



Welcome to Vilnius!

We are delighted to welcome you to Vilnius for the conference. To make your visit as easy as possible, we have put together a few practical tips — from getting around the city to surviving Lithuanian weather and choosing what to eat.

Vilnius is compact, **walkable and easy to navigate**. The Old Town is full of history, cafés and Baroque architecture, while most everyday services can be accessed in English without difficulty.

A warm welcome to our beautiful city!

Getting here



Vilnius International Airport is located close to the city centre, so reaching your hotel usually takes only a short time.

You can travel by public transport, taxi or ride-hailing services such as Bolt. Public transport is inexpensive and convenient (onboard card payment), while Bolt is often the easiest option if you are arriving with luggage.



Local advantage: in Vilnius, the airport transfer is short enough that you may barely have time to answer your emails.



Where to stay

We have arranged special accommodation offers for conference participants at two hotels in Vilnius:



Novotel Vilnius Centre

A centrally located option on Gedimino Avenue, within easy reach of Vilnius Old Town, restaurants and cafés.



Conference offer: 10 percent discount on Novotel Vilnius Centre accommodation and catering services with code **IPEG2026** (valid for 2026 11 15–22) registered by email **BY09-RF@accor.com**.



Good choice: if you would like to stay right in the city centre and explore Vilnius on foot after the conference. Easy connection to the venue (bus 1G).



Corner Hotel

A comfortable and practical option with convenient connections to the city centre, airport and conference activities.



Conference offer: booking.comeotel.lt/packet/?hidden_key=xgdwhm0xru5z6t64s5abid=11&lang=en



Good choice: if you are looking for a straightforward, good-value stay on the way to the airport.



We recommend booking early, as the special conference rates and room availability may be limited.

Rest well for great science!



Conference venue: Vilnius University Medical Science Centre



Vilnius University Faculty of Medicine – Medical Science Centre
Žaliųjų Ežerų St. 2, LT-08406 Vilnius

<https://maps.app.goo.gl/pU2re8FNdMINpK2uH6>

The conference will take place at the Vilnius University Medical Science Centre, a modern research and teaching facility of the Faculty of Medicine. The Centre houses biomedical research laboratories, teaching and simulation facilities, and spaces for interdisciplinary medical research.



Important: Vilnius University has several campuses across the city. The conference is **not** at the historic Vilnius University buildings in the Old Town, so please make sure your map is taking you to Žaliųjų Ežerų St. 2.



Local tip: searching for the full address rather than simply “Vilnius University” may save you a beautiful – but unintended – visit to the Old Town.

Different campus, same great science!



Getting around

Vilnius has an extensive network of buses and trolleybuses. The central part of the city is also very walkable. Comfortable shoes are strongly recommended, especially if you plan to explore the Old Town.



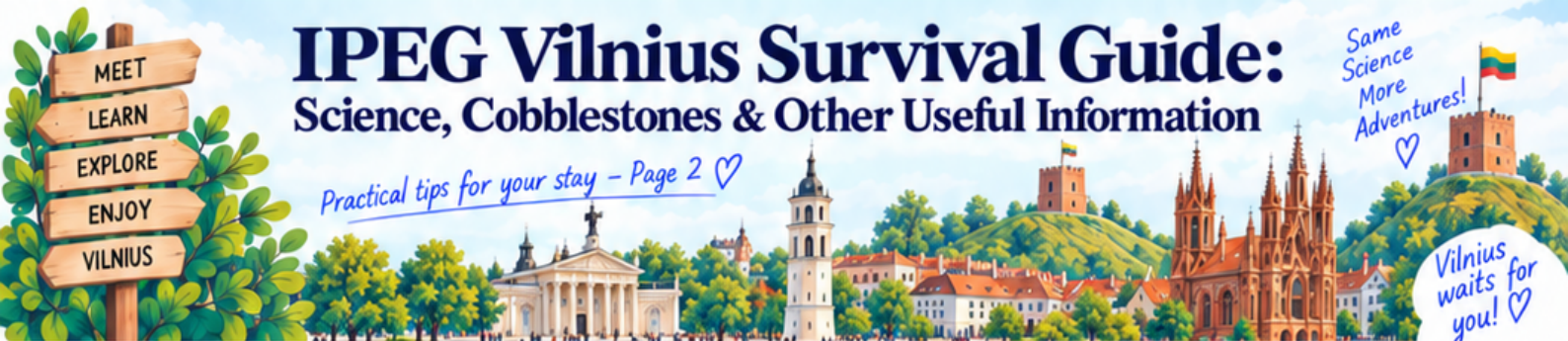
Why? Vilnius has many beautiful cobble streets. They are excellent for atmosphere and less impressive for high heels.

Good shoes = happy exploring!



Vilnius – a small city with a big welcome





Weather

November in Vilnius is usually cool and can be rainy, windy or occasionally snowy. We recommend bringing:

- a warm coat;
- layers;
- comfortable waterproof shoes;
- a scarf;
- an umbrella.

Lithuanian weather occasionally likes to provide several seasons in one day, so layers are your friend.



Money and payments

Lithuania uses the euro (€). Card and contactless payments are accepted almost everywhere, and cash is rarely essential.



Internet and electricity

Wi-Fi is widely available in hotels, cafés and the conference venue.

Lithuania uses 230 V electricity and Type C/F European plugs.



What to eat

If you would like to try something Lithuanian, look out for:



Cepelinai – traditional potato dumplings, usually filled with meat or curd.



Šaltibarščiai – bright pink cold beetroot soup. Difficult to ignore once seen.



Kepta duona – fried rye bread, usually served with garlic and cheese.



Šakotis – traditional Lithuanian tree cake.



And of course, Lithuanian **rye bread** deserves more attention than bread normally receives at an international conference.

Simple food.
Big flavours!

A little Lithuanian

Labas	– Hello
Ačiū	– Thank you
Prašau	– Please / You're welcome
Taip	– Yes
Ne	– No

Labas!

Ačiū!

Prašau!

A few words go a long way!

If you learn only one word, make it **Ačiū**. Pronouncing it approximately like "ah-choo" will get you surprisingly far.

If you have some free time

Vilnius Old Town is compact enough to explore between conference activities. A classic short walk could include the highlights shown below.



Emergency information



The general emergency number in Lithuania is **112**.

For a safer and more enjoyable stay!



We hope you enjoy both the conference and your stay in Vilnius!



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