

## BUILDRES Project

Project number: 2024-2-CY01-KA220-YOU-000295718

### EU COUNTRIES DESK RESEARCH

Partner organisation: DANMAR COMPUTERS

Research on: LITHUANIA

**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, Lithuania has a population of approximately 2.8 million people and is characterized by a declining population and an aging society. The nation's fertility rate stands at about 1.5–1.6 children per woman, remaining below the replacement level, a trend reflected in persistently low birth numbers and natural population decrease. Demographic pressures have been intensified by significant emigration over the past two decades, particularly among young working-age adults, further accelerating ageing and reducing the base of potential parents.

Parenthood in Lithuania is increasingly postponed, with rising maternal age linked to higher educational attainment, labour market participation, and economic considerations such as housing affordability and income stability. While cultural norms continue to emphasize the importance of family life, reproductive decisions are strongly shaped by financial security and employment conditions.

Pregnancy and maternal healthcare services are provided through Lithuania's mandatory health insurance system, ensuring universal access to prenatal monitoring, childbirth in public hospitals, and postnatal care. Preventive examinations, maternity hospital services, and neonatal screening are covered under public healthcare, contributing to stable maternal and infant health outcomes.

Lithuania is notable for offering one of Europe's more generous parental leave frameworks. Parents may share up to two years of paid parental leave, with benefit levels varying depending on the duration chosen. Maternity leave is granted before and after childbirth, and fathers are entitled to paternity leave, reflecting policy efforts to encourage shared caregiving. In addition, families receive child benefits and targeted financial support for larger or low-income households.

Overall, Lithuania presents a dual reality: a supportive institutional framework for pregnancy and early parenthood alongside persistent demographic decline driven by low fertility, emigration, and economic uncertainty. Despite relatively generous leave provisions, structural demographic challenges continue to shape family formation patterns.

<b>Name of the organisation</b>	<b>Northway</b>
<b>Short Description (Around 300 characters)</b>	Extensive fertility center offering consultations, tests, assisted reproduction, and psychological support. Services can be reimbursed by the Territorial Health Insurance Funds.
<b>Country</b>	Lithuania
<b>Mail</b>	info@nmc.lt
<b>Phone</b>	+370 633 30 303
<b>Website</b>	<a href="https://nmc.lt/en/">https://nmc.lt/en/</a>
<b>Address</b>	S. Žukausko g. 19, Vilnius
<b>Name of the organisation</b>	<b>Lithuanian Women's Lobby Organisation (LWLO)</b>
<b>Short Description (Around 300 characters)</b>	Advocates for gender equality and women's rights, focusing on combating gender-based violence, equal opportunities, and reproductive rights and health.
<b>Country</b>	Lithuania
<b>Mail</b>	audronekisieliene@gmail.com
<b>Phone</b>	+370 37 206575
<b>Website</b>	<a href="https://lmlo.lt/en">https://lmlo.lt/en</a>
<b>Address</b>	Savanorių pr. 1, Kaunas LT-44255, Lithuania
<b>Name of the organisation</b>	<b>Lithuanian Family Center</b>
<b>Short Description (Around 300 characters)</b>	A network organization with a mission of development and support of families based on the principles of the Catholic social ethics. Coordinates 55 diocesan family centres.
<b>Country</b>	Lithuania
<b>Mail</b>	<a href="mailto:lsc@lcn.lt">lsc@lcn.lt</a>
<b>Phone</b>	<a href="tel:+37065636661">+370 656 36661</a>
<b>Website</b>	<a href="https://lietuvosseimoscentras.lt/">https://lietuvosseimoscentras.lt/</a>
<b>Address</b>	Aušros vartų 12, Vilnius
<b>Name of the organisation</b>	<b>IWAV</b>
<b>Short Description (Around 300 characters)</b>	The International Women's Association of Vilnius (IWAV) is a nonprofit organization located in Vilnius, the capital of Lithuania, dedicated to fostering friendship, cultural exchange and personal development among women of diverse backgrounds. IWAV provides a platform for members to connect, share experiences and build meaningful relationships.
<b>Country</b>	Lithuania
<b>Mail</b>	info@iwavilnius.com
<b>Phone</b>	
<b>Website</b>	<a href="https://www.iwavilnius.com/">https://www.iwavilnius.com/</a>
<b>Address</b>	J. Jasinskio str. 16B, LT-01112 Vilnius, Lithuania
<b>Name of the organisation</b>	<b>The Vilnius Women's House</b>
<b>Short Description (Around 300 characters)</b>	The organization offers various services and resources to help these women rebuild their lives and overcome the challenges women face.



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<b>Mail</b>	vmotnam@vmotnam.lt
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