



For Life 2026 | English Audio
Live English interpretation for the “For Life 2026” event in Lithuania

<https://t.me/forlife2026en>

HOW TO LISTEN TO THE LIVE ENGLISH INTERPRETATION

English interpretation will be broadcast live through Telegram during the “For Life 2026” event. Please prepare your phone before the event.

1. INSTALL TELEGRAM

If you do not use Telegram yet:

- Open Google Play on Android or the App Store on iPhone.
- Search for “Telegram”.
- Install the official Telegram app.
- Open the app and create an account using your mobile phone number.
- Confirm your number with the verification code sent to you. Please complete this before arriving at the event.

2. JOIN THE ENGLISH AUDIO CHANNEL

Open this link: <https://t.me/forlife2026en>

Tap “Join” to join the channel.

3. ENTER THE LIVE STREAM

The live audio stream will appear at the top of the channel shortly before the event.

- Tap “Live Stream”.
- Tap “Join”.
- Increase the media volume on your phone. You do not need to enable your microphone to listen.

4. LISTENING WITH HEADPHONES

Headphones are strongly recommended.

- For wired headphones: connect them to your phone.
- For wireless headphones: keep Bluetooth on and make sure the correct headphones are connected.

5. LISTENING WITHOUT HEADPHONES

If you are not using headphones:

- Turn Bluetooth off. Otherwise, the sound may be sent to another connected device, such as wireless headphones, a car or a speaker.
- Tap the “Speaker” button in the live stream.
- Increase the media volume. Without “Speaker” mode, you may hear the interpretation only through the small earpiece used for telephone calls and would need to hold the phone close to your ear.

6. IF YOU CANNOT HEAR THE INTERPRETER

Please check the following:

- Increase “Media volume”, not only ringtone volume.
- Turn Bluetooth off if you are not using wireless headphones.
- Tap “Speaker” if listening without headphones.
- Disconnect any unwanted audio device.
- Leave the live stream and join it again.
- Make sure you have a stable mobile-data or Wi-Fi connection. A crossed-out microphone icon next to your name is normal. It only means that you are a listener and cannot speak. It does not mean that your sound is turned off.

Please bring: 🎧 Headphones 📱 A charged phone 🌐 Mobile internet access