



Vytautas Magnus University

STAFF TRAINING WEEK'25



VYTAUTAS
MAGNUS
UNIVERSITY
MCMXXII



Co-funded by
the European Union

PROGRAMME

May 5th – 9th | 2025

MONDAY 5th

| TIME | ACTIVITY | LOCATION |
|---------------|--|---|
| 10:30 – 10:55 | Registration for Staff Training Week participants | VMU Multifunctional Centre (V. Putvinskio g. 23, room 414) |
| 10:55 – 11:30 | Welcoming and Presentation of VMU | |
| 11:30 – 12:30 | Meet the Participants (1) | |
| 12:30 – 13:00 | Coffee Break | |
| 13:00 – 14:00 | Meet the Participants (2) | |
| 14:00 – 16:00 | Free Time | |
| 16:00 – 16:30 | Arrival to the Official Opening of the Week | VMU Great Hall (S. Daukanto g. 28) |
| 16:30 | Official Opening of the Week (Welcoming speech by Vice-Rector for Communication assoc. prof. dr. Vilma Bijekienė, introduction to Lithuanian language, folk music and dances, food fair, networking) | |



TUESDAY 6th

| TIME | ACTIVITY | LOCATION |
|---------------|--|--|
| 09:20 | Leaving to VMU Music Academy | VMU Multifunctional Centre (V. Putvinskio g. 23, 1st floor lobby) |
| 10:00 – 12:00 | Trainings: Happiness at Work Cactus or Dandelion: about Psychological Resilience Trainer: lecturer Evelina Savickaitė-Kazlauskė | VMU Music Academy (V. Čepinskio g. 5) |
| 12:00 – 13:30 | Complimentary Lunch | |
| 13:30 – 15:00 | Trainings: Happiness at Work Solution-Focus: Ideas and Tools for Happiness at Work Trainer: assoc. prof. dr. Rytis Pakrošnis | |
| 15:30 – 17:00 | A Walk Around Kaunas City with a Guide | |

WEDNESDAY 7th

| TIME | ACTIVITY | LOCATION |
|---------------|---|---|
| 10:00 – 12:00 | *Seminar/Practice: “Psycho-Emotional Health and Best Practices”. Trainer doc. dr. Aušra Lisinskienė | VMU Multifunctional Centre (V. Putvinskio g. 23, room 310) |
| 12:30 – 13:15 | *Guided Tour in The Exhibition „Vivat Universitas Vytauti Magni“ | VMU Rectorate Building (K. Donelaičio g. 58) |
| 13:30 – 14:15 | | |
| 15:00 – 16:00 | *VMU Education Academy Artificial Intelligence and Robotics Laboratories Experience | VMU Multifunctional Centre (V. Putvinskio g. 23, room 103) |
| 17:00 – 17:45 | *Guided Tour in The Exhibition „Vivat Universitas Vytauti Magni“ | VMU Rectorate Building (K. Donelaičio g. 58) |

*Optional activity, registration is required. More information can be found on the last page.



THURSDAY 8th

| TIME | ACTIVITY | LOCATION |
|---------------|---|--|
| 09:20 | Leaving to VMU Botanical Garden | VMU Multifunctional Centre (V. Putvinskio g. 23, 1st floor lobby) |
| 10:00 – 12:00 | Trainings: Happiness at Work What if I could control external noise in order to be happy? Trainers: assoc. prof. dr. Gabija Jarašiūnaitė-Fedosejeva and lecturer Tadas Vadvilavičius | VMU Botanical Garden (Ž. E. Žilberio g. 4) |
| 12:00 – 14:00 | Excursion in VMU Botanical Garden and Complimentary Lunch | |
| 14:00 – 15:30 | Trainings: Happiness at Work What if I could control external noise in order to be happy? Trainers: assoc. prof. dr. Gabija Jarašiūnaitė-Fedosejeva and lecturer Tadas Vadvilavičius | |
| 15:30 – 16:00 | Closing Discussion | |
| 16:00 | Departure to City centre and Free Time | |
| 18:00 | Performance “North” for the VMU Community and Guests | VMU Great Hall (S. Daukanto g. 28) |

FRIDAY 9th

| TIME | ACTIVITY | LOCATION |
|---------------|--|--|
| 09:00 – 13:00 | Meetings at the Academic Units / Departments | |
| 09:00 – 15:00 | Certificates | VMU Multifunctional Centre (V. Putvinskio g. 23, 2nd floor, next to the International Cooperation Department) |

More about International Staff Week



Contacts

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OPTIONAL ACTIVITIES

EXHIBITION “VIVAT UNIVERSITAS VYTAUTI MAGNI”

(K. Donelaičio g. 58)

In 2022, to mark the centenary of the University of Lithuania, a significant long-term exhibition titled 'Vivat Universitas Vytauti Magni' was inaugurated at the Rectorate Building of Vytautas Magnus University.

SEMINAR/PRACTICE: PSYCHO-EMOTIONAL HEALTH AND BEST PRACTICES

(V. Putvinskio g. 23, room 310)

This seminar will explore effective strategies for enhancing psycho-emotional health, focusing on top practices that promote mental well-being. Participants will learn how meditation techniques, concentration exercises, and neurofeedback can optimize cognitive performance and emotional resilience. Practical insights and tools will be shared to help individuals manage stress, improve focus, and enhance overall mental health.

VMU EDUCATION ACADEMY ARTIFICIAL INTELLIGENCE AND ROBOTICS

LABORATORIES

(V. Putvinskio g. 23, room 103)

Established in December 2024, The Robotics and Artificial Intelligence Laboratory, focuses on three key areas: to organize practical activities for students, to create conditions for research on final theses by the academic community, and to carry out educational activities for preschool and primary school children and teachers.

The laboratory enhances digital skills, fostering creativity, problem-solving, collaboration, and ethical digital content creation. It integrates technology into education and promotes computational thinking.

Students using laboratory facilities have unique opportunities to prepare for practical activities, create engaging tasks and test them. Students from schools in the city and the region who come to the educations not only try out different tools and robots but also experience their diversity: the laboratory is full of interactive, digital games suitable for solving cognitive tasks and promoting a creative approach. Robotics encourages learning through discovery, helping children develop coding, sequencing, and algorithmic thinking skills.

PERFORMANCE “NORTH” FOR THE VMU COMMUNITY AND GUESTS

(S. Daukanto g. 28)

Inspired by M.K. Čiurlionis' visionary art, the transmedia project North explores the connection between nature, humanity, and artistic expression through sound, visuals, and interactive installations. Set against the Arctic's vastness as a metaphor for existential reflection, the performance blends acoustic and electronic soundscapes, expanding human experience and space perception. Drawing from Čiurlionis' legacy, it reinterprets art as a tool for self-discovery and world exploration. "North" redefines our bond with nature while showcasing the evolving role of transmedia artists in merging tradition with cutting-edge technology for immersive storytelling.