

Mini Guide: How to Keep and Claim a Pension through SODRA (for Foreigners)

Even if you work in Lithuania for only a few years and plan to leave, that period can still give you the right to a Lithuanian pension. The key conditions are that the work is official, contributions are paid, and documents are properly saved.

Below is a simple step-by-step guide on what to do.

1. What SODRA Is

SODRA is Lithuania's state social insurance system.

It provides payments such as:

- old-age pensions
- sick leave benefits
- maternity benefits
- unemployment benefits

The right to a pension is based on three factors:

- official salary
- paid contributions
- accumulated insurance record (work history)

2. Basic Rules of the Pension System

You can receive a pension from any country

- citizenship does not matter
- payments can be transferred abroad
- the amount depends only on work history and contributions in Lithuania

Minimum work history

- a full pension requires about **35 years of work history**
 - if the history is shorter — a **proportional pension** is paid
- Even **4–6 years of work** can qualify you for a small pension.

Example (in today's prices):

Work history	Approximate pension
4 years	~40–80€
5 years	~55–95€
6 years	~70–115€

3. How the Pension Is Calculated

The pension consists of **two parts**.

1. Base part

Depends on the total work history.

- full amount — with ~35 years of history
- with fewer years — only a proportional share is paid

2. Individual part

Depends on income.



Each year you receive **pension points** calculated as:
salary / national average salary

Example:

Salary	Pension points
equal to average	1
1.5 × average	1.5
2 × average	2

One pension point currently adds about **8–9 € to the monthly pension**.

4. How Work History Is Counted

A full year of work history is credited if contributions are paid from at least **12 minimum monthly wages (MMA)** during the year.

Example:

Annual income	Credited work history
≥ 12 MMA	1 year
6 MMA	~0.5 year
3 MMA	~0.25 year

Important:

- a higher salary helps accumulate history faster
- low income may give only partial work history

5. Important Details for Entrepreneurs

Individual activity (Individuali veikla)

You must pay contributions:

- **VSD** — pension insurance
- **PSD** — health insurance

The contribution base is **90% of profit**.

Small partnership (MB)

If payments are made to the manager:

- contributions are paid
- work history is credited

If there are only dividends:

- no contributions
- no work history

Company (UAB)

- director with salary → work history is credited
- dividends only → no work history

6. What You Must Do Before Leaving Lithuania

Step 1

Log in to **Mano Sodra**.





Step 2

Generate and download the following documents:

- REP.02
- REP.51
- REP.03
- REP.04

Step 3

Check:

- employment periods
- credited work history

Step 4

Save the documents:

- in cloud storage
- on an external drive
- as printed copies

Step 5

Save documents from your employer:

- employment contract
- payslips
- termination documents

Step 6

Keep:

- access to Mano Sodra
- Sodra contact information

7. How to Apply for the Pension from Another Country

Step 1

Reach the Lithuanian retirement age.

Apply for:

Senatvės pensija (old-age pension).

Step 2

Submit the application:

- directly to Sodra

or

- through the pension authority in your country of residence

Step 3

Attach documents.

Minimum package:

- passport
- bank account (IBAN)
- REP.02
- REP.51
- REP.03

Sometimes additionally:

- REP.04
- proof of address

Step 4

Receiving payments

The pension:

- is paid **monthly**
- in **euros**
- can be transferred **to any country**





8. Common Mistakes

Losing documents

After 10–20 years it may be difficult to prove your work history.

What to do:

- save REP.02, REP.51, REP.03, REP.04
- keep several copies

Gaps in work history

Possible causes:

- employer mistakes
- unpaid contributions
- late declarations

Solution:

- check your work history **once a year** in Mano Sodra

Income without pension contributions

Common situations:

- dividends instead of salary
- missing VSD contributions

Result:

- **no work history is credited**

9. Minimum Strategy for Temporary Work in Lithuania

If you work in Lithuania for several years:

1. Work **officially**.
2. **Check your work history** in the Sodra system.
3. **Save all documents**.
4. Before leaving, **update your document package**.

In Short

Even a few years of official work in Lithuania can give you the right to a future pension. The key is that contributions are paid, the work history is recorded, and the documents are preserved. When you reach Lithuania's retirement age, you can apply to Sodra and receive payments regardless of the country where you live.

