



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 coupl...

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...



Online discussion "How to Get a Job Without Experience?"

Participants: 4/35 (LIVE 20/25)

Chat, Q&A, People, Raise, Recast, View, Rooms, Apps, More, Camera, Mic, Share, Leave

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Meeting chat

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1 Last read

Marjana Ostruklova 10:51

I would like to know from each speaker what mistakes they made and what they like to take advantage of if they returned during their studies at VMU

1 10:51

1) Links to create your CV: <https://europass.cedefop.europa.eu/europass-europass-cv>

2 10:51

Use our online [europass-mecaphase](https://europass.cedefop.europa.eu/europass-europass-mecaphase)

3 10:51

<https://www.resumegcoach.com/>

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



Estlam
Sociolinguistics and Multilingualism
[Chat with Estlam](#)

I COME FROM
6th of October City, Egypt
PREVIOUS QUALIFICATION
Linguistics
ABOUT ME
I am an English teacher who is interested in doing more into the field of Linguistics and Multilingualism. I am so much like learning new languages. My interests are to travel to new destinations and ge...

[Read more about Estlam](#)

Nigar
Sociolinguistics and Multilingualism
[Chat with Nigar](#)

I COME FROM
Baku, Azerbaijan
ABOUT ME
I am currently teaching English and IELTS to help students study in foreign countries. I have a BA degree in Translation and MA degree in Sociolinguistics and Multilingualism. I love to learn about ot...

[Read more about Nigar](#)

Emilia
Diplomacy and International Relations
[Chat with Emilia](#)

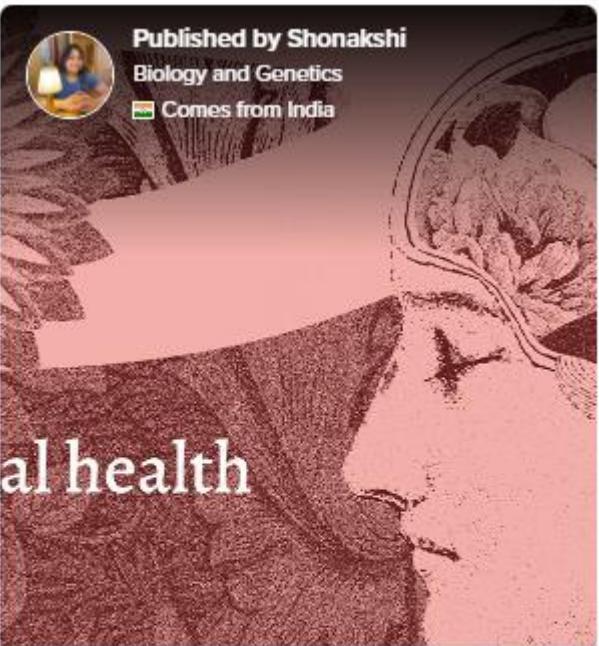
I COME FROM
Kaunas, Kauno m. sav., Lietuva
ABOUT ME

Bohdan
Diplomacy and International Relations
[Chat with Bohdan](#)

I COME FROM
Poltava, Poltavska oblast, Ukraine
ABOUT ME

UNIBUDDY BLOG

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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

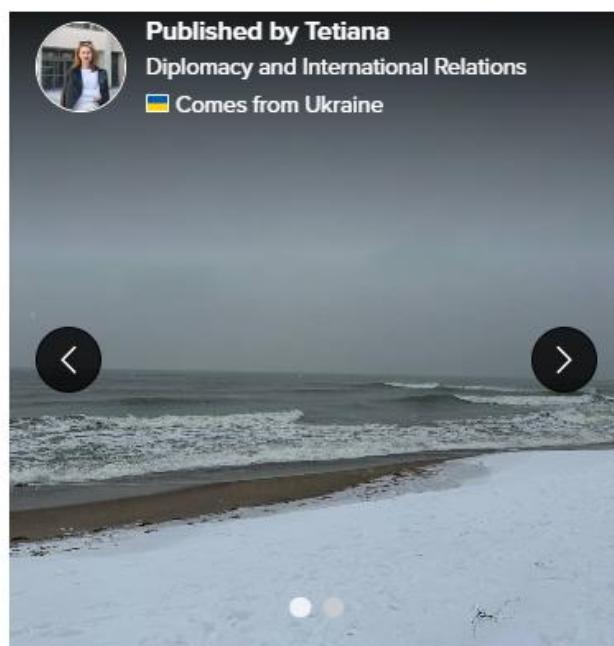


Published by jiayi
Music Production
Comes from China

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 "Perf...

Aug 28, 2024 1 2 mins

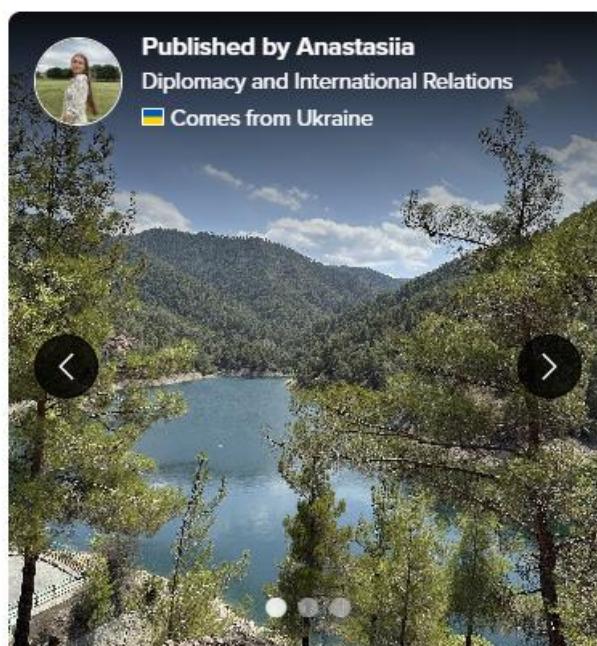


Published by Tetiana
Diplomacy and International Relations
Comes from Ukraine

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

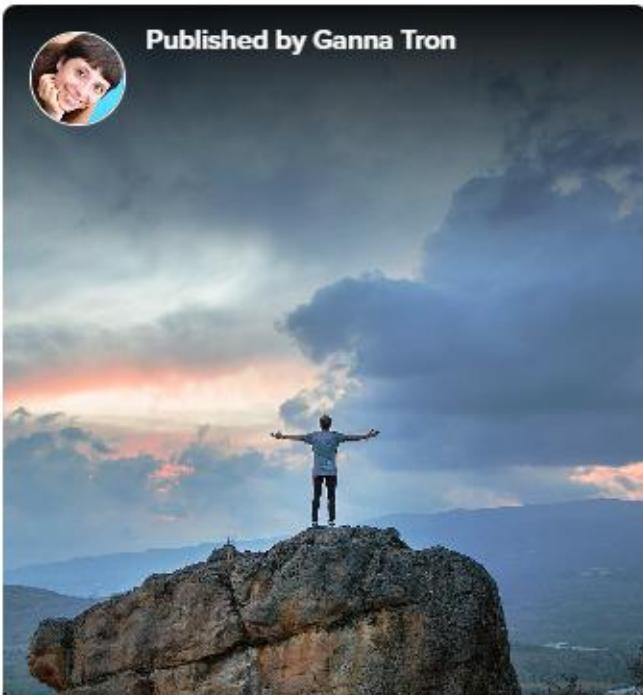
My experience of "Erasmus+" traineeships in Cyprus: tips and the

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/>

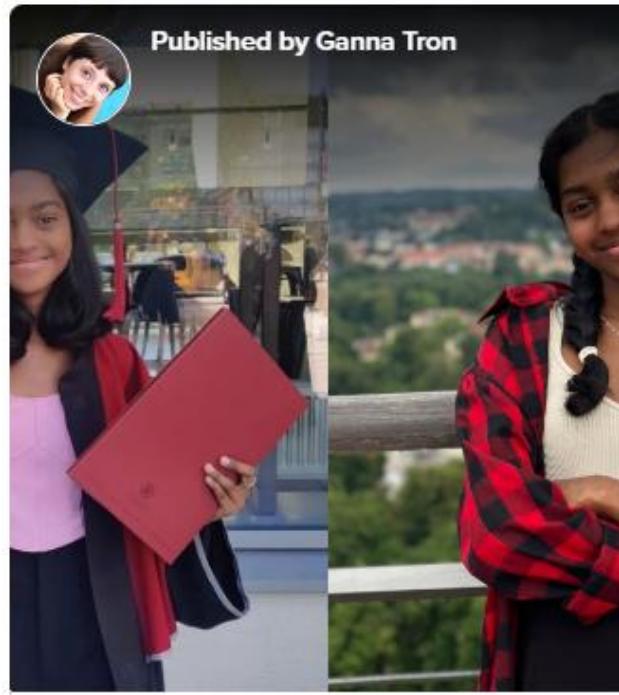


Published by Ganna Tron

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

Your Action Plan For This Semester

- Be curious
- Ask
- Discover
- Make memories



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

Link:

<https://micenter.lt/en>



Toll-free hotline
0 800 22922



Useful information Our services Learn Lithuanian About us

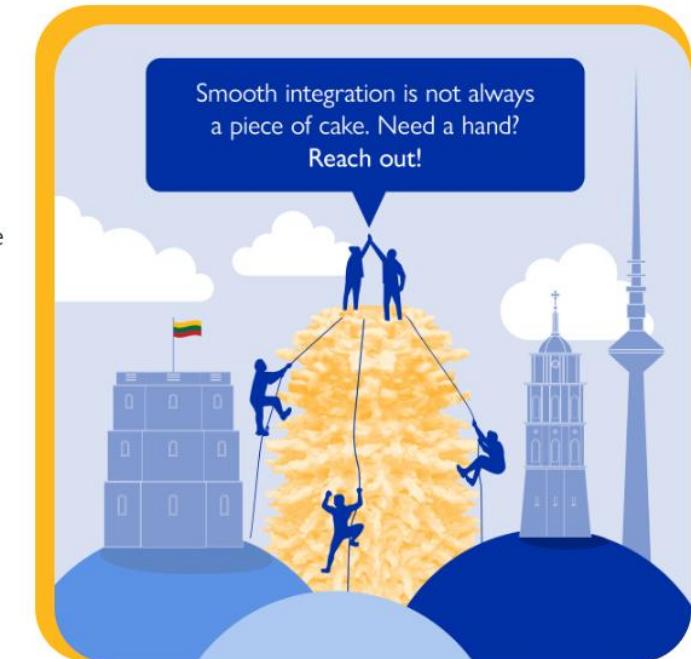


Welcome to Lithuania!

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

[Our services →](#)

[Useful information →](#)



DISCOVER LITHUANIA

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

Contents

04 About Lithuania
Learn the basic information about Lithuania before you arrive.

06 What to see?
Lithuania has so much to show – cities, woven with history, and nature that is natural and genuine.

08 Weather & Wow
Explore Lithuania's changing seasons and fun facts that might just impress your friends.

10 Public holidays
Public holidays are a fantastic opportunity to immerse yourself in the local culture.

12 What to see?
In Lithuania, your next adventure might literally be around the corner. Discover what's hiding in plain sight.

14 Accommodation
Already know where you'll live? Sort it out early and avoid stress when you arrive!

16 Getting around
Getting around Lithuania is simple and affordable, with public transport, scooters, and bike-sharing in major cities.

18 Student discounts
Being a student pays off!

20 Vocabulary
Knowing a handful of local words and phrases can go a long way!

22 Cultural nuances
Every country has its own customs and practices, some of which travel guides can't teach you. Lithuania is no exception.

24 Local cuisine
Explore the local cuisine instead. You might quite like it. Or you might hate it. That's okay too.

26 Health
Whether you're a student or not – health is important!

28 Everyday essentials
Mobile data is fast and cheap, Wi-Fi is widely available, and banking is easy with card and phone payments everywhere.

29 Work in Lithuania
Kick-start your career!

Created 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 [arvodas.lt](#) and [domoplus.lt](#). [Homorental.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.



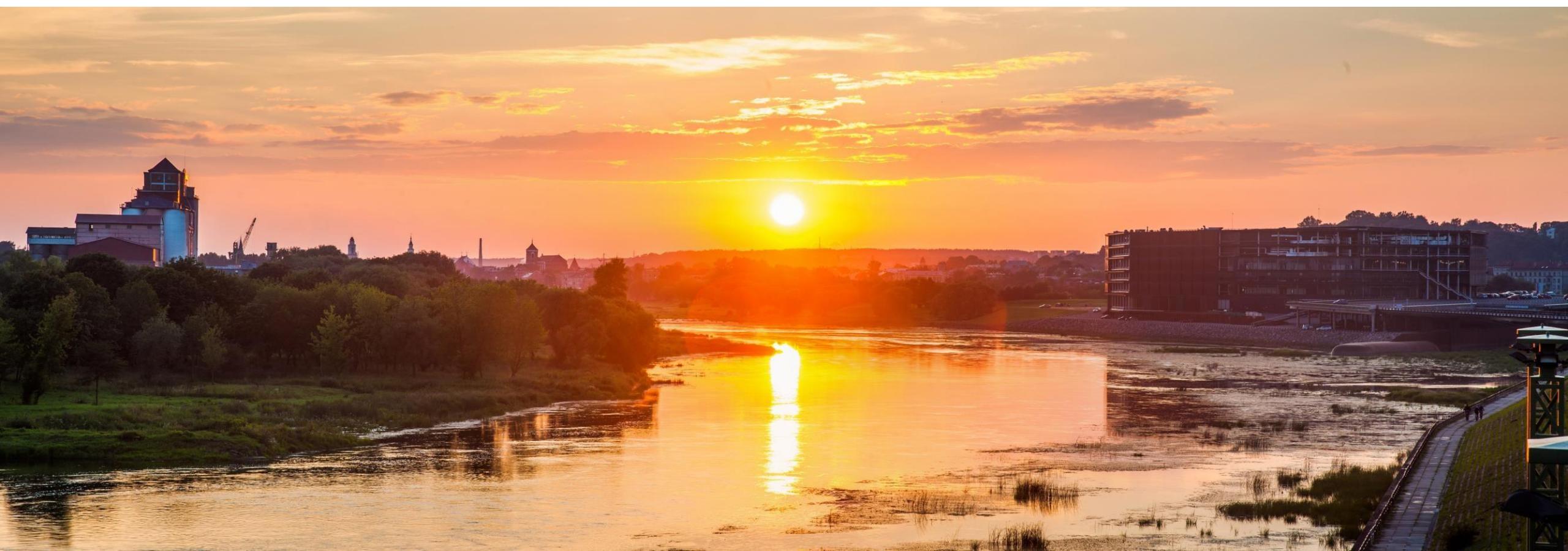
IMMERSE YOURSELF INTO SOCIAL AND CULTURAL ACTIVITIES!

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



TRAVEL

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



2026

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)

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

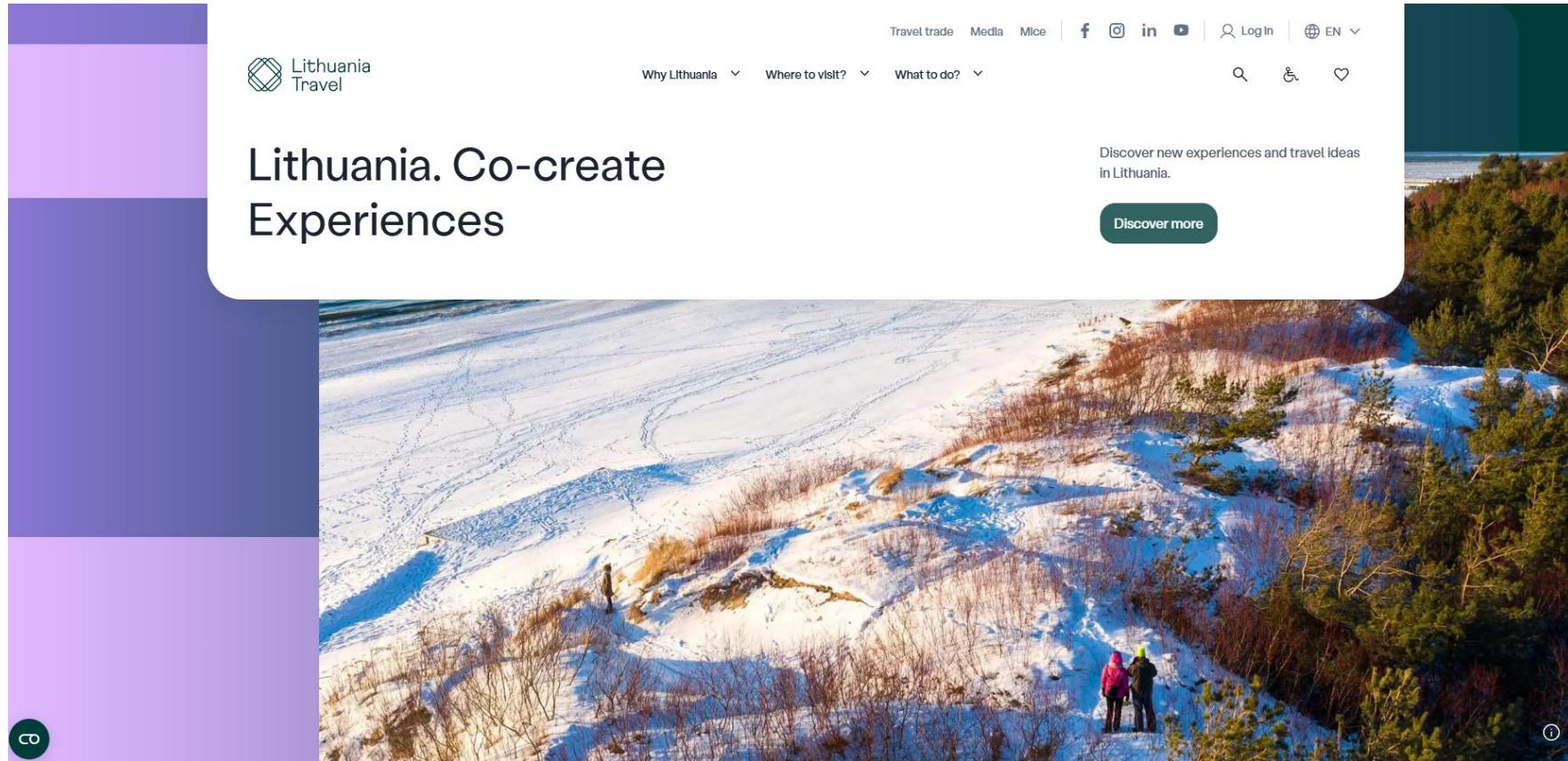
TRAVEL

<https://kaunastika.lt/map/modernists-guide>



TRAVEL

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



The image shows the homepage of the Lithuania Travel website. The header features a black navigation bar with the word 'TRAVEL' in white. Below the header is a large, semi-transparent white overlay containing the website's logo (a stylized globe icon), the text 'Lithuania Travel', and the slogan 'Lithuania. Co-create Experiences'. The main content area has a purple-to-white gradient background. At the top right, there are links for 'Travel trade', 'Media', 'Mice', social media (Facebook, Instagram, LinkedIn, YouTube), 'Log In', and language selection ('EN'). Below these are dropdown menus for 'Why Lithuania', 'Where to visit?', and 'What to do?'. A search bar, a wheelchair accessibility icon, and a heart icon are also present. A large, scenic photograph of a snowy landscape with a frozen body of water and a forested hillside serves as the background for the main content area. A call-to-action button labeled 'Discover more' is located in the lower right of the white overlay. The bottom right corner of the image contains a small circular logo with a stylized 'i' symbol.

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 or early morning from Vilnius



TRAVEL

Check Ryanair,
Wizzair

Check from Kaunas
or Vilnius

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

RYANAIR Fees

FAQs | My bookings | Log in | myRyanair Portal

Return trip | One way | Apply promo code

From Kaunas To Any destination Trip dates 2 - 7 nights March Passengers 1 Adult

By selecting a destination, you agree to the [Website Term of Use](#)

Price range | Times | Type of trip | Depart Any



Milan Bergamo
Mar 3 - 5
2 hr 25 min
From **€34** Return



Stockholm Arlanda
Mar 19 - 26
1 hr 20 min
From **€34** Return



Copenhagen
Mar 4 - 11
1 hr 30 min
From **€35** Return



Cologne
Mar 2 - 9
2 hr 5 min
From **€42** Return



Belfast International
Mar 5 - 12
2 hr 55 min
From **€44** Return



Brussels Charleroi
Mar 12 - 19
2 hr 20 min
From **€44** Return



Pescara
Mar 4 - 11
2 hr 35 min
From **€44** Return



London Luton
Mar 6 - 13
2 hr 50 min
From **€50** Return

TRAVEL

By bus:

To Gdansk, Poland
To Warsaw, Poland
To Wrocław, Poland
To Riga, Latvia
To Tallinn, Estonia

By train:

Vilnius–Riga (Latvia)
Vilnius–Tallinn (Estonia)
Vilnius–Warsaw–Krakow
(Poland)

<https://www.autobusubilietai.lt/>
<https://luxexpress.eu/en/>
<https://www.eurolines.lt/>
<https://ecolines.net/lt/en>
<https://global.flixbus.com/>

<https://ltglink.lt/>

<https://ltglink.lt/en/vilnius-riga-en>

Kaunas – Kaišiadorys, Kaišiadorys – your destination



Informacija
+370 700 55111
ltglink.lt

Daugiau
informacijos
rasiite nuskaite
QR kodą



SPORT



SPORT

Find the same/similar/completely new activity in Kaunas



Leisure sports – the VMU Sports Centre offers **basketball, football, badminton, volleyball, chess, esport, pilates training, Zumba, gymnastics**, etc. activities in popular sports, which are open to all those who want to get acquainted with, learn, or improve their sports skills and have an active and enjoyable leisure time.

Leisure sports activities are free of charge for University students and staff. No credit is awarded for students to attend these practical sports.

VMU 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

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. „LESĖ“ (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



Italian Speaking Club run
by Erasmus students from
Italy: [GARGANTUESCO](#)



French Language and
Culture Club "Voilà"
https://www.instagram.com/voila_vdu/



VMU English Club
<https://www.vdu.lt/en/about-vmu/structure-and-management-of-vmu/academic-and-student-clubs/english-club/>

OTHER COMMUNITIES TO FOLLOW

Just examples of some communities in Kaunas in English:

- [Lithuania United Nation Youth Association \(VMU\)](#). Model UN, debates, forums. Empowering youth in diplomacy, leadership and global affairs
- [Foreigners in Kaunas + Erasmus](#)
- [Foreigners in Kaunas](#)
- Any community of the people from your country (for example, Ukrainians in Kaunas - [Українці в Каунасі/Украинцы 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](#)
- [Suatas Project Akademy](#) – events for foreign youth about opportunities, employment, Erasmus projects, etc.
- [NGO “Apglēbk pasaulj“](#) – 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://psichologiosklinika.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 (Spring 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 January 26 to January 31.

The semester starts on February 2nd.

Before Orientation Days, join our **ONLINE INFO SESSION** on **January 22, 2026**. 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!

+ Programme of Orientation Days 2026 (Spring semester)

+ Registration to Study Subjects

- Presentations

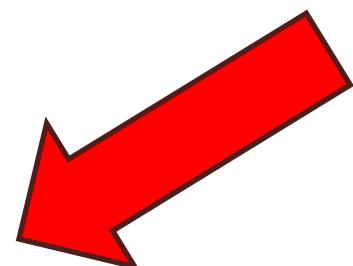
VMU IT Tools:

- [VMU User Name and Password](#)
- [Courses' Selection and Online Registration System \(for full-time and exchange students\)](#)
- [Online Study Platform "Moodle"](#)
- [AI Tools for Information Retrieval](#)

VMU Student Services:

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
January 2026



New international
students in the end
of the semester in
June 2026