

[en](#)

[Press release](#) | 07.02.2025

Greens/EFA MEPs welcome Baltic States to the European grid

From 8 to 9 February, the Baltic States Estonia, Latvia, and Lithuania will complete their long-awaited disconnection from the Russian power system and integrate into the Continental European grid. This marks a historic milestone for Europe and the Baltic States, who have prepared for 15 years to ensure a successful accession and a stable electricity supply system.

Ville Niinistö, Greens/EFA MEP from Finland, comments:

“This is truly an European achievement and a big step towards better energy security not only for Baltic countries but for the whole Europe. Cutting all dependencies from Russia is needed for a more independent, stable and reliable energy system, allowing Baltic electricity systems to operate under common and transparent European rules. Until now, Estonia, Latvia, and Lithuania operate in a system, in which the electricity frequency is centrally controlled by Russia.”

Virginijus Sinkevičius, Greens/EFA MEP from Lithuania, comments:

“Lithuania, Latvia, and Estonia take a historic step toward true energy independence. Synchronizing with the European grid is more than just a technical upgrade – it’s our gateway to the West, to a future where our electricity system is secure, stable, and truly our own. Breaking free from Russia’s control isn’t just a Baltic milestone; it strengthens Europe as a whole. The time of reliance is over – our energy now belongs to us.”

Background:

The synchronisation of Baltic states is a joint regional initiative, which will integrate electricity transmission systems of Estonia, Latvia and Lithuania into the Continental Europe Synchronous Area. This is the most ambitious energy independence project in the Baltics. Synchronisation will not only strengthen security but also facilitate the integration of renewable energy sources. Newly installed power lines, substations and synchronous compensators will increase the ability of transmission grids to support a higher share of renewable energy sources in overall electricity generation.

Recommended

Press release

vitali-adutskevich-unsplash

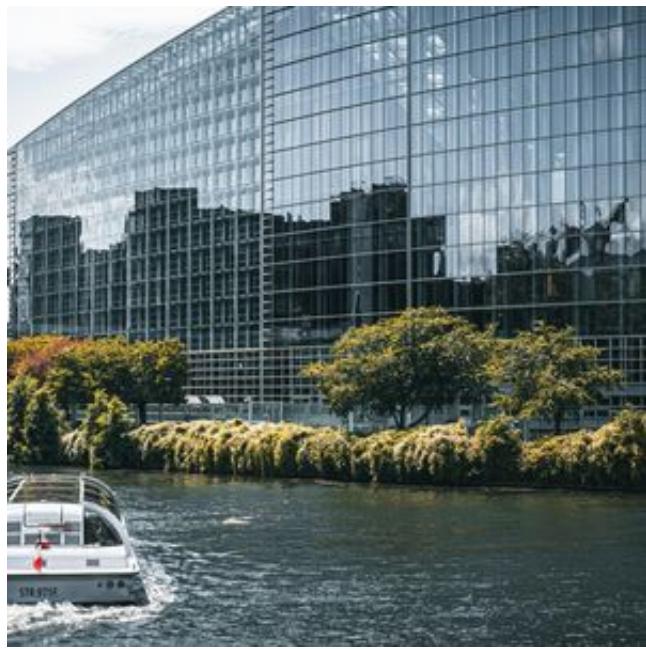


[Russian gas phase-out/RePowerEU: Parliament and Council...](#)

03.12.2025

News

pexels



PLENARY FLASH: Greens/EFA Priorities 20 to 23 October

20.10.2025

Press release

Bob Millar



Russian energy imports

16.10.2025

Press release

Foto von Dominic Kurniawan Suryaputra auf Unsplash



EU-China summit:

23.07.2025

Responsible MEPs



Ville Niinistö

Member



Virginijus Sinkevicius

Vice-President

Contact person



Nikolaus Riss

Press & Media Advisor DE (German language press)

Please share

• [E-Mail](#)

