



Vilnius University
Students' Representation
in the Faculty of Medicine

GUIDE FOR INTERNATIONAL MEDICAL AND DENTISTRY STUDENTS

HELLO AND WELCOME TO THE MEDICAL FACULTY OF VILNIUS UNIVERSITY!

When you are new in a city we understand that you can feel a bit lost and have plenty of questions. We have created this guide to cover most of the frequently asked questions and some tips for you to have the best possible experience in Vilnius! If you have any other questions please feel free to reach out to us and we will gladly help you.

VU SA MF ISR - Vilniaus Universiteto Studentų Atstovybė Medicinos Fakultete - International Student Representation

Contacts details to VU SA MF ISR

Instagram: @VUSA_MF_ISR

Facebook: www.facebook.com/VUSAMFISR

Email: isr@mf.vusa.lt

Linktree: <https://linktr.ee/VUMFISR>

LIST OF IMPORTANT CONTACTS

Main webpage of the medical faculty: www.mf.vu.lt/en/

List of important contacts: www.mf.vu.lt/en/institutes/study-department-structure#coordinator-of-international-studies

Head of Study Department:

Jekaterina Bortkevič

M. K. Čiurlionio g. 21/27, room 112

Phone: +33(85) 239 8703

E-mail: jekaterina.bortkevic@cr.vu.lt

Coordinator for International studies

Issuing of certificates, bank account registration, administration of internship contracts and other documents.

Giedrė Nenartavičienė

M. K. Čiurlionio g. 21/27, room 113

Phone: +33 (85) 239 8761

E-mail: giedre.nenartaviciene@mf.vu.lt

International Studies Coordinator for Erasmus+ and other exchanges

Erasmus+ Mobility Bilateral Mobility, international partnerships.

Vita Petronytė

M. K. Čiurlionio g. 21/27, room 113

Phone: +33 (85) 239 8721

E-mail: vita.petryte@mf.vu.lt

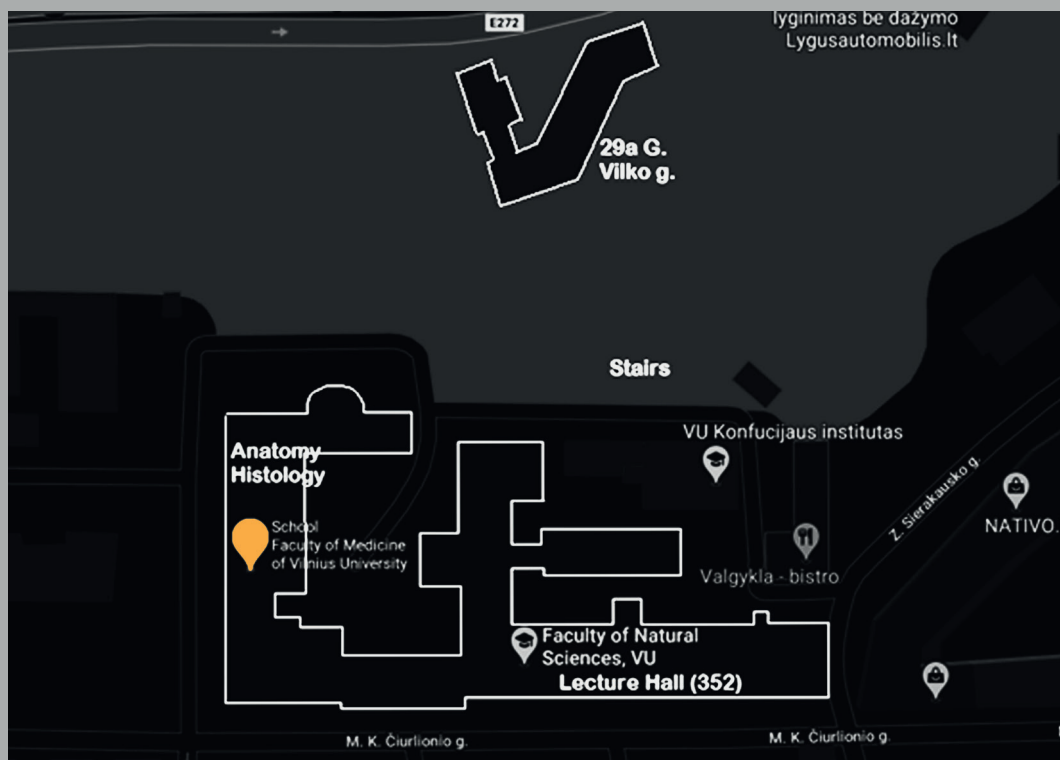
OTHER IMPORTANT INFORMATION

For the first tuition fee you will receive an invoice through your private email.
For upcoming semesters, it will be uploaded on the university system: is.vu.lt/.

Your schedule is uploaded here:

www.mf.vu.lt/en/studies/undergraduate-studies-2/integrated-studies/schedules-integrated-studies

MAP OF THE MEDICAL FACULTY



HOW TO GET YOUR LITHUANIAN STUDENT CARD (LSIC/LSP)

All students are required to apply for a student card. In english it's called LSIC (Lithuanian student identity card) and in Lithuanian it's called LSP (Lietuvos studento pažymėjimas), which is the same thing, and in this mentor guide we will refer to it as LSIC.

Why is it important to have an LSIC?

LSIC is mandatory because it is needed for the verification of your identity when taking Exams. You will receive a massive discount on public transport. You need the card for borrowing books at the University library and to enter the library in sauletekio before 8:00 and after 21:00. If you do not yet have your LSIC, you can use the agreement letter from university as a substitute, however, it doesn't work for all services.

How do I apply for an LSIC?

For applying, follow this link: lsp.lt/en.

It will be much easier to pay for the LSIC, if you have a Lithuanian Bank account. If you don't have a Lithuanian bank account, you have two options:

Ask a friend with a Lithuanian bank account to make the transfer for you.

If you have a European bank account, it is possible to transfer the money then without any extra fees.

How to make the transfer from your European bank account, step-by-step:

1. Choose to make a foreign transaction.
2. International bank account number (IBAN): LT48 7300 0101 3654 8129
3. BIC/SWIFT: HABALT22 (Not necessary if you transfer from another euro country)
4. Message to the receiver: New LSIC card *your name* (don't forget to add your name, otherwise they can't track your payment).
5. Address to the receiver (not always mandatory): Lietuvos Student Sajunga, Gelezino vilko st. 12, 01112 Vilnius, Lithuania
6. Choose option "sender and receiver shares the transaction fee". In this case the transaction will be with no charge. The fee for the LSIC card is 21 euro, but please check the website for current information. In case you have any questions regarding the transaction, it would be best for you to contact your bank.
7. Once the transaction is completed, you will need to email the receipt to pagalba@lsp.lt. Which then, you will receive a confirmation of your payment via e-mail. This can take up to a few days.

For questions regarding your application please email lsp@vusa.lt.

In case of any general questions about the LSIC application process, you can always contact the ISR (isr@mf.vusa.lt) and we will be more than happy to help you!



Wydawnictwo
Instytut
Biblioteczny
KR1028

Cena zł 70.-

HISTORIA
WŁADYSŁAW TATARKEWICZ HISTORIA ESTETYKI
WŁADYSŁAW TATARKEWICZ HISTORIA ESTETYKI



J. LEBOWITZ HISTORIA WYBÓR PEDAGOGICZNYCH
JOHN LEBOWITZ HISTORIA WYBÓR PEDAGOGICZNYCH
WOLNOŚĆ OCEN MORALNYCH DZIEŁ
3. REPER - CYBERNETYKA A ZARZĄDZANIE

HENRYK JAKUBOWSKI BRANIO I MORALNOŚĆ
HENRYK JAKUBOWSKI BRANIO I MORALNOŚĆ

DO I NEED A LITHUANIAN BANK ACCOUNT?

As a European citizen it is usually the cheapest and easiest way to just use your regular bank card from your home country. If you are uncertain, please contact your own bank for advice. In case you are planning to work in Lithuania or if you get a Lithuanian scholarship, it is necessary to get a Lithuanian bank account.

A non-European citizen will need to open a Lithuanian bank account. Here are some popular banks amongst the students which are applicable. Just click on the link to get direct access to how to become a customer.

- Swedbank: www.swedbank.lt/private/d2d/accounts/becomeOurCustomer
- SEB: www.seb.lv/eng/become-customer#becomeClient
- Luminar: www.luminor.lt/en/private/luminor-black

THE PERFECT PLACE TO STUDY: AT THE LIBRARY!

In Vilnius you can find several libraries. At each library you can get your own working spot with a power outlet and a lamp. But don't show up too late if you want to be sure to get a spot!

The library in the Medical Faculty

This library is located on the 1st Floor M.K.Čiurlionio gatvė 21 at the Medical Faculty. Here you can get your own working spot as well as borrow necessary books for your medical studies. But don't postpone borrowing your books as there are limited amounts available. Printing is also available with your LSIC card which you load with money at the front desk or online.

The New Vilnius University Library in Sauletekis

This library is open 24/7, but don't forget to bring your LSIC card to access after 21:00 or before 08:00. Opening hours might change on national holidays. This library has a café as well as printing options, here you will also load your LSIC card at the front desk. You are also offered free parking.

The Vilnius University Library in Old Town

The Oldest library in Lithuania is located at Universiteto g. 3. For entrance you will have to use your LSIC card. Important information; different reading rooms have different opening hours. Printing is available with your LSIC card. Parking is not possible on premises. A cafeteria is located near The Church of St. Johns.

Martynas Mažvydas National Library of Lithuania

Located at Gedimino Prospektas 51. Printing is available for a fee. No free parking. The coffee shop, Caffeine, is located in the building and you can also find several restaurants nearby.

Online Library access from the Medical Faculty

<https://biblioteka.vu.lt/en/>

Access is possible within the university network, if you would like to access from home VPN is needed. Here you can find information on how to install it: santaka.vu.lt/display/DUK/Installing+and+using+VU+VPN

Useful sources provided by Vilnius University for medical students

- Clinical Key: www.clinicalkey.com
- AccessMedicine: accessmedicine.mhmedical.com/

HOW TO GET A D VISA

Are you a non-European student? Then don't forget to get your visa! The first step you should take when getting a visa is finding out if your country has a Lithuanian Embassy, or if there are any countries nearby that do. You might be expected to travel in order to get a D visa.

Generally, the documents necessary are:

1. *An application for a visa D.*
2. *A valid travel document.*
3. *A photo (35X45 mm).*
4. *A mediation letter issued by the university.*
5. *Documents about sufficient means of subsistence; (This can be a bank statement, a notarized letter by your parents together with their tax returns proving that they will support you financially.)*
6. *A health insurance policy covering at least **30.000 Euro**, medical repatriation to home country.*

The D visa lasts for 1 year, counted from the day you are expected to enter the country. It generally allows for multiple entries into Lithuania.

Be aware that those are the general instructions by the migration department of Lithuania, depending on your country of origin, you might be asked to provide additional documents. Check your local lithuanian embassy/visa center for further information.

Note: As of 2020, Lithuania does **not** issue the Visa D inside of the country anymore, so unless you come from a visa exempt country, and plan to apply for a TRP as soon as you arrive in Lithuania, make sure to get a Visa D before flying to Lithuania!

HOW TO GET YOUR TEMPORARY RESIDENCE PERMIT (TRP)

TRP is the Temporary Resident Permit that you must acquire before your Visa D expires, this applies for non-EU students. EU students are also required to have a Temporary Residence Certificate. Here you can find more information about the TRP: www.migracija.lt/noriu-gauti-teis%C4%97s-laikinai-gyventi-pa%C5%BEm%C4%97jim%C4%85

1. *First step of getting your TRP is writing an email to the International relations manager Diana Makevičienė [diana.makeviciene@cr.vu.lt] asking for your personal mediation letter number for a two year period, including the number for the Visa incase you will need it as well. Diana will send to you the numbers and a list of what you need to bring to your appointment.*
2. *Once you have your mediation letter number, you must first submit an application for an issue of a temporary residence permit electronically through the Lithuanian Migration Information System (MIGRIS): www.migracija.lt/en/home*
3. *How do I submit my application? At the website, log in to your profile with your personal email address and a code that you receive to your email from MIGRIS. In your profile press the +New application button, and then choose "applications on behalf of natural persons" where you choose your Nationality, then choose "I want to get a residence permit in lithuania" - "I want to receive a temporary residence in Lithuania" - "Studies" - "I am a student" - "Apply for a permit" and then an application form will open which you must fill and submit with all the necessary documents.*
4. *After you have submitted your application, you need to book an appointment at the immigration office, located on Vytenio g. 18. At the appointment you will be asked to choose the urgent procedure or the regular one: 120 EUR for general processing (decision within 3 months). 240 EUR for urgent processing (decision within 45 calendar days).*
5. *While you are waiting for your TRP, you must stay in Lithuania until it is approved. You will get your answer through the MIGRIS system.*

QUESTIONS REGARDING RESIDENCY PERMIT OR VISA?

You can contact our VU ISR office for advice:

José Geraldo, Coordinator for Migration and Non-EU affairs.
geraldo.de@mf.stud.vu.lt



ACCOMMODATIONS IN VILNIUS

Living at a dormitory gives you the opportunity to meet new people from all over the world. We recommend staying in the ones located on Olandu gatvė 51 or Sauletekio avenue 39, which are closest to the Medical Faculty.

For more information about the dormitories click on this link <https://www.vu.lt/en/studies/bachelor-and-integrated-studies/living-in-lithuania/accommodation#student-dormitories-in-vilnius> or contact them through email: accommodation@vub.lt or phone: +370 618 62281.

If you prefer to live in an apartment it's several websites to find your own place. Make sure your landlord agrees **by contract that** they will register you at the migration department. Otherwise, you may run into difficulties later on.

- <https://www.aruodas.lt/> (mostly used by international students)
- <http://ober-haus.com/>
- <https://www.remax.lt/>
- www.rebaltic.lt
- www.domoplius.lt
- Facebook groups: Iknowflatinvilnius or Foreigners in Vilnius

TRANSPORTATION IN VILNIUS

Transport in Vilnius is trouble-free whether it be by public transport, taxi or car. Here are the most popular alternatives amongst students:

Public transport

If you are someone who will be using the buses frequently to get around Vilnius, there is an app called Trafi that you need to download. No matter where you are, and as long as you are connected to the internet, this app will get you from points A to B in the most convenient way possible. You buy your ticket and find directions in the app. Unfortunately due to COVID19 it's not possible to buy a ticket on the bus.

If you are someone who will be using the bus often, we recommend buying a bus pass. As a student of Vilnius University, you have an 80% discount on the bus pass. The easiest way to get a student bus-pass is to go to one of the many "Narvesen" shops, all over the city. You have the option of having a one-month plan, or a three-month plan. You can always use the same card, even after the three months, you just need to go to Narvesen again to pay for the next period.

Two things are very important to remember when you have a student bus pass: Once you have paid for the time period, you **MUST** activate your pass inside the bus. There are yellow boxes with a screen. You must press your bus-pass against it and the screen will beep. Wait until you see the date of validity of your bus pass on the screen.

In case there is a ticket control, official officers will come on to the bus and will scan your bus pass. They may ask you to provide proof that you are a student. You use your LSIC card for this, and in case it's not ready yet, you can use your documents from the university.

Taxi

The two most famous Taxi Apps are Yandex Taxi and Bolt. Both are affordable and reliable apps with Yandex being slightly cheaper. Most of the time you don't have to wait more than a few minutes for your car, except maybe be during the night or when the traffic is busy. Uber is also available in Lithuania, however it is not very popular. You can also get a regular taxi, but they can sometimes overcharge you, so we recommend you to download an application.

Rent a car for short term

Another popular option for traveling around the city is the CityBee. It's a transportation option that allows you to "rent a car" for a short period of time. To use the application you need to upload a valid driver's license, a credit card and a current photo of yourself. Usually it just takes a few minutes (sometimes a day) for the app to verify your account. The app will notify you once you are verified to drive.

CityBee app shows you available cars near you as well the entire city. The map in the app is highlighted in orange (Highlighted zones). That is the parameter in which you are allowed to park the car. If the zone is not highlighted, then you will not find a car there, and also will not be allowed to park the car. You are permitted a 15 minutes free reservation before your ride begins.

You can open the car easily using the app, the keys are inside the car. When you're driving you pay for the time and the distance. It depends on the car, but prices are usually between 0.20€/min and 0.16€/km. Bigger cars cost more! When you are done using the car you can lock it the same way you unlocked it. Important to leave the Keys **IN** the car!



HOW DO I GET HEALTHCARE IN LITHUANIA?

Using your **European Health Insurance Card** (EHIC) in Lithuania is easy. Your EHIC gives you access to necessary public health services under the same rules as a Lithuanian national.

To use your EHIC, please contact a public healthcare institution located in your municipality of residence. You can find more information on this website: www.vlk.lt/sites/en/information-for-people-insured-abroad/information-about-healthcare-available-to-european-insurance-card-holders-in-lithuania

Visiting an emergency department of a hospital in Lithuania with an EHIC is free of charge. However, in non-emergency cases, seeing a specialist will require a referral, otherwise you might be liable for the full expenses of your visit.

To find out which healthcare institutions are available in your municipality, please check the website of your territorial health insurance fund: (Lithuanian only)

- Vilnius: www.vilniaustlk.lt/index.php?id=388&aid=1
- Kaunas: <https://www.ktlk.lt/gyventojams/aspi/>
- Klaipeda: www.klaipedostlk.lt/gyventojams/sveikatos-prie%C5%BEi%C5%ABros-%C4%AFstaigos-ir-teikiamos-paslaugos

It's recommended that during your stay in Lithuania, that you register with a local poliklinika (public clinic) to access medical services more cheaply and easily. (Note that for this you also need to register your place of residence in Lithuania!)

A Step by step guide in English is available here: www.getvilnius.com/guide/guide-pictures-registering-poliklinika-vilnius/

In case you are a **Non-EU National** or do not qualify for the EHIC, you will be expected to cover your own medical costs. Therefore, it is necessary to get a private health insurance policy either in your own country or in Lithuania. ERGO, Lietuvos draudimas and Gjensidige are commonly used by foreigners in Lithuania.

MEDICAL CARE CLINICS

Centro-Poliklinika

Located on Pylimo st. 3

Price begins from 24 euros for an appointment.

Website - <https://www.pylimas.lt/>

Contact - +37052442244

PRIVATE CLINICS

Endemik

Located on Savanorių pr. 6 A

Close to the faculty, provide Family doctor appointments. Price begins from 24 euros. Website - <https://www.endemik.lt/>

Contact - +37070055223

Medical diagnostic and treatment center, Semi-private

Located on V. Grybo g. 32A

Provides all types of medical specialities.

Website - <https://www.medcentras.lt/en>

Contact - +37069800000

Balitjos Amerikos Klinika

Located on Nemencines road 54a

Quite expensive. Open 24/7 for emergency.

Website - <https://www.bak.lt/en>

Contact - +370 523 42020

HOSPITALS

Vilnius University Hospital Santaros Klinikos

Located on Santariškių g. 2.

Website - <https://www.santa.lt/>

Contact - +370-52365010

Antakalnio Poliklinika

Located on Antakalnio g. 59.

Website - <https://antakpol.lt/>

Contact - +370 5 234 2515

Psychological help free of charge

jaunimo linija

8 800 28888 | www.jaunimolinija.lt

"Youth line" - 880028888 (24/7)



Vilniaus
universitetas

padek@vu.lt

+3706 9934818, +3706 5899392.



renkuosi
lietuva

[https://www.renkuosilietuva.lt
/en/psychologist/
psichologas@iom.lt](https://www.renkuosilietuva.lt/en/psychologist/psichologas@iom.lt)



Krizių
įveikimo
centras

Workdays 16:00-20:00; Weekends
12:00-16:00 +370 640 51555
<https://krizesiveikimas.lt/>

Vilnius University Counselling and Training Centre

Community psychologist: Ieva Vasionytė

8(5) 26871656

E-mail: vu.lt/PADEKkmc@fsf.vu.lt

RELEVANT INFORMATION ABOUT CORONAVIRUS:

"Koronastop"

<https://koronastop.lrv.lt/en/>

COVID-19 Hotline in Lithuania: 1808

The Ministry of Foreign Affairs

<https://urm.lt/default/en/important-covid19>

National Public Health Center under the Ministry of Health

hotline: +370 5 264 9676 or info@nvsc.lt

CORONA TESTING

COVID-19 Symptoms, Contact to a sick person or coming back from travelling:

<https://1808.lt/#> - Register for PCR test

MediCa Klinika

Different locations

+370852193393

E-Mail: vilnius.kedru4@medicaklinika.lt

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

Medical Diagnostic and Treatment Center

V. Grybo g. 32A

+37069800000

<https://www.medcentras.lt/en/services-and-prices/examinations/laboratory-examinations/covid-19-sars-cov-22-rt-pcr-testing/>

InMedica Klinika

InMedica Santariškės (P. Baublio street 2)

+37052101010

E-mail: infoinmedica.lt

<https://www.inmedica.lt/en/services/402/covid-19-testing/category-138>

SCHOOL SUPPLY STORES

Here some recommendations where you can find everything you need for mastering your studies in the best possible way!

- Smg print, Savanorių pr. 11 (nearest to the faculty)
- Hypermarket RIMI - Kedrų g. 4
- Dolovija - T. Ševčenkos g. 16
- Charlot - Second floor, Mindaugo g. 11
- Pegasas, knygynas - Pylimo g. 53

MEDICAL EQUIPMENT STORES

To get your medical equipment you need to go to special medical supply stores. White coats are mandatory for some classes already during the first semester, so make sure you get yours as soon as possible! Here you can also find stethoscopes and general dissection kits amongst other tools.

- Medita (near VU hospital/Santaros Klinikos) - P. Baublio g. 2A
- Vilnius Medical Equipment (near the Medical Faculty) - Pylimo g. 10

SUPERMARKETS

- Rimi. The closest one to the faculty is Rimi Hypermarket at Kedrų g. 4.
- Maxima. The closest one is on the same street as the faculty: M. K. Čiurlionio g. 82.
- Lidl. The least expensive food chain.
- Iki
- Norfa

PRINT SHOP

- Copy Pro, Open 24/7, Gedimino prospektas 33

SHOPPING MALLS

- GO9
- Akropolis
- Panorama
- Europa
- CUP
- Ozas

FURNITURE

- IKEA, Vikingų gatvė 1, Senukai, JYSK

ELECTRICAL APPLIANCES

- Elektromarket



FUN THINGS TO DO IN VILNIUS

Don't forget to have breaks from your studies, you definitely deserve it! We recommend you to pay these places a visit:

RESTAURANTS

- Blue Lotus
- Meksika
- Katpedele
- London Grill
- Holy Donut
- Vahaitau
- Panama Food Garden
- White Rice Vietnamese Restaurant

LITHUANIAN FOOD

- Etno dvaras
- Katpedele
- Senoji Trobele
- Zemaisciu asotis

PIZZA PLACES

- Čili Pizza
- Charlie Pizza
- Uzupio Pizzeria
- Pica di Ascari
- Brooklyn Brothers
- Pjazz

BURGER PLACES

- Drama burger
- Hesburger
- Archies Burger
- Boom! Burger
- Meatbusters
- Meat Lovers Pub
- CityChef

SUSHI PLACES

- Gan Bei
- Sushi City
- Sushi Express

VEGETARIAN & VEGAN FRIENDLY

- RoseHip
- Urban Garden
- GYVAS baras
- Végafe
- Vieta
- Casa La Familia

COFFEE SHOPS

- Taste map (close to the faculty)
- Caffeine (a coffee chain, also close to the faculty)
- CaifCafe (close to faculty)
- Italala Coffee
- ELSKA Coffee
- Coffee1
- BREW Coffee
- Crooked Nose & Coffee Stories
- Cat Cafe
- Vero Cafe
- Hurricane Café
- Chaika
- Backstage Café

ACTIVITIES AND NICE PLACES TO VISIT

- The Hill of Three Crosses
- Gedimino pilies bokštas (Gedeminas tower)
- Museum of illusions
- Lukiskiy kalejimas (old prison)
- Palace of the Grand Dukes of Lithuania
- Trakai Island Castle
- Vingis park
- Liepkalnis winter skiing tracks
- Montis Magia climbing gym

CINEMA

- Vingis forum Cinema
- Ozas Mall
- Akropolis Forum cinema

GYM

- Gym +
- Impuls
- Lemon Gym
- University has its own gym



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