## Content

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>3</td>
</tr>
<tr>
<td>ISM University of Management and Economics</td>
<td>4</td>
</tr>
<tr>
<td>Studying in ISM</td>
<td>5</td>
</tr>
<tr>
<td>Student organizations</td>
<td>11</td>
</tr>
<tr>
<td>Living in Vilnius</td>
<td>17</td>
</tr>
<tr>
<td>Leisure time in Vilnius</td>
<td>22</td>
</tr>
<tr>
<td>Discover Lithuania</td>
<td>30</td>
</tr>
<tr>
<td>Get Your First Lithuanian Knowledge!</td>
<td>36</td>
</tr>
</tbody>
</table>
Welcome to ISM!

Thanks for choosing ISM University of Management and Economics for your exchange!

The present guidebook should help you during your first days at ISM University and in Lithuania. It includes practical information which should provide answers to questions about accommodation, transport and administrative steps, and we hope it will make it easier for you to find your place among ISM students.
ISM in a Nutshell

ISM University of Management and Economics was established in 1999 as the first privately owned University in Lithuania. The main founders of ISM are the BI Norwegian Business School, the largest business school in Europe, and the Innovation Norway (former Norwegian Industrial and Regional Development Fund).

Campus in Vilnius
Arklių Str. 18, 10305
Vilnius, LITHUANIA

ISM Today:

- The first private university in Lithuania
- Doctoral, graduate and undergraduate studies
- ISM Executive School - master of management studies and trainings
- Over 2,000 students + 4000 Alumni
- International Quality Accreditation and ECTS label
- One of the TOP 200 business schools in EDUNIVERSAL global ranking since 2007
- Exchange and double degree programmes at over 100 universities worldwide
- More than 200 students from 37 countries
Where to begin?
Remember you signed the Learning Agreement? So you will be registered for classes that you have chosen automatically.

You will get your personal login and password to the systems that you will need to use during the studies. Logins will be delivered during the Orientation week. If you are not able to come to the seminar, you should come to the International office upon your arrival and collect your information package right there.

During the Orientation week the Seminar with the Studies department will be held during which you will be able to do the changes to your Learning agreements. You will be handed out the timetables and in case any of the subjects you have chosen overlap one another, you will be able to do the changes then. The study managers will be there to answer all your academic questions.

Getting started at ISM University of Management and Economics

**International office:**
ISM
Arklių str. 18
Building I, ground floor
Room 105
e-mail: international@ism.lt

Admission hours:
10.00 – 12.30
14.00 – 16.00

International office will help you with any practical matters

**Studies department:**
ISM
Building I, 3rd floor
Room 312

Admission hours:
09.00 – 12.00

Studies department will help you regarding academic matters: doing changes to your Learning Agreements, registering for courses, exams, etc.
E-mail system - http://mail.stud.ism.lt, where you will receive all information pertaining to studies (when you log in to this system, you must enter login@stud.ism.lt, where login stands for the login name provided to you). Please note that this is the only email, where ISM will send all information regarding your studies at ISM.

E-learning system - http://elearning.ism.lt, where you can view all the courses you will be taking and other information pertaining to studies (to log in to this system, you must enter the login name and password provided to you).

Student self-service portal - https://my2.ism.lt, where you can view your personal information (with an opportunity to edit certain fields), grades and timetables. And you can also order your personal references, transcripts and other academic certificates to be prepared for you.

Helpdesk - http://helpdesk.ism.lt, where you will be able to refer any problems or questions to ISM staff.

ISM computers in computer labs, study rooms and at the library.

Also, join Facebook groups:
ISM International students
ESN ISM

It’s basically your new homepage for a while:
www.ism.lt/exchange

Don’t forget your ISM login and password!
Please note library working hours:

**Monday - Thursday**, 9 AM to 9 PM.
**Friday** 9 AM to 6 PM.
**Saturday**, 10 AM to 5 PM.

Get the books, use the reading rooms, find films and use the online databases - if you need any help in getting around the ISM library, contact the librarians: **biblioteka@ism.lt**

---

**Career Center**

Are you interested in a job or an internship in Lithuania?  
**Go to the Career center for a consultation!**  

During consultations students will be able to:

- Discuss their career development opportunities;
- Review and adjust their curriculum vitae and cover letter;
- Prepare for a job interview;
- Discuss the opportunities of internship and job search;
- Evaluate job or internship proposals.

Consultations are available for all ISM students and graduates.  
Arrange a consultation via e-mail **karjeroscentras@ism.lt**.
ACADEMIC INFORMATION

ACADEMIC CALENDAR

AUTUMN SEMESTER
Introduction week
First week of August
Autumn semester
September 1 - January 30
including examination period

SPRING SEMESTER
Introduction week
First week of February
Spring semester
February 8 - June 30
including examination period

COURSES

Most of ISM programmes are given entirely in english, thus exchange students have plenty of courses to choose from.

STUDY LANGUAGE - English.

COURSE LOAD - 6 ECTS per course; maximum 30 ECTS per semester can be chosen.

GRADING - 10 point scale; cumulative grading.

Lithuanian language intensive course is organized for incoming students during the introduction week and throughout the semester if 10 students or more register to the course.

Academic calendar and information on courses can be found at www.ism.lt/courselist

IMPORTANT INFORMATION FOR STUDENTS

From 2016 ISM introduces Course blocks.
Exchange students have to choose one block of courses and then choose courses only from that particular block.

Please see:
www.ism.lt/courselist

Students can choose up to 5 courses per semester no more than 30 ECTS.

There are quotas of how many exchange students can take a particular course. The quotas will be used on the first come, first served basis.

Graduate students take 1 course at a time - 3 weeks classes are followed by 1 week of exam preparation and exam talking. Master students have classes in the evenings and/or on Saturdays.

Graduate students can also choose Undergraduate level courses, however courses have to be chosen from one block.

Course description can be found:
www.ism.lt/ects

*If students have trouble finding the courses they need to study in one block, please contact us directly international@ism.lt

Supported by: Erasmus+
www.ism.lt/exchange | international@ism.lt | Tel. +370 5 249 9099 | ERASMUS code: LT VILNIUS 25
HAVE SOME SPARE TIME?
Visit ISM Students’ Lounge on the top floor of Building I. Grab the key at the reception on the ground floor.
Exchange Student Representation

If you face any problems or have questions concerning absolutely anything – you are always more than welcome at the ISM SA (Student Association) or ESN ISM.

**ISM SA**

Organization representing students of ISM University of Management and Economics room 104, Building I, Vilnius (turn right after entering) ismsa@ismsa.lt

Find us on Facebook: http://www.facebook.com/ismsa

**ESN ISM**

ESN ISM is a part of Erasmus Student Network, which is the biggest student organization in Europe. ESN ISM aims to help exchange students to integrate in Lithuania, introduce them to the culture and history, organizes various events and trips. ESN ISM also provide international students with BUDDIES - lithuanian students who are always ready to help.

If you want to contribute to the international growth of ISM University, get in touch with us through ism@esnlithuania.org or Facebook ESN ISM.

Have any questions? You can always contact your Buddy!
Students Clubs at ISM

ISM Politics Club
ISM Politics Club – a famous and popular group of students which seeks after academic progress, raises political knowledge at university and proclaims the name of ISM University of Management and Economics. Politics Club is popular among students who are interested in current political news. The club is open to discussions – here students can share their opinions, insights and positions. It helps students to understand, analyze and contemplate current news, events and attitudes towards sore political problems. ISM Politics Club organizes discussions, debates and seminars. The club mission is to gather congenial ISM students in order to increase their interest in politics.
Contact us: www.facebook.com/ism.politika

ISM Research Club
This club involves not only students, but also lecturers. Its vision: ISM researchers who have strong social research expertise and are leaders in Lithuania. Its mission is to help to develop ISM academic community’s research expertise.
Contact us: tomas.sabaliauskas@ism.lt.

ISM Basketball Club
ISM Basketball team has been active for two years already. Each year we compete in two leagues: in the 2nd Students League and in the Vilnius City “Sostinės” League. If you want to join us, all we ask is a will to play! ISM basketball club is friendly, full of harmony and connects students from the first year to postgraduates. Being a part of the basketball club let’s not only to have an active lifestyle, but also to meet different students and fit in the ISM more easily. Like other clubs we also have our “teambuilding” which unites, motivates and prepares the team for matches in a basketball court.
Contact us: karolis.bielskis@gmail.com
Debating Club

One of the most important principles of the debates - understanding that no one cannot have irrefutable approach.

ISM Debate Club aims to develop presentational, rhetoric and reasoning skills of the members in the discussions on the most topical and contradictory events, and expand horizons by looking into politics, economics, international relations, morality, philosophy and other subjects.

Training sessions take place every week in the internationally recognized British Parliamentary Debating format in English. ISM Debate Club also participates in national and international tournaments. ISM debates were winners of the National debate tournament in 2012 and finalists of Trinity IV 2013 (ESL), MRU IV 2012 and Red Cross Cup 2012.

Contact us: debates@isma.lt

Voicity

Can’t imagine your life without music?
Singing all the time and not only in a shower but also on your way to university?
Want to have fun with a group of singing friends?
Wish to feel the pleasant thrill every time you’re stepping on the stage and seeing happy people in front of you?!

If to any of these questions you answered “yes” the ISM Vocal ensemble “VOICITY” is waiting for you!

Find us on Facebook or just write us here: juste@sakalyte.lt

Our exchange student Kamila from Czech Republic has also joined the choir in spring and this is her experience: „Choir singing is part of my life and when I came to Lithuania I was sad for not going to be able to sing for whole semester. When I realized there is a choir at ISM, I wanted to contact them to see what they are doing and maybe join them. Juste, the conductor, replied that I can come and try. So I did and it turned out like the best idea! The choir is small, but full of nice people. Juste is energetic and enthusiastic person and all together they share the joy of what they are doing. I have learnt so much from them about energy and singing on microphone, even just in 5 months. I am really happy I could be part of Voicity. Because I have found true friends there. And this was the best part“.
ISM Rowing Club

ISM rowing club membership allows you to regularly attend rowing practices in Vilnius rowing base (Olimpiečių g. 15) with an experienced coach and represent our university in Lithuanian (or even international) student rowing championships.

So we appeal to all the boys and girls who:
1. had attended the rowing practices before,
2. had not attended, but want to try,
3. have a desire to exercise not only to build muscles, but also to master one of the Olympic sports and represent our university in competitions.

With an invitation to join the ISM rowing club.

Do not hesitate if you are interested!

ISM rowing team is inviting everyone who is no stranger to active lifestyle. It doesn’t matter if you are not even sure what rowing is or you already achieved something in this field – rowing team is waiting for you as long as you want to learn how to row! The team practices 3 times per week in a rowing center of Vilnius. When it is warm enough, they practice in the river of Neris or Galves Lake in Trakai town.

Participation fee is 8 €/month.
E-mail: irklavimas@ismsa.lt
Mobile: +370 662 73042

AIESEC in ISM

AIESEC is the largest youth organisation in the world, having branches in over 110 countries worldwide. The vision of the organisation is the realisation of human potential. For this purpose, members of AIESEC not only participate in the global education programme but also put theoretical knowledge into practice, constantly participate in international AIESEC conferences, and improve themselves in the company of their peers.

Contact us: www.facebook.com/aiesec.in.lithuania
Transport System

1. The closest bus stops from ISM Vilnius are Bazilijonu and Rudninku. You can find all the routes and timetables at http://www.marsrutai.lt/en or download the app:

   Maršrutai app **for Android**:  
   Maršrutai app **for iOS**:  

2. You should also buy a Vilnius Public Transportation card. Vilnius card can be purchased at ticket sales points, marked with an official sign of Vilnius card:

   - Kiosk “Lietuvos spauda”, “Narvesen”;
   - In ME “Susisiekimo paslaugos” Customer Care Center, at Gediminas ave. 9A, Vilnius.

3. **M.Ticket app**  
   App M.ticket is a very convenient app where you can buy, keep and use your public transportation tickets. More information:  
   http://m-transportas.lt/lt/m-transport/m.Ticket/

4. **InterCity Bus Timetables**:  
   www.autobusustotis.lt/en  
   **Train Timetables**:  
   www.litrail.lt  
   **Booking a Taxi Online**  
   (or through an App):  
   www.etaksi.lt/en/book-taxi-online  
   **Maps of Lithuania**: www.maps.lt

---

Support by: [Erasmus+]
www.ism.lt/exchange | international@ism.lt | Tel. +370 5 249 9099 | ERASMUS code: LT VILNIUS 25

Find out more at https://e.vilniusticket.lt/

More information: http://m-transportas.lt/lt/m-transport/m.Ticket/

From now on you can also get a ride with Uber!  
Just download an Uber APP.

---
Students Discount Cards

You will have the chance to make your own ISIC card at ISM at ISM Library

Please have your ID and 10 Euros in cash

Benefits
- Up to 50% discount on the Lithuanian public transport, plus various other discounts. For more information please see www.isic.org
- Various discounts in all the EU countries. For information about benefits and where to get the card please see www.esnlithuania.org

Currency - EURO

Currency Exchange

Please note that most banks are open on weekdays until 17:00 or 18:00 only. However, banks located in large shopping centres are open at weekends.

Currency Exchange Spots
Open Round the Clock

Citadelė bankas
(Geležinkelio St. 6),
next to the Railway Station

Medicinos bankas (Mindaugo St. 11),
shopping centre „MAXIMA XXX”

PLEASE NOTE
that it is illegal to consume the alcohol in public places. The local police is very strict about it.

Suported by: Erasmus+
www.ism.lt/exchange | international@ism.lt | Tel. +370 5 249 9099 | ERASMUS code: LT VILNIUS 25
Public Holidays

**January 1**  
New Year’s Day. Naujieji metai

**February 16**  
The Day of Restoration of the  
State of Lithuania (1918)  
Lietuvos valstybės atkūrimo diena

**March 11**  
Lietuvos nepriklausomybės atkūrimo diena

The first Sunday after the full moon that occurs on or soonest after 21 March and following Monday  
**Easter**. Velykos

**May 1**  
International Labor Day  
Tarptautinė darbo diena

First Sunday in May  
**Mother’s Day**. Motinos diena

First Sunday in June  
**Father’s Day**. Tėvo diena

**June 24**  
St. John’s Day [Christian name],  
Day of Dew [original pagan name]  
Joninės, Rasos

**July 6**  
Statehood Day  
Valstybės (Lietuvos karaliaus Mindaugo karūnavimo) diena

**August 15**  
Assumption Day  
Žolinė (Švč. Mergelės Marijos ėmimo į dangų diena)

**November 1**  
All Saints’ Day.  
Visų šventųjų diena

**December 24**  
Christmas eve. Šv. Kūčios

**December 25 and December 26**  
Christmas
Accommodation

At the moment ISM can offer accommodation in Vilnius at a few dormitories:

Need accommodation for the first days of your arrival?

**Corner Hotel**
Adress: T. Ševčenkos Str. 16, Vilnius
http://www.cornerhotel.lt/

**Downtown Forest Hostel**
There are 10 living places for foreign students
Adress: Paupio Str. 31A, Vilnius
http://www.downtownforest.lt/

**Fabrika Hostel**
http://www.fabrikahostel.com/

**Jamaika Hostel**
http://www.vilniushostel.eu

---

The biggest real estate website
www.aruodas.lt

Facebook group* IknowaflatinVilnius
Facebook group* ieškau kambarioko Vilniuje
Facebook group* Erasmus Vilnius searching flatmates 2015\2016

Suported by: [Erasmus+](http://www.ism.lt/exchange) | international@ism.lt | Tel. +370 5 249 9099 | ERASMUS code: LT VILNIUS 25
Leisure time in Vilnius

**Shopping**

- **Gedimino Ave. 9**
  www.go9.lt/en
  Bus stop: Vinco Kudirkos aikštė

- **Ozo Str. 25**
  www.akropolis.lt/en/vilnius
  Bus stop: Šeškinės kalvos

- **Ozo Str. 18**
  www.ozas.lt/en
  Bus stop: Licėjus

- **Saltoniškių Str. 9**
  www.panorama.lt/en
  Bus stop: Panorama

- **Konstitucijos Ave. 7A**
  http://www.pceuropa.lt/
  Bus stop: Europos aikš

- **IKEA**
  Vikingų g. 1, Vilnius
  http://www.ikea.com/lt/lt/
  Bus stop: Vikingų

- **Hales Turgus**
  (Hales market)
  Pylimo g. 58
  Big market to buy fresh vegetables, meat and other products just a minute away from ISM.
  Open every day, except Mondays
  07.00 - 15.00
  http://www.halessturgaviete.lt/en/

**Cinemas**

- **Skalvija**
  Goštauto 2/15, Vilnius
  www.skalvija.lt

- **Pasaka**
  Šv. Ignoto g. 4/3, Vilnius
  kinopasaka.lt

  In the shopping centre “Akropolis”
  Ozo Str. 25
  www.forumcinemas.lt

- **Savanorių Ave. 7**
  www.multikino.lt

  In the shopping centre “Ozas”
  Ozo Str. 18
  www.multikino.lt

**Support by:**

[European Union Logo] Erasmus+

www.ism.lt/exchange | international@ism.lt | Tel. +370 5 249 9099 | ERASMUS code: LT VILNIUS 25
Sports

Running
Vingis Park (M. K. Čiurlionio Str. 100) is the most popular spot for runners and is situated in an easily accessible location. Beautiful nature and plenty of historical heritage sites to witness while running. Renting of bikes, longboards and rollerskates is also available. 

Tennis
Teniso namai, Radvilaitės 6 C
http://tenisonamai.lt/court/vilniaus-berardinu-so-do-teniso-aikstynes/

Go karts
(In the Shopping centre “Ozas”) Ozo Str. 18

Fosbol (table football)
“Foosin”
Olimpiečių Str. 3
Tournaments, lessons and a place to enjoy an evening with friends.
http://foosin.org/place/foosin-stalo-futbolo-klubas/

Bowling
Barbacan Bowling
Bokšto Str. 19/Šv. Kazimiero Str. 12

Adventures in trees
Lizdeikos Str. Antakalnis district, Vilnius city
+370 602 32366
Uno park offers design, construction and management of adventure parks: 400 m long zipline, obstacles, flight over the river Neris, elephant swing and much more.
vilnius@unoparks.lt

Bernardine Gardens
Maironio Str.
Free admission. Open daily 7:00 – 22:00

Impuls
Vienuolio str. 4
www.impuls.lt

Fit Life Gym
Mindaugo str. 14B
http://fitlife.lt/en/

Power Gym
Raugyklos str. 15
http://www.powergymclub.lt/

Mairam Yoga
Augustijonų str. 3
http://mairamyoga.lt/en

Swimming pools:

Impuls Gym
Savanorių av. 28
http://www.impuls.lt/klubai/savanoriu-pr-28-vilnius/

LVJC
Konstitucijos av. 25

Unsupported by: Erasmus+

Supported by:

www.ism.lt/exchange | international@ism.lt | Tel. +370 5 249 9099 | ERASMUS code: LT VILNIUS 25
Hospitals and clinics

Emergency Telephone
For emergencies, please call 112

Information Hotline
For information about anything in Lithuania at any time of the day or night dial +370 700 55118
or 118

Centro Poliklinika, Pylimo Str. 3, Vilnius
General Public hospital
http://www.pylimas.lt/

Sauletekio klinika, Antakalnio str. 38, Vilnius
General clinic which can help you with the primary consultations
http://www.sauletekioklinika.lt/

Medical diagnostic and treatment centre.
Private clinic. Grybo str. 32A, Vilnius
http://www.medcentras.lt/

Pharmacy 24 / 7
Eurovaistinė
Ukmergės Str. 282, Vilnius
BENU
Žirmūnų Str. 64, Vilnius

If you are having any health problems and you find it complicated finding the right medical institution or doctors speaking English, please always contact the ISM International office, we will do the best we can in order to help you and make you feel better.

Counselling:
Whenever you are having some troubles or issues, ISM International office is here to help. Please do not hesitate to come and have a talk with us.

Or you can contact the national service called Youth line (Jaunimo Linija in Lithuanian) here:
http://www.jaunimolinija.lt/lt/pagalba/pagalba-laiskais/
International Church

Worship in English at The International Church
Interdenominational community based in the Evangelical Lutheran Church
Vokiečių gatvė 20, Vilnius
(Enter through the archway, back to the second archway under the steeple.)
9:30 every Sunday
Jim Wagner, Pastor
+370 636 35565, mzeewagner47@icloud.com
www.vilniuschurch.org

Also available:
Catholic Mass in English 9:00 every Sunday
Maironio gatvė 10, Vilnius
@ The St. Francis of Assisi (Bernardine) Roman Catholic Church with the Franciscan Friars (OFM)
http://www.bernardinuparapija.lt/mass-in-english

Some More Useful Websites:

www.likeablelithuania.com
Discover Lithuania and it’s loveliest places.
www.inyourpocket.com/vilnius
Your best Vilnius guide.
Facebook group „Foreigners in Vilnius”
A mix of nationals and internationals discussing loads of practical things related to living in Lithuania.

Suported by: www.ism.lt/exchange | international@ism.lt | Tel. +370 5 249 9099 | ERASMUS code: LT VILNIUS 25
Places that have Lunch deals around ISM:

- **Bix Bar**
  Etmonų str. 6
  http://www.bix.lt/

- **Artistai Pub**
  Kazimiero str. 3
  http://artistai.lt/

- **Gusto Blyninė**
  Aušros Vartų g. 6
  http://www.gusto.lt/

- **Indie bar**
  Pilymo str. 23

- **Kitchen**
  Didžioji str. 11
  https://www.facebook.com/kitchenvilnius

Cafes and restaurants:

**Pizza:**
- Jurgis ir Drakonas
  Pilymo str. 22 D
  http://jurgisirdrakonas.lt/en/
- Don Simon
  Gedimino av. 2A
  https://www.facebook.com/pages/Don-Simon-picos-nama/630503136971085

**Burgers:**
- Pulled pork burgers: Keule Rūkė
  Pilymo str. 66
  https://www.facebook.com/keule.ruke?fref=ts
- Le Butcher
  Mėsinių str. 3
  https://www.facebook.com/lebutcher.lt?fref=ts

**Best Mexican:**
- Yucatan
  Pilymo str. 2/6
  https://www.facebook.com/yucatan.restoranas?fref=ts
- Salsa
  Naugarduko str. 12

**Best Asian Fusion:**
- Brsiuly
  Islandijos str. 4
  https://www.facebook.com/briuslybar?fref=ts

Traditional Lithuanian:

- Leičiai
  Stiklių str. 4
  https://www.facebook.com/AlineLeiciai
- Foto Dvaras:
  Plies str. 16
  http://fortodvaras.lt/

Fine dining:

- Sweet root
  Užupio str. 22
  http://www.sweetroot.lt/
- Dine
  Gedimino av. 35

Stebuklai:
- Gynėjų str. 14
  https://www.facebook.com/stebuklai.restoranas?fref=ts

Vegan and vegetarian:

- Raw42
  Rudininkų str. 12
  https://www.facebook.com/Raw42?fref=ts
- Vieta
  Ignoto str. 12
  https://www.facebook.com/pages/Vieta/278543675500878?-fref=ts
Leisure time in Vilnius

Bars and Pubs

**The Piano man bar**  
Islandijos str. 1  
https://www.facebook.com/Piano-ManBar?fref=ts

**Gringo pub**  
Vilniaus str. 31  
https://www.facebook.com/gringo-pub?fref=ts

**Dėvėti pub**  
Sody str. 3  

**Bukowski bar**  
Visų Šventųjų str. 7  
https://www.facebook.com/bukowski-pub?fref=ts

**In Vino bar**  
Aušros vartų str. 7  
https://www.facebook.com/INVINO-baras?fref=ts

**Floor bar**  
Vilniaus str. 33/4  
https://www.facebook.com/floor-bar?fref=ts

**Beer library**  
Trakų str. 4  
https://www.facebook.com/alausbiblioteka?fref=ts

**King and Mouse whisky bar**  
Trakų str. 2  

**Cafe de Paris**  
Didžioji str. 1  

**Špunka pub**  
Užupio str. 9  
https://www.facebook.com/pages/%C5%A0punka-Pub/462343780480954?fref=ts

**Live music:**

**Loftas**  
Švitrigailos str. 29  
https://www.facebook.com/loftasvilkas?fref=ts

**Liverpool Indie/Rock bar**  
Gynėjų str. 14  
https://www.facebook.com/liverpoolbar-lt?fref=ts

**Tamsta club**  
Strazdelio str. 1  
HAVE SOME SPARE TIME?
Visit ISM Students’ Lounge on the top floor of Building I. Grab the key at the reception on the ground floor.
Leisure time in Vilnius

Culture and arts

The Republic of Užupis
The district is inhabited by various artists and has been compared to Montmartre in Paris and to Freetown Christiania in Copenhagen, due to its bohemic and laissez-faire atmosphere. On April 1, 1997. You can find galleries, street art, lots of cafes and restaurants and boutiques in Užupis.

Visual Arts

National Gallery of Art:
NGA (NDG In Lithuanian) is a contemporary, multifunctional centre for art and culture. This is a space for active communication where the audience can see the permanent exposition and temporary exhibitions as well as participate in cultural events, lectures and educational programmes.
Konstitucijos av. 22

Užupis Art Incubator:
Alternative arts incubator hosting international postmodern exhibitions
Užupio str. 2
http://www.umi.lt/en/

Contemporary Art Centre
CAC (ŠMC In Lithuanian) Exhibition Hall, Cinema and a cafe, representing postmodern art
Vokiečių str. 2
http://www.cac.lt/en

Classical and Jazz Music

Lithuanian National Philharmonic Society
Aušros Vartų g. 5
http://www.filharmonija.lt/en/home.html

Lithuanian National Syphonic Orchestra
Vilnius str. 6
http://www.lvso.lt/en

Vilnius Jazz Festival
Various places
http://www.vilniusjazz.lt/

Theatre

Arts printing house:
Theater, performances and art festivals
Siltadarzio str. 6
http://www.menuspaustuve.lt/en/

The National Opera and the Ballet Theater
Classical and modern opera and ballet
Vienulio str. 1
http://www.opera.lt/en/

Museums

Valdovų Rūmai
In the reconstructed historical Palace of the Grand Dukes of Lithuania there are various exhibitions representing history and culture of Lithuania.
Cathedral sq. 4
http://www.valdovurumai.lt/en

The Museum of the Genocide Victims:
The museum is situated in the former KGB building, where the crimes of the Soviet regime were planned and executed for fifty years. Visitors can visit: the former KGB prison, the premises where death sentences were implemented, modern exhibitions telling about the loss of independence in the middle of the 20th century, repressions by Soviet authorities, and the self-sacrificing and persistent fight for independence.
Aukų str. 2A
http://www.genocid.lt/muziejus/en/#
Discover Lithuania

Places To Visit

Kernavė
The ancient capital of pagan Lithuania based on the picturesque bank of the River Neris. There are five hill-forts unique in the Baltic States. The site has exceptional evidence of Pagan and Christian funeral traditions. Exceptional testimony to the evolution of human settlements in the Baltic region and Europe over the period of some 10 millennia.

Vilnius Old Town
One of the largest surviving medieval old towns in Northern Europe. It has preserved an impressive medieval layout and nature setting. Vilnius old town is UNESCO Europe’s largest baroque old town taking area of 3.95 square kilometers. There are approximately 40 churches of which St. Anna’s Church is a Gothic masterpiece mentioned in Napoleon’s letter to his wife.

Curonian Spit
The spit is a peninsula that separates the Baltic Sea and Curonian Lagoon in a slightly concave arc for 98 kilometers from the Kaliningrad peninsula to the old town of Klaipėda. The beaches in Nida and Juodkrantė fly the Blue Flag year after year. The blue Flag is a privilege of those beaches and piers only which satisfy the requirements of the International Foundation of Environmental Education. The most important thing about Spit’s cultural heritage is represented by old fishing settlements. The earliest of these were buried in sand when the woodland cover was removed.
Trakai Historical National Park

This park covers an area about 8,200 ha which includes more than 32 lakes. Trakai castle is situated on an island in the middle of lake Galvė. It is one of the most visited historical-architectural monuments in Lithuania. Trakai is famous for its picturesque landscape, was a cradle of the Lithuanian statehood, it was an important military and political center, headquarters of the Lithuanian Grand Dukes and the capital of Lithuania.

Druskininkai

Druskininkai is a year-round SPA resort surrounded by a natural forest reserve. Druskininkai offers a wide variety of health treatments and it is famous for its natural mineral spring waters. Here are several worth-seeing sights like Grūtas Park, woodcarvers’ parks, one of the biggest Aqua-parks in Europe as well as snow arena.

Hill of Crosses

There are about 200,000 crosses made of everything from wood to metal. You can hear uniquely beautiful music produced by wind blowing through the forest of crosses and hanging rosaries. Crosses appearing on the hill become a symbol of resistance to the communist regime as KGB twice bulldozed a hill. It is a national Lithuania pilgrimage center. Pilgrims arrive at all times of day and night to pray to God.
Šaltibarščiai / Cold Borscht

Borscht is an authentic Lithuanian cold beet soup. It is traditionally made with Kefyras (kefir). It has live bio-cultures like yogurt, which makes it quite a healthy soup. It is stuffed with chopped radishes, cucumbers and flavored with dill, scallions and parsley. The soup has a rich pink color and the natives serve it with a side of hot boiled potatoes.

Vėdarai / Blood sausage

Vėdarai might be known as a potato filling sausage in some countries, but Lithuanians prefer home made ‘kraujiniai’ vėdarai (blood sausage). It is a type of sausage made by cooking pig blood together with barley filling and using fresh intestine. This type of vėdarai were usually made on the day of pig slaughter and were eaten as a delicacy after a long day.

Juoda duona / Black Rye Bread

Rye bread is one of the oldest and most fundamental Lithuanian food products. Two types of bread are traditional: plain fermented and scalled. Rye bread is eaten for every breakfast, lunch and dinner. This traditional recipe is the most popular in Lithuania. It is made using scalled sour-dough, which matures for several days before it is baked, giving it a unique flavour.

Šakotis

Šakotis - traditional spit cake. It is a cake made of butter, eggs, flour, sugar, and cream, cooked on a rotating spit in an oven or over an open fire.
Cepelinai / Zeppelins

Cepelinai also known as Didžkukuliai is the most famous Lithuanian dish. It would be a sin not to try cepelinai at least once. Cepelinai are big round balls made of raw or cooked potatoes that are typically stuffed with meat, mushrooms or dried curd.

Midus / Mead

Midus is a type of Lithuanian mead, an alcoholic beverage distilled from grain, honey and water.

Trauktinė / Strong Herbal Vodka

Trauktinė is a strong herbal vodka. It is also used as traditional medicine. ‘Trejos devynerios’ (‘999’), steeped with 27 different herbs, is one of the best known.

Lithuanian microbreweries:

Dundulis beer: http://dundulio.lt/en/
Raudonų plytų beer: http://raudonuplytu.lt/
Hope to see you soon!

The Church of St. Teresa
The Church of Aušros vartai
Subačiaus str.
Aušros vartų Str.
The Church of the Holy Trinity
The Lithuanian National Philharmonic
Pasažas
Arklių Str.
ISM Innovation Base
ISM UNIVERSITY OF MANAGEMENT AND ECONOMICS

Supported by:
Erasmus+

Hope to see you soon!