



LSMU
MENTORS



LSMU FRESHERS GUIDE'26

CONTENT

1	Hello, Student!	9	Public Transport Between Departments
1.1	Airport Maps	10	Scholarships
1.2	Getting To Kaunas And LSMU	11	Special Needs And Learning Disabilities
2	Where To Start?	12	Psychological Support And Counselling
2.1	Freshers Facebook Groups	13	Health Insurance
2.2	Freshers Camp	14	Bank Account
2.3	Mentor Support	15	Quality Of Studies And Assessment
3	University Login Information	16	Where To Ask If I Have Questions?
4	University Information Systems	16.1	Who To Ask If I Have Questions?
5	Study Schedule	17	Group And Course Monitors
6	Accommodation	18	Student Well-being And Welfare
7	Map Of The Dorms	19	Leisure Time
8	University Departments	21	More About ICOSA
8.1	Kaunas Clinics Map	22	Study Abroad Opportunities
8.2	LSMU Veterinary Academy Map		

1 HELLO, STUDENT!

Congratulations! You are now a student at the Lithuanian University of Health Sciences!

From now on you're going to spend a lot of time at the University. We encourage you to make the most of your experience by actively engaging in your studies and taking part in student activities.

For a smooth study start we have prepared the FRESHERS GUIDE. Here you will find the most relevant information and answers to the questions new students may have.

LSMU is excited to welcome you!

31 Aug Introduction Day at LSMU

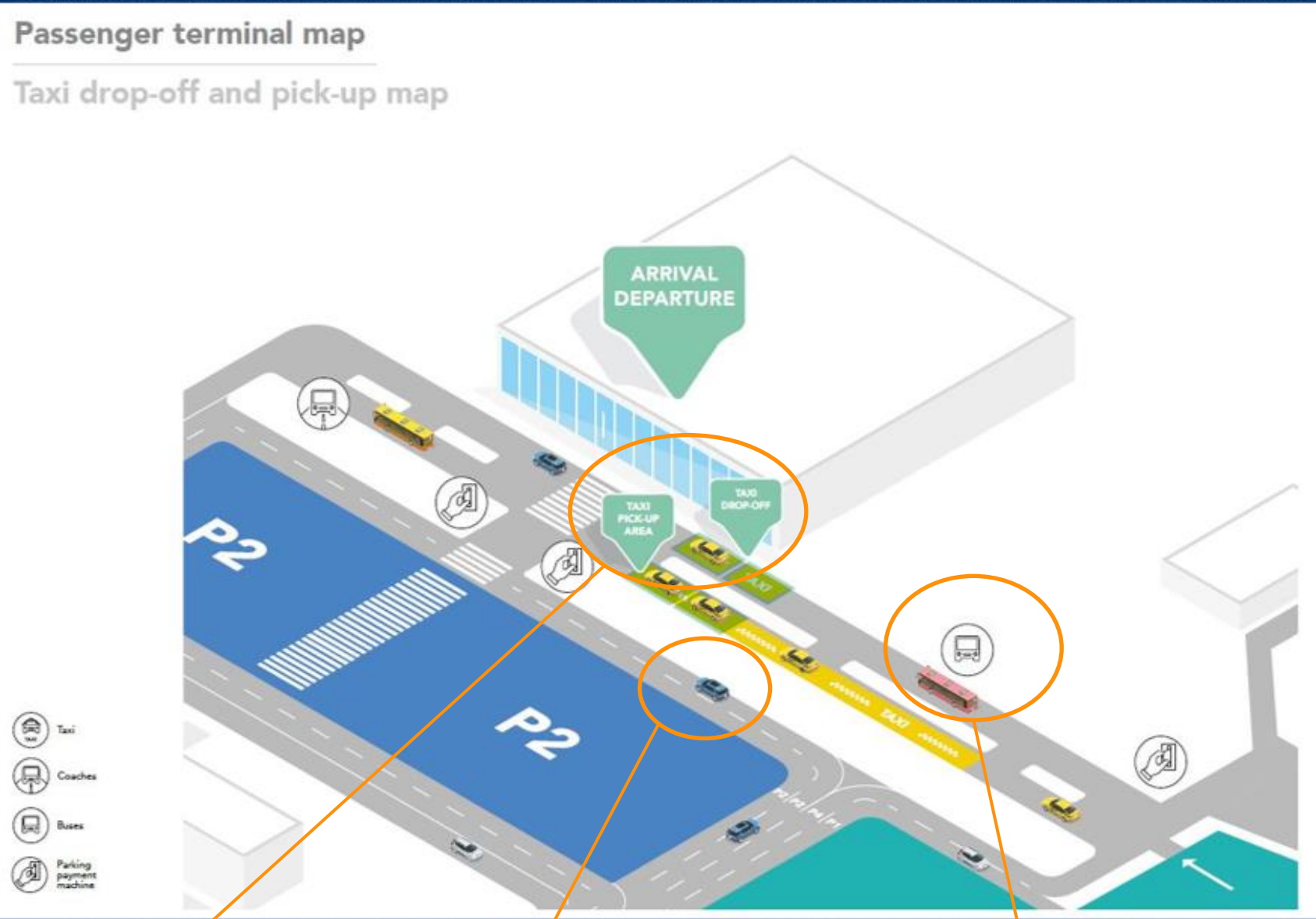
1 Sept Celebration and Faculty Welcome Events with Freshers' Gifts

2 Sept Meet the Student Union and ICOSA



1.1 AIRPORT MAPS

KAUNAS AIRPORT MAP



TAXI

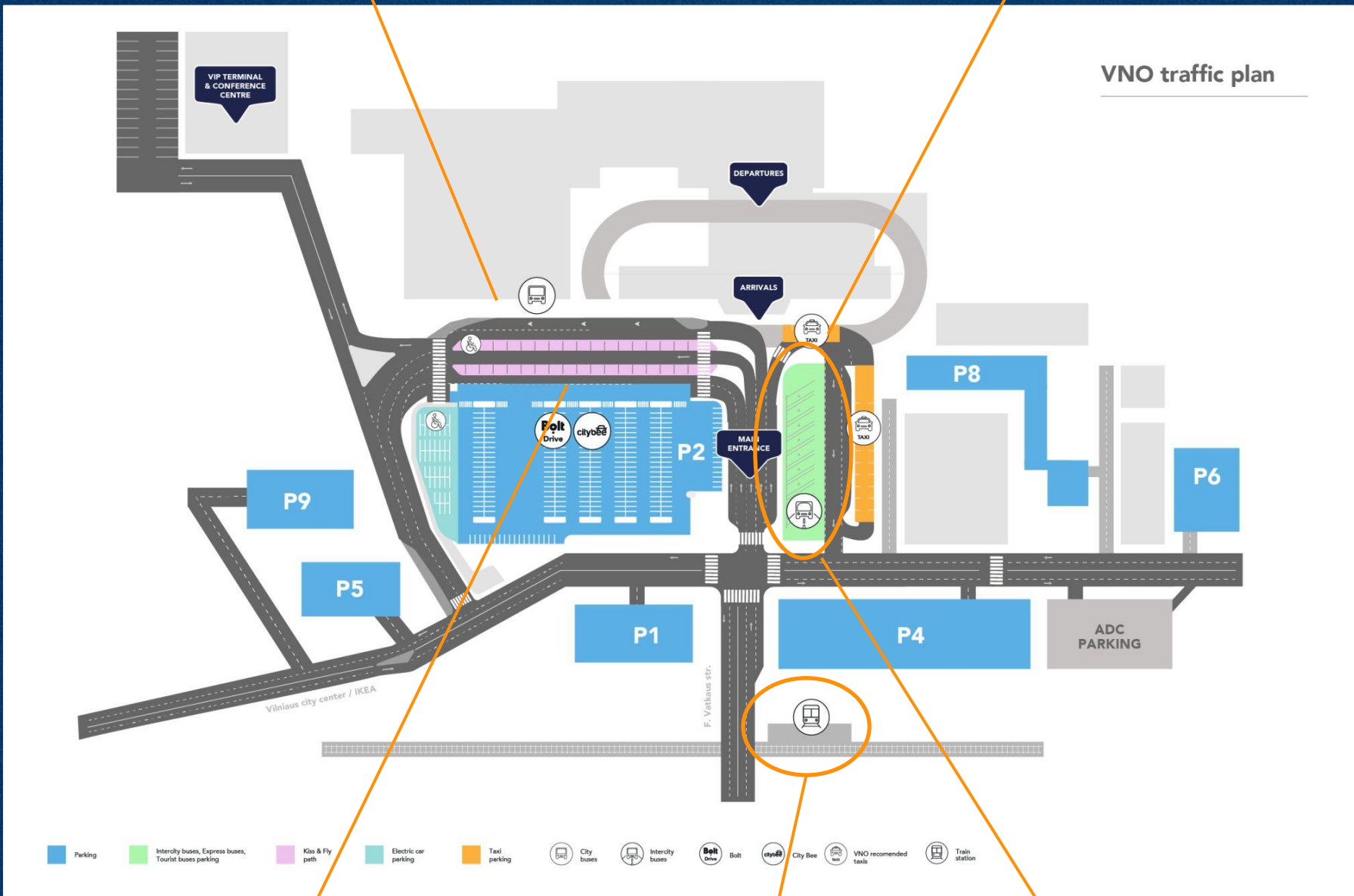
BOLT OR UBER

KAUNAS CITY BUS

VILNIUS AIRPORT MAP

VILNIUS CITY BUS

TAXI



BOLT OR UBER

TRAIN

SHUTTLE BUS

1.2 GETTING TO KAUNAS AND LSMU

KAUNAS AIRPORT



KAUNAS CITY BUS

Bus No. 29

TAXI OR BOLT



**KAUNAS BUS AND TRAIN
STATION**

VILNIUS AIRPORT



VILNIUS CITY BUS

Bus Nos. 88, 1, 2, 3G
At night: No. 88N

TAXI

TRAIN

SHUTTLE BUS

OLLEX EXPRESS



VILNIUS BUS AND TRAIN STATION



TRAIN

BUS

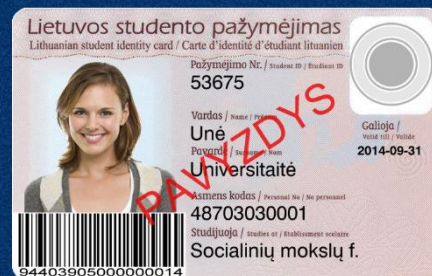


KAUNAS BUS AND TRAIN STATION

2 WHERE TO START?

LSIC

Lithuanian student
identity card



ISIC

International student
identity card



Freshmen Facebook Groups

We live in the era of information technology, and social media has become an essential part of communication. The University community is no exception – we stay connected online too.

It is one of the most important documents for students, as it provides discounts and makes everyday life easier. With this card, you will also be able to access the LSMU main library at any time of the day and borrow the textbooks you need.

If you have any questions write to info@lsmusa.lt

**LSMU PROVIDES THE LSIC
FREE OF CHARGE**

GET LSIC

GET ISIC

DON'T FORGET TO ORDER YOURS!

2.1 FRESHERS GROUPS

First, join this group on Facebook:

[LSMU FRESHERS 2026](#)

Then join the Facebook group of your study program:

Faculty of Medicine

[LSMU Medicine 2026-2027](#)

[LSMU Laboratory Medicine
and Biology 2026-2027](#)

[LSMU Medical and Veterinary
Genetics 2026-2027](#)

Faculty of Odontology

[LSMU Dental Hygiene 2026-2027](#)

[LSMU Odontology 2026-2027](#)

Faculty of Veterinary Medicine

[LSMU Veterinary Medicine 2026-2027](#)

[LSMU Food Science 2026-2027](#)

Faculty of Animal Science

[LSMU Animal Science 2026-2027](#)

Faculty of Public Health

[LSMU Health Psychology and
Clinical Health Psychology 2026-2027](#)

[LSMU Applied Public Health 2026-2027](#)

Faculty of Nursing

[LSMU Nursing 2026-2027](#)

[LSMU Physiotherapy 2026-2027](#)

Faculty of Pharmacy

[LSMU Pharmacy 2026-2027](#)

2.2 FRESHERS CAMP

Freshers Camp – one of the biggest events for new students. Here you will get to know fellow students, build new friendships, learn more about studies and student life at LSMU, the Student Union Office, and much more.

**Follow for updates and information
about Freshers Camp!**

@FRESHERSCAMP_LSMU

Date: 11–13 September 2026

Registration opens in early
September.

2.3 MENTOR'S HELP

Starting university in a new country can be challenging. Each group of first-year students is assigned two or three mentors. Mentors are experienced students who volunteer to help freshers adapt to university life, answer questions, and share useful tips about studying and living in Kaunas.

Mentors can help with:

- Getting familiar with the LSMU campus
- Adjusting to life in Kaunas
- Discovering student activities and organizations
- Receiving advice from an experienced student

Before the academic year begins, during the registration week, your assigned mentor will get in touch with you and introduce you to the first student activities and events.

Remember: mentors are experienced students who have already been in your shoes.

3 UNIVERSITY LOGIN INFORMATION

YOUR LOGIN WILL AUTOMATICALLY BE ACTIVATED WITHIN 24 HOURS AFTER SIGNING THE CONTRACT.

One login name and password is used to connect to all University systems. Login names are generated by this rule:

Name: Alexander Johnson

Date of birth: 23 April 2009

Username (User ID): alexjohn0423

Password: alexjohn2009

All letters are
lowercase

"Office 365" is available to all students and includes Word, Excel, and PowerPoint applications.

[GET „OFFICE 365“ IN YOUR OWN COMPUTER](#)

[IF YOU EXPERIENCE PROBLEMS WHEN LOGGING IN, CLICK HERE TO GET SUPPORT](#)

[MULTI-FACTOR AUTHENTICATION \(MFA\) INSTRUCTIONS](#)

IMPORTANT! THE UNIVERSITY USES MULTI-FACTOR AUTHENTICATION (MFA) AS AN ADDITIONAL LOGIN VERIFICATION METHOD. PLEASE READ THESE INSTRUCTIONS CAREFULLY.

When connecting to an Office 365 account (email, Teams), it is necessary to specify the domain @kmu.lt in the login name.

Example: [alexjohn0423@kmu.lt](#)

You can change your password only in the LSMUSIS Study Information System. The password will then be automatically updated across all university systems. Your personal email address is used for password recovery, so make sure to provide it in LSMUSIS.

DURING YOUR STUDIES, YOU ARE REQUIRED TO USE THE OFFICIAL LSMU EMAIL ACCOUNT PROVIDED BY THE UNIVERSITY.

4 UNIVERSITY INFORMATION SYSTEMS

„**LSMUSIS**“ is LSMU's study information system where students submit applications, manage personal data, view grades, and access other study-related information.

[LOG IN](#)

Here you can:

See your Study Schedule (only from 1st of Sept):

[MY SCHEDULE](#)

See your Grades:

[ACADEMIC RECORD](#)

See your Acknowledgment card:

[ACKNOWLEDGMENT CARD](#)

See your Payments for studies and dorms:

[PAYMENTS](#)

Submit academic applications:

[APPLICATIONS](#)

Change your password:

[CHANGE THE PASSWORD](#)

Get Microsoft Office package:

[USER INFORMATION](#)

„**STUDY PORTAL**“ is a place where you can find a summary of all systems' information (The schedules, grades, Moodle courses, etc.).

[STUDY PORTAL](#)

„**MOODLE**“ is a virtual learning environment. Here you will find study materials provided by lecturers. This is also where midterm and final evaluation teststake place.

[LOG IN](#)

5 STUDY SCHEDULE

You can view your study programme schedule and curriculum structure in LSMUSIS starting from 1st of September.

Application Grid:

LSMUSIS → Schedules → Grid

Select filter parameters → Cycle of course unit → Study programme → Course → Study year

SCHEDULE

Check your schedule

View your selected schedule

Synchronize your schedule with your calendar

Choose a format that is convenient for you

The screenshot displays the 'My schedule' page in the LSMUSIS system. The top header shows the LSMUSIS logo and navigation icons. The sidebar on the left contains links: MY SCHEDULE, SCHEDULE, BUSYNESS OF AUDITORIUM, ORDERS OF AUDITORIUM, REPORTS, PERSONAL ROOMS SET, and PERSONAL SUBJECTS SET. The main content area shows a calendar for September 2022. The calendar has tabs for Today, Week, 2 Weeks, Month, and Agenda. The 'Month' tab is selected. The calendar grid shows days of the week and dates. Course slots are displayed as colored bars (blue and orange) with time ranges (e.g., 08:00-12:30). The interface also includes a 'Moodle' link, 'Support system', 'Suggest', and 'Lt' in the top right corner.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

6 ACCOMMODATION

UNIVERSITY DORMITORY

The first-year students may apply for accommodation in the LSMU dormitory:

- **Dormitory no. 1** on Dainavos st. 3, **Dormitory no. 5** on Sukilėlių st. 53 and **Dormitory no. 8** on Radvilų Dvaro st. 33.
- All students who have paid their tuition fee will receive a link to the dormitory registration and later receive an email about the dormitory place.

[SUBMIT AN APPLICATION](#)

APARTMENT RENTAL

Students in the upper years are required to find accommodation by themselves. Admission officers in the International Relations and Study Centre may assist students in the search for accommodation.

[SOLO SOCIETY STUDENT HOUSE](#)

Address: Kestucio st. 36, Kaunas
Phone: +37061599996
Email: info@solosociety.lt

[STUDENT RESIDENCE HALL](#)

Address: Kurpiu st. 26, Kaunas
Phone: +37060058806
Email: info@studentresidencehall.com

[HOTEL BEST BALTIC KAUNAS](#)

Address: A. Mickevičiaus st. 28, Kaunas
Phone: +370 618 31066
Email: kaunas@bestbaltichotels.eu

[REAL ESTATE AGENCIES](#)

[Capital Kaunas](#)
[Ober-Haus Kaunas](#)
[Forto siena Kaunas](#)

[COZY APARTMENTS](#)

Address: A. Mickevičiaus st. 6, Kaunas

[OTHERS](#)

www.aruodas.lt/*
www.skelbiu.lt*

[MORE INFORMATION](#)

*Beware of rental scams

7 MAP OF THE DORMS



8 UNIVERSITY DEPARTMENTS



LSMU Medical Academy Main building

Adress: A. Mickevičiaus st. 9, Kaunas
Phone No.: +370 (37) 32 72 01

**Faculty of Pharmacy
Centre for the Advanced
Pharmaceutical and Health
Technologies**
(Sukilėlių ave. 13)

Faculty of Medicine
(A. Mickevičiaus st. 9)

Faculty of Odontology
(A. Lukšos-Daumanto st. 2, 2nd floor)

Faculty of Nursing
(Eivenių st. 2)

Faculty of Public Health
(Tilžės st. 18)

**Department of Languages and
Education**
(Jankaus st. 2, the same entrance
as to the 2nd dorm)

Department of Sports Medicine
(Tilžės st. 18)

**LSMU Library and Information
Center**
(Eivenių st. 6)

LSMU Veterinary Academy Main building

Adress: Tilžės st. 18, Kaunas
Phone No.: +370 (37) 36 23 83

Faculty of Animal Science
(Tilžės st. 18)

Faculty of Veterinary Medicine
(Tilžės st. 18)

**Dr. L. Kriaučeliūno
Small Animal Clinic**
(Tilžės st. 18)

Large Animal Clinic
(Tilžės st. 18)



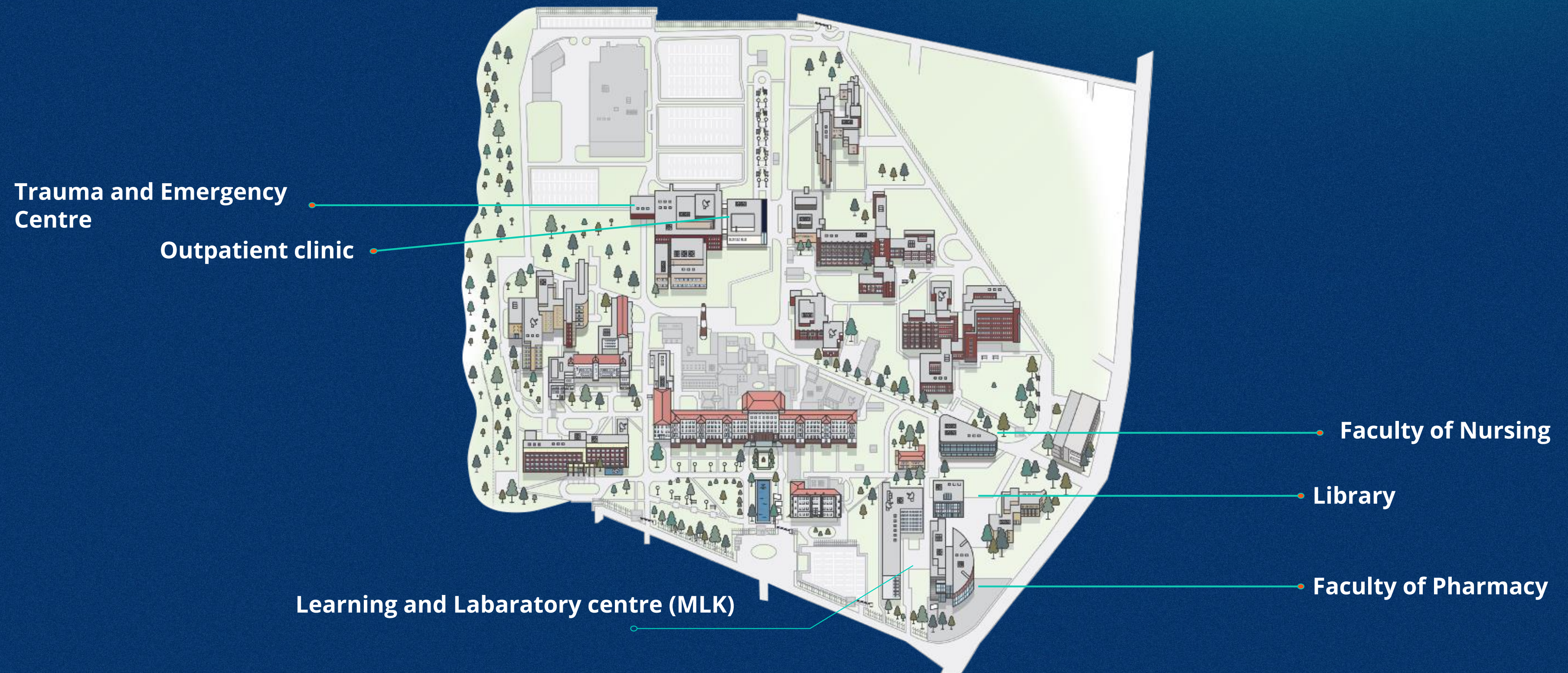
Wildlife Rescue Centre (LGGC)
(Jurginių st. 6, Naujieji Muniškiai,
Kaunas Dist.)

Anatomicum
(Tilžės st. 18)

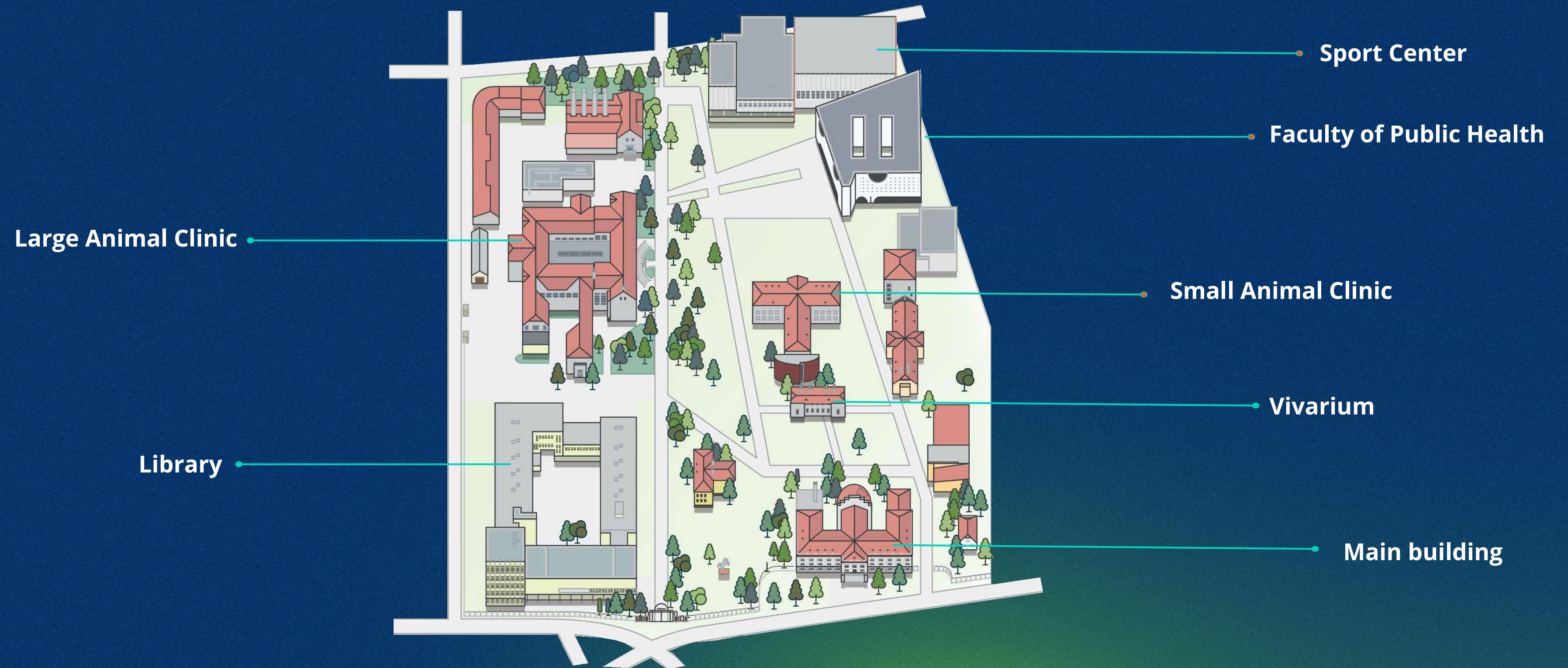
**4th building. VA Library and
Auditorium 2 is located in this
building.**
(Tilžės st. 18)

**5th building.
Auditoriums 3 and 4 are
located in this building**
(Tilžės st. 18)

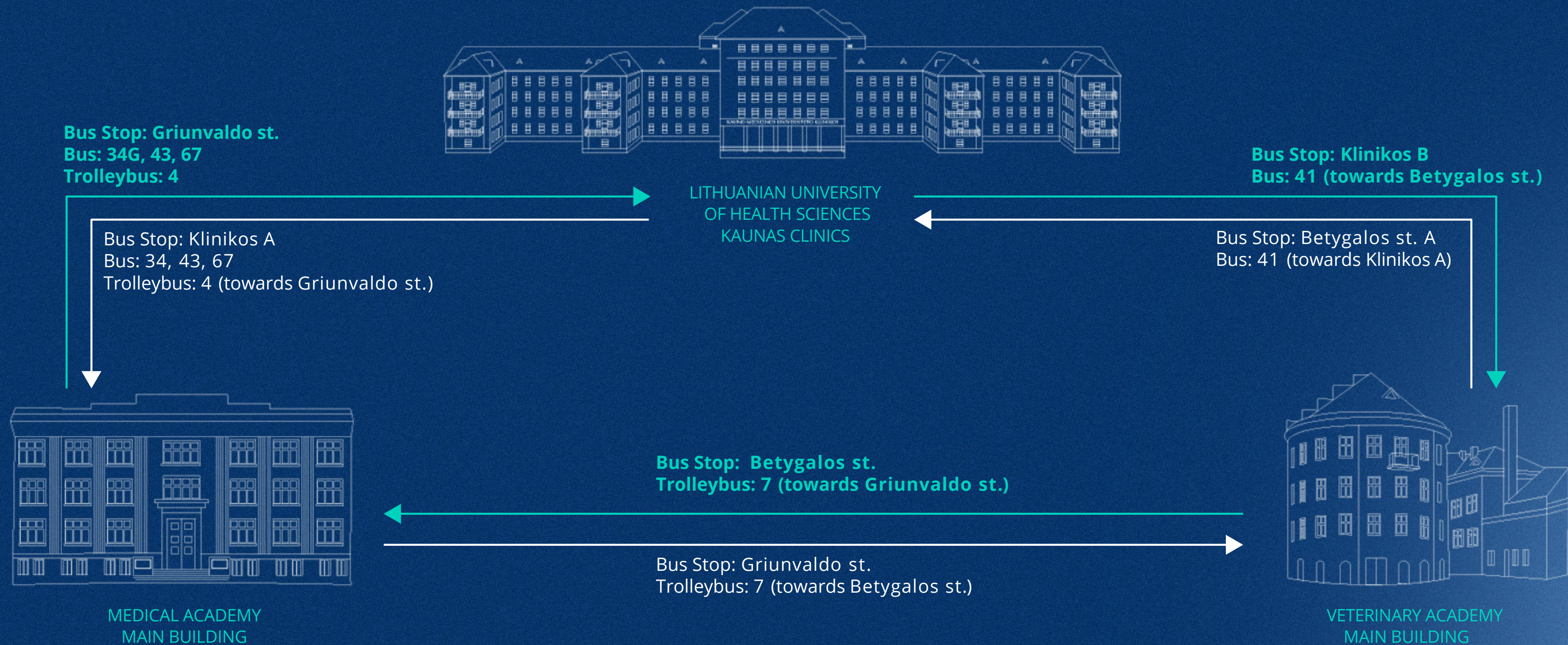
8.1 KAUNAS CLINICS MAP



8.2 LSMU VETERINARY ACADEMY MAP



9 PUBLIC TRANSPORT BETWEEN THE DEPARTMENTS



DOWNLOAD THE MOBILE APPS: **Trafi** >>



10 SCHOLARSHIPS

While you're studying, you can apply to get a **SCHOLARSHIP**:

INCENTIVE SCHOLARSHIP

NOMINAL SCHOLARSHIP

ONE-TIME INCENTIVE
SCHOLARSHIP

LITHUANIAN STATE SCHOLARSHIP

MORE

You can also get **FINANCIAL SUPPORT**:

ERASMUS+ FINANCIAL SUPPORT FOR
OUTGOING STUDIES

SUPPORT FOR STUDENTS WHO BELONG
TO DISADVANTAGED GROUPS

SUPPORT FOR LITHUANIANS FROM ABROAD

CHANCEN EG INCOME SHARE
AGREEMENT PROGRAM

SUPPORT OF NON-STATE FUNDED STUDIES

11 SPECIAL LEARNING NEEDS AND DISABILITIES

The University creates an open and friendly study environment for all students, and it aims to meet the individual needs of students by increasing access to studies and fosters a culture of equality and non-discrimination.

FINANCIAL SUPPORT

Students with a legally established participation level of 45% or lower (*formerly referred to as a working capacity level until 31 December 2023*), or a severe or moderate disability, may be eligible for financial support.

- Additional financial support scholarship
- Reduced accommodation fee in the student dormitory
- Partial coverage of tuition fees
- Erasmus+ grant

ACADEMIC HELP

- Alternative examination methods can be applied for students with special learning disabilities
- Adaptation of the study environment

[CAREER COUNSELLING](#)

AVAILABLE SUPPORT AND ADJUSTMENTS

- Individual consultations
- Group consultations
- Participation in training sessions

[MORE](#)

Student Union (SA) – creates opportunities for students with individual needs to participate in student activities and represents their interests.
Student Affairs Office (SAO) – coordinates support services and consultations for students with disabilities and/or individual needs.

12 PSYCHOLOGICAL SUPPORT AND COUNSELLING

Are you struggling, need someone to talk to? Come along – together, we can navigate through challenges and find a solution more easily!

We offer free and confidential psychological counselling for LSMU students.

PSYCHOLOGICAL SUPPORT includes:

- Individual consultations (remote or face-to-face)
- Group consultations
- Participation in trainings

[MORE](#)

[REGISTRATION FOR REMOTE CONSULTATIONS](#)

[REGISTRATION FOR FACE-TO-FACE CONSULTATIONS](#)

13 HEALTH INSURANCE

Full Health Insurance, covering all medical expenses, is compulsory to have in Lithuania during your studies.

AON student insurance will keep you insured for the following:

- Medical costs – including urgent dental help
- Repatriation, extra costs, 24/7 emergency assistance helpline
- Liability
- Home contents and baggage
- Accidents
- Legal aid

[MORE](#)

Hospitals that you can visit in case of emergencies:

- Kaunas Klinikos
- Kaunas miesto poliklinika
- Aušros medicinos centras (private, so make sure that your insurance can cover it)

14 BANK ACCOUNT

If you need to open a bank account in Lithuania, you can use one of these banks:

- [Swedbank](#)
- [SEB](#)
- [Luminor](#)
- [Artea](#)
- [Revolut](#)

To open a bank account, **YOU MUST BRING:**

- Valid identity document: passport or national ID card
- Certificate of enrollment at the university (you will get it during the registration week)
- Non-EU/EEA citizens must have a valid Temporary Residence Permit (TRP) to open a bank account in Lithuania.

15

QUALITY OF STUDIES AND ASSESSMENT OF STUDY ACHIEVEMENTS

Studies at LSMU are performed through contact and mixed learning. Completion of the study program and study plan (participation in contact hours classes) is mandatory for students.

QUALITY OF STUDIES

Students are encouraged to be active participants in the study process and contribute to improving the quality of studies by participating in meetings, interviews, and filling out feedback surveys.

LSMUSIS STUDENT FEEDBACK TOOL



“QUALITY THERMOMETER”

will allow you to evaluate completed module (subject)

[MORE](#)

[CODE OF ETHICS](#)

[REGULATION OF STUDIES](#)

ASSESSMENT OF STUDY ACHIEVEMENTS

In case of more than 25% absence from classes, the student will be required to retake the module.

The exam results or other student achievement evaluations are uploaded to LSMUSIS within 5 working days after the evaluation.

Appeals may be submitted via LSMUSIS. It regarding:

- **Results of the assessment within 3 business days** from the publication of the results.
- **Results of the examination within 3 business day** from the publication of the results
- **Evaluation procedures within 3 business days** from the implementation of the evaluation

A student who has failed an exam, homework, project, or other form of evaluation, has the right to retake it twice, free of charge but no later than by the end of the current study year, i.e., August 31st.

16 WHERE TO ASK IF I HAVE QUESTIONS?

Student Affairs Office

This is a team that cares about the well-being and career success of LSMU students.

You can ask about: student welfare, psychological, social and financial assistance, individual needs, career, employment, student admission, additional practice.

SAO

Study center

Coordinates first-, second-cycle and integrated studies, ensuring that students are informed at the right time about study issues.

You can ask about: studies and timetables, certificates of studies, change of group, study plans, student cards.

SC

LSMU SA

An independent, non-profit, non-political organization representing the interests of university students.

You can ask about: academic, social, study quality, academic integrity issues, scholarships, or student cards issuance.

International Committee of LSMU SA → ICOSA

LSMU SA

International Relations and Study Centre

Organizes foreign students' studies and student and staff exchange programs.

You can ask about: ERASMUS+ studies and traineeships.

IRSC

ERASMUS+

Dean's office of the faculty

Coordinates study subjects, organizes cooperation between lecturers and students.

You can ask about: administration of the faculty study process, academic leave.

FACULTIES

Frequently asked questions (FAQ)

16.1 WHO TO ASK IF I HAVE QUESTIONS?

SOCIAL STUDENT SUPPORT:

Aušra Dapkevičienė

Migration

A. Mickevičiaus st. 9, room 112

Phone: +370 37 396052

ausra.dapkeviciene@lsmu.lt

Aušra Surantienė

Accommodation

A. Mickevičiaus st. 9, room 111

Phone: +370 659 08381

ausra.surantiene@lsmu.lt

Rūta Antanaitienė

Students' admission, Insurance

A. Mickevičiaus st. 9, room 111

Phone: +370 37 327259

ruta.antanaitiene@lsmu.lt

Laima Piliponienė

Administration of tuition fees

A. Mickevičiaus st. 9, room 113

laima.piliponiene@lsmu.lt

Asta Raupelytė

Student Wellbeing and Support

A. Mickevičiaus st. 9, room 120

Phone: +370 646 25592

asta.raupelyte@lsmu.lt

ACADEMIC SUPPORT/FACULTY COORDINATORS:

Simona Jastžemskytė

Faculty of Medicine (Years 1-3)

A. Mickevičiaus st. 9, room 033

Phone: +370 37 387369

simona.jastzemskyte@lsmu.lt

Enrika Morkienė

Faculty of Nursing

Eivenių st. 4, room 640

Phone: +370 37 327234

enrika.morkiene@lsmu.lt

Aleksej Omeljančiuk

Faculty of Public Health

Tilžės st. 18, room 223

Phone: +370 37 327362

aleksej.omeljanciuk@lsmu.lt

Martina Kleinaitė

Faculty of Odontology

J. Lukšos-Daumanto st. 2, room 4

Phone: +370 37 338365

martina.kleinaite@lsmu.lt

Irena Žikas

Faculty of Veterinary medicine

Tilžės st. 18, Vet. Academies

Main Building, room 110

irena.zikas@lsmu.lt

Agnė Mazurkevičiūtė

Faculty of Pharmacy

Sukilėlių ave. 13, room 216

Phone: +370 37 327 291

agne.mazurkeviciute@lsmu.lt

Vita Novickienė

Faculty of Animal Science

Tilžės st. 18,

Phone: +370 37 361 936

vita.novickiene@lsmu.lt

17 GROUP AND COURSE MONITORS

By the middle of September, each group must choose its group monitor. Later, group monitors choose a monitor who represents the entire course.

IMPORTANT! Monitors do not receive the monitor's scholarship.

- A monitor is the main representative of their group or course.
- The term for a monitor is one academic year (however, usually the same person remains a monitor throughout all study years).
- The group monitor cooperates with the course monitor, lecturers, LSMU SA (or ICOSA), University administration, and other University institutions.
- Group monitor must provide their contact information to LSMU SA (or ICOSA).
- The group monitor must convey to the group all relevant information related to the study quality and process, as well as know the most important documents - the Study Regulations and the University Statute.
- The group monitor mediates the coordination of schedules when necessary.
- We recommend that every new monitor takes part in the "Monitors training" organized by LSMU SA International Committee - these monitors get familiar with the University structure and documents.

WHERE TO ASK?



18 STUDENT WELL-BEING AND WELFARE

LIBRARY

**LSMU Library and
Information Center**

Eiveniņ st. 6

LSMU VA Library

Tilžēs st. 18

Library provides the following services:

- Information
- Copying, printing, scanning
- Document binding
- Interlibrary loan
- Group study room reservations

[MORE](#)

[HEALTHY LIFESTYLE CONSULTATION](#)

Provides education on healthy lifestyle and reducing chronic disease risk. Helps find personalized solutions in areas such as nutrition, physical activity, harmful habit reduction, stress management, and strengthening psychological resilience

[PSYCHOLOGICAL SUPPORT](#)

[EMERGENCY MEDICAL AID](#)

[PETS AT THE UNIVERSITY](#)

19 LEISURE TIME

STUDENT REPRESENTATION, ASSOCIATIONS, SOCIETIES:

- LSMU SA – Student Union
- ICOSA – International Committee of SA
- JGA – Association of Young Doctors
- LiPSA – Lithuanian Psychology Students Association
- LSMU SMD – Student Scientific Society
- LSMU VASA – Veterinary Academy Student Association
- LIVSU – Lithuanian International Veterinary Student Unity
- SFD – Society of Student Pharmacists
- VSSD – Society of Public Health Students
- LiMSA – Lithuanian Medical Students Association
- SOA – Student Dental Association
- LSMU students and doctors corporation
- "Fraternitas Lituanica"
- Corp! "Gaia"
- ESN LSMU - Erasmus Students Network LSMU

THE SPORTS CENTER

Sports teams: athletics, basketball, swimming, tennis, ping pong, aerobic gymnastics, chess, badminton, volleyball.

ACADEMIC PASTORAL CARE

VOLUNTEERING AT LSMU

ADDITIONAL INTERSHIP

STUDENT ACTIVITIES

ARTISTIC ACTIVITIES

LSMU LSMU Folk dance group Ave Vita



[MORE](#)

LSMU Folk dance group Džigūnas



[MORE](#)

LSMU Academic choir Neris



[MORE](#)

SALTO – Ballroom dance group



[MORE](#)

21 MORE ABOUT ICOSA

ICOSA (International Committee Of SA, LSMU) is a non-profitable student organization. At ICOSA, we are committed to making sure that every student's voice is heard, regardless of the language they speak.

The organisation consists of five committees: Academics, Science, Entertainment, Sports, and Public Relations. Throughout the year, ICOSA organises events, workshops, conferences, charity initiatives, and sports tournaments.

Freshers are welcome to join ICOSA.

Recruitment for new members takes place every autumn. Follow ICOSA on social media to stay updated on recruitment events, activities, and opportunities to get involved.

CONTACTS

General enquiries:

ICOSA@lsmusa.lt

International Committee:

international.sa.lsmu@gmail.com

@LSMU_ICOSA

@LSMU_SA

22 STUDY ABROAD OPPORTUNITIES

Imagine spending a semester in Spain, completing an traineeships in Germany, or joining a summer school in Portugal. Through the Erasmus+ programme, these opportunities are available to LSMU students **from their second year of studies**. With more than 240 partner universities across 49 countries, studying abroad can become a part of your university journey.

ACADEMIC MOBILITY

Get inspired by student stories,
exchange experiences, and life abroad.

LSMU ERASMUS+

CONTACTS

For more information about Erasmus+ opportunities, please contact:

Monika Grincaitė

Erasmus+ study opportunities
A. Mickevičiaus st. 9, room 127
monika.grincaite@lsmu.lt

Lidija Cibulskaitė

Erasmus+ traineeships
A. Mickevičiaus st. 9, room 124
lidija.cibulskaitė@lsmu.lt



LSMU
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