

LIFE FROM

A TO Z

get integrated
into Lithuania

- 4 accommodation
- 6 cinema and theatre
- 7 dressing right
- 8 driving
- 9 eating
- 10 entertainment
- 12 health
- 14 health insurance
- 15 lithuanian language
- 16 money matters
- 18 phoning & internet
- 19 postal services
- 20 places to see in kaunas
- 24 practicing your faith
- 25 safety
- 26 shopping
- 27 public holidays

life is more than studies, isn't it?

It is necessary to know what is going on around you and where you can find the things you were used to in your home country. This guide gives you the first insights and useful links about life in Kaunas, Lithuania.

The awareness of daily news might help you to integrate faster!

Daily news (EN, RU)

- ▶ www.15min.lt/en
- ▶ www.15min.lt/ru

Daily news (EN, PL, RU)

- ▶ www.delfi.lt

Latest political, economic, business and cultural events in Lithuania, Latvia and Estonia (EN)

- ▶ www.baltictimes.com

Main Lithuanian news (EN, FR, DE)

- ▶ www.lietuva.lt

Lithuanian foreign policy news (EN, FR, RU)

- ▶ www.urm.lt

Lithuanian higher education news (EN)

- ▶ www.smm.lt

Prices in this guide are indicated in Litas, Lithuanian national currency (Lt).

1 EUR=3.45 EUR

For more information about Lithuania visit

Official gateway to Lithuania (EN, FR, DE)

- ▶ www.lietuva.lt

Official travel and tourism guide (EN, RU, DE, PL, NO, IT, ES, FR, SE, FI)

- ▶ www.travel.lt

City guides In Your Pocket (EN)

- ▶ www.inyourpocket.com

Interactive maps of Lithuania and each city or town (EN)

- ▶ www.maps.lt

Lithuanians are very respectful people and they want to be treated in the same way. Lithuanian people look silent, but this is just a form of respect, and after you break this little wall of silence, they are very friendly and very honest with you. You will like them!

Giorgio Fadda, Italy

accommoda

More
information
about
dormitories on
dormitory.ktu.lt

KTU STUDENT DORMITORIES

Our dormitories are not only modern and attractive, they are also great places to work, relax, socialise and meet new friends. Within the dormitories you will find a friendly, welcoming atmosphere and a real community spirit.

In total KTU has 12 dormitories where all undergraduate, Master's and PhD students, as well as University guests and staff may be accommodated. From 2013, dormitory No. 5 is announced an International Residence. However, international students also live in dormitories No. 2, No. 7, No. 8 (new) and others.

All the rooms (single or double) are equipped with all the necessary furniture for life and studies: a bed, a chair, a desk and a wardrobe. For international students bedding is provided. There is a kitchen with a cooker, a hob, fridge freezer and meal preparing area. All the residents of the dormitories have the Internet access. Also, free laundry and drying facilities are available on the site.

The dormitory fee varies from 70 to 120 EUR. The fee is fixed and paid monthly until the 25 of a month. If you live in a dormitory not for a full month, the period (and the rent) is divided into 2 parts: 1 – 15 of a month (for example, 1 – 15 of September) and 16 – 31 of a month (for example, 16 – 31 of August).

For example, if you start living in the dormitory from the 14 of August, the rent is calculated for the whole month.

During the application process you should notify if you want a dormitory accommodation (however you can move in or out during the studies as well). The distribution of rooms according to your priorities depends on the application or tuition fee payment date, and you will be informed about your residence place before your arrival.

DORMITORY GROUP

► ADDRESS

Dormitory No. 10,
Gričiupio St. 13, Kaunas
+370 696 73277
dormitory@ktu.lt

► OPENING HOURS

I - IV 8:00 – 17:00
V 8:00 – 15:45
Lunch break 12:00 – 12:45

PRIVATE ACCOMMODATION

If you prefer to have more space or to live in a certain area of Kaunas or have other reasons, you may choose renting a flat. KTU DIR does not intermediate in finding the flat or dealing with the landlord.

Rental prices vary depending on the number of rooms, location, living conditions, period of rent, etc. Average rent prices are from 500 Lt to 1500 Lt per month for a flat (1-3 rooms).

The rent is usually paid 3-6 months in advance, so you must have some money ready before arriving. Make sure that your landlord agrees for you to declare your living place in the municipality institutions otherwise you may have problems applying or receiving temporary residence permit (TRP).

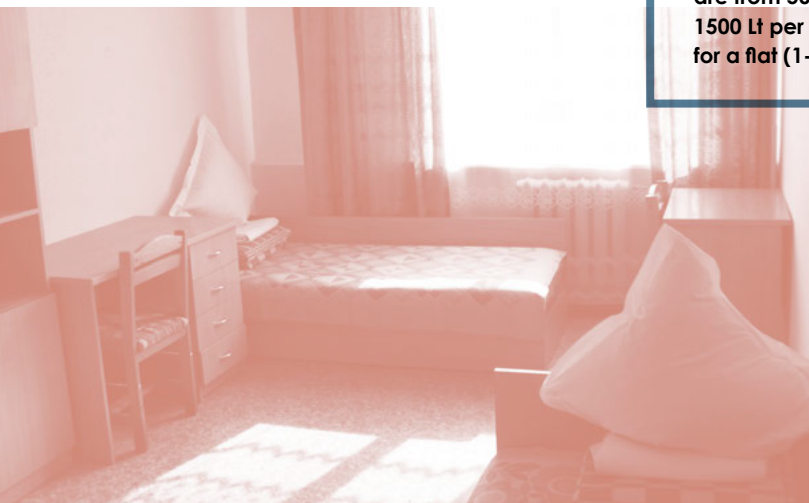
Offers of private rent online (usually in Lithuanian language)

- ▶ www.aruodas.lt (EN, RU)
- ▶ www.edomus.lt (EN, RU)
- ▶ www.domoplius.lt (EN, RU)
- ▶ www.fortosiena.lt (EN, RU)
- ▶ www.namai.lt (EN)
- ▶ www.noriunt.lt (EN, RU)

Free international housing network

- ▶ www.casaswap.com

**Average rent prices
are from 500 Lt to
1500 Lt per month
for a flat (1-3 rooms)**



cinema and theatre

The biggest event
calendar in Lithuania on

▶ www.eb.lt

CINEMA

All the films are shown in their original language (most frequently in English) with Lithuanian subtitles, therefore you won't have problems understanding it. Kaunas main cinema centres are located in two big shopping centres: Akropolis (Karaliaus Mindaugo St. 49) and Mega (Islandijos Rd. 32).

Annual international film festivals are organised, for example Movie Spring (Kino pavasaris), Scanorama, etc. In summer you can watch open air cinema.

For more information on film schedules, and film festivals visit

- ▶ www.cinema.lt
- ▶ www.forumcinemas.lt
- ▶ www.cinamonkinas.lt

THEATRE

The plays are mostly in Lithuanian but some international festivals and events are organised as well. Follow on

- ▶ www.theatre.lt



dressing right

In Lithuania temperatures are given in degree Celsius °C (to convert to Fahrenheit multiply Celsius by 1.8 and add 32).

Lithuania has a mix of maritime and continental climate. What does it mean? Winters are generally mild and summers are cooler along the coast with temperature extremes increasing inland.

Follow weather forecasts in Kaunas and Lithuania on
▶ www.meteo.lt



Cold weather. You will need warm boots and a coat, and a hat.

Maria Rodriguez Crovetto from Spain

However, don't let these average temperatures to deceive you – the estimates include day and night temperature average and do not always reflect the reality. It could be +30 °C in July and August at midday and -20°C at some nights of cold January. The four seasons of the year are very different in Lithuania and this means that you will need a few sets of different clothing.

Warm winter clothing is a necessity in Lithuania – you will need a warm coat and good winter boots. Warm gloves, a warm hat that covers the ears are

items you will appreciate. Although it can be cold outside, buildings are well-heated and people wear light clothing inside. If you come from Spain, France, Lebanon, India or Azerbaijan you may not find warm clothes in your country; don't worry – you can do the shopping here – bigger choice, lower prices.

Autumn and spring can be rainy. A raincoat and an umbrella as well as water resistant boots will help you to stay dry and warm.

Summer is a good season to go to the beach and enjoy the sun as well as to get a nice tan.

Average temperature in Lithuania (°C)

www.meteo.lt

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Average temperature	-5	-2	0	+5	+13	+15	+17	+16	+12	+7	+3	-3

driving

International driving licences are valid in Lithuania without any restrictions (if it is only in your native language, always have official translation of it). If you did not have a driving licence or want to extend it, you need to pass theory and/or practice exams at REGITRA.

YOU SHOULD KNOW WHILE DRIVING

- ▶ In Lithuania people drive on the right and overtake on the left
- ▶ Headlights are used all-year-round, 24 hours a day
- ▶ Seatbelts are compulsory for every passenger in front and back
- ▶ The car must be insured with a civil insurance. Have it with you while driving
- ▶ Light reflecting vest and medical kit must be in every car
- ▶ Speed limit:
in town: 50 km/h, on roads: 90 km/h, on highway: 110 km/h

DO NOT

- ▶ Drive tired
- ▶ Drink alcohol, take drugs, or drive when you're sick
- ▶ Use mobile phone while driving
- ▶ Exceed the speed

More information on driving and regulations

Police Department under the Ministry of the Interior

▶ www.policija.lt

State enterprise REGITRA (driving licence, registration of cars, etc.)

▶ www.regitra.lt

Emergency number to call police ▶ **112**



eating

COOKING AT HOME

For those who cook there is a variety of products to buy in the shops or markets. You can even find ready-to-cook products and just use the oven, microwave and etc. at home. KTU dormitories have kitchen.

Unfortunately, we do not have a large choice of Chinese, Indian, Mexican or Lebanese ingredients and spices, but some may be found. Living independently you may wish to learn cooking (consult senior students, youtube, google or cook together with your Mom on skype) even if at home you did it only occasionally. Isn't it a good experience?

▶ MY FAVOURITE FOOD/ DRINK IN LITHUANIA

**Alus (beer). Fried bread.
Cepelinas.**

Alexander Harnish from Germany

**Cepelinai and kepta duona
(fried bread).**

Claire Masurel from France

Pink soup (šaltibarščiai)!

Kamil Musa Ordu from Turkey,
Delphine Deloy from France,
Merve Acef from Turkey

**Average prices of some
essential products (per
peace, kg, liter):**

Bread 0.5 ▶ 1 EUR

Meat ▶ 3 – 7 EUR

Noodles (pasta) ▶ 1 – 3 EUR

Rice ▶ 1 – 3 EUR

Milk ▶ 1 – 1.5 EUR

Eggs ▶ ~ 2 EUR

Chocolate ▶ 0.5 – 1.5 EUR

EATING OUT

There are many places to eat on the KTU student campus and in the Faculties (there are University canteens in almost every faculty) between the lectures. The prices may vary but you can have lunch for 10 Lt. There are many places to eat in and around Laisvės Av., the old town, shopping centres, etc. There are Lithuanian, European (especially pizzerias), Chinese, Japanese, Indian, Azerbaijani, Russian, Armenian, etc., fast food, coffee places and tea houses, as well as restaurants. You may expect to pay 5-25 Lt for pizza, ~15-30 Lt for a steak or sea food, 5-7 Lt for a cup of cappuccino at any average place. Ask for special offers or menu of the day and reduce your expenses!

Tipping. While tipping is not obligatory in Lithuania, you may leave some tips (usually 5-10% of the main sum) for a good service and good food.

entertainment



Go and see the basketball! It's really worthy.
Viola Zapletalova
from Czech Republic

The events website
Entertainment Bank
▶ www.eb.lt

There are plenty of possibilities for spending good time in Kaunas (after your studies, of course). The events website Entertainment Bank offers variety of choices: from concerts to clubs and from exhibitions to sports games. Apart from the festivals, that highlight cultural events calendar of the city, there is a great deal of festivities organised by students. We have listed some of the favourite places of fellow international students for playing bowling, billiard, paintball or to learn ice skating below. Don't have a buddy to go with? Just post on KTU international students facebook groups!

BOWLING & BILLIARD

City Bowling

Karaliaus Mindaugo Av. 49
(in the shopping centre Akropolis)
FACEBOOK ▶

▶ CitybowlingKaunas

Švyturys

K. Baršausko St. 66A
(in the shopping centre Molas)
FACEBOOK ▶

▶ boulingocentrasSvyturys

Amerigo

Islandijos Road 32
(in the shopping centre Mega)
▶ www.amerigo.lt

Boulingo alėja

Maironio St. 19
(close to Laisvės Av.)
FACEBOOK ▶ boulingoaleja

ICE SKATING

Akropolis ledas

Karaliaus Mindaugo Av. 49
(in the shopping centre Akropolis)
▶ www.akropolis.lt

PAINTBALL

Saudom.lt

Kaunakiemio St. 4
▶ www.en.saudom.lt

OUTDOOR ACTIVITIES

Panemunės šilas at the Nemunas river is a pleasant place for jogging, biking, strolling, sunbathing and even swimming (it is behind shopping center Molas, ~15 min on foot from the dormitories). Recently it became a popular spot for barbeque among international students.

Lampėdžiai is a bit further but worth to visit for a lazy or active (opportunities for both options) weekend day at the lake (take a trolleybus No. 7 from Pašilės or Breslaujos bus stop and go for 30 minutes until the last bus stop Kaniūkų 1-oji g.). Do not miss tree-top adventures at Uno Park (<http://unoparks.lt/en/unoparks-kaunas-en/>).

A NIGHT OUT IN KAUNAS

► The most popular bars & night clubs in Kaunas

ANNA MESHA

Vasario 16-osios St. 1 (close to Laisvės Av.)

FACEBOOK ► [annamesha](#)

BARBAR'A

Vilniaus St. 56 (Old town)

FACEBOOK ► [barbarabaras](#)

BO BAR

Muitinės St. 9 (Old town)

FACEBOOK ► [barasBO](#)

CHAOS

Laisvės Av.88

FACEBOOK ► [chaoskaunas](#)

COMBO

Raudondvario Rd. 107

(further from the city centre)

► [www.combo.lt](#)

DEJAVU Party Bar

Rotušės Square 2

(Old town)

FACEBOOK ► [DejavuPartyBar](#)

DŽEM'PUB

Laisvės Av. 59 (5th floor)

FACEBOOK ► [DzemPub](#)

GARGARAS

Raudondvario Rd. 101

(further from the city centre)

FACEBOOK ► [GargarasLoft](#)

G-LOFT

Rotušės Square 3 (Old town)

FACEBOOK ► [gloftkaunas](#)

MACAO Night Club

V. Putvinskio St. 51

(close to Laisvės Av.)

FACEBOOK ► [macaonightclub](#)

MOJO Lounge

V. Putvinskio St. 50

(close to Laisvės Av.)

► [www.mojolounge.lt](#)

REPUBLIC

Laisvės Av. 57

FACEBOOK ► [republicbaras](#)

ZERO Club

M.Valančiaus St. 11 (Old Town)

FACEBOOK ► [ZeroclubKaunas](#)

KAUNAS FESTIVALS

► Kaunas has an annual celebration in May for the city's birthday – **KAUNAS CITY DAYS**.

► **HANSA DAYS** in the end of August will give you a taste of Kaunas centuries ago: the view of medieval traditions, merchandise and state, and public life.

► Every spring and autumn, the international **KAUNAS JAZZ FESTIVAL** invites you to jazz with famous performers in a mix of familiar and non-familiar, large and small venues around the city.

► **THE PAŽAISLIS CLASSICAL MUSIC FESTIVAL**

is recognised internationally and during the three summer months of the festival, you can hear concerts in different halls, churches, and museums around the city.

► In the end of September and the beginning of October you can see the performances of **INTERNATIONAL FESTIVAL OF MODERN DANCE**.

Some of the places have free entrance and sometimes you'll need to pay. The entrance fee is usually between 10 and 50 Litas (3-15 Euros).



health

The Lithuanian health system is organised around the family doctor (Family Clinics, Šeimos klinika). When you have a medical problem, the family doctor is the first to contact, except in cases of the emergency. If you need to consult with a certain specialist, first of all you have to go to the family doctor to get a referral. Medication prescribed by a doctor can be bought at the nearest pharmacy (vaistinė). The purchase of some medicine requires a doctor's prescription. Pharmacies are usually open from 8 to 19, the ones in shopping centers have longer working hours. Every pharmacy indicates the nearest 24 hours opened pharmacy.

In cases of accident or emergency, every hospital (ligoninė) provides first aid.

If you have to visit the hospital in the emergency case, go directly to the Emergency office, usually indicated in Lithuanian: **PRIĖMIMO SKYRIUS**.

If you need to make an Ambulance call, please, dial **112** – Emergency Number. There are no charges for ambulance transport in the cases of emergency.

Kaunas hospitals within Lithuanian National Health System

LIETUVOS SVEIKATOS MOKSLŲ UNIVERSITETO LIGONINĖ, KAUNO KLINIKOS

Eivenių St. 2, LT-50009 Kaunas

▶ +370 37 326375

KAUNO KLINIKINĖ LIGONINĖ

Josvainių St. 2, LT-47144 Kaunas

▶ +370 37 306011

KAUNO KLINIKINĖ LIGONINĖ (city centre branch)

Laisvės Av. 17/Gedimino St. 36

LT-44320 Kaunas

▶ +370 37 425919

RESPUBLIKINĖ KAUNO LIGONINĖ

Hipodromo St. 13, LT-45130 Kaunas

▶ +370 37 342330

Primary Health Care Institutions

There are many Primary Health Care Institutions (larger than Family Clinics) in Kaunas belonging to the Lithuanian National Health System. They have not only family doctors but also various specialists working there, and you can have more health examinations at the same place. Here we list some of them (international students can visit any of these institutions):

KAUNO DAINAVOS POLIKLINIKA

Pramonės Av. 31

LT-51270 Kaunas

▶ +370 37 403900

KAUNO KALNIEČIŲ POLIKLINIKA

Savanorių Av. 369

LT-49427 Kaunas

▶ +370 37 401422

KAUNO CENTRO POLIKLINIKA

A. Mickevičiaus St. 4

LT-44313 Kaunas

▶ +370 37 409200

KAUNO ŠANČIŲ POLIKLINIKA

Juozapavičiaus pr. 72

LT-45217 Kaunas

▶ +370 37 342167

KAUNO ŠILAINIŲ POLIKLINIKA

Baltų Av. 7

LT-48259 Kaunas

▶ +370 37 377771

BENDROSIOS MEDICINOS PRAKTIKA

Savanorių Av. 423

LT-49287 Kaunas

▶ +370 37 313665

**KTU has an agreement with one family clinic,
which provides medical services for KTU students:**

AVE VITA KLINIKA

▶ **ADDRESS**

Kovo 11-osios St. 22 (In the supermarket Girstupio IKI, close to dormitories)

▶ **REGISTRY PHONE** +370 37 225577, info@avevitaklinika.lt

▶ **WORKING HOURS** I–V 8:00 – 19:00

▶ **www.avevitaklinika.lt**

Before going to the clinic please always phone or send an e-mail.

Please take your passport and insurance (private one or EHIC), when going to the clinic.



**For more information
about health care, list of
hospitals, family doctors,
practical information on
insurance**

▶ **www.vlk.lt**

PSYCHOLOGIST

When living abroad you have to cope with a new culture, new people and new habits, which, along with the studying or training can at times be a burden. Separation from your family and friends can itself make you feel lonely and homesick. Don't be ashamed of it, it's natural. Remember you can contact your teachers or study advisors to talk about personal problems, but don't hesitate to get professional help as well. The most important thing is that you talk with someone as soon as possible about the things that are troubling you, so you don't have to cope with them on your own.

▶ **UNIVERSITY PSYCHOLOGIST SERVICE**

Psychologist Juneta Zelmikienė

Studentų St. 63A-2

juneta.zelmikiene@ktu.lt

▶ **CONSULTATION HOURS**

I 8:00-12:00

II 12:00-15:00

III 9:00- 12:00

health insurance

All international students must have medical insurance valid in Lithuania for the study period (can be renewed every year). The insurance can be purchased in the student's home country or from a Lithuanian insurance company upon arrival.

STUDENTS-FRIENDLY INSURANCE COMPANIES IN KAUNAS

Gjensidige

▶ www.gjensidige.lt

BTA

▶ www.bta.lt

ERGO

▶ www.ergo.lt

PZU

▶ www.pzu.lt

Students from EU countries are not required to have any special health insurance.

European insurance card confirming that a student has EU health insurance is valid in Lithuania.

Health insurance will let you to recover your expenses for medical services.

▶ **HOLDERS OF EUROPEAN HEALTH INSURANCE CARD (EHIC).** If you (or your family members) have EHIC, you are entitled to necessary medical care services which are free of charge in the health care institutions belonging to the Lithuanian National Health System. When applying to private medical institutions, ask if they have a contract with TPF (Territorial Patient Fund) for providing medical care free of charge.

▶ **HOLDERS OF PRIVATE HEALTH INSURANCE.** You have to pay for medical services, which will be recovered later by your insurance company. Please read the conditions of your health insurance carefully. Collect all cheques, prescriptions, etc.

Please notice that most of the dentists (odontologists) are working on a private basis and you cannot get the insurance recover except emergency cases.

Lithuanian language

AŠ KALBU LIETUVIŠKAI! (I SPEAK LITHUANIAN)

Aa, Aą

Ee, Eę, Ėė

Ii, Ij, Yy

Ss, Šš

Uu, Uų, Ūū

Zz, Žž

Have you ever seen anything like this? These are some letters from our Lithuanian alphabet, which is based upon Latin. Lithuanian language belongs to the Baltic group of Indo-European languages and represents the West Baltic subgroup. It is the oldest of the living Baltic languages. One says it has much in common with Sanskrit.

Some of you were worried if you can survive in Lithuania without understanding Lithuanian. Of course you CAN! However, you might want to learn some basics. Although your studies are in English and you can communicate with locals in English or Russian (maybe even in French, Spanish or Turkish), street names, signs, advertisements in the streets are in Lithuanian usually. With just a couple of phrases in local language you may achieve much more than you imagine. And for those, who plan to get internship in a Lithuanian company or get a job after the graduation, knowing Lithuanian will increase your chances significantly.

KTU offers LITHUANIAN LANGUAGE COURSES

(from beginner to the second level) **free of charge:**

- ▶ Learn to read (and tell the taxi driver your home address correctly)
- ▶ Learn to order your food and drinks
- ▶ Say a compliment to a nice girl/boy
- ▶ Mingle with Lithuanian people, discover lifestyle and culture
- ▶ Get your competitive advantage

More information will be provided during the Welcome Week. Take the chance and register within the first 2 weeks of each semester!

money matters

Lithuania should introduce euro (EUR) from 1/1/2015 which will change Lithuanian currency Litas (LT/LTL). 1 EUR=3.45 LTL

BANKING

You can easily pay with your credit card or exchange US dollars, euros, and British pounds in Lithuania. But cash withdrawal from ATM using your country's bank credit card is charged by your bank and you may benefit by having bank account (and a bank card) in one of the banks in Lithuania (all of them are strictly regulated by the Republic of Lithuania and all deposits are insured).

Show your student card or student status confirmation (ask the DIR) to open bank account and get a bank card free of charge.

SEB

▶ www.seb.lt

DNB

▶ www.dnb.lt

SWEDBANK

(limited opening of accounts for international students)

▶ www.swedbank.lt

ŠIAULIŲ BANKAS

▶ www.sb.lt

FINASTA

▶ www.finasta.com

CITADELE

▶ www.citadele.lt

MEDICINOS BANKAS

▶ www.medbank.lt

You may pay your bills in the bank. If you prefer to pay your bills (i. e. your dormitory fees) by bank transfer, there is a small charge (~ 6Lt/2 EUR). When arranging such transfers you may need to show your ID. In addition, banks offer electronic services making it possible for you to manage your bank affairs or payments (such as dormitory fees) on the internet. And then it is free of charge or just some cents. Cash withdrawal at the ATM of your bank is free of charge (you can withdraw up to 1000-2000 Lt per day, consult your chosen bank).

If your parents want to transfer money to your account, please indicate all the details requested for international transfer: exact bank name, SWIFT code, IBAN (international code of your bank account; note that the number of your bank card is different from the number of your bank account). Usually the same account is suitable for different currencies: litas, euros, dollars, etc. Consult the bank employee for correct details.

MONEY EXCHANGE

Money can be changed at any bank in Lithuania as well as at many currency exchange offices in larger cities. It is worth changing large amounts at a time to avoid extra service charges. Traveller's cheques can also be exchanged. Euros and U.S. dollars are easiest to exchange while some other currencies, especially from distant states might be not convertible here. Money transfers to and from abroad incur an extra commission fee, the size of which depends on the destination.

LIVING COSTS

At the moment, Lithuania is not an expensive country to live in. However the cost of living depends on individual habits and lifestyle a lot. Students have to pay for their books and other materials (if not provided by the library or teacher), plus their accommodation and living expenses.

For example, monthly public transport ticket with student card discount costs 16.80 Lt/4.90 EUR, but if you return late or do not want to wait for a bus, you may take a minibus (3 Lt/1 EUR) or even a taxi (~20 Lt/5.80 EUR). Most of the students cook at home. If you have lunch in the canteen, cafeteria or pizzeria, usually you pay 10-15 Lt/3-5 EUR. If you are planning to travel or to attend cultural and sports events, you will need an extra 200-300 EUR per month.

Lithuanian Student Identity Card (ISIC at some extent too) gives discounts for travelling inside the city and the country, for cinema, museums, books, sports, and etc. Please look on ► www.lsp.lt for a full discount list.

BANK CARDS/MONEY WITHDRAWAL

Bank cards such as Visa, Visa Electron, MasterCard/Eurocard, Maestro, Diner's Club and American Express are accepted in banks, most major hotels, restaurants, shops and petrol stations. Cash points (Automatic Teller Machines/bankomatai) are opened 24 hours every day, and there are plenty of them. Note that money withdrawal in another ATM than of your bank can cost extra charge. Please, contact your bank for details.

If the bank you chose is an international bank and has branches in other countries, you may withdraw cash there without any additional charge.

Average monthly living expenses of a single student in Kaunas

Dormitory	€ 105 (€ 90/120)
Public transport	€ 5
Food	€ 145
Hygiene goods	€ 30
Materials for studies	€ 30
Entertainment	€ 75
Other	€ 60
Total	€ 450

Please do not forget the costs for visas and other formalities as well as for deposit in the students' dormitory.

Degree student applying for Temporary Residence Permit (or extending it) must prove his/her ability to cover studies and accommodation expenses for a period of 1 year. It is required to have at least 500 Lt/145 EUR per month (bank statement for 6000 Lt or 1740 euros) plus the tuition fees and flight ticket back home.

phoning & internet



More information on GSM providers:

BITE ▶ www.bite.lt

OMNITEL ▶ www.omnitel.lt

TELE2 ▶ www.tele2.lt

Prepaid cards:

LABAS ▶ www.labas.lt

EXTRA ▶ www.omnitel.lt/extra

EŽYS ▶ www.ezys.lt

PILDYK ▶ www.pildyk.lt

Emergency call number:

▶ **112**

The telephone number to call International Studies Office:

▶ +370 37 300036

You will probably need to communicate a lot, so you need a Lithuanian phone number. It is much cheaper to use a prepaid card of one of our mobile network providers than to use services of your home country. You may choose among three mobile companies: Omnitel, Tele2 or Bite. The students can buy prepaid cards, but not the monthly paid contracts. All GSM providers offer various cards: Extra, Labas, Ežys, etc. Usually it is cheaper to talk and to exchange texts among users of the same network. Thus it is better to choose the same GSM provider and the prepaid card for the entire group of friends and spend only spend 7 Lt/2 EUR per month. Prepaid cards and their top-ups are available at any supermarket, or kiosk.

All GSM providers offers WI-FI for a small charge (for example, 1 GB costs about 7 Lt/2 EUR)

To make an international call to/from Lithuania, dial the international prefix for the country you are calling to and then phone number

- ▶ The code for Lithuania +370
- ▶ The city code, e.g. for Kaunas 37



**More information
about postal services**

▶ www.post.lt

postal services

The post offices closest to the KTU dormitories

- ▶ Chemijos Av. 2
(close to the shop "Iki")
- ▶ K. Baršausko St. 66 A
(in the shopping centre "Molas")

**Bring with yourself
the will to know
different people and
to explore a different
country and culture.**

**Giovanni Radighieri from
Italy**

A birthday present, packages with clothes or items forgotten at home may be delivered to you at the post office (or sent by courier service which delivers straight to your home). The packages and registered mail sent to you can pick up at your local post office. It is indicated on the card a postman leaves if they don't find you at home. Some of received items might be a subject of customs declaration and customs fees so tell you siblings and friends to notify that old clothes are sent and they do not value much.

A bit of Old school but if you wish to send a letter or a card (national and international) and already have a stamp you can be drop it in the yellow post boxes for collection. Stamps are available at post offices and press kiosks.

places to in Kaunas

More information about Kaunas

▶ www.kaunastic.lt



KAUNAS CASTLE

▶ **Pilies St. 17**

Built in the 14th century at the confluence of the Nemunas and the Neris, Kaunas Castle was the first stone castle in Lithuania. It played a significant role in the defense system of the city – the castle was built in order to resist Crusaders' attacks. The preserved remains of the castle reveal its original structure, shape, method of construction and provide important information about the development of Lithuanian architecture in the 14th century.



TOWN HALL

▶ **Rotušės Square**

Often called the White Swan, the Town Hall building encompasses Gothic, Baroque and early Classicism elements. In the Medieval Ages, the Town Hall, along with the main market place, was the centre of Kaunas. After its reconstruction in 1970, the Town Hall became the Wedding Palace.



KAUNAS CATHEDRAL

▶ **Vilniaus St. 26**

Kaunas Cathedral is the only church in Lithuania in the Gothic style of basilica design. After several reconstructions, it also acquired Renaissance and Baroque architectural features. The Cathedral has 9 altars, while the sacristy has crystal-type arches.



VYTAUTAS CHURCH

► Aleksoto St. 6

The church was constructed in the 15th century and is one of the first Gothic buildings in Kaunas.

The church belonged to Franciscan monks. During the Napoleonic wars it was turned into a war ammunition warehouse. Nowadays, it is a popular wedding place.



VILNIAUS STREET

► Vilniaus St.

It is the most beautiful street of the Old Town, meant for the pedestrians only. Most of the buildings have remained from the 16th century; some of them have been reconstructed. It is a lovely atmosphere to explore it on weekend days and later you can like to spend some nights out in numerous cafes, pubs & clubs.



LAISVĒS AVENUE

► Laisvės Av.

Freedom Avenue (Laisvės alēja) is 1.7 km-long street, built in the 19th century. This street connects the new and old parts of the city and is meant for the pedestrians only. In Laisvės Avenue you can find theatres, statues and other famous Kaunas objects as well as many bars, cafes and souvenir shops.

Kaunas is in the centre of Europe, and you can visit so many countries from here; the nightlife is really good; the ESN KTU activities are good too!

Nicolas Negaref from France

▶ IF YOU WOULD LIKE TO TAKE A RED HOP ON-HOP OFF BUS AND TO HEAR PROFESSIONAL GUIDE IN 8 LANGUAGES.

1:10 minutes excursion costs 40 Lt/12 EUR, full Hop on-Hop off all day – 50 Lt/15 EUR. Kaunas city tour starts from 5 places in Kaunas (the most popular are Town Hall square and Akropolis) every day 5 times a day. Check the details on

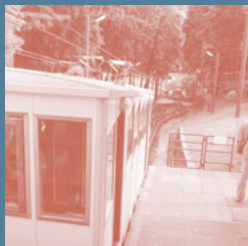
▶ www.vilniuscitytour.com/kaunas-city-tour



ST. MICHAEL THE ARCHANGEL CHURCH (called Soboras by locals)

▶ Nepriklausomybės Sq. 14

A Neo-Byzantine-style building with all the architectural traits of a Russian Orthodox church. During the Soviet years, the church was turned into an Art Gallery. Presently it is a Catholic church.



KAUNAS FUNICULARS

- ▶ Amerikos lietuvių St. 8
- ▶ Aušros St. 6

Kaunas is the only city in Lithuania with this type of transport, which is used both for transportation and entertainment. The Aleksotas Funicular links the old part of the city with the slopes of Aleksotas, offering a beautiful panoramic view of the city. The Žaliakalnis Funicular is an easy way to reach the Christ's Resurrection Church from the city centre.



CHRIST'S RESURRECTION CHURCH

▶ Žemaičių St. 31A

After Lithuania proclaimed independence in 1918, the idea to build a church as a symbol of gratitude to God for regained freedom arose. Built in 1932-1940, it is the biggest basilica-type church in the Baltic States. Construction of the church was stopped by the Soviet occupation. In 1990 the church was returned to worshippers. During the restoration of the church, some changes were made in the project. The tower of the church is 70 meters height now. Visitors have the possibility to go to the observation deck on the church roof to enjoy the panoramic view of the city (extremely recommended in the time of the Indian summer).





KAUNAS ZOO

► Radvilėnų St. 21

The only Zoo in Lithuania was established in an old oak grove. Here you can see approximately 270 animal species from different continents.

MUSEUMS

For example, Devils' Museum, Mykolas Žilinskas Art Gallery, M. K. Čiurlionis National Museum of Art, Kaunas Zoo. Some museums invite students on Wednesdays for free. Don't miss museums night in May when you can have special admissions and tours, free entrance. The list of all museums, working hours, prices are on

► www.muziejai.lt



KAUNO MARIOS REGIONAL PARK

Kauno Marios (Kaunas Sea) is a man-made water basin covering an area of 63.5 sq.km, formed in 1959. The shores of Kauno Marios have a beautiful landscape. The Open-air Folk Museum and Pažaislis Monastery are located nearby, and the Yachting Club welcomes visitors.



PAŽAISLIS MONASTERY

► T. Masiulio St. 31

It ranks among the most beautiful Baroque-style buildings in Lithuania. The church and monastery were built for Camaldolese (Benedictine) monks in the 17th century under the supervision of Italian masters from Florence. Pažaislis music festivals are held here in summer.

THE OPEN AIR MUSEUM OF LITHUANIA IN RUMŠIŠKĖS

► L. Lekavičiaus St. 2, Rumšiškės

The Open Air Museum of Lithuania in Rumšiškės, which is only ~30 km from Kaunas, invites to celebrate traditional Lithuanian festivals: Pancakes day in February, St. John day in June and many others. Traditional Lithuanian festivals as well as archaeology days, nights in the museum, city days are celebrated all over Lithuania. ESN KTU will definitely invite you to participate in one of them.

KAUNAS TOURISM INFORMATION CENTER AND CONFERENCE BUREAU

Laisvės Av. 36, Kaunas

► www.kaunastic.lt

practicing your faith

Roman Catholic Church is the dominant religion in Lithuania (~80 %). However, there are communities of Eastern Orthodox, Evangelical Lutheran, Evangelical Reformation Churches, Old Believers, Judaism, Sunni, Karaite, Islam, and other religious communities.

National holidays are set according to the Roman Catholic calendar but other communities celebrate their holiday as well.

There are many Catholic churches in Kaunas. If you are looking for any other church, you may ask your embassy, community or friends.

SOME OF THE ADDRESSES OF THE MOST POPULAR RELIGIOUS COMMUNITIES

Mosque

▶ On the corner of Totorių and Trakų streets (near to the Bus station).

Orthodox Church

▶ Vytauto St. 38

Synagogue and Israelian community

▶ E. Ožėškienės St. 13



Lithuanian Police Forces aim to keep its citizens and guests of the country safe. However, you need to take of your own safety as well. In emergency call **112** from your mobile.

Police has a right to arrest a foreigner if

- ▶ They refused to prove or cannot identify their identity.
- ▶ There are reasons to suspect that a foreigner is staying illegally in Lithuania and he/she can not prove otherwise.

There is no requirement to carry passport / ID with you (photocopy of passport of ID card, ISIC or LSP is enough to identify you if needed).

ADVICES FOR YOUR SAFETY

- ▶ Try to keep out of remote dark unknown areas (streets, yards, etc.); on the way home make sure that you are not followed by anybody.
- ▶ In the dark staircases of the block houses/buildings be ready for unexpected meetings, i.e. a spotlight; especially it is not safe in those staircases of the block houses/buildings which are not far away from bars, coffee-bars, restaurants or clubs.
- ▶ If you are in a club/bar, choose friends you could trust to you leave your drink/belongings (existing possibility that somebody could pour sleeping pills into your drink).
- ▶ Do not carry a lot of cash in your wallet/one pocket (take only as much as you need for going out). It is also advised to split money and keep it in several places.
- ▶ Don't leave your mobile phone on the table when you go to dance in clubs/bars.
- ▶ Do not leave clubs, bars, discos with unknown/strange people.
- ▶ If you stay longer at your friends' place or in a club/bar, it is always recommended to take a taxi home.
- ▶ If you are robbed or overreached, call the police immediately; Try to memorise the faces, numbers, cars, colours, etc.
- ▶ If you think that you or your flat is being watched or you notice strangely behaving persons in the neighbourhood, call 112.
- ▶ If you know about committed or planned crime, please inform police by anonymous telephones: +370 37 303050, +370 37 303060, +370 37 303333
- ▶ It is not allowed to drink alcohol in public places in Lithuania unless during events and alcohol is sold in special licensed places.
- ▶ Smoking is forbidden in all indoor places.
- ▶ Using drugs (incl. marihuana) is illegal.

shopping

Most shops are open Monday - Friday from 9:00 or 10:00 to 18:00 or 19:00, and on Saturdays until about 15:00-17:00. Some shops (especially grocery shops) and shopping centres stay open later, till 20:00 or 21:00 (all-week-round).

There are several chains of grocery shops in Lithuania: MAXIMA, IKI, RIMI, etc. Here you can also buy some daily goods. The shopping centres provide other services such as dry cleaning, fixing of clothes or shoes, making keys, etc. Pharmacy, bank, mobile phone providers' shops, etc. can be found in every shopping centre as well.

▶ **MOLAS** is the closest shopping centre to the KTU dormitories.

▶ **GIRSTUTIS** (with the shop IKI) has an underground market of daily food products.

▶ **AKROPOLIS** is situated in the city centre and is attractive not only for a wide choice of shops but also for entertainment facilities (bowling, ice skating, cinema).

Biggest shopping centres:

AKROPOLIS

▶ www.akropolis.lt

MEGA

▶ www.mega.lt

MOLAS

▶ www.pcmolas.lt

TRADING CENTRE URMAS

▶ www.urmas.net

SAVAS

▶ www.savascentras.lt

HYPER MAXIMA

▶ www.urmas.net

BANGINIS

▶ www.banginis.lt

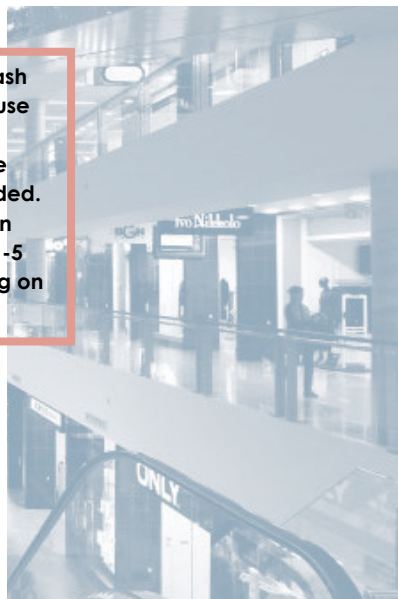
IKI

▶ www.iki.lt

SENUKAI

▶ www.senukai.lt

You can pay in cash (Litas or Euros) or use a bank card. The prices in shops are fixed; VAT is included. You can bargain in a market a little (1-5 Litas off depending on the price).



public holidays

January 1	New Year
February 16	Independence Day
March 11	Restoration of Lithuania's Independence
April 4-5	Easter Sunday and Monday (fluctuates annually)
May 1	International Labour Day
May first Sunday	Mother's Day
June first Sunday	Father's Day
June 24	Feast of St John
July 6	Crowning of Mindaugas (Day of Statehood)
August 15	Feast of the Assumption
November 1	All Saints' Day
December 24	Christmas Eve
December 25-26	Christmas

useful lithuanian words and phrases

Lietuviškai	English
Labas; Sveiki	Hello
Iki	See you
Viso gero	Goodbye
Ačiū	Thank you
Atsiprašau	Sorry; Excuse me
Prašau	Please
Kaip laikotės?	How are you?
Ačiū, gerai	Fine, thank you
Ar jūs kalbate angliškai?	Do you speak English?
Taip	Yes
Ne	No
Aš nesuprantu	I don't understand
Ar galite padėti?	Could you help me?
Kaip rasti...?	How to find...?
Kuo jūs vardu?	What's your name?
Mano vardas yra ...	My name is ...
Malonu jus matyti	Nice to meet you