



KAUNAS RELOCATION GUIDE

WELCOME TO KAUNAS RELOCATION GUIDE

This comprehensive guide is your handbook for a seamless move to your new home. We have handpicked essential information covering both official and personal matters, as well as insights into city living and leisure. Our aim is to ensure your relocation experience not only hassle-free but also enjoyable.

Please bear in mind that this guide was issued in 2024, and, although we strive to keep it up-to-date, some information may have changed since then.

Welcome to Kaunas!

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ABOUT LITHUANIA, KAUNAS & KAUNAS REGION

Lithuania is a young and vibrant democracy enjoying a rich cultural heritage and charming natural landscapes. As the largest and most populous of the three Baltic countries in north-eastern Europe, Lithuania proudly shares membership in both the European Union and NATO since 2004. Lithuania ranks 4th in the EU in terms of the proportion of university-educated people, fostering a society based on freedom, creativity, and innovation. From January 2015, its **official currency is the Euro (EUR)** and the **time zone for Lithuania is GM/UTC +2**.

Kaunas, the second largest city situated in the heart of Lithuania, has a **population of 405,000** (including the district). Here, history blends with modernity, offering an array of activities and opportunities for families, professionals, and students alike.

**+4.65% POPULATION GROWTH IN
THE PAST 3 YEARS**

LANGUAGE

The official language of Lithuania is Lithuanian, an East Baltic language that holds a quite distinct status in the Indo-European language family, retaining archaic features otherwise found only in ancient languages such as Sanskrit. The prevalent minority languages in Lithuania are Polish and Russian. English proficiency among younger generations is common, varying in fluency. Learning basic Lithuanian can significantly improve your immersion in local culture, from navigating daily life to engaging in meaningful conversations. Discover opportunities for Lithuanian language classes in this guide under **Learning Lithuanian**.

LOCATION AND CLIMATE

Located in the geographic heart of Europe, Lithuania shares land borders with Latvia to the north, Belarus to the east, Poland to the south and Russia's Kaliningrad region to the southwest. Across the Baltic Sea to the west lie Sweden and its Scandinavian neighbours. Kaunas is strategically positioned in the centre of the country, at the confluence of Lithuania's two largest rivers, the Nemunas and the Neris. The rivers and the lakes in and around the city offer fun activities, from leisurely sailing, to fishing or wakeboarding, along with idyllic beaches at the tranquil riverbanks. But for those preferring to swim in the sea, it is a mere two-hour journey away!

The proximity to the sea brings a warm-summer humid continental climate to Kaunas with four distinct seasons. While shielded from the fierce Baltic Sea winds compared to coastal counterparts like Klaipeda, Kaunas still experiences plenty of rainfall throughout the year, nurturing its lush landscapes. Despite the rain, residents enjoy mild geographic conditions free from volcanoes, earthquakes or other natural disasters. This climate stability affords residents the freedom to pursue their daily endeavours without any concern for extreme weather.



CURRENCY:
EURO



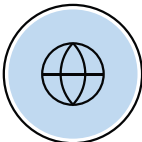
JOINED THE EU:
MAY 1, 2004



LITHUANIA
POPULATION:
2 849 000



KAUNAS
POPULATION:
405 000



TIME ZONE:
GM/UTC +2



PHONE CODE:
+370



AIRPORT CODE:
KUN



DOMAIN:
.LT

INTERESTING FACTS ABOUT LITHUANIA



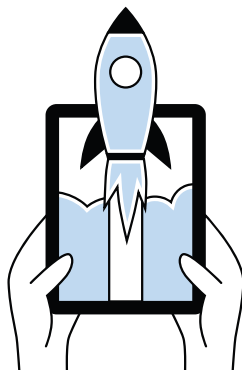
Lithuania ranks in the TOP

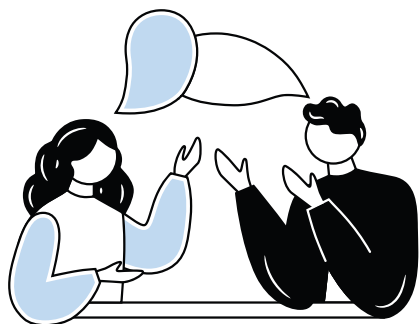
25%

of the safest countries in
the world

1000+

start-ups are shaping a
fast-growing ecosystem





85%

of young professionals
speak English



1st

in the world in the
public Wi-Fi speed

Lithuania is TOP

20

happiest country
in the world



MOVING

Moving to a new country involves numerous considerations and tasks. To ensure a smooth transition that aligns with legal requirements, it's essential to manage various tasks and plans effectively.

The key steps include applying to immigration authorities, preparing your documents and registering your right of residence. Always rely on official sources of information for guidance rather than informal channels like friends or family.



APPLYING TO IMMIGRATION AUTHORITIES

	STAYING LESS THAN 3 MONTHS	STAYING MORE THAN 3 MONTHS
EU/EFTA (Iceland, Liechtenstein, Norway, and Switzerland) citizens	No application is required	You must apply for a temporary residence permit*
Non-EU/EFTA citizens	Depending on your country of origin, you may need to apply for a Schengen visa. Check if you need a visa at keli auk.vrm.lt/en . Apply for a Schengen visa at visa.vrm.lt .	You are required to apply for either a national visa or a temporary residence permit**, depending on the purpose of your stay in Lithuania.

*Submit your application and documents online through the Lithuanian Migration Information system MIGRIS (migracija.lt/en). Following this, visit your selected branch of the Migration Department to finalise the process by submitting your original documents, providing biometric data and signing the application. Please note that this should be done within 4 months of applying on MIGRIS.

**To apply for a national visa or a temporary residence permit, submit your application and documents online via the Lithuanian Migration Information system MIGRIS (migracija.lt/en). Following this, book an appointment for an in-person visit to submit your original documents, provide biometric data and sign the application. If you are abroad, visit an external service provider. If you are already in Lithuania legally, visit the Migration Department.

GETTING VISA OR TEMPORARY RESIDENCE PERMIT

National visa fee - 140 €, temporary residence permit fee - 160 €.

For guidance on whether you need a visa or a temporary residence permit and the step-by-step application process, visit migracija.lt/en. Navigate to **Service information > Citizens of Other Countries > Staying More Than 3 Months** and select the relevant topic for detailed information.

The immigration procedures for students and spouses can vary, so if you are uncertain, it is advisable to reach out to the relevant institutions via phone or email. Explain your situation and seek advice tailored to your circumstances.

Helpful resources for immigration and visa issues:

- Ministry of Foreign Affairs of the Republic of Lithuania: urm.lt/en;
- Consular information of the Ministry of Foreign Affairs of Lithuania: keliauk.urm.lt/en;
- Migration Department under the Ministry of the Interior of the Republic of Lithuania: migracija.lt/en.

REGISTERING YOUR PLACE OF RESIDENCE

If you plan to live in Lithuania for **longer than 3 months**, you must register your place of residence with the local authorities. You can do this in person when collecting your temporary resident documents, online via MIGRIS, or by visiting your local eldership/municipality. Without this, you will not be able to get access to social services and benefits.

When declaring the place of residence at rented premises owned by someone else, you will need the owner's consent. Consent can be proven in several ways, such as a notarised statement, a signed tenancy agreement, a visit to the eldership with the owner, or via the e-government portal epaslaugos.lt (if a declaration is completed online). Remember, if you relocate, you must declare your new place of residence accordingly.

PREPARING YOUR DOCUMENTATION

Ensure a seamless move by gathering the necessary **valid documents**. Here's what you'll need to bring along:

- Passport;
- Work or residence permit (if applicable);
- Birth certificate;
- Academic documents;
- Proof of health insurance, medical records and vaccination documents;
- Proof of pension or retirement benefits (if applicable);
- Police certificate of conviction or non-conviction (for non-EU citizens);
- Divorce documents (if applicable);
- Vehicle documents and driver's license (if applicable);
- Customs declaration;
- Proof of financial resources such as bank statements, employment contracts, or evidence of financial independence (924 EUR/month as of 2024).

Relocating with family or pets? Here is what you may need to prepare for them, additional to the documents listed above:

- Marriage certificate;
- Custody or guardianship documents;
- Adoption documents;
- Microchip identification, pet passport & vaccination records (for pet travel guidelines, visit [vmt.lt](https://www.vmt.lt)).

Copies and documents issued by foreign states (excluding passports) should be legalised or authenticated with an apostille and translated into Lithuanian. In most cases translation into English is also acceptable, but for the best guidance, reach out to the Migration Department or the Ministry of Foreign Affairs of Lithuania.

Documents issued in the Baltic States, Russia, Moldova and Ukraine do not require an apostille, but they still need to be translated into Lithuanian.



ADDITIONAL ESSENTIALS

ONLINE IDENTIFICATION

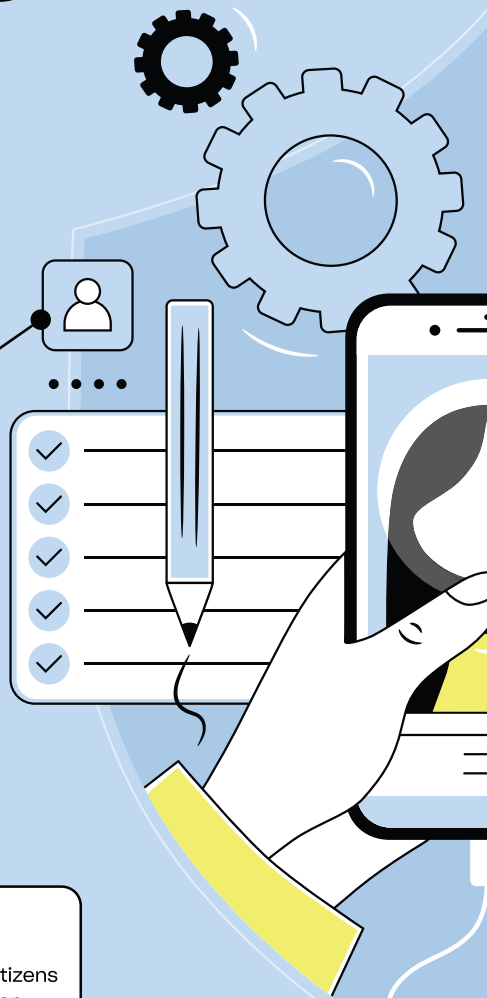
There are several methods for online identification in Lithuania. Online identification allows you to sign documents, access services, confirm transactions and more. The options available to you depend on the type of online identification.

SMART-ID

Smart-ID is an easy to use application on your phone and offers multiple registration methods. If you hold a visa (not a residence permit) and only want to use banking services, **Smart ID Basic** is a good option for you. In this case, you need to visit [Šiaulių Bankas](#) or [Urbo Bankas](#) to open a bank account and then register for the app. With **Smart-ID General** option you can verify your identity and approve financial transactions, although with slightly limited document signing capabilities (e.g. opening a company).

E-RESIDENCY PROGRAMME

The **E-residency programme** enables non-Lithuanian citizens to access a range of services provided by the Lithuanian government and other institutions. These services include setting up a company, filing tax returns and opening a bank account, as well as access to government e-services and the ability to provide digital signatures. Apply conveniently through the MIGRIS online portal with a fee of 90 EUR.



There are other alternative identification methods available, but they have even fewer features. Therefore, we recommend choosing one of the options mentioned here.

PERSONAL IDENTITY CODE

Upon applying for a temporary residence permit, foreigners are assigned a **personal identity code**. This code serves various purposes, including declaring your place of residence, and managing health and banking matters.

PERSONAL IDENTITY CARD

Similar to the Cryptographic Token, this card offers capabilities for identity verification, document signing, and financial transaction approval. However, it requires the use of a specialized card reader. Contact MIGRIS for further details.

MOBILE-ID

Mobile-ID is a convenient method to use through your phone. It is provided through your mobile operator. To use Mobile ID, you must have a fixed-term contract, a residence permit and registered your right of residence. It allows you to verify your identity, digitally sign documents, approve financial transactions, and more.

CRYPTOGRAPHIC USB TOKEN

If you prefer not to commit to a mobile operator contract but still need an option for identity verification, document signing, approving financial transactions and more, consider the **Cryptographic USB Token**. Visit elektroninis.lt/en to explore the required procedures. This physical USB stick provides flexibility, allowing you to use it whenever your computer is within reach.

TAXATION INSIGHTS

Personal income tax is a significant aspect of the Lithuanian tax framework. Progressive income tax rates ranging from 20% to 32%, apply to varying income levels, with higher rates corresponding to higher income brackets. For contract employees, personal income tax is deducted directly from the salary by the employer.

Tax-free income allowance (known as NPD in Lithuanian) determines the portion of wages exempt from personal income tax. This amount depends on the individual's earnings and the level of disability (if any). Filing your annual income tax return with the State Tax Inspectorate (Valstybinė mokesčių inspekcija – VMI) is now easier than ever. Simply go to vmi.lt to file online and access comprehensive information about personal income tax. Based on the details provided in your return, the appropriate withholding tax rate is calculated automatically.

In Lithuania, a 21% value-added tax (VAT) is applied to goods and services, integrated into the prices consumers see on invoices. Certain businesses may qualify for exemptions, while some goods have reduced or zero VAT rates.

HEALTH & SOCIAL INSURANCE

By declaring your place of residence, you become eligible for compulsory health insurance (PSD/CHI) guaranteeing access to free healthcare services when needed. For those employed under a contract, social and health insurance contributions are automatically deducted from your salary. However, if you are self-employed or unemployed, arranging your own payments is

necessary. In 2024, the monthly contribution stands at 64.50 EUR. You can do this via online payment or visit designated locations such as Lithuanian post offices or a bank branches. For more information, check sodra.lt.

International students from the EU only need their European Health Insurance Card or an equivalent form confirming insurance coverage in another EU country. However, students from non-EU countries must take out private health insurance.

PENSION SYSTEM

Planning for retirement is a crucial step towards securing your financial future. In Lithuania, the retirement age is undergoing a transition, aiming to reach 65 years for both genders by 2026.

Lithuania has a three-pillar pension system:

- 1. State social insurance.** A compulsory system where deductions are automatically made from your salary.
- 2. Compulsory occupational pension.** Contribute to your future with 3% of your monthly gross salary, together with a state contribution of 1.5% of the national average salary.
- 3. Voluntary contributions.** Pillar III includes voluntary contributions to a pension fund or participation in a life insurance scheme.

MOBILE CONNECTIVITY

Lithuania has a well-developed telecommunications infrastructure and several mobile operators offering competitive services. Compared to many regions worldwide, our plans are affordable, often featuring unlimited calls, messages and internet for as little as 20 EUR per month.

To avoid committing to a fixed-term contract, purchase a prepaid card. Prepaid SIM cards are available in shops (at checkout counters) and news kiosks. Choose from the following mobile operators: **Ežys (Telia)**, **Labas (Bitė)**, **Pildyk (Tele2)**.

You can also sign a fixed-term contract (usually for 24 months) with any mobile network operator in their shops. For this option you need to have registered your place of residence in Lithuania. Leading network operators: **Bitė**, **Tele2**, **Telia**.

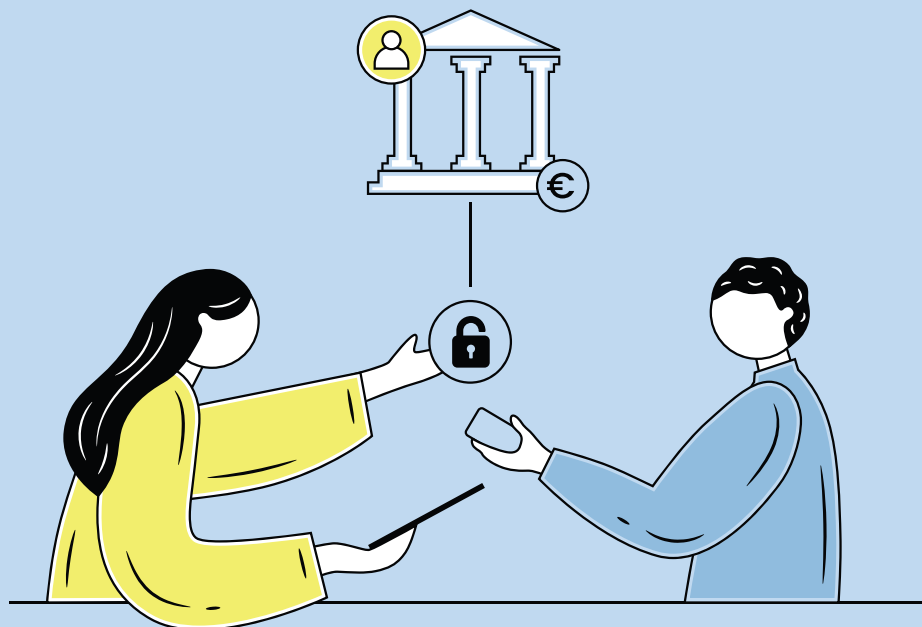
BANK ACCOUNT

To open a bank account in Lithuania, bring your passport and a residence permit or a visa. If you hold a visa, be prepared to demonstrate the purpose of opening a bank account, such as employment or study agreements.

Some of the major banks in Lithuania are **Swedbank**, **SEB**, **Luminor** or **Šiaulių Bankas**. Book an appointment online with your preferred bank. Keep in mind that additional documents may be required, so it's wise to reach out to them beforehand for clarity.

Most banks in Kaunas operate between 09:00 and 17:00 on weekdays with closures on weekends and public holidays. Need cash? Locate the nearest ATM online for easy access.

For online banking options, **Revolut** and **Paysera** are popular options in Lithuania.



LIVING

Finding and moving to a new home can be both exciting and nerve-wracking. No matter how you feel about it, you probably have some questions. Whether you are considering buying or renting, seeking a specific neighbourhood or are uncertain about utility arrangements, we will answer all your questions below!



HOUSING

COST OF LIVING

The price for food and goods in Kaunas remains relatively consistent throughout the city, with variations depending on the supermarket chain or local market you prefer. While food and beverage prices align with the EU average, overall household expenditure in Lithuania is approximately 20% lower.

REAL ESTATE MARKET

The real estate market in Kaunas has witnessed a significant expansion in housing options in recent years. Choosing to settle in Kaunas is a wise choice for those seeking cost-effective living and spacious accommodations. Despite the recent price surge in EU cities, housing affordability in Kaunas surpasses that of Vilnius and many other major European cities. It's worth noting that these costs are approximately 50% lower than the EU average.

Average apartment rent and purchase prices (as of April 2024, data from Numbeo.com):

	KAUNAS	VILNIUS	STOCKHOLM	LONDON
Rent 1 bedroom apartment outside city centre, EUR	520	740	1436	2627
Rent 3 bedroom apartment in city centre, EUR	927	1303	2307	4944
Buy apartment, city centre, (EUR per 1 sq. m.)	2964	4512	9166	16471
Buy apartment, outside city centre (EUR per 1 sq. m.)	1909	2730	5017	9000

NEIGHBOURHOODS IN KAUNAS

Choosing where to reside is a big step when relocating to another country. We listed some of the most popular neighbourhoods in Kaunas for you below. All of the neighbourhoods are accessible by public transport.

SENAMIESTIS (OLD TOWN) (1)

The historic heart of Kaunas, featuring charming narrow streets, historic buildings, and cultural landmarks. The Old Town is home to many museums, centuries-old churches, and the Kaunas Castle.

CENTRAS (CITY CENTRE) (2)

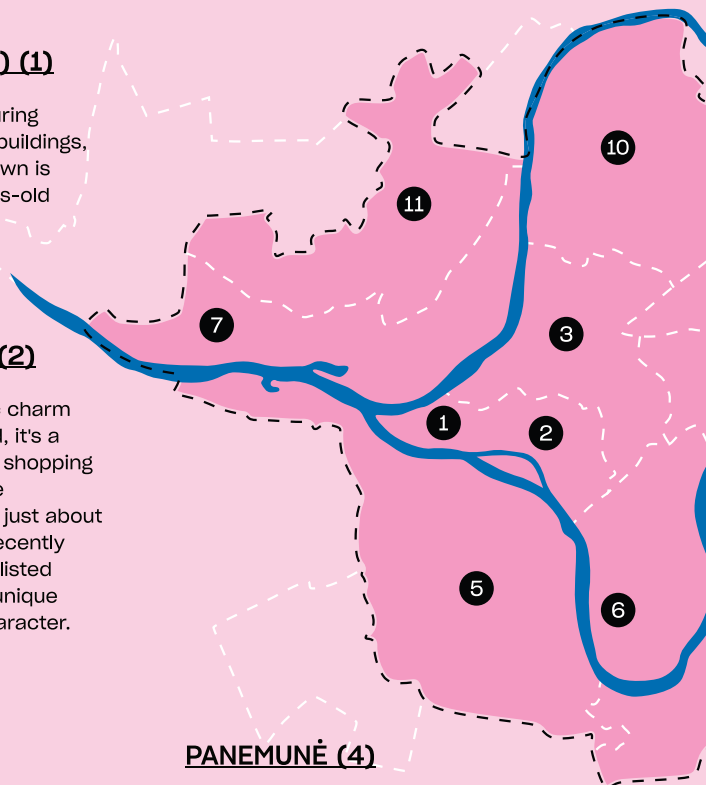
This vibrant district blends historic charm with modern flair. On the one hand, it's a bustling central business hub with shopping centres, offices, cafes and diverse entertainment options. But it's not just about commerce – Kaunas city centre recently gained recognition for its UNESCO-listed modernist architecture, adding a unique allure to its already captivating character.

ŽALIAKALNIS (3)

Adjacent to the city centre and known for its green spaces, Žaliakalnis is a residential neighbourhood with a mix of mostly private homes and parks. The neighbourhood is elevated, providing scenic views of the city.

PANEMUNĖ (4)

Located on the left bank of the Nemunas River, Panemunė is primarily a peaceful residential area. It is more distant from the city centre but situated near one of the biggest parks in the city – Panemunės Šilas, offering residents a quieter, relaxing atmosphere.



ALEKSOTAS (5), ŠANČIAI (6) AND VILIJAMPOLĖ (7)

All neighbourhoods are located in close proximity to the city centre and offer a blend of residential, industrial and historic elements.

PETRAŠIŪNAI (8)

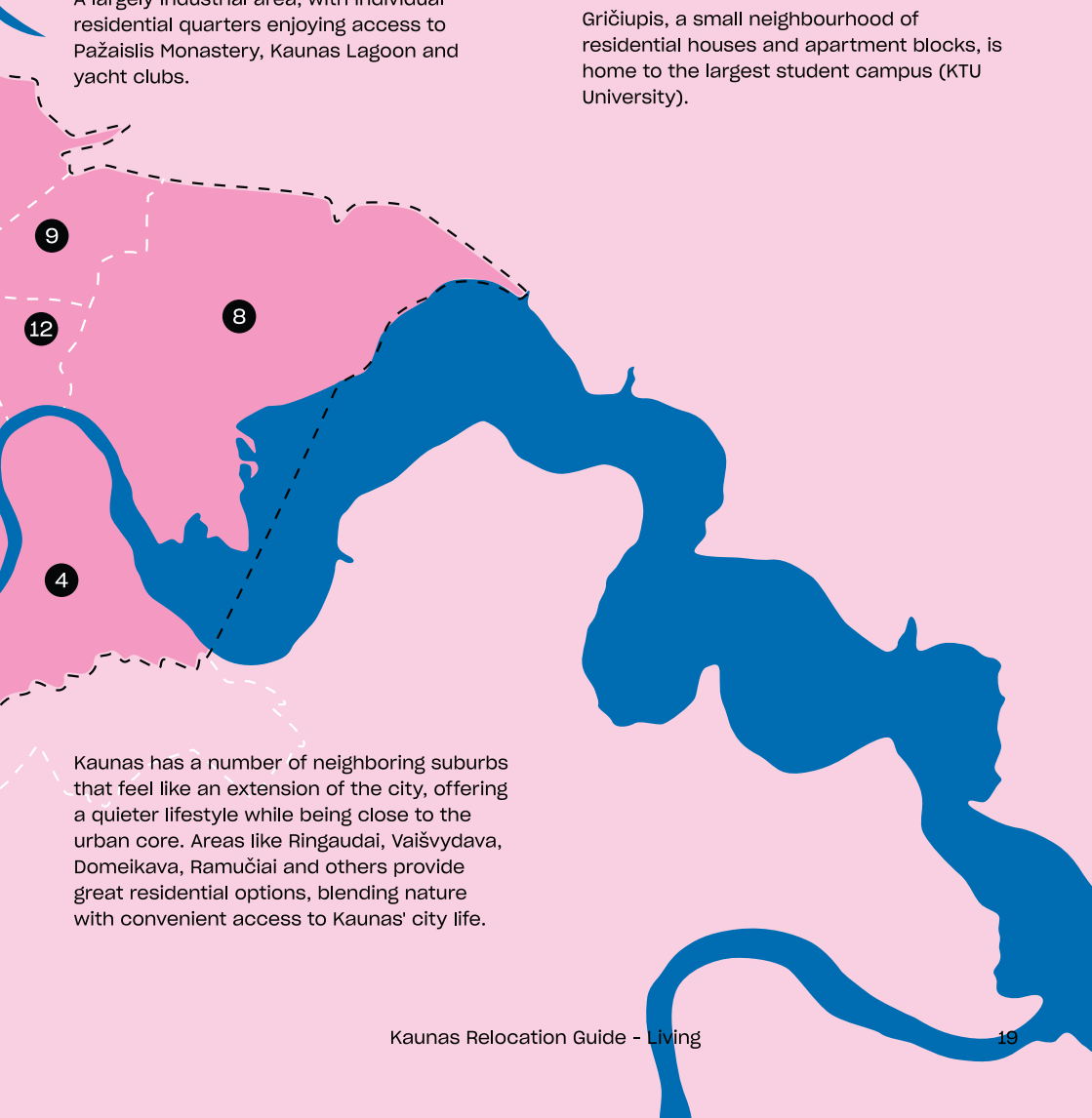
A largely industrial area, with individual residential quarters enjoying access to Pažaislis Monastery, Kaunas Lagoon and yacht clubs.

DAINAVA (9), EIGULIAI (10) AND ŠILAINIAI (11):

These three expansive residential areas a little bit further from the city centre. All offer convenient infrastructure including amenities like groceries, parks, schools or kindergartens.

GRIČIUPIS (12)

Gričiupis, a small neighbourhood of residential houses and apartment blocks, is home to the largest student campus (KTU University).



Kaunas has a number of neighboring suburbs that feel like an extension of the city, offering a quieter lifestyle while being close to the urban core. Areas like Ringaudai, Vaišvydava, Domeikava, Ramučiai and others provide great residential options, blending nature with convenient access to Kaunas' city life.

RENTING A HOME

When looking for a property to rent in Kaunas, there are multiple platforms you can search on. Explore popular websites like [aruodas.lt](https://www.aruodas.lt) and [domoplius.lt](https://www.domoplius.lt). [Homerental.lt](https://www.homerental.lt) offers a tailored experience ensuring reliability and landlord readiness for foreign tenants.

Expect landlords to request a deposit equivalent to 1-3 months' rent, refundable upon lease completion if all terms are met.

Utilities are typically separate from rent and may include maintenance fees for apartment buildings. Before signing the agreement and planning your budget, familiarize yourself with utility costs, which may vary with seasons. Requesting previous bills for insight can help with budget planning. Ensure clarity on utilities provided and those you are responsible for, such as internet, cable TV and electricity. Review the tenancy agreement thoroughly, verifying details like address, number of rooms, rental period, utility costs, an inventory list, deposit amount and acceptable payment methods. Contracts should be in both Lithuanian and English before any deposit payment is made. Students can explore dedicated accommodations online or through university resources.

When collecting your keys, conduct a walkthrough with the landlord to document any existing issues. You should also ask about the house rules and shared amenities, including waste management, quiet hours, waste sorting, bike storage, and more.



BUYING A HOME

Owning your own property in Lithuania is a straightforward and efficient process, whether you're eyeing an apartment or a house. Property prices vary depending on factors such as location, condition and size. You can purchase directly from owners or through estate agents.

For those with the means, full payment upfront is an option. Alternatively, securing a mortgage from a bank is common. Consult with banks in Lithuania to understand loan conditions, which typically hinge on your monthly income and job tenure.

Before signing any contracts, ensure you understand all terms thoroughly; consider a translator if needed. Contracts should always be notarised. Following purchase, register the transaction at registrucentras.lt.



EDUCATION

If you are moving with children, understanding the Lithuania's schooling system is essential. Lithuanian law mandates children attend school until age 16, but most children typically complete all 12 grades. Explore the various educational institutions available.



**KAUNAS IS RANKED NO. 1 IN
LITHUANIA BY LEVEL OF EDUCATION**



PRE-SCHOOL EDUCATION (KINDERGARDEN)

Pre-school education, offered in nurseries and kindergartens, is open for children from birth to 6 years old. Options include public and private institutions, with costs varying. Public institutions average 60 EUR monthly, while private ones range from 120 to 500 EUR, depending on attendance days. Municipality guidelines dictate enrolment procedures, typically allowing up to 2 applications per child. The school year starts on 1 September.

Apply online via the E-government gateway epaslaugos.lt or by visiting the chosen institution in person. Remember to provide a medical certificate for each child annually. Visit idarzeli.kaunas.lt (in Lithuanian only) for more information on preschool education in Kaunas.

PRE-SCHOOL INSTITUTIONS OFFERING EDUCATION IN FOREIGN LANGUAGES

PUBLIC:

- **Kaunas International Gymnasium pre-school** (Kauno Tarptautinė Gimnazija) – mixed groups of Lithuanian and Russian speaking children.
- All other public kindergartens in Kaunas accept children from abroad. However, due to the language barrier, integration might be more challenging.

PRIVATE:

- **Eureka** – kindergarten for children aged 1–5, mixed Lithuanian and non-Lithuanian (EN, RU) speaking groups. English lessons available;
- **Herojus** – kindergarten for children aged 1–6, mixed Lithuanian and non-Lithuanian (EN, RU) speaking groups;
- **Story House Kindergarten** (Istorijų Namai) – kindergarten for children aged 1–6, mixed Lithuanian and non-Lithuanian (EN, RU) speaking groups.
- **Montessori Academy** (Montessori Akademija) – kindergarten for children aged 1–3, mixed Lithuanian and English speaking groups.
- **Childhood Garden** (Vaikystės Sodas) – kindergarten for children aged 1–6, mixed Lithuanian and English speaking groups. English lessons available.



Family picnic in Kaunas "Kuriame miestą drauge"
Photography by Justina Apulskė

PRE-PRIMARY EDUCATION

Pre-primary education is compulsory for children aged 6-7 and is available from age 5 at the request of their guardians. Pre-primary education focuses on the development of general skills for effective learning. Admissions policies are determined by the state, municipal or private institutions. In public institutions, parents typically contribute only to meals and learning materials, with fees adjusted based on family circumstances. Pre-Primary education groups can be established in kindergartens, schools or some other institutions.

PRIMARY AND SECONDARY EDUCATION

Primary and secondary schools span grades 1-12, with compulsory schooling in grades 1-10. Municipal schools are tuition-free with additional support for migrant children, including 30% extra funding to facilitate their integration. Non-Lithuanian-speaking children have access to specialised classes for learning the language.

For children educated abroad, their documents are evaluated to determine placement in the in the Lithuanian school system. Parents or guardians must apply for admission on behalf of children under 14. Applications for public schools in Kaunas can be submitted online via the E-government gateway epaslaugos.lt. Alternatively, visit your chosen school for assistance. For more information, please visit imokykla.kaunas.lt (in Lithuanian only). Several schools in Kaunas offer English language instruction. For further details, reach out to the municipal education department or the school administration.

SCHOOLS (GRADES 1 TO 12) OFFERING EDUCATION IN FOREIGN LANGUAGES

PUBLIC:

- **Kaunas International Gymnasium** (Kauno Tarptautinė Gimnazija) – education in grades 0–12, separate Lithuanian and Russian language groups. It also hosts a Lithuanian language learning class for students from diverse backgrounds, followed by placement according to their proficiency level.
- **Kaunas J. Dobkevičius Progymnasium** (Jurgio Dobkevičiaus Progimnazija) – catering to learners in grades 0–8, with bilingual Lithuanian and English classes. The majority of instruction is in Lithuanian, supplemented by additional English classes as part of an international baccalaureate programme.
- **Kauno Panemunės Primary School** (Kauno Panemunės Pradinė Mokykla) – catering to learners in grades 0–8, offers bilingual Lithuanian and English classes with most instruction in Lithuanian, complemented by English courses as part of an international baccalaureate programme.
- **Kaunas Jonas Jablonskis Gymnasium** (Kauno Jono Jablonskio Gimnazija) – for learners in grades 9–12, hosts bilingual Lithuanian-English classes for grades 9–10 and international English language classes for grades 11–12 integrated into an international baccalaureate programme.
- All public schools in Kaunas are equipped to welcome Lithuanian diaspora re-emigrant children, who know some Lithuanian.

PRIVATE:

- **Eruditas Lyceum** (Erudito Licėjus) – an international school for grades 0–12, with separate Lithuanian and English groups (International Baccalaureate, Cambridge).
- **Herojus** – this school has three separate units:
 - “Herojaus Progimnazija” (0–8 grades) and “Herojaus Gimnazija” (6–12 grades) bilingual classes with instruction is provided in both Lithuanian and English.
 - “Herojam Slava” school for grades 1–11, primarily Ukrainian-speaking, with instruction in Ukrainian/Russian.
- **Kaunas Jesuit Gymnasium** (Kauno Jezuity Gimnazija) – a gymnasium for grades 11–12 with bilingual Lithuanian-English classes, integrated into an international baccalaureate programme.

You can look for more educational institutions and schools at alkos.smm.lt. The platform allows you to easily sort and filter to find precisely what you are looking for in any language. Additionally, Kaunas has numerous higher educational institutes, detailed later in this book under the “Higher education” section.

GETTING AROUND

There are plenty of ways you can move around in Kaunas, whether you prefer to drive (via your own car or car-sharing), walking, cycling, taking a bus or even a funicular. Situated centrally in Lithuania, the city provides excellent opportunities for further travels, thanks to its intersection of major roads; the A1 (Klaipėda-Kaunas-Vilnius), A6 (Kaunas-Daugpils) and E67 (Warsaw-Kaunas-Riga-Tallinn). If driving isn't your preference, both the bus and train terminals offer extensive connections throughout the Baltic region and beyond. For longer journeys, Kaunas has an international airport, while Vilnius International Airport is just an hour away.

PUBLIC TRANSPORT

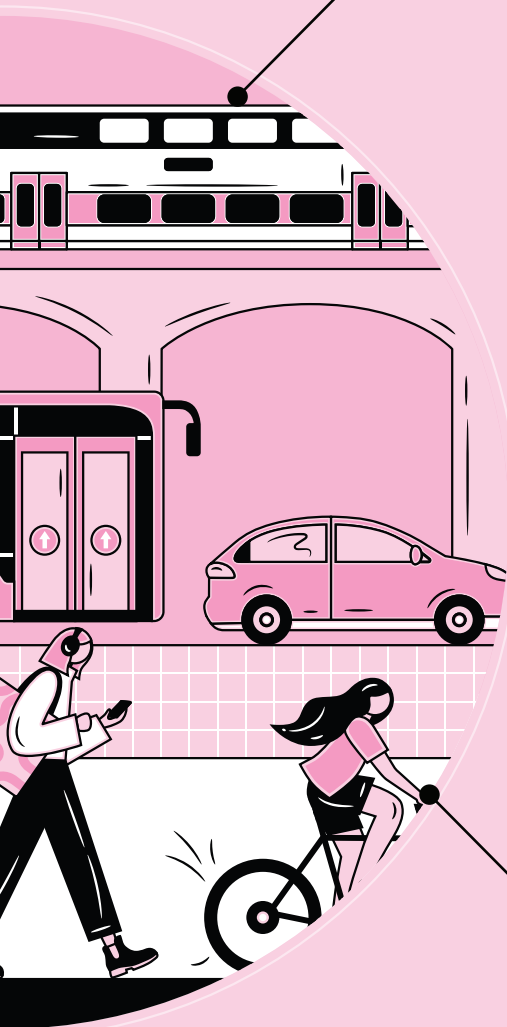
Getting around Kaunas by bus is very easy, with approximately 219 000 passengers relying on this mode of transport daily! Kaunas has one of Europe's newest public transportation fleets, with buses and trolleybuses averaging just 6 years old! With over 880 stops, across various routes, you can even hop on public transport to the airport for as little as 1 EUR. The easiest way to plan your trip is to download the [Trafi app](#), though note that it's not for ticket purchases.

FUNICULARS

Kaunas has two funiculars: Aleksotas Funicular and Žaliakalnis Funicular. Both offer convenient transport for hill-dwelling residents and are a fun way to explore the city. Tickets are 1 EUR and can be purchased on-site. At Aleksotas Funicular, passenger bicycles are lifted free of charge.

**133 KM OF CYCLING
PATHS IN KAUNAS**





LONG DISTANCE BUSES AND TRAINS

The long-distance bus and railway stations are located within walking distance from each other on the outskirts of the city centre. The bus station, refurbished in 2017, now has a shopping centre, dining facilities, and a 24/7 waiting area. From here, you can catch transport to various destinations across the Baltic countries and Europe. Trains to/from Vilnius, the busiest route, depart many times a day and multiple times an hour during peak time. An adult ticket costs approximately 8-10 EUR, students receive a 50% discount (30% for younger pupils).

WALKING, CYCLING OR TAKING A SCOOTER

Kaunas is a compact and well-developed city, with easy access to most destinations within a reasonable walking distance. In the city centre, two main pedestrian streets, Laisvės Alėja and Vilniaus g., stretch for 2.5 km, connecting the New Town with the Old Town and offer pedestrians a scenic route free from vehicular traffic. While sidewalks and crosswalks are plentiful, it's advisable to wear reflective gear during darker hours for safety.

Kaunas is also one of the most bicycle-friendly cities in the Baltics with a constantly expanding network of cycle paths. Helmets are mandatory for people under 18 and strongly recommended for others.

To rent bicycle or electric scooter, use the **Bolt app**.

BUS TICKET PRICES IN KAUNAS



PAPER TICKET FROM BUS DRIVER

Price: **1 EUR**

These tickets are only valid for one trip until the end stop of the route, meaning if you change buses, you have to buy a new ticket.

You can only pay with cash and the busdriver may refuse to accept any notes bigger than 5 Euros.



“ŽIOGAS” APP TICKET

Price: **0.7 EUR**

After loading the app with money using a bankcard, you can simply validate your ticket on the bus.

You are allowed to change bus once, within 30 minutes of validating your ticket. Don't forget to validate your ticket again after transferring onto the second bus.



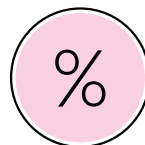
“ŽIOGAS” CARD TICKET

Price: **1.5 EUR**

You can buy and top up your card at these locations:

- Customer service center: Laisvės al. 114, Kaunas
- Maxima and RIMI Information desks (In Kaunas)
- News-stands (Lietuvos spauda, Narvesen and Kauno spauda)
- Lietuvos Paštas (only in Kaunas)

You are allowed to change bus once, within 30 minutes after tapping your card. Don't forget to tap your card again after transferring onto the second bus.



DISCOUNTS

If you are a student, disabled, or elderly, you might receive a discount on your public transport ticket.

BUS TRANSPORT DISCOUNTS



STUDENTS

- 50% on single tickets;
- 80% on monthly pass.



DISABLED

- 50% for people with 30-55% working capacity;
- 80% for people with 25% (or less) working capacity;
- 80% for people with chronic diseases (prescribed in the list of the Ministry of Health of the Republic of Lithuania for the treatment of continuous haemodialysis);
- 80% for accompanying people.



ELDERLY

- 50% for people aged 70+;
- 80% for people age 80+.



MONTHLY DISCOUNT

From the first day of the month, the system keeps track of how many times you have tagged your ticket (card or app). **If your totals exceed the equivalent fare for a monthly pass** (28 EUR at full price or 14 EUR with a 50% discount, or 5.60 EUR with an 80% discount), **the ticket will automatically become a monthly pass and you will not be charged when you tag it again.**

For maps, timetables, special discount information and more information about multiple day passes, visit the official website of Kaunas Public Transportation: kvt.lt.

DRIVING

If you are planning to drive, familiarise yourself with Lithuania's driving regulations beforehand. In Lithuania, seatbelts are mandatory for all passengers and headlights must be on at all times, day or night. Additionally, **vehicles must carry a first-aid kit, a fire-extinguisher, an emergency triangle and reflective vest/reflector.**

Keep an eye out for green arrows alongside red lights while driving. This indicates that you can turn right if the intersection is clear of traffic or pedestrians, even if the light is red. Remember to stop before proceeding.

Public parking in Kaunas is organised into various zones with different rates. For more details, visit parkavimaskaune.lt or download the [Unipark](#) or m.Parking app.

Speed limits (unless indicated otherwise by traffic signs):

- Urban roads: 50 km/h;
- Non-urban roads: 90 km/h (on asphalt and concrete), otherwise 70 km/h;
- Motorways (green sign): 130 km/h in April-October and 110 km/h in November-March;
- Highways (blue sign): 120 km/h in April-October and 110 km/h in November-March.

From 10 November until 31 March, winter/M+S tires are mandatory.

Kaunas roads
Photography by Andrius Aleksandravičius



Driver's Licence

If you have a driver's license from another EU country, you can continue to use it until it expires. Once it does, simply exchange it for a Lithuanian license, provided you have been living in Lithuania for more than 185 days and declared your place of residence here.

For non-EU license holders, upon becoming a permanent resident in Lithuania, you'll need to switch to a Lithuanian license. This usually involves passing theory and practical tests, except for some cases.

Registering Your Car

For EU-registered cars, a temporary 130-day grace period allows you to drive in Lithuania. If your stay extends beyond this period, you'll need to register your car with the state enterprise Regitra (registra.lt). Ensure your vehicle has up-to-date inspection and insurance and that you've declared residency in Lithuania.

Car-Sharing & Taxi

In Kaunas, you don't have to own a car to get around. **Bolt**, **Citybee** and **Spark** are the three car-sharing apps that are very simple and easy to use. Explore them for pricing and regulations. For taxi you can use apps like **Bolt** and **eTaksi**.

POST OFFICES

Lithuania's primary postal service is Lietuvos paštas (Lithuanian Post Office). Locate your nearest post office, check opening hours, and find other essential information at post.lt. For sending letters, purchase stamps at post offices or through the Lithuanian Post e-shop.

The most convenient way to send a parcel is to use a well-developed network of automated parcel terminals. These self-service machines, offered by **LP Express**, **Omniva**, and **DPD**, facilitate sending, receiving, and returning parcels. Strategically placed in shopping centres, grocery stores, and transportation hubs, they ensure convenience and accessibility.



HEALTH SERVICES & MEDICAL CARE

In Lithuania, compulsory public health insurance (PSD in Lithuanian) guarantees access to vital healthcare services for all residents.

For those in formal employment, PSD contributions are deducted directly from their salary. Additionally, state-funded coverage is provided for individuals registered with the Employment Service and students. However, self-employed individuals or freelancers must independently pay PSD contributions to the state. As of April 2024, the monthly PSD contribution is 64.50 EUR, equivalent to 6.98 per cent of the minimal monthly wage in Lithuania.

Accessing healthcare begins with registering at a public or private healthcare facility, serving as your first point of contact for medical advice. If needed, your general practitioner will refer you to a specialist, including mental health services. When registering, it's advisable to ask for an English-speaking doctor if you're not proficient in Lithuanian.



**KAUNAS IS RANKED NO. 1 IN LITHUANIA
BY LEVEL OF HEALTH SERVICES**

PUBLIC & PRIVATE HEALTHCARE

Lithuania offers both public and private healthcare options, each with its own benefits and drawbacks. Individuals have the option to register at either type of clinic based on their preferences and needs. Public clinics are state-owned, whereas private clinics are owned by private entities.

Public hospitals and clinics typically have larger facilities with a wider range of specialists and doctors. This centralised setup means most medical needs can be addressed in one location, reducing the need to seek care elsewhere unless you opt for a specific doctor in another clinic.

Private clinics, similar to public hospitals, offer consultations with family doctors at no cost. They often have shorter waiting times and a higher likelihood of encountering English-speaking doctors. While private clinics may have a smaller pool of specialists, they are known for their client-centred approach.

Importantly, individuals attending private clinics can obtain referrals from doctors to visit e.g. a cardiologist or podiatrist. They can then register at any hospital across Kaunas, providing flexibility and convenience in accessing healthcare services.

EMERGENCIES

In case of an emergency, you call **112**. This number is for all emergency services, including police, fire, medical emergencies, and other situations requiring immediate assistance.



PHARMACIES

Pharmacies in Kaunas are distributed throughout the city, in various neighbourhoods and commercial areas. While most pharmacies have regular opening hours, some are open 24/7 even on holidays. To obtain prescription medication, you will need a valid prescription from a licensed healthcare worker, and you should also bring a valid ID.

WORK & STUDY

As one of four main economic centres in the Baltics, Kaunas contributes to over 20% of Lithuania's GDP. Positioned at the intersection of all major transport corridors in the Baltics, coupled with the rapidly developing Free Economic Zone, Kaunas has witnessed significant economic expansion that can be best seen in approximately 100% net wage increase over the past 7 years, marking one of the fastest-growing average monthly salaries in the Baltic States.

The job market in Kaunas is experiencing a steady rise, attributed to the expansion of local companies and the influx of foreign companies. Many well-paid opportunities are emerging, particularly in sectors that generate higher added value, such as ICT, automotive, electronics, global business services, life sciences (MedTech, biotech), and MRO (maintenance, repair, and operations of aircraft). Additionally, well-established sectors including construction, logistics, furniture, and food industries continue to offer ample employment opportunities.



**+100% WAGE (NET) GROWTH
IN THE PAST 7 YEARS**



WORKING IN KAUNAS

WORK-LIFE BALANCE

Like in many European countries, the **standard working day in Lithuania is usually 8 hours (40 hours per week)**. Lithuanians value their leisure time, and the convenience of Kaunas allows people to make the most of their mornings and afternoons by engaging in indoor or outdoor activities, having coffee or pursuing other interests instead of spending hours commuting to work. With its vibrant cultural scene and proximity to nature Kaunas offers an ideal setting for people to spend quality time with friends and family outside of work commitments. To enjoy a bit longer time off, full-time employees are entitled to a **minimum 4 weeks of paid leave per year**. Additionally, there are plenty of national holidays throughout the year that offer additional occasions for celebration or relaxation, further information will be presented in the section “Public Holidays and Traditions”.

One could call Kaunas “The Boston of the Baltics” due to its balanced approach to work and life. This characterisation stems from its technology-driven economy, emphasis on life sciences and innovation, and strong focus on a variety of sports, both in participation and support. The city's abundant green spaces, including parks, forests, and rivers or lakes, further contribute to its reputation as a leader in promoting a healthy work-life balance.



BLC multifunctional business centre
Photography by Andrius Aleksandravičius

LITHUANIA RANKS 11TH AMONG OECD COUNTRIES FOR WORK-LIFE BALANCE AND 5TH IN THE GLOBAL REMOTE WORK INDEX.

EMPLOYMENT CONTRACTS

Employment contracts play a crucial role in Lithuania's labour landscape. These contracts are regulated by both national labour laws and individual arrangements between the parties involved. While the contract must be in Lithuanian, it is advisable for non-native speakers to request an English version from their employer to ensure full comprehension. It is important not to commence work until you have received, understood, and formally signed the contract. Whether signed on paper or digitally, you should keep a copy for personal records.

The contract should include:

- Full names and addresses of the employee and employer;
- Position title, job description, and required qualifications;
- Details regarding salary structure and payment frequency;
- Specific work location;
- Contract type (e.g. fixed-term or open-ended);
- Start date of employment (and end date, if applicable)
- Working hours;
- Entitlements and procedures related to leave;
- Termination procedures and notice periods.

If applicable, the contract should also cover:

- Regulations for home office;
- Probationary period;
- Collective agreements;
- Benefits.





Photography by freepik.com

RIGHTS AND RESPONSIBILITIES OF THE EMPLOYEE AND EMPLOYER

While certain aspects may not always be explicitly outlined in the employment contract, there are inherent duties in every employer-employee relationship as per Lithuanian laws.

The employer must ensure a safe working environment, so that it adheres to labour regulations and is properly organised. Employers are also responsible for the compulsory social and health insurance contributions that are deducted from employees' wages. Conversely, employees are expected to perform their duties with integrity, diligence, and fairness, also respecting and safeguarding their employer's assets and commercial secrets.

Lithuanian labour laws protect employees from discrimination at all stages, including recruitment. Employees have the right to receive detailed pay slips either electronically or in print, which must include a detailed breakdown of salary and working hours.

In Lithuania, employees have fundamental right to join, leave, or establish trade unions, although their prevalence may not be as widespread as in Scandinavian or Western European countries. Nevertheless, an increasing number of companies across various sectors in Lithuania have trade unions, indicating a growing recognition of workers' collective bargaining rights. Additionally, the Lithuanian Labour Code incorporates certain fundamental rights for employees that stand out, even by international standards. These include generous provisions such as generous maternity leave and a minimum of 20 working days of annual leave (with some companies offering additional vacation days), highlighting Lithuania's commitment to ensuring fair labour practices and employee well-being.

TERMINATION OF EMPLOYMENT

There are established procedures to ensure the proper termination of an employee. **The most common procedure is termination by mutual agreement, which should be documented in writing.** If mutual agreement cannot be reached, the employee can resign with 20 calendar days' notice. Conversely, if the employer wishes to terminate the employee, they must provide **at least 30 days' notice, or 14 days if the employee has been with the company for less than a year.** On the last day of employment, employees are entitled to receive payment for any outstanding wages, compensation for unused leave, and severance pay.

Termination may also occur in cases of gross misconduct, persistent failure to meet targets despite receiving an improvement plan, or refusal to continue working following a full or partial transfer of the business. Other grounds for termination could include organisational restructuring leading to job redundancy or the company entering liquidation. The conclusion of a fixed-term contract naturally occurs at the agreed end date stated in the contract.

MATERNITY AND PATERNITY BENEFITS

In Lithuania, maternity and paternity benefits amount to 77.58% of the claimant's compensatory wage. The minimum benefit rates of benefits in the second quarter of 2024 are equal to 440 EUR/month, while the maximum rates vary depending on several factors, and can reach up to 3254.17 EUR/month. **Mothers are entitled to remain at home for up to 3 years,** although benefits cease after the second year. **Fathers can take up to 30 days of paternity leave within the first year of the child's birth.**

To qualify for maternity/paternity leave benefits, **persons must have been insured for at least 12 months in the preceding 24 months, and their last employment must have been in Lithuania.** If a person has received social insurance in another EU/EEA Member State, they must provide evidence of this to a local SoDra office in Lithuania. We recommend using a preliminary maternity/paternity benefit calculator ([Sodra Calculator](#)), as the amount depends on several personal factors. To claim maternity/paternity benefits, please contact your local SoDra office online at sodra.lt.



SEARCHING FOR A JOB



HOW AND WHERE TO LOOK FOR JOBS

When seeking employment in Kaunas, there are several websites available that offer job listings and information about working in Lithuania. One of the best known platforms, particularly tailored for foreigners, is workinlithuania.com. Here, you can filter job listings specifically for Kaunas. Keep in mind that not all job openings are listed on this website, as employers must meet certain requirements in order to post on the website. Some of the most popular job search websites are cvonline.lt, cvmarket.lt, and cv.lt. You can also look for information on the Kaunas Career Guide website (karjerakaune.lt), although the content is available only in Lithuanian. Another way to find a job is **LinkedIn**. Sometimes, you can apply directly through the app. If not, the job posting will provide instructions on how to apply. Make sure you keep your LinkedIn profile up to date, professional and active.



RECOGNITION OF FOREIGN QUALIFICATIONS

For persons with qualifications or degrees from foreign institutions, it is advisable to engage with the **Centre for Quality Assessment in Higher Education** for academic recognition. This process aids in understanding the equivalence of foreign education in Lithuania, which will make it easier to explain skills to potential employers.

To initiate the recognition process, visit skvc.lt. The website offers comprehensive information and contact details for further inquiries.



EMPLOYMENT SERVICES

If you are struggling in finding an employment, need advice, or have questions related to job searching in Kaunas, you can reach out to the Lithuanian Employment Service, known as Užimtumo tarnyba (UŽT). UŽT is tasked with delivering labour market services in accordance with the laws of the Republic of Lithuania on employment, which include active labour market policy measures and employment promotion programmes. UŽT also offers language courses for all EU/EFTA citizens (including family members residing in Lithuania) and other foreigners with a residence permit in Lithuania. With several offices in Kaunas, UŽT provides online contact forms and telephone numbers for assistance, accessible via uzt.lt.

Alternatively, persons can seek assistance from private employment or head-hunting agencies, which specialise in talent search for companies. These agencies can also aid persons in selecting suitable career paths, providing information about available job positions, assist with CV writing, and organise courses and seminars. While the services of such agencies are typically free, additional paid services may be offered, such as CV preparation and individual professional consulting.

Some of the prominent employment or head-hunting agencies in Lithuania include [Alliance for Recruitment](#), [PeopleLink](#), [Biuro](#), [Manpower](#), [Headex](#), and [Advantus](#).

ENTREPRENEURSHIP AND THE START-UP ECOSYSTEM

Lithuania has a streamlined and accessible process for establishing businesses, thanks to its advanced digital infrastructure. This efficiency enables online completion of the entire setup procedure, contributing significantly to Lithuania's growing global standing.

150+ STARTUPS IN KAUNAS

Between 2018 and 2023, Lithuania's start-up ecosystem witnessed remarkable growth, with its value increasing more than sevenfold from 1.9 billion to 13.7 billion EUR. This surge surpasses the average value of Eastern and Central European countries' ecosystems.

Kaunas's start-up landscape is continuously expanding, indicating potential growth within the city's start-up community. Alongside established support organisations such as Tech-Park Kaunas and university innovation centres like KTU Startup Space, VDU KTPC, and LSMU, entities such as Spiečius, Rockit, and others are emerging. These newcomers are set to introduce innovative incubation and pre-acceleration programmes, further enhancing Kaunas's start-up ecosystem.

Furthermore, in recent years, Kaunas's start-up community has become increasingly active. More and more regular start-up community meetups are being organized by various organizations, with the main event being hosted by Kaunas IN. These gatherings provide valuable networking opportunities, knowledge sharing, and collaboration among entrepreneurs, investors, and mentors. Additionally, Kaunas IN is a central hub for start-up information and support. You can always contact Kaunas IN to get connected with key players in the ecosystem or to obtain information about start-up incubators, hackathons, accelerators, and other resources essential for start-up growth. The proactive efforts of Kaunas IN and other community stakeholders are instrumental in fostering a vibrant and dynamic start-up environment in the city.

Kaunas excel in the MedTech industry, ranking 3rd in the EU, according to Startup Blink Startup Ecosystem report 2024.

Startups to watch that were found in Kaunas:



STUDYING



Kaunas stands out as a hub of universities and students. Not only is it one of the five university cities in the Baltic countries, but approximately 1 in 10 residents of Kaunas is a student! While the city is a leader in technology and health sciences, it offers a diverse array of academic disciplines. Kaunas's higher education institutions prepare future engineers, social scientists, humanists, health professionals, artists, and more.

In recent years, universities have increasingly focused on innovation and applied research. The number of foreign students pursuing full-time studies in Kaunas has also grown significantly over the past decade, now comprising over 10% of all students in the city.

HIGHER EDUCATION

There are over 40 000 full-time students enrolled in higher education institutions in Kaunas, with over 50% specialising in STEM (science, technology, engineering, and mathematics) subjects.

The three major universities in Kaunas are **Vytautas Magnus University** (Vytauto Didžiojo Universitetas), **Lithuanian University of Health Sciences** (Lietuvos Sveikatos Mokslių Universitetas), and **Kaunas University of Technology** (Kauno Technologijos Universitetas). Vytautas Magnus University offers a diverse range of education,

spanning from social sciences to arts and technology. Some of the most popular programmes include psychology, public communication, and business administration. Lithuanian University of Health Sciences, as its name implies, specialises in health sciences, with top programmes in medicine, veterinary medicine, and odontology. Widely regarded as a leading institution in the Baltic States, LUHS maintains close integration with Kaunas hospitals, including the prestigious Kaunas Clinics – the largest hospital in the Baltics. Kaunas University of Technology stands out as the premier technological university in the Baltics, renowned for its focus on innovation. Popular programmes include Software Systems, Electronic Engineering, and Civil Engineering.

Additionally, there are six universities of applied sciences in Kaunas. Among them, **Kaunas University of Applied Sciences** (Kauno Kolegija) is the largest in the city with over 4500 students. Further information about higher education institutions can be found at lamabpo.lt.

LEARNING LITHUANIAN

Learning the local language, at least the basics, is a pivotal step in settling to life in Kaunas. A little goes a long way and opens the opportunities of communicating with more people and integrating into their culture.

There are many ways to learn Lithuanian, both online and in-person. Among these options are flyent.online and loecsen.com, which offer considerable free materials to learn online.

If you prefer a classroom setting, several courses are available in Kaunas. One of them is called SPEAK, a community-based learning platform that facilitates interactions between locals and newcomers, both online and offline, fostering cultural exchange and language acquisition. Find learning groups that suit you at speak.social.

Other ways to learn Lithuanian both at universities and private organisations:

- The **Employment Service** language courses: free courses for both job seekers and employed people. Lithuanian language training programs cater for EU and EFTA citizens and their family members residing in Lithuania, and third-country citizens with at least one year residency permit in Lithuania.
- **Kaunas Education Innovation Centre** provides Lithuanian language courses at A1/A2 levels, comprising 48 hours (20 classes) at a cost of 170 EUR per participant.
- **KTU Centre of Foreign Languages** offers A1 and A2 level courses totalling 40 hours for 130 EUR. Registration is available via email at shmmf.ukc@ktu.lt.
- **Baltic Summer University of Vytautas Magnus University** organises Lithuanian language courses, allowing participants to enhance their language skills while learning about Lithuanian history and culture. Prices vary based on online or offline participation.
- **Ames.lt** offers Lithuanian language courses both in Kaunas and online, with prices starting at 30 EUR per lesson.

DIVERSITY AND INCLUSION

Lithuania upholds laws to ensure equality and diversity, such as the **Law on Equal Opportunities for Women and Men and the Law on Equal Treatment**. These laws ensure that everyone, regardless of their gender, race, social status, religious beliefs, language, and more, is treated fairly and equally.

According to the Global Gender Gap Index (2023), Lithuania ranks first in the Baltic States for gender diversity and 9th globally, climbing two spots since 2022. Impressively, women constitute 57.34% of the Lithuanian workforce. According to the BCG Gender Diversity Index, Lithuania ranks in the top 3 for women in top management positions, particularly notable for the significant presence of women in top management roles across various sectors, including ICT and STEM fields.

Kaunas emerges as an appealing destination for both international professionals and students. Over the past decade, the number of international full-time students in Kaunas universities has grown rapidly (~4000), evolving into a vibrant multicultural hub.



LEISURE

Life in Kaunas isn't all about work and responsibilities — there's also a lot to enjoy! From vibrant festivals and cultural events to parks, rivers, and unique local cafes, the city has plenty to offer for all tastes and ages.

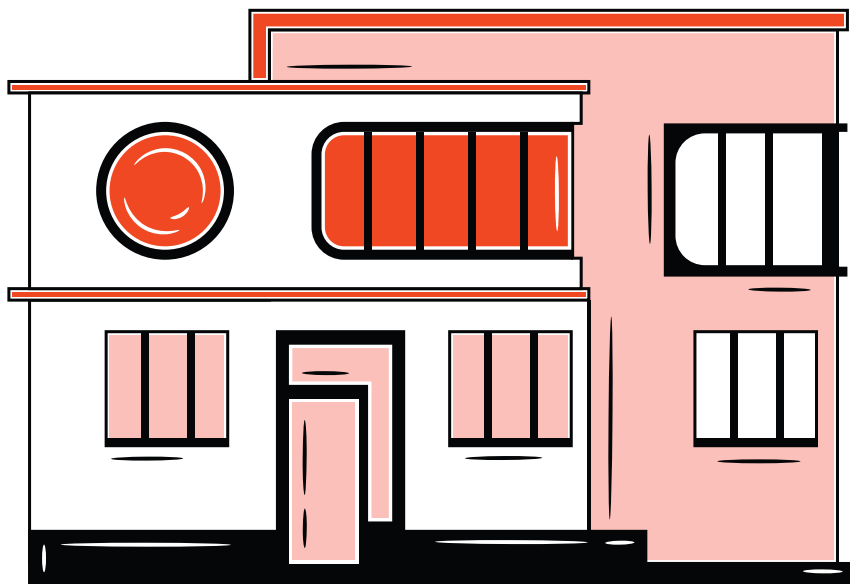


EXPLORING YOUR NEW HOME

Kaunas has a wealth of cultural opportunities, recreational activities, and outdoor adventures. Major public investments in the city's public spaces alleys, streets, parks, facades and a range of newly opened leisure facilities have transformed the face of the city during the past 10 years, improving the overall quality of life for Kaunas residents.

KAUNAS HIGHLIGHTS

Kaunas is a vibrant city, famous not only for its modern street art and courtyard galleries, but also for its inter-war modernist architecture (Kaunas Modernism style), which has earned its place on the UNESCO World Heritage List in 2023. Kaunas Modernism, a fusion of international modernism and art deco with a touch of traditional Lithuanian wooden architecture, was popular in the 1920's and 1930's. Over 6000 Modernist buildings paint a vivid portrait of unique character in the centre of Kaunas.



A picturesque 2.5 km stretch of Laisvės Alėja (Freedom Avenue) in Kaunas New Town, or Vilniaus Street in the Old Town, with historic landmarks like Kaunas Town Hall Square and the iconic Kaunas Castle, gives pedestrians the perfect opportunity to walk past city centre's many sights for a moment of tranquility at one of the cosy cafes nestled along the way.

Kaunas cultural tapestry is rich in museums, too. From the Great War Museum to the M.K. Čiurlionis Art Museum and the whimsical Art Deco Museum, and even the Devil Museum, there's something to captivate visitors of all ages and interests. The many green parks, riverbanks and playgrounds offer serene retreats for relaxation and leisure. Embark on an adventure to discover Kaunas's hidden gems, from the historic funiculars that ascend Aleksotas Hill and the soaring spires of the Christ Resurrection Church. Uncover treasures like Kiemo Galerija and the beloved 1970s Spurginė donut shop.

Kaunas pulsates as illustrious sports legacy embodied by Lithuania's most beloved basketball team, Žalgiris. Ranked among the top 10 European basketball clubs, the team captivates fans with its electrifying atmosphere at the Žalgiris Arena. Join thousands of enthusiastic supporters, both local and international, as they rally behind the team and revel in the thrill of victory. Beyond basketball, the arena also hosts other entertainment, from international star concerts like Dua Lipa, Robbie Williams and Iron Maiden, to bustling fairs. It even has a 2000 sqm spa complex with 11 saunas, jacuzzis, water streams and pools.

For more leisure options, check the [Kaunas Tourist Information Office Website](#).





Lithuania's Science Island
Photography by Andrius Aleksandravičius



ŽALGIRIS Arena
Photography by Andrius Aleksandravičius

OUTDOORS

One of the highlights of Kaunas is its proximity to picturesque water spots like Lake Lampėdis, the Nemunas and Neris rivers, and the Kaunas Lagoon. There are plenty of opportunities, from leisurely beach outings, rowing and sailing to wakeboarding adventures. Along the rivers you will find scenic riverfront trails ideal for walking, jogging, cycling, or rollerblading.

There are numerous green spaces in and around the city. Thirteen out of fifteen parks have undergone recent renovations, at locations like the Panemunė Pine Forest or Oak Park near the city centre. The Botanical Garden, featuring a vast tropical house, promises an engaging experience for the entire family. The diversity of plants, ranging from palm trees to simple flowers, coupled with a serene water feature, can captivate visitors for hours on end. For those seeking outdoor thrills, treetop climbing at UNO Parks presents an enticing option. Wherever your excursion takes you, make sure you respect nature and follow the park rules.

Pets

Parks in Kaunas are very pet-friendly, with some even featuring designated dog playgrounds. Don't forget to collect what your dog left behind by using the provided green bins throughout the city. There is a designated pet-friendly beach at Kaunas Lagoon. A comprehensive list of pet-friendly place can be found at [visit.kaunas.lt](https://www.visit.kaunas.lt).

Kaunas maratohon 2024
Photography by Andrius Aleksandravičius





People playing basketball
Photography by Andrius Aleksandravičius

SPORTS

Kaunas stands as the main sports city of the Baltics marked by ongoing development and expansion of numerous sports facilities catering to enthusiasts of swimming, tennis, squash, ice hockey, football, martial arts, indoor climbing, rowing, handball, and more. Needless to say, Kaunas boasts one of Europe's best basketball teams, Kauno Žalgiris, a source of immense national pride.

Engaging in sports presents an excellent opportunity for newcomers to forge connections with persons sharing similar interests. Or if you have already made friends, doing sports together can be a fun activity. Several sports organisations in Kaunas offer regular group training sessions, although it may require some research to identify suitable options, as these organisations operate independently.

There are also many gyms in Kaunas, both chain-affiliated and independent, often hosting group training sessions to cater to those disinclined to exercise solo. For more information, search online for gyms in your area or check their websites for comprehensive information. During the summer, residents and visitors alike have the opportunity to engage in complimentary gym sessions at designated outdoor training facilities across the city.

SURROUNDING AREAS

Photos by Andrius Aleksandravičius

Kaunas' central location in the country offers many opportunities for day trips to explore the country and the region.

VILNIUS

Vilnius, the capital of Lithuania, lies just about one hour drive by car or train. Vilnius offers various attractions, including museums, parks, the UNESCO-listed Old Town, and many historic churches. As you wander the streets, you'll find cosy cafes, art galleries and boutique shops that add a contemporary flair to the historic settings.



RUMŠIŠKĖS



Located just a 30-minute drive from the heart of Kaunas, is the historic town of Rumšiškės. Visitors can explore the Open-Air Lithuanian Museum of Ethnography or simply bask in the serene natural surroundings. For an added adventure, between May and September, regular boat trips along the Nemunas River from Kaunas to Rumšiškės offer a scenic journey.

KLAIPĖDA

About a two-hour drive from Kaunas is Klaipėda, Lithuania's largest seaside town. Here you can visit the historic cobbled streets of Klaipėda's Old Town or just relax on the beach all day. A must-see is the UNESCO-listed Curonian Spit, easily accessible from Klaipėda by ferry. The Curonian Spit is a unique coastal landscape featuring sandy dunes and wooded areas, dotted with charming Curonian lagoon settlements.



BIRŠTONAS



Situated 30 kilometres south of Kaunas on the right bank of the Nemunas River, Birštonas is renowned for its spa and wellness tourism. The town offers sanatoriums, wellness centres, and health resorts, offering therapeutic treatments utilizing the area's mineral springs. Visitors often come to Birštonas seeking relaxation, rejuvenation, and treatments for various health conditions.

TRAKAI

Situated approximately 80 kilometres from Kaunas, Trakai is a historic town renowned for its magnificent Medieval Trakai Island Castle, nestled amidst captivating lakes and forests. The natural surroundings offer abundant opportunities for outdoor recreation, including boating, kayaking, fishing, and traversing hiking and cycling trails that meander through the scenic landscapes of Trakai Historical National Park, allowing visitors to immerse themselves in the region's scenic splendour.



FREE-TIME ACTIVITIES

Photos by Andrius Aleksandravičius



MUSEUMS

There are about 40 museums in Kaunas. Check out [visit.kaunas.lt](https://www.visitkaunas.lt) to see the options. As part of an initiative by the Ministry of Culture, numerous museums extend free admission to all permanent exhibitions on the last Sunday of each month; check the website of the museum of your choice to see if this applies to it.

Vytautas the Great War Museum





LIBRARIES

In addition to the many university libraries, Kaunas has several public libraries where you can borrow books, magazines, and other materials, with English-language selections available. The recently refurbished Ažuolynas Library offers amenities such as study rooms equipped with computer access, club memberships, and participation in workshops. The library also features a relaxation oasis room with light therapy and massage chairs, as well as a workshop room equipped with sewing machines, woodworking tools, a 3D printer, and more, all accessible at no cost upon registration at the library.





Concert at "Darius and Girėnas" Stadium

MUSIC

Kaunas serves as a vibrant hub for both local and international musical talents, with numerous renowned artists gracing its stages annually. The Žalgirio Arena stands as a premier venue for music events, having hosted a multitude of stars since its opening in 2011, including Red Hot Chili Peppers, Dua Lipa, Lenny Kravitz, Eric Clapton, Elton John, Rammstein, the Prodigy, Robbie Williams, and others.

For those seeking live band performances, venues like Lemmy Club, Hogas, and OLDMAN Kaunas offer an enticing array of musical experiences. For fans of classical music, the Kaunas Symphonic Orchestra regularly performs with soloists at the Kaunas Philharmonic. The city's range of musical venues caters to a wide spectrum of tastes, ensuring there are concerts suited to every preference.

Throughout the year, Kaunas hosts several music festivals, including contemporary events such as Audra and Contempo, as well as longstanding traditions like Kaunas Jazz and the acclaimed Granatos Summer Festival, just a short drive away. These events offer diverse musical experiences, ensuring there's something for everyone to enjoy in the city's rich cultural scene.

THEATERS AND CINEMAS

Whether you are looking for musical theatre, drama, dance or puppet theatre, Kaunas has it all. There are several performances every week! Check the various websites online to see what is on.

Kaunas has some modern cinemas like Forum Cinemas and Cinamon, alongside classic interwar-era establishments such as Romuva, often showcasing independent films. Foreign-language movies are typically screened in their original language with Lithuanian subtitles. If the language of the movie is not English, the availability of English subtitles varies and should be confirmed with the respective cinema. Notably, children's movies are generally dubbed into Lithuanian, often without English subtitles.

Kaunas Cinema Centre "Romuva"



ZOO

A visit to the recently renovated Lithuanian Zoo in Ažulynas Park offers a great way to spend your day off. Whether you go alone, with friends or family, there is plenty to see and learn. Central to its mission is serving as a non-formal science education centre, fostering public awareness and understanding of global biodiversity and associated conservation challenges. Home to 148 distinct species, the zoo welcomes visitors daily from 10:00 to 20:00 (11:00 on Mondays), ensuring year-round accessibility with its expansive indoor facilities.

WITH FRIENDS

Looking for some fun with friends? There are several places in Kaunas where you can play pool or bowling. Or what about testing your teamwork and brains by visiting an escape room? For action, try paintball or laser tag, or maybe immerse in virtual reality experiences at a VR gaming centre. For a more relaxed social outing, consider a board game café or take part in culinary, pottery, or painting workshops. Many of these activities are listed on the d in the [Kaunas Tourist Information website](#).

NIGHTLIFE

Nightlife in Kaunas is vibrant and diverse, with options ranging from traditional beer or cider pubs, sports bars, to upscale rooftop bars and bustling clubs. And don't miss the quiz and karaoke nights. Laisvės Alėja and the Old Town serve as ideal starting points for bar-hopping adventures. For those seeking a more laid-back experience with a hot drink, some of the cafes extend their opening hours till 22:00 or 23:00.

SPA

Lithuania is known for its spa culture and Kaunas is no exception. The city centre and its vicinity are home to numerous spas catering to various preferences, from large complexes like the Žalgirio Arena Swimming Pool suitable for the whole family outings, to more intimate venues designed for relaxation. Many spas offer a range of treatments and massages, though prices and services may vary.

VOLUNTEERING

Volunteer opportunities in a new city presents a valuable avenue for integrating into the local community, building connections, and fostering a sense of belonging. Through volunteering, you can actively contribute to the betterment of your new surroundings while gaining firsthand insights into the city's culture and societal issues. If you are interested in volunteering in Kaunas, look up for more information here:

- www.cv.lt/savanoryste;
- www.kulturossavanoriai.lt;
- www.maltieciai.lt;
- www.nibd.lt;
- www.patria.lt/en/savanoriu-centras;
- www.savanoriai.org;
- www.redcross.lt.



Lithuanian Zoological Gardens



The Lithuanian Zoo Education Centre



Sustainable mobility week in Kaunas
Photography by Justina Apulskė

CHILDREN ACTIVITIES

Relocating to Kaunas opens up opportunities to enrol your children in various after-school programmes tailored to their interests. Whether it's singing, dancing, swimming, or other pursuits, there are many active organisations offering diverse options. Many of these programs are co-sponsored by the municipality, ensuring accessibility at affordable rates. A wide range of private alternatives are also available, ensuring ample choices to cater to children's interests and preferences.

There are also fun indoor entertainment such as [HelloPark Kaunas](#) and [CurioCity](#), where children can engage in playful exploration and learning. The Ažuolynas Library features a recently renovated "invention room" stocked with interactive activities like LEGO and programming games, welcoming anyone over the age of 7.

RESTAURANTS AND SHOPS

Kaunas is a great destination for food lovers, whether you're a fan of traditional Lithuanian eateries or prefer international cuisine. In the city centre you will find a restaurant to suit every occasion, budget and palate. Many cafes serve delectable pastries and refreshing beverages year-round. Social media and internet platforms serve as valuable resources for discovering new dining venues, for example, [visit.kaunas.lt](https://www.visit.kaunas.lt).

You'll find a comprehensive range of amenities in Kaunas, both in the bustling city centre and across various-sized shopping centres throughout the city. To ensure the convenience and satisfaction of all residents, numerous smaller shopping complexes are strategically located across neighbourhoods. They vary in offerings, with some featuring a grocery store and a couple of small shops, while others provide a more extensive selection.

The most prevalent supermarkets in Kaunas include Maxima, Lidl, Rimi, Šilas, IKI and ExpressMarket. In addition to groceries, these supermarkets sell household appliances, clothing/shoes, electronics, gardening equipment, and power tools. Alcohol is available in shops during specific hours, from 10:00 to 22:00 Mondays through Saturdays, and from 10am to 15:00 on Sundays. The legal age limit for purchasing alcohol in both shops and bars is 20 years.

The main shopping centres in Kaunas are Akropolis, Mega, Molas, Urmas, Savas and River Mall.



MEDIA

Media outlets in Lithuania encompass the state-owned Lithuanian Radio and Television (**LRT**), providing online news coverage in Lithuanian, English, Russian, Polish, and Ukrainian. LRT also has radio and television that offer a variety of programs, including news, talk shows, music, and cultural content. [Delfi.lt](https://delfi.lt) is a news portal that offers translations in English and Russian.

There are several radio stations that play a mix of popular and alternative music including pop, rock, electronic and classical. While Lithuanian TV channels primarily broadcast in Lithuanian, English channels may be available through cable and online platforms.

Some libraries have a selection of English magazines, though options may be limited.



Lithuanian National Radio and Television (LRT) Studio
Photography by Andrius Aleksandravičius

CULTURAL CHARACTERISTICS OF LITHUANIANS



THE TWO GENERATIONS

Today's Lithuania is shaped by two distinct generations, each with its own unique characteristics. The effects of 50 years of restrictions during Soviet rule still linger in certain aspects of society, while younger generations embrace the opportunities and experiences of the country's transition to independence. The interplay of these perspectives contributes to the dynamic and diverse identity of contemporary Lithuanians.

LOVE FOR NATURE AND OUTDOOR ACTIVITIES

Lithuanians have a deep-seated attachment to nature, often regarding it as an integral part of their lives. Many people still cultivate their own produce, and the country's abundant forests and lakes serve as popular holiday destinations: Lithuanians are passionate about foraging for mushrooms or berries, and they will find it hard to understand if you tell them people don't do so in your culture.

PUNCTUALITY AND IMPORTANCE OF RELATIONSHIPS

Lithuanians value punctuality in professional settings, expecting visitors to adhere to scheduled meeting times, although punctuality may be less strict in social situations. Scheduling appointments in advance and favouring face-to-face meetings demonstrate a commitment to fostering relationships for mutual understanding.

HARDWORKING AND RESERVED

Lithuanians are often described as reserved and hardworking. These traits are shaped by a combination of historical factors, including the country's history and weather conditions. The harsh winters in Lithuania have historically necessitated careful planning and hard work to survive. This annual routine of preparing for the cold months fosters a culture of resilience and diligence among its people.

CULTURAL IDENTITY AND NATIONAL PRIDE

Lithuanians take pride in their cultural heritage and have a strong sense of national identity. Whether rallying around sporting events, celebrating national holidays, or participating in collective actions like the Baltic Way (ever heard of it?), they demonstrate unity and solidarity in preserving their cultural legacy.





Kaunas Birthday Celebration
Photography by Justina Apulskė

FOOD AND LOVE FOR POTATOES

While Lithuanian cuisine embraces a variety of European dishes, certain traditional delights hold a special place in the hearts of its people. "šaltibarščiai" (cold beetroot soup) and "žemaicių blynai" (traditional Lithuanian pancakes) are cherished favourites. But above all, Lithuanians have a strong affection for potatoes, featuring them prominently in their culinary repertoire. From beloved classics like "cepelinai" (potato dumplings) and "kugelis" (potato casserole) to savoury delights like "bulviniai blynai" (potato pancakes) potatoes are a cherished staple. Whether boiled, mashed, grated, fried or baked, they serve as a cornerstone of hearty and satisfying meals that foster familial and communal bonds.

CHARACTER OF KAUNAS

People of Kaunas are usually prouder of their city (even if their living somewhere else) than Lithuanians from or in other cities. This sentiment stems from Kaunas's historical significance as the capital during the interwar period, serving as the cradle of modern Lithuanian identity, culture, and statehood. Kaunas is renowned as one of the most anti-Soviet cities within the USSR, further shaping the distinctive history and character of its inhabitants. Kaunas residents are commonly labelled as business-minded, pragmatic, straightforward, collaborative and deeply patriotic.

PUBLIC HOLIDAYS AND TRADITIONS

All celebrations mentioned below hold public holiday status in Lithuania, except for Shrove Tuesday ('Užgavėnės') and New Year's Eve.

NEW YEAR'S EVE - DECEMBER 31 (NOT A PUBLIC HOLIDAY)

New Year's Eve is celebrated with friends and family on December 31 with festive meals, activities, and fireworks.

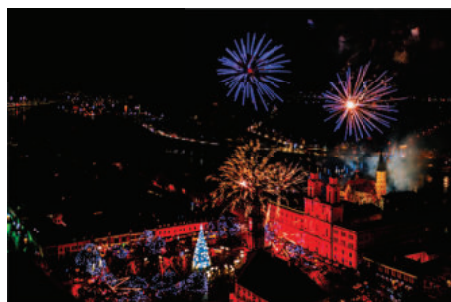


Photo by Andrius Aleksandravičius

NEW YEAR'S DAY - JANUARY 1

The New Year begins with a public holiday on the 1st of January providing an opportunity for family gatherings and recovery from the New Year's celebrations. It is customary to have a friends' party or gathering in the New Year's Eve, with fireworks illuminating the cityscape around midnight.

SHROVE TUESDAY ('UŽGAVĖNĖS') - THE DATE VARIES, NOT A PUBLIC HOLIDAY

Užgavėnės is a widely celebrated festival in Lithuania, typically occurring in February. The festival is marked by vibrant festivities, including the crafting of masks and costumes, traditional foods like pancakes ('blynai') are served, and the symbolic burning of a winter effigy takes place. The aim of these rituals is to scare away the winter season and herald the arrival of spring.



Photo by Andrius Aleksandravičius

STATE RESTORATION DAY - FEBRUARY 16

This day commemorates the signing of documents on February 16, 1918, proclaiming Lithuania as a sovereign democratic state. It represents a significant moment in Lithuanian history, symbolising the nation's independence following years of Russian and German occupation, spanning from the late 18th century through World War One. On this occasion, the streets are adorned with decorations as people attend various events and ceremonies.



Photo by Justina Apulskė

RESTORATION OF INDEPENDENCE DAY - MARCH 11

This public holiday commemorates the signing of the Act of the Re-Establishment of the State of Lithuania on March 11, 1990, officially restoring the country's independence. Following decades of Soviet rule, this declaration marked a crucial milestone in Lithuania's journey towards regaining sovereignty and freedom. Similar to State Restoration Day, people gather to partake in events and ceremonies, celebrating their nation's independence and unity.

EASTER AND EASTER MONDAY ('VELYKOS') - THE DATE VARIES

Easter holds significant religious importance in Lithuania, with people attending church services, decorating of Easter eggs, and participating in various traditional activities.



Photo by Andrius Aleksandravičius

INTERNATIONAL WORKERS' DAY - MAY 1

International Workers' Day commemorates the contributions and struggles of workers and serves as a reminder of the importance of labour rights and fair working conditions.

MIDSUMMER NIGHT ('JONINĖS') - JUNE 24

Joninės, celebrated in Lithuania on the night of June 23rd to 24th, bears resemblance to Western European Midsummer festivities but retains its unique cultural distinctions. Deeply rooted in pagan tradition, Joninės involves bonfires, dancing, and singing, accompanied by rituals such as fire-jumping for luck and decorating surroundings with birch branches and herbs. Traditional Lithuanian delicacies like the "tree cake" ('šakotis') and mead further enhance the celebration, underscoring the cultural significance placed on folklore and heritage.



Photo by Andrius Aleksandravičius

STATE DAY (CORONATION OF LITHUANIA'S KING MINDAUGAS) - JULY 6

This holiday commemorates the coronation of King Mindaugas, the first and only king of Lithuania, in 1353. He was the first medieval duke to unite the Lithuanian lands under his reign.



Photo by Mantas Zinkevičius

ASSUMPTION DAY ('ŽOLINĖ') - AUGUST 15

Assumption Day, also known as Žolinė, is a religious observance held on August 15th to honour the Assumption of the Virgin Mary.



Photo by Justina Apulskė

ALL SAINTS' DAY AND ALL SOULS' DAY (‘VISŲ ŠVENTŲJŲ DIENA’ AND ‘VĖLINĖS’) - NOVEMBER 1 AND 2



Photo by freepik.com

All Saints' Day is a Christian holiday in Lithuania dedicated to honouring all saints, both known and unknown. Typically, the day involves attending church services, visiting cemeteries, and lighting candles in remembrance of departed loved ones.

November 2nd, known as All Souls' Day, is dedicated to praying for the souls of all faithful departed people, particularly family members and friends. On the 1st of November, it is customary in Lithuania to visit cemeteries, tend to graves, and offer prayers and flowers.

CHRISTMAS EVE AND CHRISTMAS (‘KŪČIOS’ AND ‘KALĖDOS’) - DECEMBER 24 TO 26

Christmas Eve, known as Kūčios, is observed on December 24th in Lithuania. It is typically a tranquil day that ends with the traditional supper, which features twelve symbolic dishes representing the twelve apostles. Common dishes include herring, 'kūčiukai' (small wheat pastries), as well as various vegetarian dishes.

Christmas Day and the Second Day of Christmas are celebrated on December 25th and 26th, respectively, marked by family gatherings and elaborate meals. Most families exchange gifts on this day or the night between the 24th and the 25th.

In Kaunas, a Christmas market is held at the Town Hall Square, accompanied by the installation of a large Christmas tree. The official Christmas season is typically launched at the end of November, with the illumination of the Christmas tree during a grand lighting ceremony featuring music and performances.

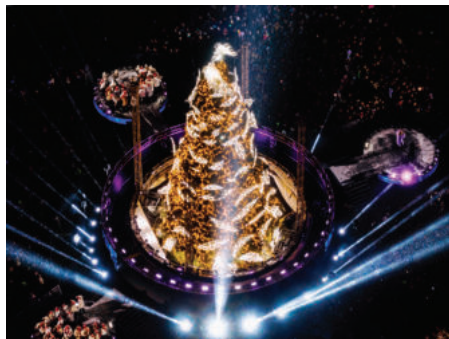


Photo by Andrius Aleksandravičius

HELPFUL RESOURCES

USEFUL WEBSITES FOR RELOCATING IN KAUNAS

- visit.kaunas.lt
- workinlithuania.com
- kaunasin.lt
- griztu.lt
- investlithuania.com
- renkuosilietuva.lt*

*Discontinued since the end of 2023, but the website remains useful.

TAXES

State Tax Institution is the governmental body responsible for overseeing tax administration and compliance in Lithuania. On vmi.lt you will find detailed information on taxes in Lithuania, including a tax guide, tax calendar, and contact details for inquiries.

SODRA

SoDra is a governmental institution tasked with managing and administering social insurance and benefits. For inquiries regarding pensions, health insurance, child benefits, and more, visit sodra.lt.

MIGRIS

[Migracija.lt](https://migracija.lt) provides comprehensive information about migration that may be essential for those seeking guidance on the topic.

COMMUNITIES

Various communities and groups are available on Facebook, catering to different interests and demographics. These include groups specifically for foreigners, women, students, and broader communities focused on Kaunas or Lithuania:

- [Foreigners in Kaunas:](#)
- [Expats in Kaunas:](#)
- [International students in Kaunas:](#)
- [Kaunas Ladies Group:](#)
- [Foreigners in Lithuania:](#)
- [Belarusians in Lithuania:](#)
- [Expats in Lithuania.](#)

EMERGENCIES

In case of an emergency, call 112. This emergency number is applicable for all types of urgent situations, including medical emergencies, accidents, fires, and criminal incidents.

EMOTIONAL AND PSYCHOLOGICAL SUPPORT

Youth Line

Tel.: +370 800 28888;
Working hours: Mon-Sun 24/7

Child Line

Tel.: 116 111;
Working hours: Mon-Sun 11:00-23:00

Parents Line

Tel.: +370 800 90012;
Working hours: Mon-Fri 9:00-13:00 and
17:00-21:00

Toll-free crisis helpline for adults

Tel.: 116 123;
Working hours: Mon-Sun 24/7

Women's Support Line


Tel.: +370 800 66366;
Working hours: Mon-Sun 24/7


Silver Line (seniors)

Tel.: +370 800 80020;
Working hours: Mon-Fri 8:00-22:00
Sat-Sun 11:00-19:00.


TRAUMA AND EMERGENCY CENTRES


Kaunas Clinics

 Eivenių g. 2, Kaunas (access from the J. Lukšos-Daumanto Street)

 +370 37 326 262

City Centre

 Gedimino g. 36, Kaunas

 +370 37 423 071



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