect, inform, and provide legal, psychological, and medical care to those in need. We reminded the public that injustice cannot be ignored, and that human rights are not empty slogans, but a lived reality affecting each and every one of us.

That regardless of crises, tensions, and political shifts, everyone has the right to make decisions about their own body, to access healthcare, and to stand up to a world that tries to break them.

Thank you for being with us in this fight.

Together, we are the light in the darkness – and we will not let that flame go out.

We invite you to read this report summarising FEDERA’s activities in 2025 – a record of courage, solidarity, and work that is making a real difference.

ADVOCACY IN POLAND

The year 2025 was a period of intensive advocacy work for FEDERA, despite an increasingly challenging political context. The outcome of the presidential elections limited opportunities for legislative change; however, our team remained consistently active throughout the year.

We focused on influencing administrative, regulatory, and institutional mechanisms, while strengthening cooperation with the medical community and continuing to break taboos in public discourse—particularly around abortion care in the second and third trimesters.

Institutional cooperation

In 2025, we further deepened our collaboration with public institutions. FEDERA shared its expertise, among others, with the Ministry of Health as part of the Women's Health Working Group. We also participated in ministerial working groups and maintained ongoing dialogue with decision-makers responsible for shaping and implementing health policy.

At the same time, we remained in contact with the Ministry of Justice and the Ministry of Digital Affairs.

During all meetings, FEDERA consistently emphasised the urgent need to ensure effective access to legal abortion, align national practices with international human rights standards, and eliminate unlawful barriers within the healthcare system. We also highlighted the need to increase access to contraception, including emergency contraception.

Abortion Advocacy Academy

In May, together with Amnesty International and the Center for Reproductive Rights, we organised a training programme on abortion advocacy. The event was open to anyone interested in learning how to engage in conversations about abortion, where to find reliable information, and how to build evidence-based, respectful dialogue.

Access to medications used for abortion

In 2025, we drew attention to the limited availability of medications used for abortion in Polish hospitals. We initiated dialogue with the Ministry of Health regarding the registration of mifepristone in Poland—a substance included

on the European Union's essential medicines list and recommended by the World Health Organization as part of the medical abortion protocol.

Our efforts to ensure access to care aligned with international standards will continue in 2026.

Changes in miscarriage regulations

In 2025, the Ministry of Family, Labour and Social Policy introduced changes to regulations concerning burial procedures following pregnancy loss, including abortion.

Since August 2025, parents are no longer required to indicate the sex of the foetus in order to receive a funeral allowance or access maternity leave following miscarriage or abortion. This is a change that our advocacy team had been calling for over many years.

Fighting for access to abortion in hospitals

One of the key areas of national advocacy was improving the implementation of existing legal provisions on abortion.

We continuously worked to ensure the highest possible standard of care for women seeking support from FEDERA. We also closely monitored systemic decisions related to financial penalties imposed on healthcare facilities unlawfully refusing to provide legal abortion services.

We can state with confidence that all penalties imposed so far by the National Health Fund have resulted from cases documented and formally reported by FEDERA's Legal Team.

Launch of a medical training programme

2025 also marked a period of close collaboration with the medical community and expert bodies, including the Polish Society for Sexual and Reproductive Health.

Together with medical partners, FEDERA co-organised the conference "Sexual and Reproductive Health 2025", which brought together medical experts from across Poland.

The two-day training for doctors, nurses, and midwives focused on delivering high-quality reproductive healthcare. It also marked the first event in Poland organised by pro-choice expert organisations that included hands-on training in manual vacuum aspiration (MVA).

This represents an important step towards improving clinical standards and medical education in abortion care.

The event concluded with the adoption of the Declaration for the Future of Sexual and Reproductive Health and laid the foundation for a nationwide training programme for healthcare professionals.

In defence of pro-choice doctors

For months, we brought public attention to systemic and ideological attacks targeting the few doctors in Poland who openly support women's rights.

The widely discussed cases of Dr. Jarosław Górnicki, penalised for prescribing emergency contraception, and Dr. Gizela Jagielska, who provided abortion care in a hospital in Oleśnica, sparked intense public debate.

FEDERA remained at the centre of these developments: informing the public, intervening with the Ministry of Health and the Ministry of Justice, and organising support actions for doctors who have the courage to stand by their patients.

Our petitions in support of Dr. Jagielska and Dr. Górnicki were signed by tens of thousands of people.

A new advocacy tool – legal and medical report

In collaboration with the Polish Society for Sexual and Reproductive Health, FEDERA developed a new publication in 2025 titled: "Sexual and Reproductive Health and Rights in Poland in the Context of European Union Standards: Legal Analysis and Review of Research."

This is the first publication of its kind in Poland, combining comprehensive legal analysis with a review of population-based research in the field of SRHR.

The report attracted interest within the legal community and was shared, among others, with the Ministry of Health and the Ministry of Justice.

Public speaking and expert engagement

Members of our team actively participated in numerous expert events.

We took part in a panel during a conference organised as part of Poland's Presidency of the Council of the European Union, where we spoke about the role of civil society and grassroots movements in advancing equality.

At the Social Congress of Women, we discussed the shared interests of feminist and labour movements.

A member of our team also delivered a lecture at an event organised by UN Women Iceland at the University of Reykjavík, presenting an analysis of the links between fundamentalist movements and coercive pronatalism in the context of the growing demographic crisis.

In 2025, FEDERA representatives appeared in media outlets such as TOK FM, TVN, Gazeta Wyborcza, OKO.press, Onet, Polish Radio Three, and Radio Nowy Świat.

We were also featured in international media, including BBC, Al Jazeera, Le Monde, and Deutsche Welle.

ADVOCACY AT THE INTERNATIONAL LEVEL

The year 2025 marked a period of strong international engagement and consistent advocacy efforts for FEDERA. Alongside our work in Poland, we intensified pressure on the Polish state through international human rights mechanisms and actively participated in regional and global initiatives advancing women's rights and sexual and reproductive health and rights (SRHR).

Our activities focused both on strengthening accountability of public institutions for systemic human rights violations in Poland and on building solidarity and cooperation with organisations and experts across countries.

UN Commission on the Status of Women

FEDERA representatives participated in the 69th session of the UN Commission on the Status of Women (CSW) as part of the official Polish government delegation.

This presence enabled us to advocate for sexual and reproductive rights at the global level and to bring the perspective of feminist organisations into international discussions on gender equality and human rights.

"Equality, Europe!" Conference – Polish Presidency of the Council of the EU

FEDERA took part in an expert panel during a conference organised as part of Poland's Presidency of the Council of the European Union.

The discussion focused on the role of civil society and grassroots movements in defending democracy, as well as on the future of EU strategies on gender equality and LGBTIQ equality in the context of growing democratic challenges across Europe.

Open letter to EU Member States

Together with partner organisations, FEDERA issued an open letter addressed to EU Member States ahead of a meeting of ministers responsible for equality.

The signatories called for strong political leadership and sustained commitment to advancing women's rights, sex-

ual and reproductive rights, and the rights of LGBTIQ persons within EU policies.

International Conference on Family Planning (ICFP), Bogotá

In collaboration with ASTRA Network, FEDERA participated in the International Conference on Family Planning (ICFP) 2025.

During a joint panel, we analysed the impact of rising anti-gender movements and authoritarian governments on SRHR in Central and Eastern Europe. We also presented strategies of resistance developed by feminist movements—from legal action and direct service provision to community-based initiatives, with particular attention to marginalised groups.

The discussion highlighted the importance of cross-regional solidarity and international support for SRHR defenders operating in increasingly restrictive environments.

28 May Campaign – International Day of Action for Women's Health

FEDERA was a partner in the international campaign marking the International Day of Action for Women's Health on 28 May 2025.

The campaign showcased diverse forms of activism worldwide, highlighting how advocates mobilise communities, engage in education, and carry out advocacy to demand meaningful change in the field of SRHR.

EU Multiannual Financial Framework

FEDERA participated in public consultations on the future EU Multiannual Financial Framework.

In our advocacy positions, we emphasised the need to systematically integrate gender equality and SRHR into EU budgetary priorities.

EU Anti-Discrimination Directive

In 2025, FEDERA engaged in intensive and ultimately successful advocacy efforts at the EU level to ensure the continuation of work on the horizontal Anti-Discrimination Directive.

We highlighted its critical importance for protecting human rights and advancing equality across the European Union.

My Voice, My Choice Initiative

A significant part of FEDERA's international work focused on supporting the European Citizens' Initiative My Voice, My Choice, which aims to introduce an EU funding mechanism for safe and legal abortion.

FEDERA representatives participated, among others, in a hearing at the European Parliament.

CEDAW – List of Issues Prior to Reporting

In collaboration with the Center for Reproductive Rights, FEDERA prepared a List of Issues Prior to Reporting submission to the CEDAW Committee.

The document identified key areas of concern regarding violations of women's and reproductive rights in Poland that require particular attention in the reporting process.

FIGO statement on fetal asystole

The International Federation of Gynecology and Obstetrics (FIGO) issued a landmark statement confirming that fetal asystole is a medical procedure and part of standard healthcare, not requiring additional legal regulation.

This represents an important step towards the destigmatisation of abortion care and is, in part, the result of sustained advocacy efforts by FEDERA at the international level.

Abortion and Contraception Policy Atlases

FEDERA members contributed as experts to two key publications by the European Parliamentary Forum for Sexual & Reproductive Rights: the Abortion Policy Atlas and the Contraception Policy Atlas.

This strengthened the presence of Polish expert perspectives in European analyses of public policies related to reproductive rights.

EDUCATIONAL ACTIVITIES

Educational and informational publications

“GET TO KNOW YOUR CYCLE. MENSTRUATION WITHOUT SECRETS”

This educational publication was developed in collaboration with the Różowa Skrzyneczka Foundation, with support from the Rosa Luxemburg Foundation.

The material explains, in an accessible way, what menstruation is and how the menstrual cycle works, presenting hormonal mechanisms and the different phases of the cycle in clear, easy-to-understand language.

It also covers common experiences associated with menstruation—such as changes in the cycle, pain, fatigue, and mood fluctuations—and provides practical guidance on maintaining physical health and comfort during this time.

The publication includes information on menstrual hygiene, available products, and ways to manage everyday challenges related to menstruation, supporting menstruating individuals in understanding their bodies and accessing reliable knowledge.

“PERIMENOPAUSE. HOT TOPICS, COOL APPROACH”

This educational publication, also developed in collaboration with the Różowa Skrzyneczka Foundation as part of the Menstruation Academy, focuses on the physical and psychological changes occurring during the perimenopausal period.

It introduces key concepts such as perimenopause, menopause, and postmenopause, explaining the associated hormonal and health-related processes.

The material discusses common experiences and health challenges, as well as available forms of medical and non-medical support. It also addresses issues related to fertility, contraception, sexual health, and prevention, emphasising the importance of regular check-ups and access to reliable information.

The publication serves as a practical educational tool supporting informed health decisions.

“HPV VACCINE – AN INVESTMENT IN YOUR HEALTH AND THE HEALTH OF YOUR LOVED ONES”

This educational brochure focuses on HPV and cancer prevention.

It explains what HPV is, how infection occurs, and its potential health consequences, including the risk of developing cancer. Particular emphasis is placed on vaccination—its effectiveness, safety, dosing schedule, and the benefits of vaccination regardless of age or prior sexual activity.

The material also highlights the role of regular screening (such as cytology and HPV testing) as a key component of preventive healthcare.

The brochure is based on up-to-date medical knowledge and supports informed decision-making and access to reliable health information.

LEAFLET ON HIV PREVENTION

This informational material focuses on pharmacological methods of preventing HIV and other sexually transmitted infections.

The leaflet explains the differences between PrEP (pre-exposure prophylaxis), PEP (post-exposure prophylaxis), and DoxyPEP (post-exposure prophylaxis using doxycycline), clarifying their use, effectiveness, and safety.

It also provides essential information on when and how each method can be used, outlines treatment protocols, and indicates where to seek support and access care.

The material highlights the importance of informed prevention, regular testing, and combining pharmacological methods with other strategies for maintaining sexual health.

PONTON Group and educational workshops

2025 marked an important year of development for the PONTON Group. After many years, a new website was launched, helping to organise activities, improve access to educational materials, and strengthen the group’s online presence.

At the same time, five new members joined the team, bringing diverse experiences, skills, and perspectives.

The team includes individuals from a variety of professional and social backgrounds, which enhances the qual-

ity of educational activities, broadens the range of topics addressed, and allows the group to better respond to the needs of the communities it works with.

In 2025, the PONTON Group delivered 40 workshops and educational sessions, reaching nearly 500 participants.

Activities were addressed to children, young people, young adults, parents, and professionals working with youth. Topics included psychosexual development, relationships, reproductive health, STI prevention, consent, and safety.

Workshops were conducted in a variety of settings, including schools, support institutions, NGOs, and informal groups.

At the same time, 2025 proved to be a particularly challenging year for educational activities.

The introduction of a new school subject—health education—significantly impacted interest in external sexuality education workshops. Many schools reduced cooperation with NGOs, assuming that the new subject would address existing gaps.

At the same time, strong negative media narratives around health and sexuality education contributed to concerns among school administrations, teachers, and parents about engaging in such activities.

From the PONTON Group's perspective, it was particularly concerning that health education—despite initial expectations—often failed to provide young people with real access to reliable, safe, and empathetic knowledge.

The subject is not mandatory, does not count toward final grades, and requires parental consent, which in practice excludes some young people—often those most in need of support.

Additionally, based on feedback from students and internal analysis, there were clear gaps in the preparedness of teaching staff to deliver education on health and sexuality in a way that responds to young people's real needs.

Despite these challenges, the PONTON Group continued its educational work, responding to demand wherever access remained possible.

For over 20 years, the programme has remained one of the few systemic initiatives providing young people with reliable, science-based, respectful, and safe sexuality education.

Regardless of the future of health education in schools, the PONTON Group will continue its work—advocating for young people's right to knowledge, health, and safe development.

WenDo workshops

In 2025, FEDERA once again organised WenDo workshops on assertiveness and self-defence, addressed to women and people socialised as women.

A total of four two-day workshops were conducted, made possible thanks to the support of the Rosa Luxemburg Foundation.

The workshops were met with very high interest—twice as many people applied as there were available places—highlighting the strong demand for activities that build confidence, agency, and the ability to respond in situations of threat.

Participants formed highly diverse groups in terms of age (ranging from 21 to 67), life experiences, and levels of ability. One participant used a white cane for people with visual impairments.

This demonstrates the inclusive nature of WenDo workshops and their ability to support women regardless of their background or level of ability, as well as FEDERA's efforts to create an accessible and supportive learning environment.

Webinars

In 2025, in collaboration with the FEDERA Health Center and as part of the international 16 Days of Activism Against Gender-Based Violence campaign, we organised a series of free educational webinars attended by over 50 participants.

The sessions were addressed both to individuals and to professionals working in health, education, and social support.

The aim of the series was to increase knowledge, awareness, and competencies in the areas of violence prevention, health protection, and patients' rights.

On 25 November, the webinar "ABC of So-Called Date Rape Drugs" was delivered by Justyna Krawczyk in collaboration with the Chemia Collective. The session covered substances commonly used in sexual violence, their effects, symptoms, and ways of responding in potentially

dangerous situations.

On 1 December, the webinar “Intimate Health Without Secrets: Symptoms, Diagnosis, and Prevention” was delivered by Dr. Karolina Lisek-Kubacka, a physician in training in infectious diseases.

On 8 December, the webinar “Your Rights in the Doctor’s Office – Patients’ Rights in Practice” was led by Kamila Ferenc, lawyer, judge of the State Tribunal, and Vice-President of FEDERA.

On 9 December, the webinar “Accessible Care – How to Provide Real Support to Patients with Disabilities” was delivered by Emilia Korona in collaboration with the Avalon Foundation. The session focused on creating accessible and supportive healthcare environments, including in the field of reproductive health.

COUNSELLING AND SUPPORT SERVICES

Abortion support and online counseling

In 2025, FEDERA provided support in more than **3,800 abortion-related cases**. Of these, more than **900 interventions** concerned cases involving severe fetal anomalies or risks to the health or life of the pregnant person, requiring urgent, multi-stage informational, medical, and organisational support.

These interventions included providing reliable information on the applicable legal framework, available medical pathways, healthcare facilities, and diagnostic procedures, as well as supporting individuals in navigating the healthcare system and responding to refusals of care.

More than **2,900 cases** concerned unintended pregnancies and requests for information and support in accessing safe abortion.

Interventions involving severe fetal anomalies or risks to the life or health of the pregnant person were provided primarily by telephone to ensure rapid contact, continuity of support, and the ability to respond to changing medical and organisational circumstances. To this end, FEDERA operated a dedicated intervention hotline (**+48 22 635 93 95**) throughout the year, available Monday to Friday from 10:00 a.m. to 5:00 p.m.

At the same time, people seeking support could contact our team via info@federa.org.pl (abortion and contraception), ginekolozki@federa.org.pl, pomocprawna@federa.org.pl, and monitoring@federa.org.pl (information on services available under the National Health Fund and recommendations for trusted gynaecologists and psychologists). In 2025, the monitoring@federa.org.pl mailbox received more than **600 enquiries**, the majority of which concerned finding healthcare professionals who provide non-judgmental care, particularly following an abortion. As part of our monitoring activities, we also obtained the latest list of National Health Fund facilities providing publicly funded IUD insertion and removal services. Based on this information, we prepared a database of these facilities, which we shared with people seeking access to such services.

It is important to note that the actual number of people who benefited from our support was higher than the number of direct enquiries. Many individuals also relied on the

information provided in the articles, guides, and educational materials published on FEDERA's website, enabling them to take further steps independently.

Helpline

FEDERA's Helpline has, for over three decades, remained a consistent point of support for individuals seeking reliable information and assistance in the areas of reproductive health, sexuality, relationships, and mental health.

In 2025, the Helpline operated Monday to Friday from 4:00 pm to 8:00 pm (excluding public holidays) under the number +48 22 635 93 92.

All conversations are confidential, no prior registration is required, and callers may remain anonymous, creating a safe space to discuss even the most sensitive issues.

Over the course of the year, Helpline staff conducted more than 1,200 conversations, reflecting the continued high demand for independent, accessible, and empathetic support.

The Helpline serves not only an informational function but also provides intervention and emotional support—particularly in crisis situations related to pregnancy, access to healthcare services, violence, or sudden deterioration in mental health.

Support was provided by gynaecologists, pharmacists, midwives, psychologists, sexologists, and sexuality educators.

The Helpline has been operating continuously since 12 November 1991, making it one of the longest-running independent support services in the field of reproductive health in Poland.

Profile of callers:

Gender	%
women	64,3%
men	35,3%
non-binary individuals	0,3%
Age	%
adults (18+)	92,9%
young people	6,8%

Type of contact	%
first-time callers	76,4%
repeat callers	23,6%
Topics of conversations	%
pregnancy and abortion	52,7%
sexuality	21,1%
health	15,3%
psychology	8,3%
contraception	12,3%
other	7,6%
relationships	6,5%
LGBTQ+	2,7%
violence	2,3%
legal issues	1,8%

PROMOTION AND COMMUNICATION

In 2025, FEDERA maintained consistent and strategic communication through its website and social media channels.

Ongoing communication focused on providing information about the Foundation's support services, including the availability of reproductive health specialists, the Helpline, the database of trusted doctors, and contact details. In addition, educational and awareness-raising content was regularly published.

Targeted communication focused on informing the public about FEDERA's advocacy work and responding to current social and political developments.

Throughout the year, FEDERA representatives appeared in numerous national media outlets, including TVN24, Gazeta Wyborcza, Dziennik Gazeta Prawna, Polsat News, Vogue Polska, TOK FM, Polish Radio Three, Radio Nowy Świat, Radio ZET, Onet, WP.pl, Mediaplanet, and Ofeminin.

We were also featured in international media such as BBC, Le Monde, Deutsche Welle, Wiener Zeitung, Reuters, Euractiv, and others.

Maja chatbot

In February 2025, FEDERA launched a new feature on its website — a chatbot named Maja, which provides round-the-clock responses to questions related to reproductive health, based on a knowledge base developed by the Foundation's team.

The launch was supported by both online and offline promotional activities. Stickers featuring sample conversations in three languages (Polish, English, and Ukrainian) were distributed to over 130 recipients.

The campaign was also visible in public spaces, including billboards and public transport advertising in multiple cities across Poland, such as Ełk, Raclawice, Puławy, Siedlce, Mielec, Lubaczów, Przemyśl, and Koszalin. The project received coverage in both regional and national media.

Maja is available on federa.org.pl and via the Signal app (@czatbotkamaja.91).

In 2025, approximately 1,300 users engaged in conversations with Maja, making it an important tool for expanding access to reliable information.

Social media

FEDERA primarily communicated with its audience via Facebook and Instagram, while also publishing content on YouTube.

Facebook:

- 5.8 million views
- 136,947 content interactions
- 153,544 profile visits
- 3,595 new followers

Instagram:

- 2.2 million views
- 1,132,768 reach
- 39,472 content interactions
- 43,442 profile visits
- 5,235 new followers

YouTube:

- 4,610 video views
- 214 hours of watch time
- 41 new subscribers
- 70.4 thousand thumbnail impressions

In 2025, the visual identity of FEDERA's promotional materials was adapted to meet current Meta platform requirements, involving a redesign to improve clarity and responsiveness.

Newsletter

In 2025, FEDERA further developed its mailing tools, petitions, and fundraising activities.

Between 1 January and 31 December 2025:

- 11,376 new subscribers joined the mailing list.
- 55 mailings were sent, opened a total of 84,983 times.
- 2,406 recipients took action (e.g. signing a petition or making a donation).

FEDERA's petitions were signed by 38,036 people, including:

- Petition for the acquittal of Dr. Jarosław Górnicki – 25,560 signatures.

- Support for Dr. Gizela Jagielska – 7,011 signatures.
- Support for sexuality education in schools – 2,821 signatures.
- Opposition to the lack of access to abortion in Poland – 2,644 signatures.

In 2025, 1,290 individuals financially supported FEDERA's work via the Lunda Donate platform.

Collaborations

On Valentine's Day, FEDERA partnered with Szmat Skład, resulting in the creation of four "support blankets" designed by Zaria Mielińska and dedicated to the Foundation.

15% of the proceeds from each item were allocated to support FEDERA's statutory activities.

The collaboration was accompanied by the campaign "Szmat Skład × FEDERA", which included a product photo-shoot, an image campaign, and social media content.

PARTNERSHIPS, COLLABORATIONS AND PATRONAGES

International partnerships

JOINING THE SEXSENSE NETWORK

In 2025, FEDERA joined the international SexSense Network, which brings together organisations working to advance comprehensive, evidence-based sexuality education across Europe.

Membership in the network enables the exchange of experiences, access to shared resources, and collaboration on the development of educational standards and tools.

FEDERA's participation strengthens the international dimension of its work and supports the development of high-quality sexuality education in Poland, grounded in European best practices.

COLLABORATION WITH AMAZE

In 2025, FEDERA became a partner of AMAZE—an international organisation producing modern, engaging video content on sexuality education for children and young people.

This partnership enables access to AMAZE's educational resources and their adaptation to the Polish linguistic and cultural context.

The collaboration supports the development of accessible, engaging, and evidence-based educational tools used in FEDERA's activities, including those of the PONTON Group and youth-focused projects.

Expert partnerships

POLISH SOCIETY OF SEXOLOGY CONFERENCE "SEXOLOGY 2025"

In December, FEDERA became a partner organisation of the Polish Society of Sexology conference "Sexology 2025", one of the most important scientific events in the field of sexology in Poland.

The conference brought together professionals from sex-

ology, psychology, medicine, and public health, creating a space for the exchange of knowledge, experiences, and the latest research findings.

FEDERA's partnership highlighted the importance of incorporating perspectives on reproductive rights, access to healthcare services, and evidence-based sexuality education into both expert debate and clinical practice.

Matronages

10TH NATIONAL STUDENT CONFERENCE ON SEXOLOGY

In May, FEDERA provided matronage to the 10th National Student Conference on Sexology, organised by the Student Scientific Association of Sexology and Clinical Psychology at the Medical University of Poznań.

The conference had a scientific and educational character and was addressed to students, PhD candidates, and medical professionals from across Poland.

The programme included panels on, among others, the sexuality of individuals and groups at risk of discrimination, as well as contemporary challenges in sexual health.

FEDERA's matronage aligned with its efforts to strengthen evidence-based sexuality education and foster dialogue between academia and civil society organisations.

3RD NATIONAL SCIENTIFIC AND TRAINING CONFERENCE "SAFE SEX FOR EVERYONE" (APS STUDENT ASSOCIATION)

FEDERA granted matronage to the 3rd National Scientific and Training Conference "Safe Sex for Everyone", focused on sexuality education, the sexuality of minority groups, and STI prevention.

The event was addressed to individuals preparing for careers in mental health, education, and social support.

As part of the collaboration, FEDERA shared its expertise and provided educational materials supporting the promotion of inclusive, evidence-based sexuality education during the event.

EDUCATIONAL CAMPAIGN "IMMUNOLOGY" – MEDIAPLANET

FEDERA objęła patronatem ogólnopolską kampanię edukacyjną. FEDERA provided matronage to the nationwide ed-

educational campaign “Immunology”, implemented by Medi-aplanet and focused on health prevention and raising public awareness of autoimmune diseases.

The campaign highlighted the importance of early detection of health conditions, including thyroid disorders, and promoted a responsible approach to health.

As part of the collaboration, campaign materials were distributed, among others, at the FEDERA Health Center, supporting access to reliable health information for service users.

Social media collaborations

In 2025, FEDERA also regularly co-created and shared informational content with numerous partner organisations, including the Różowa Skrzyneczka Foundation, Avalon Foundation, the European initiative My Voice, My Choice, Widzialne Foundation, Chemia Collective, the Foundation for Social Education, the Polish Society for Sexual and Reproductive Health, the Social Congress of Women, the Association for Social Assistance and Intervention, the Panoptykon Foundation, as well as ASTRA Network, the FEDERA Health Center, the PONTON Group, and the Coalition for Equality and Choice.

These collaborations strengthened the reach of FEDERA’s educational and informational activities and enabled coordinated responses to current challenges in the areas of human rights, reproductive health, and sexuality education.

FEDERA HEALTH CENTER

The year 2025 was the first full year of operational activity for the FEDERA Health Center—the first medical facility in Poland run independently by a non-governmental organisation, opened in September 2024.

The past year was a period of intensive development for the Center, focused on building stable organisational foundations and strengthening its position within the local healthcare services market.

A key priority was to increase access to services and continuously improve the medical offer so that it responds to the real needs of patients—particularly those from vulnerable groups.

We developed an integrated model of care covering gynaecological consultations, pre- and post-abortion care, contraception and family planning, diagnosis and treatment of sexually transmitted infections (STIs), HIV prevention (PrEP and PEP), as well as psychological, sexological, and psychiatric support.

An important component of this first full year was the recruitment of medical personnel and the ongoing development of a team of specialists.

Operating in a context of limited availability of doctors on the labour market and strong competition required consistent recruitment and organisational efforts. In 2025, we successfully recruited key specialists, including a psychiatrist, a gynaecologist-endocrinologist, and a gynaecologist-oncologist.

At the same time, team development remains one of the Center's key priorities for the coming years.

In parallel, we continued to refine operational procedures, including patient care standards, data protection systems, safeguarding mechanisms, and internal administrative processes.

The past year was a period of testing, optimisation, and consolidation of the Center's working model—both in medical and organisational terms.

Services and scale of activity

The FEDERA Health Center provides integrated services including:

- gynaecological care
- pre- and post-abortion consultations
- contraception and family planning
- HIV prevention (PrEP and PEP)
- STI testing and treatment
- psychological and psychiatric support

Special attention is given to individuals who, for various reasons, do not access public healthcare—due to language barriers, lack of insurance, fear of discrimination, or previous negative experiences within the healthcare system.

In 2025, the Center served **1,531 patients** across **2,607 visits**, including:

- 1,888 gynaecological visits
- 31 endocrinology consultations
- 273 STI-related visits
- 62 psychological consultations
- 353 psychiatric consultations

Additionally:

- 85 intrauterine device (IUD) insertions
- 252 prescriptions for hormonal contraception
- 674 cervical cytology tests
- 158 HPV vaccinations

A total of **471 patients from vulnerable groups** accessed services at the Center, including people experiencing homelessness, survivors of violence, persons with disabilities and their caregivers, LGBTQ+ individuals, and patients with migration experience.

- 20% of all patients were under the age of 25
- 23% had migration experience

32% of patients returned for a follow-up visit in 2025, indicating the development of trust-based relationships and the Center's role as a provider of ongoing care.

A mixed model of paid and free-of-charge services enabled broad access while supporting the financial sustainability of the Center.

Medical team and organisation of work

In 2025, the Center's team included:

Doctors:

- 4 gynaecologists
- 1 gynaecologist-oncologist
- 1 gynaecologist-endocrinologist
- 2 psychiatrists
- 2 STI specialists

Nursing staff:

- 7 nurses

Support specialists:

- 1 psychologist
- 1 psychologist-sexologist
- 15 STI testing counsellors

Recruitment of medical staff remains one of the Center's key development challenges. The shortage of doctors in Poland and a competitive labour market continue to affect the pace at which consultation availability can be expanded.

At the same time, the team regularly participates in training, including on working with vulnerable groups and current standards in sexual and reproductive health and rights.

Communication and visibility

Since June 2025, website traffic has been monitored using Google Analytics:

- 8,600 active users
- 23,000 page views

Social media generated over **3 million content views** and nearly **23,000 link clicks** to the website.

The most effective channel for acquiring patients was the platform ZnanyLekarz — 67% of patients indicated in surveys that they had found the Center through this platform.

Partnerships and collaboration

The FEDERA Health Center developed ongoing cooperation with organisations supporting:

- young people experiencing homelessness
- women experiencing homelessness

- women affected by violence
- refugees and migrants
- sex workers

A particularly important partner is the Foundation for Social Education, which has operated its Voluntary Counselling and Testing (VCT) point within the Center since its establishment.

The VCT provides fast, anonymous, and free testing for sexually transmitted infections. Integrating testing services within the Center enables comprehensive care in one location and shortens the diagnostic pathway.

From June to December 2025, as part of an HIV-focused project implemented in collaboration with the Elton John AIDS Foundation and Plan International Poland, and with the involvement of the Foundation for Social Education, **832 individuals were tested** for HIV, HCV, and syphilis at the FEDERA Health Center.

The project primarily targeted refugees from Ukraine, with one of the key groups being men who have sex with men. A significant proportion of those tested were women, including sex workers.

Safety standards and data protection

The Center operates within a comprehensive safeguarding framework, including:

- Code of Ethics
- Safeguarding Policy
- Anti-mobbing and anti-discrimination procedures
- Child protection standards
- Complaint and feedback mechanisms

In 2025, a GDPR compliance audit was conducted, and procedures for responding to data incidents and breaches were further developed.

Staff also participated in training on data protection and cybersecurity.

In 2025, **no complaints** were submitted by patients or staff.

ASTRA NETWORK

The year 2025 was a period of intensive activity for the ASTRA Network, taking place in an exceptionally challenging political context for sexual and reproductive health and rights (SRHR) in Central and Eastern Europe, Central Asia, and globally.

Increasing democratic backsliding, the growing influence of anti-gender movements, shrinking civic space, and chronic underfunding of feminist movements significantly shaped the operating environment for organisations across the region.

In this context, ASTRA strengthened its role as the only regional network focused exclusively on SRHR in Central and Eastern Europe and Central Asia, ensuring that the experiences and needs of the region are reflected in European and global debates.

The year brought both advocacy successes and important investments in the network's development and strategic capacity.

Context and challenges

In 2025, ASTRA's work focused on responding to:

- escalating attacks on access to safe and legal abortion
- systemic violence against women and insufficient legal protection
- repression targeting activists and civil society organisations
- the growing impact of global anti-choice movements, including the consequences of U.S. policies
- deepening inequalities in funding for SRHR movements

ASTRA responded to these challenges through advocacy, solidarity initiatives, knowledge production, and strengthening regional cooperation.

Advocacy and solidarity actions

At the beginning of the year, ASTRA highlighted the situation of women in Kazakhstan, pointing to the intersection of domestic violence, systemic discrimination, and inadequate legal protection.

In the following months, the network responded to repression targeting civil society in Serbia, issuing joint statements with European organisations to raise awareness of

the persecution of activists.

A key intervention was an appeal to restore access to telemedicine for medical abortion in Moldova. ASTRA's statement was supported by over 500 signatories—activists, experts, and organisations—demonstrating the network's capacity for regional mobilisation.

ASTRA also responded to developments in Latvia, where proposals to withdraw from the Istanbul Convention emerged. The network issued a joint solidarity statement calling for the protection of women's rights and civic space.

The network also spoke out on:

- restrictions on civic space in Hungary (including the ban on Budapest Pride)
- anti-choice mobilisation in Poland
- threats to women's rights in other countries across the region

At the global level, ASTRA published the analysis "Trump's Second Term: A Global Crisis for Reproductive Rights", highlighting the potential impact of U.S. policies on strengthening anti-gender backlash in Europe and beyond.

Influence on EU policies and international presence

In 2025, ASTRA actively engaged in policy processes at the European Union level.

The network submitted recommendations as part of consultations on the EU Gender Equality Strategy 2026–2030, strengthening the inclusion of SRHR perspectives.

ASTRA also participated in advocacy efforts to maintain progress on the EU Equal Treatment Directive. As a result of pressure from civil society organisations, including ASTRA, the European Commission withdrew plans to abandon the directive.

A strategic advocacy visit to Brussels, organised in cooperation with the European Women's Lobby, strengthened relationships with key partners, including the European Parliamentary Forum for Sexual & Reproductive Rights (EPF) and the IPPF European Network.

ASTRA was also present at major international forums, including the 69th session of the United Nations Commission on the Status of Women in New York City, and the International Conference on Family Planning 2025 in Bogotá, where ASTRA's expert panel was featured as a spotlight session.

Knowledge production

Knowledge production remains one of ASTRA's core areas of work.

In 2025, the network:

- promoted the Dalan Fund report "Where Is the Money for Movements?", highlighting the underfunding of feminist movements in the CEECCNA region;
- partnered in the European Abortion Policies Atlas 2025, contributing a data set developed in collaboration with member organisations;
- published analyses on abortion law and inequalities in access to services;
- issued four regional SRHR newsletters;

ASTRA also initiated cooperation with the Dalan Fund, launching a communication campaign on SRHR movement funding in the region titled "A Choice That Matters."

Network development

In 2025, the ASTRA Network was joined by the following organisations:

- Doctors for Choice Malta;
- Tajik Family Planning Association (TFPA), Tajikistan
- Women's Issues Information Centre (WIIC), Lithuania
- National Council for Gender Equality (NCGE), North Macedonia

The network also strengthened its international cooperation by joining the SexSense Network.

Governance and institutional development

In 2025, ASTRA renewed its governance structures. Erika Schmidt joined the Advisory Board, and the Board initiated work on a new network strategy, scheduled for completion in the first quarter of 2026.

In June, the ASTRA Network Annual Meeting took place in Kraków, focusing on the erosion of civic space, anti-gender movements, and future priorities for the network.

During the meeting, a series of interviews with member organisations was recorded, forming the basis for a documentary film planned for release in 2026.

At the same time, work began on ASTRA's advocacy and research strategies, developed in collaboration with member organisations.

These processes aim to strengthen the coherence of the network's activities and increase its impact at regional, European, and global levels.

COALITION FOR EQUALITY AND CHOICE

In 2025, three new initiatives joined the Coalition for Equality and Choice: Toruński Strajk Kobiet, Matki na Granicę, and the International Association of Brave Women.

As a result, the coalition now brings together over 130 initiatives and organisations working to advance women's rights, access to abortion, and equality.

On 26–27 April 2025, the 7th Annual Meeting of the Coalition for Equality and Choice took place. The two-day event brought together several dozen participants representing member organisations from Poland and abroad.

The Meeting provided a space for discussion on the current state of women's rights in Poland, particularly access to abortion and contraception in the context of the presidential elections held in May 2025.

Participants also developed slogans for an online campaign expressing support for Dr. Gizela Jagielska.

The programme included panel discussions with invited experts: Dr. Anna Orawiec (gynaecologist), Kamila Ferenc (FEDERA's vice-president and lawyer), Jola Gawęda from the Feminoteka Foundation, and Joanna Pietrusiewicz from the Rodzić po Ludzku Foundation.

The event concluded with a visit to the FEDERA Health Center—a pro-patient, pro-choice medical facility operated by the Foundation in the center of Warsaw.

The organisation of the Congress was made possible thanks to cooperation with the Rosa Luxemburg Foundation.

Activities of the Coalition for Equality and Choice were also regularly promoted through social media, the website, and the mailing list, contributing to the visibility of both FEDERA and coalition member organisations.

INTERNAL MATTERS

In 2025, FEDERA continued its efforts to ensure that all activities remain compliant with applicable legal regulations, while further improving internal organisational processes.

Special attention was given to data protection and cybersecurity, especially in the context of expanding digital tools. These efforts included training for staff aimed at strengthening awareness and competencies in these areas.

Internal processes also covered the ongoing legal support of the Foundation's statutory activities, including its medical operations.

At the same time, we implemented initiatives supporting team development, including individual and group supervision. These activities were aimed at strengthening the quality of FEDERA's work as well as the wellbeing of staff and collaborators.

