



KAUNAS

LIKE A

LOCAL

Your Action Plan

- Be curious
- Ask
- Discover
- Make memories



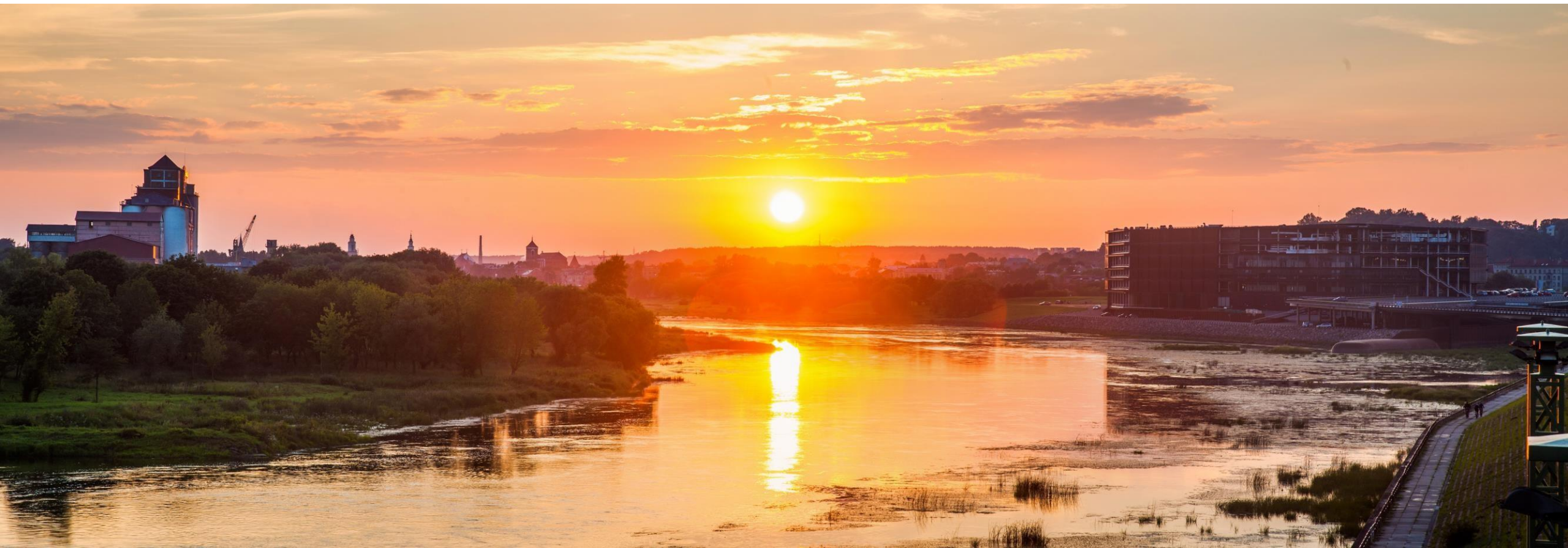
IMMERSE YOURSELF INTO SOCIAL AND CULTURAL ACTIVITIES!

- Traveling
- Sport
- Volunteering
- Languages
- Sharing is caring
- Take care of yourself



TRAVEL

Explore Lithuania by foot, by bus, by train, by car



TRAVEL

Free days

Note: look at the [Academic Calendar](#)
and [National Holidays](#)

2024

-JANUARY-

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

-FEBRUARY-

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

-MARCH-

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

-APRIL-

M	T	W	T	F	S	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

-MAY-

M	T	W	T	F	S	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

-JUNE-

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

-JULY-

M	T	W	T	F	S	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

-AUGUST-

M	T	W	T	F	S	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

-SEPTEMBER-

M	T	W	T	F	S	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

-OCTOBER-

M	T	W	T	F	S	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

-NOVEMBER-

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

-DECEMBER-

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

TRAVEL

<https://studyin.lt/live-like-a-local/>

Compiled by:



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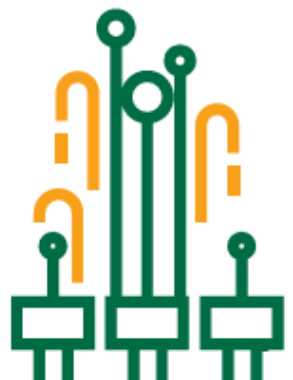
Live Like a Local

Practical Guide for International Students in Lithuania



Photography: Laurynas Konda

Live like a local



TRAVEL

<https://kaunastika.lt/map/wallographers-notes>



TRAVEL

<https://www.lithuania.travel/en/>



ABOUT LITHUANIA

WHAT TO SEE & DO

WHAT TO EAT & DRINK

FOR TOURISM PROFESSIONALS

ABOUT US

OPEN DATA

Q SEARCH

A A A

EN



Real is Beautiful

Your official tourism gateway to Lithuania



TRAVEL

<https://www.lithuania.travel/en/>



[ABOUT LITHUANIA](#)

[WHAT TO SEE & DO](#)

[WHAT TO EAT & DRINK](#)

[FOR TOURISM PROFESSIONALS](#)

[ABOUT US](#)

[OPEN DATA](#)



What to see & do

Places >

Urban tourism

Top sites

UNESCO heritage

Unknown towns

Ethnographic regions

European Destinations of Excellence

Religious tourism

Art & culture >

Museums

Architecture

Contemporary art

Theatres

Nature >

Undiscovered places

Nature's Wonders

Lithuanian seaside

Educational hiking trails

Landscape observation

Observation towers

Ecotourism

Birdwatching

Places for nature outings

Water recreation

Nature reserves

Leisure >

Active recreation

Family tourism

Water activities

Traditional holidays

Where to stay

Health tourism >

Medical & wellness SPA resorts

All resorts & resort areas

Natural remedies

Health tourism guide

Tourist routes >

Romantic Panemunė

Amber Road at the Lithuanian

seaside

Routes across sacral Lithuania

Cycling routes

Souvenirs from Lithuania >

Lithuanian design and boutiques

Unique Lithuanian products

Tourism information centers

TRAVEL

<https://www.lithuania.travel/en/>

Media library is intended for the use of tourism representatives, journalists, travel agents, travel agencies, Lithuanian diplomatic missions, and other organizations representing Lithuania. Terms and conditions are outlined below

Modern cuisine >

Restaurants

Street food

Vegetarian and vegan

Superfood

Lithuanian cuisine >

National cuisine

Culinary traditions and experiences

Traditional holiday table

Regional cuisine

Manor cuisine

Ethnic minority cuisine

Beverage traditions

Lithuanian products >

Honey

Šakotis

Black bread

Apple cheese

Skilandis

Cottage cheese

TRAVEL

Many cheap tickets from
Kaunas or Vilnius just
for weekend


Use airport express
<https://www.ollex.lt/en> if
your flights are at night
from Vilnius




TRAVEL

Check Ryanair,
Wizzair

Check from Kaunas
or Vilnius



Plan ▾ | My bookings ▾ | Hotels | Car hire | Sign up | Log in | Help ▾ |  ▾

From:
Kaunas


To:
Anywhere


Budget:
€ 20 ▾


Fly out:
04 Jan - 04 Apr


Fly back:
One way (no return)


Trip types:


 City Break


 Family


 Golf


 Nightlife


 Outdoor













 Beach

Recently viewed 

 List view

 Tile view

 Map view

Bratislava Slovakia	 in January	€ 14.99 One way 
Milan Bergamo Italy	 in January	€ 14.99 One way 
Stockholm Arlanda Sweden	in March	€ 14.99 One way 
Copenhagen Denmark	in January	€ 15.99 One way 
Bristol United Kingdom	 in January	€ 19.99 One way 
London Luton United Kingdom	 in February	€ 19.99 One way 
London Stansted United Kingdom	 in January	€ 19.99 One way 

TRAVEL

By bus:

To Gdansk, Poland

To Warsaw, Poland

To Wroclaw, Poland

To Riga, Latvia

To Tallinn, Estonia

By train:

To Riga, Latvia

To Warsaw, Poland

To Krakow, Poland

<https://ltglink.lt/>

<https://www.autobusubilietai.lt/>

<https://luxexpress.eu/en/>

<https://www.eurolines.lt/>

<https://ecolines.net/lt/en>



Informazioni
+370 700 55111
ltglink.lt

Daugiau
informacijos
rasite nuskaityę
QR kodą



SPORT



SPORT

Find the same/similar/completely new activity in Kaunas



All VMU students, regardless of their study programme, can participate in sports activities, the classes are **free of charge** for VMU students, and you can even register and participate in several classes.

You are welcome to join the leisure sports activities offered by the VMU Sports Centre and get actively involved in the activities, to get to know, learn or improve your sports skills and to spend quality and productive time.

VDU Sport Center: <https://sportas.vdu.lt/en/home/>

SPORT

Find the same/similar/completely new activity in Kaunas



BoulderHouse: [Facebook](#), [Instagram](#)

VOLUNTEER

Share and be involved in local community



Check Red Cross, Karitas and just ask if you need any help with finding information

VOLUNTEERING PLACES

By Laura Lapinskė

1. “KORYS” (CENTRE FOR PEOPLE WITH DISABILITIES)

<https://nckorys.lt/> (Kristina Čiuderienė +37061208311)

Open to volunteers from Indonesia.

2. “ARKA” (CENTRE FOR PEOPLE WITH DISABILITIES)

It is important to keep regularity. Every volunteer is expected to come at least one time per week, for 3–4 hours (but not less than 1 time per 2 weeks). First, there would be a meeting in person with Aistė Ramaškevičė (kaunas.arka.savanoris@gmail.com).

3. “CARITAS” (WORK WITH CHILDREN, FAMILIES, PEOPLE WHO HAVE LOST THEIR BIRTHPLACE AND HOME, AND PEOPLE WITH DISABILITIES)

We invite you to volunteer to participate in the activities of Caritas institutions and programs of the Kaunas Archdiocese for children, families, people who have lost their birthplace and home, and people with disabilities.

If you are interested in volunteering in Caritas, please, fill the form: <https://forms.gle/evorTvcJ5dTVf3w26>

VOLUNTEERING PLACES

By Laura Lapinskė

4. "MALTIEČIAI" (WORK WITH LONELY ELDERS, PEOPLE LIVING IN POVERTY, PEOPLE WITH DISABILITIES)

What do Malteser volunteers do?

- They visit lonely elders and disabled, communicate, spend their time together and help at home.
- Deliver warm meals and other food products to elders.
- Provide assistance at children daycare centers: help children to do their homework and organize children occupation activities.
- Provide assistance at senior daycare centers.
- Help organize various events and programs.
- Carries out other tasks depending on group activities and competences of the volunteer.

We accept people from different religious backgrounds who respect Catholic values and are committed to contributing to the reduction of poverty and exclusion in the country.

<https://maltieciai.lt/en/become-malteser-volunteer/>

5. "REDCROSS"

savanoriai.kaunas@redcross.lt Roberta, volunteer coordinator

VOLUNTEERING PLACES

By Laura Lapinskė

6. ANIMAL SHELTER „NOJUS“ (VOLUNTEER WORK WITH SHELTERED ANIMALS)

<https://kggn.lt/savanoryste/>

7. “AKVILA” DAY CENTRE (PEOPLE WITH DISABILITIES)

<https://www.akvila.lt/activities/?lang=en>

8. “PATRIA” (WORK WITH YOUTH)

<https://patria.lt/en/>

savanoriai@patria.lt, jst@patria.lt, +37063058865

9. “LESE” (KAUNAS ANIMAL SHELTER)

<https://lese.lt/en/apie-mus/#kauno-prieglauda>

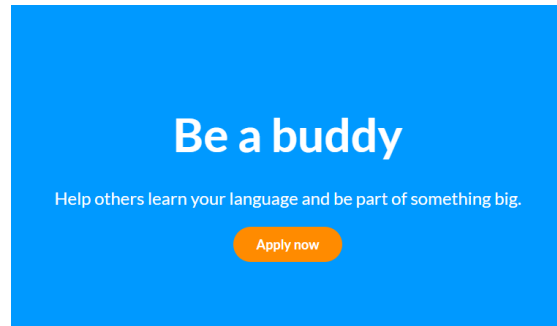
10. “MAISTO BANKAS” (FOOD BANK)

<https://www.maistobankas.lt/savanorio-es-anketa/>

LANGUAGE EXCHANGE

Share your language and learn local language!

- At Vytautas Magnus University
- In Kaunas or Vilnius



Become a language buddy or learn local language: [SPEAK KAUNAS](#)

Join [Let's Talk Kaunas](#)

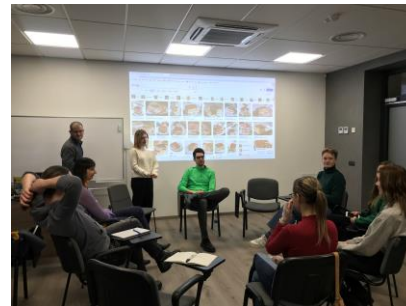


LANGUAGE EXCHANGE

Wanna create speaking club? Text to
ganna.tron@vdu.lt



GARGANTUESCO
ITALIAN LANGUAGE CLUB
IN KAUNAS
SINCE 2023



The International Mother Language Day

February 21 is commemorated as the International Mother Language Day.

If you'd like to teach other students a few phrases in your native language, to teach a song, a dance, play a language game, teach a tongue twister, read a poem, etc., etc., you're more than welcome to participate in the event!

When: February 21, preliminary time of the event 11:00-13:00

Where: one of the VMU buildings (Putvinskio g. 23 or Donelaičio 52)



DON@ PROJECT

- Recollection Days: in the end of the semester



- Sharing is caring events: before the beginning of the semester



Take care of yourself



Take care of yourself

Prioritize your well-being, especially your mental health!

VMU Psychology Clinic offers different forms of psychological help for VMU students free of charge:

- Individual psychological counseling (in English or Russian)
- Relaxation sessions: individual or group sessions* (in English)
- Training courses and seminars for personal growth* (in English or Russian)
- If separate group of international students formed!

LINK: <https://psichologijosklinika.vdu.lt/english/>

Take care of yourself

VMU Psychology Clinic is providing psychological consultations. Consultations are provided remotely (online) or face-to-face.

Location: Faculty of Social Sciences Jonavos str. 66, Office no: 326-327

Registration: by Email: psichologijos.klinika@vdu.lt.

Phone: (8 37) 327 825

LINK: <https://psichologijosklinika.vdu.lt/english/>

Take care of
yourself



Healthcare

<https://www.vdu.lt/en/international-cooperation/for-students/practical-information-for-incoming-students/>



Emergency Phone
Number – 112

Important before Arrival



- [Arrival and Registration at VMU](#)
- [Residence Permit/Visa Guide](#)
- [Health Insurance](#)
- [Cost of Living](#)
- [Mentor's Programme](#)
- [Learning Lithuanian](#)

Important after Arrival



- [Useful VMU Contacts](#)
- [VMU Important Documents](#)
- [VMU Student ID and Internal Platforms](#)
- [Libraries and Reading Rooms](#)
- [Information for Students with Disability](#)
- [Public Transport](#)
- [How to Open Bank Account](#)
- [VMU Students Certificates](#)
- [Settlement with the University](#)

VMU Students' Activities



- [Student Organisations and Clubs](#)
- [Mentors' Programme](#)
- [Arts](#)
- [Sports](#)
- [Volunteering](#)
- [Career](#)

Living in Lithuania



- [Useful Links](#)
- [Safety Tips](#)
- [Health Care and Assistance](#)
- [Psychological Services at VMU](#)
- [Dietary Restrictions](#)
- [Postal Services](#)

SAFETY

Emergency Phone Number – 112

Quiet hours in Lithuania extend from 10:00 p. m. to 7:00 a. m.

- It is forbidden to use drugs (marijuana, opium, heroin, hashish, other hallucinogen, synthetic drugs) and other psycho-tropical materials (various solvents, volatile stuff, lenitive and sleeping pills, etc. without the doctor prescription)
- It is forbidden to drink alcohol or to be seen drunk in public places in Lithuania
- It is forbidden to smoke in the bars and in some public places (pay attention to prohibiting signs)

Legal age for buying, holding and consuming alcoholic beverages is 20.

- Hours of Sale: 10 a.m. to 8 p.m. Monday through Saturday
- Hours of Sale on Sunday : 10 a.m. to 3 p.m.



New international
students today,
January, 2024



New international
students
in June, 2024