

# BIP

ERASMUS+ BLENDED INTENSIVE  
PROGRAMME (BIP)

## INTEGRATING SPORT GAMES INTO TRAINING

5 - 9 MAY 2025



**LSU**  
LITHUANIAN SPORTS  
UNIVERSITY



# About LSU

Lithuanian Sports University (LSU) is a public higher education institution with its unique profile in sport and health sciences where education, research and professional practice are closely interconnected. As a specialized University, the LSU trains high-level professionals in the areas of sports coaching, physical education, sports and leisure management and physiotherapy.

Since its foundation in 1934, LSU has been playing a significant role in national sport development and promotion of physical activity becoming one of the leading academic and research centres in sport science in the Baltic Sea region.

Currently, the LSU offers 17 degree programmes in all three study cycles (6 undergraduate, 9 Master's and 2 PhD) with a total enrolment of nearly 1.600 students. Among its graduates, LSU has many distinguished sport scientists, world-renowned coaches, champions and prize-winners of the Olympic Games, World and European championships, and prominent public figures.





**KAUNAS** is the second largest city in Lithuania and the fourth largest city in the Baltic States, situated in the centre of the country at the confluence of two longest Lithuanian rivers the Nemunas and the Neris. The city originated in the 13th century and has historically developed into a leading centre of Lithuanian economic, academic, and cultural life. Kaunas is famous for its modernism architecture from the interwar period which was awarded the European Heritage label and has been inscribed on the UNESCO World Heritage List. In 2022, Kaunas held the title of the European Capital of Culture. Thanks to its well-developed academic and sports infrastructure, Kaunas can proudly claim to be a city of students and a capital of sport.

## HOW TO REACH KAUNAS

The city of Kaunas is located in the centre of Lithuania, 100 km north-west of Vilnius. The city can easily be reached by plane, train or coach.

**Easiest way is to fly to Kaunas Airport. The Airport is located about 12 km from the city centre.**

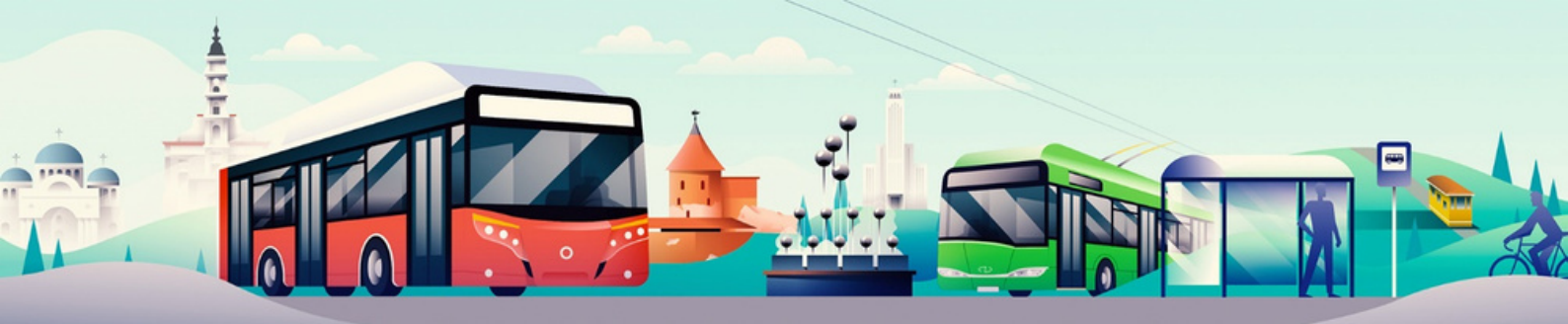
- Take the city bus No 29 which connects Airport and the city centre.
- Take a taxi / Bolt

**Another option is to fly to Vilnius Airport. The Airport is located 100 km from Kaunas.**

- Take a bus, train or taxi to Vilnius bus or train stations (train and bus stations are located in walking proximity).
- Then take a coach: <http://www.autobusubilietai.lt/en> or train: <https://bilietas.lt/glink.lt/> to Kaunas (coaches and trains commute from 6 am to 9 pm).

Useful video on how to get from Vilnius to Kaunas and vice versa:  
<https://www.youtube.com/watch?v=q-BJNioAblU>





## KAUNAS PUBLIC TRANSPORT

- For public transport we recommend to use “Ziogas” APP (which can be downloaded on iOS or Android).
- You can also buy a single ride ticket from the driver on a bus/trolley (cash only)
- Still another option is to buy a monthly e-pass for students in the newspaper stand (valid only with ISIC Card)

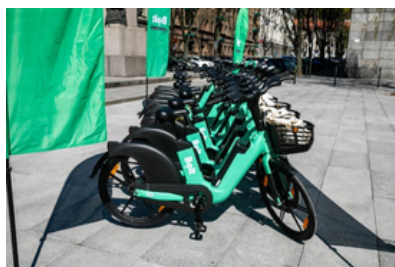


### TICKETS

- Regular single e-ticket: € 0.70
- Single e-ticket for students: € 0.14 (valid only with ISIC Card)
- Regular single ticket from the driver: € 1.00
- Single ticket for students from the driver: € 0.50 (valid only with ISIC Card) For more information on Kaunas public transport: <https://www.kvt.lt/en/> Useful video on the use of public transport in Kaunas: <https://www.youtube.com/watch?v=t5unYXb7XQ8>

## RENTING A BIKE OR SCOOTER

- Bolt bikes and Bolt scooters.  
More information <https://bolt.eu/en/cities/kaunas/>



## TAXI SERVICES

## LOCAL TAXI OR BOLT

For those who do not want to use public transport.

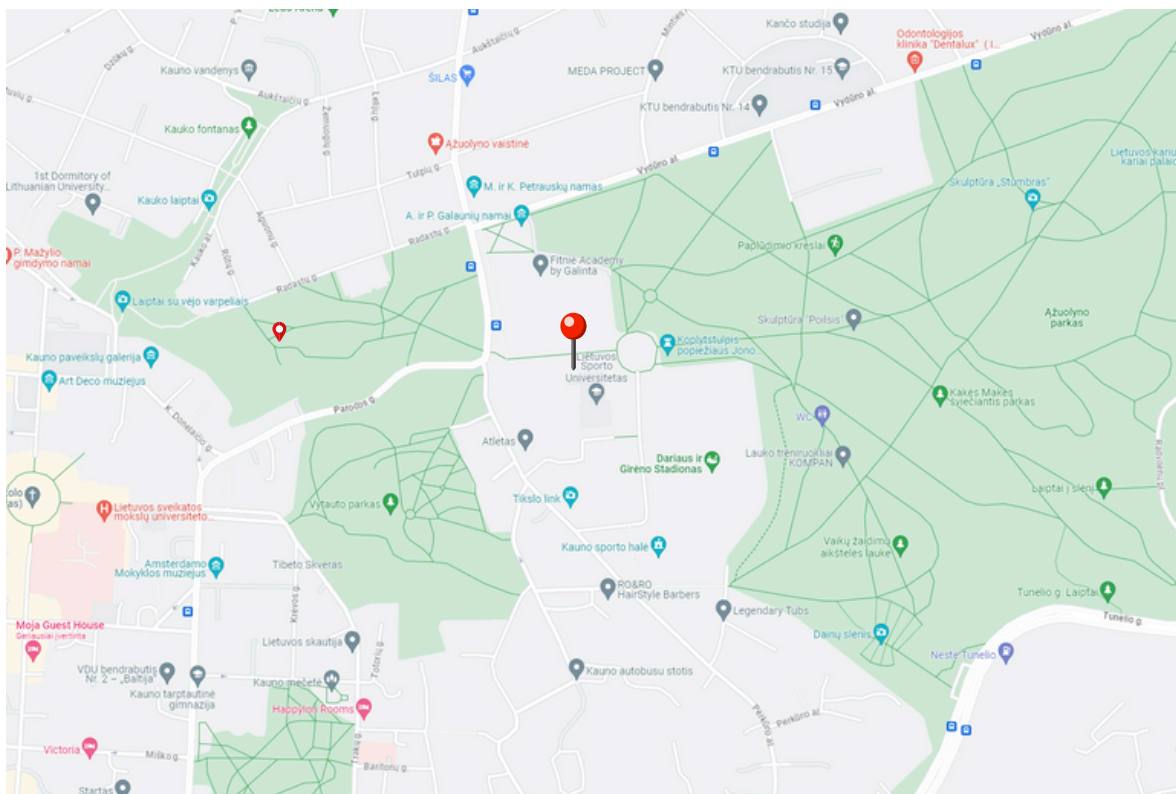
But remember, this option is the most expensive.

If you use this option, please use Bolt APP.

Detailed instructions: <https://www.youtube.com/watch?v=TUujwdf5IUE>



# HOW TO FIND LITHUANIAN SPORTS UNIVERSITY (LSU)



**UNIVERSITY'S ADDRESS: SPORTO STREET 6, KAUNAS**

○ To find a way with public transportation, please use Tafi APP which you can download (iOS or Android).

## Trafi I>>





Main Building entrance

# ACCOMMODATION

○Kaunas City Hotel\*\*\*: <https://kaunascityhotel.com/en/>

approximately 2 km. from the LSU.

Discount reservation code: LSUBIP2025



Room type	Rate
Single room	€ 56 / 1 night
Twin room	€ 69/ 1 night
Triple room	€ 89/ 1 night
Quad room	€ 103/ 1 night



○Best Western Santaka Hotel\*\*\*: <https://kaunascityhotel.com/en/>



Room type	Rate
Standard single room	60,00 EUR/night*
Standard double/twin room	70,00 EUR/ 1 night*

\*Prices include breakfast, but exclude city tax 2,00 EUR person/night

Discount reservation code: LSUGUESTS2025





### Other budget accommodation options

- Solo Society Student House: <https://solosociety.lt/student-house-kaunas>
- Airbnb: <https://www.airbnb.lt/kaunas-lithuania/stays>
- Apple Economy Hotel: <https://applehotel.lt/en/>

## FOOD 🥗

Unless indicated otherwise, BIP participants are expected to cover their costs for breakfast, lunch and dinner. The lunch prices in the nearest cafeteria “Ažuolyno Bistro” vary from 7 to 10 Euros

## CLOTHES

You must bring with you proper sportswear for indoor and outdoor sports activities.

## AVERAGE WEATHER IN MAY 🌤️

The weather in the beginning of May can be changeable, ranging from cold to pleasant. The average daytime temperature may vary from 10 to 15°C. You can check the weather forecast before departure here: <https://meteo.lt/weather-kaunas-4202/weekly/>



## USEFUL LINKS

○ Lithuanian Food You Must Try When You're Here!

<https://www.youtube.com/watch?v=OGqak0lx4pY>

○ Ways To Buy Train Tickets In Lithuania: <https://www.youtube.com/watch?v=Yz85g5AcnWA>

○ Coming To Lithuania things to do:

<https://www.youtube.com/watch?v=ClFzoO51r4>

○ Visiting Kaunas (for 36 Hrs.) | Visiting Lithuania's 2nd Largest City:

<https://www.youtube.com/watch?v=tqEKkv7innw>

○ What to see and do in Kaunas:

<https://visit.kaunas.lt/en/see-and-do/sights/>



<https://www.facebook.com/p/Lithuanian-Sports-University-International>

## LOOKING FORWARD TO SEE U IN KAUNAS!!



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