



Health and Sports Centre

SPORTS:

- University students can join a team in their preferred sport (there are about 300 students taking part in the VU combined sports teams, 22 teams in total) and can actively participate in sports activities – to train and represent the University at various levels of competition. Experienced coaches work with the students.
- Since 2000, the annual Rector's Prize competition has been organised, in which students and teams from the University faculties take part in interfaculty competitions, competing in 10 sports disciplines every year.
- Various tournaments and activities also take place every year on the initiative of the students.

PARTNERSHIPS:

- HSC is a member of the Lithuanian Student Sports Association and has been an active member of the European Network of Academic Sports since 2013. This is an extensive network of local and foreign partners for promoting participation in sport events and developing joint projects.



PROMOTING COMMUNITY HEALTH:

- Members of the community have the opportunity to play sports individually, as well as in groups and remotely, at three sports venues located in Vilnius and in halls, playgrounds and stadiums.
- In cooperation with the University departments, HSC carries out local initiatives to promote healthy habits: “Health Corners” have been established, while exercise sessions (jointly and for separate departments) are organised live or remotely, during conferences and other events.
- In addition, summer sports camps for children of the VU community are held every year on “Health Day”.
- The Health Laboratory offers free individual health consultations to VU students and employees, live or remotely, which include psychological health and physical therapy assessments, as well as consultations with VU HSC trainers and volunteers.
- The “Development and Implementation of Effective Models for Promoting Physical Activity in the Workplace” research project is being implemented with the aim of developing an effective and systematic model for promoting physical activity in the workplace, to form movement and emotional good habits both at work and in one’s personal life, and to encourage people to notice the connections between the body and the mind.
- “The Mind Body Boost” project, which is focused on mental and physical health programmes for young adults, is being implemented in cooperation with 8 partners from 6 European Union countries.