

Trans Rights Index & Map

TGEU's Trans Rights Index & Map illustrates the legal rights of trans people in Europe and Central Asia. It shows country-specific requirements for legal gender recognition, protections for trans asylum seekers, hate crime and speech laws, and more.

Each country has its own legislation regulating legal gender recognition, how easy it is to access trans-specific healthcare, and more.

To understand the state of trans rights, we track changes in law related to trans people and gender identity. We release an update of our Trans Rights Index & Map every year on the International Day Against Homophobia, Biphobia, and Transphobia (IDAhOBiT).

Our Trans Rights Index & Map illustrates the legal situation for trans people in 54 countries in Europe and Central Asia. It shows country-specific requirements for legal gender recognition, as well as existing protections for trans people in asylum, hate crime/speech, non-discrimination, health, and family.

This project was launched in 2013.

[Trans Rights Index & Map](#)

What's in the Trans Rights Index & Map?

The Trans Rights Index & Map tracks trans rights by law. We look at six categories:

- Legal gender recognition
- Asylum
- Hate speech & hate crime
- Non-discrimination
- Health
- Family

The map looks at laws and policies to paint a picture of trans rights.

We cover 54 countries, including 49 countries in Europe and five countries in Central Asia.

How do we collect this data?

In collaboration with ILGA-Europe, we work with local country experts to stay up to date on new laws that impact trans people. We award points based on 32 indicators. For example, if a country passes a new legal gender

recognition law based on self-determination, it would receive a point if the law does not require any third party intervention. However, if the law is only available to people over 18, the country would not receive an additional point.

Using [32 indicators](#), we award each country a score. However, these scores are based solely on legal text. We do not take into account the social atmosphere or other factors that may impact how laws are applied.

TRANS RIGHTS INDEX & MAP 2026

[read our 2026 update](#)







TRANS RIGHTS INDEX & MAP

Covering Europe and Central Asia

Since 2013, TGEU has been collecting data on the legal protection of trans people in Europe. In 2019, the project was expanded to cover Central Asia. The Trans Rights Index & Map has been a collaborative effort with ILGA-

Europe since its beginning.

[Go to the Trans Rights Index & Map](#)

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