

When in Vilnius,

Be sure to check out the must-visit spots loved by members of the Lithuanian Dance-Movement Therapy Association!

Kava Tau

Kava Tau is a cozy coffee spot on a hill, offering a stunning panoramic view of the city. It's tucked away near the forest, in a really peaceful area.

Loreta Tiagun recommends



Agnė Petkutė-Budrienė recommends



MO Museum

I've never missed a single exhibition at MO Museum – it's a must-visit for any modern art lover. Their exhibitions are immersive and really speak to all your senses. If you want to experience art that moves you, MO is the place.

Vigita Rakauskienė recommends



Georgian House restaurant

Guests can enjoy a variety of traditional Georgian dishes made from the freshest ingredients. From the beloved khachapuri to melt-in-your-mouth khinkali and flavorful eggplant rolls – every dish is crafted with love and skill. Skanaus!

Sweet Love

If you're in Vilnius, make sure to stop by Sweet Love café at Totorių 3.

It's run by the Hare Krishna community, and you can really feel the warmth in both the atmosphere and the food. The interior is lovely, the service is super friendly, and everything is made with heart. Their desserts are especially amazing, and the pizzas and salads are both creative and tasty.

Ramunė Andrijauskė recommends



Restaurant GREY

I recommend to have dinner or a drink at GREY restaurant to feel city atmosphere after a busy conference day.

Inga Urbonė-Celebi recommends



Ragainė Baltik Shop and Baltic Shamans

These are two little cute souvenir shops in old town where you will find locally made handicrafts.

Three words to describe these stores: quality, roots, sensations. That must be a sufficient reason for the dance movement therapists



Užupis district – walk from the biggest bohemian attraction Užupis Art Incubator by the Vilnia river to the wonderfully lush Kūdry park all the way up to the local favourite Paupys market with the wide selection of food and drinks available. If I wanted something more low-key, I would stop by the Downtown Forest Hostel&Camping.

Psst! There are hammocks there and live music, if you are lucky.



Žvėrynas district and Vingis park – grab a cup of coffee at Espresinė and cross the coziest district in Vilnius with lots of wooden architecture – Žvėrynas. I used to live there for a few years and enjoyed every minute of it. Vingis park is where I had my first (and very successful!) date. How can I recommend it more? Nature lovers, don't miss it!

Gedimino Avenue

I love early mornings in Vilnius – especially with a cup of coffee on a quiet Gedimino Avenue. There's something magical about hearing the silence in the very heart of the city.



Solveiga Zvicevičienė recommends

Kamilė Pundziūtė recommends



Street "Surfing"

Living in Vilnius for more than two decades I fell in love with quite a few things this magic city has to offer. My favorite stays "surfing" the streets of the old town of Vilnius.

It goes like this:

Set off from a convenient location and follow your intuition on each corner whether you should turn left, right or keep walking straight. You might end up exploring an intricate system of cute and cosy yards inside the street blocks of old town. Confidently follow your curiosity!

Curious to learn more about Vilnius?

Check

www.govilnius.lt

for more recommendations