Lithuanian National Defense system consists of the Ministry of National Defense, three branches of service (Land Force, Naval Force and Air Force) and various commands and units, such as Logistics, Training and Doctrine, Special Operations Commands, the Lithuanian Military Academy, etc. Below is the current structure of the Lithuanian Armed Forces:

Currently there are 7,414 professional service members, 2,281 civilians and 3,315 conscripts serving across the Lithuanian National Defense system – a total strength of 13,023 personnel. In addition, there are 345 military academy cadets.

Out of 7,414 professionals, there are 919 women. That accounts for around 12% of professional women professionals:

- **Women:** 919; 12%
- **Men:** 6495; 88%
Women are represented in each service branch, constituting 6% of the Naval, 7.1% of the Air Force and up to 11.2% of the Land Forces professional strength.

The highest representation of women is in the Military Medical Service, where almost 57% of professionals are female.

Officer corps in the Lithuanian Armed Forces consists of over 2,318 officers, out of which 217 are women. The breakdown of female officers by rank is provided below:

Starting in 2000, women are allowed to enter the Lithuanian Military Academy, which is the primary source of commission for Lithuanian officers. Currently, there are 33 female cadets out of 345 total. In addition, 6 female cadets are undergoing training at various academies abroad:

- 2 at the Royal Swedish Naval Academy;
- 2 at the US Air Force Academy;
- 1 at the US Naval Academy;
- 1 at the Royal Danish Naval Academy.

Physical fitness policy is enforced equally for all service members, regardless of sex; there is a requirement to pass a physical fitness test twice a year for service members in combat units and once a year in other units, however, physical fitness test scores are lower for women than men.

Women can serve without restrictions in all units of the Lithuanian Armed Forces. Also, women can be deployed abroad on the multinational missions with no restrictions. Mostly employed in the medical and logistic sectors, more than 20 women have served in the Balkans, Afghanistan and Iraq.

Currently, women occupy responsible and highly demandable posts:

- In 2002, Lina Lajauskiene became the first woman to get promoted to the rank of Lieutenant Colonel. Currently, Lt Col L. Lajauskiene is the Director of the Personnel and Social Security Department, Lithuanian Ministry of National Defence;
• In 2003, Kristina Aukštoliene became the first female pilot of the Lithuanian Air Force to fly L-39 light combat aircraft;
• In 2003, Maj Ona Tatolyte was appointed to serve at the Lithuanian Permanent Delegation to NATO, as the Deputy Military Representative for Resources Personnel;
• In 2004, Maj Akvile Giniotiene was appointed to serve as the Staff Officer Policy at the Training and Experimentation Branch, Supreme Allied Command Transformation. At the age of 29, she is the youngest female major in the Lithuanian Armed Forces.

Although the Constitution of the Republic of Lithuania does not discriminate men and women as far as conscription is concerned, women do not get called up as conscripts. Also, some cultural barriers that prevent women from serving in units such as the Navy Flotilla or Special Operations Forces, still exist. However, there are no legal obstacles for women to develop professionally and to pursue a successful career in the Lithuanian Armed Forces and the remaining “glass ceilings” are quickly diminishing as more women prove themselves to be outstanding military leaders.