

# LITHUANIA

# HANDBOOK



Military Family Services Europe / MFS(E)

Riga-Remote Team

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[www.cafconnection.ca](http://www.cafconnection.ca) / [www.connexionfac.ca](http://www.connexionfac.ca)



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# GREETINGS FROM

## YOUR MFS(E) RIGA-REMOTE TEAM

Your Military Family Services Europe / MFS(E) team wishes to congratulate you and your family on your OUTCAN posting. We would like to be the first to welcome you all to Europe! Did you know that your MFS(E) Riga-Remote team supports more than **350 members, spouses, and children posted to 15 countries** throughout Europe?

MFS(E) is here to facilitate a smooth integration for you and your family into your new posting, whatever your family unit may look like. We serve everyone from single members to blended families, so please make sure to ask us how we can best help you.

As you and your family begin the transition to Europe, MFS(E) is here to assist you along the way. Throughout your posting, you can expect phone calls, e-mails, virtual programming, as well as workshops for your spouse and children. We also send crafts and packages in the mail!

This Thriving in Guide is a living and dynamic document. Once you are settled, we would welcome your input in order to keep it relevant and current. We would like to extend our sincerest THANK YOU to our volunteers, for providing us with most of the information and for sharing their experiences and suggestions as to how to make the location guides as complete as possible.

Our website ([www.cafconnection.ca](http://www.cafconnection.ca)) can be a useful resource for your transition overseas, as it provides information that is location and country specific and provides links to current MFS(E) newsletters, programming, and even overseas job postings for spouses.

### **Current MFS(E) programs include, but are not limited to:**

- Virtual presentations ranging from the [PSP Chalet Program](#) and Europe Christmas Markets (to name a few)
- Crafts For Kids Mailings (for children 3-9 years old)
- Birthday Cards for Children (up to 18 years of age)
- [Youth Employment Preparation \(YEP\)](#) Program (13 to 18 years old)
- [Youth Connect](#) (helping incoming youth connect to Canadians youth already in Europe)
- [Youth Leadership Conference](#)(annually for teens 13 – 18 years old)
- [Family Separation & Reunion Services](#)
- Host Language Training & [Virtual Language Training](#) (ask us about a Rosetta Stone license for your dependents)
- Virtual Workshops (Including Community Demo and Virtual Travel Forums)
- [Virtual Book Club through Facebook](#)
- Virtual Coffee mornings
- [Friends on a Journey program for kids](#)
- ...And so much more!

This is your opportunity to connect with other Canadian families going through a similar transition to Europe. If there is any wisdom we can pass along to you from the get go, is we encourage you and your family to build a strong support network while you are in Europe. MFS (E) is your key resource to getting in contact with others and to share your experiences and your insight.

Once you have arrived and settled at your new location, MFS(E) will provide you with a welcome package containing information specific to your location and to your unique family dynamic. Your package will be sent to you in the mail, either to your home address or your embassy / consulate (please make sure it is approved by the Embassy first!). Also, please make sure you keep us informed of your contact information, an updated telephone number and e-mail address is greatly appreciated.

If you have any questions about living in Europe or if you wish to know what your MFS(E) team can do to help you and your family, in all shapes and forms, please contact one of our staff members bellow, or e-mail us directly at: [MFSE.RigaRemote@cfmws.com](mailto:MFSE.RigaRemote@cfmws.com)

We look forward to hearing about your adventures and new experiences in the near future.

Help us serve you better, don't be a stranger!

Best Regards,

Your MFS(E) Riga/Remote Team



## EUROPEAN ADVISORY COMMITTEE

The Military Family Services (Europe) (MFS(E)) Advisory Committee (AC) is a group of volunteers representing Canadian Armed Forces (CAF) families and communities across Europe. The AC works to enhance MFS(E)'s capacity to implement family programs and services to all Canadian military families regardless of where they are located in Europe.

As a group of volunteers, the AC is not authorized to act as decision-makers or policy-makers. Their primary role is to provide advice to the Senior Manager MFSP Europe about the needs of the community and to evaluate the effectiveness of the program.

CAF members (in a non-official capacity), and their civilian spouses/partners and dependents (18 years or older) are eligible to volunteer for the AC. Fifty-one (51) percent of the voting membership must be civilian family members of CAF members. Members representing a particular region must reside in that region at the time of recruitment and must have the support of their local CAF Commander.

The MFS(E) AC meets on site at the Canadian Forces Support Unit (Europe) in Geilenkirchen, Germany once a year, usually in the winter. All other meetings, usually held every second month, are conducted on-line. No special computer equipment or program required but reliable internet is required. If you have any questions or would like to discuss this opportunity further, please see the [website](#).

## USING THIS GUIDE

Moving around in the guide:

- *To go to a Table of Contents entry or a website link, simply click on it*
- *To search for a specific word, use the Find tool by pressing "Ctrl" then F*

Several of the websites referenced in this guide will be in a language other than English. There are a couple of options to obtain the information in English:

- *You can enter the address of the website directly into <https://translate.google.com/> and it will translate the entire website*
- *If you have Google Chrome, you can right click anywhere on the page and it will bring up a dialog box which often has a "Translate to English" option. Due to website formatting, this option may not be available for all pages or for all text on the page.*
- *Some sites have the option to change the language. These sites will have either a drop-down menu listing multiple languages or flags symbolizing the language. Simply click on the language or flag (typically a British or American flag) to see a translated version of the website. Often this option can be found in the top right corner.*

This guide is an ongoing work in progress, and we need your help:

- *Our Handbooks heavily rely on the time, energy and experiences of our families posted to Europe. For that reason, some sections may be more complete than others.*
- *Please let us know of any errors or omissions and we will update them in the next edition.*
- *If there is a topic you'd like added to the next edition, do not hesitate to let us know.*

**You can contact us at:**

[MFSE.RigaRemote@cfmws.com](mailto:MFSE.RigaRemote@cfmws.com)

***DISCLAIMER: Due to the fact that rules and regulations are ever changing, please ensure you do your own research and consult with the resources provided for the most up-to-date policies and procedures before making any assumptions or relying on information provided here as accurate as policies and procedures change and could be different from the time this document was created and updated.***

***Thank you for your cooperation and attention in this matter.***

# SOME HELPFUL RESOURCES

Please be sure to connect with us online for the latest programs and services being offered:

## **MFS(E) Website**

- <https://www.cafconnection.ca/Europe/Home.aspx>

## **MFS(E) Facebook Page**

- <https://www.facebook.com/MFSEurope/>

## **MFS(E) YouTube Channel**

- <https://www.youtube.com/channel/UCbQXCBqcVYvLZhDj0a37h8Q>

## **CAF Connection Website**

- <https://www.cafconnection.ca/National/Home.aspx>

## **Employment Opportunities while in Europe**

- <https://www.cafconnection.ca/Europe/Programs-Services/Employment.aspx>
- <https://www.cafconnection.ca/Europe/Programs-Services/Employment/Civilian-Employment-Opportunities.aspx>

## **My Voice/Ma Voix**

- *MyVoice is a closed Facebook group open only to the Canadian military community. MyVoice is a place for you to communicate with Military Family Services (MFS). The group is a safe place to discuss your experiences as a military family and offer feedback about your military lifestyle. : <https://www.facebook.com/groups/MyVoiceMaVoix/>*

## **Family Information Line (FIL)**

The Family Information (FIL) is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. We serve Canadian Armed Forces members, Veterans and their families- immediate and extended.

**Family Information Line: 1-800-866-4546, (613) 995-5234**

**or toll free in Europe 00800 7711 7722**

- <https://www.cafconnection.ca/National/Stay-Connected/Family-Information-Line.aspx>

# OVERVIEW OF LITHUANIA

## MAPS



### Overview of Lithuania:

**Capital:** Vilnius

**Language:** Lithuanian

**Border Countries:** Latvia, Belarus, Poland, Kaliningrad

**Population:** 2,791,133 people

**Area:** 65,300 km<sup>2</sup>

**Time Zone:** UTC+2 (EET) Summer (DST) UTC+3 (EEST)

**Climate:** Ranges between maritime and continental, relatively mild.

**Currency:** Euro

**Government Type:** Republic, parliamentary democracy

**Members of:** UN, EU, NATO, WTO, OECD

**Country Code:** LT

**Calling Code:** 370

**Internet TLD:** .lt

## **GEOGRAPHY/POLITICS**

Lithuania is a country located in the Northern-Eastern part of Europe. It is a country in the Baltic region, along with Latvia and Estonia (the Baltic States). It lies along the Southeastern part of the Black Sea, and borders Poland, Latvia, Belarus and Kaliningrad (a Russian exclave). It is known officially as the Republic of Lithuania.

Lithuania is a secure and safe country and is a member of the North Atlantic Treaty Organization (NATO), the European Union (EU) and the Schengen area. A welcoming country that encourages multilingual and multicultural diversity, Lithuanians embrace all ethnic origins.

Lithuania was a powerful empire that dominated much of eastern Europe in the 14th–16th centuries before becoming part of the Polish-Lithuanian confederation for the next two centuries. Aside from a brief period of independence from 1918 to 1940, Lithuania was occupied by Russia beginning in 1795, was controlled by Germany for a brief period during World War II, and was incorporated into the U.S.S.R. in 1944 as one of its constituent republics. On March 11, 1990, Lithuania declared its independence by a unanimous vote of its newly elected parliament. The new Soviet parliament acknowledged Lithuania's independence on September 6, 1991. The last Russian troops withdrew in 1993. Lithuania subsequently restructured its economy for integration into Western European institutions; it joined both NATO and the EU in the spring of 2004. In 2015, Lithuania joined the euro zone, and it joined the Organization for Economic Cooperation and Development in 2018. The capital is Vilnius. (Retrieved from: <https://www.britannica.com/place/Lithuania>).

Lithuanian soils range from sands to heavy clays. Sandy soils cover one-fourth of Lithuania, and most of these are blanketed by woodlands. A distinctive feature of the Lithuanian landscape is the presence of about 3,000 lakes, mostly in the east and southeast. The boggy regions produce large quantities of peat that, dried by air, is used in both industry and agriculture.

With a constantly growing Gross Domestic Product (GDP), Lithuania is experiencing major growth and offers great opportunities in the information and financial technology sectors, robotics, biotechnologies, manufacturing, construction and engineering. Lithuanians produce excellent products in laser technology, nanotechnology and orthopedic industries.

**Population:**

Fairly even population distribution throughout the country, but somewhat greater concentrations in the southern cities of Vilnius and Kaunas, and the western port of Klaipeda. The most recent population estimation for Vilnius (2015), puts the population at [542,664](#).

**CLIMATE**

Lithuania has a relatively mild climate that ranges between maritime and continental, depending on where you are in the country. On the coast average summer temperatures are around 16 °C, and drop to –2.5 °C in the winter. Inland temperatures in the summer are 20 °C on average and –6 °C in the winter months.

Average annual precipitation also varies across the country, from 800 mm on the coast to 900 mm in the Samogitia highlands; the eastern part of Lithuania can experience severe storms in the winter months. Snow is common every winter throughout Lithuania.

**Geography:** Fertile central plains are separated by hilly uplands that are ancient glacial deposits.

**Geographic coordinates:** 56 00 N, 24 00 E

**Land Area**

- *Total: 65,300 sq km*
- *Land: 62,680 sq km*
- *Water: 2,620 sq km*
- *Country comparison to the world: 124*
- *90 km of coastline*

**Elevation**

mean elevation: 110 m

lowest point: Baltic Sea 0 m

highest point: Aukstojas 294 m

**Natural Hazards:** occasional floods and droughts.

**LANGUAGES**

The official language of Lithuania is Lithuanian. Russian, Polish, Belarusian, Ukrainian, and other languages are spoken in the larger cities. Yiddish is commonly spoken by members of the tiny remaining Jewish community in Lithuania.



English is not widely spoken – Lithuanian law dictates that all business must be conducted in the local language – and international arrivals will find they'll need to learn at least basic Lithuanian to get by conversationally. The language is notoriously difficult to learn.

Although Lithuanian is the official language of the country about 80% of youth speak English.

## **Learning the Language**

The ability to speak and understand your host nation's language will ensure your European post is as rewarding as possible. It will make day-to-day life such as grocery shopping and banking easier. It will also be easier to connect and build friendships and ensure your cultural experience is more enriching.

Rosetta Stone is the world's number one language-learning program. We offer Rosetta Stone licences to Canadian Armed Forces Military Spouses. If you are interested in Host Language Training, contact the Military Family Services (Europe) Virtual Programs Coordinator at [mfse.virtualprograms@cfmws.com](mailto:mfse.virtualprograms@cfmws.com).

Besides Rosetta Stone, there are options to take classes at your local centre or on the economy. There are also various online resources available. Please see the Host Language Document:

- [https://www.cafconnection.ca/getmedia/7370f595-6269-4a8d-a6a1-4a91c1206c1c/Host-Language-Information\\_2018EN.pdf.aspx](https://www.cafconnection.ca/getmedia/7370f595-6269-4a8d-a6a1-4a91c1206c1c/Host-Language-Information_2018EN.pdf.aspx)

or contact your Virtual Programs Coordinator for more information.

## **RELIGION**

An estimated 80% of the population is Roman Catholic. There are smaller groups of Evangelical Lutherans and other Protestants, as well as people of other faiths. Elements of the pagan religion have survived in the countryside.

## **COST OF LIVING**

During the Soviet occupation, Lithuania used the Russian ruble as its currency. The litas, the national currency, which had been introduced to Lithuania in 1922, was restored in 1993. In January 2015 Lithuania became the 19th country to adopt the EURO as its official currency.

The overall cost of living in Lithuania, is affordable for a Canadian, despite being on the Euro.

Cost of living in Lithuania is 32.05% lower than in Canada (aggregate data for all cities, rent is not taken into account). Rent in Lithuania is 57.29% lower than in Canada (average data for all cities).

Please see examples of priced items in Lithuania here: [https://www.numbeo.com/cost-of-living/country\\_result.jsp?country=Lithuania](https://www.numbeo.com/cost-of-living/country_result.jsp?country=Lithuania)

**Keep in mind that most items and services will be more expensive in major cities, such as Vilnius.**

## **CANADIAN/EXPAT COMMUNITY**

### **Embassy of Canada**

Business Centre 2000,  
Jogailos St. 4, 7th Floor,  
Vilnius 01116, Lithuania

**Telephone:** 370-5249-0950

**Fax:** 370-5249-7865

**Email:** [vilnius@canada.lt](mailto:vilnius@canada.lt)

**Website:** <https://www.international.gc.ca/world-monde/lithuania-lituanie/vilnius.aspx?lang=eng>

## **CULTURAL NUANCES, ETIQUETTE AND TRADITIONS**

Lithuanians are very proud of their local culture and identity, and for good reason. In a large part thanks to the underground resistance that existed during the Soviet occupation, the Lithuanians maintained a large aspect of their own culture (compared to the other Baltic States). Lithuania is known for its beautiful art and vibrant colors. The Lithuanian folk art is mainly embodied in ceramics, leatherwork, wood carving, and textiles; its coloring and its original geometric or floral patterns are characteristic features.

### **FOOD**

Cabbages and potatoes form a considerable part of the Lithuanian diet, as do dairy products. Traditional dishes include cepelinai, a large, zeppelin-shaped, stuffed potato dumpling; cabbage rolls; cold beet soup; and potato pancakes.

## **PUBLIC HOLIDAYS**

Information retrieved from: <https://www.lithuania.travel/en/category/traditional-holidays-1>

As a predominantly Roman Catholic country, Lithuania celebrates all the major Christian holidays. The traditional Christmas Eve feast consists of 12 vegetarian dishes served on a straw-covered table, meat being saved for Christmas Day.

In many cases, traditional Lithuanian holidays that originated in Baltic paganism and got additional meaning with the advance of Christianity, are no less colorful than Easter eggs, Shrove Tuesday Carnival or the garlands of Midsummer Night. The Baltic, Christian and modern customs of worshipping the cycle of nature do not make a dissonance, but create a celebrated tradition that is unique to our country.

### **Epiphany - January 6th**

Marking the end of the Christmas season, the streets of Lithuanian cities fill up with parades carrying the effigies of the Three Kings (the Magi), Caspar, Melchior and Balthazar, on their way to visit baby Jesus.

### **Shrove Tuesday**

On Tuesday, the last day before the period of contemplation and fasting (46 days to Easter), an archaic winter festival is celebrated – the merriest carnival of the Lithuanian calendar. During the Lithuanian Mardi Gras, people are supposed to eat a lot of fat food, be loud, noisy, cheeky and wild. Participants of the carnival wear impressive masks of the characters of this celebration, eat countless pancakes and other fat dishes.

### **Palm Sunday**

On the day that marks the beginning of spring (one week to Easter), the streets of Lithuanian cities and towns burst into bloom! Lithuanians take branches of juniper or ornate Palm Sunday palms (Lith. verba) to church to be consecrated, believing that they will protect their home from evil and bad luck the whole year.

### **Easter**

Easter eggs are the main attribute of Lithuanian Easter. Coloured eggs symbolizing life and rebirth, are the main Easter dish, and the main object of Easter traditions and games.

### **Midsummer Night - June 24th**

The main holiday of the warm season in Lithuania celebrated on the shortest night of the year (June 24), is very romantic. During the Baltic traditional festival normally celebrated in the open air, for example, on the hill forts of Kernavė, Mount Rambynas or in Jonava, women make garlands from grass and flowers, huge bonfires are lit, people dance and sing, and when it gets dark, they set out to search for the mysterious blooming fern. This day is also the name day of one of the most popular man's names in Lithuania – Jonas.

### **State Day of Lithuania - July 6th**

On the day of the crowning (July 6) of the only King of Lithuania, Mindaugas, you can witness a modern Lithuanian tradition. In all the towns and cities of the country, and in other countries, Lithuanians sing the national anthem at a certain agreed time. Not even a decade-old tradition, yet it is one of the most successful and beloved in the country.

### **The Assumption Day - August 15th**

Every church organizes celebration of the Assumption of the Blessed Virgin Mary (August 15). The biggest celebrations take place in Pivašiūnai, in the Alytus region. Local people bring along flowers as well as wheat ears as a symbol of the new harvest.

### **September Equinox**

When the days begin to shorten and the circle of nature comes towards the end, it is time to enjoy the new harvest, give thanks for it, and prepare for the dark period. During the autumn equinox, it is customary to organize markets selling products of the latest harvest. Another attraction of the festival – the burning of straw sculptures and various fire shows – probably the most impressive of them takes place on the Neris waterfront in Vilnius. September 22, the day when in 1236 in the battle of Saulė, the united forces of Baltic tribes defeated the Livonian Brothers of the Sword, was declared in 2000 by the Latvian and Lithuanian Parliaments as Baltic Unity Day.

### **Christmas Eve - 24 December**

Families scattered in different cities and countries sit down together at the Christmas table, eat at least twelve traditional dishes, share the traditional Christmas wafer, and enjoy each other's company. Christmas Eve is the most mysterious night of the year. It is believed that

on this night, at midnight, animals can speak, water in the wells turns into wine, and prophecies and dreams come true.

### **Christmas - December 25th and 26th**

Following the peaceful Christmas Eve and magical night, comes the joyous, happy and generous Christmas Day (December 25-26). The Christmas spirit permeates every home, the streets and squares, where many concerts, performances, events for the whole family take place. International tourism experts recommend Vilnius as one of the best cities to visit at Christmas time.

## **NEWS**

### **The Lithuania Tribune**

This is an English-language news site that delivers up-to-date local news, politics, economy, foreign affairs and opinion.

Website: [www.lithuaniatribune.com/](http://www.lithuaniatribune.com/)

### **DELFI EN - The main Lithuanian news portal in English**

Website: <https://en.delfi.lt>

### **The Baltic Times**

Website: [https://www.baltictimes.com/news\\_lithuania/](https://www.baltictimes.com/news_lithuania/)

# **BEFORE YOU COME**

### ***Things to Consider/Bring:***

- *Immunization Records (for school registration – don't pack in the sea shipment!)*
- *Long form birth certificates and your marriage certificate (this may be required for entry to DoDEA school – to prove dependents are "yours", a Canadian posting message may not be enough. Also, don't pack in the sea shipment!)*

- *If your children will be participating in sports on a US Garrison or in a DoDEA school, they will require a sports physical. It can be challenging to get this done on arrival, so if possible, have their Canadian doctor complete the form before leaving. This will cost, but it may be claimable through Sun Life. Get the form from the school on your HHT.*
- *If your teens participate in the [Youth Employment Preparation \(YEP\) Program](#), they will require a Social Insurance Number (SIN). Get this well before leaving Canada.*
- *If you plan on working in a field that may require a Police Check, get one done before leaving Canada.*

You and your family are all ambassadors for Canada while you are here. You will likely get invited to a neighbour's home or participate in hosting an international night or Canadian social for your military community or spouse's community or your children will have an international day at their school where they will showcase Canada. If you can stock up on Canadian goodies, they will be a big hit. Everything from the items the local dollar store has for Canada Day celebrations in July to decorations to gifts that symbolize Canada (maple syrup, Aboriginal/Inuit crafts, books, flags, maple leaves, Canada clothing, children's stuffed animals of beavers or RCMP.... get creative!).

Some people really miss their Kraft Peanut Butter, Tim Horton's coffee, Kraft Dinner, Coffee Crisps, real maple syrup or ketchup chips and prefer to bring a bit of a stockpile of comfort food as these items are not available in Europe or you will pay a high premium to be able to get them. Some common cooking ingredients can also be hard to track down so you can either bring graham wafer crumbs or improvise by crushing up digestives. The choice is yours and it is part of the experience. Just as you can't get some of that comfort food you have been used to, you will get to experience all kinds of new and interesting tasty treats while in Europe.

# EMERGENCY INFORMATION

## PUBLIC SAFETY AND SECURITY

### EMERGENCY CONTACTS

- Police (Emergency) .....\*02
- Ambulance/Fire (Emergency).....\*01
- Medical.....\*03
- CFSU(E) Duty Officer .....+49 (0) 1725 345 900
- CFSU(E) Chaplain.....+32 (0) 65 44 6179
- Embassy of Canada ..... +370 5 249 0950

# GETTING SETTLED

## MAKING PHONE CALLS

### Calling Within Europe

Country code Lithuania: +370

There is no standard way to write a European phone number, which will lead to confusion. This is the same number, written different ways –

*+49 - 89 - 343 80 - 14          +49 (89) 343 80 - 14          0049 (0) 89 343 80 - 14*  
*(089) 343 80 - 14          089 / 343 80 - 14          089 343 80 14*

The "+49" at the start is the exit code and German country code. The "89" is the area code and the "3438014" is the phone number. There is no standard length for area codes (2-5 digits) or phone numbers (5-12 digits).

So...when dialing within the country you're in, you do not need the exit code and country code (+49).

If you're dialing within the same area code, you do not need to enter the area code. But it's a good idea to use it just in case!

### Calling Outside of Lithuania

The exit code for calling out of the country in Europe is 00. You then follow that with the country code, area code, and telephone number. The "+" means to use the exit code for the country you're in – in Europe, that's 00, in Canada, it's 011. You can use the "+" on your mobile phone as the exit code, and your phone should pick up the right exit code, no matter what country you're in!

### Calling Canada from Lithuania

The country code for Canada and the United States is 1. Dial the exit code (00) then the country code (1) then the number.

00 - 1 - area code - seven-digit number



## Calling Lithuania from Canada

The exit code in Canada is "011"

011 -

### Some Country Codes:

Austria.....	43	Italy.....	39	Switzerland.....	41
Belgium .....	32	Germany .....	49	Turkey.....	90
Czech Republic.....	420	Latvia .....	371	United Kingdom....	44
Estonia .....	372	Netherlands .....	31		
France .....	33	Spain .....	34		

### Summary:

To dial a number within Lithuania	0 711 1234567
To dial a Lithuania number from elsewhere in Europe	+370 5 249 0950
	or 00 370 5 249 0950
To dial a number outside Lithuania	+33 121 1234567
	or 00 33 121 1234567
To dial Canada from Lithuania	00 1 613 5551234
To dial Lithuania from Canada	011 370 5 249 0950

## Toll Free and Charges for Calls

### *Per minute charges for calls*

Check your phone contract, both land line and cell phone. Many families have been surprised by charges on their bill for calls they thought were "free" or included. Depending on your contract, you may end up paying per minute for local calls. It is common for calls to be free to numbers with the same provider, but not always. Some contracts charge for calls to cell phone numbers, but land lines may be included. The same applies to long distance – if you get a plan that includes calling to Canada, that may only include calls to land lines.

Check the plan for the term "flat", which means that calls are included – "Germany flat" means you can call anywhere in Germany, where "Vodafone flat" means your calls to other

Vodafone customers are included. If you have a landline, you may have to pay to call a cell phone, or vice versa.

## **0800**

0800 is the dialing prefix for Toll Free Calls in most of Europe.

## **0900 and 0180 calls**

0900 numbers are "premium-rate" services, and 0180 numbers are for service-oriented calls and are billed at a per minute or per call. Costs will vary.

## **WHERE TO LIVE**

Postings are presently in Vilnius, the capital of Lithuania.

*Please note that this section is currently being developed. If you have questions, contact us at [MFSE.RigaRemote@cfmws.com](mailto:MFSE.RigaRemote@cfmws.com); we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.*

## **HOUSES AND REALTORS**

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# BASE INFORMATION

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## Embassy of Canada - Lithuania

Business Centre 2000, Jogailos St. 4, 7th Floor, Vilnius 01116, Lithuania

### General enquiries

General enquiries, questions or comments.

**Telephone:** 370-5249-0950

**Fax:** 370-5249-7865

**Email:** [vilnius@canada.lt](mailto:vilnius@canada.lt)

### Consular services

We provide consular assistance to Canadian citizens during regular office hours. [Request emergency assistance](#) after hours.

**Telephone:** 370-5249-0950

**Fax:** 370-5249-7865

**Email:** [vilnius@canada.lt](mailto:vilnius@canada.lt)

## HOUSING

Most accommodation in Lithuania's cities consists of Soviet-era apartment blocks, while detached houses can be found further away from city centres. Lithuania has a comparatively low cost of living compared to other West European countries.

## RENTING AN APARTMENT

Landlord and tenants negotiate on the rental price. Advance payment can only amount to the first month of rent and nothing more. Rent is paid every 20<sup>th</sup> of the month.

Usually a lease is for a duration of 1 year, if unspecified then the contract is deemed

indefinite. Should a tenant decide to terminate the contract, they must submit this in writing 1 month before the intended date of termination.

Apartments can go between 800 to 2,000 Euros per month, depending on the closeness to the city center and other important amenities and civic services.

## **RELIGIOUS SERVICES**

*Please note that this section is currently being developed. If you have questions, contact us at [MFSE.RigaRemote@cfmws.com](mailto:MFSE.RigaRemote@cfmws.com); we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.*

### **International Church of Vilnius**

<http://vilniuschurch.weebly.com>

**Facebook group:** <https://www.facebook.com/International-Church-of-Vilnius-Lithuania-1427022127544859/>

## **POST OFFICE**

Lietuvos paštas is the company responsible for postal service in Lithuania. Lietuvos paštas is the largest postal services provider in the territory of Lithuania. There are 735 post offices and 135 services locations all around the country in 2010. The services provided by Lietuvos paštas are used by almost 800,000 customers every month. Today, in addition to traditional postal services, this professional company also provides courier and financial intermediation services.

### **Lithuania Post Contact Information :**

Tel: 370 700 55400

Email: [info@post.lt](mailto:info@post.lt)

Fax: (+370 5) 216 3204

Postal Services in Lithuania : <https://old.post.lt/en>

Tracking Services In Lithuania : <https://www.trackingmore.com/lietuvos-pastas-tracking.html>

# TRAVEL & TRANSPORTATION

## SUBSIDIZED TRAVEL

The Chalet Program offers accommodation options in various parts of Europe at a 40% subsidy. It is open to all European Fund members and chalets are awarded by draw. For more information please visit:

- <https://www.cafconnection.ca/Europe/Programs-Services/Chalet-Program.aspx>

## NON-UNIT FUND AND CANEX/SISIP GRANT

As a CAF member of Formation Europe, you and your family are members of the European Fund (EF). EF members who are not part of a Unit Fund due to their geographical location are termed Non-Unit Fund (NUF) members. In order to ensure equitability across Formation Europe, all EF members have the same entitlements; however, certain entitlements are managed differently depending on location. See this link for more information:

- [https://www.cafconnection.ca/Europe/Programs-Services/European-Fund/Non-Unit-Fund-\(NUF\)-Member-Personnel.aspx](https://www.cafconnection.ca/Europe/Programs-Services/European-Fund/Non-Unit-Fund-(NUF)-Member-Personnel.aspx)

## AIR TRAVEL

There are four major airports in Lithuania, the biggest of which is the Vilnius International Airport. The others are Kaunas Airport, Palanga International Airport, and Siauliai International Airport. The other smaller airports have paved runways are only able to accommodate small, domestic flights.

## PORTS

Lithuania has three major ports, Būtingė, Klaipėda, and Sventoji, all located on the Baltic Sea. Many expatriates moving to Lithuania have their furniture and large personal belongings shipped to one of these ports, or have them driven into the country through Europe. Lithuania has direct rail links with some neighbouring countries, including Latvia, Belarus, Russia, and Poland.

## PUBLIC TRANSIT

The city is efficiently served by buses and trolleybuses from 5am to midnight; Sunday services are less frequent. Single-trip tickets cost €1 when bought from the driver. If you get a *Vilniečio kortelė* (electronic ticket) for €1.50, single journeys cost €0.65 or you can buy 24-/72-hour passes for €5/8 ([www.vilniusticket.lt](http://www.vilniusticket.lt)). Public transport is free if you have a [Vilnius City Card](#) (sold in tourist information centres). Fare evaders risk a fine.

Quicker minibuses shadow most routes. They pick up/drop off passengers anywhere en route (not just at official bus stops) and can be flagged down on the street. Tickets cost €1 from the driver.

Note that much of the Old Town is closed to traffic, meaning that very few buses and trolleybuses service this part of town. For destinations within the Old Town, you'll normally have to hoof it.

Read more on [www.vilniustransport.lt](http://www.vilniustransport.lt) and browse routes on [www.stops.lt](http://www.stops.lt). There are transport maps available at tourist offices.

Information retrieved from:

<https://www.lonelyplanet.com/lithuania/vilnius/transport/getting-around/public-transport>

## TRAINS & BOATS

For long distance travel, you can use the Lithuanian train network, which runs 1749 km across the country and has direct links to nearby Russia, Latvia, Poland, and Belarus. You can also travel by boat from any of Lithuania's ports on the Baltic Sea at Klaipėda, Šventoji, and Būtingė.

## TAXIS

Taxi rates in Vilnius vary; they are generally cheaper if ordered in advance by telephone than if hailed directly off the street or picked up at a taxi stand. Ask the hotel reception desk or restaurant to call one for you. Reliable companies:

[Ekipažas](#)

[Martono Taksi](#)

[Mersera](#)

## HOTELS

Booking.com: <https://www.booking.com/city/lt/vilnius.html>

## TRAVEL ADVISORIES

### Travel Advisory (U.K) - Lithuania

<https://www.gov.uk/foreign-travel-advice/lithuania>

### Travel Advisory (U.S.A) - Lithuania

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories/lithuania-travel-advisory.html>

### Travel Advisory (Canada) - Lithuania

<https://travel.gc.ca/destinations/lithuania>

# ADMINISTRATION

## BANKING

### Local Currency: The Euro

In 2015, Lithuania adopted **Euro** (Lithuanian: Eurais (singular), Eurai (plural)), symbol €, as its currency. Euro is divided into 100 **Eurocents** (eurocentas, eurocentai). There are banknotes of 5, 10, 20, 50, 100, 200, 500 and coins of 1, 2, 5, 10, 20, 50 Eurocents and 1, 2 Euro. Euro is used in many European countries and the banknotes are similar everywhere, lacking any Lithuanian details. Some coins have Lithuanian coat of arms (Vytis) on them, but the coins with details of other European countries also circulate within Lithuania.

### The top banks in Lithuania are:

Swedbank Lithuania

Luminor AB

SEB Banka

AB Siauliu Banka

Citadele Bankas AB

UAB Medicinos Banka

Some of the largest banks in Lithuania, with products suited to expats are:

Swedbank

SEB

Luminor

Citadele

## **Bank Accounts and Financial Considerations**

How to open a bank account in Lithuania: <https://transferwise.com/us/blog/opening-a-bank-account-in-lithuania>

## **Bank Cards / Credit Cards**

Credit/debit cards are widely but not universally accepted in Lithuania. They are less popular in smaller towns and are never used in traditional marketplaces. Chain stores and restaurants are more likely to accept cards than independent alternatives. ATM machines are readily available, especially near main supermarkets. Visa and Master Card are the most common cards; acceptance of American Express is more limited.

Retrieved from: <http://www.truelithuania.com/tag/debit-cards-in-lithuania>

## **Online Banking Payments – IBANs, BICs, and TANs**

Bank accounts in Europe have an "IBAN" (International Bank Account Number) and a "BIC" (Bank Identifier Code). You will use these for making payments and receiving money. If you are paying a bill, you will typically find their IBAN on the bill and you can use that in your online banking to make the payment. You will also provide your IBAN to companies to pay your bills (insurance, gym payments, cell phone, etc). The orderly room and claims section at CFSU(E) will use your IBAN to deposit pay and claims into your bank account.

To make a payment, you will often need a TAN (Transaction Authorization Number). This can be a complex thing to get used to in Europe. You will likely get a sheet of TANs when you initially get your bank account, but then through your mobile banking you can use mobile TANs (a number sent to your phone) or photo TANs with an app on your phone. To use mobile or photo TANs, you will need to register your mobile number in the online banking.



## Money Transfer

You will likely have a requirement to move money between Canadian and European accounts. Transferwise.com and XE.com are both worth looking at for this.

## INSURANCE

Occupants are encouraged to carry personal property insurance as well as public liability insurance which will protect them against claims by third parties.

## CRA AND RESIDENCY STATUS FOR SPOUSES/DEPENDENTS

Completing and submitting an income tax return from OUTCAN can be even more fun than doing it in Canada. In the past, there has been significant confusion regarding the residency status of spouses. Unfortunately, some CAF families have found out that choosing incorrectly can have a major financial impact. Many have found this issue confusing and have sought professional tax advice.

The following information regarding residency status has been provided to us by the CRA:

### ***Spouses of Canadian Government Employees on Foreign Assignment – Residency Status for Tax Purposes***

The purpose of this document is to provide general residency information for the spouses of employees of the Department of National Defence ("DND")/members of the Canadian Armed Forces ("CAF") and Department of Foreign Affairs, Trade and Development ("DFATD") Canada that are sent on foreign assignments. This document does not address all possible situations that may require more analysis when determining the tax implications.

Please note that our reference to a spouse in this document includes a common-law partner.

### ***Spouses that Intend to Return to Canada and expect to Maintain their Canadian Residency***

Where you are the spouse of a Canadian Government employee and are moving with your spouse and family to another country for your spouse to carry out a foreign assignment for the Government of Canada and it is your intention to return to Canada following the assignment, then you will be considered a factual resident of Canada. This factual residency is based on your intention to return to Canada as well as your secondary residential ties maintained with Canada, as described in paragraph 1.14 of Folio S5-F1-C1.

*Please do not complete a Form NR73, Determination of Residency Status (Leaving Canada).*

As a factual resident, you will have to complete and file your Canadian Personal Income Tax Return and you will meet the residency requirement for Canadian benefits administered by the CRA.

### ***Spouses that do not expect to Maintain their Canadian Residency***

If you believe that you will be a non-resident of Canada when you leave with your spouse and family for the foreign assignment because your intention, primary ties and secondary ties support your status as a non-resident of Canada, then you should complete Form NR73, Determination of Residency Status (Leaving Canada). The Canada Revenue Agency will review the information provided in your completed Form NR73 to determine whether or not you will be considered a non-resident of Canada.

If it is determined that you will be a non-resident of Canada, you should know the tax implications, which include:

- 1. You will be deemed to have disposed of certain properties that may give rise to capital gains (taxes on gains can be deferred by using Form T1244, Election , Under Subsection 220(4.5) of the Information Sheet Income Tax Act, to Defer the Payment of Tax on Income Relating to the Deemed Disposition of Property);*
- 2. You will only be able to create additional RRSP room if you have earned income in Canada;*
- 3. You will not be able to contribute to a Tax Free Savings Account; and*
- 4. You will be subject to tax of up to 25% on certain payments from Canadian sources, such as investment income (Part XIII tax).*

For further information with respect to the determination of an individual's residence status, please consult CRA's Income Tax Folio S5-F1-C1 available at: <http://www.cra-arc.gc.ca/tx/tchncl/ncmtx/fls/s5/f1/s5-f1-c1-eng.html>

Further information on how income tax rules apply to Canadian residents that leave the country can be found in <http://www.cra-arc.gc.ca/tx/nrsdnts/ndvdl/nrs-eng.html>

Should you have any further questions or require additional information regarding this, please do not hesitate to communicate with the International and Ottawa Tax Services Office. Child Benefits

## **CHILD BENEFITS**

*Please note that this section is currently being developed. If you have questions, contact us at [MFSE.RigaRemote@cfmws.com](mailto:MFSE.RigaRemote@cfmws.com); we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.*

## **Did you know that MFS(E) provides short-term Emergency or respite child care?**

To learn more about it, [please click here](#).

For a complete list of child & youth programs through MFS(E), please consult our [website](#).

Children's Education Allowances: +49(0) 2451-717-138

## **PETS**

*Please note that this section is currently being developed. If you have questions, contact us at: [MFSE.RigaRemote@cfmws.com](mailto:MFSE.RigaRemote@cfmws.com); we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.*

Pets are part of the family but bringing them with you can be challenging. International requirements vary from country to country, so it's critical to work with quality international pet transport companies that are up-to-date with current import regulations. Make a pet packing checklist with our Have pet, will travel article.

Moving pets may be simpler within Europe, but make sure that your pet has an official EU Pet Passport that shows your trusty companion has obtained the necessary medical checkups and vaccinations to cross borders safely. Also, be aware of varying pet relocation laws, even within the EU.

If you choose to bring a pet into your family after relocation, then check out how things work in your new country, such as whom to call should your pet go missing and the best places to choose pets. Dog and cat homes, for instance, may be a better bet than buying from another source.

Understand the rules about pets in your country, such as cleaning up after your dog, and make sure you comply. Don't always do as the locals do, as this may not endear you to your neighbours! Understand how pets are viewed in your new country of residence. You may find the local attitudes to pets and animals in general differ widely from your own.

### **Helpful resources about bringing pets into Europe:**

<https://www.petrelocation.com/country/europe>

<https://www.pettravel.com>

**For information regarding importing pets into Canada (when you return), please visit the following link:**

<http://www.inspection.gc.ca/animals/terrestrial-animals/imports/policies/live-animals/pets/eng/1326600389775/1326600500578>

# POSTAL SERVICES

## PERSONAL MAIL

### Canadian Forces Post Office

Your postal address in Belleville will be:

(name)

RP

PO Box xxxx Stn Forces

Belleville, ON K8N 5W6

If you need a physical address, either for banking or for a signature on delivery, the address is:

(name)

RP xx, CFPO xxxx

15 Westwin Ave Bldg 348

CFB Trenton

Astra, Ontario K0K 3W0

If mail or a package is being sent to the 15 Westwin address, it is recommended that you email [postal@forces.gc.ca](mailto:postal@forces.gc.ca) to inform them when and what to expect.

# HEALTH SERVICES

Medical services in Lithuania is still progressing and improving up to Western standards. Medical supplies have become widely available, including medication and other healthcare resources. English-speaking doctors are few.

It is highly advisable to stock up on personal medication (minimum of 3 months supply) as the same brands may not be available in the country. Cash payment is to be expected.

## GENERAL

**As a CAF member posted to a remote location in Europe, you are able to consult the medical services offered at the medical Geilenkirchen (GK) in Germany.**

The Health team at CFSU(E) is able to provide support, education, and resources to the CAF community, including remote families. You can contact them at:

+49 2451 717 301

[GKMedicalClinic@forces.gc.ca](mailto:GKMedicalClinic@forces.gc.ca)

### Mental Health Team in GK

1. Capt Karen Robert - Formation Europe Mental Health Nurse  
[Karen.Robert@Forces.gc.ca](mailto:Karen.Robert@Forces.gc.ca)
2. Capt Martin Laferrière-Simard - Social Worker (Military Members)  
[Martin.Laferrieresimard@forces.gc.ca](mailto:Martin.Laferrieresimard@forces.gc.ca)
3. Myriam Chebat - Social Worker (Family members / dependents)  
[Chebat.Myriam@cfmws.com](mailto:Chebat.Myriam@cfmws.com) or [Myriam.Chebat@Forces.gc.ca](mailto:Myriam.Chebat@Forces.gc.ca)
4. Capt Connie Grant - Community Health Nurse  
[connie.grant@forces.gc.ca](mailto:connie.grant@forces.gc.ca), Tel: +49 2451 717 305

Please contact both Capt Robert and Capt Laferrière-Simard at +49 2451 717 301

### Immunizations

For an up to date list of required immunizations for your location, please contact our

Community Health Nurse Capt Connie Grant, [connie.grant@forces.gc.ca](mailto:connie.grant@forces.gc.ca), Tel: +49 2451 717 305

### **Pharmacy Services**

Capt Adam Calabrese, [adam.calabrese@forces.gc.ca](mailto:adam.calabrese@forces.gc.ca), Tel: +49 2451717 308

### **I Dental Unit Detachment Geilenkirchen**

Canadian Forces Support Unit (Europe), Selfkant-Kaseme

Quimperlestrasse I 00, 5251 I Geilenkirchen, Germany

Clinic Phone Number: +49 (0) 2451 717 330 (leave voicemail if no answer)

Email: Valerie.Whynt@forces.gc.ca and Carla.Prowse@forces.gc.ca

(CC: Nathan.Elliott2r@forces.gc.ca)

## **EMERGENCY NUMBERS**

Lithuania's country code (370)

Police 02 or 112

Fire 01 or 112

Ambulance 03 or 112

Canadian Embassy in Lithuania: +370 5 249 0950

## **HOSPITALS**

The public healthcare system in Lithuania is funded by a mandatory health insurance scheme and is overseen by the Ministry of Health. As an expatriate living in Lithuania you will have access to the free system, providing that you are a foreign resident. Please talk to the Canadian Embassy in Vilnius about the details of your residency.

Of note, the public health care system is underfunded, and the facilities are lacking behind other EU states, and Western standards. Also, be aware that many doctors will not speak English.

### **Baltic American Clinic**

Baltic-American Medical & Surgical Clinic is one of the leading private hospitals in Lithuania, established to attend the human needs and promote an environment in which quick access to supreme Health Care is achieved.

Address: Nemencines road 54A, Vilnius, 10103, Lithuania

Tel: +370 2 342 020

Fax: +370 2 767 942

Website: [www.bak.lt/](http://www.bak.lt/)

### **Kardiolita Private Hospital in Vilnius**

Established in 1998 Kardiolita provides full range of medical services - from comprehensive diagnostics to various surgical treatments within many medical areas. Kardiolita employs 190 highly qualified Lithuanian doctors with extensive international experience and treatment performance of more than 45 medical areas. The Hospital is equipped with cutting-edge medical equipment and laboratory, employs the most advanced and effective methods for diagnostics and treatment. Kardiolita possesses out-patient department, 3 modern operating rooms, a 24-hour intensive care unit (10 beds), in-patient department with cosy wards (single, double, family, luxury - 44 beds in total). The hospital has a long-term experience in treating international patients.

Address: Laisves pr. 64a, Vilnius, Lithuania

Tel: +370 85 2390 501

Website: [www.kardiolita.lt/en/](http://www.kardiolita.lt/en/)

### **Med General Private Clinic**

The only Western General & Family Doctor in Vilnius. Native-English speaker, Western trained, Embassy and UN Affiliated.

Address: Gedimino pr. 1A-19, Vilnius, Lithuania

Tel: +370 2 613 534

Fax: +370 2 613 537

Website: [www.clinic.lt/](http://www.clinic.lt/)

### **Odontika**

Odontika has treated patients from more than 70 Countries and 6 Continents. Over 800 foreign patients visited Odontika in 2013 alone. Making Odontika the home for dental tourism patients in Lithuania and the Baltic.

Address: Kriviu 5, Vilnius, LT-01204, Lithuania

Tel: +370 5 215 31135

Fax: +370 5 215 31135

Website: [odontika.com/en/](http://odontika.com/en/)

Hospital information retrieved from: <https://www.expatswoman.com/global/lithuania-clubs>

## PHARMACEUTICAL SERVICES

The Lithuanian word for pharmacy is vaistinė.

There are numerous pharmacies scattered throughout the city. **Eurovaistine** can be found in several locations throughout the city.

### **Eurovaistine:**

#### **Useful Information**

- **Address:** Mindaugas g. 11/T.Ševčenkos g. 2, Vilnius
- **Opening hours:** Mon-Sun 8 am-11 pm
- **Website:** [www.eurovaistine.lt](http://www.eurovaistine.lt)

A list of pharmacies in Vilnius: <https://rekvizitai.vz.lt/en/search-phrases/pharmacy/vilnius/>

## DENTAL CLINICS

Top 10 dental clinics and hospitals in Vilnius:

[https://gcr.org/top/dental/lt/vilnius-county/vilnius?page=1&per\\_page=16&sort=score&order=desc](https://gcr.org/top/dental/lt/vilnius-county/vilnius?page=1&per_page=16&sort=score&order=desc)

Dental Clinic in GK (for questions concerning CAF members)

### **I Dental Unit Detachment Geilenkirchen**

Canadian Forces Support Unit (Europe), Selfkant-Kaseme

Quimperlestrasse I 00, 5251 I Geilenkirchen, Germany

Clinic Phone Number: +49 (0) 2451 717 330 (leave voicemail if no answer)

## SOCIAL SERVICES

The following options are available to military members and their families for access to psychosocial or mental health resources:

### **Social Worker**

You can reach the MFS(E) Social Worker Myriam Chebat at:



[myriam.chebat@forces.gc.ca](mailto:myriam.chebat@forces.gc.ca)

+49 (0) 2451 717 206

Or, reach the CAF Formation Europe Social Worker, Captain Martin Laferrière-Simard at:

[martin.laferrieresimard@forces.gc.ca](mailto:martin.laferrieresimard@forces.gc.ca)

+49 (0) 2451 717 309

## Padre

There are three Padres serving the families in Europe, and they are also available for consultation:

<b>Maj Jean-Guy Morin</b> Located in Casteau Responsible for Central Europe (Netherlands, Germany, France, Belgium)	<b>Lt(N) Lesley Fox</b> Located in London Responsible for UK and Northern Europe	<b>Capt Gerson Flor</b> Located in Naples Responsible for Southern Europe (Spain, Italy, Portugal, Turkey, Romania)
<a href="mailto:jean-guy.morin@forces.gc.ca">jean-guy.morin@forces.gc.ca</a> +32 (0) 65 44 6179	<a href="mailto:lesley.fox@forces.gc.ca">lesley.fox@forces.gc.ca</a> +44 (0) 1895 613 022	<a href="mailto:gerson.flor@forces.gc.ca">gerson.flor@forces.gc.ca</a> +39 345 080 5673

## CAF Member Assistance Program

Military members and their families can also contact the CAF Member Assistance Program at +1 800 268 7708. This is a voluntary and confidential service that allows callers to speak with a professional counsellor and is available 24 hours a day, 365 days a year. Please note that Canadian toll-free numbers are not free when calling from another country, but the CAF Member Assistance Program will also accept collect calls at **+1 613 941 5842**.

## Family Information Line

The Family Information Line offers confidential assistance and supportive counselling 24/7. When you call you will be connected to one of their experienced professionals who can connect you with local and national resources. The Family Information Line can be called toll free, from Europe, at **00 800 7711 7722**.

## Local Resources

Military families can also access resources in their community, as recommended by their doctor or other sources, but they should ensure with their Public Service Health Care Plan that they will be covered for the services they are considering. For their services, military

members are required to go through their medical system or the CAF Member Assistance Program.

## **A. A. Meetings**

Information on Alcoholic Anonymous meetings in Europe or online is available at <https://alcoholics-anonymous.eu/>

## **GREAT WEST LIFE / ALLIANZ**

### **Dental Claims**

Unless you are served by a CAF Dental Clinic, dental claims will need to be sent to Great-West Life, using the paper form. Log into your account on the Great-West Life website and print a claim form. Claims and original receipts need to be mailed to the following address:

Great-West Life Health and Dental Benefits  
Foreign Benefit Payments  
PO Box 6000  
Winnipeg, MB R3C 3A5

Be sure to keep copies of your receipts!

### **Medical Claims**

For medical claims, you will also need to submit a paper claim to Allianz, using the PSHCP Out-of-Country claim form ([http://www.pshcp.ca/media/43901/claimform\\_out\\_fill.pdf](http://www.pshcp.ca/media/43901/claimform_out_fill.pdf)). Send the claim form and the original receipts to:

Allianz Global Assistance  
Public Service Health Care Plan  
PO Box 880  
Waterloo, ON N2J 4C3

Be sure to keep copies of your receipts!

# ON THE ROAD

## GENERAL

Lithuania has around 22,000 km of road, almost 13,000 km of which are paved. If you wish to drive whilst living in Lithuania then you can do so legally using an international driving license.

Driving under the influence of alcohol is strictly prohibited in Lithuania, and can result in incarceration.

## DRIVER'S LICENCE

An international driving license may be used to drive legally in Lithuania for a limited period. For extended stays, Canadians must exchange their domestic license for a local Lithuanian one. Citizens from the EU may use their domestic license freely.

The Canadian driving license must be translated into Lithuanian before presenting to the State Enterprise REGITRA. A theory test is also required; a practical test is to be expected. For more information please visit: [www.regitra.lt/en/services/driving-licences/driving-license-info](http://www.regitra.lt/en/services/driving-licences/driving-license-info)

## INFORMATION ON DRIVER'S LICENCE IN CANADA AND RENEWAL

Province	Mailing Address	Phone Number	Internet Site
Alberta	Alberta Transportation Main Floor- Twin Atria 4999-98 Ave Edmonton, AB T6B 2X3	(780) 310-0000 Outside AB: (780) 427-8230	<a href="http://www.alberta.ca/government-of-alberta-ministry-of-transportation-drivers-vehicles">Government of Alberta Ministry of Transportation: Drivers &amp; Vehicles</a>
British Columbia	ICBC Licensing Driver Services Centre 151 West Esplanade North Vancouver, BC V7M 3H9	From Lower BC: (604) 661-2800 Toll Free in NA: (800) 663-3051	<a href="http://www.icbc.com/driver-licensing/Pages/default.aspx">http://www.icbc.com/driver-licensing/Pages/default.aspx</a>
Manitoba	Manitoba Transportation Driver & Vehicle Licensing 234 Donald St, Box 6300 Winnipeg, NB R3C 4A4	(204) 985-7000 Fax: (204) 954-5338 or Toll Free in NA: (800) 665-2410	<a href="http://residents.gov.mb.ca/reference.html?d=details&amp;program_id=304">http://residents.gov.mb.ca/re ference.html?d=details&amp;progr am_id=304</a>

Province	Mailing Address	Phone Number	Internet Site
New Brunswick	NB Department of Transportation 364 Argyle St Fredericton, NB E3B 1T9	<a href="http://www2.gnb.ca/content/gnb/en/services/driving_and_vehicles.html">DPS- MSP.Information @gnb.ca</a>	<a href="http://www2.gnb.ca/content/gnb/en/services/driving_and_vehicles.html">http://www2.gnb.ca/content/gnb/en/services/driving_and_vehicles.html</a>
Newfoundland & Labrador	Motor Registration Division Department of Government Services PO Box 8710 St. John's NF A1B 4J5	(709) 729-4834	<a href="http://www.gs.gov.nl.ca/drivers.html">http://www.gs.gov.nl.ca/drivers.html</a>
North West Territories	Government of NWT Department of Transport 5003 – 49th Street, Yellowknife NWT X1A 2L9	(867) 873-7487 Fax: (867) 669-9094	<a href="http://www.dot.gov.nt.ca/live/pages/wpPages/issuingoffices.aspx">http://www.dot.gov.nt.ca/live/pages/wpPages/issuingoffices.aspx</a>
Nova Scotia	Nova Scotia Registry of Transportation P.O. Box 186 Halifax, Nova Scotia B3J 2N2	(902) 424-5851 Toll Free in NA: (800) 898-7668 <a href="mailto:tir-occ@novascotia.ca">tir- occ@novascotia. ca.</a>	<a href="http://www.gov.ns.ca/snsmr/access/drivers.asp">http://www.gov.ns.ca/snsmr/access/drivers.asp</a>
Nunavut	Motor Vehicles Division Department of Economic Development & Transportation Box 1000 Station 1575 Iqaluit, NU X0A 0H0	Toll Free: (867) 975-7800	<a href="http://www.gov.nu.ca/programs-services/vehicle-registration">http://www.gov.nu.ca/programs-services/vehicle-registration</a>
Ontario	Ministry of Transportation Licensing Admin. Office 77 Wellesley Street West Ferguson Block, 3rd Floor Toronto, ON M7A 1Z8	(416) 235-2999 Toll Free: (800) 387-3445 Fax: (416) 235-4414	<a href="http://www.mto.gov.on.ca/english/dandv">http://www.mto.gov.on.ca/english/dandv</a>
Prince Edward Island	Prince Edward Island Depart. of Transportation & Public Works PO Box 2000 Charlottetown, PE C1A 7N8	(902) 368-5228 Fax: (902) 368-5236	<a href="http://www.gov.pe.ca/tir/index.php3?number=20138&amp;lang=E">http://www.gov.pe.ca/tir/index.php3?number=20138&amp;lang=E</a>

Province	Mailing Address	Phone Number	Internet Site
Quebec	Societe de l'Assurance Automobile de Quebec P.O. Box 19600, Terminus 333 blvd. Jean- Lesage Quebec, PQ G1K 8J6	Quebec, PQ: (418) 643-7620 Montreal, PQ: (514) 873-7620 Toll Free in PQ: 1 (800) 361-7620	<a href="http://www.saaq.gouv.qc.ca/en/index.php">http://www.saaq.gouv.qc.ca/en/index.php</a>
Saskatchewan	Saskatchewan Government Insurance (SGI), Licensing and Registration Services 2260 11th Avenue Regina, SK S4P 0J9	(306) 775-6900 Toll Free: (800) 667-9868	<a href="http://www.sgi.sk.ca/individuals/index.html">http://www.sgi.sk.ca/individuals/index.html</a>
Yukon	Gold Creek Building (Old Rogers Video Building) Unit A, 2251-2nd Avenue Whitehorse, Yukon Y1A 5W1	(867) 667-5315 Fax: (867) 393-6220 Toll Free: (800) 661-0408 ext. 5315	<a href="http://www.hpw.gov.yk.ca/mv/mvdrlic.html">http://www.hpw.gov.yk.ca/mv/mvdrlic.html</a>
Transport Canada	Transport Canada Tower C, Place de Ville 330 Sparks St Ottawa, ON K1A 0N5	(613) 990-2309 Toll Free: (866) 995-9737	<a href="http://www.tc.gc.ca/eng/road-menu.htm">http://www.tc.gc.ca/eng/road-menu.htm</a>

## ROADWORTHINESS TEST / SAFETY / CAR INSURANCE

Please note that this section is currently being developed. If you have questions, contact us at [MFSE.RigaRemote@cfmws.com](mailto:MFSE.RigaRemote@cfmws.com); we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.

## VEHICLE REGISTRATION

To register a car that was imported from abroad you need to take following steps:

- Pass a roadworthiness test (techninē apziūra).
- Get insurance cover.
- If your car was previously registered in a non-EU country/Norway/Switzerland you will have to get a Certificate of conformity.

For more information you can visit <https://www.renkuosilietuva.lt/en/car-registration/>

## EMISSION STICKER

Emission stickers are not required.

## European Green Zones

Germany (58 zones), France (28 zones), Belgium (3 zones), Denmark (5 zones), and Austria (6 zones) have Green Zones and corresponding stickers. If you will be driving in the Green Zones of those countries, you may need a sticker for your car. You can order a sticker for your vehicle from the links in this website:

<https://www.green-zones.eu/en.html>

## ITEMS IN YOUR CAR

The following items are useful and should be carried in your vehicle:

- o Proof of identity – certified true copy of passport is always best.
- o Proof of Insurance
- o First aid kit (to include 2 pairs of disposable gloves).
- o Warning triangle
- o Reflective vests for any passengers who leave the vehicle; e.g. when stranded by the side of the road. One vest per seat is required
- o A disposable camera or a small digital camera in your accident kit (optional)
- o International Driver's License

### **Traffic Office:**

+CFSUEFE@forces.gc.ca (Traffic Section)

+49 (0) 2451 717 119

+49 (0) 2451 717 136

<http://www.forces.gc.ca/en/caf-community-benefits/relocation.page>

## BIKING/MOPED

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## MOTORCYCLES

Documents you must have with you

- *Driving licence and vehicle registration certificate*
- *ID card or passport (since 26.6.12 it has also been obligatory for children travelling within the EU to have their own identity document.)*
- *International Motor Insurance Card (Green Card) is mandatory.*

It is mandatory to wear a helmet! Only helmets which conform to the ECE 22 standard are approved.

All vehicles must have their headlights on even during the daytime.

Speed limits

- *Within built-up areas: 50 km/h*
- *Outside built-up areas: 90 km/h*
- *Motorway (freeway): 110 km/h*

## PARKING

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## TOLLS

When traveling, be aware of toll costs. To drive on the autoroutes in Switzerland, for example, you require a sticker (called a *vignette*) on your windshield. The vignette is only available as an annual purchase. For Austria, you can purchase a 10-day, 2-month or annual vignette. In France, you will find toll booths on the autoroute. For some you pay a toll to go through the booth, for others you take a ticket and pay when you exit the toll road. The website <https://www.viamichelin.com/> is an excellent resource for calculating toll costs before a trip.

## DRIVING SPEED

- *50 km/h in built-up areas*
- *70 km/h on unpaved or cobblestone roads outside of built-up areas.*
- *90 km/h on asphalt or concrete roads outside of built-up areas*

- *110 km/h on both motorway and expressway during period between 1st of November and 31st of March.*
- *120 km/h on expressway (greitkelis) during period between 1st of April and 31st of October.*
- *130 km/h on motorway (automagistralė) during period between 1st of April and 31st of October.*

## **Speed Cameras**

Lithuania does use speed cameras.

## **SAFETY BELTS AND CHILD SEATS**

It is compulsory to wear seat belts on all seats equipped with a belt.

Children under 12 years are not allowed in the front seats of cars unless there is a child restraint adapted to their size. Children under 3 must be seated in a special seat of an approved design adapted to their size. If the car is equipped with airbags at the front, it is prohibited to place a child in a rear facing seat on the front passenger seat.

## **MOBILE PHONES**

It is prohibited to use a mobile phone while driving without "hands free" equipment.

## **WINTER TIRES**

Winter tyres are compulsory on cars from 10 November to 1 April.

Spiked tyres may be used from 1 November to 9 April. Vehicles with spiked tyres must have a sticker at the rear. This is also strongly recommended for foreign-registered vehicles.

## **ALCOHOL AND NARCOTICS**

The legal limit for drivers is 0.04% alcohol in the blood. For novice drivers (less than 2 years experience) the limit is 0.02%. Breath tests are frequent in Lithuania.



## **ROADSIDE ASSISTANCE / IF INVOLVED IN A CAR ACCIDENT**

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## **BUYING OR SELLING A CAR**

### **Selling a Car**

Whenever your car changes hands, even if only for scrap, and the new owner does not have NATO SOFA privileges, this transaction must **first** be reported to Customs. VAT and /or Customs duties may be payable on the present value of the car. Customs can only assess the present value when they see the car. You can either drive the car to the Customs office, or arrange for Customs to view the car at its present location. If it is no longer movable, there will be an extra fee for this. Customs can levy applicable charges against the seller or the buyer. Who ultimately pays depends on the deal you arrange – preferably in writing – with the new owner.

**Failure to report the sale of your car to Customs, and to report it BEFORE the transaction is complete, is a Customs offence, viewed more seriously if the transaction is never reported.**

In addition to a surcharge on Customs and taxes and detrimental assumptions on the value of your car that may be made in the absence of car and/or paperwork, you also risk prosecution. As Canadians in Europe we must respect host nation law. The other consequence of an unreported sales transaction, especially if car papers are handed over, is that it leaves the door wide open for illegal transactions, such as the shipment of stolen cars across borders. The papers you hand over to a new owner may be used to give a stolen car a new identity, a crime that is widespread since the opening of borders to the former East Bloc countries.

If in doubt, consult with the Traffic Office. This is also where you obtain the correct paperwork to be completed and taken to Customs. Also, check with Traffic when selling your vehicle to a NATO ID Card holder.

# AROUND THE HOUSE

## INTERNET/TELEVISION/MOBILE PHONE

### INTERNET

Lithuania is a heaven of the internet with the fastest public Wi-Fi in the world (Rotten Wi-Fi tests, 2014) and #1 in the EU for fibre-to-premises penetration (Fibre to the Home Council, 2015).

### Internet Providers

#### Baltneta

Internet service provider

Panerių g. 26 · +370 5 274 5444

Open 24 hours

<https://www.balt.net>

#### B4NET - UAB "Internetas Vilniuje"

Internet service provider

A. Goštauto g. 8 - 335 · +370 5 270 6232

<https://www.b4net.lt>

### ***Voice over Internet Protocol (VoIP) Phones***

Several Canadian families have used a VoIP phone, and this is worth investigating **before leaving Canada** (so you can keep your number).

With a VoIP phone, you can keep a Canadian phone number. This has a few benefits. Your family and friends can call you, and you can call them, without overseas long-distance charges. Besides cost, it is also less confusing for people who may not be used to European calling (like elderly parents). Keeping a Canadian phone number also can help when completing online forms, banking, registering on Canadian websites etc. And finally, if you

want to keep a phone number for continuity, you can move a number to a VoIP provider when you move OUTCAN, then move the same number back to a Canadian provider when you return.

Which provider to use? There are several, with varying costs and services. MagicJack and Vonage are two of the big companies, but many other VoIP providers are out there.

## **ELECTRICITY**

Electricity in Europe differs from electricity in Canada, in that the voltage is higher and the frequency is lower. In Canada our electricity is 110V 60Hz, while in Europe, they have 220-230V and 50Hz. Some electronics are not compatible with European power and require transformers, while others are dual voltage and only require a plug adapter.

To find out if an electronic is dual voltage, look for the electronic information on the product. This information is often found on the bottom or back of the product, or on its battery pack. If the input gives a range such as 100-240V 50-60Hz, then the product **is** dual voltage and works with both Canadian and European electricity. If the input does not give a range and only says 110V 60Hz, then it is **not** compatible with European electricity.

### ***Dual Voltage***

If your product is dual voltage, then all you need is a plug adapter in order to use it. Since the product is already compatible with the local electricity, all the adapter does is allow the prongs to fit the electrical outlets. If you use an adapter with a product that is not dual voltage, you will not only damage your product, but you may also cause electrical damage to the building.

Lamps are considered dual voltage; however, you will need to replace the light bulbs with European lightbulbs.

### ***Single Voltage***

If your electronics only says 110V 60Hz, then it is not compatible with European electricity. In order to use it while in Europe, you will need to use a transformer. Transformers convert the local electricity to 110V 60Hz, so you are able to plug devices into it as if you were plugging them into a wall in Canada.



Most electronic devices have a prominent label that looks like this picture. On this device (a camera battery charger), you can see that after "Input" it says "110 - 240 volt", which means that it can be used with any voltage within that range, including the 110 volt standard in Canada or the 220-230 volt standard in much of Europe. All you'll need is a plug adaptor.



On this next label, you can see that this coffee maker is **NOT** dual voltage. It lists simply "120 volts". Other items may say "110" - anything in this range is a standard North American appliance. If you want to use something like this overseas, it will need to be on a transformer



In this final image, you can see that some appliances have a switch for use between higher and lower voltages. This can be used overseas with only a **plug adaptor**, but don't forget to flip the switch!

## Transformers

Transformers are created with different wattage ratings, so you will need to make sure you are using the correct wattage to handle what you are plugging into it.

The total wattage of appliances plugged into the transformer must be less than the wattage rating of the transformer. To find out the wattage of an electronic device, if it's not on the label, you can multiply the voltage of the item by the number of amperes (amps). For example, if the information on an item says 110V 60Hz 1A, you would multiple 110 (voltage) by 1 (amps) to get 110 watts.

There are also websites that have information on the approximate wattage of electronic and household appliances, for example,

- <https://www.wholesalesolar.com/solar-information/how-to-save-energy/power-table>

Research before choosing transformers. If in doubt, buy bigger. Some items (like TVs) need a big surge of power when switched on, so go with three times the wattage (a 500W

appliance might need a 1500W transformer). Items that produce heat (iron, hair dryer) will require more wattage.

Transformers that do not have an ON/OFF switch, or have a switch and are turned on, will consume energy while plugged in, even if you do not have an appliance plugged into them. Therefore, you should always keep your transformers off or unplugged when not in use.

As part of your furniture claim, you can purchase and claim 50% of the cost of up to four transformers.

## UTILITIES

Electricity in Lithuania is 230V. Power plugs have two round pins. The electricity is now universal and there are nearly no service disruptions.

Heating in Lithuania can be especially expensive. The annual "public heating season" is declared by a municipal decree and it is usually longer in kindergartens and hospitals. Given the costs of heating and inability to freely regulate home temperature, this season is nearly always controversial, with many preferring it to be as short as possible while others claiming this would be detrimental to health.

In cities, many homes have centralized gas pipes for kitchens. Others use electricity to prepare food.

Air conditioning has been virtually unknown in Lithuania as late as the early 1990s but now is increasingly believed to be a must in middle-to-upper class public buildings and cars. Few personal homes have it, but the increasingly hot summers make many wishes to consider installing ones.

Lithuanian home owners pay utility bills every month. Typically, every home has hot water, cold water, gas and electricity meters installed. At the end of the month, the owner checks the meter, writes down how much he/she used and pays for such amount based on then-current rates (by bank transfer or at terminals). In case the authorities suspect incorrectly declared usage, they may come to check the meter. In case the utilities are left unpaid, they may be eventually turned off.

Retrieved from: <http://www.truelithuania.com/tag/water-in-lithuania>

## APPLIANCES

*Please note that this section is currently being developed. If you have questions, contact us at [MFSE.RigaRemote@cfmws.com](mailto:MFSE.RigaRemote@cfmws.com); we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.*

## **BEDS**

You should note that sizes of beds and bedding differ between Canada and Europe. It may be helpful to purchase extra bedding prior to your move, or you may find that you have to have it shipped from Canada. If you plan on purchasing a bed while you are in Europe, do your research to ensure you will be able to find bedding that will fit upon your return to Canada.

## **WATER QUALITY**

Lithuanian tap water is among the cleanest in Europe and is perfectly drinkable. This is because 100% of it is taken from abundant underground sources sheltered from human interference.

Follow the link for more information regarding water quality in Lithuania:

[http://waterscape.org/home/vanduo/dw\\_eng/](http://waterscape.org/home/vanduo/dw_eng/)

## **GARBAGE AND RECYCLING**

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# METRIC CONVERSION

## Oven Temperature

275 F = 135 C	350 F = 175 C	425 F = 220 C
300 F = 150 C	375 F = 190 C	450 F = 230 C
325 F = 165 C	400 F = 205 C	500 F = 260 C

## Cup & Spoon Equivalents

COOKING CONVERSION CHART							
Measurement				Temperature		Weight	
CUP	ONCES	MILLILITERS	TABLESPOONS	FAHRENHEIT	CELSIUS	IMPERIAL	METRIC
8 cup	64 oz	1895 ml	128	100 °F	37 °C	1/2 oz	15 g
6 cup	48 oz	1420 ml	96	150 °F	65 °C	1 oz	29 g
5 cup	40 oz	1180 ml	80	200 °F	93 °C	2 oz	57 g
4 cup	32 oz	960 ml	64	250 °F	121 °C	3 oz	85 g
2 cup	16 oz	480 ml	32	300 °F	150 °C	4 oz	113 g
1 cup	8 oz	240 ml	16	325 °F	160 °C	5 oz	141 g
3/4 cup	6 oz	177 ml	12	350 °F	180 °C	6 oz	170 g
2/3 cup	5 oz	158 ml	11	375 °F	190 °C	8 oz	227 g
1/2 cup	4 oz	118 ml	8	400 °F	200 °C	10 oz	283 g
3/8 cup	3 oz	90 ml	6	425 °F	220 °C	12 oz	340 g
1/3 cup	2.5 oz	79 ml	5.5	450 °F	230 °C	13 oz	369 g
1/4 cup	2 oz	59 ml	4	500 °F	260 °C	14 oz	397 g
1/8 cup	1 oz	30 ml	3	525 °F	274 °C	15 oz	425 g
1/16 cup	1/2 oz	15 ml	1	550 °F	288 °C	1 lb	453 g

# EMPLOYMENT

## WORKING FOR MILITARY FAMILY SERVICES (MFS) OR PERSONNEL SUPPORT PROGRAMS (PSP)

If you want to work for MFS and PSP while in Europe, you should bring the following information with you. It will be required to process your file to obtain the required security clearance to work in Europe. Having this information at your fingertips will speed-up the hiring process:

- *Copy of passport, SOFA or VISA stamp (some of those, you will get in Europe)*
- *Another form of government (federal or provincial) photo ID (birth certificate, Driver's Licence, etc.). If Government photo ID is not available a 3<sup>rd</sup> piece of photo ID (such as student ID) must be provided*
- *Five years of resident addresses along with proof (mail, bill, T4, etc.). The dates must be five years from the date of filling out the form back exactly five years from that date (i.e.: 24 Oct 2018 back to 24 Oct 2013)*
- *Proof of relevant education and professional qualifications (transcripts, diplomas, etc.)*
- *Proof of previous employment (back 5 years), (work agreements, T4s, etc.)*
- *Two References (names and addresses at least – reference letters are good to have as well)*

## SPOUSAL/DEPENDENT EMPLOYMENT ASSISTANCE AND EDUCATION

Our Education, Employment and Training Program Coordinator creates and delivers programs such as the Youth Employment Preparation and the Adult Employability Programs. The coordinator also offers employment and training assistance to working age youth and adult family members. These services include; job search information and tools, career related training and programs, and one-on-one employment assistance (resume writing, cover letter, interview skills).

For information regarding education or employment please contact the MFS(E) Education, Employment and Training Programs Coordinator, Caroline Couture at [MFSE.EmploymentEducationTraining@cfmws.com](mailto:MFSE.EmploymentEducationTraining@cfmws.com).



## **JOB POSTINGS**

Civilian employment opportunities are published regularly on the CAF Connection Website:

- <https://www.cafconnection.ca/Europe/Programs-Services/Employment.aspx>

## **LOCAL EMPLOYMENT**

If you are interested in working for a local employer, your SOFA stamp/dependent status does not confer the right to be employed on the economy. This is entirely a matter for the host nation to decide and it is an individual's responsibility to seek permission from local authorities. The host nation embassy in Canada may be able to assist before departure or upon arrival, consult the appropriate department of the host nation government.

## **ADULT EMPLOYABILITY PROGRAM**

If you will be looking for employment when you return to Canada, MFS(E) can help you to be well prepared through our Adult Employability Program. Through participation in a series of virtual workshops, you can receive help creating a strong resume, cover letter and career portfolio as well as learn and practice interview techniques.

## **VOLUNTEERING**

An OUTCAN posting is a good opportunity to get involved with your community. Volunteer work not only helps support other CAF families and provides social networks and personal satisfaction, but it can help build your skill set and improve your resume.

## **YOUTH EMPLOYMENT PREPARATION PROGRAM**

The Youth Employment Preparation (YEP) Program provides real-life workplace training and employment opportunities to the youth of the CAF members and Canadian Forces support personnel posted in Europe. YEP aims to assist youth - between the age of 15 and 24 who are pursuing full-time studies – gain the knowledge, skills and experience to make a successful transition into the labour market. For more information on this program, see:

- <https://www.cafconnection.ca/Europe/Programs-Services/Employment/Youth-Employment-Preparation-Program.aspx>

# EDUCATION

The World Economic Forum in 2016 listed Lithuania as the 3rd best provider of mathematics and science education within the CEE, and as many as 6 schools in Lithuania currently offer the world accredited International Baccalaureate (IB) program.

## SCHOOLS

### International School

#### American International School of Vilnius (AISV)

AISV is a fully accredited school. Their program have been reviewed and validated by two outside agencies - the Middle States Association of Schools and Colleges (MSA) and the Council of International Schools (CIS). AISV is also associated with the United States Embassy and works with the U. S. Department of State and the Office of Overseas Schools. AISV also works closely with the College Board and serve as an Scholastic Aptitude Testing site. Recently, AISV was authorized to offer the IB Diploma Program by the International Baccalaureate Organization.

Curriculum: American, International Baccalaureate

Address: Subačiaus St. #41, Vilnius LT- 11350, Lithuania

Tel: +370 5 212 10 31

Fax: +370 5 264 72 02

Email: [admissions@aisv.lt](mailto:admissions@aisv.lt), [receptionist@aisv.lt](mailto:receptionist@aisv.lt)

Website: <http://www.aisv.lt>

#### Vilnius International School

Vilnius International School provides Lithuanian and expatriate children ages 3 through 16 a rigorous international education that inspires commitment to become learners for life, compassion for the people and environment around them and a sense of responsibility to act for the betterment of the world. In December 2010, Vilnius International School was authorized as an International Baccalaureate (IB) World School. It is the first school in Lithuania to offer the IB Primary Years Programme (PYP).

Curriculum: International Baccalaureate

Address: Address: 3 Rusų Street LT-01125 Vilnius, Lithuania

Tel: +370 5 276 15 64, +370 698 86 218

Website: vischool.lt/

### **British School of Vilnius (BSV)**

Address: Nemenčinės pl. 48,

Vilnius 10104, Lithuania

Tel: +370 52 33 88 55

Email: info@britishschool.lt

Tuition Rates: €2,600 - €5,400 per term

The British School of Vilnius - BSV offers the English National Curriculum to children aged 2 - 7 years old. The school offers a stimulating curriculum with a strong focus on numeracy and literacy.

### **Vilnius Montessori Pre-School (VMS)**

Address: Naujakuriu g. 29

(Antakalnis), Vilnius

Tel: 370 606 38269

Tuition Rates: Inquire at school

An internationally focused Montessori school with programs for ages 3-6, as well as infant programs.

### **Vilnius Lyceum**

Address: Sirvintu gatve 82

LT-08216 Vilnius

Tel: (5) 277-5836

Tuition Rates: Inquire at school

Vilnius Lyceum is a state co-educational day school enrolling students in year 9-12. There is a section for students studying for the International Baccalaureate section. The school is modeled on European gymnasium-type school traditions and offers a rigorous programme, based on national syllabus.

### **L'Ecole française de Vilnius**

Address: 13, Silo gatve

LT - 10317 Vilnius

Tel: (370) 5 276 91 32

Tuition Rates: 10,100 - 13,500 LTL per year

The French school of Montesquieu Vilnius is a private, non-profit international school. The school caters to maternelle to Collège and lycée. Curriculum is approved by the AEFÉ.

### **Saules Gojus**

Address: J. Montvilo 29, Grigaiciai

Tel: (370) 5 248 59 88

Tuition Rates: 1,200 LTL per month

An English, German, and Lithuanian pre-school and primary school.

# IMMUNIZATION

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/lithuania>

## Vaccines and Medicines

Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need.

### All travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

#### **Measles**



- Infants (6 through 11 months old): 1 dose of measles-mumps-rubella (MMR) vaccine before travel. This dose does not count as the first dose in the routine childhood vaccination series.
- People 12 months old or older, with no evidence of immunity (<https://www.cdc.gov/measles/hcp/index.html#immunity>) or no written documentation of any doses: 2 doses of MMR vaccine before travel. The 2 doses must be given 28 days apart.
- People 12 months old or older who have written documentation of 1 dose and no other evidence of immunity: 1 additional dose before travel, at least 28 days after the previous dose.

#### **Routine vaccines**



Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

### Most travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

#### **Hepatitis A**



CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Lithuania, regardless of where you are eating or staying.

### Some travelers

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

#### **Hepatitis B**



You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.

#### **Rabies**



Although rabies can be found in dogs, bats, and other mammals in Lithuania, it is not a major risk to most travelers. CDC recommends this vaccine only for these groups:

- Travelers involved in outdoor and other activities in remote areas that put them at risk for animal bites (such as adventure travel and caving).
- People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers).
- People who are taking long trips or moving to remote areas in Lithuania
- Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.

## **DISTANCE EDUCATION**

*Please note that this section is currently being developed. If you have questions, contact us at [MFSE.RigaRemote@cfmws.com](mailto:MFSE.RigaRemote@cfmws.com); we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.*

## **CHILDREN'S EDUCATION MANAGEMENT (CEM)**

For school-age children and benefits associated with university-aged dependent children studying in Canada, the Children's Education Management Officer for Europe, Nathalie Gagné, should be your first point of contact. Her contact information is: +49 2451 717 164 or [Nathalie.Gagne@forces.gc.ca](mailto:Nathalie.Gagne@forces.gc.ca).

For full information on education OUTCAN, please visit Children's Education Management on CAFConnection.ca

- <https://www.cafconnection.ca/National/Programs-Services/Education-and-Training/Children-s-Education-Management.aspx>

## **SCHOLARSHIP AND BURSARY INFORMATION**

A variety of scholarships and bursaries are available to serving and former Canadian Armed Forces members and their families. These scholarships and bursaries are funded by educational institutions, government partners and charitable organizations and are not administered by MFS(E). More information can be found here:

- [https://www.cfmws.com/en/SupportOurTroops/Programs/Documents/Scholarship\\_e\\_FIN\\_AL\\_25%20Mar%202013.pdf](https://www.cfmws.com/en/SupportOurTroops/Programs/Documents/Scholarship_e_FIN_AL_25%20Mar%202013.pdf)

The European Fund (EF) Academic Program is established to recognize the academic accomplishments of students graduating from high school who are dependents of European Fund Members and to encourage students to continue towards post-secondary studies. All students accepted and attending a recognized post-secondary institution will receive €500.

- <https://www.cafconnection.ca/Europe/Programs-Services/Education-Training/Academic-Scholarship.aspx>

## **POST SECONDARY EDUCATION**

An OUTCAN posting can be an ideal time to continue your education, whether through part-time or full-time studies, working towards a degree or certificate, for professional development or taking a special interest course for fun. Studies can be done in person at local colleges and universities or on-line through a variety of institutions.

If you plan on studying with a local university or college, be aware that Canadians may have to pay overseas (international) student fees and these fees can be double or triple what a local student will pay. Check with the institutions to see if part-time studies lower these fees.

### **Local Institutions**

The Canadian Information Centre for International Credentials (<http://cicic.ca>) can provide you with information related to Canadians studying abroad or returning to Canada with foreign credentials.

If you are looking to continue a degree that you started in Canada, transferring credits or studying on a Letter of Permission from your Canadian university can be challenging due to differences in the educational systems. Do some research into programs available at your local universities and colleges, attend open days, and connect with their international admissions department to see what options are available to you. Your Canadian university may also have information about studying abroad.

If you choose to pursue an educational program locally and intend to use it professionally, you must ensure that it is an accredited program and your diploma/degree will be recognized in Canada. If there is a governing body for your line of work in the province you will be returning to (i.e. teaching, nursing, accounting) you should check with them to determine how they view foreign qualifications. If you plan to continue with higher education upon returning to Canada, you may want to contact the Canadian institution you are interested in attending in order to see how they will assess your foreign education.

Distance learning in your local community may be available; however, if distance learning is your desired method, it may be easier (and cheaper) to go through a Canadian institution.

### **Canadian Institutions**

Many Canadian universities and colleges offer distance education programs. The delivery of these programs can vary based on the institution or field of study, for example, some programs are offered completely online, some may require you to have proctored exams, while others may require you to visit the institution in person periodically.

When choosing a program, it is important to make sure that it is offered through a recognized, authorized, registered and/or licensed educational institution.

To check the current status of an institution you can use the following search tool:

- <https://www.cicic.ca/868/Search-the-Directory-of-Educational-Institutions-in-Canada/index.canada>

For more information on this directory please visit:

- <https://www.cicic.ca/871/Read-more-information-about-the-Directory-of-Educational-Institutions-in-Canada/index.canada>



# ENTERTAINMENT & LEISURE

Tourism Lithuania: <https://www.lithuania.travel/en/>

## FAMILY LIFE AND RECREATION

- [\*Active Recreation\*](#)
- [\*Entertainment in the city\*](#)
- [\*Family tourism\*](#)
- [\*Active recreation events\*](#)
- [\*Traditional holidays\*](#)

Check out the many places to visit in Lithuania - everything from Urban sites, protected UNESCO sites, and ethnographic areas. [Click here!](#)

Lithuanian nature is one of the greatest treasures! With its spectrum of shades of green, the freshness of its clean water, and its captivating landscapes, it seems as if the gifts of Lithuania's nature are inexhaustible for its people and visitors. Enjoy them, while protecting and nurturing Lithuania's greatest treasure.

Check out what nature has to offer: <https://www.lithuania.travel/en/category/nature>

## LOCAL ATTRACTIONS

The Lithuanian National Opera and Ballet (1920) in Vilnius is of international renown. Museums of note include the National Museum of Lithuania in Vilnius, the Trakai Historical Museum (featuring artifacts discovered at the island castle at Trakai), and a war museum in Kaunas dedicated to Vytautas the Great. The Mikalojus Konstantinas Čiurlionis National Art Museum, also in Kaunas, displays the works of the distinguished artist, as well as Lithuanian folk art and other national art. The open-air Rumšiškės Museum of Folk Art, located between Kaunas and Vilnius, includes re-created villages depicting 19th-century Lithuanian life in different regions of the country. Martynas Mažvydas National Library of Lithuania in Vilnius (founded 1919) includes documents dating from the 15th century. Vilnius University's Yiddish Institute (founded 2001) was created to preserve and enrich Yiddish and East European Jewish culture.

Top things to do in Vilnius, Lithuania: <https://www.getyourguide.com/vilnius-l245/>

## CINEMAS

See here for the best cinemas in Vilnius:

<https://theculturetrip.com/europe/lithuania/articles/the-best-cinemas-in-vilnius/>

## CONCERTS

**Upcoming concerts in Vilnius:**

[https://www.songkick.com/metro\\_areas/30842-lithuania-vilnius](https://www.songkick.com/metro_areas/30842-lithuania-vilnius)

**Events in Vilnius:** <http://www.vilnius-events.lt/en/>

## SPORTS & ATHLETICS

Football (soccer) is Lithuania's most popular sport, and the country boasts several professional leagues. Basketball has grown in popularity, and Lithuania's team has excelled in international competitions.

## DINING OUT

Top 10 restaurants in Vilnius, Lithuania:

[https://www.tripadvisor.com/Restaurants-g274951-Vilnius\\_Vilnius\\_County.html](https://www.tripadvisor.com/Restaurants-g274951-Vilnius_Vilnius_County.html)

Best restaurants in Vilnius: <https://www.likealocalguide.com/vilnius/eating>

## Tipping

Tipping is relatively new in Lithuanian culture, with tourists only introducing it in the late '90s. Most Lithuanians will not expect any tip, but their service will almost always deserve a form of gratuity.

**Tipping at restaurants and bars:** The normal 10% tip is appropriate at restaurants. There is no fixed rate; even 20 euro cents is enough tip for some. Bar staff don't expect tips and may even politely refuse if you give them. If there's a tip jar, you may leave some small change. For luxury bars, tip as you would in a classy restaurant.

**Tipping tour guides:** For tour guides, roughly 35Lt (half day) or 75Lt (whole day) should suffice.

**Tipping taxi drivers:** Taxi drivers won't expect a tip, but tipping a small amount for good service is up to your discretion. The best way is to round up the total fare.

**Tipping hotel staff:** Tipping is only expected in top-end hotels that have fairly decent

service. Porters and chambermaids expect a small tip.  
**Good to know:** When in Lithuania, avoid saying 'thanks' (ačiū) after handing the bill if you still want to keep your change. It's an indication that you're not waiting for the change.

Information retrieved from: <https://wonderfulwanderings.com/tipping-in-europe/-lithuania>

## SHOPPING

### Good references to have:

<https://www.arrivalguides.com/en/Travelguides/Europe/Lithuania/Vilnius/shopping>

### Shopping centers:

<https://www.inyourpocket.com/vilnius/shopping/shopping-centres>

### Shopping in Vilnius:

<https://www.lonelyplanet.com/lithuania/vilnius/shopping/a/poi-sho/360117>

### Best Markets in Vilnius:

<https://theculturetrip.com/europe/lithuania/articles/shopping-in-lithuania-the-best-markets-in-vilnius/>

## GENERAL SHOPPING TIPS

### Local Store Hours/Sunday/Holiday Shopping

Vilnius isn't exactly a shopping mecca, but plenty of tourists find that shopping in the old town is pleasurable and interesting. While many of the large shopping centers outside of town are the most popular spots for shopping, Old Town Vilnius is replete with boutiques, souvenir shops, clothing sellers, bookstores, and more.

### Public Washrooms

When you visit a public toilet in Lithuania, never assume that toilet paper will be provided.

## GROCERIES

There are many grocery stores such as Rimi, Iki, Maxima, Norfa and Lidl.

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## GENERAL SHOPPING

### CLOTHING SIZES

#### Women – Dresses

US 6 8 10 12 14 16  
UK 8 10 12 14 16 18  
Poland 38 40 42 44 46 48

#### Women – Shoes

US 5 6 7 8 9 10  
UK 3 4 5 6 7 8  
Poland 35 36 38 39 40 41

#### Mens – Suits

US 36 38 40 42 44 46 48  
UK 36 38 40 42 44 46 48  
Poland 46 48 50 52 54 56 58

#### Mens – Shirts

US 14 15 16 17 18  
UK 34 38 42 46 48  
Poland 36 38 40 42 44

#### Children – Tops & Bottoms

US 4 6 8 10 12 14  
UK 43 48 55 58 60 62  
Poland 125 135 150 155 160 165

#### Children – Shoes

US 9.5 10.5 11.5 12.5 1.5 2.5 3.5 4.5  
UK 9 10 11 12 1 2 3 4  
Poland 27 29 30 31 33 34 35 37

#### Mens - Shoes

US 6.5 7.5 8.5 9.5 10.5 11.5 13  
UK 6 7 8 9 10 11 12.5  
Poland 40 41 43 44 45 46 49

Most shops, restaurants and service providers accept credit cards, but in rural areas you may have to pay in cash.

## **VAT FREE SHOPPING**

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## **LOCAL SERVICES**

### **DRY CLEANING**

You can visit this website for a list of dry cleaners in different cities in Lithuania

<https://www.visalietuva.lt/en/companies/laundry-and-cleaning-laundry-equipment/dry-cleaning>

### **BARBER AND BEAUTY**

There are many barber shops in town all around Lithuania. In Vilnius there's Red Light Barbers, The Chop Barbershop, Hillbilly Barbershop, Barzdaskučiai and many more.

As for beauty, Lithuania has many spas and beauty stores. In Vilnius, for spas there's the Kempinski Spa, Nuad Thai and many more. For more beauty treatment and salons you can visit

<https://www.vilniusplayground.com/vilnius-tips/beauty/what-are-the-best-beauty-salons-in-vilnius/>

### **LIBRARY**

For a list of libraries with English books in Vilnius you can visit :

<https://www.insearchofs.com/blog//2016/05/where-to-find-english-books-vilnius.html>

## **CHILDCARE**

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## **KINDERMUSIK**

Located just past Uzupis, Kindermusik is an English-language daycare and music school that was recently renovated.

<https://www.facebook.com/KindermusikAntakalnis/>

## **PUBLIC DAYCARE**

Public daycares are located across Vilnius, but you must be part of the social system (for example, teachers at the American International School of Vilnius would most likely not qualify) and they are Lithuanian speaking only.

**Here is a great blog about raising children in Vilnius:**

<https://www.insearchofs.com/blog/2017/6/28/everything-for-a-family-to-know-about-living-in-vilnius>

## **PETS & PET CARE**

*Please note that this section is currently being developed. If you have questions, contact us at [MFSE.RigaRemote@cfmws.com](mailto:MFSE.RigaRemote@cfmws.com); we are happy to assist you with your new posting. If you have further information to add, please let us know. We are always open to suggestion.*

Internationals and citizens of the Republic of Lithuania must have relevant documents for the entry of pets into the Republic of Lithuania. Pet owners arriving from EU Member States must carry the passport of their pet which must be of the EU approved unified form certifying anti-rabies vaccination or revaccination. Passports are issued by veterinarians only to some animals such as dogs, cats, polecats and ferrets. Dogs, cats and ferrets must be identified and bear a clearly readable tattoo or a transponder (after 3 July 2011 only transponders will be recognised as identification).

Individuals with pets entering the Republic of Lithuania from third countries must have a veterinary certificate issued by a state licensed veterinarian from the person's country of origin or residence and results of the pet's antibody tests carried out by a state approved laboratory. Antibody tests have to be performed after the anti-rabies vaccination had been administered. Unvaccinated dogs, cats and ferrets under three months of age shall be brought in from third countries only if the epizootic rabies situation in these countries is favourable.

For additional and more detailed information about the admission of pets into the Republic of Lithuania please contact the State Food and Veterinary Service of the Republic of Lithuania.

**State Food and Veterinary Service of the Republic of Lithuania**

Siesikų str. 19, LT-07170 Vilnius

Tel. (8 5) 240 4361, e-mail [info@vmvt.lt](mailto:info@vmvt.lt), code 188601279

<https://vmvt.lt/animal-health/travelling-pets?language=en>

# IN CLOSING

Your posting to Europe may be one of the most memorable postings you will experience with the Canadian Armed Forces. This experience comes from a combination of your outlook on life, your specific location and your family dynamics. While some revel in relaxed weekends roaming their local area, others are perpetually traveling to various locations otherwise too far or too expensive to discover from Canada.

Through it all, MFS(E) is here to assist you to maximize the good times and overcome any bumps along the way. Our focus is on virtual programming, email and telephone contact and on informational mailings. This may be different than what you are used to, but support is very much available to you, and we await your arrival with anticipation.

This Handbook is a special tool designed with you in mind. You may be surprised at the cultural differences upon first arrival. This guide is set in place to assist you in understanding some of the differences.

We have a Military Family Services Europe Facebook page so please take a moment to follow and 'like' the page. It helps get everyone in touch and keep up to date on upcoming events and programs. As this is always a working document and every family's experience is different, we welcome any recommendations to improve this guide. It is your input that helps us to better serve you. We wish you a pleasant posting and we look forward to meeting with you at any of our organized events or programs, or online during one of our virtual programs. Remember we, are only a phone call or email away.

Welcome!

MFS(E) Staff, Advisory Committee & Volunteers



***DISCLAIMER: Due to rules and regulations ever changing, please ensure you do your own research and consult with the resources provided for the most up-to-date policies and procedures before making any assumptions or relying on information provided here as accurate as policies and procedures change and could be different from the time this document was created and updated.  
Thank you for your cooperation and attention in this matter.***



# USEFUL LINKS

<b>CIA World Fact Book (Lithuania)</b>	<a href="https://www.cia.gov/library/publications/the-world-factbook/geos/lh.html">https://www.cia.gov/library/publications/the-world-factbook/geos/lh.html</a>
<b>Travel Advisory (Gov. of Canada)</b>	<a href="https://travel.gc.ca/destinations/lithuania">https://travel.gc.ca/destinations/lithuania</a>
<b>Registration of Canadians Abroad</b>	<a href="https://travel.gc.ca/travelling/registration">https://travel.gc.ca/travelling/registration</a>
<b>Request Emergency Assistance (Gov. of Canada)</b>	<a href="https://travel.gc.ca/assistance/emergency-assistance">https://travel.gc.ca/assistance/emergency-assistance</a> <ul style="list-style-type: none"><li>• <a href="mailto:sos@international.gc.ca">sos@international.gc.ca</a></li></ul>
<b>Taxation outside of Canada</b>	<a href="https://travel.gc.ca/travelling/living-abroad/taxation">https://travel.gc.ca/travelling/living-abroad/taxation</a>
<b>Coping with culture shock</b>	<a href="https://travel.gc.ca/travelling/living-abroad/culture-shock">https://travel.gc.ca/travelling/living-abroad/culture-shock</a>
<b>Tourism Lithuania</b>	<a href="https://www.lithuania.travel/en/">https://www.lithuania.travel/en/</a>

## Emergency Contacts (Government of Canada)

### Email:

- [sos@international.gc.ca](mailto:sos@international.gc.ca)
- [Emergency contact form](#)

### TELEPHONE: FROM OUTSIDE CANADA

- Call the [nearest embassy or consulate](#).
- +1 613 996 8885 (call collect where available)
- [Toll-free numbers in some countries](#)

### From inside Canada (non-passport-related)

- 613-996-8885
- 1-800-387-3124 (toll-free from the U.S. and Canada only)

### **Emergency passport services within Canada (weekends and statutory holidays)**

- 1-800-567-6868 (toll-free from Canada only)

#### **SMS:**

- 613-209-1233 (carrier charges may apply)

#### **TTY:**

- 613-944-1310
- 1-800-394-3472 (toll-free from the U.S. and Canada only)

## **COMMUNITY FACEBOOK GROUPS**

**Embassy of Canada to Lithuania** <https://www.facebook.com/CanadaLithuania/>

**Locals LT** <https://www.facebook.com/locals.lt/>

# USEFUL TRANSLATIONS & PHRASES

## BASIC WORDS, PHRASES AND QUESTIONS

ENGLISH	LITHUANIAN
<b>Yes (formal)</b>	Taip
<b>No (formal)</b>	Ne
<b>Hello</b>	Labas
<b>Good Bye</b>	Iki pasimatymo
<b>Hi</b>	Sveiki
<b>Bye</b>	Viso
<b>Please</b>	Prašau
<b>Thank You</b>	Ačiū
<b>Excuse Me</b>	Atsiprašau
<b>My name is...</b>	Mano vardas
<b>What's your name?</b>	Koks tavo vardas?
<b>Do you speak English?</b>	Ar tu kalbi angliškai
<b>I don't speak Lithuanian</b>	Aš nekalbu lietuviškai
<b>How are you?</b>	Kaip laikaisi?
<b>Would you help me please?</b>	Ar man padėtų?
<b>What time is it?</b>	Kiek dabar valandų?
<b>How much does...cost?</b>	Kiek kainuoja?
<b>Where do I find...?</b>	Kur rasti...?
<b>Where are the bathrooms?</b>	Kur yra vonios kambariai?
<b>Do you have...?</b>	Ar turi...?
<b>Where is...?</b>	Kur yra...?
<b>Could you please talk more slowly?</b>	Ar galėtumėte kalbėti lėčiau?
<b>Could you repeat that, please?</b>	Ar galit tai pakartoti, prašau?

## NUMBERS

English	LITHUANIAN	English	LITHUANIAN
one	Vienas	eleven	Vienuolika
two	Du	twelve	Dvylika
three	Trys	thirteen	Trylika
four	Keturi	fourteen	Keturiolika
five	Penki	fifteen	Penkiolika
six	Šeši	sixteen	Šešiolika
seven	Septyni	seventeen	Septyniolika
eight	Aštuoni	eighteen	Aštuoniolika
nine	Devyni	nineteen	Devyniolika
ten	Dešimt	twenty	Dvidešimt

## PHRASES FOR EMERGENCIES

English	LITHUANIAN
Help!	Pagalba!
Police!	Policija!
Fire!	Ugnis!
Get a doctor!	Gaukite gydytoją!
I am sick.	Aš sergu.

## ORDERING IN A RESTAURANT

English	LITHUANIAN
The menu, please.	Meniu, prašome.
Do you have a menu in English?	Ar turite meniu anglų kalba?
I'd like....	Aš norėčiau...
Could you recommend something?	Ar galėtumėte ką nors rekomenduoti?

English	LITHUANIAN
Another (beer) please.	Kitas (alaus) prašome.
The check, please.	Čekį prašau.
A receipt, please.	Prašom gauti kvitą.
Breakfast	Pusryčiai
Lunch	Pietūs
Dinner	Vakarienė

## HOUSE HUNTING

English	LITHUANIAN
House	Namas
Apartment	Apartamentai
Rooms	Kambariai
Bedrooms	Miegamieji
Living Room	Svetainė
Kitchen	Virtuvė
Dining Room	Valgomasis
Rent	Nuoma
Utilities	Komunalinės paslaugos
Parking	Stovėjimo aikštelė