

## File a Claim

If you've lost your job in Vermont, you can File a Claim at the [Vermont Department of Labor website](#).

## Eligibility

You must be unemployed through no fault of your own, as defined by Vermont law. Here are the three primary ways you may lose your job and how each relates to your Eligibility for benefits:

- **Layoffs** due to “downsizing” or a reduction-in-force will qualify you for benefits.
- **Firing** for reasons related to misconduct makes you ineligible for benefits. However, if you're fired simply because you weren't a good fit or lacked the skills to perform the job, you may be able to collect.
- **Quitting** would make you ineligible for benefits. If there was a compelling personal reason that forced you to leave (e.g., sexual harassment, dangerous working conditions, relocation with a military spouse), you will likely receive benefits.

You must have made a certain amount of money before losing your job, which is calculated by your base period. Your base period is the earliest four of the five completed calendar quarters before you filed your benefits claim. For example, if your claim was filed on Oct. 10, 2019, your base period would be the 12-month period beginning July 1, 2018, and ending June 30, 2019. To qualify for benefits in Vermont, you must meet the following criteria:

- You have earned at least \$2,386 in the highest-paid quarter of your base period.
- In the other three quarters combined, you made at least 40 percent of your highest-paid quarter earnings.

You must be able to work, available to work and seeking employment. If you find a suitable position, you must accept it. Suitability varies depending on your skill set, training, salary and other factors. Over time, if you still haven't found work, you may have to compromise on a job that doesn't quite match what you were doing before.

## Duration of Benefits

Utah residents can collect unemployment benefits for up to 26 weeks, with an extension during times of very high unemployment.

## Weekly Benefit Rate

You can receive up to \$436 per week.