

A group of people, including men, women, and children, are captured in a joyful moment of traditional Lithuanian folk dancing. They are dressed in vibrant, multi-colored folk costumes, featuring white blouses with intricate embroidery, dark vests, and colorful skirts. Many of the women wear traditional headpieces, some adorned with flowers or ribbons. The group is arranged in a circle, holding hands and smiling, suggesting a communal celebration. The background shows a bright, sunny outdoor setting with lush green trees and a large black speaker on a stand to the left. The overall atmosphere is festive and celebratory.

# Lithuanian Traditional Holidays





## Shrovetide

- It's celebrated on Tuesday, the last day before the period of contemplation and fasting (46 days to Easter).
- An archaic winter festival is celebrated – the merriest carnival of the Lithuanian calendar.
- Participants of the carnival wear impressive masks of the characters of this celebration.
- Eat countless pancakes and other fat dishes.
- Watch characters symbolizing spring and winter fight with each other.
- Eventually burn the effigy of Morė embodying the darkest time of the year.





# Easter

- Easter eggs are the main attribute of Lithuanian Easter. There are countless ways to color Easter eggs in Lithuania: from scratching and waxing techniques that require high proficiency to archaic coloring using onion skins. Colored eggs symbolizing life and rebirth, are the main Easter dish, and the main object of Easter traditions and games.
- Beating your relatives at the strongest-Easter-egg competition at the festive Easter breakfast table, is everyone's dream!





## Saint Jonas' festival

- The main holiday of the warm season in Lithuania celebrated on the shortest night of the year (June 24), is very romantic.
- During the Baltic traditional festival normally celebrated in the open air, for example, on the hill forts of Kernavė, Mount Rambynas or in Jonava.
- Women make garlands from grass and flowers.
- Huge bonfires are lit.
- People dance and sing, and when it gets dark, they set out to search for the mysterious blooming fern.
- This day is also the name day of one of the most popular man's names in Lithuania – Jonas.







# Song festival

- In this festival participates a united choir of 20 000 people (from children to older people), ornaments traced by 9 000 dancers in a single stadium.
- This festival brings together variety of villages, towns, dialects, old songs, dances, arts, foods and other traditions.











## Virgin Mary Assumption Day

- *On August 15<sup>th</sup>, we celebrate Virgin Mary Assumption Day (Žolinė) - a holiday where summer meets fall and which has been celebrated in Lithuania from a long time ago. The middle of August is a time when the most important outdoor jobs are done: crops are cut and distributed, berries and fruits are collected.*
- *The churches bless herbs, flowers, crops, and vegetables. The blessed bouquets in church symbolize the entirety of life and of the world.*
- *During Žolinė, women braided flower crowns from nine different floras. After the holiday, these crowns were dried out and saved to be used as incense at home when thunderstorms came or as tea to cure the ill.*



# Autumn equinox



- The point in the year when day and night are of equal duration, can fall between September 21 and 24.
- When the days begin to shorten and the circle of nature comes towards the end, it is time to enjoy the new harvest, give thanks for it, and prepare for the dark period.
- During the autumn equinox, it is customary to organize markets selling products of the latest harvest.
- Another attraction of the festival - the burning of straw sculptures and various fire shows - probably the most impressive of them takes place on the Neris waterfront in Vilnius.



# November 1st

- All saints Day (November 1st) and Day of the Souls (2nd of November) are bank holidays in Lithuania, and that's why some places might be closed or work shorter on these days.
- Lithuanians have a tradition to go and visit their loved ones, which died. They light a candle and put it on grave - this way family members, friends and other are remembered.







## Christmas Eve

- If there was a time in the year when the absolute majority of Lithuanians were at home with their loved ones, that would definitely be Christmas Eve (December 24). Families scattered in different cities and countries sit down together at the Christmas table, eat **at least twelve traditional dishes**, share the traditional Christmas wafer and enjoy each other's company.
- Christmas Eve is the most mysterious night of the year. It is believed that on this night, at midnight, animals can speak, water in the wells turns into wine, and prophecies and dreams come true.



A collage of various Lithuanian breads and a glass of milk. In the foreground, there's a slice of white bread with a wheat stalk on top. Behind it, several other breads are visible: one with sesame seeds, one with dark seeds, and a stack of dark, round breads. A glass of white milk is on the right side.

# Lithuanian culinary heritage

Agnė Degutytė, Rugilė Griškutė, Austėja Jocaitė



# What is Lithuanian culinary heritage?



It's in Lithuania and between lithuanian people common food traditions.



# What are the main characteristics in lithuanian cuisine?



- Change
- Simplicity
- Grain and groats
- Pork (smoked food)
- Dairy products
- Different regions – different dishes
- Full and large portions



Traditional lithuanian  
cuisine dishes

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# Snacks

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# Soups

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# Spices

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Smoked dishes

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# Sweets

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# Beverages

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Lithuanian culinary heritage museum

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# Lithuanian music



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PREPARED: SIMONA GEČAITĖ, AUSTĖJA KARDAŠIŪTĖ,  
BEATA RADAVIČIŪTĖ



# Lithuanian folk songs are divided into regions, into five main branches.

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1. Samogitian (Žemaičiai)
2. Aukštaičiai
3. Suwalki (Suvalkiečiai)
4. Dzūkai
5. Mažoji Lietuva





# Mažoji Lietuva

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The songs of Lithuania Minor mostly sing about the sea, the lagoon and the life of fishermen. They reflect customs, love for the homeland, a sense of nature and man. (“Ten ant jūraičių, ten ant maraičių”, “Vidur jūrių ir marelių aukštasis kalnelis”, “Bėk, bėk, valtele, ant greito Nemunėlio”, “Ir parbėgo laivužėlis, parlaivavo valtužėlė” ir t.t.).

[www.youtube.com/watch?v=jWwfIBAKYrU](http://www.youtube.com/watch?v=jWwfIBAKYrU)





# Dzūkija

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This is the most singing region of Lithuania, called Dainava. Dzūkų songs are extremely melodic, as is the nature of itself – the hills and bends of the Nemunas. Songs are gentle, sad because their life has never been easy.

[www.youtube.com/watch?v=1EvTBsbV8Y4](http://www.youtube.com/watch?v=1EvTBsbV8Y4)







# Music TV projects

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- “Musical mask” - every year, ten Lithuanian stars participate, who every week embody more and more world-class singers. The project moved from the TV studio to the concert hall, making it even more impressive. The show broke all viewing records and became the most popular program on Saturday.
- <https://www.youtube.com/watch?v=tTENGxhO7G4>





# Music TV projects

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“The Voice” - from 2012 LNK's musical project, based on the world-famous show "The Voice of..." (generations, kids, seniors...) is broadcast. Initially, participants must participate in blind interrogations in which they are judged solely on the basis of their voice, so that teachers choose their teams. Later, the performers grapple in other stages of the show - knockouts, duels and live finals.

<https://www.youtube.com/watch?v=Nco-ZAxvloc&t=312s>





# Dagilėlis - Lithuanian Boys' and Youth Choir in Šiauliai.



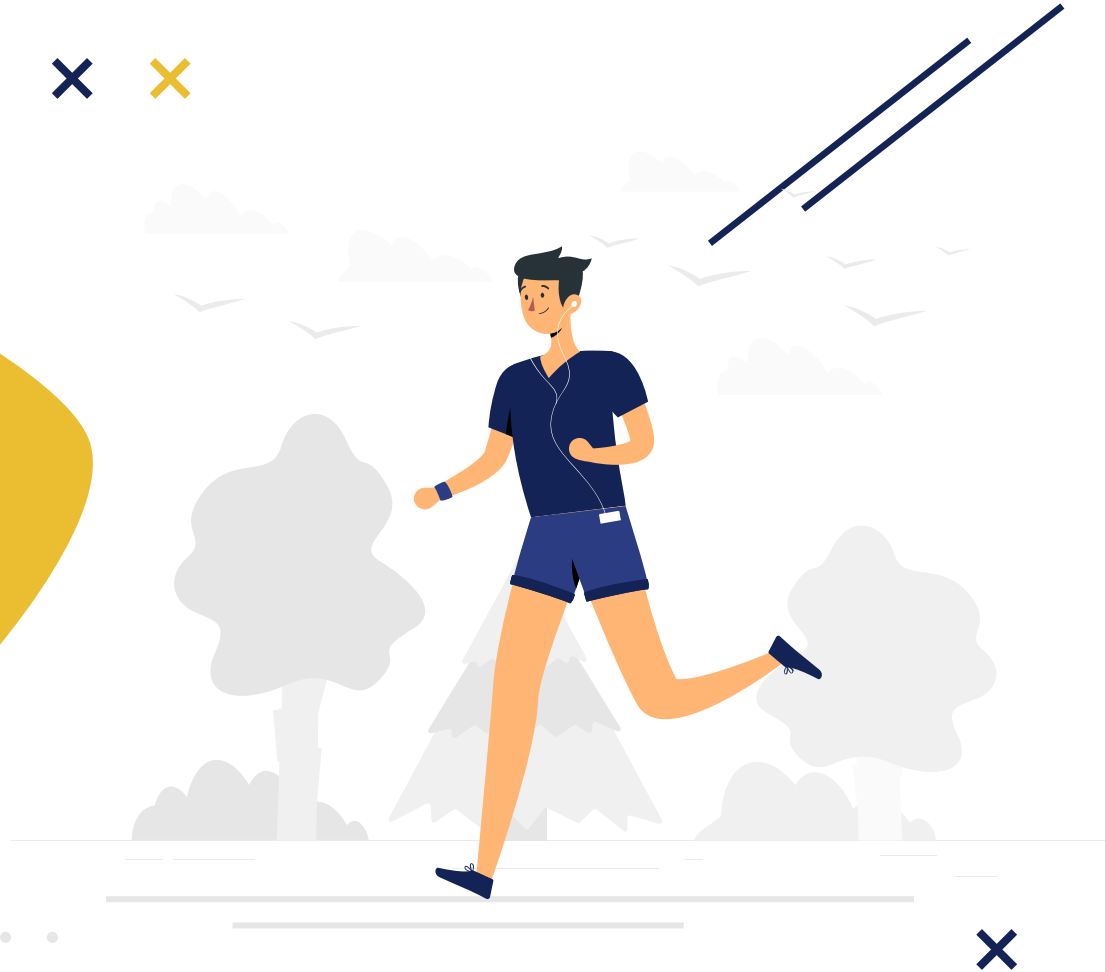
Dagilėlis are known in Lithuania and famous in prestigious concert halls in Europe (the United States of America and China). This is the only Lithuanian band that has performed:

- St. Petersburg State Hermitage Museum (Russia)
- Berlin State Opera Unter den Linden (Germany)
- Philadelphia Performers at Kimmel Center (USA)
- Maria Laach Abbey Church (Germany)
- at the prestigious Great Hall of the People in Beijing (China)

<https://www.youtube.com/watch?v=tMf3RYZPPZU>

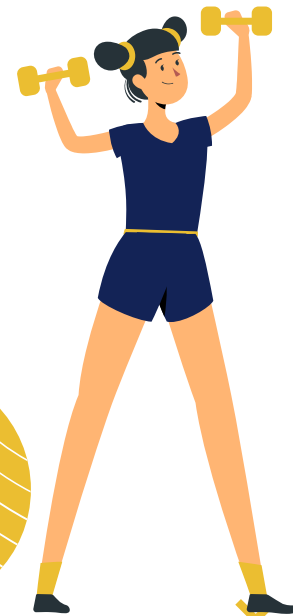
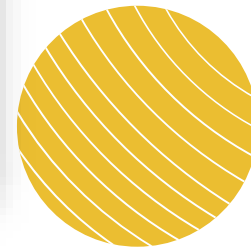


Sport in Lithuania





Basketball is called second Lithuanians religion!



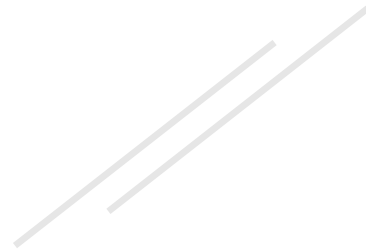
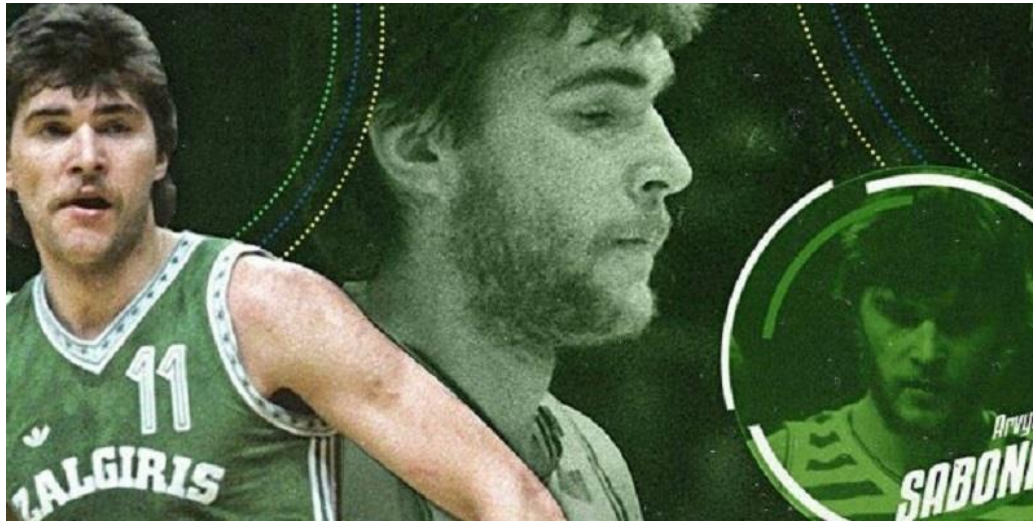


The most famous basketball team in Lithuania is Žalgiris.

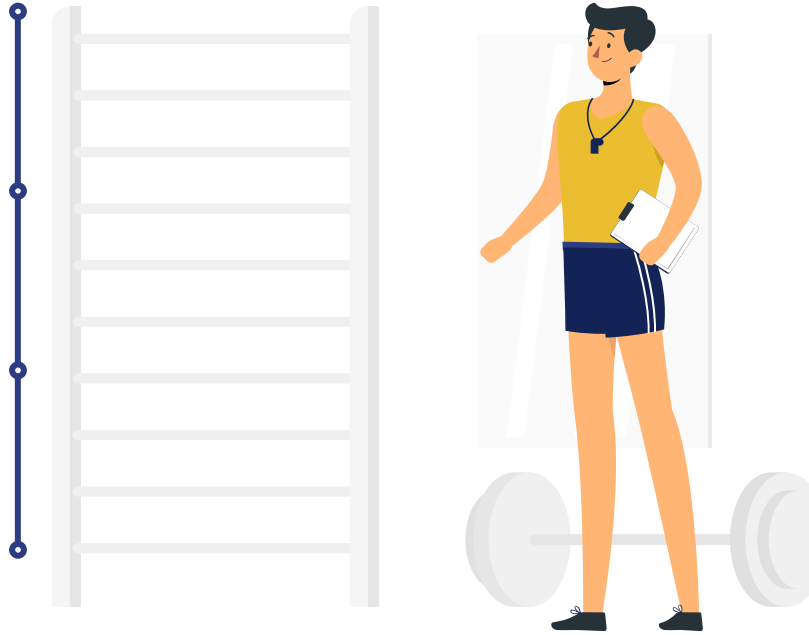




**The best basketball player of  
all the time is Arvydas  
Sabonis.**



# Lithuanians have a lot of achievements in athletics too.





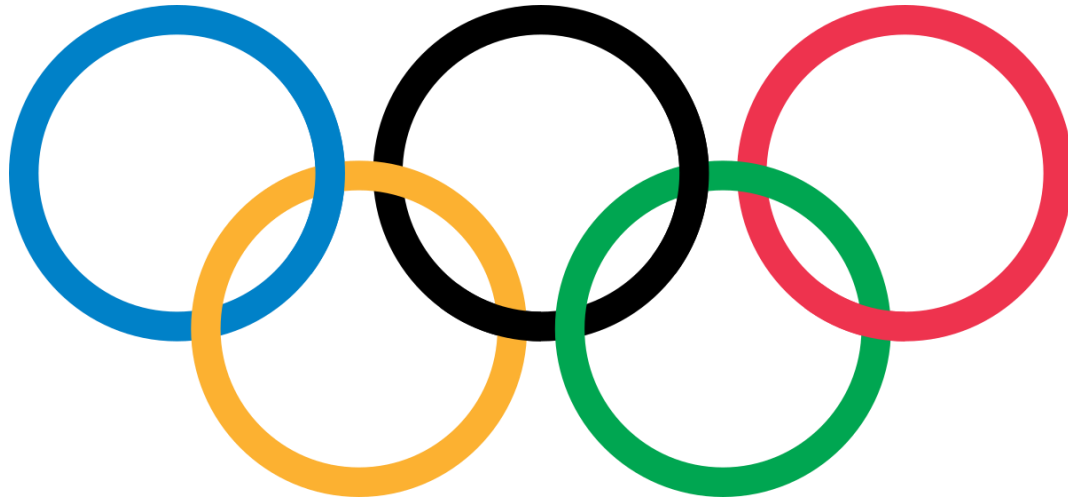
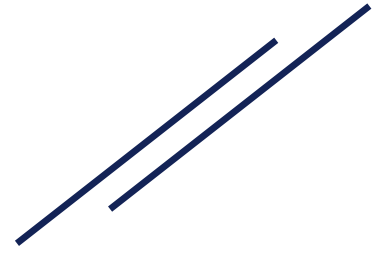
# The most famous disk thrower in Lithuania now is Andrius Gudžius



- He is European champion in disk throw.

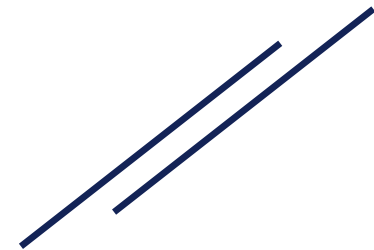


In 2021 Olympic games participated 42  
Lithuanian athletes.





**We got 1 silver medal and it was from modern pentathlon by Laura Asadauskaitė.**





# THANK YOU FOR YOUR ATTENTION!

