



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](mailto: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...



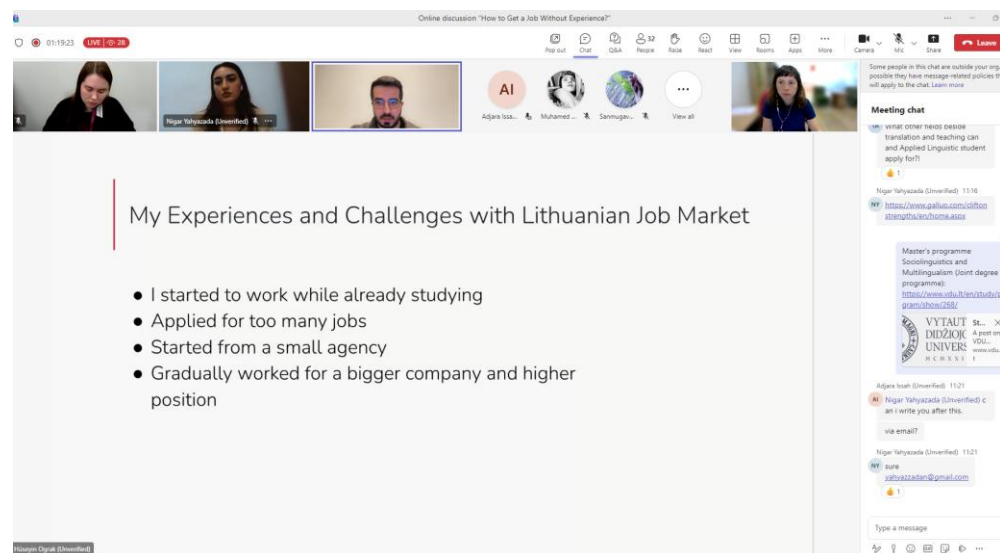
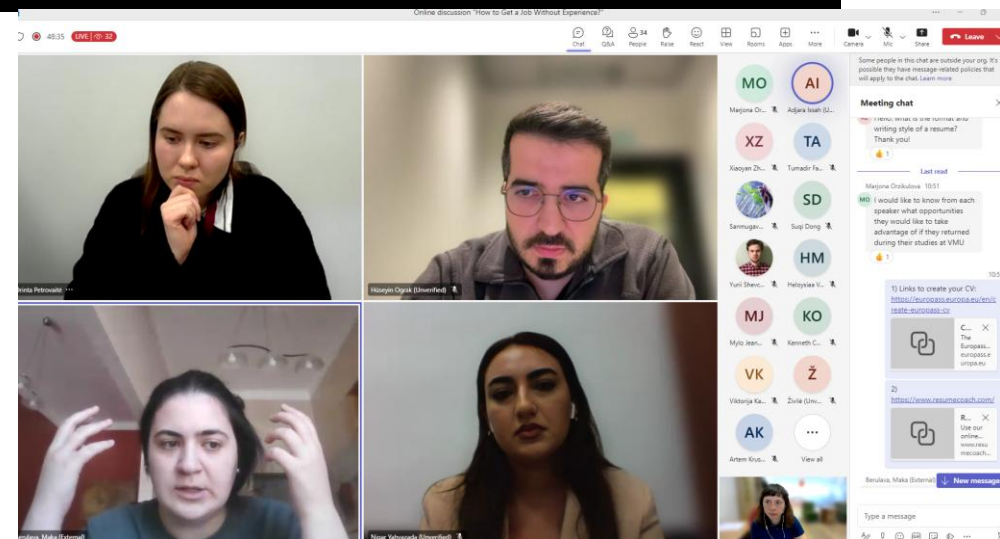
## JOIN OUR WORKSHOP “HOW TO TAILOR YOUR EXPERIENCE FOR A SPECIFIC JOB-APPLICATION?”

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...

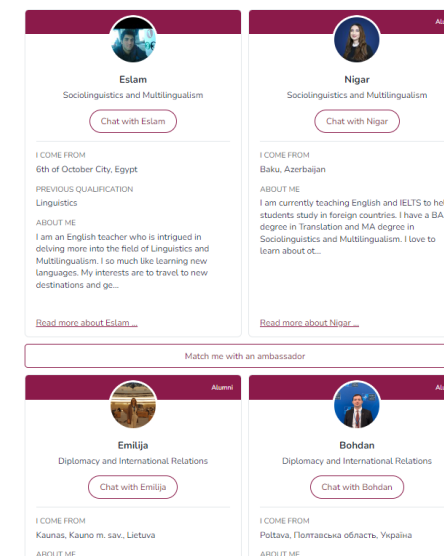
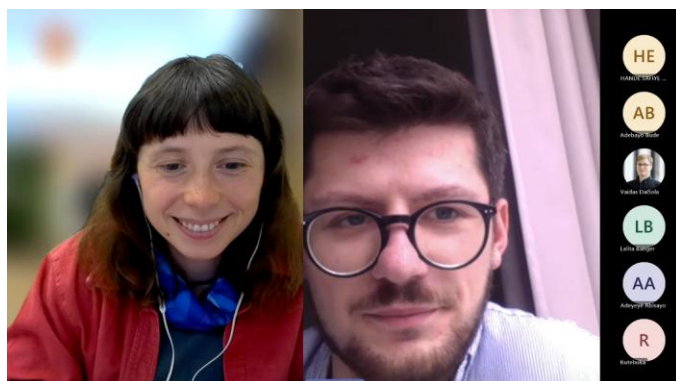


### My Experiences and Challenges with Lithuanian Job Market

- 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/>



**Published by Shonakshi**  
Biology and Genetics  
 Comes from India



# Mental 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

A screenshot of a video player interface. At the top, there is a circular profile picture of a person with a panda, followed by the text 'Published by jiayi' and 'Music Production'. Below this is a red flag icon and the text 'Comes from China'. The main video area shows a large, ornate church with a tall spire, surrounded by other buildings and trees. A red hot air balloon is visible in the sky. Navigation arrows are on the left and right sides of the video. Below the video, there is a title 'My recommendations for attractions in' and a description 'Hello everyone, my name is Jiayi Liu, and I am from China. I graduated from the Master's programme in Performance...'.



**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

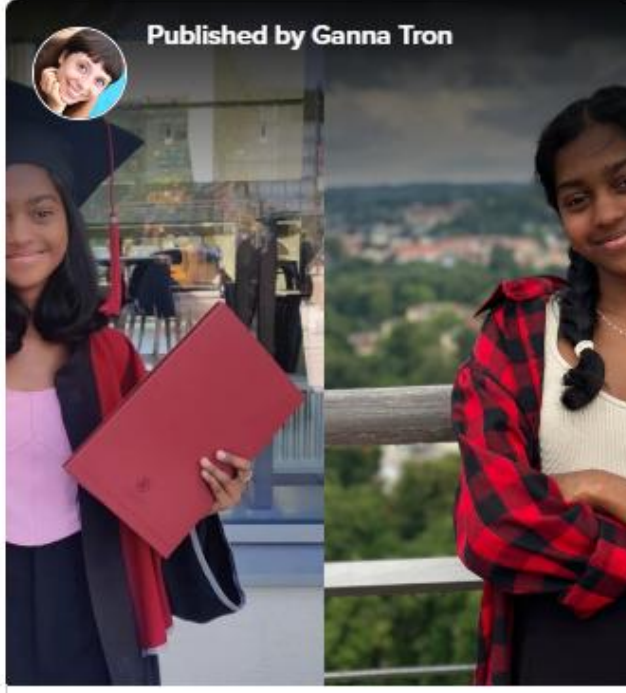


**Motivational letter: it should be about**

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



# 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 next to a phone icon. The 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', both with right-pointing arrows. 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, golden, 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 stylized buildings, including one with a Lithuanian flag and a tall tower.

**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!



# DISCOVER LITHUANIA

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

## Contents

- |    |  |    |  |
|----|--|----|--|
| 04 | <b>About Lithuania</b><br>Learn the basic information about Lithuania before you arrive.   | 18 | <b>Student discounts</b><br>Being a student pays off!  |
| 06 | <b>What to see?</b><br>Lithuania has so much to show – cities, woven with history, and nature that is natural and genuine.                     | 20 | <b>Vocabulary</b><br>Knowing a handful of local words and phrases can go a long way!   |
| 08 | <b>Weather &amp; Wow</b><br>Explore Lithuania's changing seasons and fun facts that might just impress your friends.                           | 22 | <b>Cultural nuances</b><br>Every country has its own customs and practices, some of which travel guides can't teach you. Lithuania is no exception.  |
| 10 | <b>Public holidays</b><br>Public holidays are a fantastic opportunity to immerse yourself in the local culture.                                | 24 | <b>Local cuisine</b><br>Explore the local cuisine instead. You might quite like it. Or you might hate it. That's okay too.                           |
| 12 | <b>What to see?</b><br>In Lithuania, your next adventure might literally be around the corner. Discover what's hiding in plain sight.          | 26 | <b>Health</b><br>Whether you're a student or not – health is important!  |
| 14 | <b>Accommodation</b><br>Already know where you'll live? Sort it out early and avoid stress when you arrive!                                    | 28 | <b>Everyday essentials</b><br>Mobile data is fast and cheap, Wi-Fi is widely available, and banking is easy with card and phone payments everywhere. |
| 16 | <b>Getting around</b><br>Getting around Lithuania is simple and affordable, with public transport, scooters, and bike-sharing in major cities. | 29 | <b>Work in Lithuania</b><br>Kick-start your career!  |

## Ready to dive in?

Let's co-create  
your journey!



# DISCOVER KAUNAS

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



## KAUNAS RELOCATION GUIDE

Kaunas

## TABLE OF CONTENTS

### INTRO

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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.





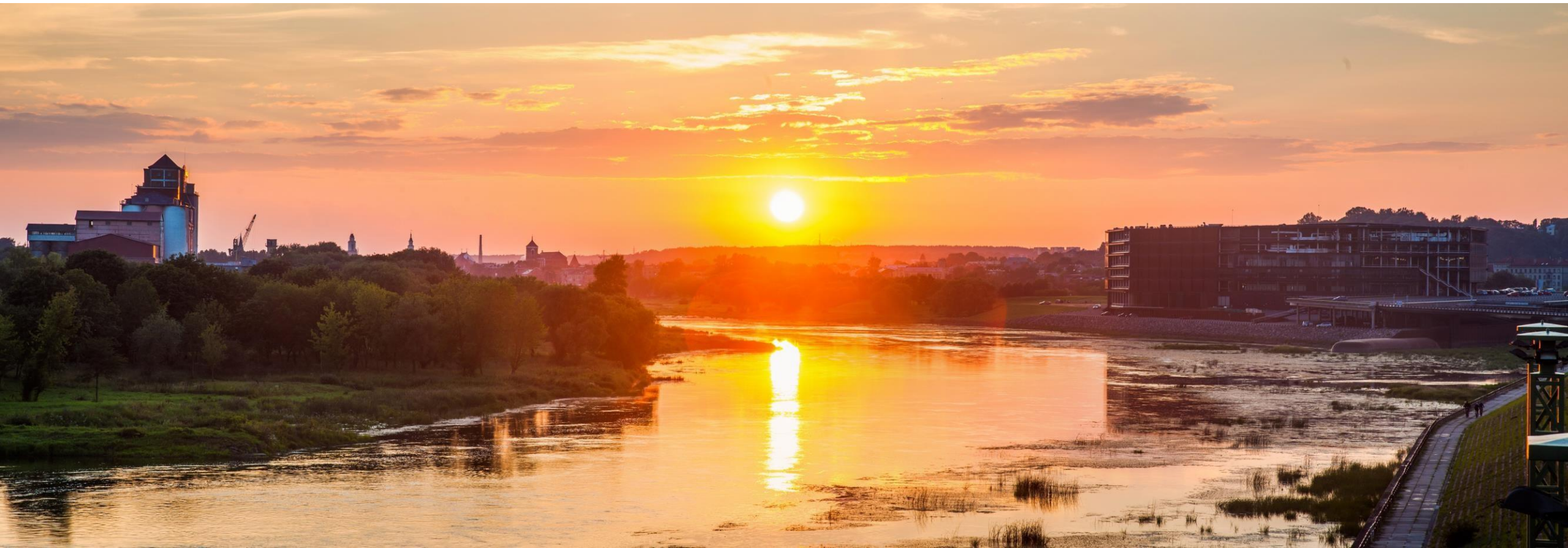
# IMMERSE YOURSELF INTO SOCIAL AND CULTURAL ACTIVITIES!

- 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)

# 2026

January						
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31						

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# TRAVEL

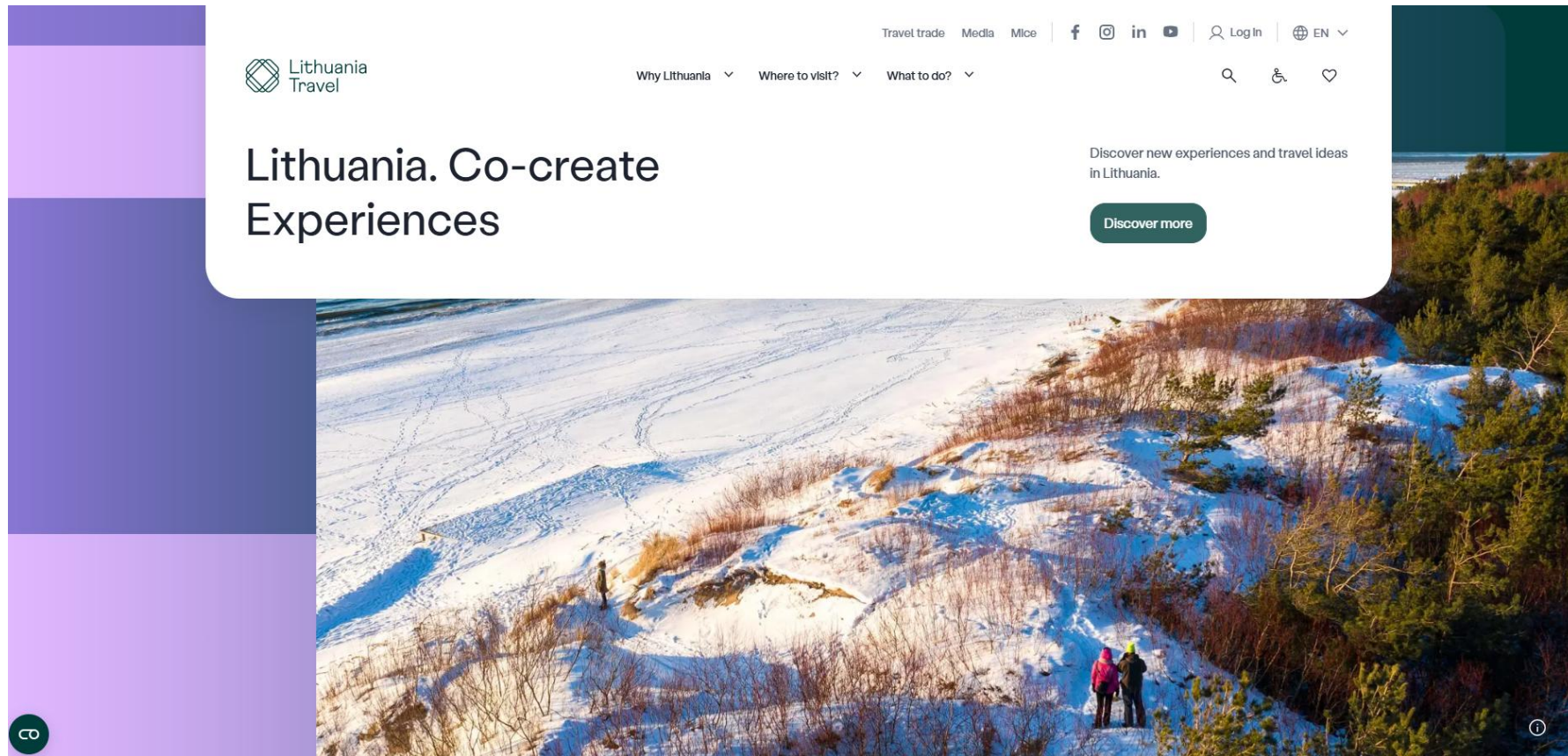
<https://kaunastika.lt/map/modernists-guide>





# TRAVEL

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



# 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>

 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 Wroclaw, Poland

To Riga, Latvia

To Tallinn, Estonia

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

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

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

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

<https://global.flixbus.com/>

By train:

Vilnius–Riga (Latvia)

Vilnius–Tallinn (Estonia)

Vilnius–Warsaw–Krakow  
(Poland)

<https://ltglink.lt/>

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

Kaunas – Kaišiadorys, Kaišiadorys  
– your destination

**Traukinys,  
kurio LABAI laukei!**  
**Vilnius–Ryga**  
**KASDIEN**

Vilnius      Ryga  
Kaišiadorys      Šiauliai      Joniškis      Jelgava

**LTG LINK**  
Kam važiuoti, jei gali keičiat?      Informacija  
+370 700 5511  
ltglink.lt

Daugiau  
informacijos  
rasite nuskaityę  
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, esports, 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](mailto: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](mailto: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](mailto:savanoriai@patria.lt), [jst@patria.lt](mailto: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](#)

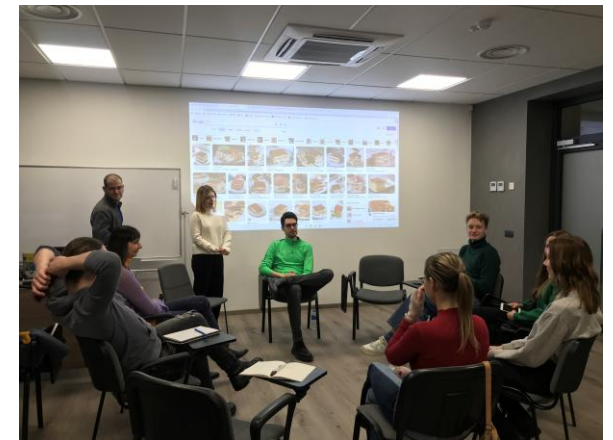
Or

- 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



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



French Language and Culture Club "Voilà"  
[https://www.instagram.com/voila\\_vdu/](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/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](#)
- [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](#)

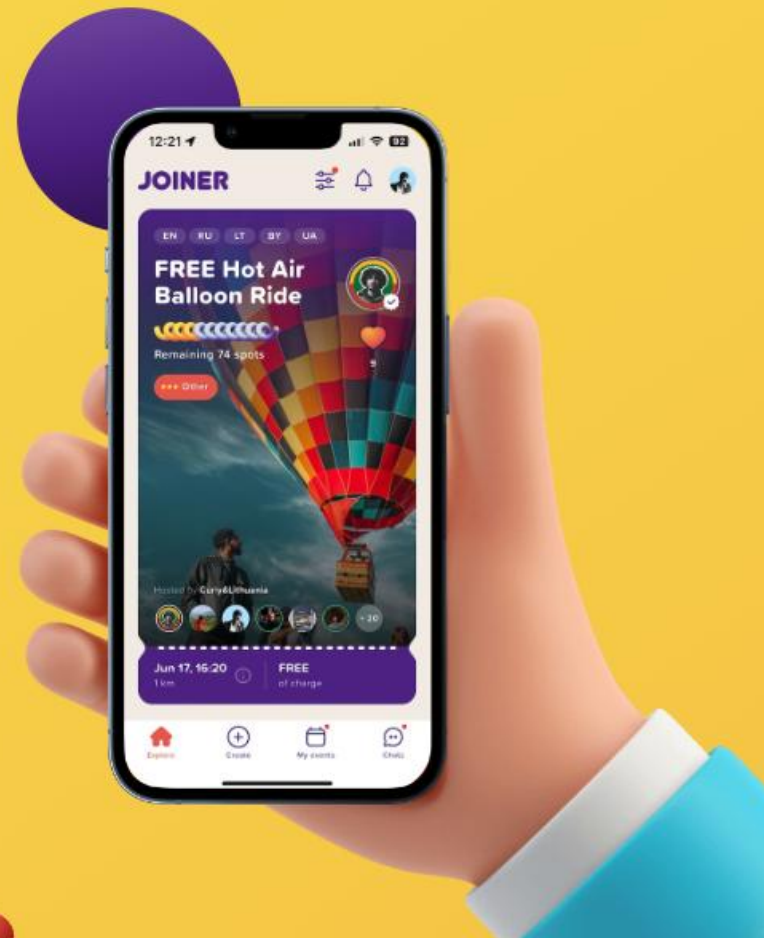


# COMMUNITIES

<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](mailto: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 (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:

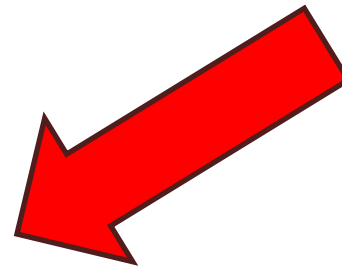
- [VMU User Name and Password](#)
- [Courses' Selection and Online Registration System \(for full-time and exchange students\)](#)
- [Online Study Platform "Moodle"](#)
- [AI Tools for Information Retrieval](#)

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