

MORE OPPORTUNITIES FOR STAFF AND DOCTORAL STUDENTS!

# GUIDE TO OPPORTUNITIES FOR VMU COMMUNITY



MCMXXII

VYTAUTAS MAGNUS  
UNIVERSITY

# Table of contents

<b>Guide to opportunities for VMU community.....</b>	<b>3</b>
<b>Opportunities at VMU.....</b>	<b>4</b>
<b>Personal and professional development .....</b>	<b>6</b>
Local opportunities for development .....	7
Reduced fees for studying a course or a study programme .....	7
International mobility opportunities.....	8
Language courses for the University staff .....	8
Services provided by the Library.....	9
<b>Help and support for staff.....</b>	<b>10</b>
VMU Human Resources Department .....	11
VMU Psychology Clinic .....	11
VMU “Parent Academy” .....	12
VMU Legal Clinic .....	12
Equal opportunities at the University .....	12
Disability or individual needs at the University .....	13
Academic pastoral care .....	13
VMU Ethics Commission .....	14
VMU Works Council.....	14
VMU Trade Union “Akademus” .....	14
<b>Health promotion and physical fitness activities .....</b>	<b>16</b>
<b>Culture and art.....</b>	<b>18</b>
<b>VMU Green spaces.....</b>	<b>22</b>
<b>Meaningful leisure activities .....</b>	<b>24</b>
<b>Contacts .....</b>	<b>26</b>

Vytautas Magnus University offers not only the most wide-ranging studies in Lithuania, but also many opportunities to foster the well-being of its staff and doctoral students: from professional and personal development to daily help and support; from a wide range of health promotion and physical fitness activities to art, green spaces, and meaningful leisure time. **How many opportunities have you already taken?**

**In the last six months, as a staff member of Vytautas Magnus University (hereinafter referred to as VMU), I:**

**HAVE UNDERGONE TRAINING ORGANISED BY THE ACADEMY OF PROFESSIONAL DEVELOPMENT.**

? Did you know that you have a basket of €500 per academic year for external training?

**HAVE BEEN ON AT LEAST ONE ERASMUS TRAINING OR TEACHING VISIT.**

? Did you know that all together we have visited almost 70 countries on Erasmus visits? Where is the farthest we have travelled?

**HAVE STUDIED FOREIGN LANGUAGES AT THE INSTITUTE OF FOREIGN LANGUAGES (IFL) AND PARTICIPATED IN CULTURAL EVENTS.**

? Did you know that the IFL offers not only intensive language courses for the University staff, but also a wide range of events on languages, culture and more?

**HAVE USED THE E-CATALOGUE AND SUBSCRIBED DATABASES OF VMU LIBRARY.**

? Did you know that the collection of traditional documents at VMU Library includes as many as 1 million documents?

**HAVE VISITED VMU SPORTS CENTRE AND TAKEN PART IN ITS ACTIVITIES.**

? Did you know that VMU Sports Centre is the largest sports centre in Lithuania?

**If you have ticked three opportunities or fewer, this Guide is for you!**

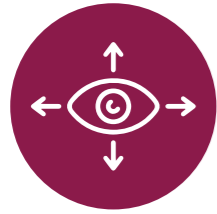
**If you have answered YES to three questions or fewer, this Guide is for you!**

**If you have ticked more than three opportunities or answered YES to all of the questions, this Guide is for you!** In this Guide, you will find even more opportunities for the staff help and support, rich leisure activities, and a variety of art spaces and museums.

We kindly invite you to get actively involved in the well-being initiatives offered by the University and to take advantage of the free opportunities offered to the University staff members and doctoral students.

**VMU – more opportunities for everyone!**

# OPPORTUNITIES AT VMU



## Wide range of opportunities for development

Opportunities for the staff to pursue professional and personal development free of charge, both at and outside the University, and to benefit from the Professional Development Fund.



## International mobility

Ranging from an Erasmus+ teaching visit to partner higher education institutions (HEIs) to an Erasmus+ training visit to different countries around the world.



## Foreign language courses

Ranging from intensive foreign language courses for the staff members to events about languages and culture and informal conversations in a language other than one's mother tongue at the "Language Hub".



## Up to seven Library departments

Ranging from over 1 million printed documents and 62 licensed databases accumulated in the collections of VMU Library to training in information literacy and the provision of individual workspaces.



## Help and support for the staff

The staff members are offered free legal, psychological, and spiritual support. Career counselling is also available to the staff members, as is support for those with individual needs.



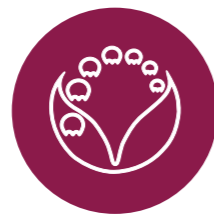
## Health promotion and physical fitness

Variety of free workouts at the largest Sports Centre compared to other universities in Lithuania. Assessment of and advice on physical fitness.



## Art spaces and museums

VMU Art Gallery "101"; even 3 museums, VMU Theatre, artistic groups of the Arts Centre, and concerts performed by VMU Chamber Orchestra.



## Green spaces

Ranging from a magical introduction to the world of plants in VMU Botanical Garden to VMU AA Arboretum.



## Meaningful leisure activities

Ranging from visiting art spaces and museums to participating in activities at VMU clubs and special discounts on events and concerts.



# PERSONAL AND PROFESSIONAL DEVELOPMENT



## Local opportunities for development

**VMU Professional Competence Development Centre** carries out competence development activities based on research and innovation for the academic and non-academic staff with the aim of implementing a coherent competence development system at the University that meets the needs of the University staff. The Centre also supports and promotes lifelong learning.

VMU Professional Competence Development Centre (hereinafter referred to as the “Centre”) invites all the members of the academic and non-academic community to participate in professional development activities free of charge:

**Teachers’ Academy** provides an opportunity for every teacher in VMU community to participate in professional development.

**Professional Development Academy** offers every academic and non-academic member of VMU community the opportunity to participate in professional development.

**Lifelong Learning Academy** provides an opportunity for members of other communities to get involved in trainings.

The Centre also invites staff to take advantage of the Professional Development Fund. The maximum amount available to cover external training costs for one applicant per academic year is EUR 500.00 (five hundred euros). To apply for financing for training from the Professional Development Fund, see [here](#). For more information on the Professional Development Fund, see [here](#).

**Address:** Universiteto g. 8A-216, Akademija, Kauno r.

**Email:** mokymosi.akademija@vdu.lt

**Mob:** + 370 622 37 904

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## Reduced fees for studying a course or a study programme

**VMU Study Department** (hereinafter referred to as the “SD”) is a non-academic unit of the University that ensures the quality of the process of organising, updating, evaluating, and improving studies; carries out continuous monitoring of studies and their quality assurance; and introduces innovations that help to achieve the University’s strategic objectives related to studies.

The SD invites both the academic and non-academic community to study and offers fee reductions which are granted on a non-competitive basis:

- to study the chosen course;
- to enrol in the study programme of one’s choice.

Fee reductions are provided for in the **[Description of the Procedure for Granting Fee Reductions and Reimbursement](#)**. The amount of the fee reduction is decided on an individual basis, with the mediation of the Vice-Rector.

**Address:** K. Donelaičio g. 52, 2nd Floor, Kaunas

**Email:** studijos@vdu.lt

**Tel:** (8 37) 32 78 16

## International mobility opportunities (Erasmus + ; bilateral exchange)

**VMU International Cooperation Department** is responsible not only for the successful relations between VMU and the world, partnerships between institutions, implementation of projects, but also for the exchange of the University students and staff and other activities that improve the quality of studies and research. VMU teaching and administrative staff have the opportunity to take advantage of the Erasmus+ programme.

Teachers can go on the Erasmus+ teaching visit to a partner research and study institution (hereinafter referred to as the “RSI”).

Teaching and administrative staff can go on the Erasmus+ training visit to:

- any company, organisation, or RSI (with an Erasmus Higher Education Charter) in the countries of the European Union and North Macedonia, Iceland, Liechtenstein, Norway, Turkey, and Serbia;
- VMU partner RSI in all other countries.

**During teaching visits**, teachers should teach for at least eight hours in a partner foreign RSI. For more information on Erasmus+ teaching visits, competitions, and conditions, see [here](#).

**During training visits**, VMU teaching and administrative staff improve their skills by taking part in various training courses or exchanging good practices with colleagues abroad. For more information on Erasmus+ training visits, competitions, and conditions, see [here](#).

**Address:** V. Putvinskio g. 23, 207–215 kab., Kaunas

**Email** (for general questions): [international@vdu.lt](mailto:international@vdu.lt)

**Email** (for questions related to Erasmus programme): [erasmus@vdu.lt](mailto:erasmus@vdu.lt)

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## Language courses for the University staff

Following VMU Language Policy Guidelines, the **Institute of Foreign Languages** (hereinafter referred to as the “IFL”) provides free language support to the academic and non-academic staff at VMU and forms **separate intensive English language teaching/learning groups**, which are popular among learners. These courses are updated every year. Intensive courses are held in January; the invitation to register is sent to the staff member’s University email.

The following services are provided by the IFL to VMU staff free of charge:

- Intensive foreign language courses for VMU community in January and June.
- The opportunity to develop one’s linguistic competences in groups with students throughout the year.
- Language and culture events “Language Taster”.
- The “Language Hub” organises weekly informal conversations in a language other than one’s mother tongue (e.g., in English) and discussions on topics of interest to staff.

**Address:** K. Donelaičio g. 52, 3rd Floor, Kaunas

**Mob:** + 370 619 22 399 or **tel:** (8 37) 32 78 45

**Email:** [uki@vdu.lt](mailto:uki@vdu.lt)

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## Services provided by the Library

**VMU Library** aims to provide effective services to the members of the University community by offering access to information resources necessary for studies, research, and obtaining of professional qualifications; to create a favourable and advanced physical and electronic library information environment; to develop the information literacy and scientific communication competences of the members of the University community; and to implement the initiatives of open education.

All departments of VMU Library, located in different buildings of the University, have workspaces adapted for people with disabilities or individual needs. These workplaces include height-adjustable desks, ergonomic chairs with wheels, Braille printers, desktop video magnifiers, brightly coloured keyboards, etc.

The following services are offered to VMU staff and doctoral students:

- **The Virtual Library** is an integrated search system that can be used to search the University Library catalogue, the Research Management System (VMU CRIS), subscribed databases, and international open access academic resources.
- The University Research Management System **VMU CRIS** is an information system for collecting, storing, managing, evaluating, and disseminating the research and study output and information on research activities produced by the University community.
- **62 licensed scientific databases.**
- **Index of Thematic Resources** contains relevant thematic links to sources of information.
- Trainings in information literacy and scientific communication (video), assistance, instructions:
  - <https://biblioteka.vdu.lt/mokslui/mokymai-pagalbos/>
  - <https://biblioteka.vdu.lt/studijoms/mokymai/>
- Self-service facilities of borrowing and return of books based on radio wave technologies (RFID) allow staff to borrow or return publications themselves and extend deadlines for returning publications.
- **Individual workspaces** can be booked in advance.
- Interactive **service for ordering** publications needed for research or studies.
- Access to e-resources and services not only at the University, but also from **home and other remote locations** by logging in with the University email credentials.

For more information about the Library, its activities and services, see the [A-Z index](#).

### **Addresses and opening hours of the Library and its departments**

**Contact us at** (contact details on the website) <https://biblioteka.vdu.lt/kontaktai>

**Email:** [info@bibl.vdu.lt](mailto:info@bibl.vdu.lt)

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# HELP AND SUPPORT FOR STAFF



VMU staff and doctoral students are offered free psychological, legal, and spiritual support. The members of the University community are also provided with counselling on issues related to career, well-being, and equal opportunities; support is also available for people with individual needs.

**VMU Human Resources Department** (VMU Human Resources Department (hereinafter referred to as the “HRD”) provides a wide range of support to the University staff in terms of working conditions, professional development, and career opportunities. The HRD advises the University staff on employment contracts, completion and submission of applications, annual and special leave, remuneration, changes to working conditions, or termination of employment. The University staff members are encouraged to contact the HRD regarding any issues related to working conditions at the University or work-life balance. If the HRD is unable to provide help, the staff member shall be referred to a unit that can provide him/her with comprehensive support.

**The most important documents for VMU staff and links to these documents:**

- **Human Resources Management Policy of Vytautas Magnus University**
- **Rules of Procedure of Vytautas Magnus University**
- **Description of Procedure for Calculation of Remuneration of Vytautas Magnus University Staff**
- **Description of Procedure for Selection and Employment of Staff at Vytautas Magnus University**

The University staff members are encouraged to take an interest in their working conditions and the related issues, and if they have any questions, to contact the HRD, which is always ready to help the University staff.

**Address:** Studentų g. 11-207, Akademija, Kauno r.

**Email:** zid@vdu.lt

**Tel:** (8 37) 32 78 65

**VMU Psychology Clinic** aims to foster the psychological well-being of VMU community and to develop a socially responsible university on the basis of the best experience of similar units in other Lithuanian and foreign universities and research-based practice.

Services provided to VMU staff:

- Training courses and seminars for personal growth.
- Personal growth and/or emotional support groups for staff (on an as-needed basis within the unit).
- Individual **psychological counselling on work and career issues** is available for the staff members who experience difficulties at work (e.g., low motivation and performance, poor relations with colleagues, job dissatisfaction, etc.) or who are unsure about their career (career path or goals).

**Additional information relevant to staff – useful self-help links**

**Address:** Jonavos g. 66-326, 327, Kaunas

**Email:** psichologijos.klinika@vdu.lt

**Tel:** (8 37) 32 78 25

**VMU “Parent Academy”.** Once a month, teachers of VMU Faculty of Social Sciences—psychologists, sociologists, social work representatives—offer **free seminars** to parents for the purpose of contributing to the education of society. The University staff are kindly invited to attend free seminars on topics related to themselves, their families, their children, parenting, and other relevant topics.

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The members of **VMU Legal Clinic** are ready to provide free initial legal advice to the University staff and doctoral students in areas such as employment, intellectual property, inheritance, property, lease, sale and purchase, contracts, tax, insurance, administrative offences, criminal and other areas of law

To receive a free legal consultation, please contact the administration of VMU Faculty of Law (**click here**), ask a question by email or register for a contact consultation at VMU Faculty of Law.

**Address:** Jonavos g. 66, Kaunas

**Contact us at** <https://teisesklinika.vdu.lt/kontaktai>

**Email:** [teises.klinika@vdu.lt](mailto:teises.klinika@vdu.lt)

**Tel:** (8 37) 75 10 44

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## Equal opportunities at the University

**Diversity, inclusion, and equal opportunities** at VMU is one of the priority areas of the University strategy. To create a safe, healthy, and inclusive environment based on respect, care, and tolerance, the University is committed to ensuring human rights, dignity, non-discrimination, gender equality, and equal opportunities. To ensure the anti-discrimination policy at the University and to prevent sexual harassment, the University has adopted a document regulating the prevention of harassment and has established a Trust Line ([pasitikejimo.linija@vdu.lt](mailto:pasitikejimo.linija@vdu.lt)).

If you have experienced or observed sexual harassment or psychological violence, oppression, mobbing, other offensive behaviour, discrimination on the basis of gender, age, race, religion, language, culture, disability, ethnicity, socio-economic status, marital status, intent to have a child/children, or on other grounds in your work environment, we invite you to feel free to report it to the Trust Line or directly to the Equal Opportunities Coordinator. Each case shall be investigated by specialists in the relevant field. Complete confidentiality is guaranteed.

**VMU Equal Opportunities Coordinator:** Laura Lapinskė

**Address:** Studentų g. 11-206, Akademija, Kauno raj.

**Email:** [laura.lapinske@vdu.lt](mailto:laura.lapinske@vdu.lt)

**Tel:** + 370 612 55 567

**Disability or individual needs at the University.** Today, the University follows a human rights-based model of disability and implements the Disability Policy “University of Inclusive Opportunities”, which aims to promote a culture of equality and non-discrimination at the University by making reasonable adjustments to study and working conditions, thereby increasing accessibility to studies or work. VMU Disability Coordinator is responsible for the development, planning, implementation, monitoring, and promotion of the University’s policy on inclusive opportunities and for the provision of consultations for all the members of the University community who have disabilities or individual needs, as well as for coordination.

The most important documents for VMU staff and links to these documents:

– **Disability Policy of Vytautas Magnus University—“University of Inclusive Opportunities”**

The members of the University community with disabilities or individual needs can contact VMU Disability Coordinator to find out more about the workplace or working conditions.

**VMU Disability Coordinator:** Miglė Janušauskaitė

**Address:** K. Donelaičio g. 52-106, Kaunas

**Contact us at** [click here](#)

**Email:** [negalia@vdu.lt](mailto:negalia@vdu.lt) or [disability@vdu.lt](mailto:disability@vdu.lt)

**Mob:** + 370 659 763 99

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**Accommodation for VMU staff.** VMU staff members may be accommodated, if necessary, in the guest rooms of VMU dormitories in Vilnius, Kaunas, and Akademija.

For more information on dormitory accommodation for the staff members, visit <https://apgyvendinimas.vdu.lt/gyvenamosios-vietos-skyrimas/darbuotoju-apgyvendinimas/>

**Student Affairs Department**

**Address:** K. Donelaičio g. 52-111, Kaunas

**Email:** [srd@vdu.lt](mailto:srd@vdu.lt)

**Tel:** + 370 37 751 175



**Academic pastoral care (spiritual development)** takes care of the spiritual needs of the members of the University community, providing support in three dimensions—human, spiritual, and intellectual—and invites them to become actively involved in the following pastoral care activities:

- Celebration of liturgy and communal prayer.
- Reading of the Holy Scriptures.
- Collaboration with the Student Representative Council and other organisations of the University.
- Various meetings with the members of the academic community.
- Spiritual direction for the students and staff.
- Pilgrimages.

**Address:** V. Putvinskio g. 23–105, Kaunas

**Chaplains:**

Fr Rastislav Dluhý, CSsR (email: rastidl@gmail.com; mob: + 370 609 96 238)

Fr Peter Hertel, CSsR (email: p.hertel@centrum.sk; mob: + 370 609 96 234)

**Pastoral Care Coordinator:** Kristina Dapkutė

**Email:** sielovada.vdu@gmail.com or sielovada@vdu.lt

**Mob:** + 370 620 97 290

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**VMU Ethics Commission** deals with cases of violations of the Code of Ethics by the members of VMU community. The Commission is ready to investigate any report of a possible violation of the Code in a prompt, impartial, and objective manner. The Ethics Commission, whose composition is approved by the Rector, is set up for two years. For more information on the composition of the Commission, see here. The activities of the Commission are governed by the Code of Ethics and the Regulations of the Ethics Commission.

Every member of the University community is obliged to familiarise himself/herself with the Code of Ethics and to comply with it on commencing his/her employment, holding office, or studying at the University. The members of the community who are confronted with a possible violation of the Code should contact the Ethics Commission immediately, as the Regulations provide for a statute of limitations for reporting, depending on when the violation of the Code was committed or became known.

Those who wish to apply to the Ethics Commission must fill out a report in the prescribed form. The members of the academic community also have the opportunity to appeal to the Office of the Ombudsman for Academic Ethics and Procedures of the Republic of Lithuania.

**Address:** K. Donelaičio g. 58, Kaunas

**Email:** etikos.komisija@vdu.lt

**Tel:** (8 37) 32 79 55

**VMU Works Council** is the collegial body representing the interests of all VMU staff members in information and consultation procedures, as well as in any issues that may affect the socio-economic situation of the University staff. For more information on the activities of the Council, see here:

VMU staff can submit their applications for consideration at a meeting of the Works Council by email to darbo.taryba@vdu.lt or by filling out the online form. The application must state the essence of the issue and the relevant circumstances (if possible, it must be accompanied by the relevant documents) and the proposed solution.

**Address:** Studentų g. 11-158, Akademija, Kauno r.

**Email:** darbo.taryba@vdu.lt

**Mob:** + 370 671 94543 and **tel:** (8 37) 78 81 46

**VMU Trade Union “Akademus”** unites and represents the academic and non-academic staff of all VMU units. The members of “Akademus” enjoy many of the rights laid down in the National Collective Agreement and all the rights enshrined in the Collective Agreement for the Education and Science Sector of Lithuania.

More information on payments and advantages for the members of the Trade Union can be found here:

**Address:** Universiteto g. 10-718, Akademija, Kauno r.

**Email:** profesine.sajunga.akademus@vdu.lt; romualdas.povilaitis@vdu.lt;

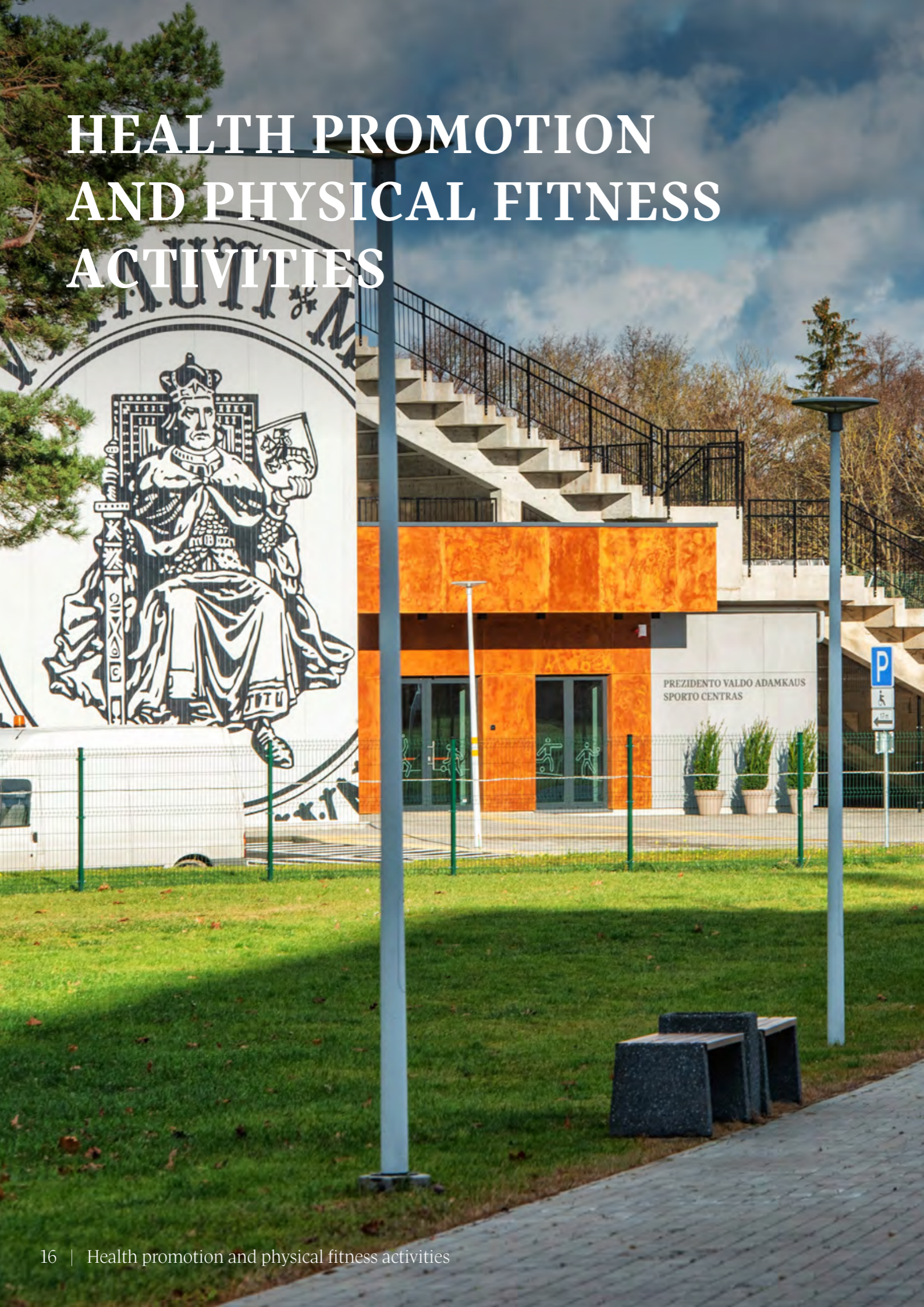
**Mob:** + 370 688 43 356; + 370 640 28 281

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# HEALTH PROMOTION AND PHYSICAL FITNESS ACTIVITIES



**VMU Sports Centre** invites all VMU staff members to visit and try out a variety of physical fitness activities: group and individual training, exercises, gym activities, and stadium sports. Leisure sports activities are **free of charge** for the University students and staff.

- **Consultations** on topics related to lifestyle and physical fitness.
- Theoretical lectures on wellness and physical fitness.
- **Physiological monitoring tests** and individual programmes.
- **A wide range of physical fitness activities** (a variety of workouts). **Registration** for free fitness classes at VMU Sports Centre.

**Address:** VMU President Valdas Adamkus Sports Centre, Studentų g. 9A

**Email:** sportocentras@vdu.lt

**Tel:** (8 37) 75 22 51

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# CULTURE AND ART



## **VMU staff members are invited to visit:**

**VMU Art Gallery “101”**, a space located in an inter-academic context, presenting the artistic work of Lithuanian and foreign artists, as well as students and teachers in solo and group exhibitions. The Gallery organises meetings with artists, talks, lectures, presentations of publications, workshops, etc.

**Opening hours:** Monday–Friday 10 am–6 pm

**Address:** Muitinės g. 7, Kaunas

**Email:** galerija101@gmail.com

**Mob:** +370 674 57 524 (director, art curator Milda Gineikaitė)

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**Valdas Adamkus Presidential Library-Museum**, which reveals not only the circumstances of President Valdas Adamkus’s personal life, professional career, and service as the Head of the state, but also draws parallels between the fate of a personality and the history of the state.

The archive and historical material collected in the Presidential Library serve as an object of study and are useful for those interested in the life of the Lithuanian diaspora and their efforts to promote the cause of freedom of Lithuania, as well as for those researching the political, social, economic, and cultural life of the first twenty years of the restored State of Lithuania. Valdas Adamkus’s collections of artworks are of interest to art lovers and scholars. This Library-Museum hosts public political debates, book displays, exhibitions of artworks and historical treasures.

**Opening hours:** Monday–Friday 10 am–4 pm

**Address:** S. Daukanto g. 25, Kaunas

**Email:** adamkuslibrary@gmail.com

**Tel.** (8 37) 75 10 47

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## **Museum of S. and S. Lozoraičiai,**

established in 2000. The Museum contains the personal belongings of the family of S. and S. Lozoraičiai, as well as the archives that have been collected, managed, and preserved.

This historic building, which now houses the Museum of S. and S. Lozoraičiai, was the seat of the Cabinet of Ministers in 1921. It remained open until 1940.

Stasys Lozoraitis, the then Minister of Foreign Affairs, and his family lived here from 1935 to 1939.

**Address:** K. Donelaičio g. 58, Kaunas

The exhibition can only be visited by prior registration at **the email** [diplomatiijos.paroda@vdu.lt](mailto:diplomatiijos.paroda@vdu.lt)

**The exhibition “Vivat Universitas Vytauti Magni”**, a long-term exhibition opened in the Rectorate building of Vytautas Magnus University in 2022 on the occasion of the centenary of the University of Lithuania, which can be visited by the University staff for free. The exhibition tells the story of the life of the University since its establishment, its inter-war activities until its restoration in 1989, and its present-day work.

**Opening hours of the Exhibition:** Monday–Thursday 9.00 am–5.30 pm, Friday 9.00 am–3.30 pm

**Address:** K. Donelaičio g. 58, Kaunas

**Curator of the exhibition:** Egidijus Balandis

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**VMU Theatre**, the first professional university theatre in Lithuania and a new theatrical space which is dedicated to joint projects by prominent and promising young artists from Lithuania and abroad.

**Opening hours:** Monday–Friday 8 am–5 pm

**Address:** S. Daukanto g. 27, Kaunas

**Email:** vduteatras@gmail.com

**Mob:** + 370 672 54 084

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**VMU Chamber Orchestra**, a chamber orchestra founded in 2011 at VMU Music Academy. It is the only professional chamber orchestra in Kaunas. Its aim is to promote the culture of classical music and its contemporary interpretations in the provisional capital of Lithuania; to represent Lithuania, the city of Kaunas, and the University at the international level; and to represent them abroad.

The University community is kindly invited to actively attend the concerts and performances of VMU Chamber Orchestra.

**Chief Conductor:** Vytautas Lukočius

**Head:** Rita Bieliauskaitė

**Email:** rita.bieliauskaite@vdu.lt

**Mob:** +370 650 44 546 (during opening hours only)

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The artistic groups of **VMU Arts Centre** in Kaunas, Akademija, and Vilnius offer different styles of artistic activities such as dancing, singing, acting, folk instrument playing, etc.

**Head:** Rita Bieliauskaitė

**Address:** V. Čepinskio g. 5-404, Kaunas

**Email:** rita.bieliauskaite@vdu.lt

**Mob:** + 370 650 44 546 (during opening hours only)



# VMU GREEN SPACES



**VMU Botanical Garden** kindly invites VMU staff members to enjoy a magical experience with nature in different seasons of the year: get to know different plant collections and visit the largest greenhouse in Lithuania.

VMU Botanical Garden offers discounts for the University staff:

- reduced price ticket for visiting the Garden;
- free entry to the Garden on special days and the University holidays.

**Ticket office opening hours:** Monday–Sunday 9.00 am–7 pm

**Visiting hours of the Botanical Garden:** Monday–Sunday 9.00 am–9 pm

**Address:** Ž. E. Žilibero g. 4, Kaunas

**Mob:** + 370 663 55 859 or **tel:** (8 37) 29 53 00

**Email:** botanikos.sodas@vdu.lt

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**VMU AA Arboretum**, located next to VMU Agriculture Academy, invites VMU staff members to get acquainted with the floral collections of six geographical regions (Central Europe, North America, East Asia and Japan, Caucasus, Siberia, Lithuania). There are around 900 species and smaller taxonomic units of trees, shrubs, and lianas in the Arboretum, most of which are common in the temperate climate zone and less common in the subtropics.

**Visiting the Arboretum is free of charge** on Mondays–Sundays from 1 April to 1 November.

**Address:** Parko g., Akademija, Kauno r.

# MEANINGFUL LEISURE ACTIVITIES



**VMU academic clubs** offer every member of VMU community the opportunity to join a group of like-minded people engaged in activities that interest them, not only to spend their free time in a meaningful way, but also to develop their personalities and expand their horizons. The University clubs bring together students, teachers, and representatives of the administration with different interests and needs, and provide a space for each member of the community to engage in fruitful discussions, exchange ideas and opinions as well as express themselves and improve their skills.

There are more than 30 different organisations at the University, each of which is happy to welcome new members. So, find the organisation that is best for you, and if you cannot find one that interests you, start your own!

## **VMU organisations that are active and open to students, staff and doctoral students:**

- ELSA (The European Law Students' Association) is open to VMU staff, but there are some additional conditions. If necessary, meetings for the foreign staff of VMU could be held in English. **More information about the club.**
- Miguel de Cervantes Spanish Language and Culture Club is open to both the Lithuanian and foreign staff members of VMU. **More information about the club.**
- The Academic Club of Political Scientists is intended for VMU staff, but, if necessary, the meetings could also be held in English. **More information about the club.**
- VMU Academic Youth Science Association "Modusas" is open to both the Lithuanian and foreign staff members of VMU. **More information about the club.**
- The Japanese Club "Hashi" welcomes both the Lithuanian and foreign staff members of VMU. **More information about the club.** For more information, please send an email to [goja.montvilaite@stud.vdu.lt](mailto:goja.montvilaite@stud.vdu.lt)
- VMU Doctoral Student Club is open to the Lithuanian and foreign staff members of the University, if they studied, are studying, or are very interested in studying in the doctoral programme at VMU. **More information about the club.**
- The Student Society "Šauksmas" welcomes the staff members who are studying. If necessary, meetings could be organised in English. **More information about the club.**
- The Chinese Language and Culture Club "Wu Wei" is open to both the Lithuanian and foreign VMU staff members. **More information about the club.**

Contact us at <https://www.vdu.lt/lt/laisvalaikis/akademiniai-ir-studentu-klubai/>

**Email:** [studentas@vdu.lt](mailto:studentas@vdu.lt)

**Tel:** (8 37) 75 11 75

**Volunteering opportunities at VMU:** VMU staff and doctoral students have the opportunity to spend their time in a meaningful way by helping others and getting involved in a wide range of activities at the University, from taking part in the activities at [VMU Art Gallery "101"](#), [VMU Psychology Clinic](#), to assisting at [VMU Legal Clinic](#) and the [Centre of Ukraine](#).

More information on short- and long-term volunteering at VMU can be found **here:**

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## MORE INFORMATION

### Human Resources Department

**Email:** [zid@vdu.lt](mailto:zid@vdu.lt)

**Tel:** (8 37) 32 78 65

The HRD advises workers on employment contracts, completion and submission of applications, annual and special leaves, wages, changes in working conditions or termination of employment, employee and student work, civil and fire safety. It also provides assistance in relation to the well-being of the University staff, informing them of the material and non-material benefits available, such as financial and non-financial incentives for the staff.

**Community Well-Being Coordinator:** Viktorija Starkauskienė

**Email:** [viktorija.starkauskiene@vdu.lt](mailto:viktorija.starkauskiene@vdu.lt)

**Mob:** + 370 699 53 100

Responsibilities: coordination, organisation, and execution of activities related to bringing the University community together, fostering communication and collaboration, creating an inclusive and motivating work environment; solving problems related to community well-being; and advising interested persons.



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