

LITHUANIAN SPORTS UNIVERSITY



A GUIDE FOR INTERNATIONAL STUDENTS



LIETUVOS SPORTO UNIVERSITETAS
LITHUANIAN SPORTS UNIVERSITY



A GUIDE FOR INTERNATIONAL STUDENTS



www.lsu.lt

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WELCOME TO LITHUANIAN SPORTS UNIVERSITY!

Studying abroad is at the same time adventurous, fascinating and challenging. As one Erasmus student summed up his experience, "It was a journey to the unknown". It is always good to take a map in this kind of journey. Thus, it is our great pleasure to place this "little map" into your hands to make your stay in Kaunas most enjoyable and rewarding.

A guide for foreign students is designed to answer many questions that usually arise for students going to study abroad. It is aimed to introduce you to some general facts about Lithuania, the city of Kaunas and the Lithuanian Sports University. Along with this basic information, the guide contains a lot of vital practical information to make your day-to-day life in Kaunas easier and more comfortable.

We welcome you to Kaunas, the heart of Lithuania!



LITHUANIA

QUICK FACTS:

Official name: **Republic of Lithuania**

Capital: **Vilnius**

Area: **65,300 sq. km**

Population: ~ **3 million**

Government: **Parliamentary Republic**

Official Language: **Lithuanian**

HISTORY

The first Baltic tribes settled on what is now known as Lithuanian territory in the 7th-2nd centuries BC. Lithuania was mentioned for the first time in Qedlinburg Annals in 1009. The Lithuanian State was formed in the early 13th century when the Grand Duchy of Lithuania was established by the Duke Mindaugas who was crowned the first King of Lithuania in 1253. By the 14th century Lithuania developed into one of the most powerful states in Eastern Europe. For the next two centuries the newly established state had been invaded by the Teutonic Knights, though Lithuania was not conquered. In the 14th and 15th centuries during the rule of the Grand Duke Vytautas the Great, Lithuania was one of the largest states in Europe, extending from the Baltic Sea to the Black Sea. At the same time it was the last country in Europe to accept Christianity. Lithuania progressively entered European culture.

The Renaissance brought marked cultural advances - the first Lithuanian book was printed in 1547, and Vilnius University was founded in 1579. Signing the Union Act in Lublin in 1569, Lithuania and Poland formed a Commonwealth (Rzeczpospolita). After partitioning of the Commonwealth in 1795, Lithuania was incorporated into Russia. For more than a century Lithuania had to fight against the Tsarist oppression when Lithuanian schools, language and press were banned.

In 1918 the Council of Lithuania proclaimed the re-establishment of the Independent State of Lithuania. The Republic of Lithuania existed only for a very short period of time until the World War II. In 1940 Lithuania was occupied and annexed by the Soviet Union and remained under its authority for fifty years. In 1988 a national movement started leading to one of the remarkable historical dates - March 11, 1990, when the Supreme Council declared the restoration of Lithuanian independence. The year 2004 was marked by two significant events for the country – Lithuania joined NATO and the European Union.

GEOGRAPHY

Lithuania is the largest and southernmost of the three Baltic states, having 99 km of coastline by the Baltic Sea. The territory of Lithuania covers 65,300 sq. km and is larger than such countries as Belgium, Denmark, the Netherlands or Switzerland. Lithuania borders with Latvia, Belarus, Poland and the Kaliningrad region of Russia. Forming an extension of the East European plain, Lithuania is a land of outstanding scenic beauty with thousands of lakes, meandering rivers

and ancient woodlands. On the basis of the traditionally developed differences in the character, dialect, houses and cuisine of the people, Lithuania is divided into four ethnographic regions: Žemaitija, Aukštaitija, Dzūkija and Suvalkija.

LANGUAGE

The Lithuanian language is the oldest of the living Baltic tongues and belongs to the family of Indo-European languages. Having formed in the 5th century AD, Lithuanian is rich in dialects and regional accents. The formation of Literary Lithuanian started with printing of the first Lithuanian book in 1547. Lithuanian alphabet is Latin-based and has 32 letters.

ETHNIC COMPOSITION AND RELIGION

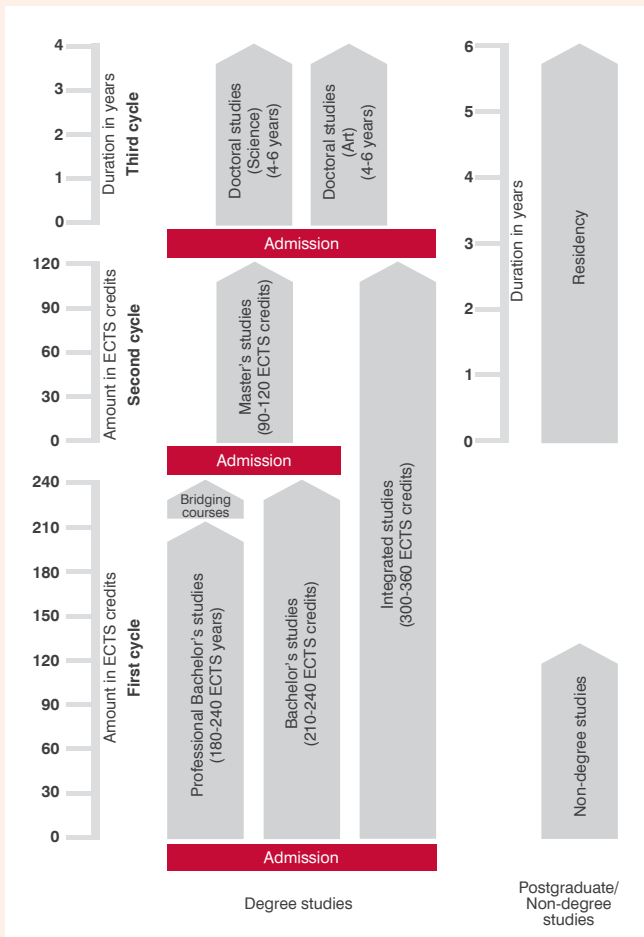
The ethnic composition is represented by 84.2 % of Lithuanians, 6.6 % of Poles, 5.8 % of Russians, 1.2 % of Byelorussians and 2.2% of other minorities.

Most of Lithuanians are Roman Catholic. In addition, Lithuania has long established communities of Old Believers, Evangelical Lutherans, Orthodox Christians, Reformed Evangelicals, Eastern Rite Catholics, Moslems, Jews and others.

HIGHER EDUCATION SYSTEM

Higher education institutions in Lithuania are divided into two types: universities and colleges. As in many other countries, these are either state or non-state.

HIGHER EDUCATION SYSTEM IN LITHUANIA



Colleges may provide only first cycle (undergraduate) professional bachelor study programmes oriented towards training for professional activities and leading to a professional Bachelor's degree or professional qualification.

University studies are organized in three cycles: first cycle studies leading to a Bachelor's degree ('Bakalauras') and lasting three and a half to four years; second cycle studies leading to Master's degree ('Magistras') and lasting one and a half to two years; and third cycle doctoral studies leading to Doctor's degree ('Daktaro mokslo laipsnis') and lasting for four years.

First cycle university study programmes provide universal general education, theoretical preparation and professional capacity of the highest level, and on their completion give access to the second cycle of university studies. Second cycle (Master's degree) studies are designed to prepare students for careers requiring scientific knowledge and analytical skills and competences. After a Master's degree is obtained, a student may pursue third cycle (doctoral) studies. Doctor's degree is awarded after completing doctoral studies and defending a thesis.





KAUNAS

Kaunas is the second largest city in Lithuania with a population of over 306,000. The city is situated in the centre of Lithuania at the confluence of two longest Lithuanian rivers the Nemunas and the Neris. A lively student city with seven universities located in the heart of Lithuania, Kaunas is also known as the capital of Lithuanian basketball.

History. Kaunas has been developing for many centuries and experienced many ups and downs. The city and its castle were first mentioned in historical chronicles in 1361. Kaunas was a medieval trading centre and its stone castle served as an important stronghold against the forces of the Crusaders. In 1408 under the Grand Duke of Lithuania Vytautas the Great the city was awarded the Magdeburg rights acquiring the status of municipal autonomy. In 1795 Kaunas and

a bigger part of Lithuania were subordinated to the Russian Empire for more than one century. Between the World Wars of the 20th century Kaunas was the provisional capital of a short-lived Republic of Lithuania. This interwar period was marked by prosperity and is considered the Gold Age of the city. During the Soviet occupation followed after the World War II Kaunas became the symbol of Lithuania's statehood.

Where past and present meet. The centre of Kaunas is divided into the Old and New Town. The Old Town is a remarkable archaeological monument and an architectural masterpiece incorporating Gothic, Renaissance and Baroque styles. It is a concentration of the ancient architectural monuments, such as the remnants of the 13th century stone castle, the impressive Town Hall, popularly known as the White Swan, and Vilnius street, a characteristic trade street of the Middle Ages. The New Town is represented by Laisvės Alėja, a central pedestrian street often called the "Heart of Kaunas" where numerous hotels, shops, restaurants, cafes, and bars are located.

Cultural life. Kaunas has perhaps the largest number of museums and art galleries situated in a single city in Lithuania. M. K. Čiurlionis' Art Gallery is one of the oldest and largest national museums attracting visitors with its unique collection painted by the famous Lithuanian artist and composer Mikalojus Konstantinas Čiurlionis (1875 – 1911). Kaunas also has eight theatres with a rich repertoire from historical to contemporary drama from national and international playwrights. Annual traditional and modern musical and show events make city life vital and colourful. The International

festival *Kaunas Jazz* attracts renowned performers around the world. The admirers of classical music can enjoy concerts in *Pažaislis Classical Music Festival* that takes place in the surrounding of a magnificent baroque monastery. In the end of May towns people and guests come together to celebrate the birthday of Kaunas – *Kaunas City Day*. The annual three-day festival lights up the main pedestrian street from the New Town all the way through to the Old Town with fancy dress parades, street stalls, theatrical processions, concerts, fairs and other eye-catching events.

More information: www.kaunastic.lt





LITHUANIAN SPORTS UNIVERSITY



Lithuanian Sports University (LSU), founded in 1934, is a specialised public higher education institution that has developed its unique traditions in sport, leisure and health sciences.

With its mission to contribute to the sustainable development of society through international-level research and academic excellence, LSU is known as a leading academic and research centre in sports science in the Baltic Sea region. Starting with the enrolment of 100 students, the LSU has developed and expanded over the years and decades into an institution with nearly 2000 students.

The LSU offers 20 degree study programmes at all three study cycles (9 undergraduate, 9 Master's and 2 PhD), mainly in sport science, where studies, research and practice are closely interconnected. Among the LSU graduates, there are many distinguished scientists, world-renowned coaches, famous athletes, and prominent public figures. A great number of the LSU students and graduates have become champions and prize-winners of the Olympic Games, world and European championships.



Academic Units

FACULTIES

Faculty of Sport Biomedicine

Faculty of Sport Education

DEPARTMENTS

Department of Applied
Biology and Rehabilitation

Department of Coaching
Science

Department of Health,
Physical and Social
Education

Department of Sport
Management, Economics
and Sociology

INSTITUTES AND CENTRES

Institute of Sport Science
and Innovations

National Wellness Institute

Career and Competence
Development Centre

Sports and Leisure Centre

IT and Distance Education
Centre

Centre for Academic Quality
Supervision



INTERNATIONAL RELATIONS OFFICE



The LSU seeks to develop partnership with higher education institutions and organisations from different countries, aiming to mutually benefit from the diversity of educational practices and cultural values, and develop its identity recognisable by other universities and community at large.

The LSU has academic exchange agreements with over 60 European Universities and holds active membership in 14 international organisations and networks. Every year the University sends and receives increasing numbers of students and teachers through in the framework of such academic mobility programmes as Erasmus and Nordplus.

The International Relations Office (IRO) offers support with the aim to create opportunities for local students to get a taste of Europe and for international students to experience the student life in Lithuania.

THE IRO STAFF:

Ms. Irena Čikotienė

Head of International Relations Office

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Mr. Tomas Kukenys

ERASMUS Institutional Coordinator

(incoming/outgoing staff)

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For contacts:

Tel. +370 37 302672

trs@lsu.lt

erasmus@lsu.lt

Postal Address:

International Relations Office

Lithuanian Sports University

Sporto g. 6

LT-44221 Kaunas

Lithuania

Visiting address:

LSU Central Building

Rooms 230 and 231

Open office hours:

Tue, Thurs

13:30-16:30

INTERNATIONAL STUDY PROGRAMMES

BACHELOR DEGREE STUDIES

European Bachelor in Physical Activity and Lifestyle (PAL)

Duration: 3.5 years (Full-time) 210 ECTS Credits

Sports Coaching (Coach in selected sports: athletics, baseball, basketball, body-building, judo, fitness, handball, sport aerobics, sport dancing, and volleyball)

Duration: 4 years (Full-time) 240 ECTS Credits

MASTER DEGREE STUDIES

Tourism and Sports Management

Duration: 1.5 years (Full-time) 90 ECTS Credits

Physiotherapy

Duration: 2 years (Full-time) 120 ECTS Credits

Sports Physiology and Genetics

Duration: 2 years (Full-time) 120 ECTS Credits

European Master in Basketball Coaching Science (in partnership with the University of Worcester, UK)
Duration: 1.5 years (Full-time) 90 ECTS Credits

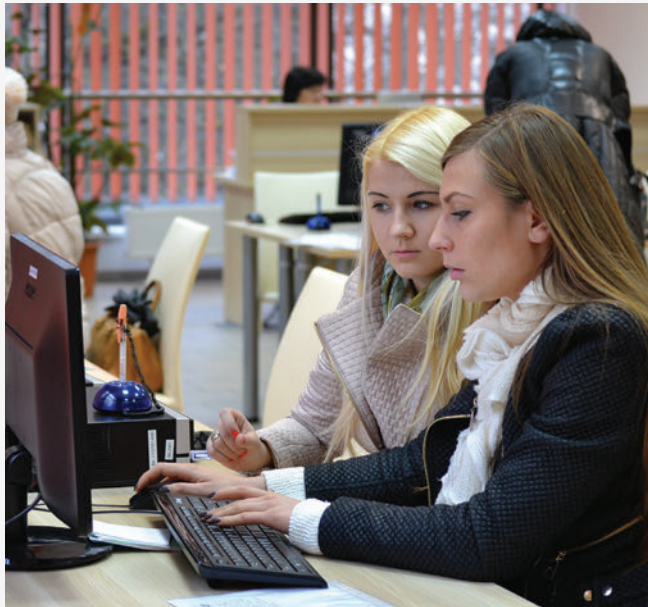
DOCTORAL STUDIES

Biology (Biomedical Sciences) – joint doctoral studies with the University of Tartu, Estonia
Duration: 4 years (Full-time)

Education (Social Sciences)
Duration: 4 years (Full-time)

For more information please visit www.lsu.lt/en/studies/study-programmes





ADMISSION PROCEDURE

FOR DEGREE STUDENTS

General Admission Requirements

Foreign nationals can be admitted into the English taught programmes of the Lithuanian Sports University if they

provide the legalized secondary school, high school or college certificate or diploma. Transcripts must be officially translated into English.

The recommended English language skills for degree or exchange students at the start of their study period are B2 according to the Common European Framework of Reference for Languages (CEFR).

Application Procedure

1. Fill in and send the application form together with supporting documents listed below.
2. You will receive the acceptance letter after the successful selection.
3. Send the proof of payment (transfer) of the tuition fee for the first study year.
4. After receiving the tuition fee, the University will send you the intermediation documents for the Lithuanian Embassy.
5. Apply for Lithuanian D visa and residence permit in the nearest Lithuanian Embassy or Consulate (in case you do not receive visa, the tuition fee will be returned, excluding bank transfer payment).
6. Get ready for your trip to Lithuania and inform us about your arrival date.
7. Come to the Lithuanian Sports University and sign the Arrival Registration Form until September 1.

Documents to be submitted when applying

- Filled-in application form
- Copy of the passport (for non EU citizens) or ID card (only for EU and EEA citizens)
- Copies of the documents of previous education including grades (legalized and notarized translation into English of a secondary school certificate, diploma etc.)
- Recognition document of foreign qualifications issued by the Lithuanian Centre for Quality Assessment in Higher Education
- Complete Health Certificate;
- 3 recent passport size photos (3x4cm.);
- Copy of the proof of payment of the application fee;
- Copy of the certificate that shows the proficiency level in the English language (not applicable to those applicants whose education is acquired in English).

Note: Applications must be filled out correctly and in time. Applications will not be processed unless they include all above listed documents. The Admission Committee may request additional documents during the review process.

Application deadline:

1st of May for non EU and EEA citizens

15th of June for EU and EEA citizens

FEES:

Application fee

All applicants have to pay a non-refundable application fee of 60 EUR.

Tuition fee

The selected applicants have to pay a tuition fee for the first study year (please visit www.lsu.lt/en for the detailed information about tuition fees).

All payments should be made to the bank account of the Lithuanian Sport University as follows:

Account holder: Lietuvos sporto universitetas

Address: Sporto Str. 6, Kaunas, LT-44221, Lithuania

Institutional code: 111951530

Name of the bank: AB SEB bankas

Bank Code: 70440

Address of the bank: Laisvės al. 82/Maironio g. 17,
LT-44250 Kaunas, Lithuania

IBAN number: LT04 7044 0600 0332 5574

SWIFT/BIC: CBVILT2X

Payment details: application fee or tuition fee

Note: Please indicate your name and surname in payment details.

The application and required enclosures should be sent to the following address:

International Relations Office

Lithuanian Sports University

Sporto Str. 6.

LT-44221 Kaunas

Lithuania

For contacts: admission@lsu.lt



FOR EXCHANGE STUDENTS

The international students coming to LSU within the mobility programmes or bilateral agreements for short-term studies or practical placement are treated according to the programme or agreement conditions, and are exempt from the tuition fee.

Students from the Partner University are advised to contact the coordinator at their home institution to check if they meet all requirements for participation in the exchange programme.

The student's home institution should send to the Lithuanian Sports University the **nomination letter** containing the following information:

- student's name and surname

- gender
- email address
- field and level of study
- planned duration of study period (semester, full academic year)

Once a student has been nominated by his/her home university, he/she should send the following documents:

- Application form for exchange students
- Learning agreement
- Transcript of records
- Copy of passport (Identity card)
- 4 passport size photos
- Application form for accommodation
- Health certificate¹

Note! All students coming for the traineeship must have liability insurance.

The required documentation should be sent to the International Relations Office before the deadlines:

15th of May - for autumn semester

15th of November – for spring semester

¹ **Important!** You need an original certificate of good health from a medical doctor or hospital stating that: 'you do not suffer from any chronic illness(es) and you are medically/mentally fit to study and do sports', which attests that you are in good health and fit for practical courses in sports. This certificate must not be older than 3 months at the time of registering.

ACADEMIC INFORMATION

ACADEMIC CALENDAR

The academic year is divided into two semesters:

Autumn Semester: beginning of September – end of January

The Autumn Semester	16 weeks
Christmas holidays	2 weeks
Autumn semester examination period	4 weeks

Spring Semester: beginning of February – end of June

The Spring Semester	16 weeks
Easter holidays	1 weeks
Spring semester examination period	4 weeks
Summer holidays	9 weeks

CREDIT SYSTEM

All courses are measured in ECTS credits which are based on student workload needed to achieve expected learning outcomes.

60 ECTS credits = 1 full-time academic year

30 ECTS credits = 1 semester

1 ECTS credit = 25-30 working hours

GRADING SCALE

A ten-point grading scale, with 1 as the lowest and 10 as the highest grade is used for the assessment of examinations, projects, homework, tests and other tasks at the Lithuanian Sports University. These grades correspond to the ECTS scale as follows:

Result	LSU Grade	Short description in Lithuanian	Performance description	Approximate equivalent in ECTS
Pass	10	puikiai	Excellent performance, outstanding knowledge and skills (excellent)	A
	9	labai gerai	Strong performance, good knowledge and skills (very good)	B
	8	gerai	Above the average performance, knowledge and skills (good)	C
	7	vidutiniškai	Average performance, knowledge and skills with unessential shortcomings (highly satisfactory)	D
	6	patenkinamai	Below average performance, knowledge and skill with substantial shortcomings (satisfactory)	D
	5	silpnai	Knowledge and skills meet minimum criteria (sufficient)	E
Fail	4	nepatenkinamai	Knowledge and skills do not meet minimum criteria/below minimum criteria (insufficient)	F/FX
	3			
	2			
	1			

GENERAL PRACTICAL INFORMATION

VISA AND RESIDENCE PERMIT

The citizens of 78 recognized countries do not require a visa to enter the country (a list of countries is available at: www.migracija.lt).

Citizens of other countries need to apply for a Schengen visa or a National visa at Diplomatic Missions or Lithuanian Consulates. There will be a charge for the issue of a visa.

Types of visas:

- Schengen visa for visits of less than three months
- National visa (D) for visits of between three months and a year.

If you are a citizen of a country that requires a visa, you should apply for a National visa (D). With this visa, you will be granted entry into Lithuania and you will be permitted to remain in the country for a longer period than three months.

A National visa (D) may be single entry or multiple entries

and will be issued for a period not exceeding one year. A National visa for a single entry (D) is issued to a foreign national who has been granted a permit of temporary or permanent residence in the Republic of Lithuania.

A National visa for a multiple entry (D) is issued if:

- you are a foreign national (non-EU) student arriving in the Republic of Lithuania for studies according to international student exchange programmes or the student exchange programmes drawn up by a higher education institution operating in the Republic of Lithuania and a foreign Higher Education institution.
- you are a foreign national (non-EU) student admitted to study at a higher education institution registered and operating in the Republic of Lithuania.

Information on the documents required to apply for a visa is available at: www.migracija.lt

Temporary Residence Permit

If you are you coming to study from a country not belonging to the European Union, you will need to apply for a *Temporary Residence Permit* as soon as you arrive in Lithuania. The permit gives a foreign national the right to live temporarily in Lithuania for a stated period. With this document, you will be able to select a residence, change it, leave the country and return while the permit for temporary residence is valid.

If you change your place of residence, you must notify the immigration office or the public police division at a territorial police division. Also, if you leave Lithuania for a period of





more than six months you must inform the authorities of this.

A permit for temporary residence in Lithuania is usually issued for a period of one year, but it may be issued for a shorter period as well. Anyone of Lithuanian origin and foreign nationals who have retained the right to citizenship of the Republic of Lithuania can be issued a permit for temporary residence for a period of five years.

More information on residence permits in Lithuania is available at:
www.migracija.lt

HOW TO GET TO KAUNAS

International students and visitors are usually met upon their arrival. It is therefore important that you contact the International Relations Office and inform us about the date, time and place of your arrival at least a week in advance. The city of Kaunas is located in the centre of Lithuania, 100 km north-west of Vilnius. The city can easily be reached by plane, train or coach.

By Plane

Kaunas Airport is a small, modern airport situated in Karmėlava, about 12 km north from the centre of Kaunas. Low fare airlines *Ryanair* and *airBaltic* operate between Kaunas and over 20 different European cities. You can take a City bus No 29, a minibus No 120 or a taxi to get to the centre of Kaunas. If you arrive to Kaunas on a late night flight, City bus No. 29E is for your convenience. Every day the bus leaves the Airport for the city centre only after the last flight has arrived.

www.kaunas-airport.lt

Vilnius Airport is the main international airport in Lithuania situated 5km from the centre of Vilnius where central train and bus stations are located. Thus, you will have to take a train, a City bus No 1 or a taxi to reach Vilnius Train or Bus Stations (stations are located in a walking distance from each other) where you will have to take a train or coach to Kaunas.

www.vilnius-airport.lt

By Train

If you choose to travel by train, there is a direct connection from Vilnius to Kaunas. Train tickets can be purchased at the station or in train. The journey takes approx. 1.5 hours. For routes and timetable of trains please visit the website: www.litrail.lt

Kaunas Railway Station (*geležinkelio stotis*) is located right in the city centre, a 15-minute walk from the Old Town. Lithuanian Sports University can be reached by buses No 3, 38, 43, departing from the bus stop on Vytautas street which will take you to the stop on Sporto street (the 3rd bus stop from Vytautas street). Then, you should go through the square in front of you about 200 metres to the University's central building.

By Coach

There is a direct bus connection from Vilnius to Kaunas. The journey takes 1.5-2 hours. For the coach timetables please visit the website: www.autobusubilietai.lt

Kaunas Bus Station (*autobusų stotis*) is close to the railway station. Thus, the same buses and minibuses departing from the bus stop on Vytautas Street will take you to Lithuanian Sports University.

COST OF LIVING

Lithuania is a relatively inexpensive country to live in. However, the cost of living depends very much on such factors as personal habits and lifestyle.

On average, monthly living expenses including accommodation for a single student are about €375. A student is expected to spend roughly €175 per month for food. The price for lunch at the University cafeteria *Atletas* ranges from €2.50 to €4.50. Monthly public transport ticket within the city with a discount for students costs €5.00.

The discounts from 10% to 50% for a wide range of leisure activities are offered for International Students Identity Card (ISIC) holders.

STUDENT HOUSING

The University offers accommodation for its international students at the students' dormitory. It is situated in the University campus; 5 minute walk from the city centre. The monthly rate is 224 Lt (€64,87) per person. A refundable deposit of 200 Lt (€57,92) must be paid upon arrival. Rooms are double and if a student wants to live in it alone, he/she has to pay a double fee, under the condition that there are free rooms available.

Rooms are furnished with beds, wardrobe, desk and desk chairs, also equipped with the fridge, microwave and teakettle. You do not need to bring the bedding and bed linen, as you will get it in the dormitory, but the dormitory administration does not provide towels. You also have to buy the kitchenware (flatware, cups, plates, etc.) upon arrival. The kitchen (bathroom as well) will be shared with other students. The rooms are supplied with internet connection, but not computers, therefore, you have to bring your own computer or rent it upon arrival.

Accommodation in the private sector is also available, but International Relations Office does not mediate in finding a flat and dealing with its owner. The rental price for a flat varies considerably from district to district and depends on number of rooms, living conditions, period of rent, etc. To rent a 1-2 room flat may cost from € 130 to € 300 per month or more, plus public utilities. The owner usually wants to get the payment three or more months in advance.

If you wish to be accommodated in the students' dormitory please send the application form for accommodation together with other application documents.

HEALTH CARE AND INSURANCE

At LSU a first aid doctor may be consulted during working hours in case of sudden health problems or minor pains. The LSU doctor will prescribe medicine or refer you to another doctor. Contact the International Relations Office or your mentor in case of illness and we will take you to the doctor.

In cases of accident or emergency, the First Aid Unit (Skubios pagalbos skyrius) at the Hospital of Lithuanian University of Health Sciences Kauno klinikos provides first aid to the foreigners. Emergency telephone number is 112.

All international students are supposed to have health insurance valid in Lithuania for the study period which can be obtained in the student's home country or from a Lithuanian insurance company upon arrival.

Students from EU/EEA countries are not required to have any special health insurance. European health insurance card (EHIC) confirming that a student has EU health insurance is valid in Lithuania. The EHIC holders can receive medical care provided by general practitioners or specialists and hospital treatment in institutions that have an agreement with the Territorial Health Insurance Fund, and subsidised medicines prescribed for out-patient treatment.

For more information please visit the website www.vlk.lt

Students from non EU countries applying for visa have to prove to the migration office that they have a valid health insurance. Please pay attention to the essential things that must be indicated in your insurance policy:

- The health insurance contract (policy) guarantees that all basic medical assistance costs and travel expenses which may arise in connection with the return (for health reasons) of a foreigner to his/her home country (medical transportation, including escort by medical brigade or a doctor) will be covered;
- Number of health insurance contract (policy);
- Information about the insurance company (name, address of registered office, telephone and fax numbers);
- Full name of insured person;
- The amount of health insurance contract (not less than €5800);
- Duration of health insurance contract (at least until the end of study period);
- Territorial coverage of health insurance contract (policy);
- Non-insured events (risks not covered).

FACILITIES AND SUPPORT SERVICES

LSU is well equipped with modern facilities serving for studies, research and sports activities, including computer classes, research laboratories, sport facilities, etc.

Library

The modern LSU library with over 121 thousand publications offers a lounge area for visitors, reading rooms for group work and individual study with nearly 90 workplaces, and favourable conditions for students' self-study in general. Students have remote access to the Library databases from the dormitory and other LSU premises.

Open: Mon-Thur 08.00–19.00

Fri 08.00 – 17.00

Closed Sat, Sun and the last Friday of each month

Sports and Leisure Centre

The Sport and Leisure Centre is available for the LSU students, teachers and other staff members eager to spend their leisure time in an active way. Each year the Centre organises a wide range of sports activities and annual events (competitions, tournaments, sports festivals) encouraging the students and staff to embrace physically active lifestyle. The students can take part in most of the Olympic sports and the most popular of them are basketball, football, swimming, athletics and sports aerobics.

The University's sports complex includes indoor athletics arena, indoor swimming pool, two indoor game halls, gymnastics and sports aerobics halls, boxing, wrestling and fitness gyms.

Student Union

LSU Student Union (SU) has the strongest student voice at the University where all members of the young academic community are welcomed. The SU enriches student life in every aspect through different academic and social events and projects and every student can take part in it. The SU members represent local students in the University Senate, the Rectorate, councils of the faculties, different commissions of the University and the Lithuanian Student Union (LSS) promoting students' needs and interests, expressing their opinion and helping to solve various important issues. The SU organizes such traditional entertaining and social events as the Freshmen Party, Miss Student Contest, and Charity Campaign "Christmas Gift for a Child".

International Student Identity Card

The International Student Identity Card (ISIC) is the only internationally accepted, UNESCO endorsed proof of bona fide student status. An ISIC card is valid in Lithuania. This card enables you to get a discount of 10 to 50% in Youth hostels, museums, cinemas, etc. (check www.isic.org).

Lithuanian Student Identity Card

Being a student at the LSU you are also entitled to receive the Lithuanian Student Identity Card (LSP). The card is a document that proves your student status in Lithuania and

provides you access to the University Library. The LSP is also your passport to hundreds of discounts available for students, including public transport, internet access, copying, etc. Coordinators at the Student Union will help you to obtain your LSP which costs €8.70 + bank fee. The production of LSP may take about 2-3 weeks.

Mentorship Programme

The LSU has a student mentor system for the incoming international students. The mentorship programme is based on the one-to-one communication between a student-mentor and an international student in order to make the adaptation period for incoming students much easier.

The LSU student-mentor is responsible for:

- Meeting international students at the arrival places and helping to settle at the dormitory;
- Helping students to orient themselves at the LSU Campus and in Kaunas during the first semester of their study period;
- Organising trips, leisure-time activities and informing about upcoming events, concerts, parties, etc.;
- Encouraging intercultural communication and helping international students to make new friends at the LSU.

The contact details of incoming international students will be given to the mentors by LSU International Relations Office. The student mentor will contact you via e-mail or Facebook prior to your arrival.

Orientation Week

The orientation days for international newcomers are arranged jointly with the International Relations Office and Student Union in the beginning of each semester and are packed with social events and activities. This five-day programme is designed to help new international students to become familiar with the new environment, to get to know other international students, to acquaint with the LSU Campus and Kaunas. The programme includes a welcome party, guided tours, survival Lithuanian lessons, and much more. It is our way to say *Welcome* to you.

Support for Students with Special Needs

The LSU community seeks to provide access and necessary support for students with disabilities or special needs to ensure equal opportunities for the enrolled students and integrate them into the academic environment, including studies, research and active leisure.

The University campus and its premises are fully or partly adapted to the needs of disabled students and students with reduced mobility, including reserved parking spaces for disabled, wheelchair elevators, disabled ramp access, adapted dormitory rooms, etc. The FM systems are available for students with hearing impairments to aid them in following lectures. At the request of the student, the University will design an individual study schedule adapted to individual needs of the disabled students.

USEFUL FACTS ABOUT LIVING IN LITHUANIA

Public Holidays

January 1	New Year's Day
February 16	Independence Day
March 11	Restoration of Lithuania's Independence Easter
May 1	International Labour Day
First Sunday of May	Mother's Day
First Sunday of June	Father's Day
June 24	St John's Day (Midsummer Day)
July 6	Crowning of Mindaugas (Day of Statehood)
August 15	Feast of the Assumption of the Blessed Virgin
November 1	All Saints' Day
December 25/26	Christmas



Time Zone

Lithuania is part of the Eastern European time zone (GMT + 2 hours).

Weather

The climate in Lithuania is transitional between maritime and continental. It is a little bit cooler than in the Western Europe countries at the same latitude, but much milder than in the other parts of Eastern Europe. The average annual temperature in Kaunas is about $+7^{\circ}\text{C}$. The coldest month is January (average temperature is about -5°C), but it may drop as low as -25°C . In July, the hottest month, temperature averages about $+17^{\circ}\text{C}$. The total annual precipitation is 518 mm. The average humidity is 77%.

Electricity

The electric current is 220 volts AC, 50 Hz. European plugs are required.

TRANSPORT

Public Transport

Public transport in the city includes trolleybuses, buses and minibuses generally running from 5:00 until 23:00 although some run later. For transport routes and timetables, please see: www.kvt.lt

A much faster and more comfortable option of transport in the city is minibuses. The advantage of minibuses is that you can stop them anywhere in the street simply by raising your hand and get off anywhere you need. Pay to the driver as you get in and inform him when you need to get off.

Kaunas is famous by its two funiculars. *Aleksotas* and *Žaliakalnis* funicular railways were built between the wars and are now used both as public transport and attraction for tourists to get on the top of steep hills offering a magnificent panoramic view of the city.

Taxis

In case you are returning late at night or early in the morning, you may take a taxi. You can stop a taxi in the street or call it by phone. We strongly recommend you to call for a taxi, as it is cheaper than to get one in the street. The average fare for travelling by taxi ranges from 0.5 to 1 €/km depending on the daytime.

Trains

Kaunas Railway Station, Čiurlionio g. 16, Tel. + 370 37 221 093. Open 24 hours. All the tickets can be purchased in the main hall. The agents stop selling the tickets 10 minutes before departure.

Buses

Kaunas Bus Station, Vytauto pr. 24, Tel. + 370 37 409 060. Travelling by buses is quite popular in Lithuania, and the lines are well developed. Ticket booths are open 04:30 to 21:00.

Cycling

Although cycling is not a popular means of transport comparing to other European cities, still there are a lot of cycling paths in Kaunas. You can buy a bike in stores selling sports equipment or in supermarkets.

WHAT STUDENTS SAY ABOUT US



Herlander

The University of Tras-os-Montes and Alto Douro, Portugal:

"Everybody who helped us deserve SIX stars!"



Ufuk

Dokuz Eylul University, Turkey:

"LSU gives you a great chance in a wonderful and amazing environment. If you want to spend an unforgettable semester, join Erasmus at LSU!"

Laura

The University of
Erlangen-Nuremberg,
Germany:

*"I've never expected
that I will enjoy my time
here as much as I do
now... In many ways
my semester abroad
here changed my mind
in different ways...
Maybe I am a little bit
a new person."*







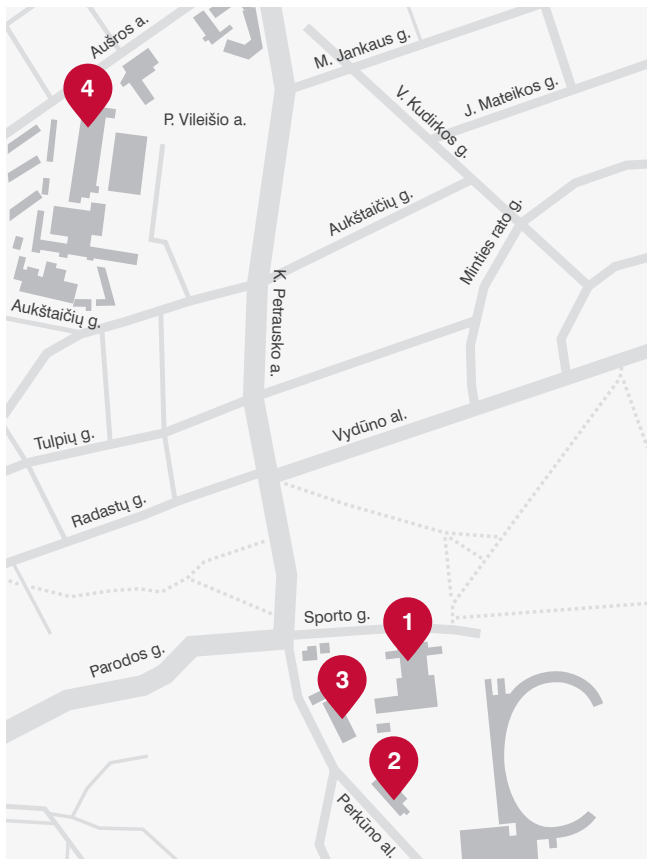


Federico

The University of Molise, Italy:

“I think the Erasmus experience is the best experience that a student can have and LSU is a perfect place for this great experience.”

LSU CAMPUS MAP





1

Central Building / AL Building (Sporto Str. 6)

2

MK Building (Perkūno Av. 3a.)

3

Dormitory & Student Cafeteria ATLETAS (Perkūno Av. 3)

4

Indoor Athletics Arena (Aušros Str. 42)

A FEW MOST COMMON LITHUANIAN EXPRESSIONS

<i>English</i>	<i>Lithuanian</i>
Hello	Labas; Sveiki
Good morning	Labas rytas
Good afternoon	Laba diena
Good evening	Labas vakaras
Good night	Labanaktis
Good bye	Viso gero; Sudie
See you	Iki
Thank you	Ačiū
You're welcome	Prašau
Excuse me	Atsiprašau
How are you?	Kaip sekasi?
Good	Gerai
So so	Šiaip sau
Bad	Blogai
Do you speak English?	Ar Jūs kalbate angliškai?
Yes	Taip
No	Ne
I don't understand	Aš nesuprantu
Nice to meet you	Malonu Jus matyti
What's your name?	Kuo Jūs vardu?
My name is ...	Mano vardas ...





www.lsu.it