

# Live Like a Local

Practical Guide for International Students in Lithuania

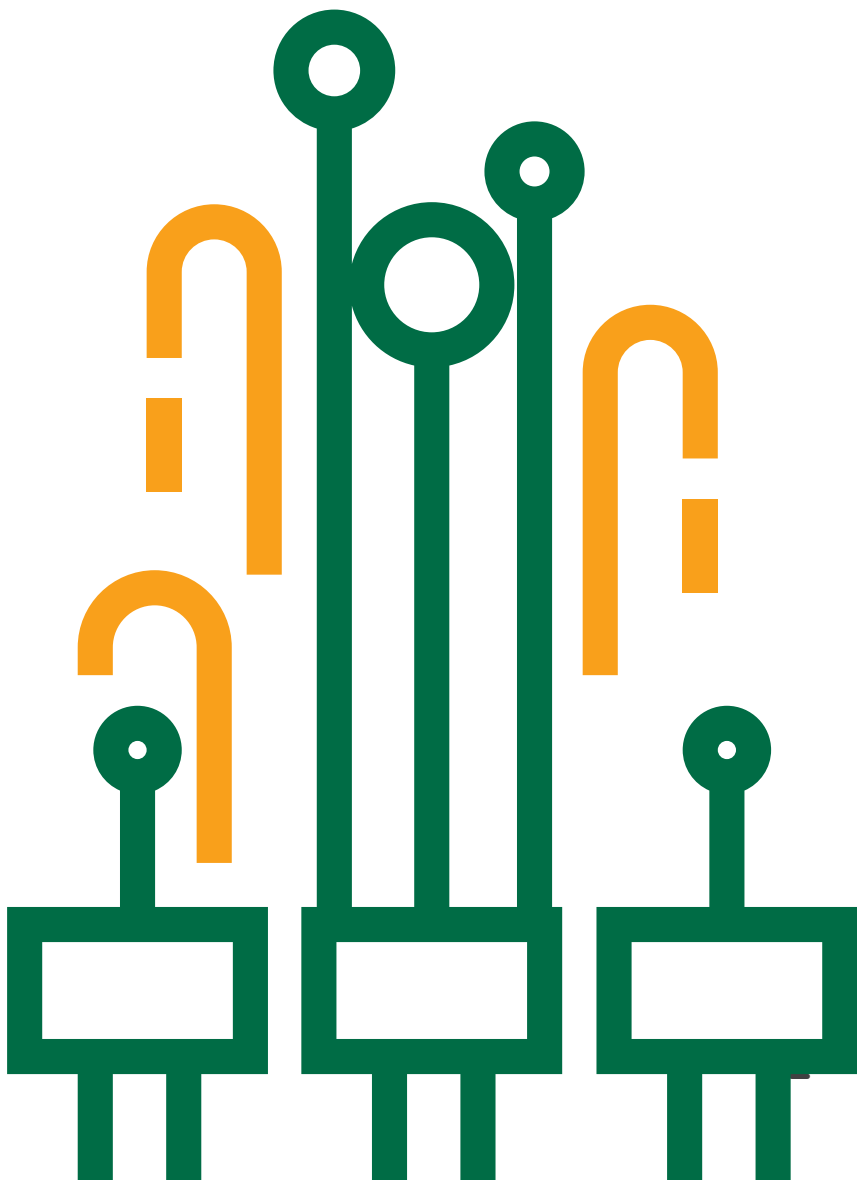


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Compiled by:







Photography: Laurynas Komža



# 1. About Lithuania

Learn the basic information about Lithuania before you arrive.

**It will make your adaptation a lot easier.**

An official website of Lithuania

Visit website →

All information for foreigners  
and returnees

Visit website →



If Lithuania were a  
person, her CV would  
look like this!

Find out how →

# Main facts



AREA SIZE

**65 200 km<sup>2</sup>**

That's roughly around the size of two Belgiums, or a quarter of the size of the United Kingdom.



POPULATION

**2 795 500**




CAPITAL CITY

**Vilnius**



OFFICIAL LANGUAGE


**Lithuanian**



OFFICIAL RELIGION


**Roman Catholic**

79% of population




OFFICIAL CURRENCY

**Euro**



TYPE OF GOVERNANCE

**Parliamentary democracy**



CLIMATE

**Moderately warm**

Transitioning from maritime to continental

# Did you know?



» In 1989 the French National Geographic Institute established that the geographical centre of Europe is located in Lithuania.



» Lithuanians are caring, kind-hearted and sensitive people. They are hard workers and down-to-earth, but could be envious sometimes. Lithuanians might seem reserved when you first meet them, but give them some time and you will see how warm and welcoming they truly are.



» Internet speed in Lithuania ranks among the fastest in the world.



» Established in 1579, Vilnius University is the oldest university in the whole of Eastern Europe.



» The Lithuanian language is older than Greek, Slavic and Latin. It belongs to the Indo-European group and is considered the closest language to Sanskrit.



» Forests cover one-third of the entire territory of Lithuania.



» The drinking water is among the cleanest in Europe and the world.



» The Grand Duchy of Lithuania was once the largest country in Europe. At its greatest extent during the fourteenth century, the country extended from the Baltic Sea to the Black Sea.

## 2. What to see? What to do?

Lithuania has so much to show – cities, woven with history, and nature that is natural and genuine.

**Explore it all while you are here!**

The national tourism development  
agency: Lithuania travel

[Visit website →](#)

Things to see and things to do:  
We love Lithuania

[Visit website →](#)

Info about Curonian Spit National Park:  
Lithuania Travel / Curonian Spit

[Visit website →](#)

What does  
‘Lonely Planet’ say  
about Lithuania?

[Find out now!](#)



Everything you need to  
know about **VILNIUS**

[Go Vilnius →](#)



Everything you need to  
know about **KAUNAS**

[It's Kaunastic →](#)



Everything you need to  
know about **KLAIPĖDA**

[Klaipeda Travel →](#)





Photography: Anton Ivanchenko



# Tips

## Cities

### Visit all three big cities

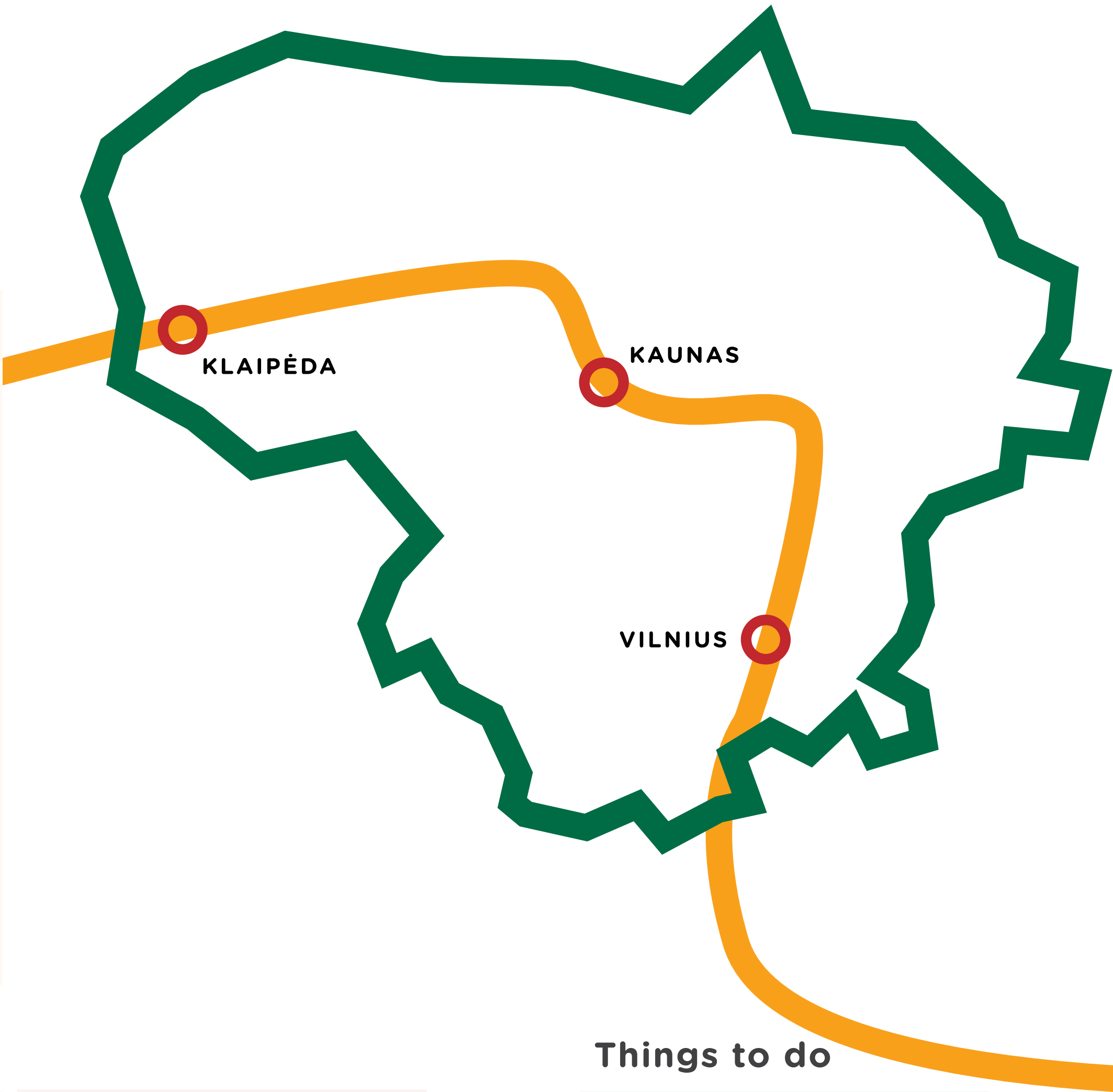
Vilnius, Kaunas and Klaipėda. Each one has a unique charm.

### Get lost in the old towns

Most cities, big and small, have their own old towns that are worth getting lost in.

### Don't only visit big cities!

Little towns, too, have a lot to offer from interesting museums to breath-taking architecture.



## Trips

### Just a half-hour car trip away from Vilnius lies Trakai.

This town is home to one of the most spectacular medieval castles in Europe, built on an island in the middle of a lake back in the fifteenth century. It is one of the most photographed tourist attractions in the country!

### Visit the seaside and Curonian Spit National Park

Lithuania doesn't have a very long coastline, but those sandy beaches are stunning.

### One of the most awe-inspiring places in western Lithuania is the Hill of Crosses.

With more than 200,000 crosses this sacral place is truly one of a kind. Crosses here are valuable example of traditional Lithuanian cross-crafting, which was proclaimed a Masterpiece of the Oral and Intangible Heritage of Humanity by UNESCO.

### Forests cover one-third of the entire territory of Lithuania.

Beautiful nature and rich wildlife is never further than 30 minutes away.

## Things to do

### Explore the local cuisine

Don't look for the restaurant that will serve the food you're accustomed to. Explore the local cuisine instead!

### Visit at least one summer festival!

Whether you're into rock, electronic or pop music, partying or meditating – there is a summer festival for everyone. They are always fun and mind-expanding. You can also make some fantastic friends while you're there.

### Explore the hiking and biking trails

There are a lot of them all over the country and they are all impressive.

### Remember, that the locals are your key to new interesting experiences!

Befriend the locals and they will show you the best of the best.





# 3. Weather & climate

No tsunamis or tornadoes in Lithuania  
...but you might get caught in a summer downpour  
or a winter blizzard from time to time.

**Be prepared!**

Check the latest weather forecast here:

Meteo.lt

Visit website →





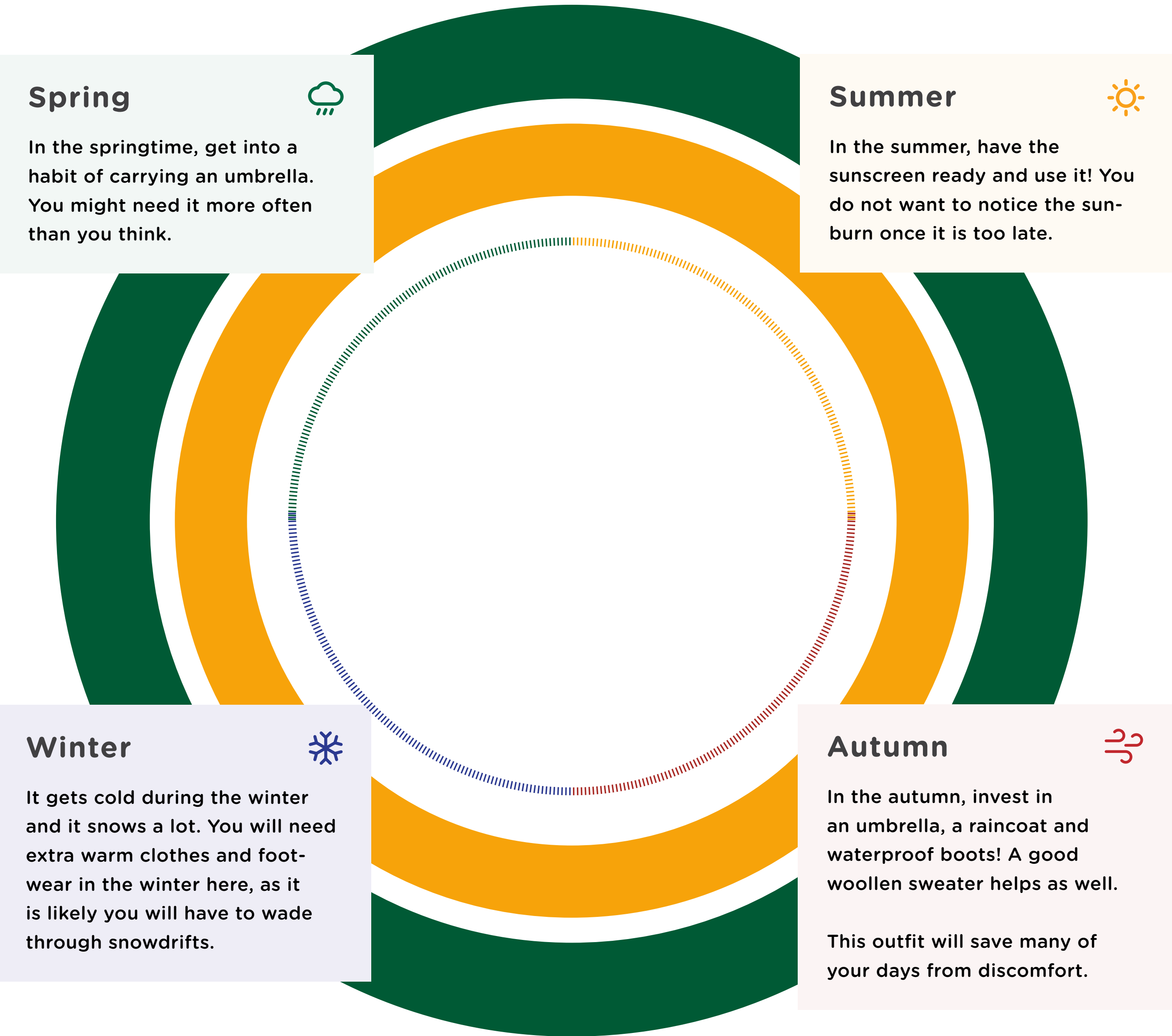
Photography: Laurynas Komža



# Tips

## All four seasons!

Lithuania has four very distinct seasons, which means you will need at least four distinctly different outfits to feel comfortable year-round.





# 4. Accommodation on campus

Do you know where you are going to live yet?

**Arrange it early so you wouldn't have to worry about it once you arrive!**

!

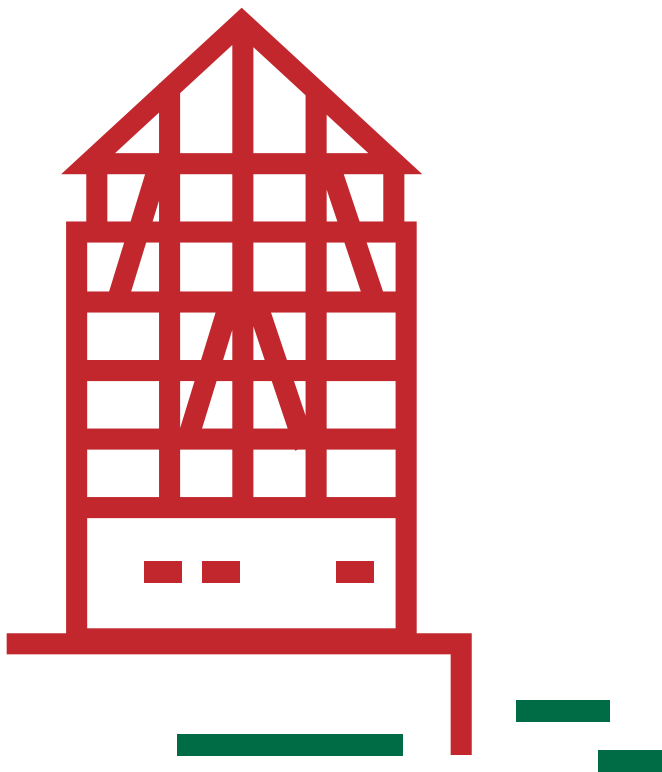
Please inquire at your selected university about the conditions of your accommodation, applications for a room in a hall, prices and rules prior to your arrival.





## What should you expect from living on campus?

Most universities offer the opportunity of living on campus. Some of the dormitories are situated near the universities, others are further away, so you will have to use public transport to get to the university. Most dormitories have been renovated and equipped with modern appliances and internet access.



Most likely you will have to share a room with one or two other students.



One shower or bath is intended for two or more rooms.



You will be provided with the necessary furniture in the room - bed, wardrobe, table and chairs.



There may be internet access in each room, however this is not included into the price.



You will be able to make breakfast, lunch and dinner in a common kitchen area with other students. There is usually an equipped kitchen on each floor.



Guests are not permitted to sleep in the dormitories. When entering the premises, they will have to submit ID and register in the guest book.



The residents of the halls must keep noise to a minimum during particular hours (usually from 11pm to 6am).



Consumption of alcoholic beverages and / or psychoactive drugs is prohibited by law. Smoking is allowed in specified areas only.



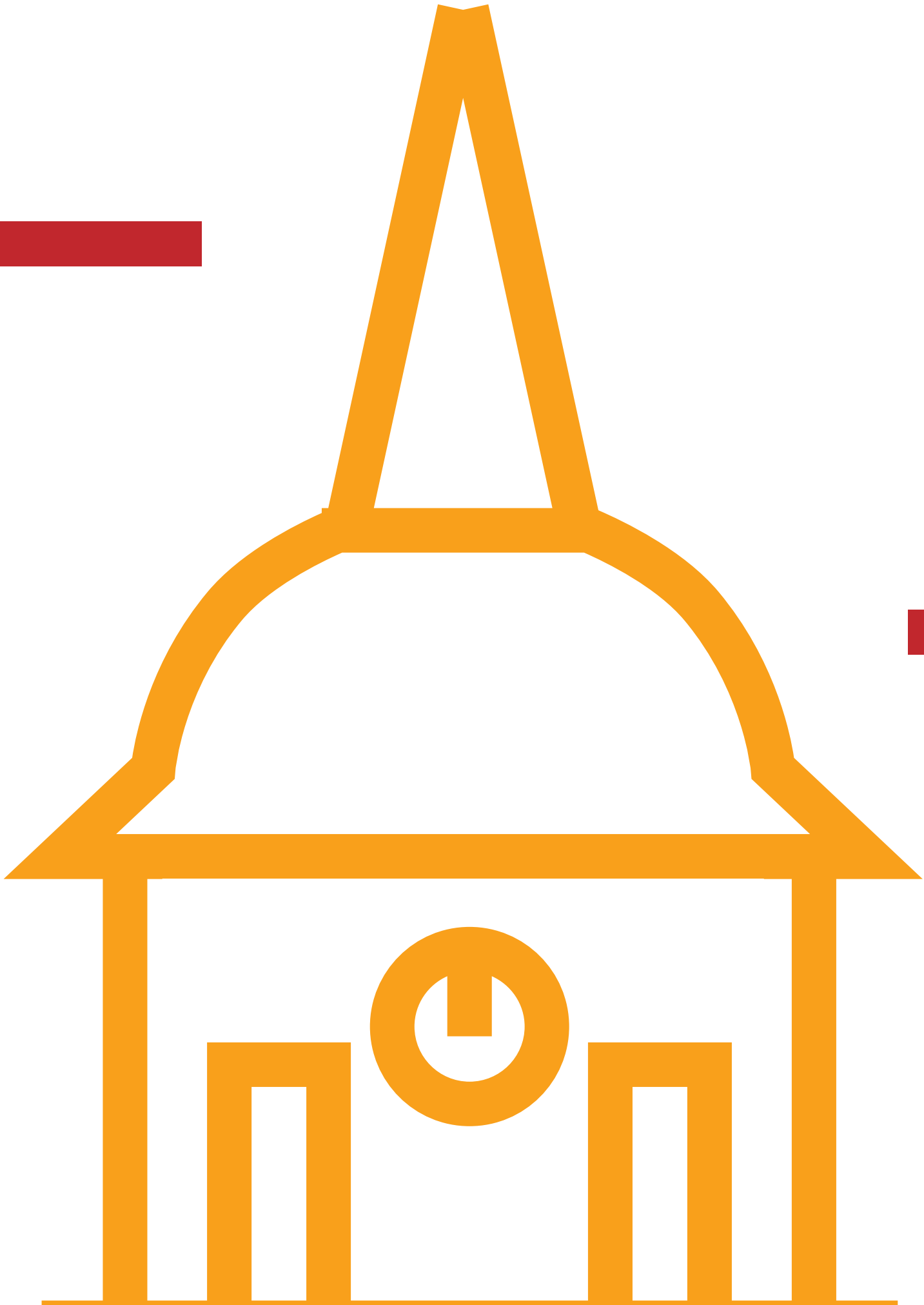
# 5. Accommodation off campus

Living on campus with your fellow students doesn't have to be the only option.

You can easily find a room or a whole apartment for rent, if you prefer to live more comfortably and if your budget allows it.

Check out the following estate agencies for the most up-to-date accommodation options:

- [Aruodas](#) →
- [Domoplius](#) →
- [ErasmusPlay](#) →
- [Airbnb](#) →
- [Booking](#) →
- [Solo Society](#) →





# Tips

## Room or an apartment

You can search for a whole apartment, or just look into renting a room in a shared accommodation.

## If you are able to pay a little extra

It's okay to take your time looking for the place of your dreams. However, if your budget is tight and you find a good place for a good price - take that offer! It might not be available tomorrow.

## Read carefully

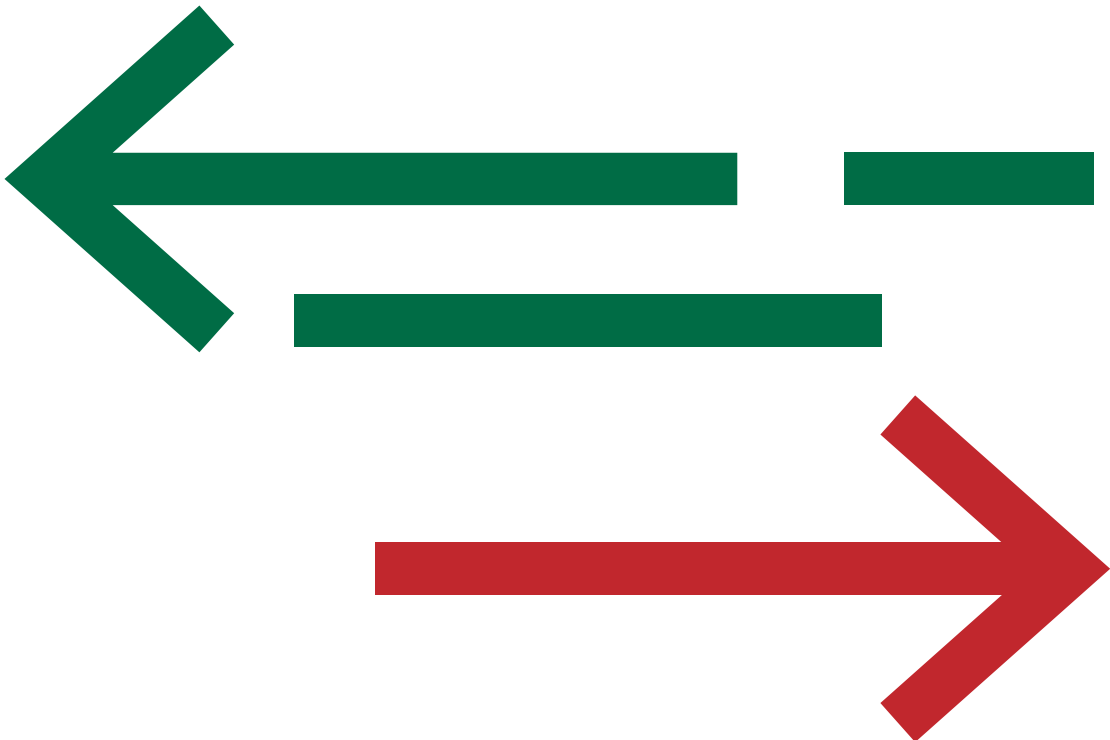
Read the rent agreement thoroughly and carefully. Watch what you're signing.

## Deposit

Landlords usually ask for a 1-3 month deposit. Don't worry, you will get it back when you move out.

## Payment

Tenants usually pay the rent at the end of the month. The rent normally doesn't include utilities, which should be paid separately according to the meter readings declared.





# 6. Transport

Lithuania has a lot to offer, but it might be at a driving distance. If you have a car – cool.

If not, there are plenty of different options for travelling.

Information on public transport routes and schedules available in English for all major cities:

[TRAFI](#) →

Public transport routes and timetables:

[Vilnius](#) →

[Kaunas](#) →

[Klaipėda](#) →

[Šiauliai](#) →

Cyclocity bikes are available all over the city centre and the Old Town of Vilnius:

[Cyclocity](#) →

Purchase tickets for intercity buses here:

[AutobusuBilietai.lt](#) →

Most common taxi for hire services:

[Bolt](#) →

[Uber](#) →

[e-Transport](#) →

Car sharing apps:

[CityBee](#) →

[Spark](#) →

Electric scooters are available for rent in every major city:

[Bolt](#) →

Purchase tickets for intercity trains here:

[LTGlink.lt](#) →

Information about student ID cards (needed for discounts):

[Lithuanian Student Identity Card \(LSIC\);](#) →

[International Student Identity Card \(ISIC\)](#) →







Photography: Aušra Barysienė



# Tips

## Public transport

It's very easy and common to use public transport in all major cities. It's quick, reliable and punctual.

## Buying the ticket

It's not very common anymore for the drivers to sell tickets. It is best to purchase the ticket before the trip via your mobile device.

## Stopping a taxi

It is not a common practice in Lithuania to stop taxis in the streets. This will cost you a lot more than it should. It is always better and cheaper to use popular mobile apps.

## Travelling

If you have a desire to travel a bit and see more of what Lithuania has to offer - hop on to an intercity bus or train! The buses and trains arrive and leave on time. Check the schedules before your trip and don't be late.

## Discounts

Students are offered large discounts on daily, monthly and yearly public transport tickets. Use that discount!

## Don't forget to validate your ticket

It's mandatory and the ticket inspectors are not forgiving.

## Scooters

Electric scooters are inexpensive and available everywhere. Just download the necessary app, set up the payment and use when needed.

## Kindness goes a long way

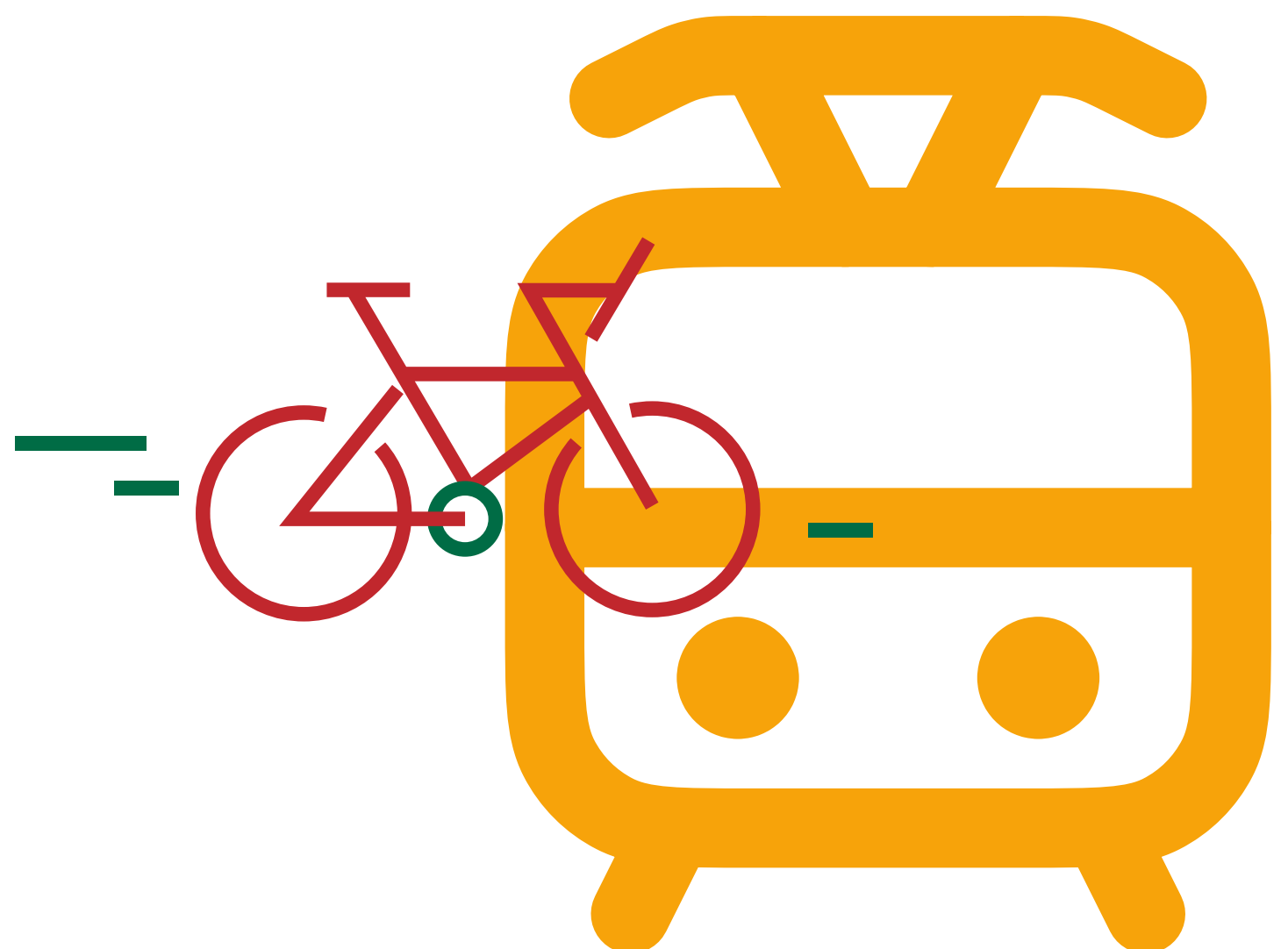
If you're sitting on a crowded bus and you see a pregnant woman, a mother with a child or an elderly person standing - be so kind and offer a seat. It's just good manners and you're likely to get a smile back.

## If public transport is out of the question

Choose a taxi, a city bike or an electric scooter.

## Stay healthy and ride Cyclocity bikes!

They are very inexpensive and practical. Available all over the city centre and the Old Town of Vilnius.





# 7. Student discounts

We can't stress this enough - get both student cards and use them when purchasing tickets, visiting museums, taking a bus, etc.

**It will save you a lot of money over time.**

Lithuanian Student Identity Card (LSIC) →

International Student Identity Card (ISIC) →









# Types of student cards:

## LSIC

is issued and administered by the Lithuanian National Union of Students (LSS) and is valid in Lithuania only.

The card is mandatory for ALL students in Lithuania, including students of student exchange programmes.

## ISIC

is an international student identity card. It is not mandatory, but it is recognised all around the world and it is a must if you plan to travel abroad.



Before you purchase anything - a ticket, a service, a latte - always check for student discounts.

You'll be surprised how many places offer them!



# 8. Health

Emergency number

112



Whether you’re a student or not – health is important!

Taking care of your health while you’re away from home is crucial. Don’t feel intimidated – contact the specialists if there’s any need.

How do you officially declare the place of residence?

[More information here](#)

Information on free psychological consultations

[More information here](#)

## About insurance

The European Health Insurance Card is available for the citizens of the Member States of the European Union

[More information here](#)

Information on Compulsory Health Insurance in Lithuania

[More information here](#)

Information on Compulsory Health Insurance in Lithuania published by the National Health Insurance Fund under the Ministry of Health

[More information here](#)

National Health Insurance Fund under the Ministry of Health

[More information here](#)







Photography: Education Exchanges Support Foundation



# Tips

## In case of an accident

or a real threat to your health or property, immediately call the Emergency Call Number 112.

## Feeling anxious?

If you feel anxious and lonely, or have difficulty adapting to your new situation – don't feel hesitant and register for a consultation with a psychologist. In total up to 10 consultations can be provided free of charge!

## Medications

There are quite a few medications, available freely elsewhere, that require a prescription from the doctor in Lithuania. So if there is a specific medicine you take – bring a supply.

## It is mandatory for all foreigners to officially declare the place of residence

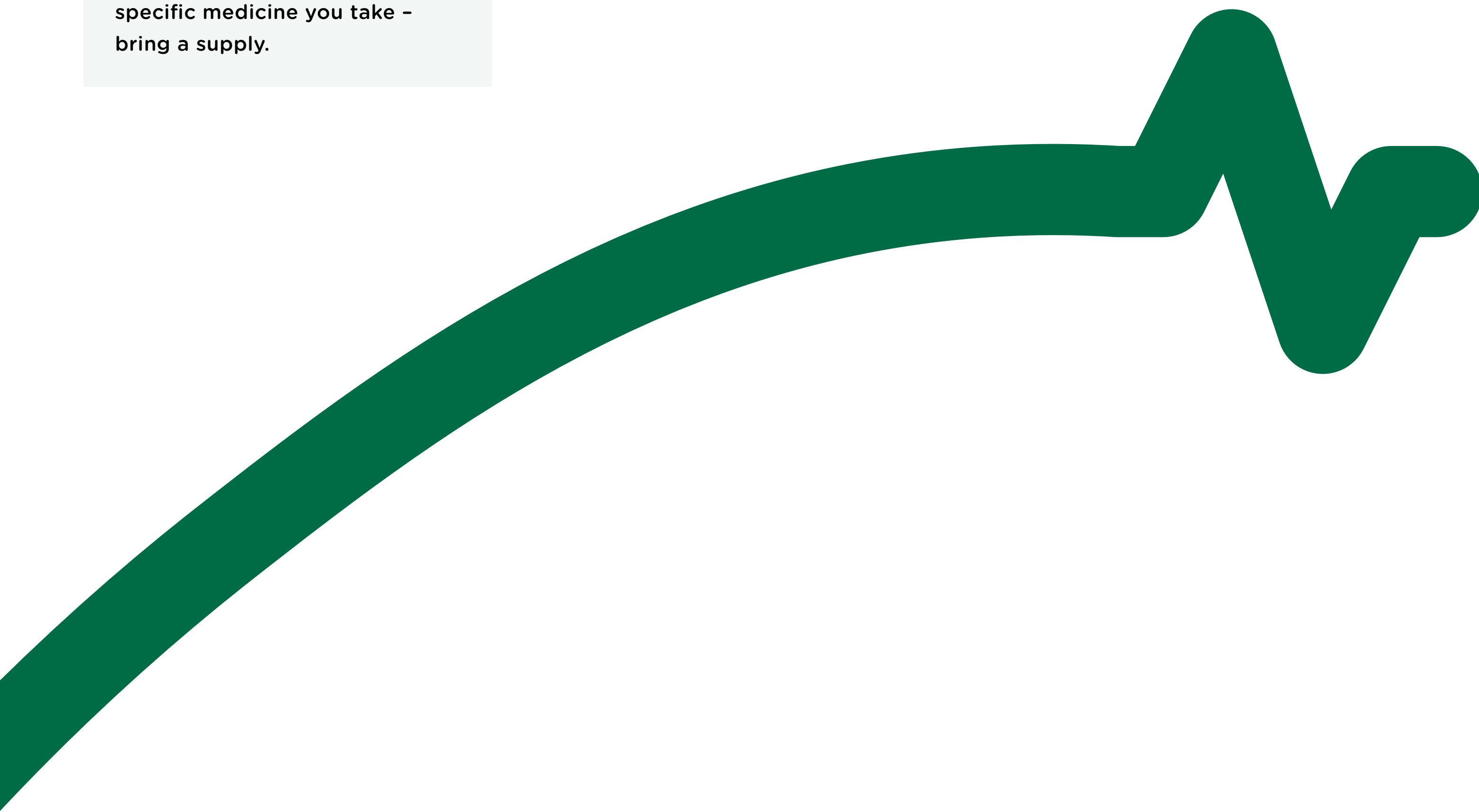
This way, in the case of an emergency the medical fees will be covered by Lithuania.

## For non-EU citizens

If you are a citizen of a country outside the European Union, you must contact one of the insurance companies on the [Lithuanian Insurers Association \(LDA\) list](#). To study in Lithuania you must have valid health insurance covering the duration of your stay.

## For citizens of EU, Iceland, Liechtenstein, Norway and Switzerland

If you are a citizen of one of the [Member States of the European Union](#), Iceland, Liechtenstein, Norway or Switzerland and have a [European Health Insurance Card](#), you are guaranteed state health care services in the case of an accident. You need to be aware that the card does not cover the expenses of health care services provided by the private sector.





# 9. Banking

Whether you work here or receive a scholarship from your university – you will need a local bank account to manage your finances. It is possible to open a bank account as a non-resident in Lithuania.

**You will be required to provide identification and other documents but if you do so, it shouldn't be a problem.**

Information about banks for foreigners

Visit website →







Photography: Gantas Vaičiulēnas



**The EURO (€) is the national currency of Lithuania.**

Contactless payments are usually encouraged and banking cards such as MasterCard, Visa and American Express are accepted in most shops and places of service. If you need cash – you can easily exchange foreign currency at any bank or exchange facility.

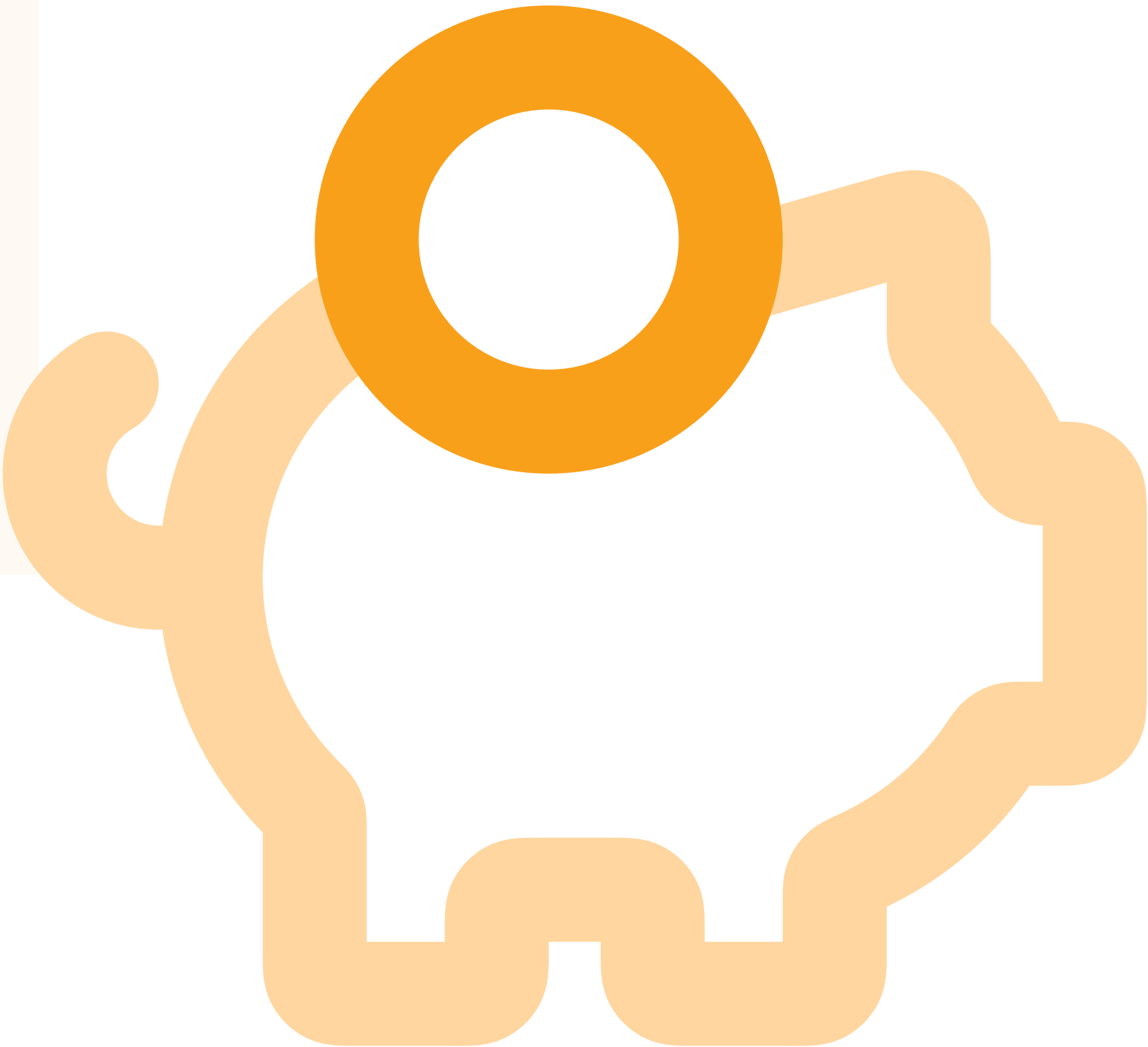


The Bank of Lithuania acts as the central monetary authority in Lithuania. Currently, six commercial banks hold a licence from the Bank of Lithuania and operate in the country:

- SEB →
- Swedbank →
- Luminor →
- Šiaulių Bankas →
- Citadelė →
- Medicinos Bankas →



You can easily open an account at one of the banks by visiting their branch.





# 10. Internet & mobile

Stay in touch with your friends and family. Stay connected to your social networks. Getting a reliable mobile and internet service is easy in Lithuania.

**Just buy a prepaid SIM card and you're good to go.**

The three major providers of Mobile services in Lithuania are:

Telia →

Tele2 →

Bitė →





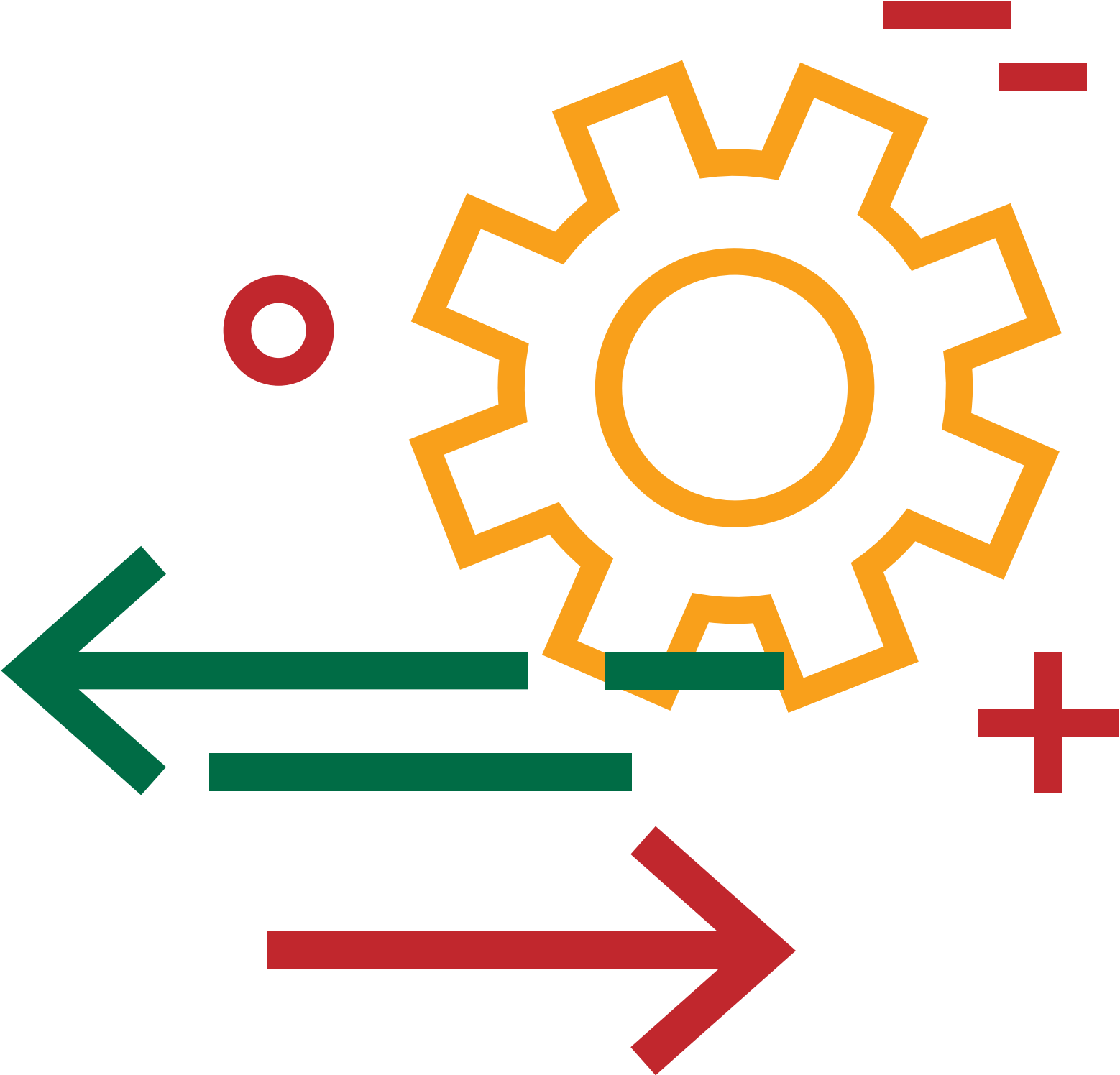
# Tips

## Getting a card

You can buy a prepaid SIM card of either one of the three providers at nearly every news stand. Each of the three providers offers different rates and terms, so you will be able to choose the one that suits your needs the best.

## Free Wi-Fi

There is free access to wireless internet in most public places - libraries, parks and squares. The majority of cafés, bars and restaurants also provide free wireless internet. Just ask the staff for the password.







Photography: Laurynas Komža



# 11. Work in Lithuania

## Kick-start your career in Lithuania!

To earn some extra funds, foreign students are allowed to work in Lithuania during their studies. Also, students can stay in Lithuania after their studies to pursue their careers.

**All you need to know about working in Lithuania:** Work in Lithuania

Visit website →

**Relocation procedures for students:**  
Info by Work in Lithuania

Visit website →

**Employment service information:**  
Employment Service Under the Ministry of Social Security and Labour of the Republic of Lithuania

Visit website →



# Working during studies

## For EU students

No limits on working hours apply to EU students and citizens of Iceland, Liechtenstein, Norway and Switzerland. They can work up to 40 hours per week. Employment procedures are the same as for locals. You can read more about them [here](#).

## For non-EU students

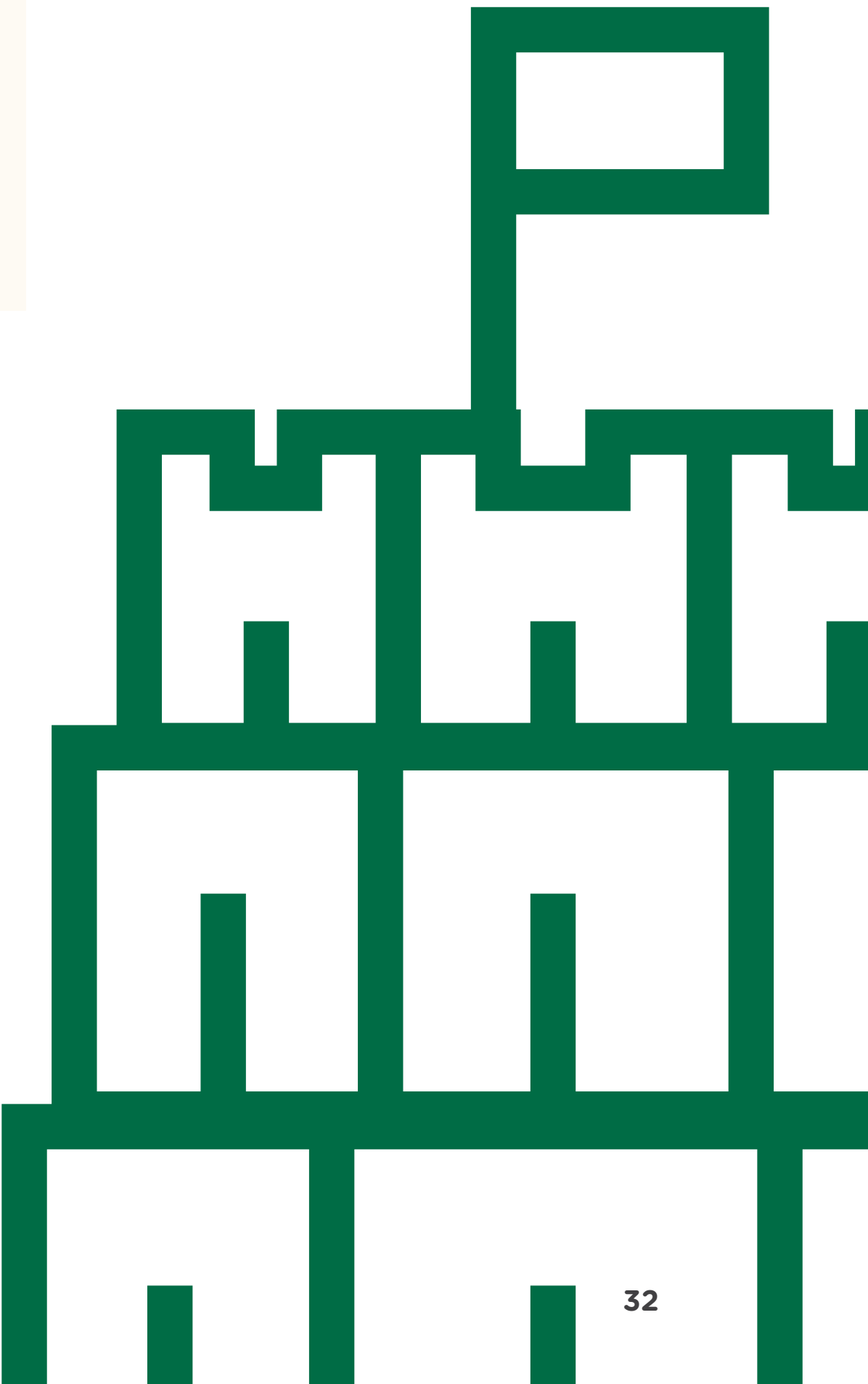
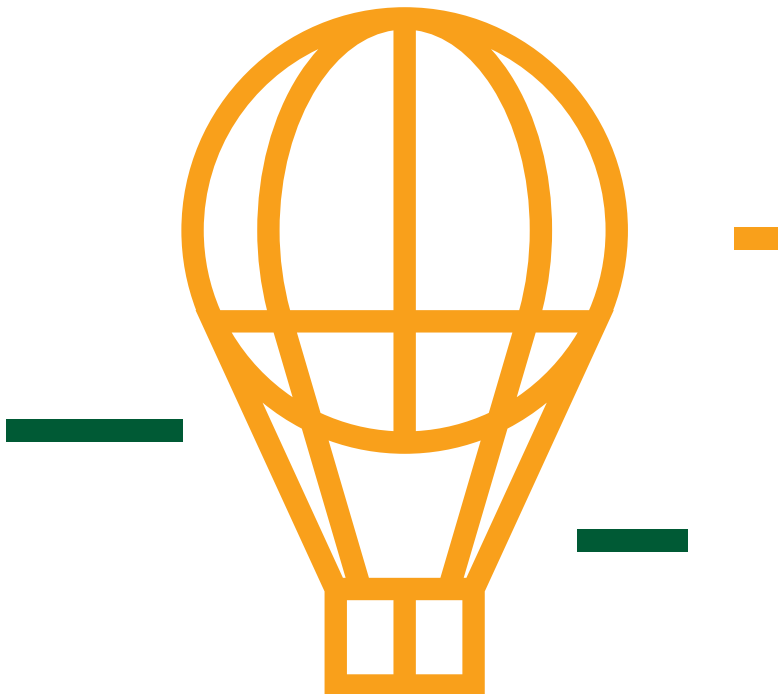
International students can work in Lithuania during their studies without a work permit if they have a temporary residence permit for studies. Students from non-EU countries who have a temporary residence permit for studies can work full-time during their studies. No additional permits are required.

# Working after studies

International non-EU students have an opportunity to stay in the country for **15 months** afterwards to look for a job:

During the last year of studying apply for a temporary residence permit renewal for 3 additional months from the day when studies are finished.

After graduating, you also have the opportunity to apply for a temporary residence permit for 12 months for job search and self-employment purposes.





# 12. Average prices

Did you know that Vilnius is **52.82% less expensive than New York?**

Cost of living in Lithuania according to Numbeo, the world's largest cost of living database.

[Visit website →](#)





# Average prices

## Meals

Meal for two people, mid-range restaurant, three-courses

€ 42.00

Meal, inexpensive restaurant for one person

€ 8.00

McDonalds  
Combo Meal

€ 5.50

Loaf of fresh bread  
500 g.

€ 1.09

## Transportation

Public transport ticket  
Full price

€ 0.65

Train ticket  
Vilnius - Klaipėda

€ 32.10

Taxi  
Vilnius Airport to the city centre

€ 7.50

## Drinks

Domestic beer  
0.5 litre draught

€ 3.80

Imported beer  
0.33 litre draught

€ 3.50

Cappuccino

€ 2.46

Coca Cola or Pepsi  
0.33 litre bottle

€ 1.60

Water  
1 litre bottle

€ 1.00

Milk  
1 litre

€ 1.14

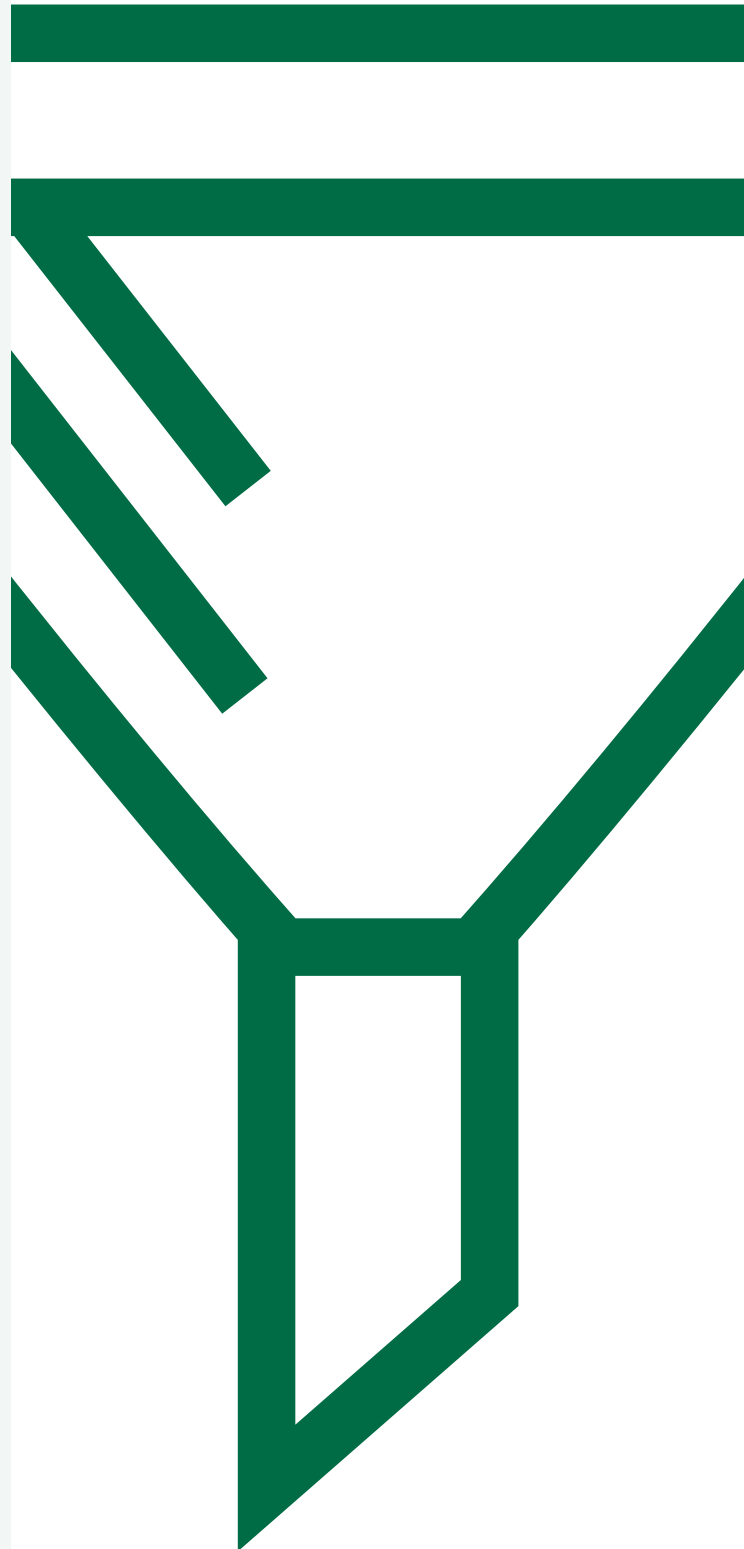
## Miscellaneous

Haircut

€ 20

Cinema ticket  
Full price

€ 8.00





# 13. Vocabulary

Knowing a handful of local words and phrases can go a long way!

The 26 Funniest Expressions in Lithuania  
and How To Use Them

Visit website →







Photography: Gantas Vaičiulėnas



Most common words and phrases:

Hello / Hi

[lah-bahs]

Labas

Good morning

[lah-bahs ree-tahs]

Labas rytas

Good evening

[lah-bahs vah-kah-rah-s]

Labas vakaras

Good night

[lah-baws nahk-tyehs]

Labos nakties

Good bye

[vee-saw gheh-raw]

Viso gero

Bye

[eeh-keeh]

Iki

My name is \_\_\_\_

[mah-naw vahr-dahs ee-rah]

Mano vardas yra \_\_\_\_

How are you?

[kype seh-kuh-seeh]

Kaip sekasi?

I'm fine

[mahn vees-kahs geh-rye]

Man viskas gerai

Thank you

[ah-choo — yes, like you are sneezing!]

Ačiū

Please

[prah-show]

Prašau

Sorry

[ah-tsih-prah-shaoo]

Atsiprašau

Yes

[tayp]

Taip

No

[neh]

Ne

OK

[geh-rai]

Gerai

Excuse me

[ah-tlais-kee-tah]

Atleiskite

Do you speak English?

[uhr kahl-bah-teh uhng-leesh-kye]

Ar kalbate angliškai?

I don't understand

[neh-soo-pranht-uh]

Nesuprantu

Cheers

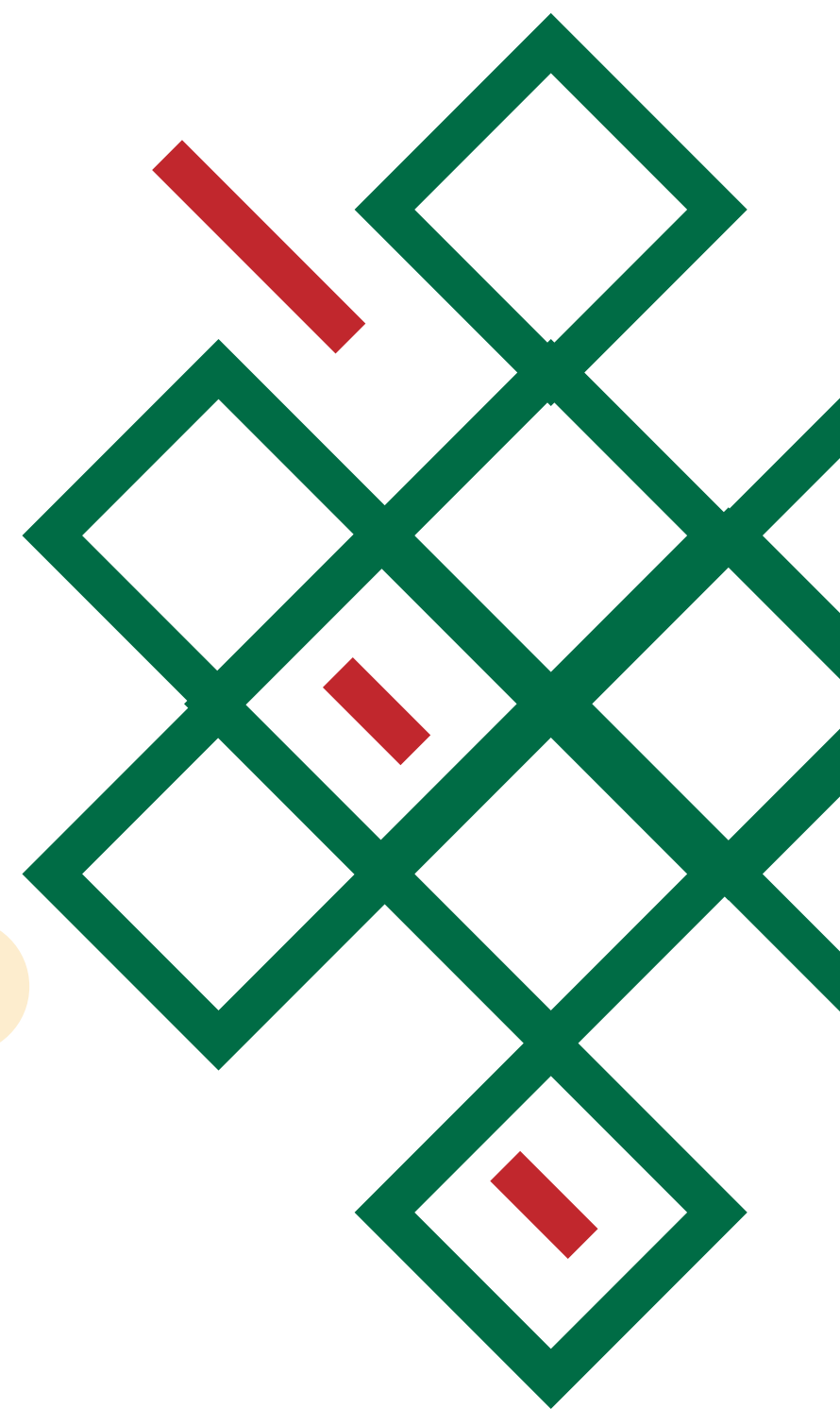
[eeh svehj-kah-tuh]

Į sveikatą

It was delicious

[boo-voh lah-bye skah-noo]

Buvo skanu





# 14. Cultural nuances

Every country has its own customs and practices, some of which travel guides can't teach you. Lithuania is no exception.

**So, if you don't want to feel left out, here are a few useful tips.**







Photography: Romas Kanapeckas



# Tips



Lithuanians don't smile as often as you'd like them to. But don't let this stop you from smiling at them. It's just the northerners' nature. Behind this rough facade, Lithuanians are actually very friendly people.



Lithuanians may seem reserved at first, but give them time and you will make some very good friends.



Lithuanians are quite interested in cultural diversity and might be inclined to get to know you. Don't be afraid to chat.

If you don't know how to start a conversation, ask about the plans for the future!



Lithuanians are very punctual. Don't be late and arrive on time to make a good impression.

## DO

When on a date, bring an odd number of flowers. An even number is only suitable for funerals!

When travelling by bus – always validate your ticket! The conductors are not always forgiving.

If you receive good service – leave tips! The usual practice is to give at least 10% of the total.

Always be on time! Lithuanians tend to value each other's time and punctuality is encouraged.

Take your shoes off when you come to someone's house, unless the host tells you otherwise.

Learn a few common Lithuanian words and phrases. The locals will appreciate it.

## DON'T

Don't consume alcohol in parks, squares and other public places. It is prohibited by law!

Don't litter in public places. You will get fined!

Don't kiss a person when greeting them if you do not know them well. It is more common to shake hands in Lithuania first.

Don't get into a waiting taxi. If you call it by phone or online app, it will take you to your destination at a much lower rate.

Don't shake hands over a threshold, when greeting someone. It's bad luck.

Don't directly hand scissors or a knife to someone. Set it down and let the person pick it up.

Don't walk on opposite sides of an obstacle, when walking with someone else. It's bad luck.

Don't ask a lady her age. It's considered impolite.

Don't confuse a Lithuanian with being Russian. The two countries have a very complicated history. Despite the fact that a number of Lithuanian citizens are of Russian decent, confusing the two nationalities could put a conversation in an unpleasant light.

Don't confuse the capital titles of the three Baltic States. Riga is not in Lithuania, and Tallinn isn't either.





# 15. Local cuisine

Don't look for a restaurant that serves the food you eat at home. Explore the local cuisine instead. You might quite like it. Or you might hate it. That's okay too.

At least you'll know you tried :)

Information on traditional  
Lithuanian cuisine

Visit website →







# What to try first



## Šaltibarščiai

It's a cold, pink-coloured soup that every Lithuanian goes crazy for over the summer. It is made from natural local products - beetroot, radishes, cucumbers, herbs and kefir. Don't let the Barbie-like colour of this soup put you off. Try before you deny!



## Cepelinai

These are huge, meat-filled, zep-pelin-shaped potato dumplings. They are usually served with sour cream and bacon rind. Cepelinai have become an integral part of the meals served in homes and restaurants across Lithuania.



## Šakotis

A tall, spiked cake, is a staple desert at every Lithuanian celebration. Cooked by adding the cake mix to a rotating spit over an open fire, it is difficult to make, but easy to enjoy.



## Fried bread with cheese

Fried bread with cheese is your new favourite snack! Sliced in strips, deep-fried in oil and then dipped in a cheese and mayonnaise sauce, black bread goes perfectly with locally brewed craft beer.



## Gira

Gira, or kvass, is a refreshing and not-too-sweet fermented drink brewed from brown bread crust. In Lithuania you can try gira produced from apples, caraway seeds, bilberries, strawberries and other berries.



## Local craft beer

Don't forget to taste the award-winning local craft beer, produced by many small breweries all over the country. If alcohol isn't for you - there are quite a few non-alcoholic beer options, which are just as tasty as they are refreshing.



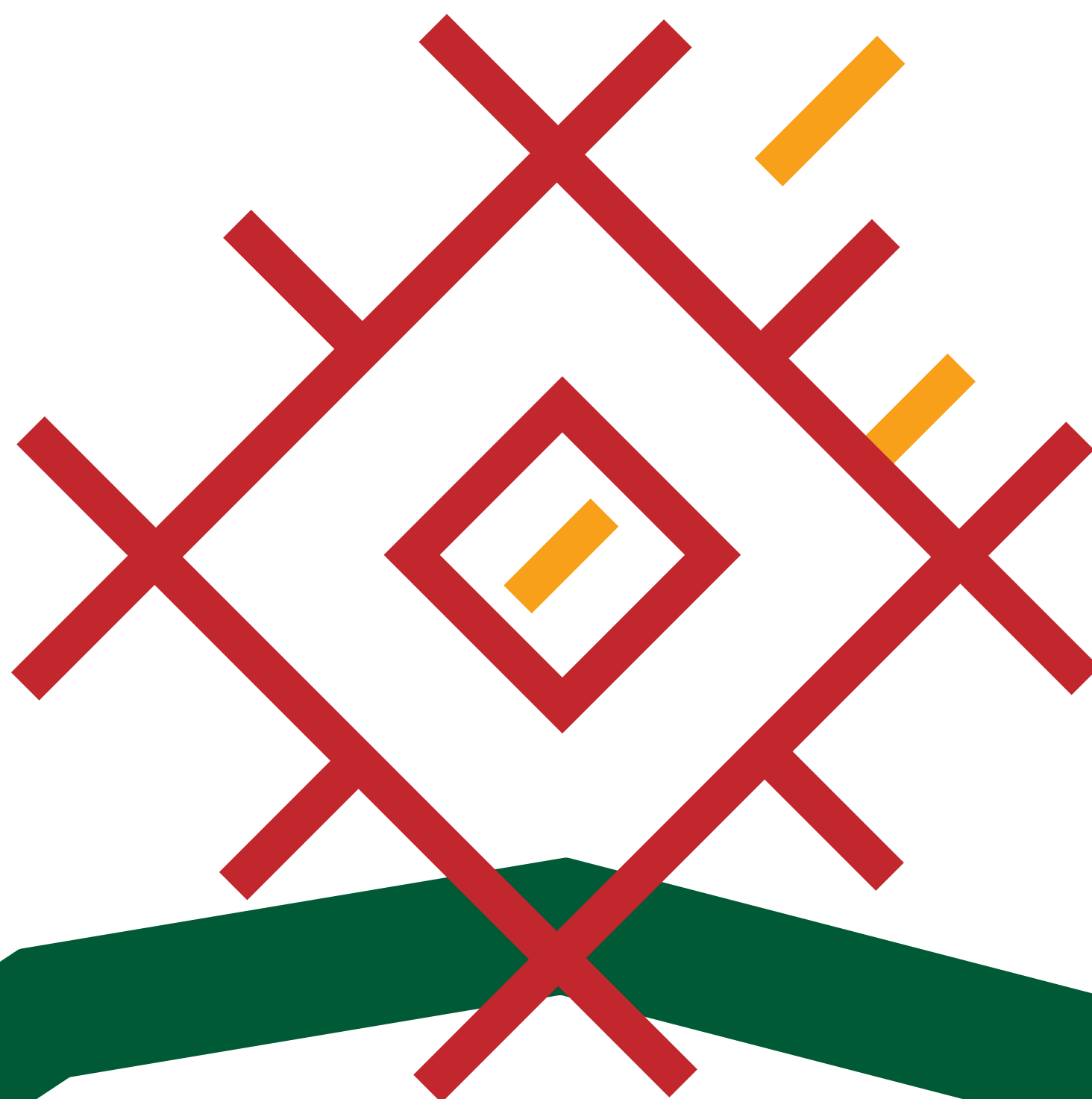
# 16. Traditional holidays

In many cases, Lithuanian traditional holidays originated in Baltic paganism, but gained additional meaning with the advance of Christianity.

**In Lithuania, the Baltic and Christian customs of worshipping the cycle of nature do not create a dissonance, but rather create a celebrated tradition that is unique.**

What to expect during the various Lithuanian holiday celebrations?

[Visit website →](#)





# Important dates

WINTER

## January 1

New Year’s Day

## February 16

Independence Day

## March 11

The Restoration of  
Independence Day

## Easter Sunday

Moveable – the first Sunday af-  
ter the full moon that occurs on  
or soonest after March 21

## Easter Monday

The day after Easter Sunday

## May 1

International Workers’ Day

## Mother’s Day

First Sunday in May

SPRING

SUMMER

## Father’s Day

First Sunday in June

## St. John’s Day / Midsummer

June 24 – Celebrated according  
to mostly pagan traditions

## Statehood Day

July 6 – Commemorates  
coronation of Mindaugas, the  
first Lithuanian king

## August 15

Assumption Day

AUTUMN

## November 1

All Saints’ Day

## November 2

All Souls’ Day

WINTER

## December 24

Christmas Eve

## December 25 & 26

Christmas





Photography: Laurynas Komža



# 17. Study in LT 360°

Are you interested in studying in Lithuania, but don't know what to expect?

EXPERIENCE Lithuania, studies, student environment and pastime in four 360° virtual reality films:

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