

International University:



LITHUANIAN UNIVERSITY
OF HEALTH SCIENCES



May 24th–28th 2021



University at a glance - Welcome to LSMU

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| 13:00 | Joining the event. Welcome word. | by Žaneta Dičkutė,
Head of Division of Academic Mobility |
| 13:10 | Respect life. Presentation of Lithuanian University of Health Sciences | by prof. Ingrida Janulevičienė,
Dean of International Relations and Study Centre |
| 13:40 | Let's visit LSMU - virtual campus tour | moderated by Žaneta Dičkutė |
| 13:50 | Get to know each other better-meetings in break-out rooms | moderated by coordinators
Agnė, Brigita, Eglė, Žaneta, Živilė |
| 14:30 | Coffee break | |
| 14:40 | Erasmus+ activities at LSMU | by Erasmus+ coordinators
Agnė, Brigita, Eglė, Žaneta, Živilė |
| 15:30 | Panel discussions with Erasmus+ participants: students and teachers sharing experiences and perspectives. | moderated by Brigita Vinikaitytė |
| 16:00 | Worth to walk! Presentation of the project Walk15 and step challenge for participants. Day 1 challenge! | by Vlada Musvydaitė,
Lithuanian athletic champion and founder of Walk15 app |
| | Rounding up. Personalised healthy exercises in your mailbox! | specially designed by physiotherapists of "Sveiko stuburo mokykla" |



International University - What's your Superpower?

- 13:00 Student recruitment during pandemic – **the big kick** towards the progress & Innovation
by Alvidas Šarlauskas, Vice-Dean International Relations and Study Center & Simona Černiauskienė, Admission Officer
- 13:30 **Super-caring** student support at LSMU: counseling, mentorship, tutoring, events
by Jevgenij Razgulin, LSMU Psychologist
- 13:45 **Panel discussion** with international students - ambassadors' pride
moderated by Justina Vonžodienė, International Programme Coordinator
- 14:15 A voice of **super-students**
by Granta Kleinauskaitė, Mentor's Coordinator at LSMU ESN
- 14:30 Coffee break
- 14:40 Why do Lithuanians never ring their bicycle bells? Lithuanian culture and language to taste. **Day 2 challenge!**
by Inga Hilbig, Department of Lithuanian Studies, Institute of Applied Linguistics, Vilnius University
- 15:40 Kaunas - full of adventures - discover city in a **virtual tour**
by Aida Čepienė, Kaunas City Guide
- Rounding up.** Personalised healthy exercises in your mailbox!
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Healthy Lifestyle Day

- 13:00 **Food Science** – from new foods development to analysis of the emotion induced by foods
by prof. Elena Bartkienė, Department of Food Safety and Quality
- 13:30 The importance of movement - a **step forward**
by Agnė Slapšinskaitė, Department of Sports Medicine
- 14:00 **Boosting health** - anything to do with a **Lifestyle?**
by Tomas Vaičiūnas, Health Research Institute
- 14:30 Coffee break
- 14:40 What is your **recipe of wellbeing?** Discussions in break-out rooms
moderated by coordinators Agnė, Brigita, Eglė, Žaneta, Živilė
- 15:10 Light and healthy taste of **Lithuanian cuisine:** Lithuanian Pink Soup in 5 Minutes. Day 3 challenge!
by coordinators Agnė, Brigita, Eglė, Žaneta, Živilė
- Rounding up.** Personalised healthy exercises in your mailbox!
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Erasmus+



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Innovation in Health, interaction between science and business

- 13:00 Innovative medical education –
Mission possible!
by Dr. Laura Malakauskienė,
Head of LSMU Study Center,
& Rūta Marija Nadišauskaitė,
4th year LSMU Medicine student
- 13:30 **Hybridlab** – contemporary method of
undergraduate and postgraduate
education
by Dr. Ž. Dambrauskas,
Professor of LSMU Surgery Clinic
- 14:00 **EIT Health** - building an innovation
ecosystem together
by Irina Kolomiiets,
Project manager at LSMU
Development department
- 14:30 Coffee Break
- 14:40 Development of innovative
pharmaceutical products for **Advanced
Pharmacy**: science and
Industry experience
by prof. Jurga Bernatoniene,
Head of Department of Drug Technology
and Social Pharmacy
- 15:10 **The vigour of the story:**
narratives that connect us
by Berta Tilmantaitė,
Lithuanian multimedia journalist, co-
founder of NARA
- 16:10 Day 4 challenge!
Rounding up. Personalised healthy
exercises in your mailbox!
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Human-animal relationship and interaction

- 13:00 **Animal assisted activities:**
Recreation, education and therapy
by Ugnė Nedzinskaitė,
Department of Animal Nutrition
- 13:30 The healing power of pets -
therapy dogs
by Iveta Šikšniuvienė,
President of Canine Therapy Center
- 14:00 Pets are a part of our lives: photo &
video impressions
moderated by Brigita Vinikaitytė
- 14:20 Summary of the International Week.
Results of **Walk15**.
moderated by Žaneta Dičkutė
- Rounding up.** Personalised healthy
exercises in your mailbox!
Virtual hugs and goodbyes!
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