

Lithuania

Rich heritage, diverse, vibrant landscapes, delicious cuisine; an unforgettable wellness destination.

Discover Lithuania's restorative power amongst the deep sapphire lakes and broad emerald forests. From ancient spa rituals to modern treatments, find harmony and rejuvenation in this Baltic gem.

Health and Fitness Travel Insider

"Lithuania offers a peaceful haven for your mind and soul, the gorgeous panoramic views, the tranquil atmosphere; it is a truly mesmerizing place."

Paul Joseph, Founder

Travel Logistics

Passport

Before flying make sure to check that your passport has plenty of time before it expires. Your passport must be machine readable, have two blank pages and be valid for at least 180 days at the time of your visa application.

Your passport will need to be valid for at least 6 months from your day of arrival in Lithuania. However, we always recommend leaving at least 6 months validity on your passport. It must also be issued less than 10 years before the date you enter the country.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/lithuania/entry-requirements>

Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

Less than 90 days: Citizens of the UK entering Lithuania and the Schengen Area can stay up to 90 days within any 180-day period without a visa. Most other nationalities can also do the same. To see if you are eligible for visa free entry on arrival or for a tourist and transit visa on arrival check here:

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

More than 90 days: If you choose to stay more than 90 days you should apply for a visa before you travel. We advise applying for your visa at least one month in advance of your holiday to allow room for error. To extend your stay you will need to meet the Lithuanian government's entry requirements. Check with the Lithuanian Embassy for the type of visa or work permit you may need.

You can apply for your travel visa here: <https://uk.mfa.lt/uk/en/>

Flights

From the UK: please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to Lithuania from the UK has a total flight duration of around 2 hours 40 minutes. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

From other countries: please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).



Location

Time Difference: GMT +2

Capital City: Vilnius

Currency: Euro (EUR)

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

Airport

There are several airports in Lithuania that you can fly directly to from the UK: **Vilnius International Airport (VNO)**, **Kaunas International Airport (KUN)**, **Palanga International Airport (PLQ)**. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

It is not common to tip porters in Lithuania, but it is still appreciated for good service. Tipping Taxi Drivers is not mandatory either, but it is common practice to do so if there is a high fare. But it is up to you whether you would like to or not.

Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/destinations/europe-russia/lithuania>

The standard of local medical care can be poor, and some medical tests can't be done reliably. Good medical care can be very expensive and in remote areas attention for serious injuries or illness is likely to be unavailable. You may require expensive medical evacuation costing up to tens of thousands of pounds. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

Language

The majority of people, estimated to be 80% of the population, speak Lithuanian in Lithuania. Here are some useful phrases in Lithuanian:

Basics		Food and Drink	
Hello	Sveiki	Could I have...?	Ar galejau...?
How are you?	Kaip laikaisi?	Water	Vanduo
Fine	Gerai	Tea	Arbatą
Thank you	Ačiū!	Coffee	Kavą
Never mind	Nieko tokio!	Beer	Alų
What's your name?	Koks jūsų vardas?	Milk	Pieną
My name is...	Mano vardas yra...	Iced water	Ledinis vanduo
Sorry/excuse me	Atsiprašau	Noodles	Makaronai
I can't speak	Aš negaliu kalbėti	Fish	Zuvį
Indonesian	indoneziečiai	Prawn	Krevetes
Can you speak English?	Ar galite kalbėti angliškai?	Egg	Kiaušinis
Do you understand?	Ar suprantate?	Rice	Ryziai
I don't understand	Aš nesuprantu	Fruit	Vaisius
Where is the toilet?	Kur yra tualetas?	Very delicious	Labai Skanu
How much is it?	Kiek tai kainuoja?	I don't want	As nenoriu
What's the time?	Kiek laiko yra?	Not too spicy	Ne per aštrus
Very expensive	Labai brangu Paskyrimas,	No sugar	Be cukraus
The bill please	prašom		
See you later	Iki pasimatymo		
Goodbye	Viso gero		

Numbers		Directions	
One	Vienas	I want to go...	Aš noriu eiti...
Two	Du	Where is...?	Kur yra...?
Three	Trys	Turn left	Pasukite į kairę
Four	Keturi	Turn right	Pasukite į dešinę
Five	Penki	Go straight	Eikite tiesiai
Six	Šeši	Stop here	Stokite čia
Seven	Septyni	Slow down	Sulėtinkite
Eight	Aštuoni	Be careful	Būkite atsargūs
Nine	Devyni		
Ten	Dešimt		
Twenty	Dvidešimt		
Thirty	Trisdešimt		
Forty	Keturiasdešimt		
Fifty	Penkiasdešimt		
One Hundred	Šimtas		
One Thousand	Tūkstantis		

Places

Airport	Oro uostas	Police Station	Policijos stotis
Bus station	Autobusų stotis	Hospital	Ligoninė

Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

Police: 112

Ambulance: 112

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.