



KAUNAS

LIKE A

LOCAL

Let me introduce myself!

I work with:

- International alumni
- Student Ambassadors – representatives of their study programmes, education fairs, social media posts about student experiences, etc.
- Student Integration



Ganna Tron

International Cooperation and Marketing

ganna.tron@vdu.lt

V. Putvinskio g. 23, 309

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...



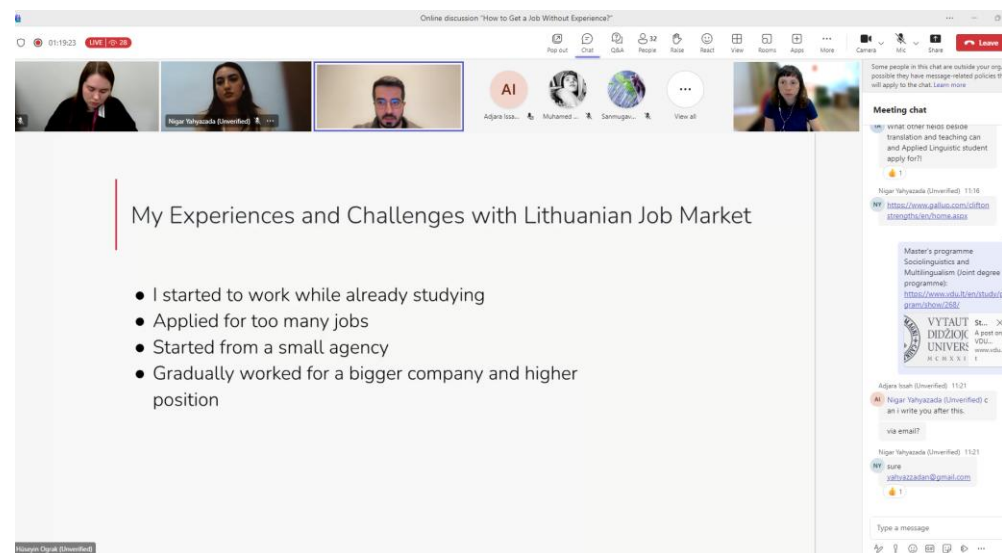
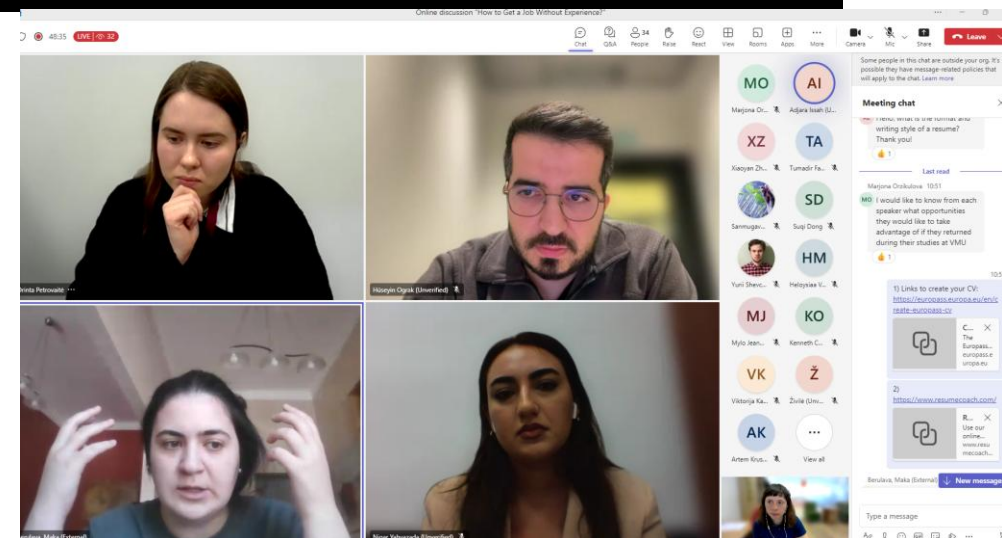
JOIN OUR WORKSHOP “HOW TO TAILOR YOUR EXPERIENCE FOR A SPECIFIC JOB-APPLICATION?”

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...

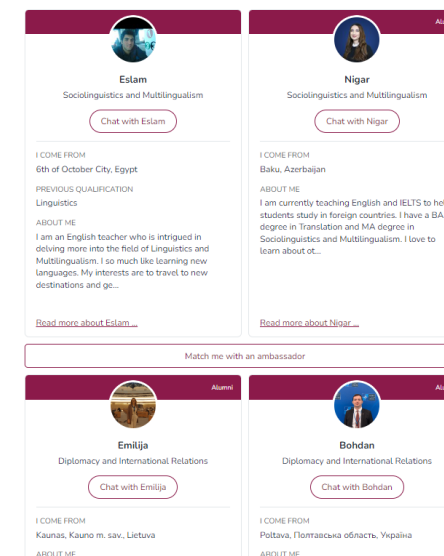
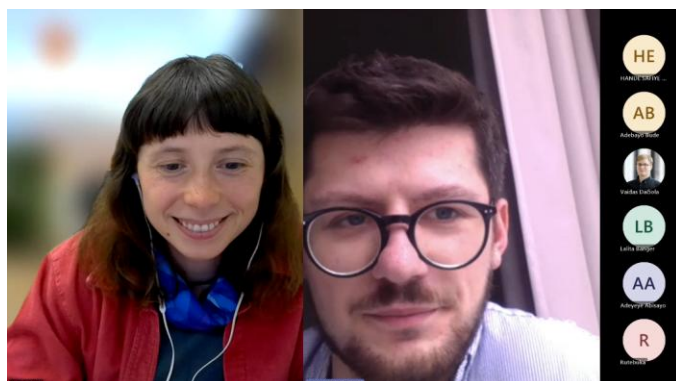


My Experiences and Challenges with Lithuanian Job Market

- 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

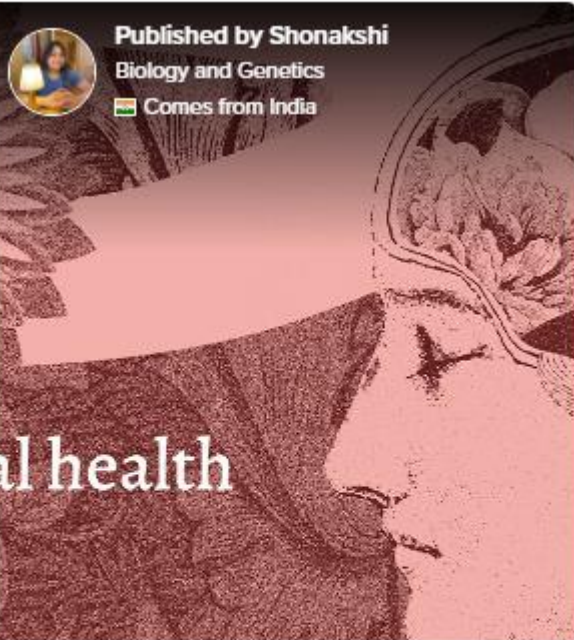
UNIBUDDY AMBASSADORS

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



UNIBUDDY BLOG

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



“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...

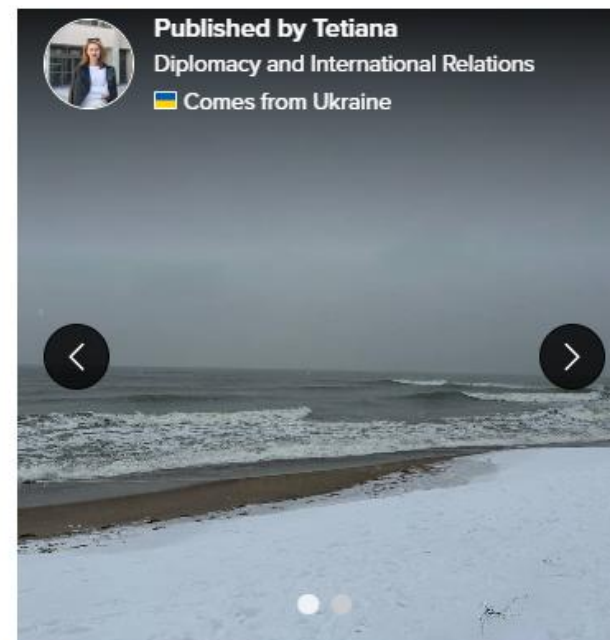
📅 Aug 29, 2024 👁 0 ⌚ 1 min



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 “Perf...

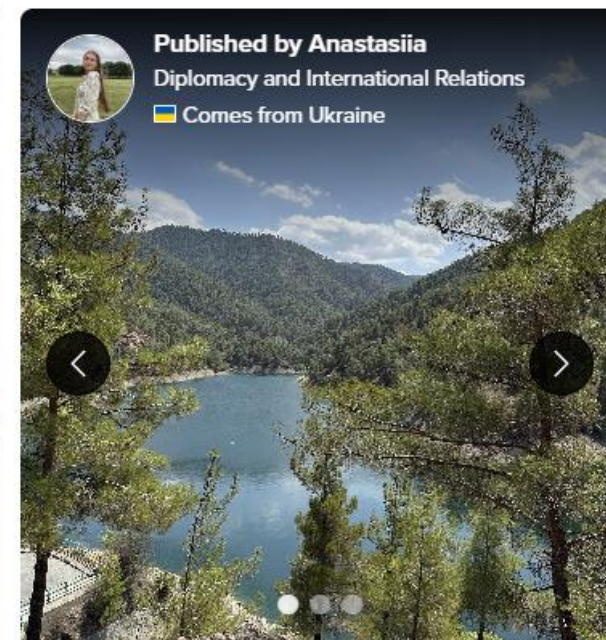
📅 Aug 28, 2024 👁 1 ⌚ 2 mins



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



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

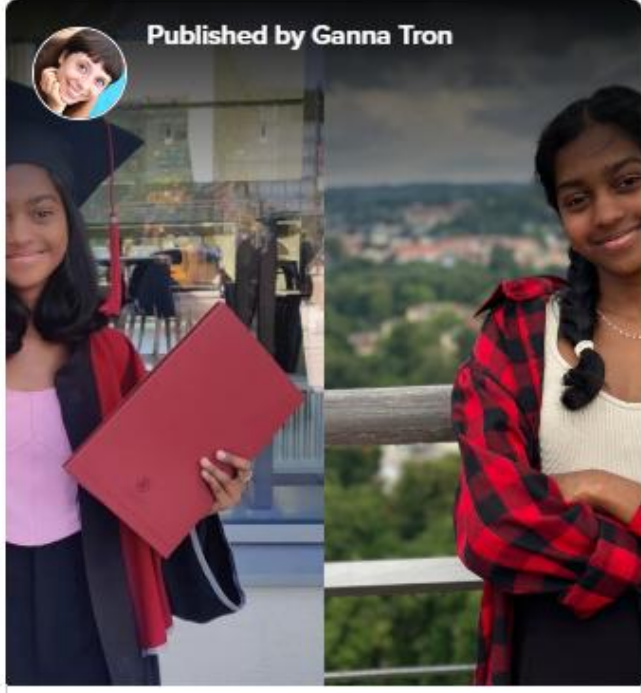


Motivational letter: it should be about

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

Your Action Plan For This Semester

- Be curious
- Ask
- Discover
- Make memories



MiCenter

Discover the extensive information center, packed with valuable articles on life in Lithuania and integration tips just for migrants!

Link:

<https://micenter.lt/en>



The screenshot shows the MiCenter website homepage. At the top, there is a black header with the 'MiCenter' logo in white. Below the header, the navigation bar includes the MiCenter logo, the IOM UN Migration logo, and the European Union flag with the text 'Co-funded by the European Union'. A toll-free hotline number '0 800 22922' is displayed on the left. The main navigation menu includes 'Useful information', 'Our services', 'Learn Lithuanian', and 'About us'. Social media icons for Facebook, Telegram, and the UK flag are also present. The main content area features a large heading 'Welcome to Lithuania!' followed by the text 'Whether you're coming to work, study, or build a new life, we are here to support you.' Below this, there are two buttons: 'Our services' and 'Useful information'. A QR code is located at the bottom left of the main content area. On the right side, there is a large illustration with a yellow border. The illustration depicts a group of people climbing a tall, yellow, textured structure that resembles a cake. A speech bubble from the top of the structure says 'Smooth integration is not always a piece of cake. Need a hand? Reach out!'. In the background, there are silhouettes of Lithuanian landmarks, including the TV Tower and the Cathedral of the Holy Spirit.

MiCenter

Toll-free hotline
0 800 22922

Useful information Our services Learn Lithuanian About us

Co-funded by the European Union

Welcome to Lithuania!

Whether you're coming to work, study, or build a new life, we are here to support you.

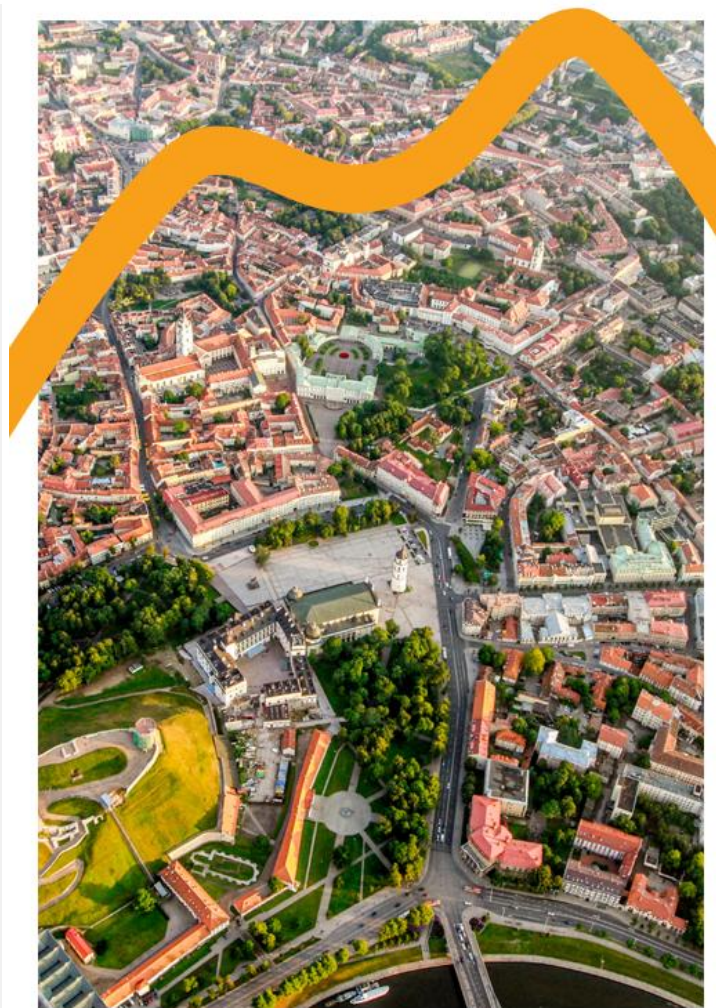
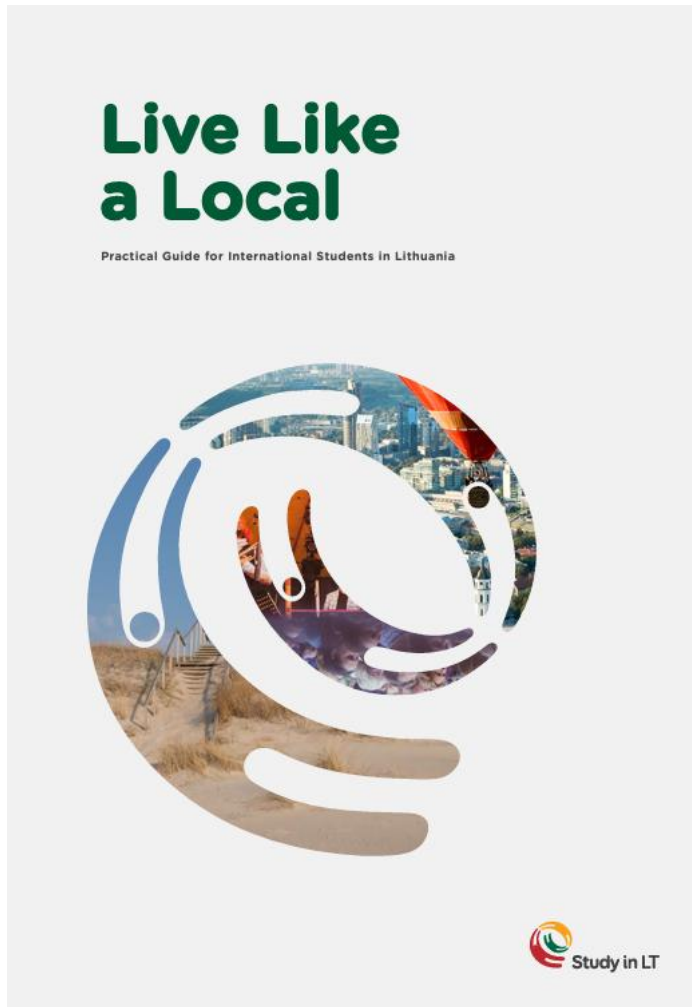
Our services → Useful information →



Smooth integration is not always a piece of cake. Need a hand? Reach out!

GUIDE FOR STUDENTS

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



Photography: Laurynas Konda

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Compiled by:



DISCOVER KAUNAS

<https://kaunasin.lt/relokacijos-gidas/>



KAUNAS RELOCATION GUIDE

Kaunas

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RENTING A HOME

When looking for a property to rent in Kaunas, there are multiple platforms you can search on. Explore popular websites like [aruodas.lt](https://www.aruodas.lt) and [domoplius.lt](https://www.domoplius.lt). [Homerental.lt](https://www.homerental.lt) offers a tailored experience ensuring reliability and landlord readiness for foreign tenants.

Expect landlords to request a deposit equivalent to 1-3 months' rent, refundable upon lease completion if all terms are met.

Utilities are typically separate from rent and may include maintenance fees for apartment buildings. Before signing the agreement and planning your budget, familiarize yourself with utility costs, which may vary with seasons. Requesting previous bills for insight can help with budget planning. Ensure clarity on utilities provided and those you are responsible for, such as internet, cable TV and electricity. Review the tenancy agreement thoroughly, verifying details like address, number of rooms, rental period, utility costs, an inventory list, deposit amount and acceptable payment methods. Contracts should be in both Lithuanian and English before any deposit payment is made. Students can explore dedicated accommodations online or through university resources.

When collecting your keys, conduct a walkthrough with the landlord to document any existing issues. You should also ask about the house rules and shared amenities, including waste management, quiet hours, waste sorting, bike storage, and more.



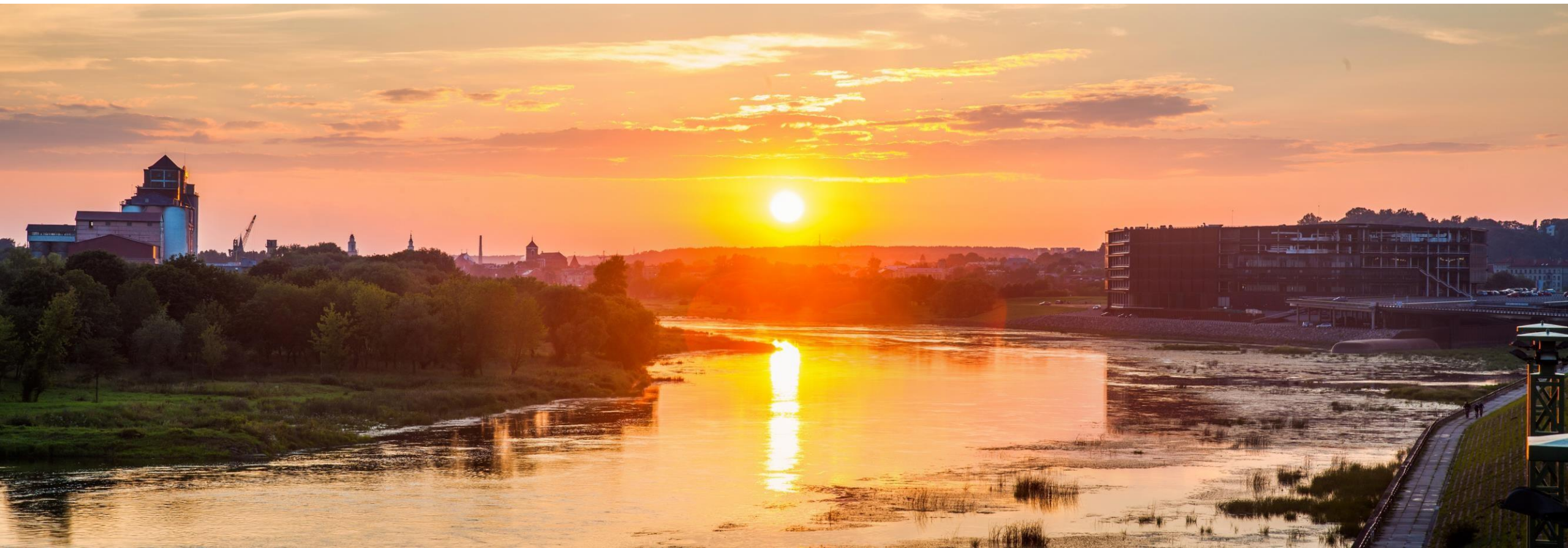
IMMERSE YOURSELF INTO SOCIAL AND CULTURAL ACTIVITIES!

- 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 festive days

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

Visit museums in Lithuania for free: every last Sunday
of each month (Kaunas, Vilnius)

2025

July						
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2026

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May						
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June						
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29	30					

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

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

Your official tourism gateway to Lithuania

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

For example,
<https://www.ryanair.com/gb/en/fare-finder>

 RYANAIR

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

From:
Kaunas

To:
Anywhere

Budget:
€ 20 ▾

Fly out:
Anytime

Fly back:
One way (no return)

Trip types:

 City Break

 Family

 Golf

 Nightlife

 Outdoor

 Beach

List view

Tile view

Map view

Göteborg Landvetter Sweden	in September	€ 14.99 One way	>
Copenhagen Denmark	in September	€ 15.99 One way	>
Milan Bergamo Italy	in July	€ 16.99 One way	>
Stockholm Arlanda Sweden	in October	€ 16.99 One way	>
London Luton United Kingdom	in September	€ 17.99 One way	>
Liverpool United Kingdom	in July	€ 19.99 One way	>

TRAVEL

By bus:

To Gdansk, Poland

To Warsaw, Poland

To Wroclaw, Poland

To Riga, Latvia

To Tallinn, Estonia

<https://ltglink.lt/>

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

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

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

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

By train:

To Riga, Latvia

To Warsaw, Poland

To Krakow, Poland



LTG LINK
Kam važiuoti, jei gali keliasis?

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

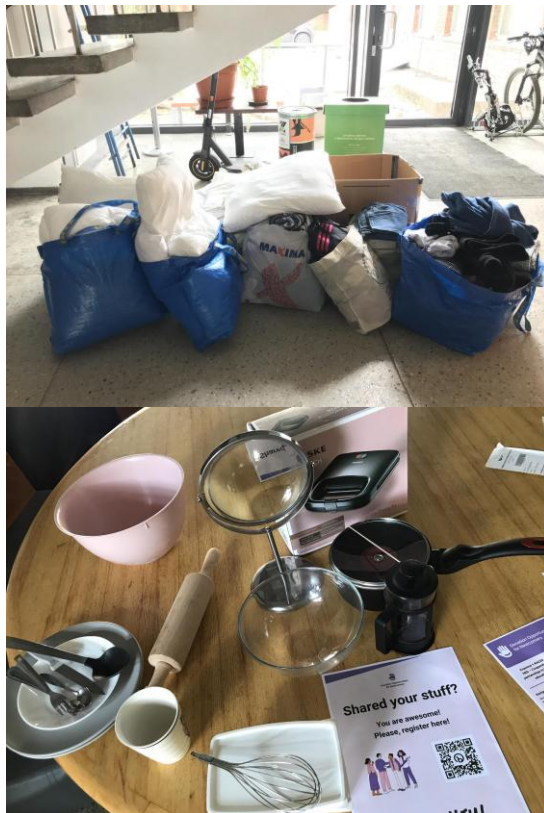
Share and be involved in local community



Check ESN VMU, Red Cross, Caritas and just ask if you need any help with finding information

DON@ PROJECT+ ESN VMU KAUNAS

- Recollection Days: in the end of every semester
- Sharing is caring events: before the beginning of the semester



DON@ PROJECT+ ESN VMU KAUNAS

August: The “Sharing is Caring” event will take place on August 29.

December and January: We encourage you to donate any items you won’t need for the next cohort of students at the end of this semester in December.



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.“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](#)

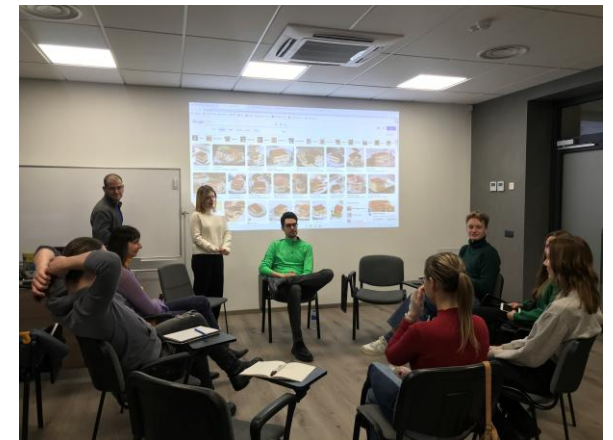
Or

- 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](#)

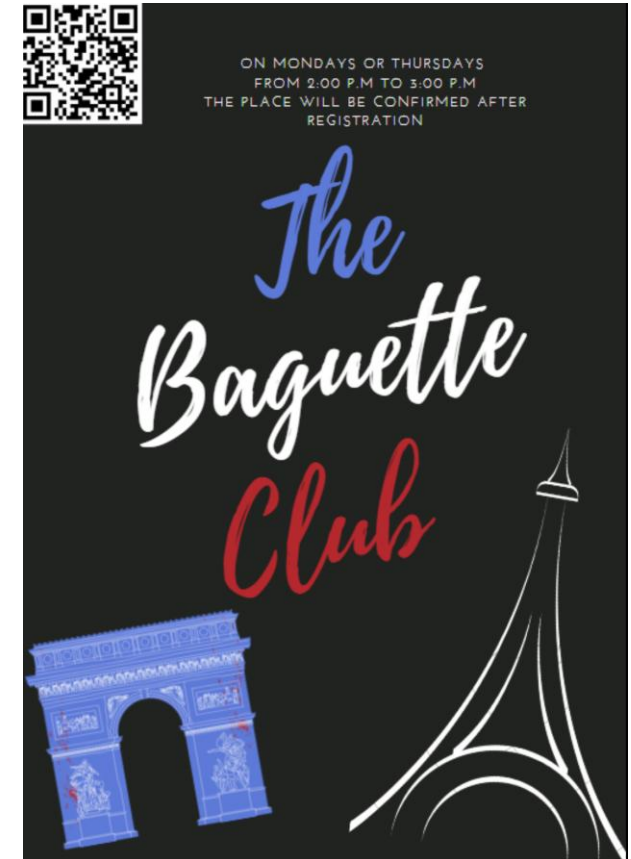


LANGUAGE EXCHANGE

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

OTHER COMMUNITIES TO FOLLOW

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 festival on September 13th. [MORE](#)
- [Suatas Project Academy](#) – events for foreign youth about opportunities, employment, Erasmus projects, etc.
- [NGO "Apglėbk pasaulį"](#) – activities for locals and foreigners in Kaunas. [WhatsApp group](#) and [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!

[TIMETABLE OF CONSULTATIONS 2025](#)

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 number: 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.

Orientation days (Autumn semester)



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 21 to September 1

The semester starts on August 25th

Before Orientation Days join our ONLINE INFO SESSION, where university staff will introduce VMU, the upcoming Orientation Week, and guide you through the course registration process. Don't miss this essential event to ensure a smooth start to your academic journey!

The date will be provided at the beginning of August.

+ Programme in Kaunas

— Presentations

VMU IT Tools:

- VMU User Name and Password
- Courses' Selection and Online Registration System (for full-time degree students)
- Online Study Platform "Moodle"

VMU Student Services:

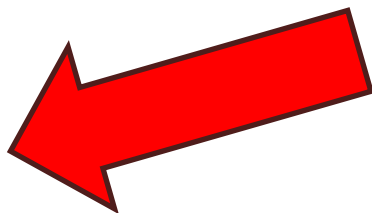
- General information for students, Student Centre, Student Self-service Portal
- Accommodation in VMU Dormitory
- VMU Sport and Arts activities

VMU Volunteers and Students Organizations

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 2025



New international
students in the end
of the semester in
December 2025