

Dear International partners, students, staff members,

This year, the whole world had to face and still continues battling a unique challenge. During this extreme period Šiauliai State University of Applied Sciences adapts its activity based on the regulations issued by the Government of the Republic of Lithuania. The new academic year of 2021/2022 is approaching fast; therefore we would like to inform you about our plans for the upcoming months.

Currently, Šiauliai State University of Applied Sciences is planning to hold face-to-face teaching activities until further notice of the Government of the Republic of Lithuania. In case the Government issues the statement regarding the online studying in the beginning (or in the middle) of the semester, University is ready to change from face-to-face teaching to online teaching without any delays and additional issues.

Looking forward to welcoming you at Šiauliai State University of Applied Sciences,

Coordinators of International Relations Department





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**INFORMATION FOR INTERNATIONAL STUDENTS AND STAFF BEFORE ARRIVAL
TO LITHUANIA**

TRAVEL TICKET	Make sure you booked a travel ticket with flexible rebooking option.
SUBMIT INFORMATION ABOUT ARRIVAL TO ŠIAULIAI (LITHUANIA)	As soon as you buy your travel tickets, please submit the information about arrival to the destination city to the Coordinator at Sending and Receiving Institution (by the following e-mail: g.kacinskaite@svako.lt).
HEALTH INSURANCE	It is strongly recommended that your health insurance covers all medical expenses in case of COVID-19, because otherwise you will need to cover such expenses by yourself. Also, some of the COVID-19 related insurances become valid and cover medical costs only after 14 days of purchase of insurance (or of your arrival). PLEASE CAREFULLY CHOOSE YOUR HEALTH INSURANCE AND READ ALL INSURANCE CONDITIONS
CONTACT YOUR EMBASSY/ CONSULATE	We strongly recommend contacting your country's Embassy/consulate in Lithuania or the closest to Lithuania and inform about your arrival to Lithuania, purpose, dates, and accommodation address.
LIST OF INFECTED COUNTRIES	CHECK and double-check whether you must or you must not proceed with self-isolation after arrival to Lithuania. Also CHECK if the airlines, that you will be using to come to Lithuania, do not require a PCR test from you. The list of the countries is being updated every week on Mondays based on the overall 14-day incidence rate per 100,000 populations. Link where you can find information about situation in Lithuania and renewed list of countries: https://koronastop.lrv.lt/en/
ISOLATION EXCEPTIONS	Persons who have a certificate from an healthcare institution proving that they have recovered from COVID-19 disease (coronavirus infection) and the diagnosis has been confirmed on the basis of a positive SARS-Co-V2 PCR test NOT EARLIER than 160 days prior to entry to Lithuania. Persons holding a healthcare institution certificate, a national vaccination certificate or an international vaccination certificate stating that the person has been FULLY vaccinated with COVID-19 (coronavirus infection) vaccine according to the vaccination schedule. (14 days have to be passed from the last vaccine dose, otherwise person has to be in partial isolation) The documents mentioned MUST BE provided with a translation into Lithuanian, English or Russian. For more information: https://nvsc.lrv.lt/en/information-on-covid-19/for-arrivals-from-abroad
WHAT TO BRING?	Due to threat of COVID-19 situation, please make sure you bring with you face masks (we recommend bringing several masks). We strongly recommend bringing your laptop or other convenient mobile devise for communication and following of lectures online in case epidemiological situation restricts from participation in face-to-face education and part of all study process will be



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	delivered remotely.	
	Mobile phone/device or laptop will also be needed for constant communication, counselling and information provision with you if you arrive from country with mandatory self-isolation during the period of 10 days.	
	Arrival from COVID -19 affected country with mandatory self-isolation for 10 days	Arrival from country without obligatory self-isolation
REGISTRATION	<p>Upon arrival, but not later than in 24 hours after entry into the Republic of Lithuania, to submit information to the National Public Health Centre under the Ministry of Health. Information is submitted by completing the Traveler Card you have received on the plane or at the border checkpoint or an electronic version of the form on the NPHC website https://nvsc.lrv.lt/en/information-on-covid-19/for-arrivals-from-abroad and you will receive bar code (QR code) which you will need to present at the airport.</p> <p>Make sure you provided the correct personal information in the online application as National Public Health Centre specialists will be checking if you are in self-isolation.</p>	<p>You have to have all documents proving that you do not need to be in isolation (Vaccination certificate or / and certificate proving that you recovered from COVID-19). Have to fill Traveler Card: https://nvsc.lrv.lt/en/information-on-covid-19/for-arrivals-from-abroad you will receive bar code (QR code) which you will need to present at the airport.</p> <p>Please act responsible and follow the updates provided by ŠIAULIAI STATE COLLEGE and Lithuanian government https://koronastop.lrv.lt/en/</p>

RULES

If you are subject to 10 days isolation – you MUST strictly observe isolation rules.

You must wear protective equipment covering the nose and mouth (face masks, respirators or other equipment) from the beginning of your arrival until you reach self-isolation place.

Do not forget to open the windows to create ventilation every 2 hours for 10- 15 min.

Daily cleaning of all surfaces of the living place is obligatory. Hygiene is essential!

Please note, that during the mandatory self-isolation period you ARE NOT allowed to leave place of self-isolation unless given a permission of the National Public Health Centre under the Ministry of Health.

Leaving of self-isolation place is ONLY AFTER THE PERMISSION GRANTED.

PERMISSION MUST BE REQUESTED beforehand online: <https://nvsc.lrv.lt/leave>

Permission is issued only if a test for COVID-19 disease (Corona virus infection) has been performed and a negative response has been received no earlier than 7 days after the date of arrival / return to the Republic of Lithuania.

ATTENTION! Wearing protective equipment covering the nose and mouth is obligatory in public transportation, other public indoor shopping and service provision spaces.

Face masks will not be mandatory in public catering facilities and during cultural and sporting events. Exceptions will also be applied to the services that cannot be provided while wearing a mask (such as beard trimming).

MANDATORY TO BRING	Make sure you bring with you face mask (or sufficient number of single-use face masks), thermometer, hygienic items (shampoo, shower gel, toothpaste, towel and other things you might need during 10 days of self-isolation)
ACCOMMODATION OPTIONS	<p>For self-isolation we will provide Šiauliai Stae University of Applied Sciences Student dormitory, address: M. K. Čiurlionio st. 18, Šiauliai. It will be possible to accommodate 1 student per room. The safety of students is ensured by CCTV.</p> <p>We ensure informative recommendations and instructions on safety in the dormitory and outside in English and Lithuanian in all public spaces of the dormitory (by the entrance, in kitchen areas, etc.). Information will be constantly updated and published at http://www.svako.lt/en, will be sent by e-mail and using social network, such as <i>Facebook</i>.</p> <p>Safety measures ensured at the dormitory: disinfection, masks, etc.</p>

PSYCHOLOGICAL AND OTHER SUPPORT

Foreign students will be able to access online support from psychologist and consultations.

Coordinators of International Relations Department, representatives of the Faculties, administrative divisions, and members-mentors of Student association will provide all the necessary help, support and information.

FOOD DELIVERY SERVICES will be provided based on the need.

Food delivery services in Šiauliai:

- *Barbora* www.barbora.lt/
- *RIMI* <https://www.rimi.lt/e-parduotuve/en>
- *BOLT FOOD* <https://food.bolt.eu/en-us/>
- *LĖKŠTĖ* <https://www.lekste.lt/en/>
- *MENIU* <https://www.meniu.lt/katalogas/siauliai?page=2>

ADDITIONAL INFORMATION

We strongly advice to follow common COVID-19 (coronavirus infection) **prevention measures**:

- social distancing from others by 2 meters,
- regular hand hygiene with warm water and soap,
- if water and soap is not available – to use hand antiseptics (disinfection means) to clean hands,
- not touching the face and eyes with hands,
- to follow coughing and sneezing etiquette (cover your mouth with a tissue when coughing and sneezing or if you don't have a tissue, cough or sneeze into your elbow, not your hand).

Check out the **recommendations** of the World Health Organization on **how to protect yourself**.

Important information for foreigners regarding the Coronavirus (COVID-19) (Ministry of Foreign Affairs):
<https://urm.lt/default/en/important-covid19>



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CONTACT INFORMATION:

Please contact International Relations office in case of any questions about arriving to Šiauliai State University of Applied Sciences by the following e-mail:

Erasmus+ international students and staff members for teaching and training mobility from programme countries (**Erasmus+ KA103**): Guoda Kačinskaitė, g.kacinskaite@svako.lt

Erasmus+ international students staff members for teaching and training mobility from partner countries (**Erasmus+ KA107**): Raminta Kudrickaitė, r.kudrickaite@svako.lt

International students for full-time studies at Šiauliai State College: Rasa Bražienė, admission@svako.lt