



Live like a Local

Ready to Co-Create Your Story?
Here's Your Guide!



study in
Lithuania

Contents

04 **About Lithuania**
Learn the basic information about Lithuania before you arrive.

06 **What to see?**
Lithuania has so much to show – cities, woven with history, and nature that is natural and genuine.

08 **Weather & Wow**
Explore Lithuania's changing seasons and fun facts that might just impress your friends.

10 **Public holidays**
Public holidays are a fantastic opportunity to immerse yourself in the local culture.

12 **What to see?**
In Lithuania, your next adventure might literally be around the corner. Discover what's hiding in plain sight.

14 **Accommodation**
Already know where you'll live? Sort it out early and avoid stress when you arrive!

16 **Getting around**
Getting around Lithuania is simple and affordable, with public transport, scooters, and bike-sharing in major cities.

18 **Student discounts**
Being a student pays off!

20 **Vocabulary**
Knowing a handful of local words and phrases can go a long way!

22 **Cultural nuances**
Every country has its own customs and practices, some of which travel guides can't teach you. Lithuania is no exception.

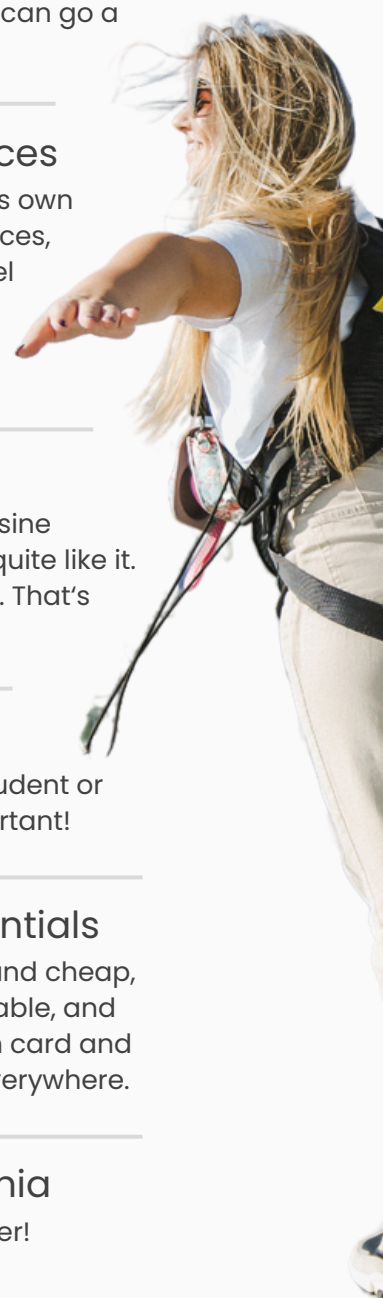
24 **Local cuisine**
Explore the local cuisine instead. You might quite like it. Or you might hate it. That's okay too.

26 **Health**
Whether you're a student or not – health is important!

28 **Everyday essentials**
Mobile data is fast and cheap, Wi-Fi is widely available, and banking is easy with card and phone payments everywhere.

29 **Work in Lithuania**
Kick-start your career!

Created by





Ready to dive in?

Let's co-create
your journey!

About Lithuania

Learn the basic information about Lithuania before you arrive.

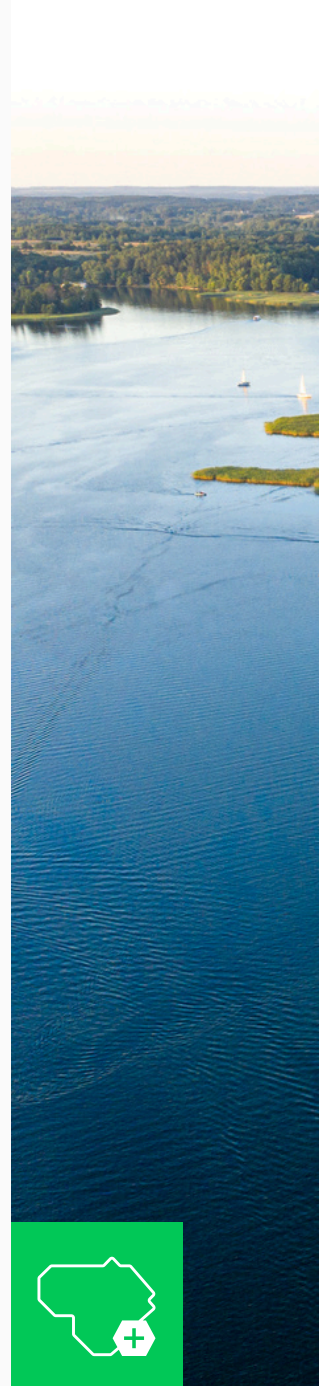
It will make your adaptation a lot easier!

Official website of Lithuania

Visit website >

In Lithuania, a spirit for invention, blended with smart governance and an open-minded culture, creates the right conditions for co-creating impactful solutions that cross borders and reach into the lives of people all around the world.

“We open our land, our dominions, and our kingdom to every person of goodwill.” These words of Lithuania’s Grand Duke Gediminas are as true today as they were when they were written in 1323. Intended as an invitation to knights, merchants, and artisans, this spirit of welcomeness is what lies at the heart of Lithuania’s capacity for co-creation. And this is nowhere more obvious than in the diverse group of institutions that now call Lithuania home: there’s a Belarusian university in exile, a host of post-Brexit Fintechs, 850 startups (and counting), and, of course, a wide range of international players – from German automotive giants to US life sciences pioneers.





→ Scene:
Trakai castle

Main facts

Area size: 65 200 km². That's roughly around the size of two Belgiums, or a quarter of the size of the United Kingdom.

Population: 2 795 500

Capital city: Vilnius

Climate: moderately warm. Transitioning from maritime to continental.



Member of the EU,
NATO, Schengen, the
UN and the OECD



Official language:
Lithuanian



Currency: the
euro



Time zone:
UTC+2



Standard voltage:
230 V. Plug type: C and
F



Traffic:
right-handed



Dialling
code: +370



Emergency
number: 112



A Northern European country on the Baltic Sea

What makes Lithuania special is not simply that it marks the compass point where Northern, Eastern, Western Europe converge. More importantly, it is the place where the values of democracy, freedom, tolerance and hospitality find unity and voice.

Lithuania – a name first coined 1,000 years ago

A millennium is a long time for any country. Lithuania has survived the trials of history to become a creative and modern Northern European state and an active member of NATO, the EU and OECD. Although Lithuania's name found its first mention in the Annals of Quedlinburg in the year 1009, people had inhabited its lands from around 12 000–14 000 B.C.

A historically welcoming and collaborative nation

We have a long and successful history of co-operating with countries beyond our borders to achieve greater results. In fact, this co-creating spirit stretches back to the 14th century, when Grand Duke Gediminas wrote in his letter to European rulers in 1323 that “we open our land, our dominions and our kingdom to every person of goodwill.” And from then on we have welcomed people from all walks of life and from all countries to help us build a better future, not only for Lithuania, but for the greater world beyond.

Nature in Lithuania is always right beside you

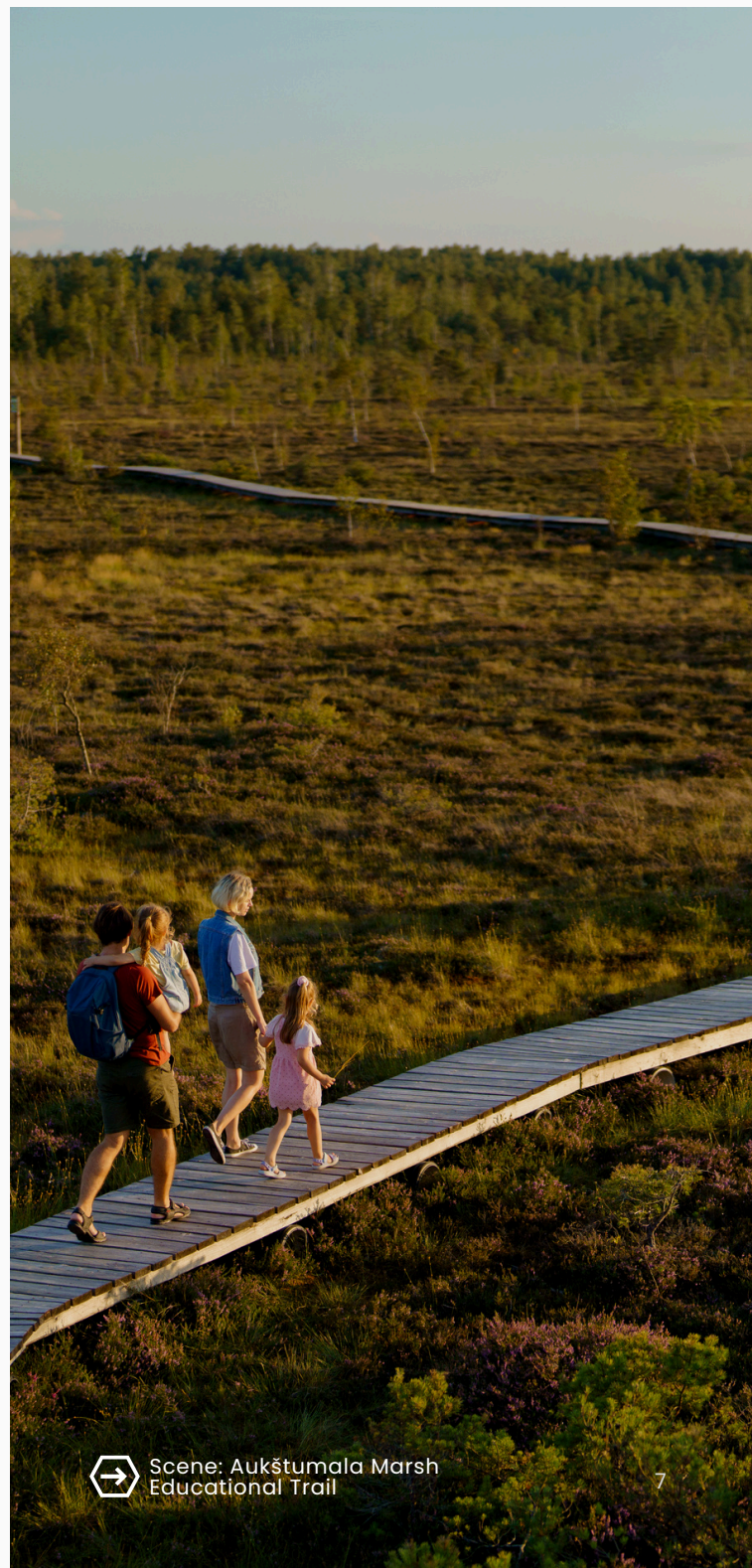
For Lithuanians, green is not simply a colour – it's a way of life. That's why they never lose their touch with nature. And this is even true for city dwellers. Wherever you turn, you'll see green in every shade and hue. Forests blend into urban sites, while ancient woods and bogs host rare animals and birds – from the mighty bison to the hard-to-spot aquatic warbler. An extensive network of well-marked trails allows you to easily escape the hustle and bustle of the city into a world of forest, field and flower.

Four different seasons allow you to enjoy the country in many different ways

The variety of seasons and weather ensures life in Lithuania is anything but boring. You can experience all four seasons here: in winter, fun in the snow, and in warmer months, active leisure time in nature, by the sea or the many lakes and rivers.

We're all about walking the walk

Ever since we regained independence, we had to prove ourselves to the world. By bringing the country's best minds together, we carved ourselves niches in photonics and biotechnology, and created a welcoming and bustling hub for fintech and cybersecurity. And it's just the beginning!



Weather & Climate

→ Scene:
Neris River and
Gediminas Castle

No tsunamis or tornadoes in Lithuania...
But you might get caught in a summer downpour or an occasional winter blizzard.
Better come prepared!

Official website of the Lithuanian Hydrometeorological Service

[Visit website >](#)

Lithuania has four very distinct seasons, which means you get a whole new vibe every few months – from snowy winters to sunny summers, and everything in between.

Winter

It gets cold during the winter and it snows a lot. You'll need extra warm clothes and footwear – you might even find yourself wading through snowdrifts.

Spring

In the springtime, get into a habit of carrying an umbrella. You might need it more often than you think.

Summer

In the summer, have the sunscreen ready and use it! You do not want to notice the sunburn once it is too late.

Autumn

In the autumn, invest in an umbrella, a raincoat and waterproof boots! A good woollen sweater helps as well. This outfit will save many of your days from discomfort.

Facts to impress

Want to impress your new friends or just sound like a local? These fun Lithuania facts are a great place to start.

- ✓ In 1989 the French National Geographic Institute established that the geographical centre of Europe is located in Lithuania.
- ✓ The Lithuanian language is older than Greek, Slavic and Latin. It belongs to the Indo-European group and is considered the closest language to Sanskrit.
- ✓ Just as Spain has La Tomatina, Vilnius now has the Pink Soup Fest – full of color, creativity, and even people sliding down a hill into a giant pink soup bowl.
- ✓ The drinking water is among the cleanest in Europe and the world.
- ✓ Internet speed in Lithuania ranks among the fastest in the world.
- ✓ The Grand Duchy of Lithuania was once the largest country in Europe.
- ✓ Established in 1579, Vilnius University is the oldest university in the whole of Eastern Europe.



In 2024, food-focused website TasteAtlas.com included Lithuanian cold beet soup in their list of the 17 best cold soups in the world.

And yeah, we're proud of it!



Scene:
St. John's Day / Midsummer

Public holidays

Public holidays are a fantastic opportunity to immerse yourself in the local culture while also enjoying some well-deserved relaxation.

WINTER

January 1

New Year's Day



February 16

Independence Day



March 11

The Restoration of
Independence Day



Easter Sunday

Moveable – the first Sunday af-
ter the full moon that occurs on
or soonest after March 21

Easter Monday

The day after Easter Sunday



May 1

International Workers' Day



Mother's Day

First Sunday in May

SPRING

SUMMER

Father's Day

First Sunday in June



June 24

St. John's Day / Midsummer –
celebrated according to
mostly pagan traditions

July 6

Statehood Day – commemorates
coronation of Mindaugas, the first
Lithuanian king



August 15

Assumption Day



November 1

All Saints' Day



November 2

All Souls' Day



AUTUMN

December 24

Christmas Eve



December 25 & 26

Christmas



WINTER



Watch for this icon – it means no
classes, no work (a.k.a. Day off)!

What to see?

In Lithuania, your next adventure might literally be around the corner. Discover what's hiding in plain sight.

Official website of Lithuania Travel

Visit website >

Wondering what to do in Lithuania?

Discover your go-to guide for events happening across the country – from concerts and exhibitions to festivals, performances, sports events, and more.

Whether you live here or are just visiting, find out what's on today, this weekend, or anytime soon in your city.

Visit website >

Meet a Local. Live Like a Local.

Thinking about studying in Vilnius? Get to know the city like a local with help from our **MEET A LOCAL** ambassadors! They'll share insider tips on where to find the best coffee, must-see museum exhibits, free concerts, and great spots for evening outings. It's a perfect way to explore Vilnius through real experiences.

Visit website >

Tips

Life in Lithuania is simple and easy-going – everything's close, affordable, and there are fewer barriers to enjoying a good quality of life. Your next adventure might literally be just around the corner: you can get from Vilnius to the seaside in under four hours.

Wherever you are, something worth discovering is never far away.



Not sure where to start?

Begin with Lithuania's five UNESCO World Heritage sites – each one a unique window into the country's rich culture and history.

- [Curonian Spit](#)
- [Kernavė Archaeological Site](#)
- [Vilnius Historic Centre](#)
- [Struve Geodetic Arc](#)
- [Modernist Kaunas: Architecture of Optimism, 1919–1939](#)

Don't only visit big cities

Little towns, too, have a lot to offer, from interesting museums to breathtaking architecture.

Visit at least one summer festival!

Whether you're into rock, electronic or pop music, partying or meditating – there is a summer festival for everyone. They are always fun and mind-expanding. You can also make some fantastic friends while you're there.

Explore the hiking and biking trails

There are a lot of them all over the country and they are all impressive.



Accommodation

On Campus

Did you know that real student life begins the moment you walk into your dorm?

To make your arrival stress-free, it's a good idea to arrange your accommodation early. Check with your chosen university about the conditions, how to apply for a room, prices, and any rules – so everything's ready when you get here.

Quick overview:

Shared room with 1–2 students

Common kitchen on each floor

Basic furniture provided

Quiet hours: 11 PM – 6 AM

Shared bathroom

No overnight guests

Internet is often available, but not always included in the price

Alcohol and drugs prohibited; smoking in designated areas only

What should you expect from living on campus?

Most universities offer the opportunity of living on campus. Some of the dormitories are situated near the universities, others are further away, so you will have to use public transport to get to the university. Most dormitories have been renovated and equipped with modern appliances and internet access.

Off Campus

Check out the following estate agencies for the most up-to-date accommodation options:

[SHED >](#)[SOLO SOCIETY >](#)[YOUSTON >](#)[DOMOPLIUS >](#)[OBER HAUS >](#)[ARUODAS >](#)[AIRBNB >](#)[ERASMUSPLAY >](#)

Room or an apartment?

You can search for a whole apartment, or just look into renting a room in a shared accommodation.

If you are able to pay a little extra

It's okay to take your time looking for the place of your dreams. However, if your budget is tight and you find a good place for a good price – take that offer! It might not be available tomorrow.

Read carefully

Read the rent agreement thoroughly and carefully. Watch what you're signing.

Deposit

Landlords usually ask for a 1–3 month deposit. Don't worry, you will get it back when you move out.



Scene:
Student campus in
Saulėtekis, Vilnius

Getting around

Lithuania is easy to get around – whether you're in a major city or a smaller town. Public transport networks are well-developed and affordable, with buses and trolleybuses connecting neighborhoods, campuses, and city centers. Even if you live outside the city center, commuting rarely takes more than 30–40 minutes. In bigger cities like Vilnius, Kaunas, and Klaipėda, scooters and bike-sharing are also popular and convenient ways to move quickly from one place to another.



Information on public transport routes, schedules, and ticketing is available in English for all major cities:

[TRAFI](#)[M.TICKET](#)

In the city, you can easily get around by renting a bike, e-bike, or scooter:

[BOLT](#)[CYCLOCITY](#)[RIDE](#)

Most common taxi for hire services:

[BOLT](#)[UBER](#)[eTransport](#)

Car sharing apps:

[BOLT](#)[CITYBEE](#)[SPARK](#)

Purchase tickets for intercity buses and trains here:

[LTG LINK](#)[AUTOBUSU BILIETAI](#)



Buying the ticket

In local public transport, tickets aren't sold by the driver. You should buy your ticket in advance via a mobile app or pay by card on board. This applies to city transport only – intercity buses follow different rules.

Discounts

Students are offered large discounts on daily, monthly and yearly public transport tickets. Use that discount!

Don't forget to validate your ticket

It's mandatory and the ticket inspectors are not forgiving.

Stopping a taxi

It is not a common practice in Lithuania to stop taxis in the streets. This will cost you a lot more than it should. It is always better and cheaper to use popular mobile apps.

Travelling

If you have a desire to travel a bit and see more of what Lithuania has to offer – hop on to an intercity bus or train! The buses and trains arrive and leave on time. Check the schedules before your trip and don't be late.



Student discounts

Being a student pays off!

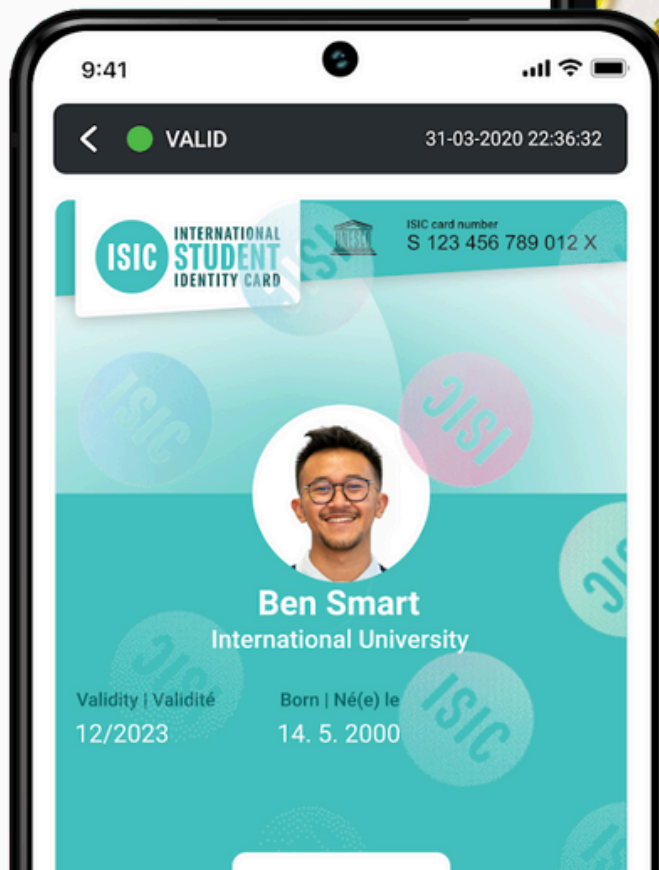
We highly recommend getting a Lithuanian Student Identity Card (LSIC) or an International Student Identity Card (ISIC).

Lower prices on food, clothes, and electronics will make everyday life more affordable – and more enjoyable. Student discounts at restaurants, museums, and theaters enrich your cultural experience, while savings of up to 80% on public transport make it easy to explore wherever you like.

GET LSIC



GET ISIC

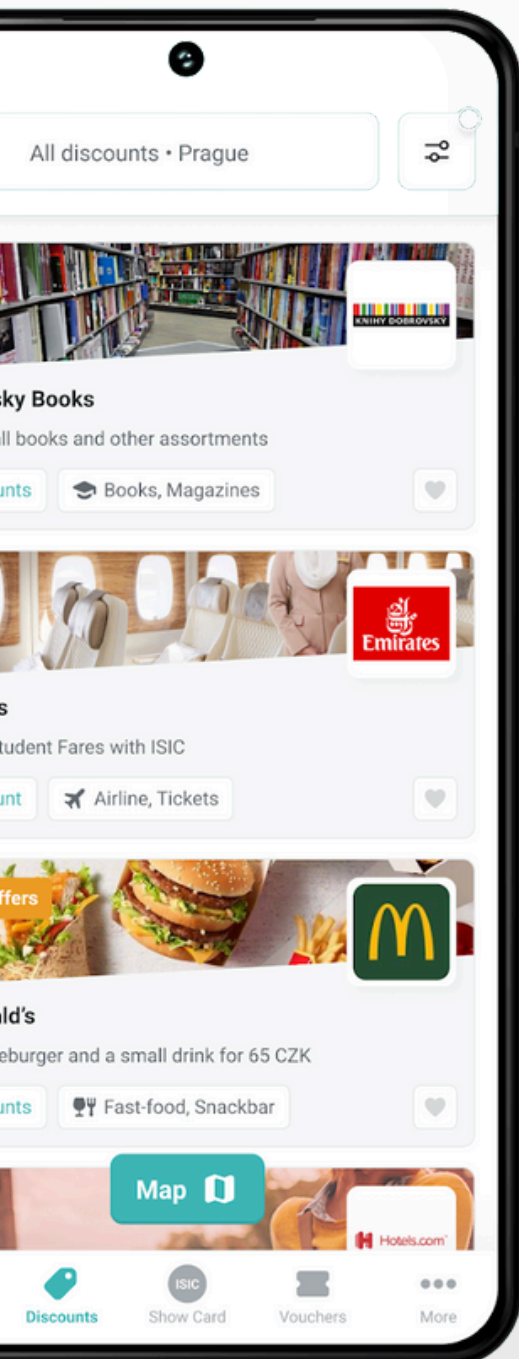


Did you know?

Vilnius is 96.7% less expensive than New York when it comes to everyday living costs – excluding rent.

That means more savings for you while enjoying a great education and vibrant student life in Lithuania.

[See it for yourself >](#)



Average prices



Meals

Meal for two people, mid-range restaurant, three-courses: **60 €**

McMeal at McDonalds (or Equivalent Combo Meal): **8 €**

Loaf of Fresh White Bread (500g): **1.34 €**

Eggs (regular, 12): **2.43 €**



Transportation

One-way Ticket (Local Transport, Regular Price): **1 €**

Monthly Pass (regular price): **29 €**

Taxi 1 km (Normal Tariff): **1 €**



Drinks

A glass of domestic beer (0.5 liter, draught) at a bar: **4.70 €**

Cappuccino (regular): **3.17 €**

Water (1.5 liter bottle): **0.79 €**



Miscellaneous

Fitness Club, Monthly Fee for 1 Adult: **36.33 €**

Cinema, International Release, 1 Seat: **8.00 €**

Mobile Phone Monthly Plan with Calls and 10GB+ Data: **12.14 €**

Vocabulary

Knowing a handful of local words and phrases

can go a long way! It shows respect for the culture, helps you connect with locals more easily, and can even make everyday tasks like shopping, ordering food, or asking for directions much easier. You don't need to be fluent, but even a simple "Ačiū" (thank you) or "Labas diena" (hello) can make a great impression.

Hello / Hi	[lah-bahs]	Labas
Good morning	[lah-bahs ree-tahs]	Labas rytas
Good evening	[lah-bahs vah-kah-rahs]	Labas vakaras
Good night	[lah-baws nahk-tyehs]	Labos nakties
Good bye	[vee-saw gheh-raw]	Viso gero
Bye	[eeh-keeh]	Iki
My name is...	[mah-naw vahr-dahs ee-rah]	Mano vardas yra...
How are you?	[kype seh-kuh-seeh]	Kaip sekasi?
I'm fine	[mahn vees-kahs geh-rye]	Man viskas gerai
Thank you	[ah-choo — yes, like you are sneezing!]	Ačiū
Please	[prah-show]	Prašau
Sorry	[ah-tsih-prah-shao]	Atsiprašau
Yes	[tayp]	Taip
No	[neh]	Ne
OK	[geh-rai]	Gerai

Curious about how Lithuanians express surprise, confusion, or excitement?

Here are 26 of the funniest and most unique expressions that will give you a glimpse into the local sense of humor – and maybe even earn you a smile or two!

See it for yourself >

*Ar kalbate
angliškai?*



Excuse me

[ah-tlais-kee-tah]

Atleiskite

Do you speak English?

[uhr kahl-bah-teh uhng-leesh-kye]

Ar kalbate angliškai?

I don't understand

[neh-soo-pranht-uh]

Nesuprantu

Cheers

[eeh svehj-kah-tuh]

Į sveikatą

It was delicious

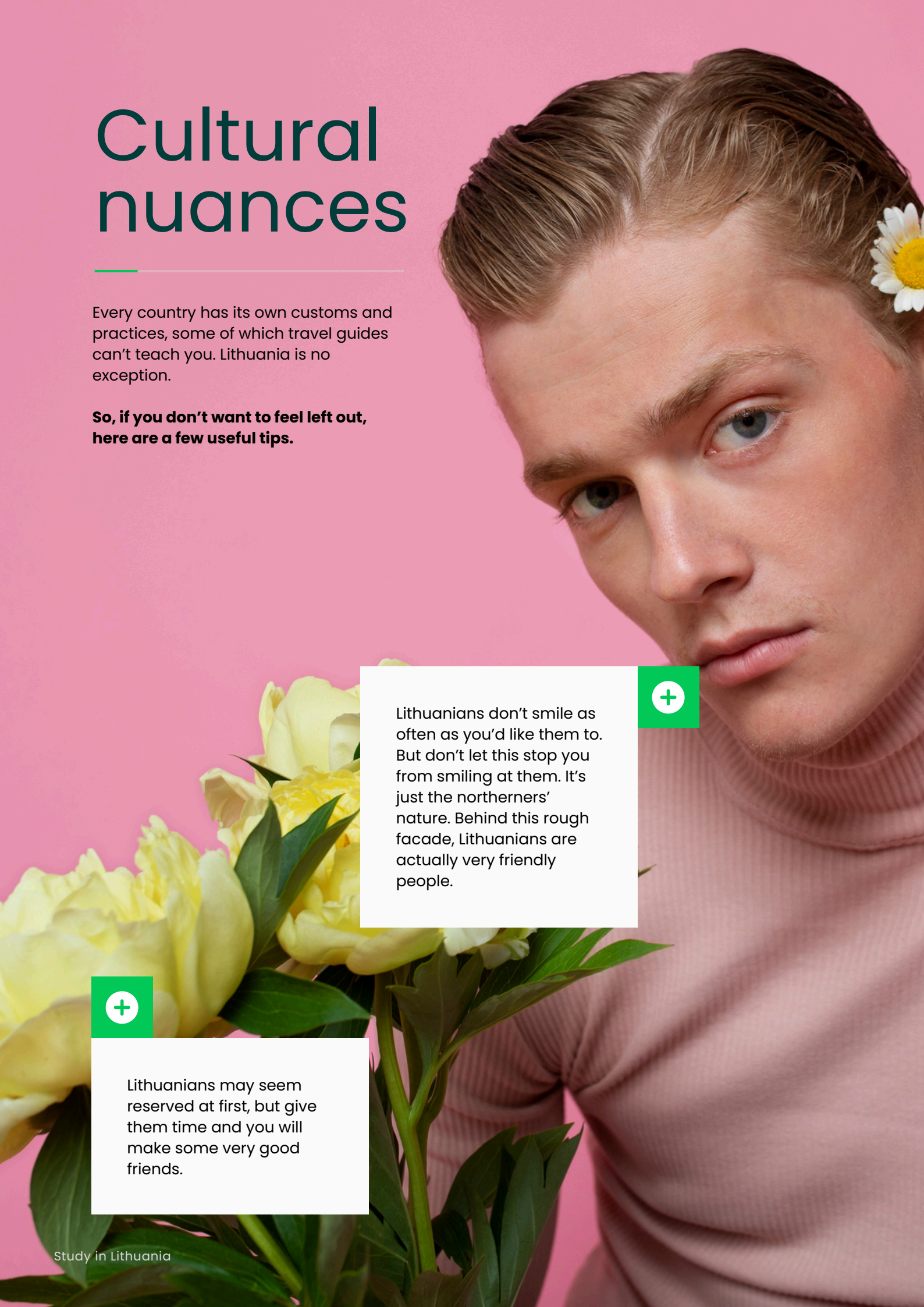
[boo-voh lah-bye skah-noo]

Buvo skanu

Cultural nuances

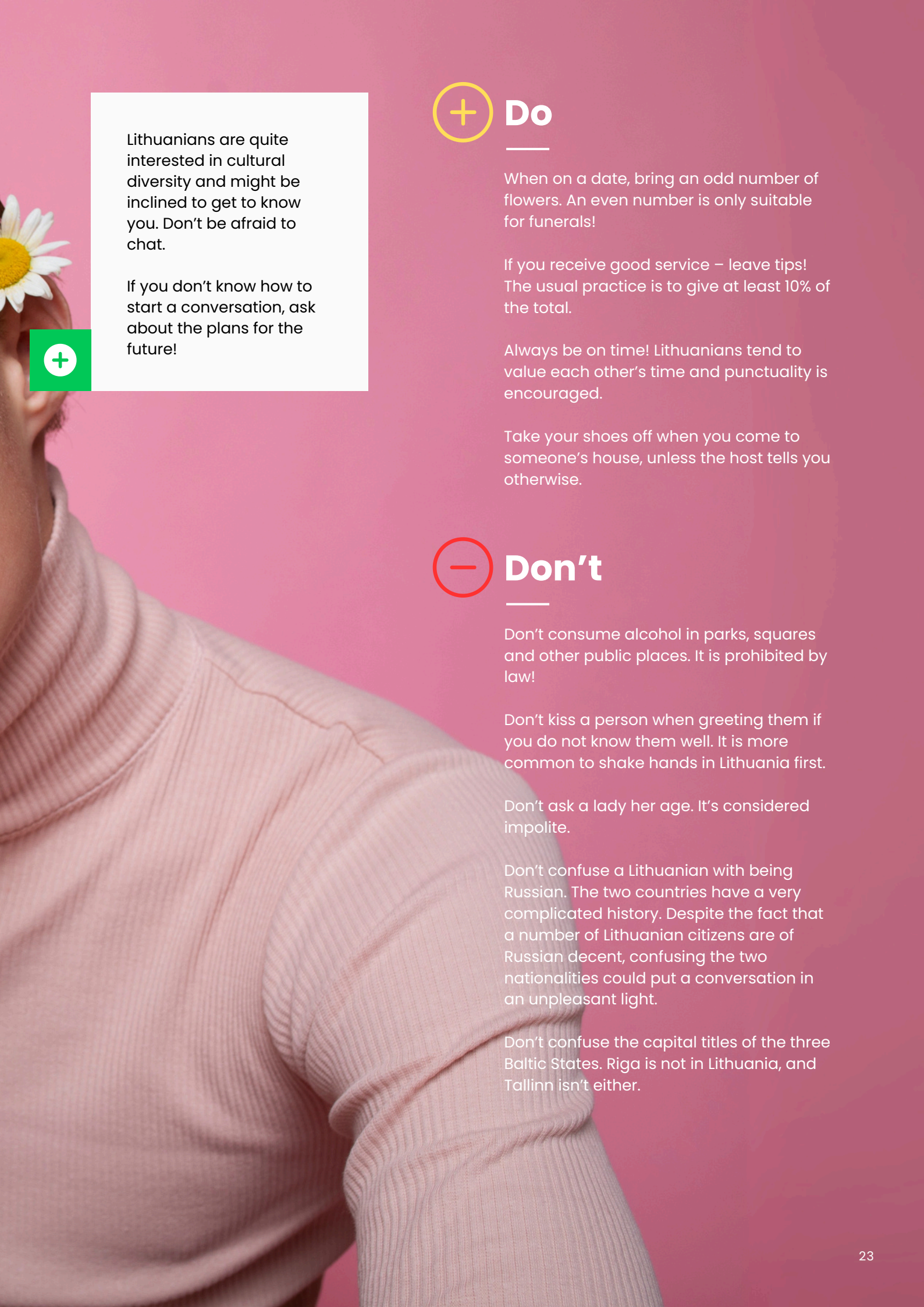
Every country has its own customs and practices, some of which travel guides can't teach you. Lithuania is no exception.

So, if you don't want to feel left out, here are a few useful tips.



Lithuanians don't smile as often as you'd like them to. But don't let this stop you from smiling at them. It's just the northerners' nature. Behind this rough facade, Lithuanians are actually very friendly people.

Lithuanians may seem reserved at first, but give them time and you will make some very good friends.



Lithuanians are quite interested in cultural diversity and might be inclined to get to know you. Don't be afraid to chat.

If you don't know how to start a conversation, ask about the plans for the future!



Do

When on a date, bring an odd number of flowers. An even number is only suitable for funerals!

If you receive good service – leave tips! The usual practice is to give at least 10% of the total.

Always be on time! Lithuanians tend to value each other's time and punctuality is encouraged.

Take your shoes off when you come to someone's house, unless the host tells you otherwise.



Don't

Don't consume alcohol in parks, squares and other public places. It is prohibited by law!

Don't kiss a person when greeting them if you do not know them well. It is more common to shake hands in Lithuania first.

Don't ask a lady her age. It's considered impolite.

Don't confuse a Lithuanian with being Russian. The two countries have a very complicated history. Despite the fact that a number of Lithuanian citizens are of Russian decent, confusing the two nationalities could put a conversation in an unpleasant light.

Don't confuse the capital titles of the three Baltic States. Riga is not in Lithuania, and Tallinn isn't either.

Local cuisine

Don't look for a restaurant that serves the food you eat at home. Explore the local cuisine instead. You might quite like it. Or you might hate it. That's okay too.

At least you'll know you tried :)

[Information on traditional Lithuanian cuisine](#)

[Visit website >](#)

PRO TIP:

Order a refreshing glass of gira with your cepelinai and you might be surprised how well it balances the richness of the dish with its light, slightly tangy flavor.



Gira

A sweet and rich beverage made from fermented leftover rye bread and yeast, Gira (or kvass) is the Lithuanian soft drink of choice. Walk into any supermarket or shop and you'll be surprised by the variety of gira brands on offer.



Cepelinai

These are huge, meat-filled, zeppelin-shaped potato dumplings. They are usually served with sour cream and bacon rind. Cepelinai have become an integral part of the meals served in homes and restaurants across Lithuania.

What to try first



Šaltibarščiai

It's a cold, pink-coloured soup that every Lithuanian goes crazy for over the summer. It is made from natural local products – beetroot, radishes, cucumbers, herbs and kefir. Don't let the Barbie-pink color of this soup put you off!



Šimtalapis

Melt-in-your-mouth delicious, this sweet came to us from the Tatars and has been known for nearly 600 years. The sheets of dough for a šimtalapis have to be paper-thin, nearly transparent. Because of the necessity for the highest quality products, the complicated process (the dough is often kneaded by two people), and the time needed to make it (around five hours), šimtalapis is usually a dessert reserved for special occasions.



Kibinai

This dish comes from the Karaites, an ethnic minority in Lithuania. Kibinai are crescent-shaped yeast pastries filled with chopped mutton or beef and baked in the oven. Today, they're also made with vegetable, cheese, or poultry fillings and are often served with hot broth, tea, bread gira, or Karaite bitter.



Koldūnai

Dishes made with thin dough sheets, with various fillings are common in southern cuisine, particularly in the regions from China in the east, to Northern Africa and Spain in the west. In Europe, this dish is best known in the Mediterranean region. No one knows when koldūnai became popular in our country. However, we can be sure that this happened a long time ago. No doubt, some of these recipes came to Lithuania in the 14th and 15th centuries from southern settlers – Tatars, Karaites, and Jews.

Health

Whether you're a student or not – health is important!

Taking care of your health while you're away from home is crucial. Don't feel intimidated – contact the specialists if there's any need.

[Information on Healthcare System](#)

[Visit website >](#)

Emergency number

112



About insurance

If you are a citizen of one of the Member States of the European Union, Iceland, Liechtenstein, Norway or Switzerland and have a European Health Insurance Card, you are guaranteed state health care services in the case of an accident. You need to be aware that the card does not cover the expenses of health care services provided by the private sector.

If you are a citizen of a country outside the European Union, you must contact one of the insurance companies on Lithuanian Insurers Association (LDA) list. In order to study in Lithuania you must have a valid health insurance covering the duration of your stay.

Links

The European Health Insurance Card is available for the citizens of the Member States of the European Union

[More information here](#)

Information on Healthcare System

[More information here](#)

Information on Compulsory Health Insurance in Lithuania

[More information here](#)

Information on Clinics and Hospitals

[More information here](#)

Information on Doctors

[More information here](#)

Information on free psychological consultations

[More information here](#)



Tips

In case of an accident

or a real threat to your health or property, immediately call the Emergency Call Number 112.

Medications

There are quite a few medications, available freely elsewhere, that require a prescription from the doctor in Lithuania. So if there is a specific medicine you take – bring a supply.

It is mandatory for all foreigners to officially declare the place of residence

This way, in the case of an emergency the medical fees will be covered by Lithuania.

How do you officially declare the place of residence?

[More information here](#)

Feeling anxious?

If you feel anxious and lonely, or have difficulty adapting to your new situation – don't feel hesitant and register for a consultation with a psychologist. In total up to 10 consultations can be provided free of charge!

Everyday essentials

Internet & mobile

Stay in touch with your friends and family. Stay connected to your social networks. Getting a reliable mobile and internet service is easy in Lithuania.

Just buy a prepaid SIM card and you're good to go.

Free Wi-Fi

There is free access to wireless internet in most public places – libraries, parks and squares. The majority of cafés, bars and restaurants also provide free wireless internet. Just ask the staff for the password.

The three major providers of Mobile services in Lithuania are:

Telia



Tele2



Bitė



Banking

Whether you work here or receive a scholarship from your university – you will need a local bank account to manage your finances. It is possible to open a bank account as a non-resident in Lithuania.

You will be required to provide identification and other documents but if you do so, it shouldn't be a problem.

[Information about banks](#)

[Visit website >](#)



Work during studies

Kick-start your career in Lithuania!

To earn some extra funds, foreign students are allowed to work in Lithuania during their studies. Also, students can stay in Lithuania after their studies to pursue their careers.

Explore opportunities on the official Work in Lithuania website:

[Visit website >](#)

General information

For EU students

No limits on working hours apply to EU students and citizens of Iceland, Liechtenstein, Norway and Switzerland. They can work up to 40 hours per week. Employment procedures are the same as for locals. You can read more about them [here](#).

For non-EU students

International students can work in Lithuania during their studies without a work permit if they have a temporary residence permit for studies. Students from non-EU countries who have a temporary residence permit for studies can work full-time during their studies. No additional permits are required.

Links

All you need to know about working in Lithuania: Work in Lithuania

[More information here](#)

Employment service information: Employment Service Under the Ministry of Social Security and Labour of the Republic of Lithuania

[More information here](#)

For smooth relocation

[More information here](#)

Work after studies

Sometimes the place where you came to study starts feeling like home. After graduation, you don't have to rush – explore your path, seek new opportunities, and see where life in Lithuania might lead you.

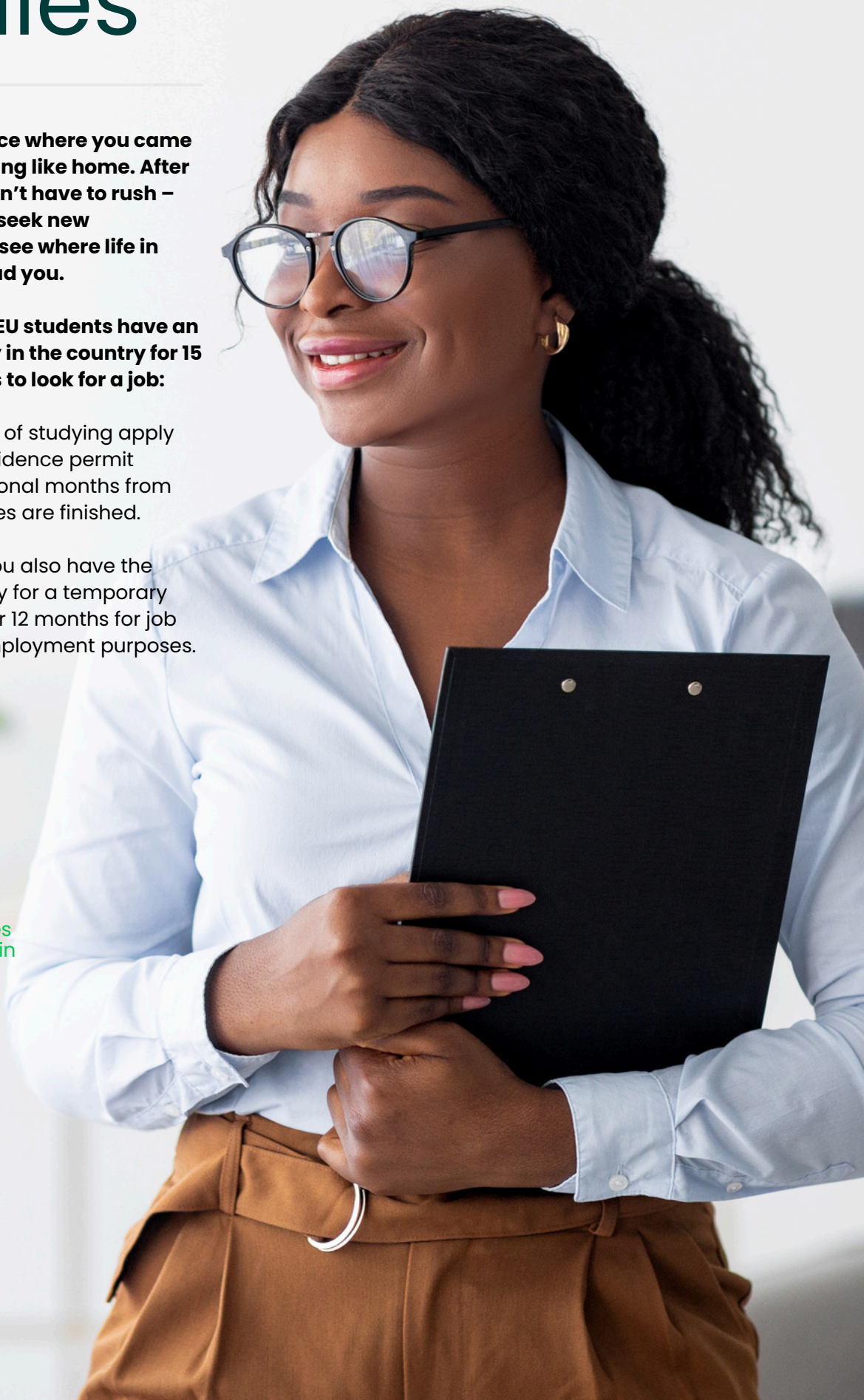
International non-EU students have an opportunity to stay in the country for 15 months afterwards to look for a job:

During the last year of studying apply for a temporary residence permit renewal for 3 additional months from the day when studies are finished.

After graduating, you also have the opportunity to apply for a temporary residence permit for 12 months for job search and self-employment purposes.

Explore opportunities on the official Work in Lithuania website:

[Visit website >](#)



Last but not least

As you prepare for your studies in Lithuania, remember that you're not just starting an academic journey – you're stepping into a place where you can co-create your future. Here, you'll meet inspiring people, discover new ideas, and gain experiences that will shape your path ahead. And who knows? You might just find that Lithuania feels like the right place to stay and grow even after graduation.

Now, all that's left is to choose your dream study programme!

[Visit website >](#)

Study in Lithuania
Co-Created by
Education Exchanges Support
Foundation

Are you a Lithuanian living abroad?

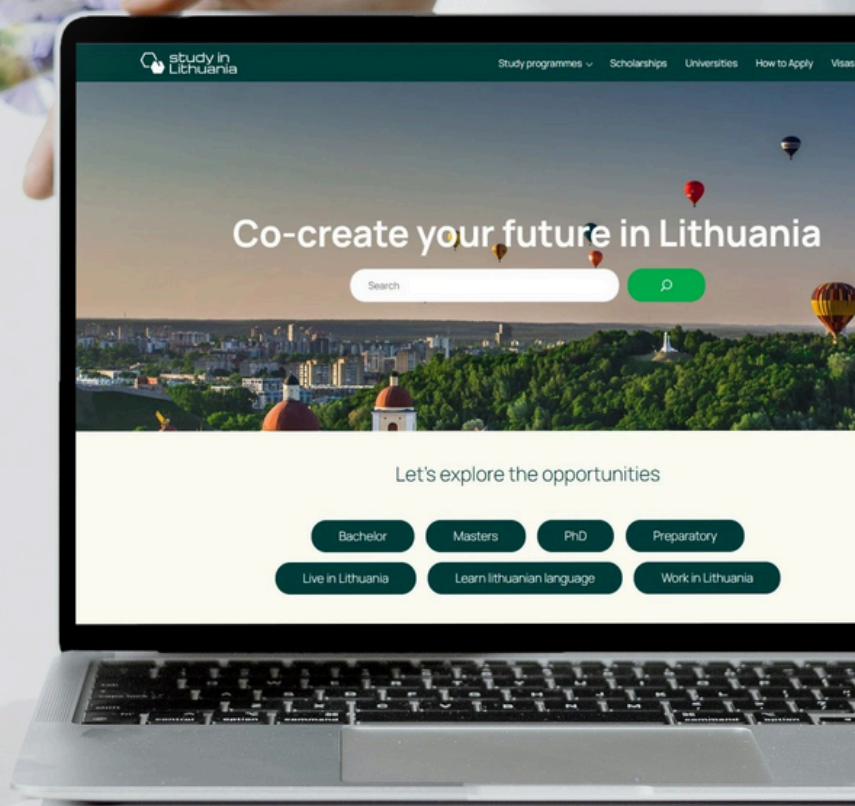
Boost your application!

When applying to higher education institutions, **additional competitive points may be awarded** for studying in certain Lithuanian schools abroad or for other achievements!

Visit the "For Lithuanians Abroad" section on the Study in Lithuania website to learn more!

[Visit website >](#)

Co-Create Your Future



Lithuania is waiting for you!

With modern universities, affordable tuition, a vibrant international community, and life in the heart of Europe – Lithuania has it all. Here, you'll gain a high-quality education and shape your future in a country where innovation meets culture.

Whether you have Lithuanian roots or are just discovering the country for the first time – visit the Study in Lithuania website and explore how to start your study journey. 

[Universities >](#)[Programmes >](#)[Scholarships >](#)[How to apply >](#)