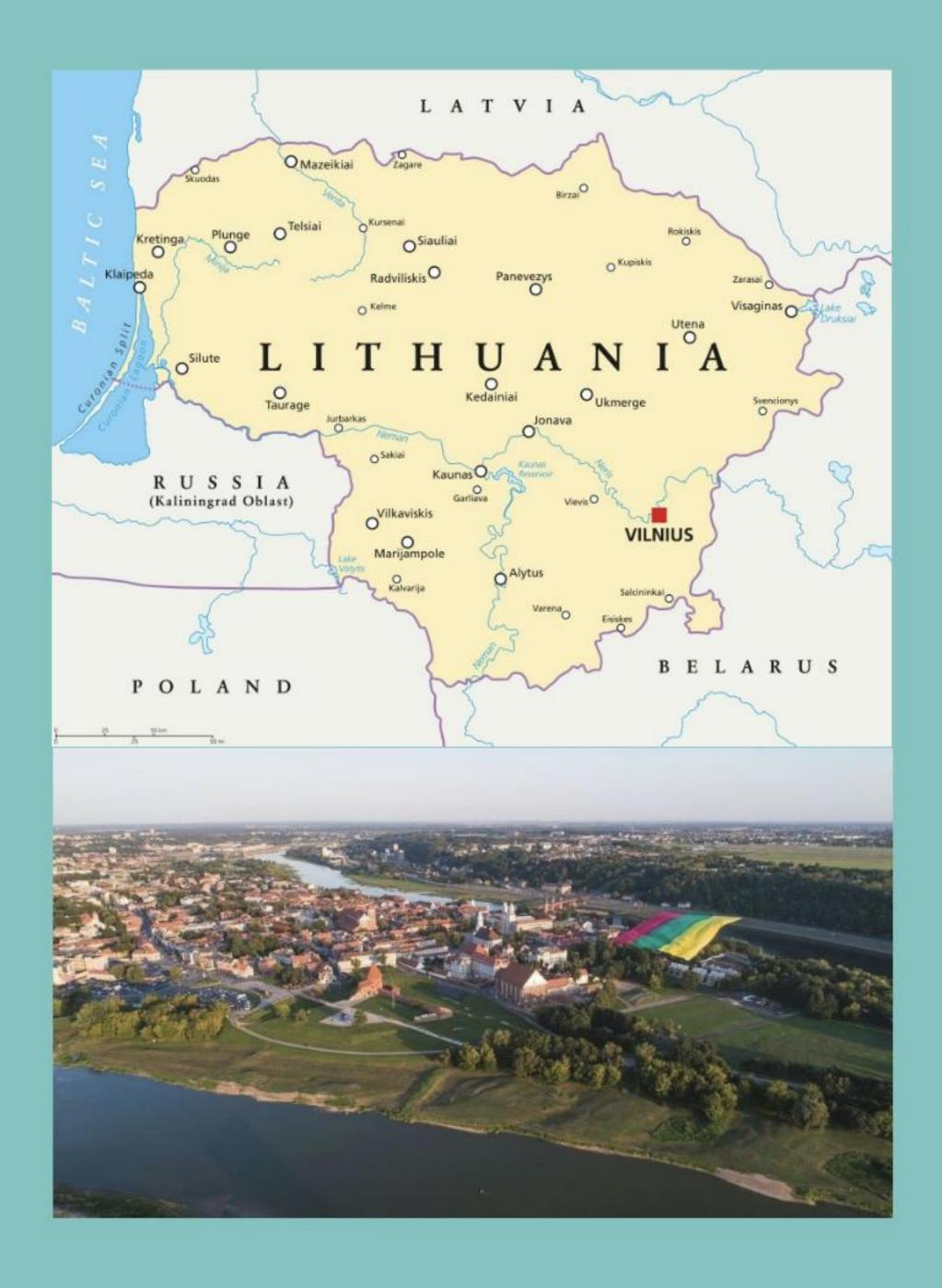
# EXPLORING THE RICH CULTURAL AND NATURAL HERITAGE OF LITHUANIA: A JOURNEY THROUGH THE VALUES OF THE LITHUANIAN LAND



of the European Union

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### INTRODUCTION

Lithuania is rich in cultural and natural heritage. It offers UNESCO World Heritage sites, architecture, food, ancient crafts, and more. Join us on a journey through Lithuanian land's values.

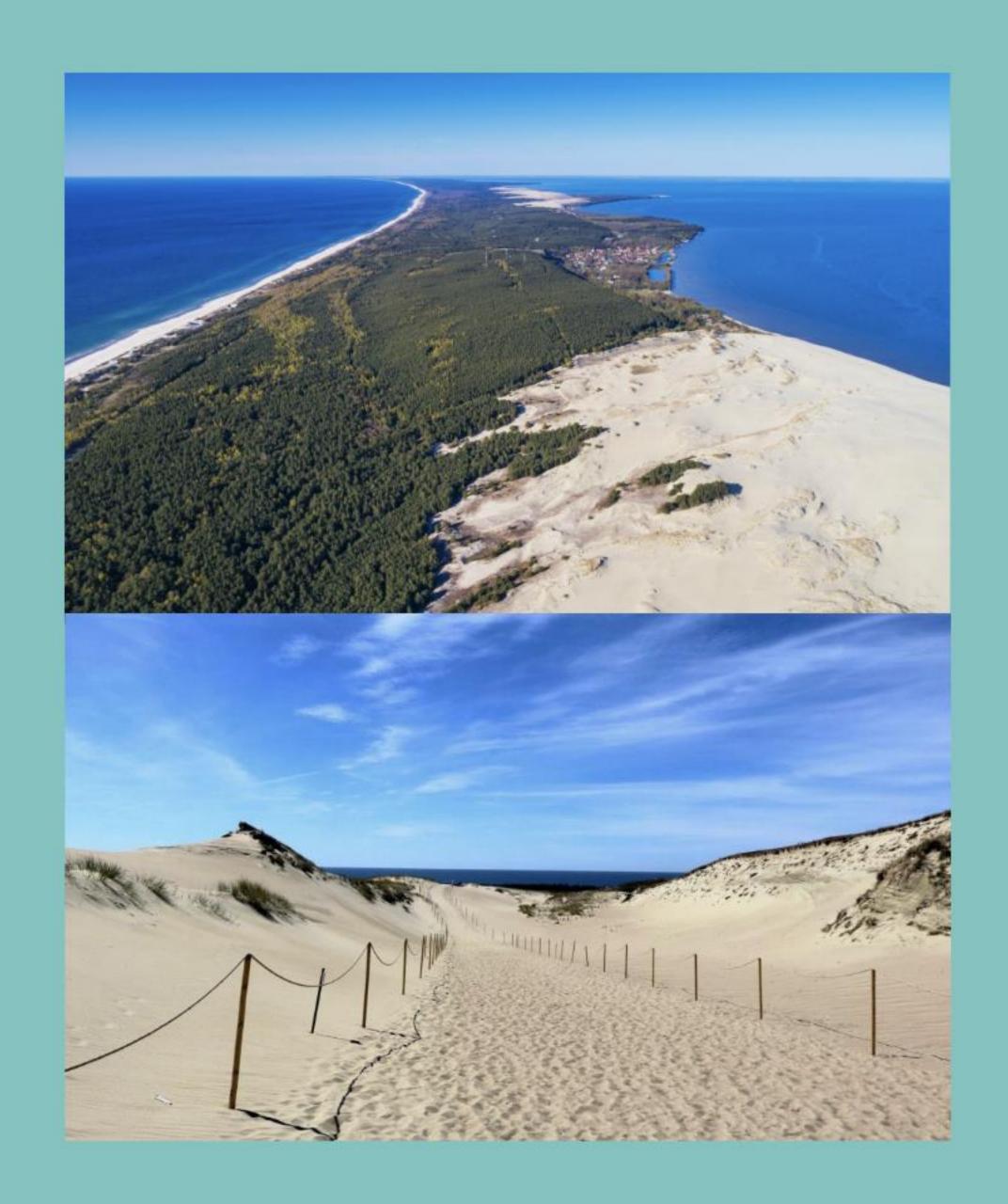


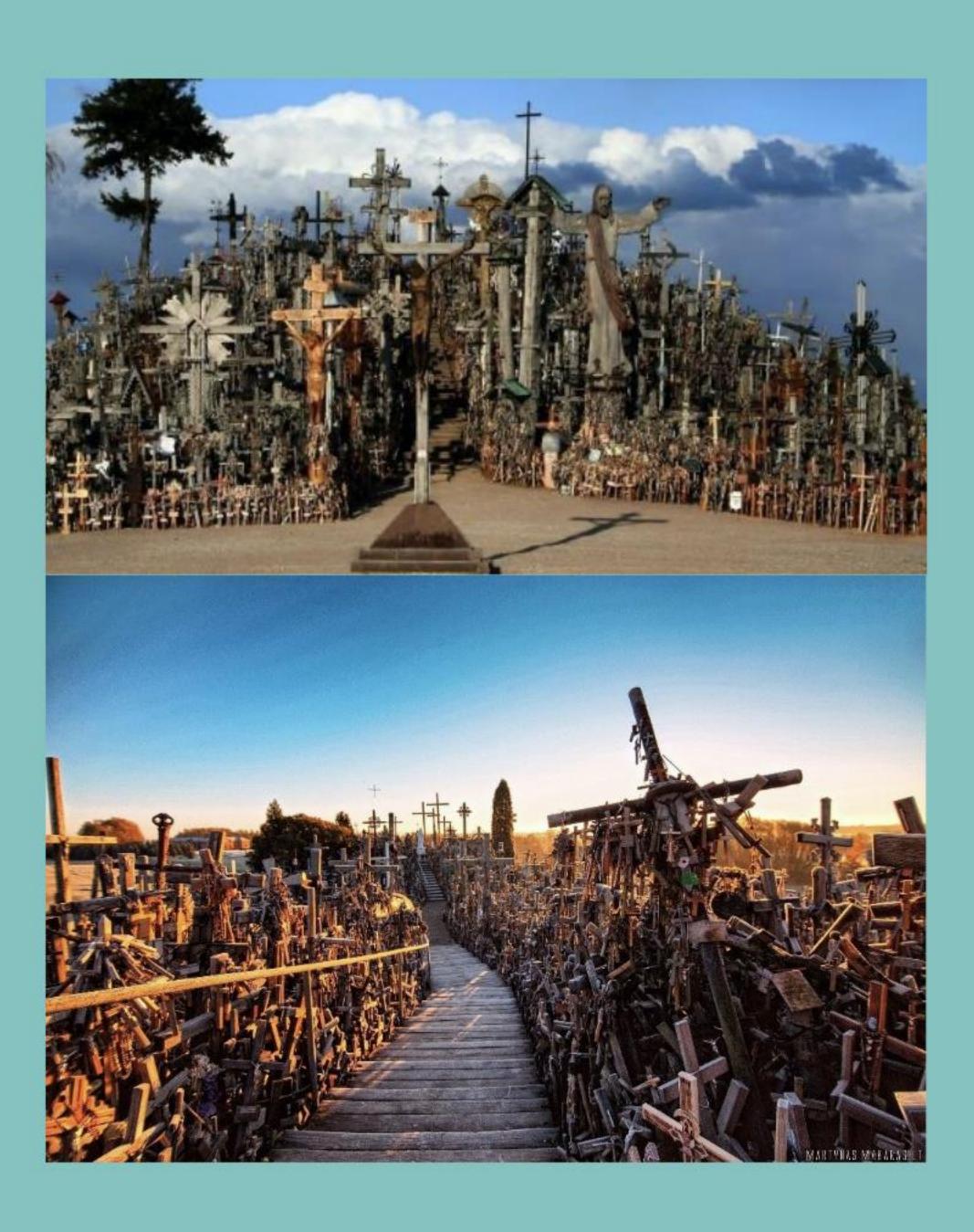
### **UNESCO WORLD HERITAGE SITES**

Lithuania boasts worldfamous UNESCO World
Heritage Sites like the
Curonian Spit, Hill of Crosses,
and Vilnius Old Town.
Discover the magnificence of
these remarkable
destinations and their cultural
significance.

#### **CURONIAN SPIT**

The Curonian Spit is a 98 km strip along the Baltic Sea that enchants with stunning beaches, sand dunes, and diverse flora and fauna. It is a protected national park that attracts nature lovers worldwide.



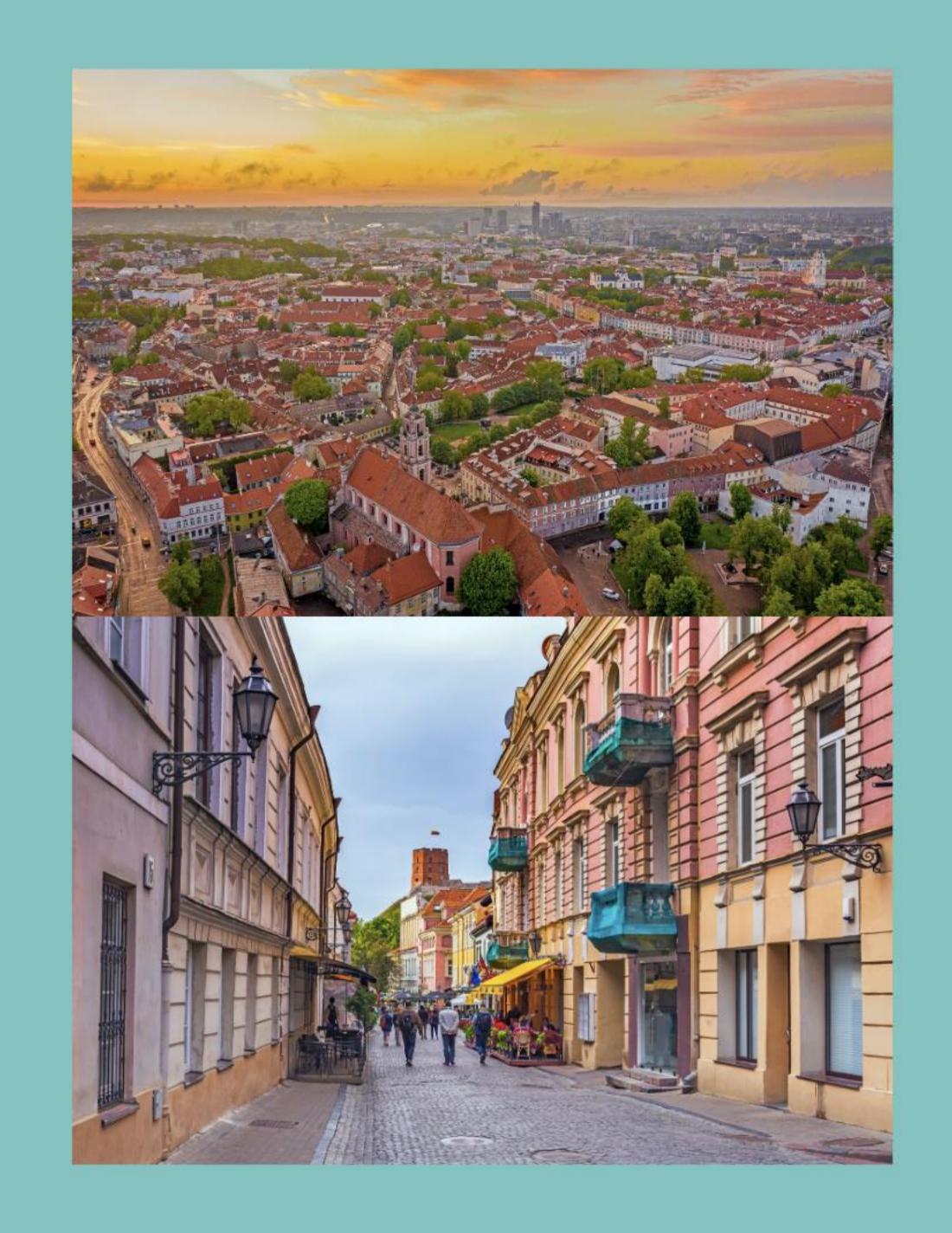


### **HILL OF CROSSES**

The Hill of Crosses in northern Lithuania is a pilgrimage site adorned with thousands of crosses, symbolizing visitors' devotion. Despite repeated destruction by Soviet authorities, it stands strong.

# VILNIUS OLD TOWN

Vilnius Old Town, a **UNESCO** World Heritage Site, boasts Gothic, Renaissance, and Baroque buildings. Its narrow streets, courtyards, and vibrant establishments make it a must-visit for history, culture, and architecture enthusiasts. Enjoy stunning views from its hilltop location and explore museums and galleries.





### **ANCIENT LITHUANIAN CRAFTS**

Lithuania's ancient crafts, spanning blacksmithing, pottery, and cross crafting, embody a rich tradition passed down through generations. Rooted in history and culture, these crafts showcase the ingenuity and creativity of the Lithuanian people, treasured and celebrated to this day.

## CRAFT OF BLACKSMITHING

Lithuania's blacksmithing craft dates back to the Middle Ages. Skilled blacksmiths forged tools, weapons, and household items. You can explore blacksmithing at museums and workshops. Blacksmithing is a vital part of Lithuania's cultural heritage, showcasing the creativity and skill of its people.



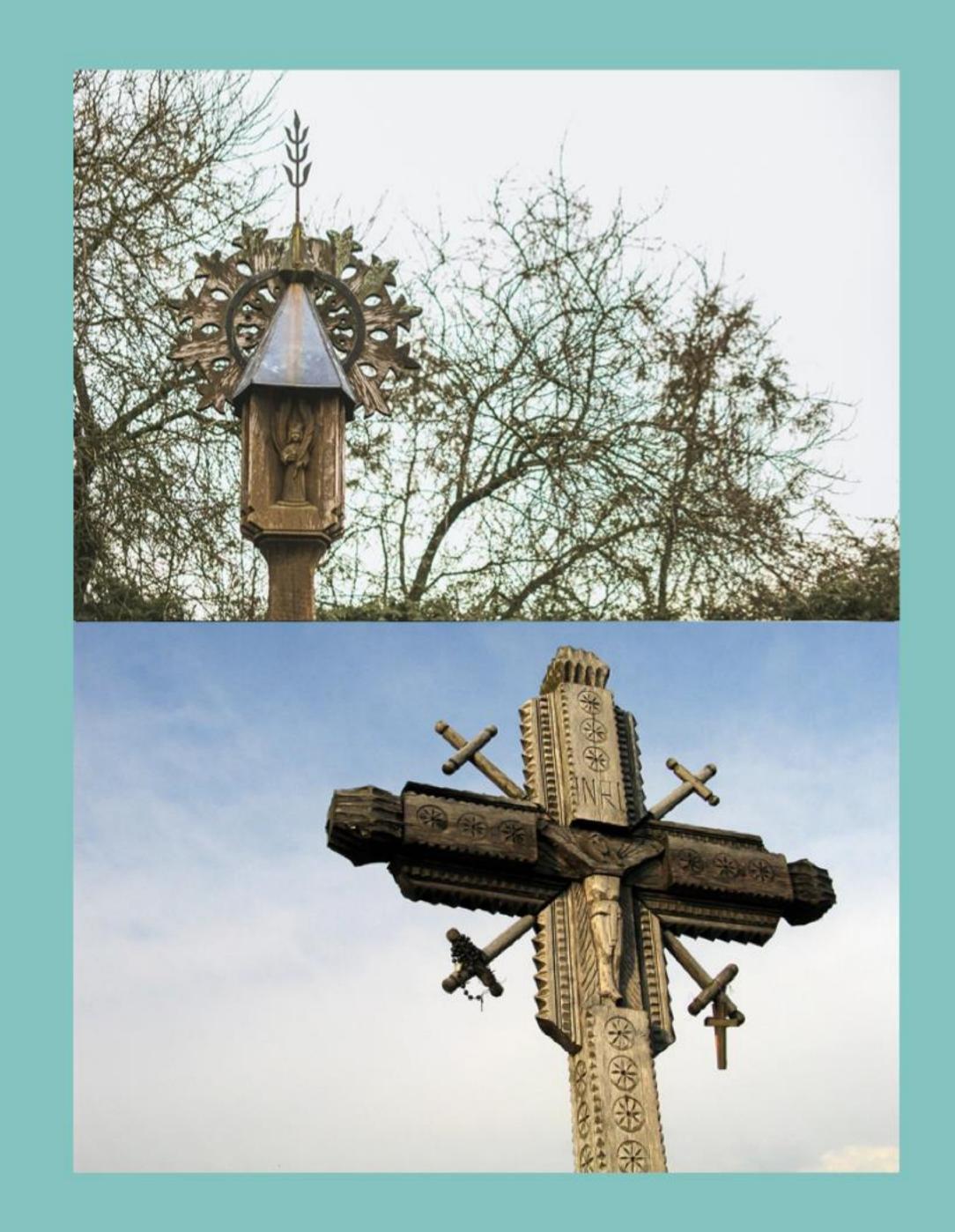
## **CRAFT OF POTTERY**

Pottery in Lithuania has a rich history dating back centuries. Potters used to create beautiful and functional items for everyday use, as well as ceremonial and decorative purposes. You can witness this art at museums and workshops across Lithuania, preserving its cultural heritage.



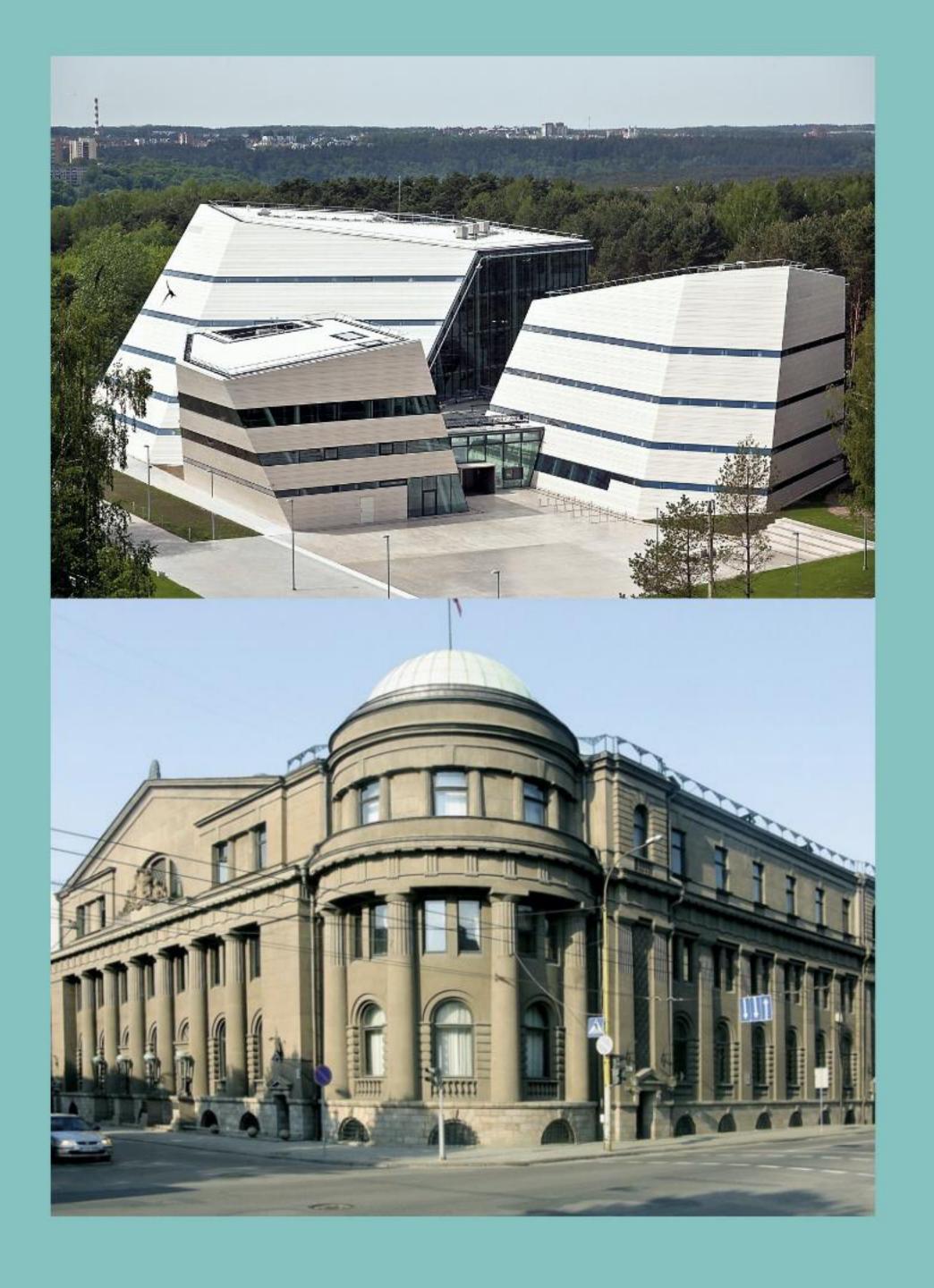
# CRAFT OF CROSS CRAFTING

Lithuanian Crosswork is recognised by UNESCO it is an ancient and symbolic craft. Artists create intricate crosses with unique designs and meanings, using traditional materials like wood and metal. Crosses serve sacred Christian and secular purposes, often as monuments to the deceased.



### LITHUANIAN ARCHITECTURE

Lithuanian architecture has transformed since 1990, embracing self-discovery and a quest for a distinct national or personal identity while incorporating global influences. Today, leading architects demonstrate bold creativity, conceptual designs and pure materials. This everevolving architecture showcases diverse forms, scales, and personal expressions from its creators.



### LITHUANIAN FOOD

Lithuanian cuisine embodies the nation's rich history. With a range of cold snacks, hot dishes, and desserts, it offers unique flavours and traditional recipes cherished for generations.



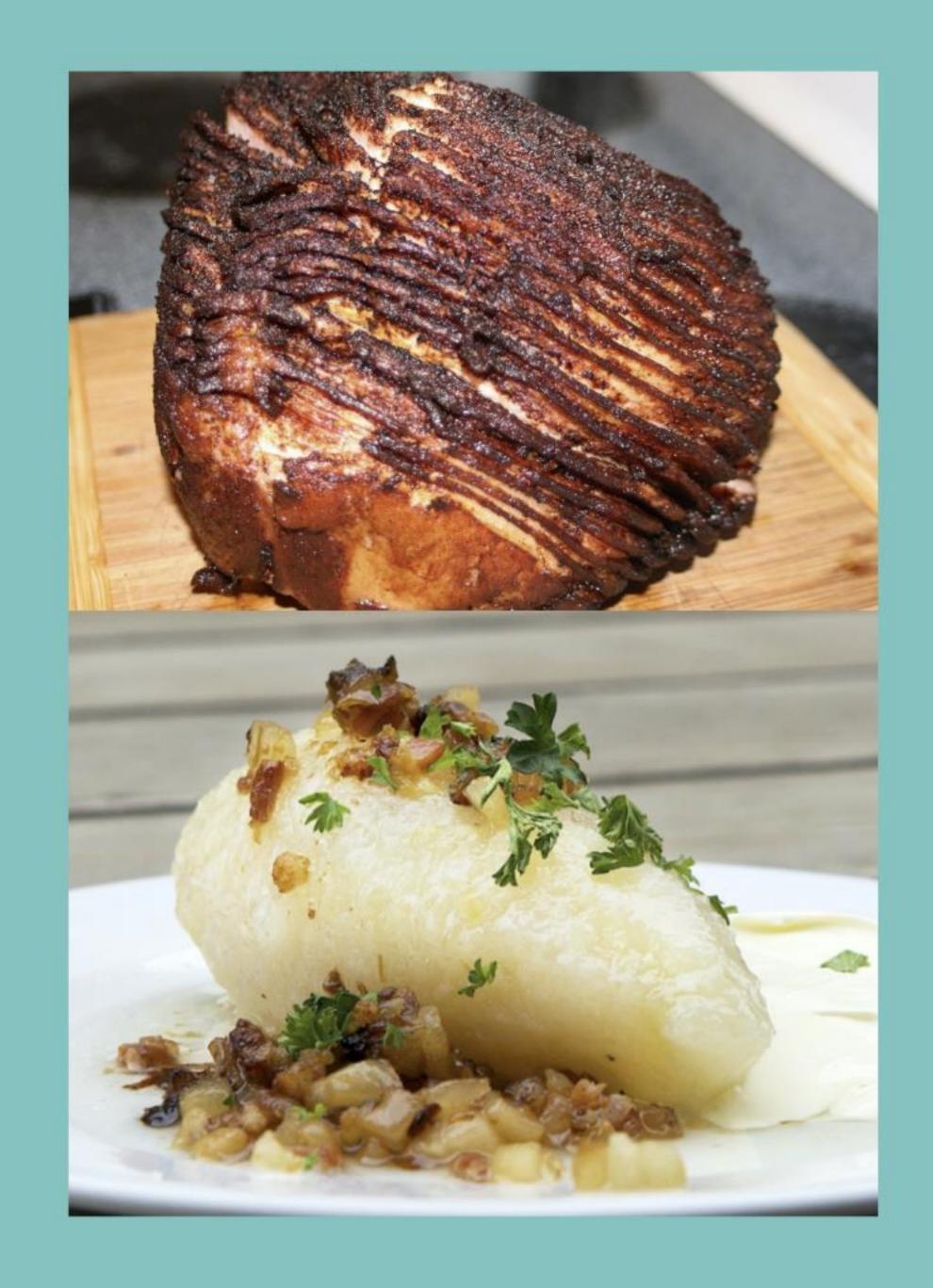
### **COLD SNACK**

Lithuania is famous for its diverse range of cold snacks. These appetisers feature cheeses, sour milk products, smoked or seasoned meat and fish reflecting the country's agricultural traditions and preservation techniques.



### **HOT DISHES**

Lithuanian cuisine offers hot dishes like fried hams and stuffed poultry, as well as šiupiniai. There also is a wide range of potato dishes like cepelinai, vėdarai, and žemaitiški pancakes. These dishes have been popular since the 19th century. Cepelinai are the national dish of Lithuania.



### **DESSERTS**

Some of the traditional Lithuanian desserts include šakotis, žagareliai, and apple pie. In addition, many desserts have arrived to Lithuania during the 20th century from the West.

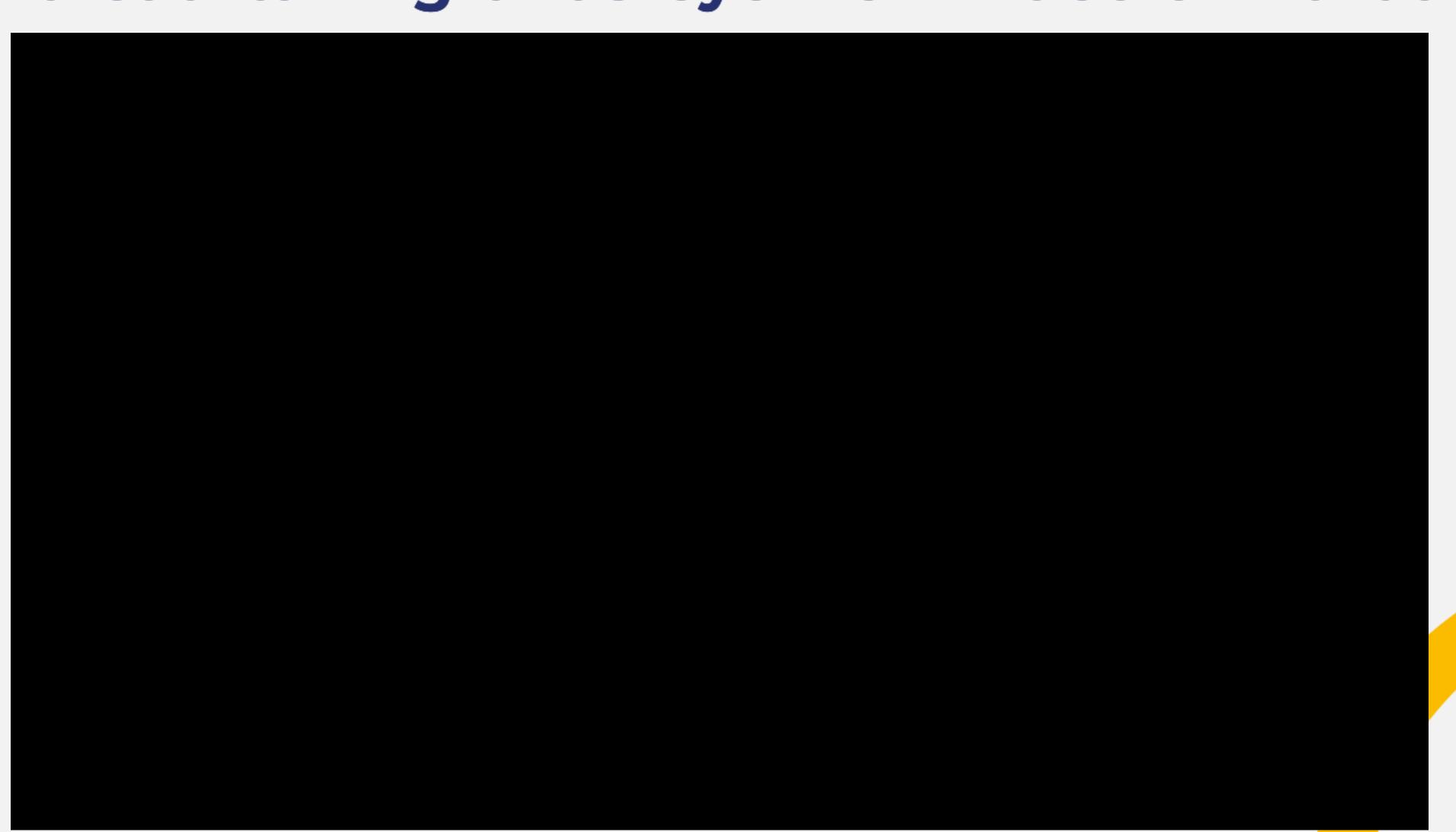


### **DRINKS**

In Lithuania, sour milk and buttermilk were the most popular drinks. However, in ancient times, mead was widely consumed, and later, beer was introduced in Lithuanian cuisine through german influences.



To wrap up, we invite you to enjoy this breathtaking birds-eye view video of Lithuania.



# THANKS

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