

LIVING AND WORKING IN LITHUANIA



10 April 2025 – Goda Maciulevičienė, Renata Steponaitienė
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Living and working in Lithuania

Lithuania, a Baltic gem, offers a unique blend of historical charm and modern opportunities for those looking to live and work abroad.

Whether you're seeking career advancement or a fresh cultural experience, Lithuania presents a compelling destination.



Facts about Lithuania

Location
Centre of Europe

Area
65,300 km²

Population
2,83 million



Capital
Vilnius

Official language
Lithuanian

Currency
Euro

Why Lithuania ?

CONNECT TO EUROPE

~ 45 minutes to Estonia

~ 3 hours to London, Paris or Rome

~ 2 hours to Berlin or Stockholm

~ 4 hours to Madrid

Labour Market situation

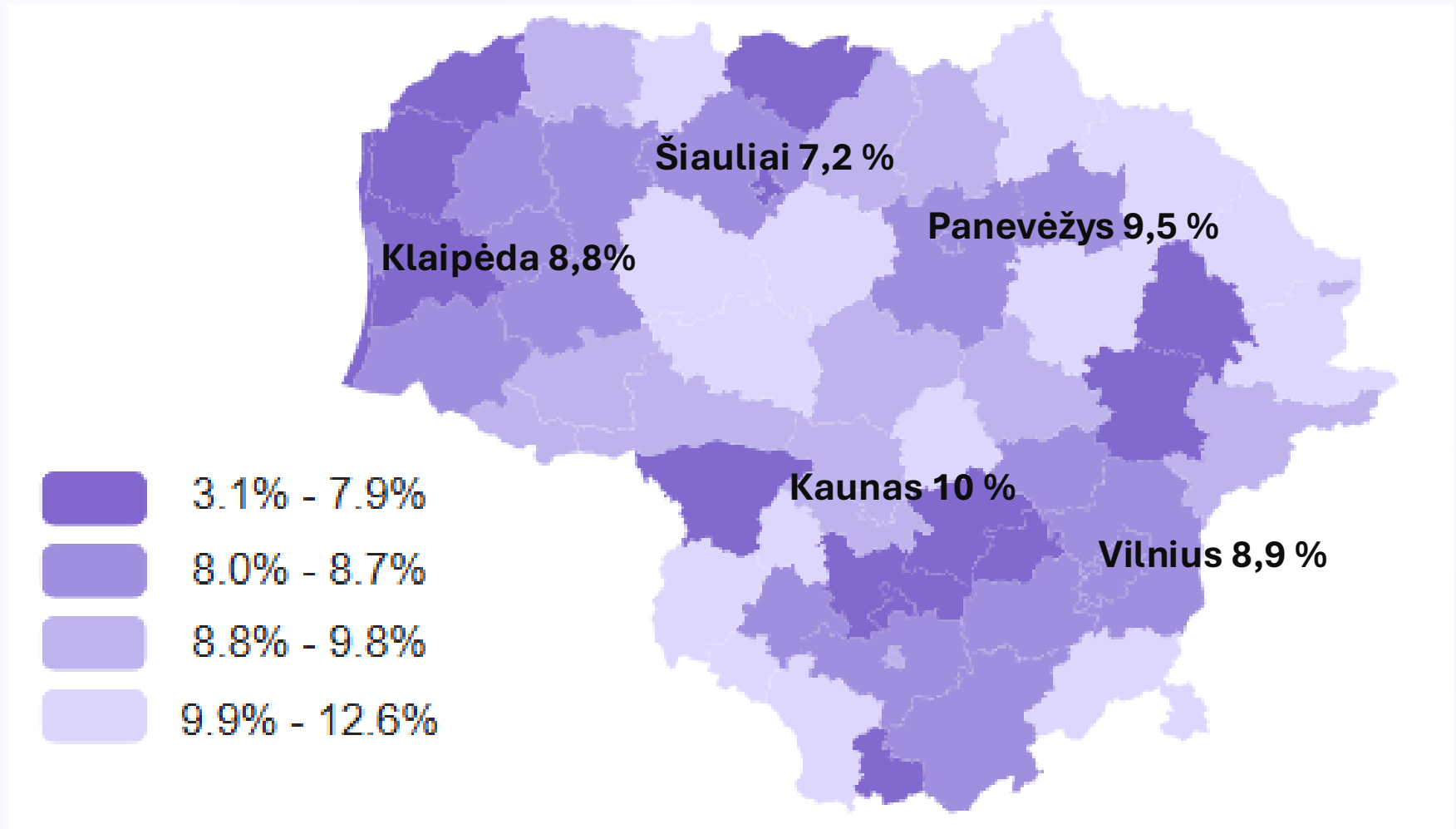
Overall unemployment rate – 9,2 %
(165 980).

Highest Unemployment:

Ignalina (12,8%), Kalvarija (12,3%),
Jonava (11, 2%).

Lowest unemployment:

Neringa (3,1%), Birštonas (6,4%),
Šiauliai (7,2%).





Requirements for EU/EEE citizens

EU member state citizens and their family members intending to work in Lithuania under an employment contract do not need to obtain a work permit. They can participate in recruitment procedures and find jobs under the same conditions as Lithuanian citizens.

Moving to Lithuania

1. A valid passport or National ID card
2. If you plan to stay for more than **90 days**, you are required to **register your residence** at the Migration Department.
3. Once you've registered, you will receive a **Personal Identification Number (PIN)**, which is necessary for various administrative tasks like opening a bank account or renting an apartment.
4. **European Health Insurance Card (EHIC)**. But if you stay longer, it's good to register with Lithuania's healthcare system.
5. If you have an **EU driving license**, you can use it in Lithuania without any issues.



Requirements for Non-EU

Non-EU citizens typically require a work permit to be employed in Lithuania. Ensure your employer sponsors your permit application and complies with all legal requirements.



Job search



Lithuanian Public Employment Service

The most comprehensive database for jobs and related services in Lithuania is available at Employment Service database <https://www.uzt.lt/en>



EURES Portal

The formal European network of public employment services through which mobility is encouraged <http://eures.europa.eu>

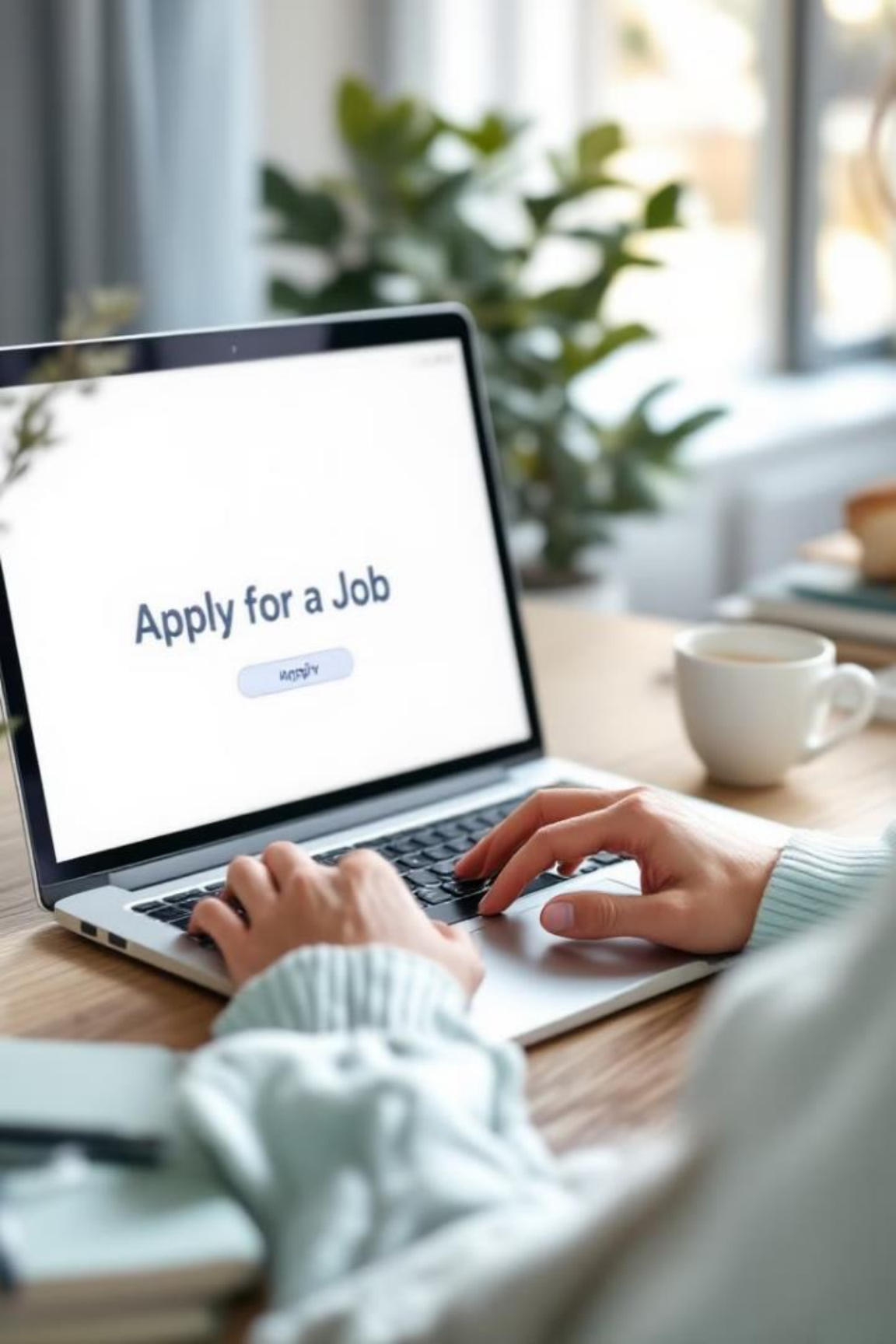
Jobs in Lithuania for English speakers



<https://workinlithuania.com>, or workwork.lt

We also recommend other useful links for job search on the internet: www.cv.lt, www.cvonline.lt, www.cvmarket.lt, www.cvbankas.lt, www.afr.lt





How to Apply for a Job

1

Prepare Your Resume

Create a professional CV resume highlighting your skills, experience, and qualifications relevant to the job in English or the Lithuanian language. (Europass format is used)

2

Cover letter

Tailor it to the job and showcase your motivation. A good cover letter must be short.

3

Interview Process

Prepare for common questions: be ready to discuss your experience and skills
Dress professionally and arrive on time
Negotiate Salary and review contract carefully



The Lithuanian Labour Market: Key Sectors and Trends



Technology

Lithuania's tech sector is booming, with increasing demand for software developers, data scientists, and IT professionals. Benefit from a supportive ecosystem and abundant opportunities for career growth.



Manufacturing

The manufacturing industry is a cornerstone of the Lithuanian economy, offering diverse roles in production, engineering, and logistics. Join a sector known for its innovation and commitment to quality.



Business Services

The business services sector is expanding rapidly, with a strong need for professionals in finance, accounting, and consulting. Take advantage of opportunities to work with international clients and develop valuable skills.



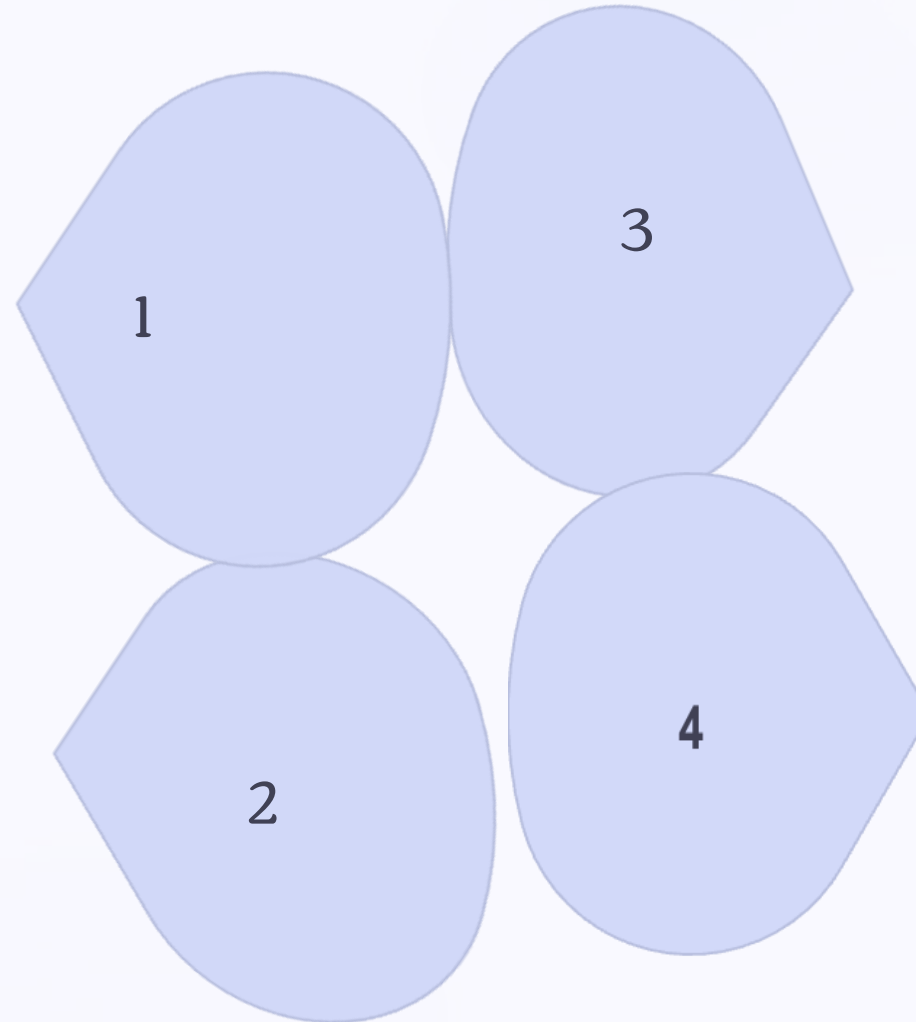
The Most In-demand professions

IT & Technology

With a thriving tech industry, Lithuania needs skilled **developers, programmers, and cybersecurity experts.**

Transport & Logistics

Truck drivers, logistics coordinators, and warehouse staff.



Healthcare Professionals

The country is seeking **doctors, nurses, pharmacists, and other healthcare professionals** to meet growing demands.

Engineering & Construction

Lithuania is experiencing growth in infrastructure projects, requiring **engineers, architects, and construction workers, carpenters, welders**



Salary Expectations: What You Need to Know

1	Entry Level 1,000 - 1,500 € per month	The legal minimum salary is 1,038.00 € gross, which is 777.00 € net after taxes.
2	Mid-Level 1,500 - 2,500 € per month	
3	Senior Level €2,500 € + per month	

Salary levels in Lithuania vary depending on the profession, experience, and industry. Entry-level positions typically range from 1,000 € to 1,500 € per month. Mid-level professionals can expect between 1,500 € and 2,500 € per month, while senior-level roles often exceed 2,500 € per month. Negotiate your salary based on your qualifications and the market value of your skills.





Education System and Healthcare



Education System

Lithuania has a strong education system, with free public schools and universities. Higher education institutions are internationally recognized, offering a variety of programs.

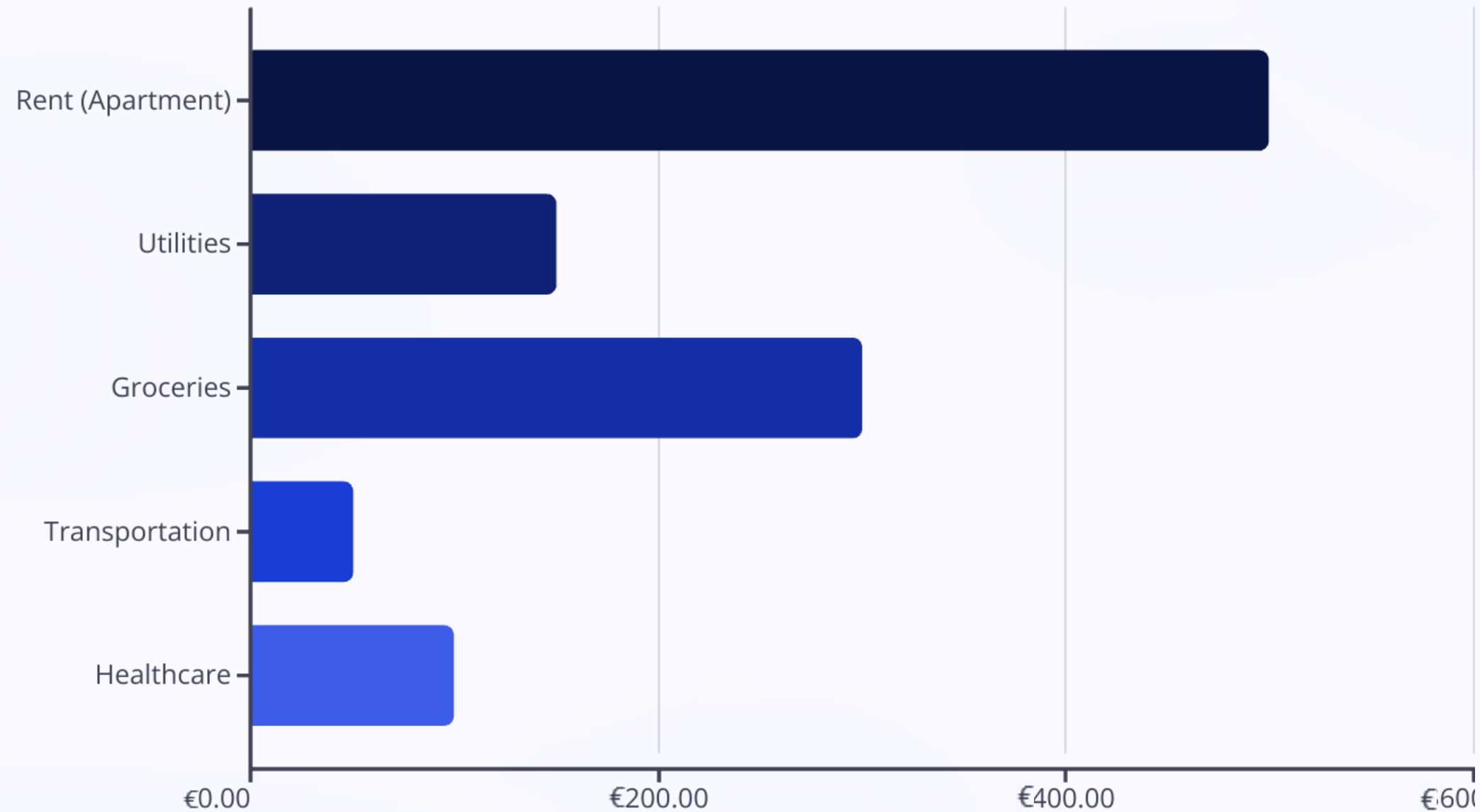


Healthcare System

The country has a universal healthcare system, providing access to essential medical services. Private healthcare options are also available for those seeking additional coverage or faster access.



Cost of Living: A Detailed Breakdown



Understanding the cost of living is crucial for financial planning. Rent for an apartment averages around €500, while utilities add approximately €150. Groceries typically cost around €300, with transportation expenses averaging €50. Healthcare costs around €100 per month, offering comprehensive coverage. These figures provide a clear picture of monthly expenses in Lithuania.

Contact EURES advisers

EURES Lithuania
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Thank you for your attention

