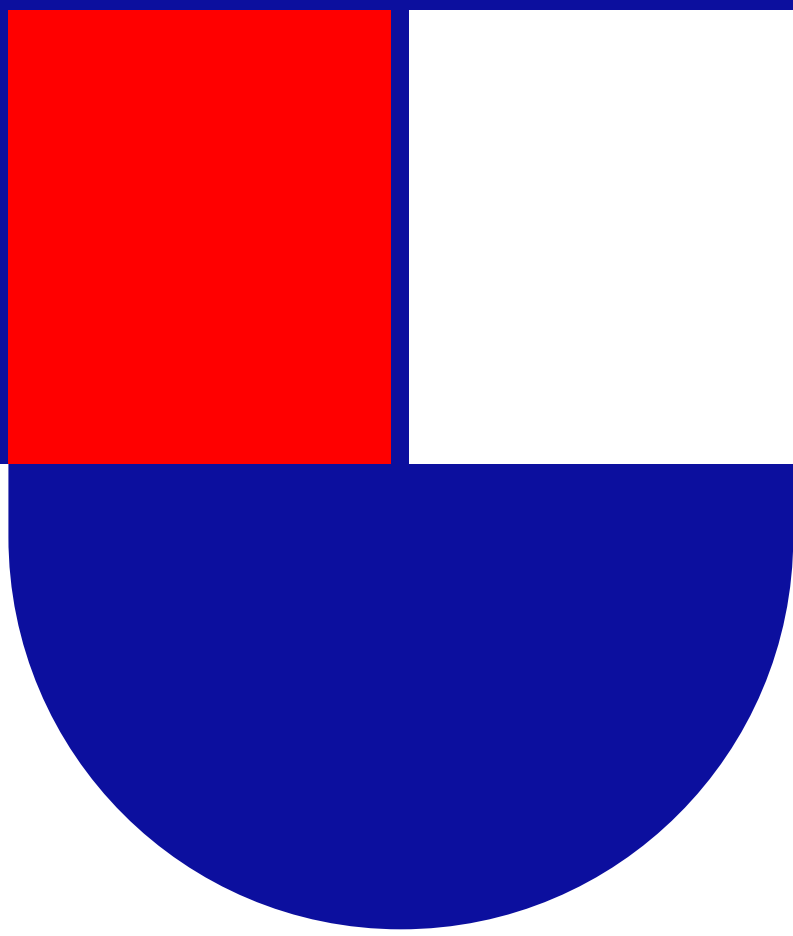




LITHUANIAN UNIVERSITY
OF HEALTH SCIENCES

The Ultimate LSMU

Fresher's Guide



2022 – 2023

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Dear first year student,

Welcome to your new life at the LSMU in Kaunas!
We, your mentors, collected some information which might be useful for a good start in Lithuania. Maybe we could give you first impressions of Kaunas and its student life and help you with some advice. We can't wait to see you here in September!

Your mentors in cooperation with ICOSA, LIVSU and ESN LSMU.

Before Arrival

Apps which are very useful
(download before you arrive):



Trafi – an app for the buses and their routes in town. Add an address and follow the instructions to find your way. Extremely helpful, download before you arrive.



Wolt – an app to buy delivered food from restaurants around the city. Delivery price differs, but a good substitute when you're busy with studies.



Bolt – a taxi app which is very cheap and good to use in emergencies (such as oversleeping or late club nights). Or a cheap way to get from Kaunas airport. Price varies, but around 3-7 euros per trip.



Barbora – an app used to buy groceries and get them delivered to your door. Perfect when stores are far away, and you don't have time to go out. Delivery price is between 1-2 euros. Payment can be done through website or to courier by card or cash.

Public transport

From Kaunas Airport

Some of you will arrive at the airport in Kaunas. City bus No. 29 connects Kaunas Airport and Kaunas city. Make sure that you have euros in coins or small notes for the bus. The bus station is located left from the exit of the airport. Passengers may pay for the tickets on the buses and the price is 1 euro. City bus line route going to City Centre: Kaunas Airport – Savanorių ave. – E. Ožėškienės

ave. – K. Donelaičio ave.– Vytauto ave. (Kaunas Bus Station) – M.K.Čiurlionio str. (Kaunas Train Station). 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. A taxi through the app Bolt is around 7 euros to centre. You can check the bus route and exact timetables at:

www.kvt.lt

From Vilnius Airport

Many of you will arrive at the airport in Vilnius first. To get to Kaunas you can choose between trains and buses.

Vilnius Airport – Central bus station in Vilnius

Shuttle. The private company transports passengers from Vilnius airport to Vilnius bus station and back by minibuses. Single ticket costs 2€. Bus stop is installed next to the airport terminal, near arrival hall.

Vilnius Airport – Central railway station in Vilnius

Train. There is a special train „Airport - Vilnius“ running regularly from Airport to Vilnius railway station. There is a footway leading from airport terminal to the railway stop for the passengers; the footway has an installed gallery (it is illuminated during the dark time of the day), there are stairs and an elevator for passengers. Single ticket for the train costs 0,70€. It can be purchased in the train and on-line www.traukiniobilietas.lt. The train shuttles 16 times a day, it takes 7 minutes to arrive from the airport to the Central railway station in Vilnius.

Central railway station in Vilnius – Kaunas central railway station

Train. Tickets can be purchased on the right side of central station. Single ticket costs approx. 6 €.

Vilnius airport – Kaunas central bus station

Bus. The Central bus station in Vilnius is across the street from central railway station. From there you can take a bus to Kaunas central bus station. Single ticket costs approx. 6 €.

“Ollex” bus from Vilnius airport to Kaunas

The company “Ollex” transports passengers directly from Vilnius airport to Kaunas, but it arrives at a “Circle K” petrol station (Savanorių pr.

404b) outside of Kaunas city centre and you have to book a ticket online [http:// www.ollex.lt/en](http://www.ollex.lt/en) in advance. Single ticket costs 10 €. Take a taxi to get into town!

Kaunas city buses

You arrived in Kaunas – great! Here are some helpful tips about how to get around Kaunas quick and safe. The buses in Kaunas are either trolley buses or regular buses. Their routes differ and the trolleybuses usually take you around center. All bus routes can be seen on the TRAFI app.

The buses cost 0,5 euros for a student. You pay in the front to the bus driver, show one finger or say “vienas” when putting the money in the little box to receive your ticket. With the bus card, you can enter any door and “blip” it on the small machines.

There are NO stop buttons on the buses, but they stop on every station. REMEMBER TO stand ready by the exit; the door is sometimes open for just a couple of seconds.

The trolley buses sometimes “break down” (the wire is dislodged). This can be fixed directly by the driver usually, but it takes some time. Try to always grab the earlier bus to class. The trolleys tend to break down often (:

Trains

The trains all depart from Kaunas train station (Kauno geležinkelio stotis). Price on tickets vary depending on where to go, but there is a student discount - 50%. Bring your ISIC card and an ID when buying the tickets. The tickets can be bought either at booths in the train station or by their website:

[*https://traukiniobilietas.lt/portal/*](https://traukiniobilietas.lt/portal/)

Taxi and citybee

Taxis are a fast and cheap way to move around town, especially when it is dark or rainy. The taxis in Kaunas are by far the cheapest when using the app Bolt. The starting price is 2 euro and then extra depending on the distance. The price is shown when ordering the taxi from the app, no surprises!

If you have a license, the CityBee app can be used to obtain cars or bikes in town. The cars come in various sizes and price depends on the car. They all have a different starting price and kilometer price.

Kaunas Living Options:

Please visit individual websites for more details and pricing information...

LSMU dorms – located next to the university hospital campus and the university library. Kitchen shared with the entire floor (10-15 people) and bathroom shared with 3 other people. There is no kitchen equipment except a stove, oven and sink. Buy your own equipment. A small fridge in the room to share for two. Washing machine is located in the basement. There is an elevator. Some floors are newly renovated (the higher ones) and are better quality.

<http://www.lsmuni.lt/en/activities/degree-studies/accommodation/>

Solo society – located in the centre close to the main building. The prices of rooms varies. Small kitchen in each room + a big one for the entire floor. Your own bathroom and access to a terrace, study rooms and gym in the basement (for free). Kitchen equipment is included in the room and common kitchen. Washing machine cost extra through app. Cleaning equipment included. At Solo Society you have the opportunity to pay/sign a contract for a 5, 10, or 12 month period.

<https://solosociety.lt/>

Student Residence hall – located in the heart of old town. The prices of rooms vary, but is one of the more expensive accommodation options in Kaunas. A shared kitchen on each floor. Your own bathroom. Access to a study room, printer, common area. Kitchen equipment is included in the common kitchen. Very nice building, quite new (built in 2015) and a really good atmosphere.

<http://www.studentresidencehall.com/>

Aruodas.lt – if you want to find your personal apartment. The website exists in English, but not all landlords speak English. You can choose location of apartment, size, cost etc. Experience with landlords vary greatly, my tip is to be cautious. Ask for extra utilities, if they want payment by bank or in cash, heating system etc.

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

Apartment renting tips:

Most of the students live in the city centre. It is not so far away from the University hospital and Veterinary academy campuses and you are close to bars and restaurants. If you would like to move there as well, you select “senamiestis” (old town) or “centras” (centre) under “select micro district”. On the right side you can enter more details. Apartments further outside of the city centre and old town are usually bigger and cheaper, but the bus connections might be worse and the surrounding areas are often not as beautiful.

When viewing an apartment you should pay attention to the following criteria:

- Proper isolation (new apartments or good windows).
- Individual gas heating or a central thermostat (put on centrally, but can be regulated individually). In apartments with central heating usually you cannot regulate the heating yourself and the costs are considerably higher! Note: Prices are given per month. Expenses for heating, electricity, gas and water usually are not included in the rent price. Make sure to ask about utility prices in ADVANCE. The older the apartment is (when it was built), the greater risk of high prices and a cold apartment during winter is. Our best advice is to read carefully about building year and renovation year + heating method.
- Most apartments are fully furnished.

In September it can be hard to find an apartment, because of all the new students looking for one. We recommend to either search before the semester begins or to live in the dorms for the first months and search then.

Prices of apartments can often be discussed about and sometimes pushed down with some landlords. Don't be afraid to try.



Life in Kaunas

Printer shop and library:

The print shop is located at K.Petrausko g. 7-2, Kaunas across the street from Office day. Bring a

usb stick with the files you want to print. There are pdf files in this document for some books.

[*http://www.spausdinimasplius.lt/*](http://www.spausdinimasplius.lt/)

Documents can also be printed in the library. Bring 3 euros in coins to receive a printer card in the 4th floor in the computer lab.

Shop for school materials:

The main shop would be Officeday, which is located on Savanorių pr. 172, Kaunas 44149. Got all materials needed and they have a great discount for students.

[*https://www.officeday.lt/*](https://www.officeday.lt/)

Where to get lab coats, gloves and caps:

A small store located on the corner of a building at Laisvės al. 50, Kaunas 44246. Inside a small alley by the movie theatre. It is located to the right with a small staircase.

How to get a bus card:

Can be bought at the small “Spauda” kiosks which are the small buildings with a door.

Kauno klinikos, S. Daukanto and E. Ožėškienės g bus stations are some examples of locations.

The ISIC card can be used as a bus card, but another card can also be used. The ISIC card gives a huge discount when buying a bus card. Around 15 euros for a 3-month bus card.

A tip is to buy the bus card for some months at a time. There’s always a risk of losing the card.

How to get an ISIC card:

An ISIC card is an international student card. It can be used for discounts around the city, country and the world, such as certain stores (office day and bus card). Make sure to bring an ID money and a document from the university that states that you

are a student of LSMU .

It can be bought at several locations around Kaunas:

Zigzag - E. Ožėškienės st. 27

ZIP travel - Kęstučio st. 57-1

Don't

Do

- Greet people in their own language. They will be happy to help you, even if you cannot say anything but “hello” and they do not speak English.
- Put money on the counter when you pay at the shop. Wait until your change is put on the counter as well before you take it.
- Take it for granted that everybody speaks English. Some people do not, but Russian or German can be good options too. Usually younger people can speak English better than older.
- Drink alcohol in public. It is forbidden by law.

Alcohol times

Monday - Saturday: 10 AM - 8 PM

Sunday: 10 AM - 3 PM

Book List - ask your mentors

List of books - MEDICINE

For Lithuanian language

Rima Jezukeviciene **“Sveiki gyvi! Lithuanian for Beginners”**: Lietuvos sveikatos mokslų universiteto leidybos namai

A series of books that can be bought at the bookstore in the main building. Workbook, two vocabulary books and one grammar book.

For Latin language

Sigita Morkeviciene **“Latin for Medical Students Work-Book & Appendices”**: Lietuvos sveikatos mokslų universiteto leidybos namai

Part I and II. Part I is the most important one. Both can be bought at the print shop.

2018 Latin for Medical Students (Part 2)_Uzs138 [A4] -- eISBN (lock).pdf

For Anatomy:

Frank H. Netter **“Atlas of human anatomy”**: Elsevier, 2011

Great for pictures of structures, names and how they are located relative to one another. Especially neuroanatomy and organ part.

RECOMMENDED

Richard L. Drake, A Wayne Vogl **“Gray’s anatomy for students”**: Elsevier 2015

Great for information needed for the written exam and for pictures.

RECOMMENDED

“Human anatomy: basic knowledge”: 2012

A summary made of anatomy professors at the university with all structures and information necessary for the exams. Both Latin and English names. Available at the print shop.

RECOMMENDED

Radovan Hudak, David Kachlik **“Memorix anatomy: comprehensive book of human anatomy in English and Latin”**: Triton 2015

Great for information for the written. A great summary of all structures and functions, but not great with pictures and locations.

F. Paulsen and J. Waschke **“Sobotta atlas of human anatomy”**

Three different books with great pictures without information, only in Latin.

For Cytology and Parasitology – focus on lectures and laboratory book

Algis Bertulis, Algirdas Gutauskas **“Laboratories on cytology and medical parasitology”**

The handbook for the laboratories (obligatory). Found in the library, otherwise at the print shop.

Cytology and parasitology hand book.pdf

Bruce Alberts **“Essential cell biology”**: Garland Science, 2014

For extra information and pictures for the surprise microscope computer test.

For medical physics – lectures and laboratory manuals received during the laboratories.

General health basics – includes first aid, personal health and nursing. For personal health, the document that he shared with you. For nursing, lectures. For first aid, videos on their website.

For Statistics and informatics – mainly lectures and problems in book

Renata Simoliuene **“Basics of biostatistics”**: Lietuvos sveikatos mokslų universiteto leidybos namai, 2016

For problems and solutions, but also for information which is needed for the final exam.

Basics of biostatistics.pdf

For Medical chemistry – mainly lectures and laboration book

Laima Ivanoviene, Ramune Morkuniene **“MEDICAL CHEMISTRY. Handbook for the Medicine Faculty Students”**: Kaunas, 2019

Chemistry lab book.pdf

For Genetics – laboration book, lectures and book

Algis Bertulis, Algirdas Gutauskas **“Laboratories on genetics”**: Lietuvos sveikatos mokslų universiteto leidybos namai, 2012

K Benjamin A. Pierce **“Genetics. A conceptual Approach”**: Freeman, 2014

Additional and for greater picture of information in lectures. Needed for meiosis and mitosis.

For Histology – mainly laborations, lectures and books.

Angelija Valančiūtė, Ingrida Balnytė **“Manual of cytology, embryology and general histology”**: Lietuvos sveikatos mokslų universiteto leidybos namai, 2011

Anthony L. Mescher **“Junqueira’s basic histology: text and atlas”**: McGraw-Hill Education, 2016

T.W. Sadler “Langman’s Medical embryology. Thirteenth edition” Wolter’s Kluwer

List of books (available at Veterinary campus) -
VETERINARY MEDICINE

In all subjects of Veterinary medicine first year, you will receive your teachers material as a complement to study books. In some subjects you will mostly use your teachers material, that will be sent to you by email or uploaded on Moodle or First Class. At some of the computers in the Veterinary campus library there is a 3D program for Veterinary Anatomy.

Anatomy:

Veterinary Anatomy of Domestic Mammals by
Horst Erich König & Hans-Georg Liebich

Illustrated Veterinary Anatomical Nomenclature
by Constantinescu & Gheorghe M

Histology:

Dellmann’s Textbook of Histology by Jo Ann Eurell
& Brian L Frappier

Embryology book

Analytical Chemistry: Teachers material.

Ecology: Teachers material.

IT: Teachers material.

Latin:

Medical latin book

Lithuanian:

Rima Jezukeviciene **“Sveiki gyvi! Lithuanian for Beginners”**: Lietuvos sveikatos mokslų universiteto leidybos namai

Cell Biology:

Essential cell biology Garland Science by Bruce
Alberts

Zoology: Teachers material

Botany: Teachers material

Genetics:

K Benjamin A. Pierce **“Genetics. A conceptual Approach”**: Freeman

Medical physics: Teachers material.

This is a short overview of Veterinary Medicine books, more details will be given to the new students by your mentors further on.

INTERNATIONAL COMMITTEE OF STUDENT ASSOCIATION (ICOSA)

The international committee of student association (ICOSA) is the student association of the international students in LSMU. In ICOSA we focus on building an environment for the students which helps them in every aspect of the university. We focus on academics, sports, scientific, and charity. Each of our committees in the association is committed to give each and every student the ability to explore their interests and allow them to balance between their academic life and extracurricular activities.

We can not wait to meet all of our freshers and personally welcome you to our university and to our union.

Make sure you follow our pages on social media:

[*ICOSA Facebook link*](#)

Erasmus Student Network (ESN)

The Erasmus Student Network is a part of ESN network in Europe and beyond. ESN LSMU mainly focuses in making the erasmus students experience a one of a kind experience and to do so we need students who are full time students in LSMU. We focus mainly in integrating both the international students and the Erasmus students to give everyone the opportunity to meet lifelong friends. We organize many events and join along the other unions in LSMU with the main goal of creating the best student life for all of our students here in LSMU.

Make sure to follow us on facebook

[*facebook.com/esnlsmu/*](https://facebook.com/esnlsmu/)

and we look forward to meeting you soon.

LITHUANIAN INTERNATIONAL VETERINARY STUDENT UNITY (LIVSU)

Here at LIVSU, we hope to bring international veterinary students attending LSMU an extra support system while they endure their studies here at the university. We understand that student life isn't just about studying, it is about supporting change, helping students make friends, gain vital

skills for life, enjoy new experiences and campaign for important causes.

Our vision is for all students to feel comfortable and a part of the academy community where they can develop and prepare for their future while also making a difference in the world around them.

We are patiently waiting to meet you all.

make sure to follow us on our facebook page:

facebook.com/LIVSUKaunas/

Public Holidays 2022–2023

Date	Day	Holiday
1 Jan	Sun	New Year’s Day
16 Feb	Thu	Independence Day
11 Mar	Sat	Independence Restoration Day
9 Apr	Sun	Easter Sunday
10 Apr	Mon	Easter Monday
1 May	Mon	Labour Day
7 May	Sun	Mother’s Day
4 Jun	Sun	Father’s Day
24 Jun	Sat	St John’s Day
6 Jul	Thu	Coronation Day
15 Aug	Tue	Assumption Day
1 Nov	Wed	All Saints’ Day
2 Nov	Thu	Day of the Dead
24 Dec	Sun	Christmas Eve
25 Dec	Mon	Christmas Day
26 Dec	Tue	2nd Day of Christmas

Lithuanian Weather

You can observe all 4 beautiful seasons in Lithuania with snowy winters, blooming spring, bright summer and golden autumn. There is a humid continental climate in Lithuania. Simply speaking, the climate in Lithuania is mild. Typically, there are several very hot weeks in summer (with daytime temperatures surpassing 30 C°) and one or two very cold weeks in winter (with night-time temperatures going under -20 C°).

Snow can appear in November or December. But the weather still remains pleasant for most of the other days. The main thing is to dress well according to the weather. Also, during the cold season there is heating, so it's quite pleasant to stay inside the buildings. You can also buy all the suitable clothes for each season at the supermarkets in the city.

Extracurricular Activities

There are various activities you can involve yourself in throughout your studies. You can check the university website to find the most up-to-date sports and activities schedule happening at the uni.

The direct link to the university activity section:

<http://www.lsmuni.lt/en/structure/non-academic-departments/sports-centre/>

Places to visit in Lithuania

Vilnius in itself is a bustling capital with an incredible history, beautiful baroque architecture, and many points of interest for visitors. The old town of Vilnius is protected by UNESCO.

Trakai. This town is situated only 30 km from Vilnius so it's very easy to reach it. It is famous for its picturesque landscape and the legendary Trakai Castle which was an important military and political centre, headquarters of the Lithuanian Grand Dukes, and the capital of Lithuania.

Curonian Spit, a strip of sand dunes that keeps the Curonian lagoon from the Baltic Sea. A UNESCO World Heritage Site, it is home to the highest moving sand dunes in Europe, with an average height of 35 metres and some stretching to 60 metres – a rare natural wonder with small fishing villages.

The hill of crosses. Just North of the city of Šiauliai is a unique place to visit, the Hill of Crosses is now home to some 100,000 crosses.

The other site protected by UNESCO is **Kernavė Archaeological Site**, which boasts a testimony to some 10,000 years of human settlement;

The Open-Air Museum of Lithuania in Rumšiskės is one of the largest ethnographic open-air museums in Europe. The museum was established on the shores of Kaunas Lagoon in Rumšiškės. The houses representing each of the regions of Lithuania stand in their natural environment and have the interior and exterior of the respective period.

Useful Lithuanian Phrases & words

Excuse me	-	Atsiprašau
I speak a little bit Lithuanian.	-	Aš kalbu truputį lietuviškai.
3 month permanent bus ticket with weekends.	-	Trijų mėnesių nuolatinis bilietas su savaitgaliais.
Yes	-	Taip
No	-	Ne
Hi	-	Sveiki
Good morning	-	Labas rytas
Good day	-	Laba diena
Good evening	-	Labas vakaras
Thank you	-	Ačiū <i>(like when you sneeze)</i>
Good bye	-	Viso gero
Where is?	-	Kur yra?
I want...	-	Man prašau... <i>(when you order at a cafe you can start with these two words and then add for example coffee)</i>
Coffee	-	Kava
Tea	-	Arbata
Good	-	Gerais
I am a student	-	Aš esu studentė <i>(female)</i> / studentas <i>(male)</i>
Old town	-	Senamiestis
Center	-	Centras
1, 2, 3, 4, 5, 6, 7, 8, 9, 10	-	Vienas, du, trys, keturi, penki, šeši, septyni, aštuoni, devyni, dešimt