

Lithuania

Presentation by Paul Pacter

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Republic of Lithuania

Lithuanian: Lietuvos Respublika

– Short Form: Lietuva

Was named Lithuanian Soviet Socialist Republic **while occupied by the USSR 1940-41, 1944-1990.**

– Soviet annexation of Lithuania not recognized internationally.



Located on the Baltic Sea.

Area: 25,212 sq mi (about size of West Virginia).

Border countries:

- Latvia 281 miles.
- Belarus 312 miles.
- Poland 57 miles.
- Russia 141 miles.

Baltic Coastline 67 miles.



Climate

Affected by Baltic Sea.

- Humid continental climate.
- Wet, moderate winters.

Average temperatures on the coast:

- 35°F in January.
- 64°F in July.



Elevation

No significant mountains.

- Highest point: 965 feet.
- Mean elevation: 361 feet.

Terrain

- Lowland.
- Small lakes.



Capital: Vilnius.

City Center is UNESCO World Heritage site.

Time: UTC+2
(Eastern Europe).

Flag: Adopted
April 25, 1918.



– Independence from Russia.

Population (2026 est)

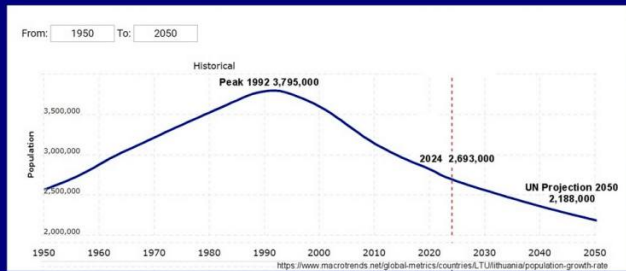
Lithuania 2,797,338

Largest Cities:

Vilnius	607,842	<i>Capital</i>
Kaunas	302,874	
Klaipeda	160,082	
Siauliai	111,018	
Panevezys	84,392	

<https://worldpopulationreview.com/cities/lithuania>

Lithuania's population has been declining steadily since 1992. Projected to continue.



News 2020.10.05 17:57

LRT FACTS. Is Lithuania the world's fastest-shrinking country?



Jurga Bakaitė, LRT.lt
2020.10.05 17:57

<https://www.lrt.lt/en/news-in-english/19/1246361/lrt-facts-is-lithuania-the-world-s-fastest-shrinking-country>

A few headlines
2020

Lithuania faces deepening demographic crisis as birthrate falls by third in decade

Slightly more than 30,000 children were born in Lithuania a decade ago, but almost 11,000 fewer births were recorded last year, according to reports

Necva Tastan Sevinc

19 November 2025 • Update: 19 November 2025

<https://www.aa.com.tr/en/europe/lithuania-faces-deepening-demographic-crisis-as-birthrate-falls-by-third-in-decade/3747829>

2025

Birth rate in Lithuania falls to 'all-time low'

The number of children born in Lithuania has reached an all-time low, media reports say.

<https://www.theguardian.com/world/2025/10/05/birth-rate-in-lithuania-falls-to-all-time-low>

updated 10/05/2025, 04:53

2025

Ethnic Groups: (2024 est.)

- 83% Lithuanians.**
- 6% Poles.**
- 5% Russians.**
- 2% Belarusians.**
- 2% Ukrainians.**
- 2% Others.**

**Plus
53,379
refugees
from
Ukraine
(March
2026)**

Languages:

Official: Lithuanian.

Primary language at home:

- Lithuanian 86%.
- Polish 6%.
- Russian 8%.

*Good morning
= Labas rytas*

Roughly 80% of young people speak at least some English.

Median age (2024 est):

- Total: **45.1.**
- Male: **40.9.**
- Female: **49.2.**

*Median (total)
in 1990 was 25.1.*

Median Age USA (2024):

- Total: **39.2 years.**
- Male: **38.1.**
- Female: **40.5.**

Alcohol consumption per capita:

- Fourth Highest in the world!
- Latvia #2. Czech Rep #3.

Also high tobacco use:

- 32% of adults #20 (out of 164 countries) in the world.
- US 23%.

Miscellany:

Education Expenditures: 4% of GDP (USA 6.1%).

Literacy: 99.8% both men and women.

Internet Country Code: .lt

National Airline: None.

Government:

"Semi-presidential" republic:

President Gitanas Nausėda.

Prime Minister Ingrida Šimonytė.

Semi-presidential means both the President and the Prime Minister have certain executive powers and both report to the legislature.

Head of State: President.

- Directly elected by people.
- 5- year term.

Responsibilities:

Foreign affairs, national security, military commander-in-chief. Appoints Prime Minister and Cabinet.



President Gitanas Nausėda. Since 2019.

Head of Government: Prime Minister.

- Appointed by President.
- Then approved by Parliament.

Responsibilities:

Chief executive officer of government.



Prime Minister Mindaugas Sinkevičius Since July 2026

Unicameral Parliament called Seimas

141 seats:

- 71 directly elected by constituencies.
- 70 directly elected in a single nationwide constituency.



10 Parties

4-year terms.

A Few Key International Memberships:

EU.
IMF.
NATO.
Schengen Convention.
Eurozone. €
UN.
WTO.



Gross Domestic Product Lithuania 2023 World Bank

Nominal: \$77.8 billion.

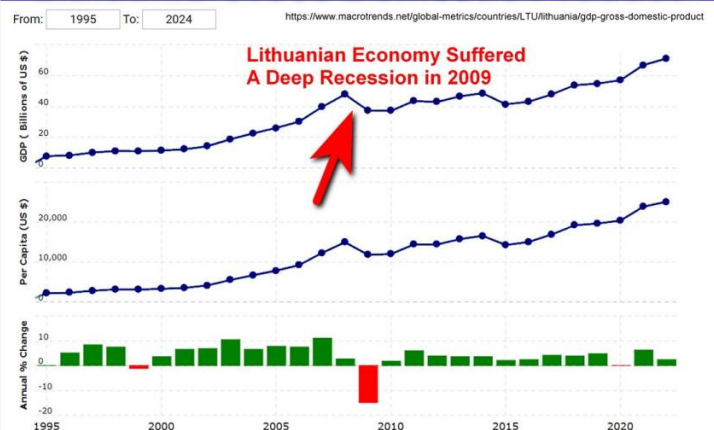
PPP Adjusted: \$132.7 billion.

Per capita:

Nominal: \$18,214.

PPP Adjusted: \$46,210.

Lithuania Gross Domestic Product



History - 1

1236: Lithuania united by King Mindaugas.

By the end of the 14th century: Lithuania was the largest state in Europe.

1569: Lithuania and Poland formally united into a single state, the Polish-Lithuanian Commonwealth.

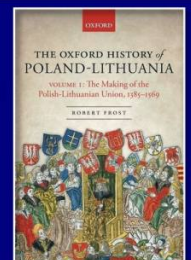
History – 2

1569-1795: Commonwealth of Poland and Lithuania.

By early 17th c:

Commonwealth covered 400,000 square miles, population 12 million.

- Polish and Latin co-official languages.
- Catholicism state religion.



Polish-Lithuanian Commonwealth - 1619



History - 3

1795: Conquered by Russian Empire, which then controlled Lithuania until WWII.

1918: Lithuania regained its independence after World War I.

1940: USSR annexed it – an action never recognized by the US and many other countries.

History - 4

1941-1944: Nazi control.

1944-1990: Soviet control again.

1990: Lithuania became the first of the Soviet republics to declare its independence.

2004: Joined NATO and EU.

2015: Joined Eurozone.

WWII – Ghetto and Holocaust

Before Holocaust: Between 210,000 and 250,000 Jews in Lithuania.

90% murdered by Nazis.

– **Mass executions June – December**

1941: Killed 80% of Jews.

– **Ghetto period 1942 – March 1943:**

43,000 Jews forced into ghettos.

– **Final liquidation April 1943 – July**

1944: Only a few thousand Jews were left to be liberated in the end.

Lithuania's Last 100 Years – Postage Stamps



Exploring Vilnius, Lithuania

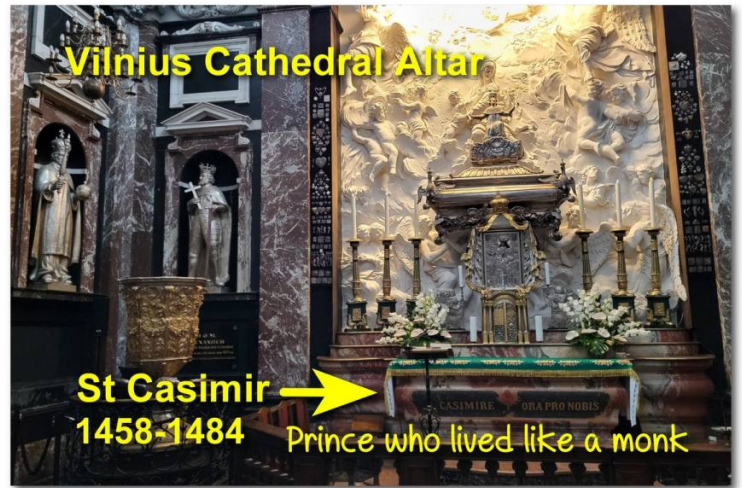
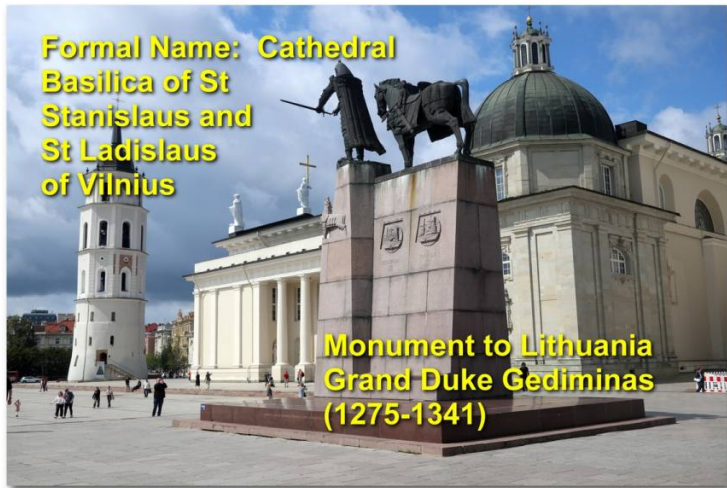


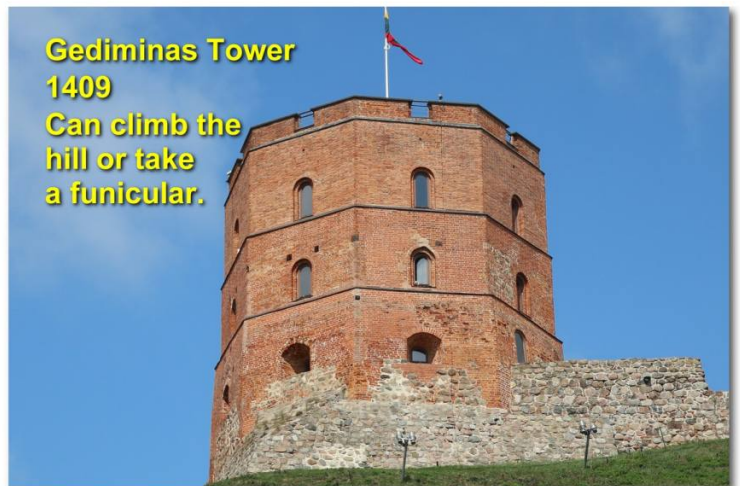
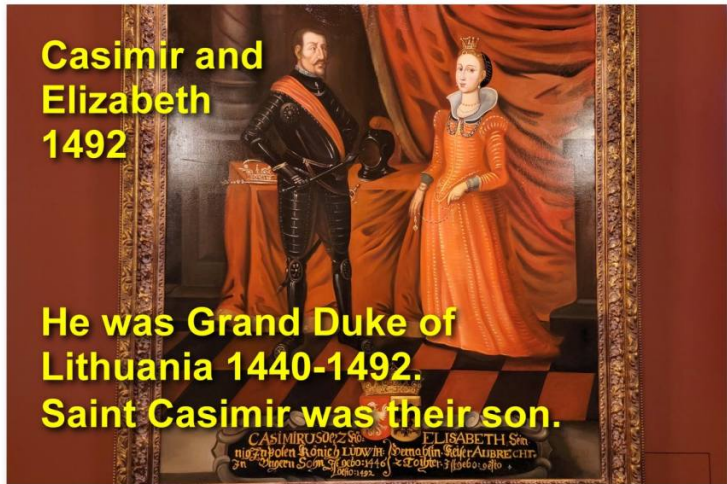
Vilnius Cathedral

1783

Lithuania's patron saint St. Casimir rests in the Cathedral Basilica.





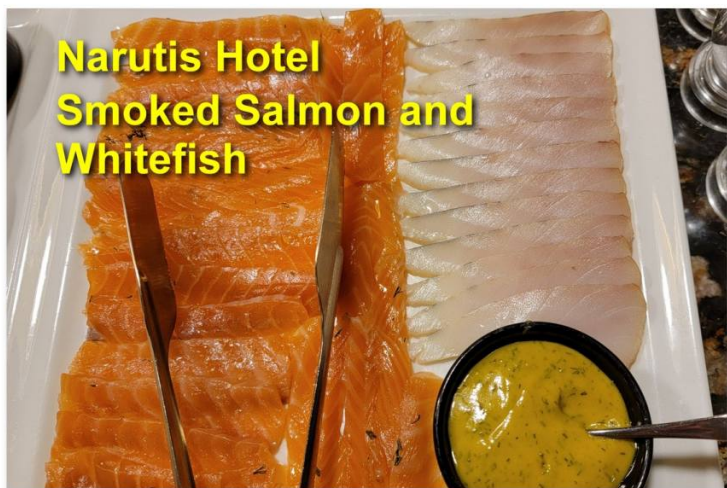




Narutis Hotel
On main walking street in Old Town.
Highly recommended.



Narutis Hotel
Breakfast Buffet
In 16th c Cave Basement



Narutis Hotel
Smoked Salmon and
Whitefish



Narutis Hotel
Cheese Blintzes



Narutis Hotel Breakfast
Herring



Pilies Street
Main walking street in Old Town



Lithuanian Food on Pilies Street
Borscht, Stuffed Cabbages, Potato
Pancakes, Chicken Livers, Pork Shank

Shared starter, two main dishes,
two drinks - about US\$40 for two



Etno Dvaras Lithuanian Restaurant
On Pilies St (Main St
in Old Town Vilnius)

"Our dishes certified by the
Culinary Heritage
Foundation meet three
main requirements:
– Dishes are historical,
known for at least 100
years.
– They are made from
Lithuanian products.
– Using old production
technologies."

Menu Summer 2024, Etno Dvaras Lithuanian Restaurant



Astorija Hotel - 1901 Old Town - Vilnius

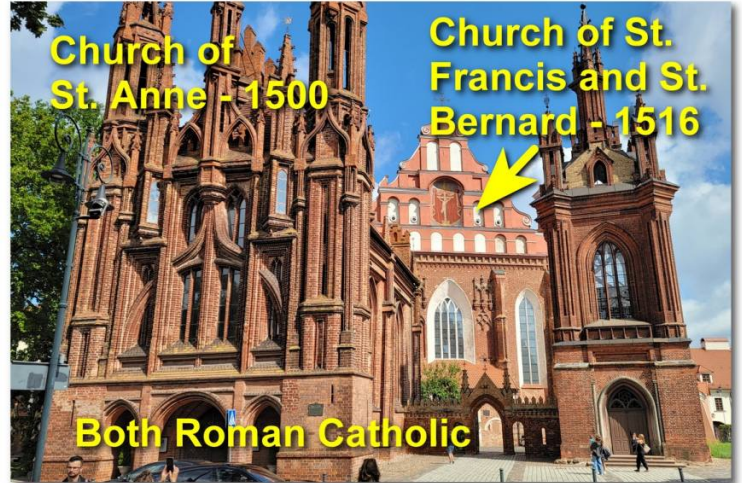


Palace Hotel Old Town - Vilnius



Church of St. Anne - 1500

Church of St. Francis and St. Bernard - 1516



Both Roman Catholic

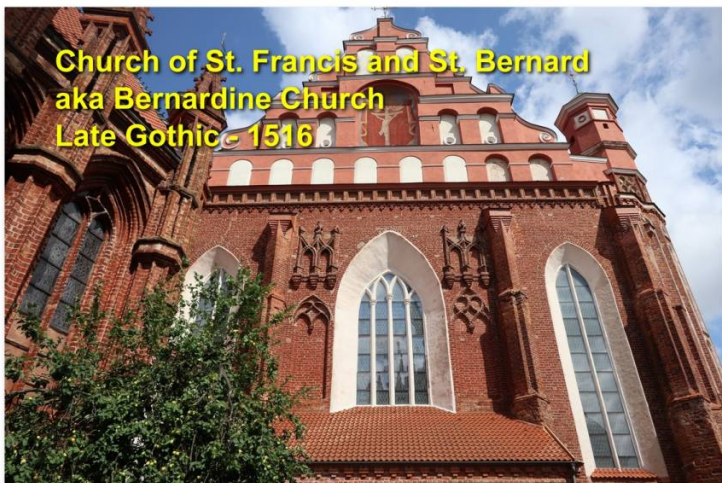
Church of St. Anne Flamboyant Brick Gothic 1500



Church of St. Anne 1500



Church of St. Francis and St. Bernard aka Bernardine Church Late Gothic - 1516



Church of St. Francis and St. Bernard 1516 - Altar





**Museum of Occupations
and Freedom Fights
Former KGB Building**

**Everywhere
in Vilnius**



**Museum of Occupations
and Freedom Fights**



**Museum of Occupations
and Freedom Fights
Former KGB Prison Cell**



**Museum of Occupations
and Freedom Fights**

**Former KGB
Execution Room**



**Memorial to Lithuanians
Killed by Russians During
the Soviet Occupation**



**University of Vilnius
Founded 1579
Today 24,000 students**



**University of Vilnius
Founded 1579
Today 24,000 students**



**St Michael's Church - 1625
Now a Heritage Museum**







Lithuanian National Museum of Art
Lithuanian Paintings, Drawings,
Sculptures from the 14th century
onward.



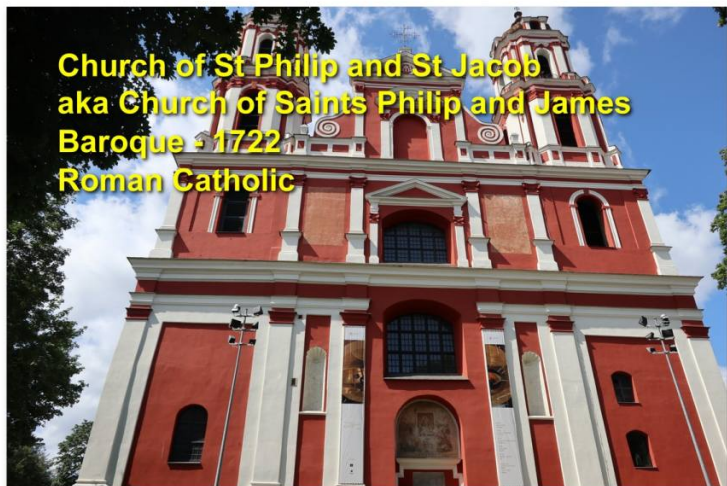
**Lithuanian National
Museum of Art**



Lithuanian National Museum of Art



**Lithuanian National Museum
of Art**



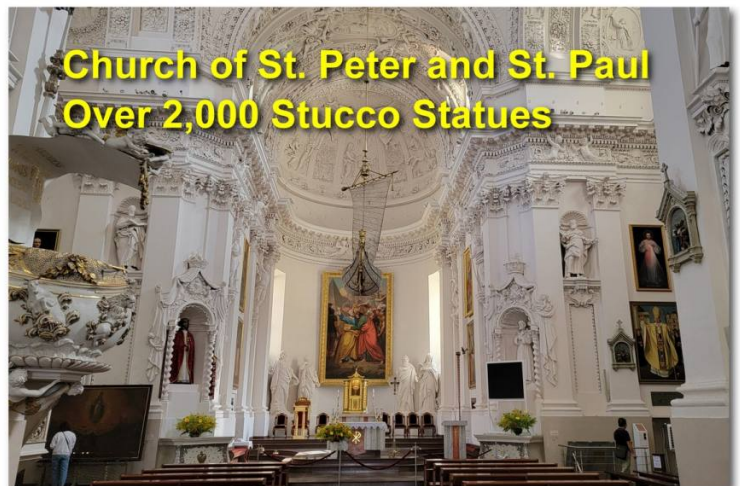
Church of St Philip and St Jacob
aka Church of Saints Philip and James
Baroque - 1722
Roman Catholic



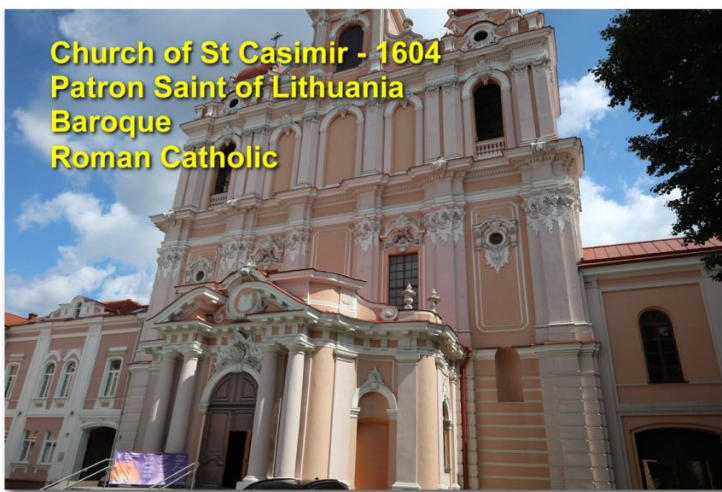
Church of St Philip and St Jacob
Baroque - 1722



Church of St. Peter and St. Paul
Polish-Lithuanian Commonwealth Baroque
Roman Catholic - 1701



Church of St. Peter and St. Paul
Over 2,000 Stucco Statues



Church of St Casimir - 1604
Patron Saint of Lithuania
Baroque
Roman Catholic



St. Catherine's Church
Baroque
1625-1743
Now used as
a Concert Hall



Church of St Johns [Plural]
St. John the Baptist and
St. John the Apostle and Evangelist
Built 1388-1426
Catholic
Late Baroque

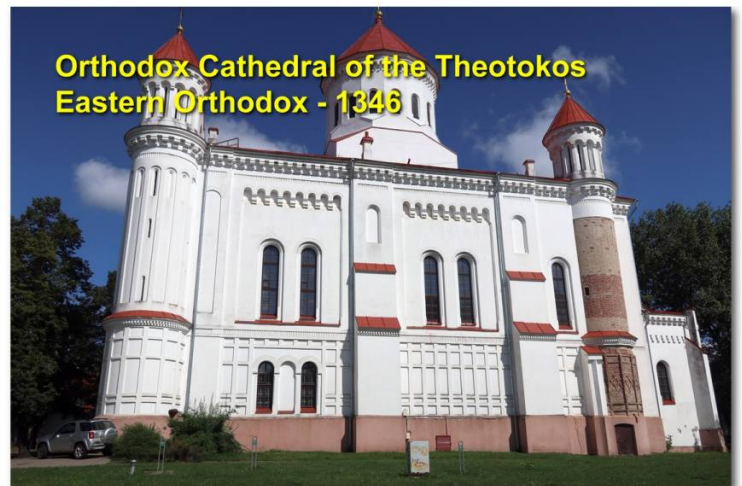
At Vilnius University Campus, Old Town



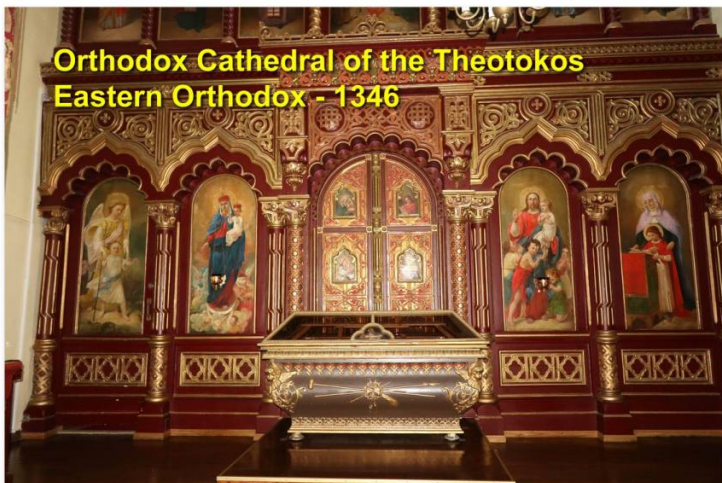
Church of St Johns - Altar
St. John the Baptist and
St. John the Apostle and Evangelist
Built 1388-1426



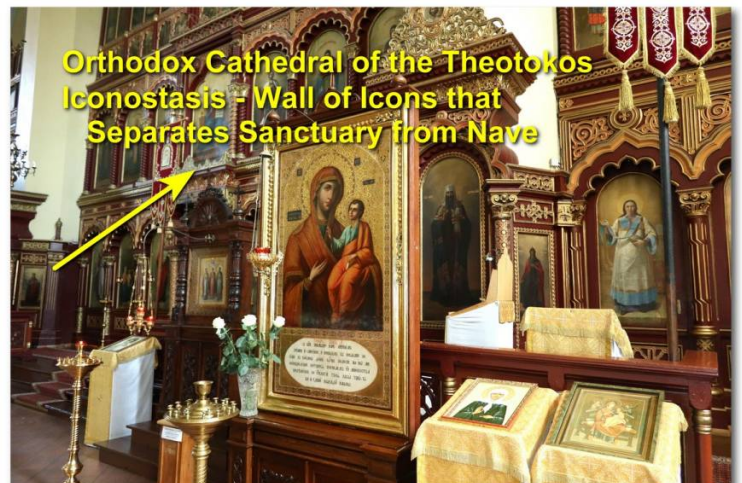
Church of St Johns
St Barbara's Chapel - 1626



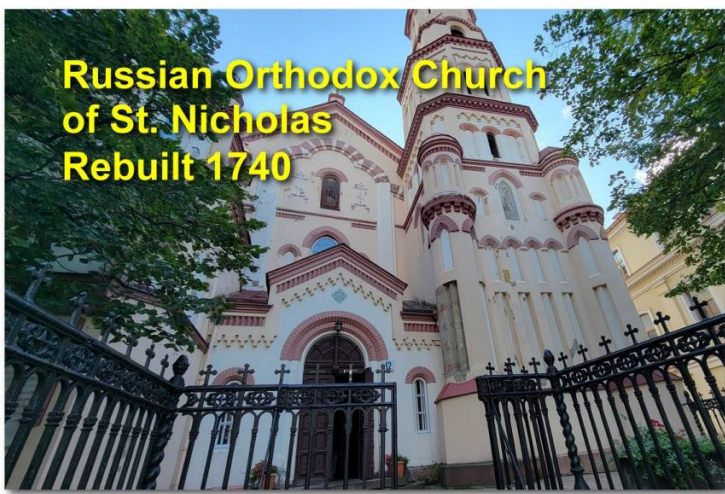
Orthodox Cathedral of the Theotokos
Eastern Orthodox - 1346



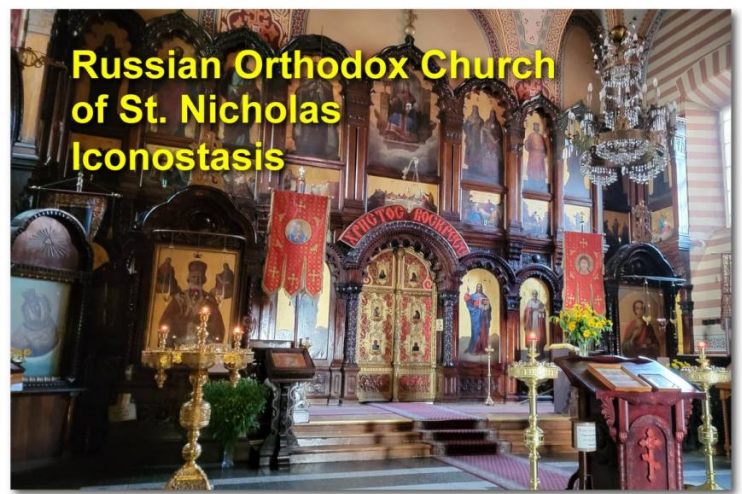
Orthodox Cathedral of the Theotokos
Eastern Orthodox - 1346



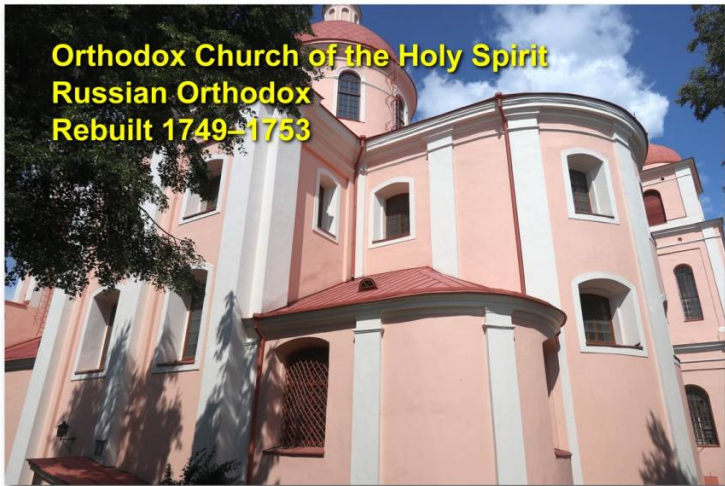
Orthodox Cathedral of the Theotokos
Iconostasis - Wall of Icons that
Separates Sanctuary from Nave



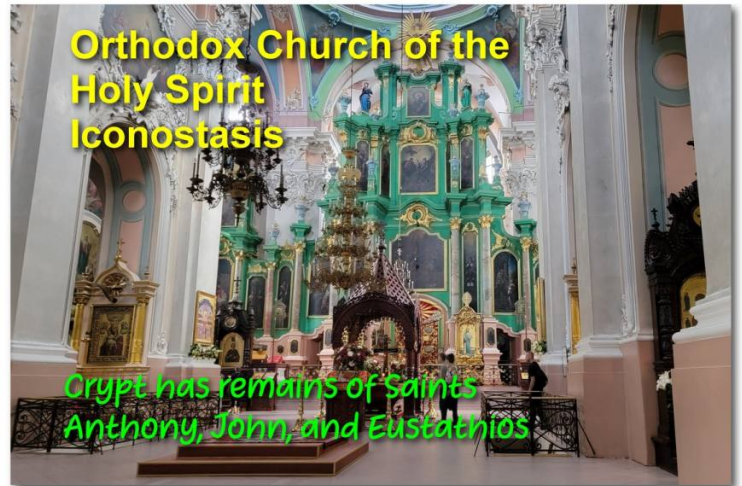
**Russian Orthodox Church
of St. Nicholas
Rebuilt 1740**



**Russian Orthodox Church
of St. Nicholas
Iconostasis**



**Orthodox Church of the Holy Spirit
Russian Orthodox
Rebuilt 1749–1753**



**Orthodox Church of the
Holy Spirit
Iconostasis**

*Crypt has remains of Saints
Anthony, John, and Eustathios*



**Museum of Applied Arts and Design
In 16th c Old Arsenal**



**Museum of Applied Arts and Design
Works by Pablo Picasso,
Marc Chagall, Max Ernst**



**Museum of Applied Arts
and Design
Pablo Picasso**



**Museum of Applied Arts
and Design
Marc Chagall**



**Museum of Applied Arts and Design
Lithuanian Folk Arts**



**Museum of Applied Arts and Design
Lithuanian Folk Arts**



**Museum of Applied Arts and Design
Lithuanian Folk Art**



**Money Museum of the Bank of Lithuania
History of Lithuanian and World Money**



**Money Museum of the
Bank of Lithuania
Over 55,000 Items on Exhibit**



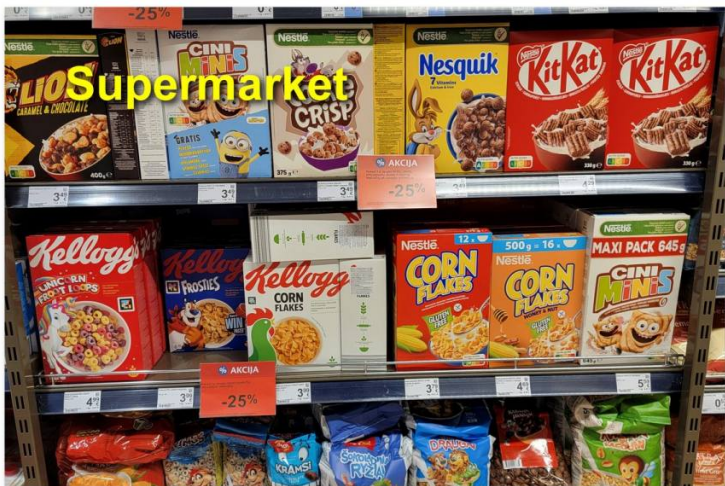
**Money Museum
Pre-Euro Lithuanian Currency**



**National Museum of Lithuania
Archaeology Exposition
In 16th Century Arsenal
Collection includes
600,000 archaeological finds,
11th c BC to 19th c AD.**



**National Museum of Lithuania
Archaeology Exposition
Neolithic Items - 12,000-6,000 BC**





Public Transport in Lithuania

To/From Airport: Take taxi. About €21.

Within Vilnius: No Uber. Local equivalent is Bolt. Download App. Add US Credit Card. Most rides in city center €4-6.

Vilnius has Bus, Trolley Bus. Tickets:

- 30 minutes €0.65 (€1 from driver).
- 60 minutes €0.90.
- 1 day (24 hrs) €5.
- 3 day (72 hrs) €8.




Vatican Embassy in Vilnius



American Fast Food

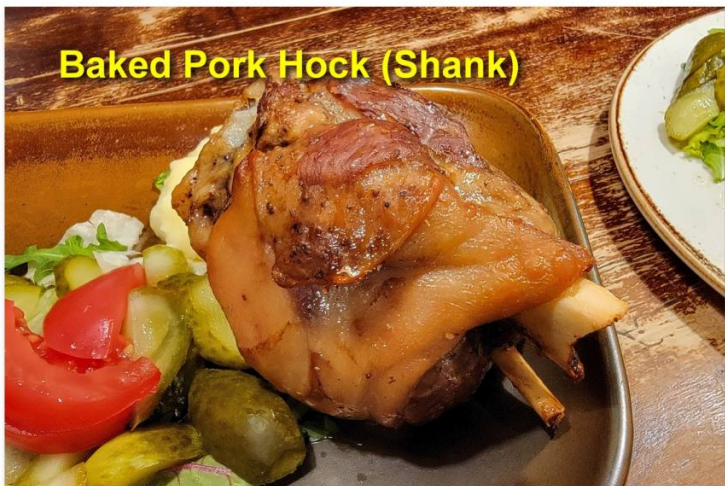


Lithuanian Cuisine

Lithuanian Cuisine - Typical dishes:

- Dark (Black) Bread.
- Cold or Hot Borscht (Beet Soup).
- Kotletai aka Rissolle: Minced meat Patties.
- Aspic: Meat Jelly.
- Blintzes: Crepes with Potato, Meat, Curds.
- Potato Pancakes.
- Stuffed Cabbages.
- Sausages.
- Dumplings: Meat, Cheese, Potato, Berries.
- Sauerkraut and Meat or Chicken Stew.
- Drink: Kvass – Fermented Dark Bread.

Baked Pork Hock (Shank)



Pork Sausage



Meat Dumplings
With Sour Cream



Rissolle (Meat Patties) with
Beetroot and Pickles





Potato Pancakes with
Lox and Cheese Curds



Chicken Livers with Sauerkraut



Hot Borscht with
Sour Cream

Dark Bread
with Pork Fat



Stuffed Cabbages

Balendeliai

Day Trips From Vilnius

Day Trips from Vilnius

We did not do any.

Most interesting  seems to be Trakai Castle:

- UNESCO site and National Park.
- 14th c Gothic castle on island.
- 20 miles west of Vilnius.
- Pedestrian bridge to island.



Trakai Castle

Bolt Vilnius to Trakai €30.
Bus Vilnius to Trakai €3, then 2.5km
lakeside walk to castle or €3 Bolt.

Hill of Crosses Pilgrimage site in northern Lithuania.



Easier to go by
day trip from Riga, Latvia.

- Can do other stops besides Hill.
- Yes, there are organized day trips
from Vilnius. 2 hour drive each way.

Bus Ride Vilnius to Riga Four Hours - Nonstop

Buy bus ticket, choose seats,
online. Bus has free wifi, outlet,
coffee (instant), toilet, videos.

Countryside on Bus Trip Vilnius to Riga



Countryside on Bus Trip Vilnius to Riga

The End = Pabaiga of Our Visit to Vilnius, Lithuania

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