

# Students Well-being ABC: everything you need to know



VYTAUTO  
DIDŽIOJO  
UNIVERSITETAS  
MCMXXII



VDU STUDENTŲ  
GEROVĖ



# Components of Student Welfare

- Psychological health (stress, emotional well-being, psychological support)
- Physical activity and healthy lifestyle
- Academic Balance and Productivity
- Social relations and community spirit

## Students Well-being coordinator

If you encounter problems, face challenges, or just want to talk, you can reach out to the Student Wellbeing Coordinator or the mentors of the 'Peer-to-peer' mentoring program. The coordinator:

- Provides support and consults all students with well-being related topics
- Coordinates "Peer-to-peer" mentorship program
- All information: [Students well-being](#)
- Write: [studentas@vdu.lt](mailto:studentas@vdu.lt)



Students Well-being ABC: everything you need to know

## Mentoring program „Peer to peer“



# Departments and centers that you might find useful

## Psychology Clinic

- Located at the Faculty of Social Sciences (Jonavos str. 66, Kaunas)
  - Consultations are taking place in Kaunas (Jonavos St.) and Kaunas District. (Akademija), Vilnius (T. Ševčenkos St. 31 - 328). Also at a distance.
- Provides FREE psychological consultations to VMU students
- Professional psychologists work
- All information: [psichologijosklinika.vdu.lt/english/](https://psichologijosklinika.vdu.lt/english/)
- Write: [psichologijos.klinika@vdu.lt](mailto:psichologijos.klinika@vdu.lt)


## Students Well-being ABC: everything you need to know



psichologijosklinika.vdu.lt/english/

BA PAGALBA OFFICE365 PRINT VDU VDU Biblioteka Studentų gerovė -... „Bookings“ – Greta... OneDrive Studijų dalykas: Ispa... Intranetas – Home Practical

Naujienos Skubi pagalba Psichologinė pagalba Moksliniai tyrimai Mokymai Apie mus VMU Psychology Clinic



Titulinis » VMU Psychology Clinic

## VMU Psychology Clinic

**VMU Psychology Clinic** – the subdivision of Social Sciences faculty, which provides services within community of the University.

**VMU Psychology Clinic offers different forms of psychological support 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 a separate group of international students is formed!

**PSYCHOLOGICAL CONSULTATIONS** at the VMU Psychology Clinic are provided face-to-face or remotely. **Registration is required via this form.**

**TIMETABLE OF CONSULTATIONS 2025**

## Legal Clinic

- Located at the Faculty of Law (Jonavos str. 66, Kaunas)
- Free Initial Legal Aid for Students and Citizens
- Consults on family, criminal, contract, etc. law issues
- All information: [www.teisesklinika.vdu.lt](http://www.teisesklinika.vdu.lt)
- Write: [teises.klinika@vdu.lt](mailto:teises.klinika@vdu.lt)



## VMU Chaplaincy

- You can find it at V. Putvinskio g. 23- 105, Kaunas
- Takes care of spiritual well-being and inner growth
- Activities: joint prayers, discussions, seminars, meetings
- Facebook: **VDU Akademinė sielovada**
- Instagram: **@vdu\_sielovada**



VYTAUTAS  
MAGNUS  
UNIVERSITY  
MCMXXII

[Home](#) > [Structure and Management of VMU](#) > [Academic and Student Clubs](#) > [VMU Chaplaincy](#)

Community Well-being and Equal  
Opportunities at Vytautas Magnus  
University

Sponsorship

VMU school network

Comprehensive University

VMU Infrastructure

## VMU Chaplaincy

The Academic Chaplaincy cares for the spiritual needs of the members of the academic community. Its mission is to be together through open and academic (interdisciplinary) dialogue, to protect and respect each person's identity, to speak about God from a scholarly, academic perspective, and thus open opportunities to know Christ in new and deeper ways. It invites the academic community to celebrate faith and profess it according to the tradition of the Church. The organization offers concrete ways to foster personal Christian determination and responsibility, encourages students toward mature friendships, accepting everyone as they are, and helps them to recognize and embrace their vocation. The renewed Chaplaincy invites all to join in giving meaning to the academic year by actively participating in chaplaincy activities, discovering their talents, offering them through volunteering, and growing together in faith and in the everyday life of study.

## Department of Studies

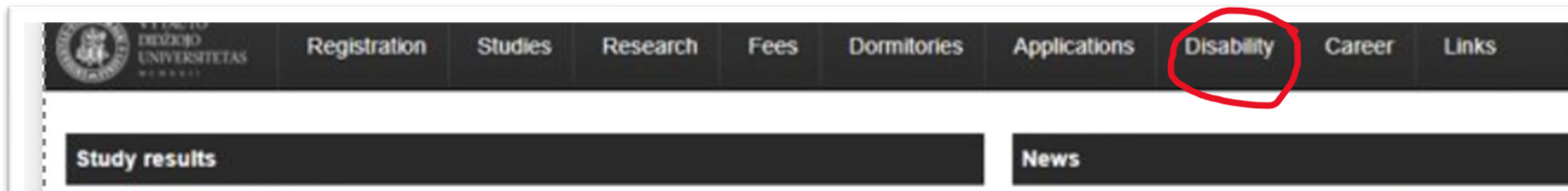
- Taking care of the smooth study process at VMU
- Department of Study Organization – Planning, Execution
  - Write: [studijos@vdu.lt](mailto:studijos@vdu.lt)
- Department of Quality in Studies – Surveys, Quality Improvement
  - Write: [kokybe@vdu.lt](mailto:kokybe@vdu.lt)
- Lifelong Learning Unit – Assessment and Recognition of Non-Formal and Informal Competences
  - Write: [kompetencijos@vdu.lt](mailto:kompetencijos@vdu.lt)

## IT Support

- One login for all systems
- **Student Portal** (studentas.vdu.lt) – Registrations, Grades, Dormitory
- **Moodle** (moodle.vdu.lt) – study material
- **Eduroam** – free Wi-Fi at VMU
- **Library** (biblioteka.vdu.lt) – publications, databases, e-publications
- Trouble? Write: [studentas@vdu.lt](mailto:studentas@vdu.lt)

## Disability Coordinator

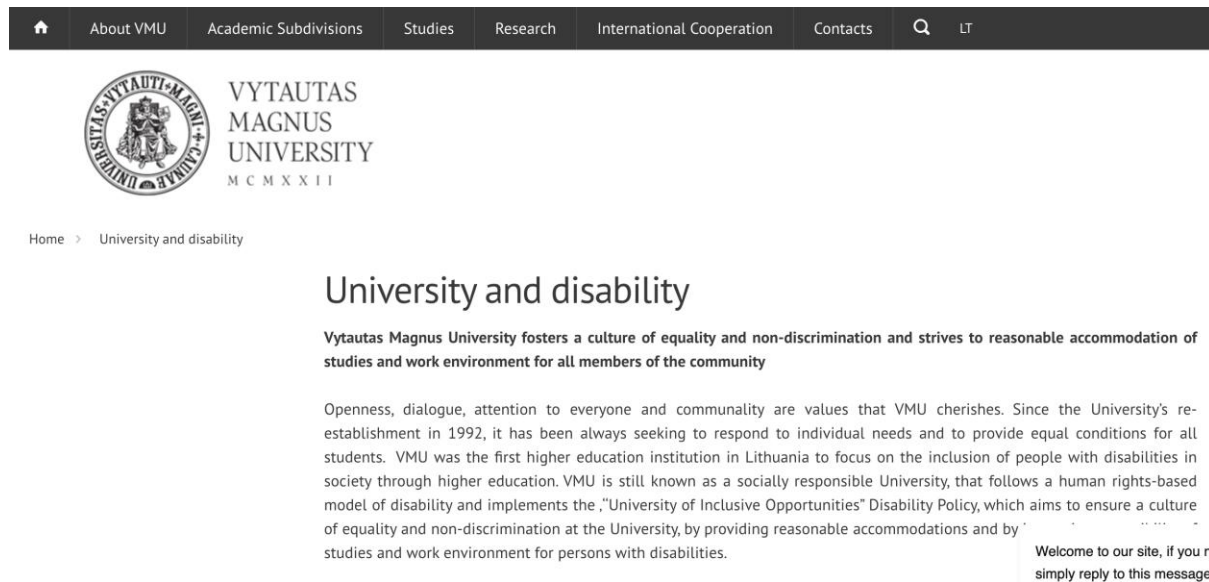
- Consults on the adaptation of studies to **individual needs**
- Helps with financial support and dormitory customization
- Coordinates cooperation between faculty, lecturers and student
- Implements the policy of the "University of Inclusive Opportunities"
- All information: [www.vdu.lt/negalia](http://www.vdu.lt/negalia)
- Write: [negalia@vdu.lt](mailto:negalia@vdu.lt)





VMU Disability Affairs Coordinator Miglė  
Janušauskaitė

## More information: [University and disability](#)



The screenshot shows the top navigation bar of the VMU website with links: Home, About VMU, Academic Subdivisions, Studies, Research, International Cooperation, Contacts, and a search icon. Below the navigation bar is the VMU logo and name. The main heading is 'University and disability'. The text states: 'Vytautas Magnus University fosters a culture of equality and non-discrimination and strives to reasonable accommodation of studies and work environment for all members of the community'. It further explains that the university values openness, dialogue, and communality, and has been seeking to respond to individual needs since its establishment in 1992. It mentions that VMU was the first higher education institution in Lithuania to focus on the inclusion of people with disabilities and follows a human rights-based model of disability. The page concludes by stating that the university implements the 'University of Inclusive Opportunities' Disability Policy to ensure a culture of equality and non-discrimination through reasonable accommodations.

Home > University and disability

### University and disability

**Vytautas Magnus University fosters a culture of equality and non-discrimination and strives to reasonable accommodation of studies and work environment for all members of the community**

Openness, dialogue, attention to everyone and communality are values that VMU cherishes. Since the University's re-establishment in 1992, it has been always seeking to respond to individual needs and to provide equal conditions for all students. VMU was the first higher education institution in Lithuania to focus on the inclusion of people with disabilities in society through higher education. VMU is still known as a socially responsible University, that follows a human rights-based model of disability and implements the "University of Inclusive Opportunities" Disability Policy, which aims to ensure a culture of equality and non-discrimination at the University, by providing reasonable accommodations and by

studies and work environment for persons with disabilities.

Welcome to our site, if you need help, simply reply to this message.

## Equal opportunities at university (I)

- VMU strives to create a **safe, healthy, inclusive and respectful environment** for all members of the community
- Human rights are guaranteed: **dignity, non-discrimination, equal opportunities** regardless of:
  - gender, age, sexual orientation
  - race, religion, language, culture
  - disability, socio-economic or marital status
- Every member of the community has the right to feel: **free, safe, accepted, heard**

## Equal opportunities at the university (II)

- Students undertake to comply with the **Code of Ethics** by signing the contract
- **Ethical relations at the university:** respect, collegiality, tolerance, fair competition
- **The Ethics Commission** examines violations
- The following are considered to be violations:
  - sexual harassmen
  - mobbing
  - discrimination
  - other unethical behaviour or omissions



## Equal opportunities at the university (III)

- If you notice discrimination, harassment or mobbing, → contact the **Hotline**
  - Write: [pasitikejimo.linija@vdu.lt](mailto:pasitikejimo.linija@vdu.lt)
  - Confidentiality guaranteed
- **Prevention of sexual harassment**
  - It is important how the situation is viewed by the person who is experiencing the behavior
  - Difference between flirting and harassment:
    - Flirting → pleasant for both parties
    - Harassment → unwanted, pleasing only to one side

Students Well-being ABC: everything you need to know



Equal Opportunities Coordinator  
Laura Lapinskė  
laura.lapinske@vdu.lt  
+370 612 55567



## More centers that can offer their services

- [Career centre](#)
- [Students centre](#)
- [Sports centre](#)
- [Arts centre](#)

# Online Student Consultation Registration System

- Electronic system for booking student consultations to make it easier and more convenient for students to quickly register for various consultations offered by the university.
- Using this system, students can now register for:
  - Career consultations
  - Disability-related consultations
  - Student well-being consultations
- How to register for a consultation?
  - Log in to the Student Self-Service Portal (<https://studentas.vdu.lt>) and select Registration → Consultations from the menu. Choose the desired consultation area, topic, and consultant, as well as the consultation time, then click Register. In the comment field, answer any required questions and click Register again.

# Students Well-being ABC: everything you need to know



VYTAUTO  
DIDŽIOJO  
UNIVERSITETAS  
MCMXXII



VDU STUDENTŲ  
GEROVĖ

