



KAUNAS
LIKE A
LOCAL

Let me introduce myself!

I work with:

- International alumni
- Student Ambassadors, education fairs, social media posts about student experiences, etc.
- DON@ – Donation Opportunities for Newcomers: “Sharing is Caring” events, etc



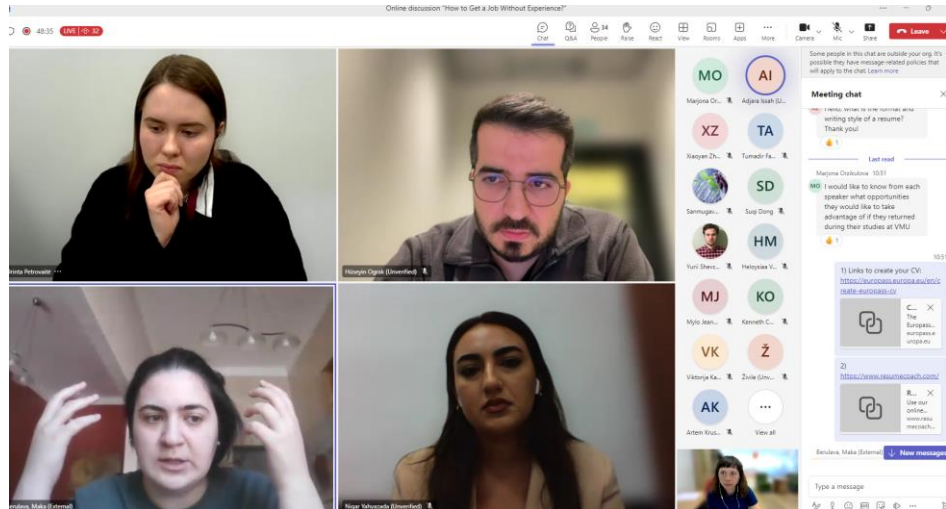
Ganna Tron

International Cooperation and Marketing

ganna.tron@vdu.lt

V. Putvinskio g. 23, 309

ALUMNI SHARE WITH CURRENT STUDENTS



My Experiences and Challenges with Lithuanian Job Market

- I started to work while already studying
- Applied for too many jobs
- Started from a small agency
- Gradually worked for a bigger company and higher position

Meeting chat

Some people in this chat are outside your org. It's possible they have message-related policies that will apply to the chat. Learn more

11:16

NY Nigar Yahyazada (Unverified) 11:16
https://www.gallup.com/clifton-strengths/en/home.aspx

11:18

Master's programme Sociolinguistics and Multilingualism (Joint degree programme):
https://www.vdu.lt/en/study/program/show/266/

VYTAUT DIDŽIOJIS UNIVERSITETAS

St... X
A post on VDU...
www.vdu.lt

Adjara Issa (Unverified) 11:21
Nigar Yahyazada (Unverified) c
an i write you after this.

via email?

Things to do while BA Studies

- Active volunteering
- Internship
- Erasmus exchange
- Increased attention to the quality of assignment exam performance
- Learning a new language
- IELTS/TOEFL exam (6.5 7.0 7.5)

Tips for getting a job without experience

- Job searching
 - Useful resources
- Experience?
 - Pay
- You need to polish your online identity
- Must need: Professionalism
- Hiring processes - Cultural fit
- Plan B, C, D...

Presenters (3)

Ganna Tro... Organizer

MB Berulava, M... Organizer

Orinta Petr... Organizer

Attendees (30)

UU Unknown l...

AI Adjara Issa

Aymur Husi

Aliya Zhur

AK Artem Krus

C Charles (Ur

DM Dilbar Mus

G Gabija (Un

HM Heloysiaa

HO Huseyin O

Yunni Shev

KB Karina Bab

Lithuania's most popular job sites

Unicorn Lithuania

Work in Lithuania

Cvonline.lt

CV market

CV bankas

VOODOO sales

Startup.lv

cv.lt

S

CONNECTIONS BETWEEN ALUMNI AND CURRENT STUDENTS



A WORKSHOP FOR VMU STUDENTS AND GRADUATES: “INSIDER TIPS FOR LANDING ENTRY-LEVEL POSITIONS”

Recent graduates and current students are facing numerous challenges when attempting to secure jobs in entry-level positions. They feel uncertain about their degree or what comes next after graduation and are struggling to find summer employment that aligns with their studies and passions. A couple...



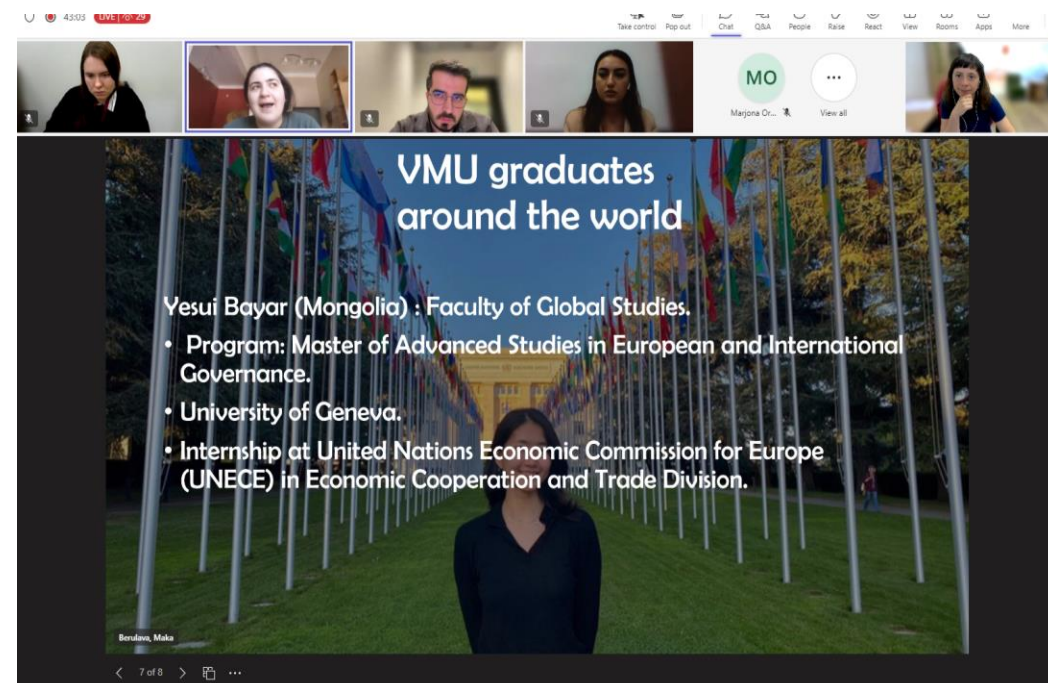
JOIN OUR WORKSHOP “HOW TO TAILOR YOUR EXPERIENCE FOR A SPECIFIC JOB-APPLICATION?”

Are you feeling frustrated by the lack of response to your job applications? Struggling to showcase your achievements and skills effectively on your CV and cover letter? Perhaps you're doubting your suitability for positions due to limited experience or considering a switch to a different field? ...



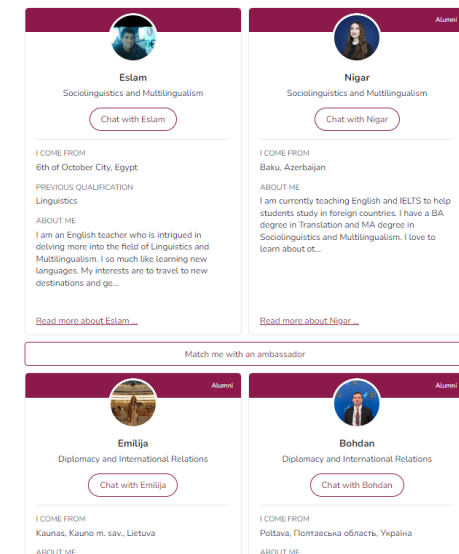
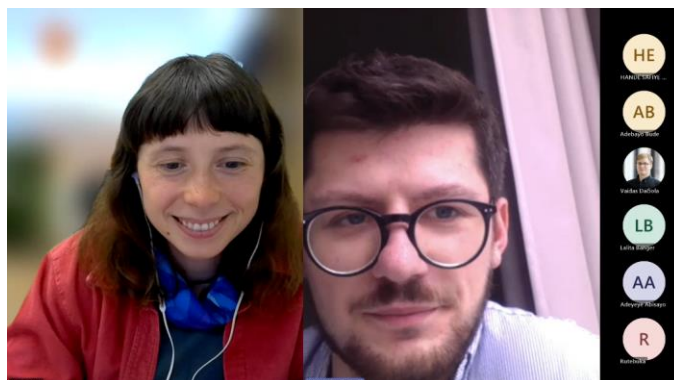
ONLINE DISCUSSION FOR STUDENTS AND GRADUATES “HOW TO GET A JOB WITHOUT EXPERIENCE?”

Recent graduates and current students are facing many challenges when trying to find a job in their desired field. Among the most crucial ones are limited or no professional experience, high competition where entry-level positions attract many applicants, making it tough to stand out, and not know...



UNIBUDDY AMBASSADORS

<https://www.vdu.lt/en/studies/meet-our-students/>



UNIBUDDY BLOG

<https://www.vdu.lt/en/studies/meet-our-students/>




Published by Shonakshi
Biology and Genetics
🇮🇳 Comes from India



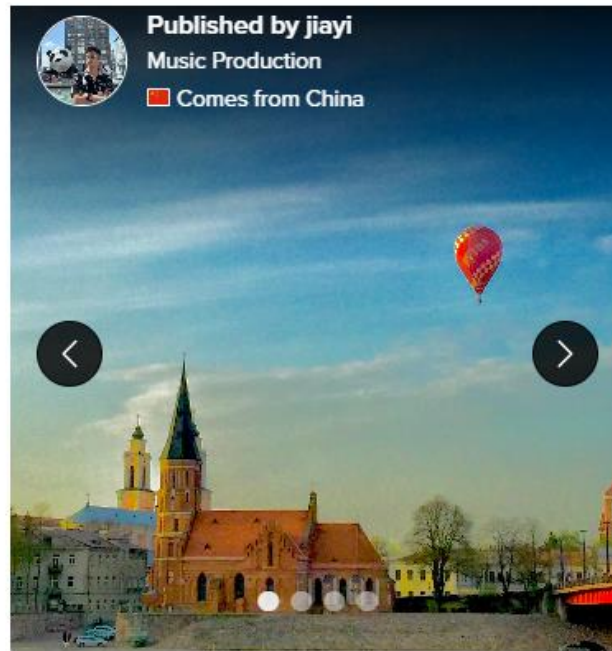
al health

“Mental Health Wellness: Tips for
Hello everyone, I am Shonakshi from India, a VMU alumna from the Biology and Genetics program. I will share my opinio...

📅 Aug 29, 2024 👁 0 ⌚ 1 min




Published by jiayi
Music Production
🇨🇳 Comes from China

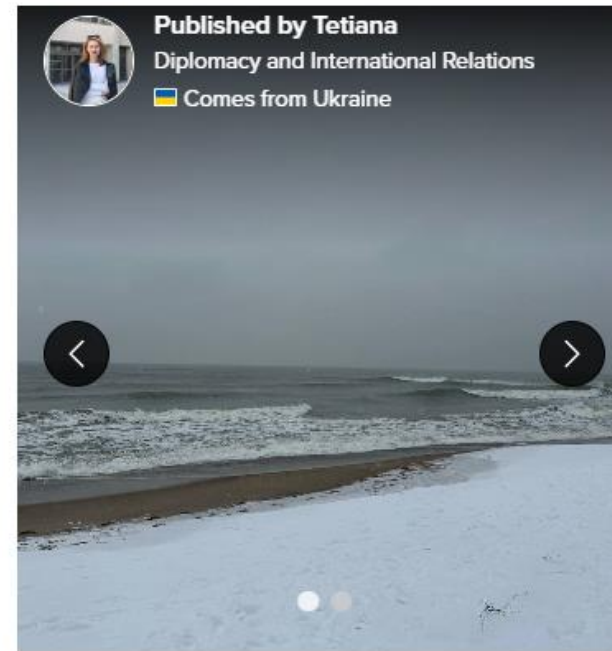


My recommendations for attractions in
Hello everyone, my name is Jiayi Liu, and I am from China. I graduated from the Master's programme in Performance...

📅 Aug 28, 2024 👁 1 ⌚ 2 mins




Published by Tetiana
Diplomacy and International Relations
🇺🇦 Comes from Ukraine

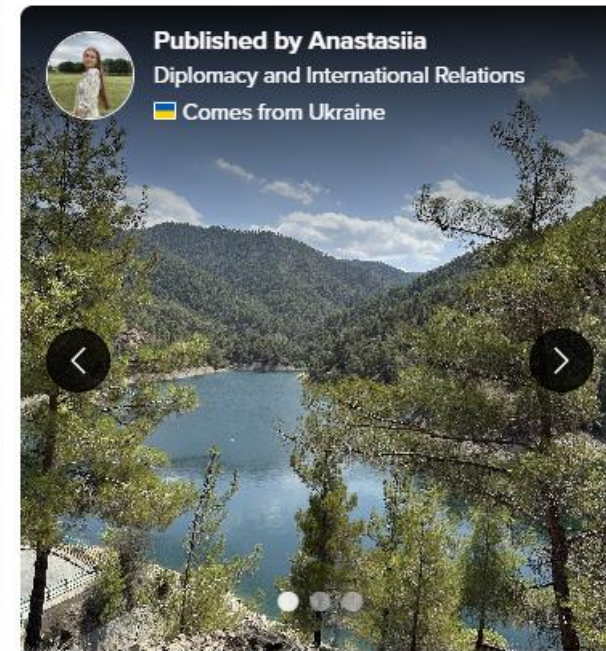


A day trip to Klaipeda: selection of the
If you can't imagine your life without the sea, then you should go to Klaipeda for at least one day! This city will b...

📅 Aug 26, 2024 👁 0 ⌚ 1 min



Published by Anastasiia
Diplomacy and International Relations
🇺🇦 Comes from Ukraine



**My experience of “Erasmus+”
traineeships in Cyprus: tips and the**
Most universities have internships for students during their undergraduate studies...

📅 Aug 16, 2024 👁 7 ⌚ 2 mins

UNIBUDDY BLOG

<https://www.vdu.lt/en/studies/meet-our-students/>


 Published by Ganna Tron

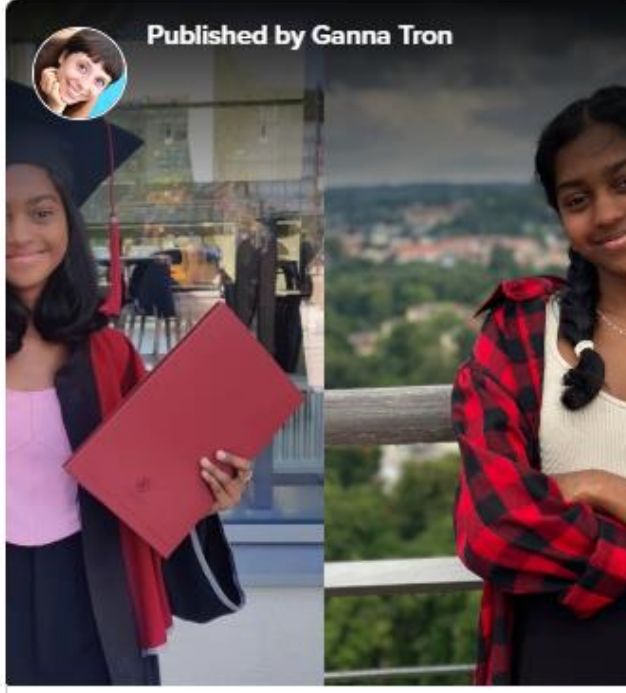


Motivational letter: it should be about

One of the requirements for admission is to provide the motivational letter. How to write it and about what?The main ...

📅 Oct 5, 2022 👁 104 ⌚ 1 min

 Published by Ganna Tron



What current students must undertake now to become more employable in the

Learn these tips to boost your future career in Lithuania!Rakshana Alexander from ...

📅 Jul 11, 2023 👁 12 ⌚ 1 min

 Published by Ganna Tron



VMU alumna: "After graduating from SoMu, job hunting in Berlin was like a

Samra Mustafayeva, VMU alumna 2022 (Master's programme Sociolinguistics and Multil...

📅 Jun 22, 2023 👁 23 ⌚ 2 mins

DON@ PROJECT

- Recollection Days: in the end of every semester



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



DON@ PROJECT

“Sharing is caring” event

The 30th of August, Friday, 17:00 – 18:00

Baltija Dormitory, Vytauto pr. 71

See you today!



Your Action Plan For This Semester

- Be curious
- Ask
- Discover
- Make memories



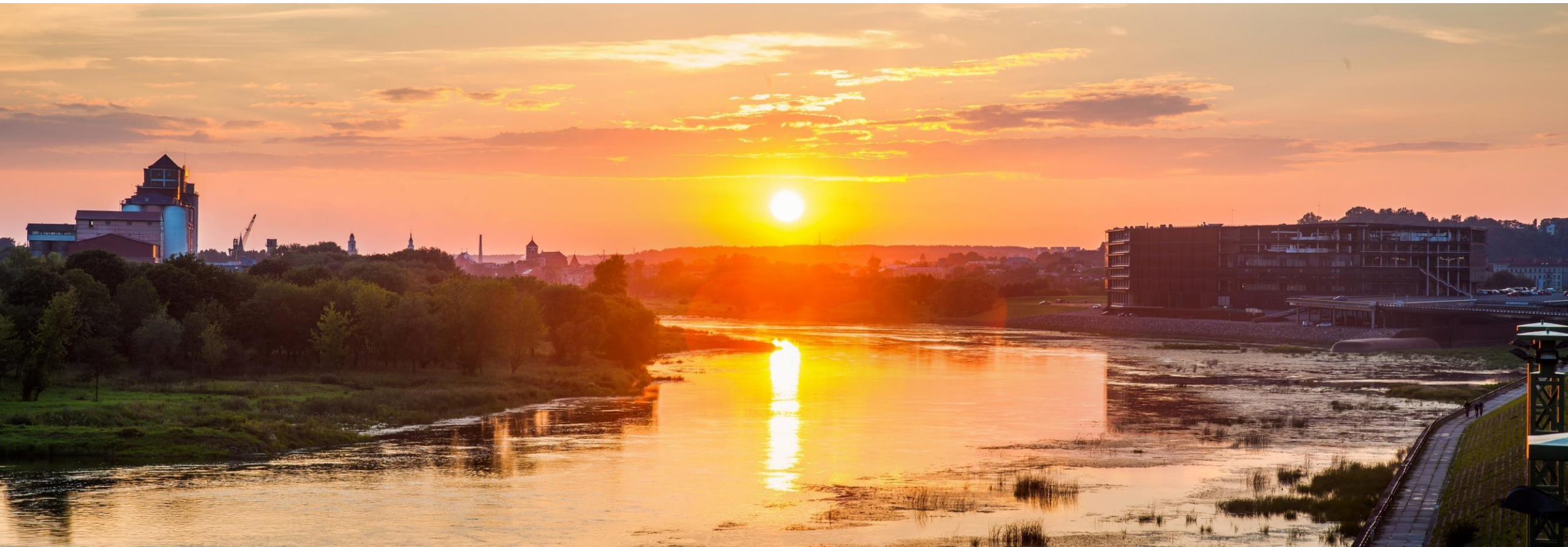
IMMERSE YOURSELF INTO SOCIAL AND CULTURAL ACTIVITIES!

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



TRAVEL

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



TRAVEL

Holidays and 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
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29	30	31				

-FEBRUARY-

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-MARCH-

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-APRIL-

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-MAY-

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-JUNE-

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-JULY-

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-AUGUST-

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-SEPTEMBER-

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30						

-OCTOBER-

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21	22	23	24	25	26	27
28	29	30	31			

-NOVEMBER-

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18	19	20	21	22	23	24
25	26	27	28	29	30	

-DECEMBER-

M	T	W	T	F	S	S
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23	24	25	26	27	28	29
30	31					

TRAVEL

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

Compiled by:



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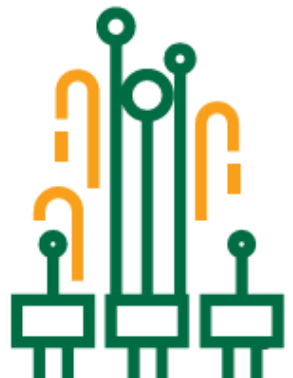
Live Like a Local

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](#)

SEARCH

A A A

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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:
01 Sep - 31 Dec


Fly back:
One way (no return)


Trip types:


City Break

Family

Golf

Nightlife

Outdoor

Beach

List view

Tile view

Map view

Berlin Brandenburg Germany	in September	€ 14.99 One way
Bratislava Slovakia	in September	€ 14.99 One way
Brussels Charleroi Belgium	in September	€ 14.99 One way
Copenhagen Denmark	in September	€ 14.99 One way
Göteborg Landvetter Sweden	in October	€ 14.99 One way
Stockholm Arlanda Sweden	in September	€ 14.99 One way
Warsaw Modlin Poland	in September	€ 14.99 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>



LTG LINK
Kam važiuoti, jei gali kelias?

Informacijos
+370 700 55111
ltglink.lt

Daugiau
informacijos
rasite nuskaitytą
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, Caritas 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 ELDERLY, PEOPLE LIVING IN POVERTY, PEOPLE WITH DISABILITIES)

What do Malteser volunteers do?

- They visit lonely elderly and disabled, communicate, spend their time together and help at home.
- Deliver warm meals and other food products to elderly.
- 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.“LEŠĖ” (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

- You can be a buddy and help locals learn your language with SPEAK Lithuania. It's a volunteer opportunity.
- You can also be a participant and learn Lithuanian or other languages offered by other buddies for free in Kaunas or Vilnius

Or

- Join other language exchange activities in Kaunas, for example, [Let's Talk Kaunas](#)

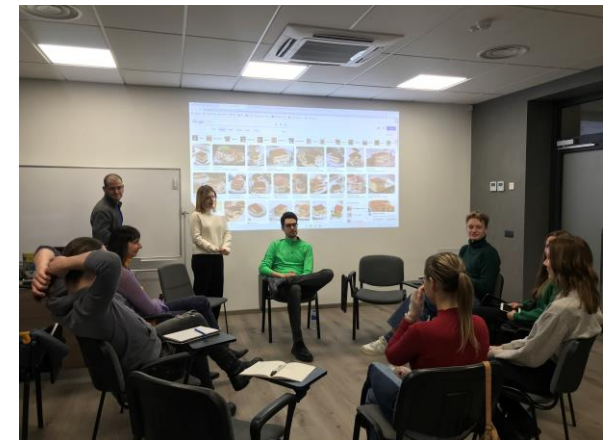
Or

- Run your own Speaking Club at Vytautas Magnus University and share your language and culture with other students and employees

Share your language and learn local language!

[SPEAK KAUNAS FB group](#)

[SPEAK website](#)

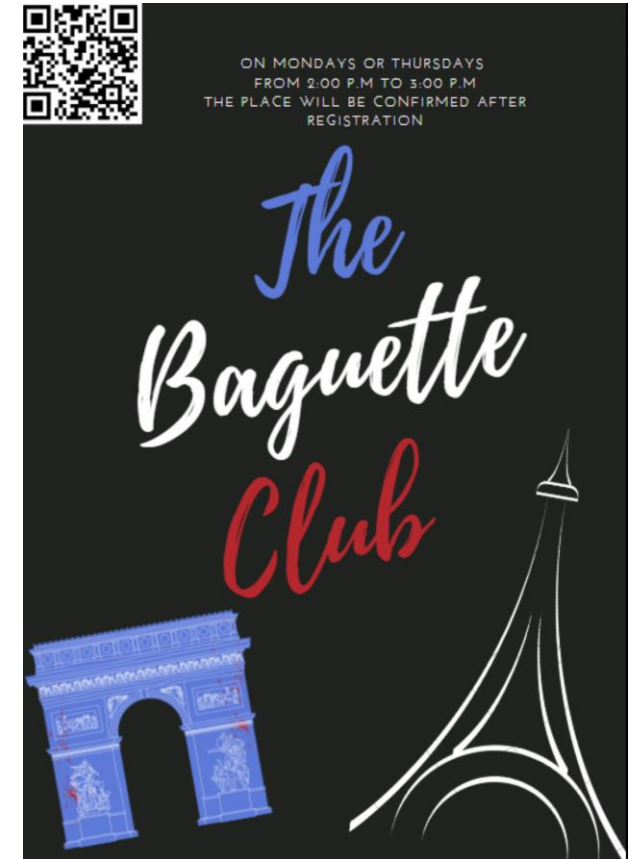


LANGUAGE EXCHANGE

Want to create a speaking club for your language? Text to ganna.tron@vdu.lt or the Institute of Foreign Languages uki@vdu.lt



Italian Speaking Club run by Erasmus students from Italy: [GARGANTUESCO](https://www.gargantuesco.it)



French Language and Culture Club run by Erasmus students from France

COMMUNITIES

Just examples of some communities in Kaunas or Vilnius in English:

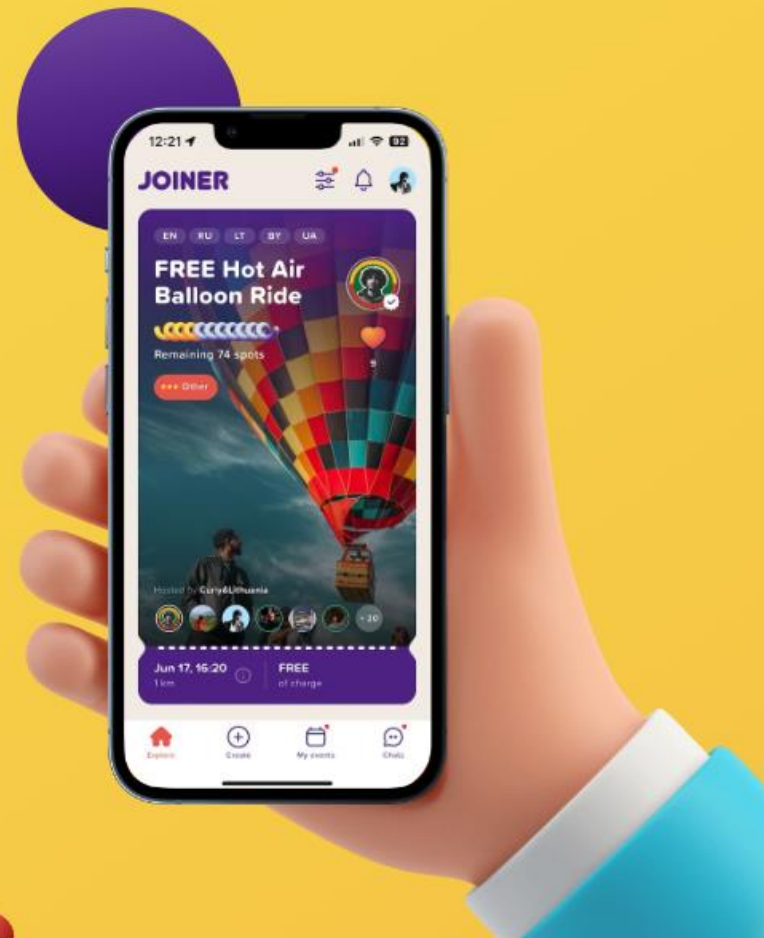
- [Foreigners in Kaunas + Erasmus](#)
- [Foreigners in Kaunas](#)
- Any community of the people from your country (for example, Ukrainians in Kaunas - [Українці в Каунасі/Українцы в Каунасе](#))
- [Kaunastic Startups Meetups](#)
- [SAFE HUT Lithuania](#) – NGO, SAFE HUT is a European project that aims to enable and facilitate the social and labor integration of women and girls from third countries when they are vulnerable, may be victims of violence and human trafficking with the special focus on women and girls' survival of trafficking due to the humanitarian crisis in Ukraine.
- [Kaunas Ladies Group](#) (In Vilnius: [Vilnius | Girl Gone International](#))
- Social Center Emma – [Facebook](#) and [Instagram](#)
- [Kaunas Cultural Centre of Various Nations](#): They're going to have a fest on September 21st. [MORE](#)

COMMUNITIES

<https://getjoiner.com/>

FIND ACTIVITIES, MEET PEOPLE

Explore local activities, join, and meet new people. Or, host your own event and invite others! Connect through your favourite activities or try something new, activate your social life.



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.

August 26th – September 2nd | 2024

ORIENT DAYS



Orientation days are organised at the beginning of the semester and it will be your first student experience here in Kaunas. During this time, you will get to know VMU faculties, Lithuanian history and culture during the Survival Lithuanian courses, and our beautiful city Kaunas. You are also more than welcome to be a part of interesting events, where you will find new friends and will spend a fascinating and fun time.

Dates: from August 26 to September 2

The semester starts on August 26th

+ Programme in Kaunas

+ Programme in Vilnius

- Presentations

VMU IT Tools:

- [VMU IT Tools and University's Systems](#)
- [VMU User Name and Password](#)
- [Courses' Selection and Online Registration System \(for full-time degree students\)](#)
- [Online Study Platform "Moodle"](#)

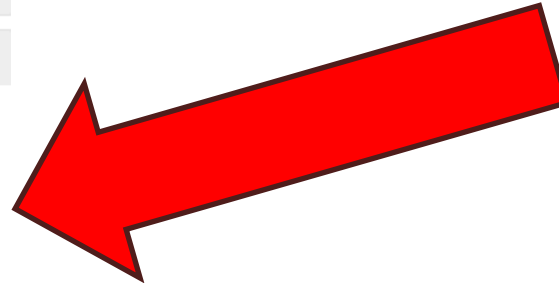
VMU Student Services:

- [General information for students, Student Centre, Student Self-service Portal](#)
- [Accommodation in VMU Dormitory](#)
- [Lithuanian Student ID Card \(LSP\)](#)
- [Survival Lithuanian \(Intensive Language Courses\)](#)
- [Foreign Language Courses at VMU](#)
- [VMU Library, Reading Rooms, Online Databases](#)
- [VMU Career Service](#)
- [Psychology Services at VMU](#)
- [Work in Lithuania](#)
- [Kaunas like a local – Autumn 2024](#)

USEFUL INFO

Download all these useful presentations:

<https://www.vdu.lt/en/international-cooperation/for-students/arrival-and-orientation-days/>





New international
students today in
August 2024



New international
students in the end
of the semester in
December 2024