

Interview on Discrimination

What are the main forms of discrimination?

Direct and indirect discrimination.

Why do you think there are few complaints about discrimination at work but the situation is awkward?

Because most people are afraid of losing their jobs, they are silent and allow discrimination.

Are there penalties for discrimination?

Yes. The fine can be up to € 5,000.

What do you think is discrimination at work?

Deprivation of human rights or reduction of the rights of the person to perform the desired job.

What kind of discrimination is prohibited at work?

Lithuanian law prohibits discrimination at work on the following grounds:

- Gender,
- Age,
- Sexual orientation,
- Disability,
- Race or ethnicity,
- Religion, beliefs, beliefs or beliefs,
- Social status,
- Origin,
- Languages.

Why do you think it is important to know about discrimination at work?

Every adult can face discrimination at work. It is therefore important to recognize cases of discrimination at work and to know and exercise their rights and freedoms.

What do you think should be done about discrimination at work?

- Describe the discriminatory event you experienced.
- Gather information that may be important to protect your rights.
- Consult with professionals.
- Talk to coworkers.
- Find out the root of the problem with the responsible employee.
- Take legal action.

Where to go if a mutually acceptable solution to the discrimination cannot be found?

A convenient way to defend your rights in Lithuania is to apply to the Office of the Equal Opportunities Ombudsman.

Where can I find more information on discrimination at work?

Websites or contact the people in charge.

How do you see the number of people discriminated against in the future?

In my opinion, discrimination will certainly not end, but I believe that with the number of people discriminated against.

Why do you think there will be less people discriminated against in the future?

I believe that people who are discriminated against will seek help and make every effort to resolve discrimination.