

Information for students who are self-isolating

1. Doctor's Services

In case of specific symptoms of coronavirus (fever, cough, sore throat, breathing difficulties, loss of taste or smell, etc.) or falling ill during the period of self-isolation, please immediately write an email to studentas@vdu.lt and also inform dormitory's Administrator, where you are currently staying in, about your health and symptoms:

- **VMU dormitory No. 2 "Baltija" (Kaunas)**, phone: +370 615 808 26;
- **VMU dormitories located in Akademija (Kaunas district)**, phone: +370 655 237 83;
- **VMU dormitory No. 6 "Vivulskis" (Vilnius)**, phone: +370 621 305 09; +370 659 514 49.

After receiving information from the student about his or her illness, VMU representatives will contact the person and will help to find a doctor and to arrange doctor's consultation for an extension or termination of period of self-isolation.

If student has been diagnosed with another disease, which is not related to coronavirus, then student needs to register for doctor's appointment by following instructions on this link: <https://www.vdu.lt/en/international-cooperation/for-students/practical-information-for-incoming-students/living-in-lithuania/health-care-and-assistance/>.

2. Useful Links and Shopping Platforms During the Self-isolation

While in self-isolation students are highly recommended to order food, essential medications, and hygiene products by using the following or similar platforms:

Grocery stores:

- <https://www.barbora.lt/>
- <https://lastmile.lt/>
- <https://www.rimi.lt/e-parduotuve/lt/pristatymo-budai>

Restaurants and cafes:

- <https://wolt.com/en/>
- <https://food.bolt.eu/lt>
- <https://www.lekste.lt/>

Pharmacies:

- <https://www.manovaistine.lt/en>

When ordering goods and services – indicate your dormitory room number, where you are currently isolating.

You can pay for the services by using *VISA* or *MASTERCARD* cards.

3. Contact ICD or SAD

If you have any questions about your self-isolation in the dormitory or if you want to inform that you became infected with coronavirus, please contact the **Student Affairs Department (SAD)**.

You can do this by email studentas@vdu.lt or by phone +370 37 751 175.

If you have any questions about your medical treatment or if you need help and support of a psychologist, please contact the **International Cooperation Department (ICD)**.

You can do this by email arrival@vdu.lt or by phone +370 37 327 981.

4. Contacts of the Administration of the Dormitory

If you have any questions or problems related to the services provided by the dormitory (e. g.: Internet connection, getting adapters or Lithuanian cards, using the common premises within the dormitory, etc.) or if you need urgent help, you should contact Administration of the Dormitory, where you are currently isolating:

- **VMU dormitory No. 2 “Baltija” (Kaunas)**. Contact Administrator of the Dormitory by email baltija@vdu.lt or by phone +370 615 808 26;
- **VMU dormitories, located in Akademija (Kaunas District)**. Contact Administrator of the Dormitories by email akademija@vdu.lt or by phone +370 655 237 83;
- **VMU dormitory No. 6 “Vivulskis” (Vilnius)**. Contact Administrator of the Dormitory by email vivulskis@vdu.lt or by phone +370 621 305 09; +370 659 514 49.

5. Connecting to the Internet

Instructions on how to connect to Wi-Fi or wired internet in VMU dormitories can be found at: <https://support.vdu.lt/>

6. Psychologist Consultations

During this period, it is very important to take care of your mental health, therefore, in case you need psychological support, we invite you to contact VMU International Cooperation Department by writing an email to arrival@vdu.lt and register for a consultation with a VMU psychologist.

More information about the services provided by VMU Psychology Clinic can be found at: <https://pshicologijosklinika.vdu.lt>

7. Mentor’s Assistance

We invite students to join the VMU Mentoring Program and find a friend, who is a local student and who will help you to solve all issues related to your life at VMU and Lithuania more quickly.

You can find more information about the program and how to find a mentor at:

<https://www.vdu.lt/en/international-cooperation/for-students/mentors-programme/mentors-programme-incoming/>