



Policy for Foreign Researchers Adaptation and Socialization at Lithuanian Sports University

I. Introduction

This policy aims to facilitate the smooth adaptation and socialization of foreign researchers at LSU, ensuring they feel welcomed, supported, and integrated into the university community. The policy outlines the procedures and support mechanisms in place to help foreign researchers adjust to their new environment, both professionally and personally.

II. Objectives

- 2.1. To provide comprehensive support for foreign researchers upon their arrival and throughout their stay.
- 2.2. To foster a sense of belonging and community among foreign researchers.
- 2.3. To ensure foreign researchers are well-informed about LSU's policies, resources, and opportunities.
- 2.4. To promote cultural exchange and diversity within the university.

III. Pre-Arrival Support

- 3.1. Information Pack: Provide a detailed information pack including visa and immigration guidelines, accommodation options, local transportation, and LSU campus facilities.
- 3.2. Pre-Arrival Orientation: Conduct virtual orientation sessions covering LSU's academic environment, cultural nuances, and practical information about living in the local area.
- 3.3. Mentorship Program: Assign a local mentor (a fellow researcher or Department member) to each incoming foreign researcher to assist with pre-arrival queries and initial settling-in.

IV. Arrival Support

- 4.1. Welcome Services: Offer airport pickup services and a welcome kit containing essential items, maps, and guides to the local area.
- 4.2. Orientation Week: Organize an orientation week with campus tours, introduction to key university services (HR, library, IT), and meetings with department heads and colleagues.
- 4.3. Administrative Assistance: Provide support with essential administrative tasks such as opening a bank account, registering with local authorities, and understanding health insurance options.

V. Social Integration

- 5.1. Cultural Workshops: Offer workshops on local culture, language classes, and social etiquette to help foreign researchers adapt to their new environment.
- 5.2. Social Events: Organize regular social events, such as welcome receptions, cultural exchange nights, and group outings, to foster community building and networking.
- 5.3. Researcher Networks: Encourage participation in researcher networks and professional groups within LSU to build academic and professional connections.

VI. Professional Support

- 6.1. Career Development: Provide access to career development resources, including workshops on academic writing, grant applications, and teaching methodologies.
- 6.2. Research Collaboration: Facilitate opportunities for collaboration with LSU researchers through seminars, conferences, and interdisciplinary projects.
- 6.3. Feedback Mechanisms: Implement regular feedback mechanisms to understand the needs and concerns of foreign researchers and to make continuous improvements to the support provided.

VII. Family Support

- 7.1. Spouse and Family Programs: Offer integration programs for spouses and families, including language classes, job placement assistance, and social activities.
- 7.2. Childcare and Education: Provide information and support regarding local childcare facilities and schools, including assistance with enrollment and understanding the education system.

VIII. Ongoing Support

- 8.1. Advisory Services: Maintain a contact person for foreign researchers to provide ongoing support and address any issues that may arise during their stay.
- 8.2. Community Engagement: Encourage foreign researchers to participate in community engagement and outreach programs, enhancing their connection to the local community.

IX. Review and Improvement

- 9.1. Annual Review: Conduct an annual review of the adaptation and socialization policy, incorporating feedback from foreign researchers to identify areas for improvement.
- 9.2. Continuous Improvement: Stay updated with best practices in international researcher support and continuously enhance LSU's policies and programs to better serve foreign researchers.

X. Conclusion

By implementing this policy, LSU commits to creating a welcoming and supportive environment for foreign researchers, fostering their professional and personal growth, and enhancing the university's diverse and inclusive community.