Career Services, Sports,
Arts activites and
Student's organization at
VMU



Education 360°



### For detailed information:

- VMU website www.vdu.lt/eng
  - http://www.vdu.lt/students
- On specialized VMU websites:
  - <u>http://karjera.vdu.lt/en (Career Center)</u>
  - <u>http://sportas.vdu.lt/en</u> (Sports Center)
  - <a href="http://menucentras.vdu.lt/en">http://menucentras.vdu.lt/en</a> (Arts Center)
- Student Centre (regarding procedures and general questions)
  - Write an e-mail <u>studentas@vdu.lt</u>\*
  - CALL (+370 37) 751 175
  - VISIT, K. Donelaičio g. 52 111
- \*This e-mail is administered by Student Centre (SAD), which is a main information-desk for students of VMU





## VMU Career Centre

- CAREER COUNSELING
- PRACTICAL TRAINING for career planning
- VOLUNTEERING AND MENTORING PROGRAMS at the university and beyond
- INFORMATION about work, internships and volunteering opportunities in Lithuania



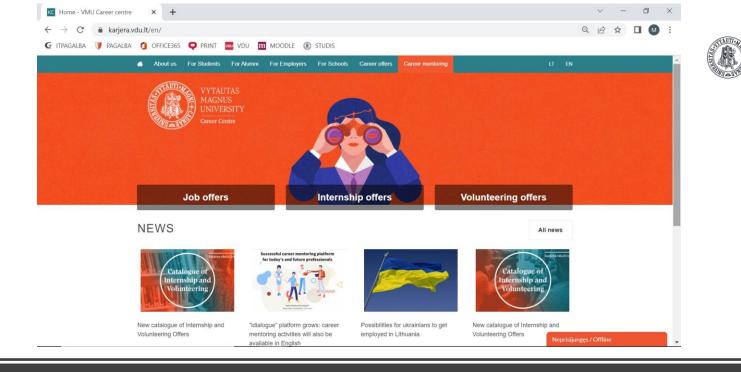
K. Donelaičio g. 52-108 Phone.: (+370 37) 327 983

E-mail: career@vdu.lt

Web: <a href="https://karjera.vdu.lt">https://karjera.vdu.lt</a>







VYTAUTAS

# VMU Career Gate

http://karjera.vdu.lt

# VMU Sports Centre

Studentų g. 9A, Akademija, Kaunas dstr.

Phone.: (+370 37) 752 251

E-mail: <a href="mailto:sportocentras@vdu.lt">sportocentras@vdu.lt</a>

Web: <a href="http://sportas.vdu.lt">http://sportas.vdu.lt</a>

Sport Centre organises sport, physical and fitness activities for students of Vytautas Magnus university; disseminates the knowledge of sports and fitness; organizes sport competitions and events; promotes sport wins of the university in Lithuania and abroad.

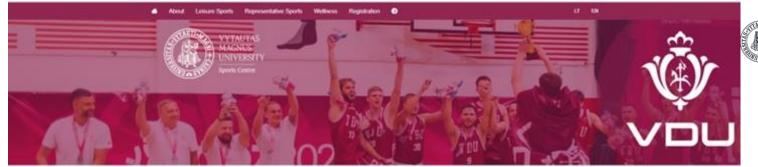
IMPORTANT: All of the activities that are held in Sports Centre are free of charge.













#### NEWS



We mile you to take part in the 1923 metric walkituri to celebrate the 100th anniversary of the VMU Sotanical garden.



Sport and Health Week – get active with the VMU Sports Central



Spend your free time actively – join a badrenton practices!



All news

Start exercising – join the VMU Sports Central

# Webpage of VMU Sports Centre

http://sportas.vdu.lt

#### **Leisure Sport**



VMU Sports Centre offers a possibility for

- Gym (Physical training)
- Athletics (running)
- **Esports**
- Sports Yoga
- Basketball
- Football
- Volleyball
- Pilates training
- Badminton
- Chess
- Zumba (intense)

Students who are interested in registering for students to join following sports activities: sports activities of VMU Sports Centre during the Spring semester 2023/2024, will be allowed to register starting from end of January and later, by logging to the Student Portal (http://studentas.vdu.lt > **Registration** > **Sports/Arts activities**, where you shall choose a preferred sport, group, day, time and press the button "Enroll").

> After the enrolment to the activities you should start to attend it as soon as possible, based on the schedule which is specified in the registration form.

> **IMPORTANT:** All of the activities that are held in Sports Centre are free of charge.

#### **Competitive Sports (I)**

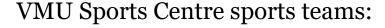


VMU Sports Centre (SAD) organises the formation of main **team-sport** teams (basketball or 3X3 (man), football (man), volleyball (women) and cheerleading (women), esports: "League Of Legends" and "CS:GO"(mix), Bullet firing (mix)), ensures their physical preparation, provides access to competitions in Lithuania and abroad. Students who want to become a part of University's sports team, must have at least minimal level of sports skills.

Athletes of **individual sports** (athletics, swimming, badminton, table tennis, fencing etc.) have a possibility to participate and represent the University in sport competitions, organised by Lithuanian Student's Sports association. For the preparation process, students may use all sport facilities of the University, university may mediate (if needed) to find sport club or coach.

Athletes of the University, who have reached exceptional accomplishments in sports, may be provided a possibility for a free-of-charge study plan, discount for a studies, accommodation of other fees.

#### **Competitive Sports (II)**





#### Men's:

- 3x3 basketball team
- Basketball team
- Football team
- Esports team
- Bullet firing

#### Women's:

- Volleyball team
- Cheerleaders team
- Esports team
- Bullet firing

If you are interested in joining competitive sports of VMU Sports Centre and are willing to represent our University, please, contact the Head of VMU Sports Centre by following contacts:

Mr. Vladas Juknevičius E-mail <u>Vladas.Juknevicius@vdu.lt</u> Cell phone no. +307 612 69025 (only on working hours)

#### Individual sports

#### **Support our VMU Teams**



VMU representative teams participate in the championships of various categories:

- Men's Basketball Team:
  - Lithuanian Students Basketball League
  - Regional Basketball League (3rd highest League in Lithuania)
- Men's Football Team:
  - Lithuanian Students Football League
- Women's Volleyball Team:
  - National Students Volleyball League
- Individual sports at the event of Lithuanian Students' Sports Association

#### Follow information on <a href="http://sportas.vdu.lt">http://sportas.vdu.lt</a>

Section "Events" and join in support of our VMU Teams (when it will be allowed). You may also support our teams by watching live broadcasts on <a href="http://sportas.vdu.lt">http://sportas.vdu.lt</a>

#### All sports events are free of charge

## VMU Arts Centre

University encourages and allows students to fulfill their artistic and creative potential through the activities that are coordinated by the Arts Centre. It unifies initiatives of visual and performing arts together with musical abilities of our students.

IMPORTANT: All of the activities that are held in Arts Centre are free of charge.

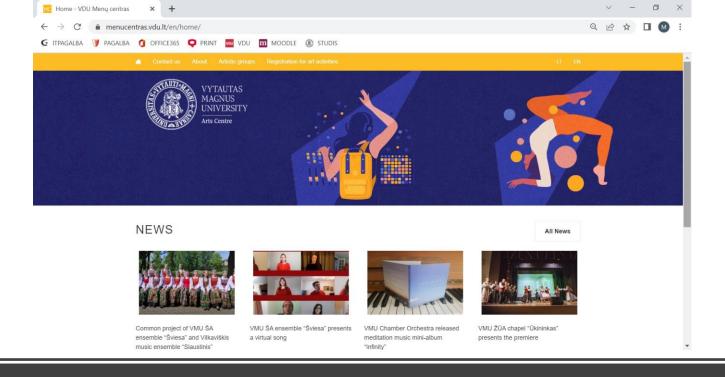


V. Čepinskio g. 5-404, Kaunas

Phone.: +370 650 44 546 (only on working hours) E-mail: artscentre@vdu.lt

Web: <a href="https://menucentras.vdu.lt/">https://menucentras.vdu.lt/</a>







VYTAUTAS

# Webpage of VMU Arts Centre

http://menucentras.vdu.lt

#### **Artistic groups of the Arts Centre (I)**



#### In Kaunas:

- VMU Academic Choir "Vivere Cantus", which carries on musical activities
- VMU folk dance ensemble "Žilvitis", which carries on artistic activities through ethnic songs, music and dances
- VMU folklore ensemble "Linago", which carries on artistic activities through the ethno songs, music and dances
- **Ballroom Dance Studio**, is dedicated to promote Ballroom dance in Lithuania, to promote an active, healthy lifestyle, mutual communication

#### In Vilnius:

• VMU Education Academy song and dance ensemble "Šviesa", which carries on artistic activities through ethnic songs, music and dances

#### **Artistic groups of the Arts Centre (II)**



#### In Akademija, Kaunas district:

- VMU Agricultural Academy theatre "Jovaras", which carries on activities related with the acting performances
- VMU Agricultural Academy folk music band, Ūkininkas", which carries on activities through the ethno music
- VMU Agricultural Academy mixed Choir "Daina", which carries on musical activities
- VMU Agricultural Academy folk dance ensemble "Sėja", which carries on artistic activities through ethnic songs, music and dances
- **Ballroom Dance Studio**, is dedicated to promote Ballroom dance in Lithuania, to promote an active, healthy lifestyle, mutual communication

#### Registration to Artistic activities of VMU Arts Centre



Students who are interested in registering to artistic activities during the Spring semester 2023/2024 will be able to do that starting from the end of January and later, by logging to the Students portal (<a href="http://studentas.vdu.lt">http://studentas.vdu.lt</a> / Registration> Sports/Arts activities where you should choose a preferred artistic group and press the button "Enroll").

You will be informed about the date, day and time of the rehearsals by an e-mail, which will be send to you after registration to the activities.

#### **Support VMU Artistic Groups**



Follow information <a href="http://menucentras.vdu.lt">http://menucentras.vdu.lt</a> section "Events" and come to support our artists (when it will be possible). You may also support our artistic groups by watching their performance via brodcasts on <a href="http://menucentras.vdu.lt">http://menucentras.vdu.lt</a>

Most of the events are free of charge

# **\*ESN**

Erasmus Student Network

VMU













# Students' organisations and clubs

Each member of the VMU academic community can find a place in the university where they can fulfil their needs for relaxation, develop their personalities, expand horizons and meet similarly minded people. Students' organizations and clubs at the university draw together students and teachers with diverse needs and interests, providing space for fruitful discussions, exchange of opinions and ideas. Here you can find list of VMU Students' organisations and clubs, which bring together fans and people sharing comon interest: https://www.vdu.lt/en/aboutvmu/structure-and-managementof-vmu/academic-and-studentorganizations-and-clubs/

# IF YOU HAVE ANY QUESTIONS RELATED TO CAREER, SPORT, ARTS ACTIVITIES OR STUDENTS' ORGANISATIONS AT VMU, PLEASE DO NOT HESITATE TO CONTACT VMU STUDENT CENTRE

(Student Affairs department)

Address: K. Donelaičio g. 52–111, Kaunas

Phone: +370 37 751 175

Email: studentas@vdu.lt

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