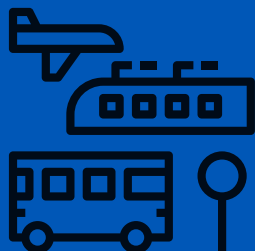


# Practical Guide for Ukrainian Refugees Entering Lithuania

## HOW TO ENTER LITHUANIA

Information in Ukrainian language can be found here:  
<https://migracija.lrv.lt/lt/naudinga-informacija/ukraina-ukrayina-ukraina-ukraine/informatsiia-dlia-gromadian-ukrayini>  
Or contact Migration Department by phone +37052717112 or email [info@migracija.gov.lt](mailto:info@migracija.gov.lt)



## TRANSPORTATION FROM BORDERS

Transportation from borders is organized by the Ministry of Transport and Communications. Please contact by phone +37052393999 or by email: [logistikaua@sumin.lt](mailto:logistikaua@sumin.lt)  
Ukrainians who can provide their ID can travel for free by train in Lithuania. More information:  
<https://www.traukiniobilietas.lt/portal/info/Ukraina>

## FIND THE ACCOMMODATION



Find free accommodation in Lithuania:  
<https://stipruskartu.lt/ua/form-ua-help/>

## HEALTH INSURANCE

Ukrainians are guaranteed emergency medical care, prenatal care, childbirth, and other essential level health care services, which, if not provided, could lead to a deterioration of health to the point of requiring emergency medical services. Health Insurance Funds can be contacted by email: [info@vfk.lt](mailto:info@vfk.lt) or phone +37052322222. Also, free Covid-19 vaccination is available for all Ukrainian refugees. Registration: +37066011808.



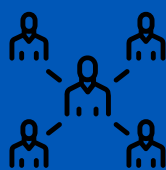
## FOOD AND CLOTHES

Food can be provided by Maisto bankas. More information to be found here:  
• <https://www.maistobankas.lt/important-information-for-ukrainians/>  
The Order of Malta also offers food and clothes for Ukrainians: More information can be found here: [www.maltieciai.lt](http://www.maltieciai.lt) or by phone +37060023220. Caritas of the Vilnius Archdiocese (humanitarian aid): Kalvarijų str. 39, Vilnius, ph. +37067324225, e-mail: [kulturunamai@vilnius.caritas.lt](mailto:kulturunamai@vilnius.caritas.lt)



## HARM REDUCTION SERVICES

**Demetra** (HIV testing and harm reduction supplies) address: Vilnius, Kauno g. 6, [demetra@demetra.lt](mailto:demetra@demetra.lt); +37068710655  
**Support foundation "RIGRA"** can provide information on HIV treatment, harm reduction supplies and OST services. Address: Kaunas, Partizanų st. 5, [fondas.rigra@gmail.com](mailto:fondas.rigra@gmail.com) +37068717462, +37067593566  
Registration to OST clinic +37052137274



## PSYCHOLOGICAL SUPPORT

Free psychological support for Ukrainians:  
Please call +37052711244 or  
Use [www.manodaktaras.lt](http://www.manodaktaras.lt) for free video call.  
**Lithuanian Red Cross** offers humanitarian aid, information and also restoration of family ties. Address: Juozapavičiaus st. 10A, Vilnius, ph. +37052127322, e-mail [info@redcross.lt](mailto:info@redcross.lt), [www.redcross.lt](http://www.redcross.lt)



## OPIOID SUBSTITUTION TREATMENT

For the OST treatment for Ukrainians contact The Centre for Addictive Disorders. Contact person: [ausra.sirvinskiene@rplc](mailto:ausra.sirvinskiene@rplc) or [emilis.subata@rplc.lt](mailto:emilis.subata@rplc.lt); +37052137274  
Methadone and Buprenorphine both are compensated by the state for Ukrainian nationals.



## ANTIRETROVIRAL THERAPY

For assistance with accessing ART contact:  
**Demetra**, address: Vilnius, Kauno g. 6, [demetra@demetra.lt](mailto:demetra@demetra.lt); +370 687 10655  
**Support foundation "RIGRA"**. Address: Kaunas, Partizanų st. 5, [fondas.rigra@gmail.com](mailto:fondas.rigra@gmail.com) +37068717462, +37067593566

