LITHUANIA

A Gulf News Sponsored Supplement

Monday, November 24, 2025

CO-CREATING INNOVATION

Lithuania and the UAE: a meeting of the Baltic's restless creativity and the Gulf's boundless vision

A fast-growing European economy driven by innovation and talent, Lithuania is ready to partner with the UAE to co-create cutting-edge solutions in technology, science, and sustainable growth.

Lithuania Co-create

PICTURE: A. ALEKSANDRAVIČIUS; SOURCE LITHUANIA.LT

TWO NATIONS, ONE MINDSET:

Lithuania and the UAE are closer than geography suggests

What links a Baltic startup hub and a Gulf innovation powerhouse? A belief that agility, talent and collaboration define success in the modern economy.

LITHUANIA AND THE UAE: TWO SMALL NATIONS THINKING BIG

The distance from Abu Dhabi to Vilnius looks large on a map, yet the two places feel closer than geography suggests. Both have learned that agility is a strategy. Both prize talent over rhetoric. Both turn ideas into impact. What connects the UAE and Lithuania is not history or climate, but a shared instinct for getting things done.

A STARTUP STATE MEETS THE CITY OF POSSIBILITY

Vilnius feels instantly familiar to anyone who knows Dubai or Abu Dhabi's innovation districts. Rules are clear, decisions are quick, and services are digital by default. A company can open in a day. Permits and taxes are handled online. Regulators speak to entrepreneurs in the language of solutions. This is how Lithuania became Europe's leading fintech hub and why global players from Nasdaq to Thermo Fisher have chosen to grow there.

The same rhythm runs through the UAE's free zones and research clusters. Both places reward pace and precision. Both understand that an investor's time is capital. This shared culture makes cooperation natural rather than formal.

SCIENCE WITH PURPOSE

Lithuania's scientific record often surprises first-time visitors. The CRISPR gene-editing tool that reshaped modern medicine was born in Vilnius through the work of Professor Virginijus Šikšnys. The country also builds some of the world's most powerful scientific lasers. Professor Vladas Algirdas Bumelis is now leading Bio City Vilnius, a seven-billion-euro biotechnology campus that will be the largest of its kind in Europe.

None of this happened by chance. It reflects a national habit: universities, business, and the public sector pulling in the same direction and asking what problem a discovery will actually solve.

The UAE follows a similar path in health technology, space, and clean energy. In both countries, science is expected to travel beyond the lab and into life. That is where cooperation becomes real.

PEOPLE FIRST

If there is one reason investors choose Lithuania, it is the people. Engineers, researchers, and designers are multilingual, digitally fluent, and globally minded. English is universal, and the STEM pipeline is strong. That is why Lithuanian teams work with NASA and SpaceX, and why Baltic software quietly powers global products.

The UAE has built the same strength in its own way by drawing talent from every continent and making excellence a daily habit. In both places, people, not subsidies, are the real advantage. That shared mindset makes collaboration effortless.

PARTNERSHIP IN MOTION

The most promising areas are where strengths meet. In life sciences, Emirati capital and regional networks can accelerate Lithuanian breakthroughs in diagnostics, treatments, and biomanufacturing. In fintech, Lithuania's licensing experience and the UAE's market access can create platforms serving Europe, the Gulf, and Africa from day one. In artificial intelligence and cybersecurity, universities and startups can move fast together because both ecosystems are built for experimentation with responsibility.

There is also a policy dimension. Lithuania's regulatory sandboxes and the UAE's ability to scale new ideas create a powerful loop, where solutions can be tested in one setting, refined in the other, and exported together.

A PRACTICAL CONNECTION

Lithuania is a northern gateway to the European Union's single market. The UAE is a southern hub linking Asia, Africa, and Europe. Each extends the other's reach. More importantly, both understand the rule of this century: influence comes not from size, but from the speed and quality of execution.

That is why the line from Abu Dhabi to Vilnius is a corridor of possibility, built by two nations that think big, move fast, and believe that ambition is meant to be shared.

UAE and Lithuania. Unlocking new opportunities together

"We see the United Arab Emirates as a highly attractive market, offering significant opportunities for mutually beneficial cooperation. Lithuanian companies bring expertise in biotechnology, ICT, renewable energy, advanced manufacturing and the space sector providing real value and innovation to our partners in the United Arab Emirates.

"Lithuania also offers very attractive investment conditions: project development times have been reduced across Lithuania supported by renewable energy, skilled talent and a strong culture of innovation. As businesses in the UAE increasingly recognize the quality of Lithuanian solutions, I look forward to expanding our collaboration and unlocking new opportunities together,"

— EDVINAS GRIKŠAS,
Minister of the Economy and Innovation of the Republic of Lithuania

FROM SHARED AMBITION TO SHARED GROWTH:

Lithuania and the UAE strengthen ties through innovation and trade

Ramūnas Davidonis, Ambassador of the Republic of Lithuania to the UAE, reflects on how creativity, knowledge, and economic vision are reshaping Lithuania–UAE relations into a partnership defined by collaboration and confidence in the future.

Cultural diplomacy often plays a crucial role in strengthening bilateral understanding. What steps are being taken to enhance cultural, educational, and people-to-people exchanges between Lithuania and the UAE?

Lithuania's culture has always looked outward, yet it remains deeply rooted in its own traditions. In this, we share a natural affinity with the United Arab Emirates: both of us are relatively small nations that take pride in preserving our cultural essence while engaging openly with the world.

As part of the European family, Lithuania seeks to bring both its national and European voice to the UAE. We do this through active participation in European film festivals, the Day of European Languages, and many other shared initiatives that celebrate creativity and diversity. Through these platforms, we present not only Lithuania's story but also Europe's spirit of openness and dialogue.

Earlier this year, the Čiurlionis centenary concert in Abu Dhabi, organized by our embassy, showcased how the legacy of Lithuania's greatest composer and painter, Mikalojus Konstantinas Čiurlionis, can inspire people-to-people diplomacy through the universal language of art.

I truly believe that cultural diplomacy, at its best, brings people closer. It nurtures curiosity, friendship, and respect. And these people-to-people connections are what give Lithuania–UAE relations their brightest, most lasting promise.

Lithuania is among the EU leaders in renewable energy transition. Are there ongoing or planned collaborations with the UAE in green hydrogen, solar, or sustainable technology sectors?

Lithuania and the UAE share a similar understanding: the energy transition is not only about technology but rather about national resilience.

For Lithuania, this lesson comes from experience. Over the past two decades, we have deliberately and totally freed ourselves from the dependence on Russian energy. We built an LNG terminal in Klaipėda, connected our electricity grid with Sweden and Poland, diversified gas supply routes, and replaced Russian gas with biofuel in district heating. Thanks to these strategic steps, when Russia launched its full-scale invasion of Ukraine in 2022, Lithuania was among the first in Europe to completely cut electricity, gas, and oil imports from Russia without jeopardizing our energy security. That was the first layer of our independence.

Now we are focusing the second one, green energy. By 2030, Lithuania will have around 10GW of renewable capacity from onshore and offshore wind and solar power, producing as much electricity as we consume. In parallel, we are developing hydrogen energy, Lithuania aims not only to be self-sufficient, but also to become a green energy exporter in the Baltic region.

This creates strong potential for cooperation with the UAE, whose global leadership in solar and clean technologies is an inspiration. Lithuania brings complementary expertise in wind, hydrogen, digital, and circular economy solutions. Together, we can connect the Baltic's green energy potential with the Gulf's innovation and investment strength.

Our embassy continues to link businesses, researchers, and innovators from both countries aiming to turn shared visions of sustainability into tangible partnerships and projects.

Lithuania has built a reputation as one of Europe's most dynamic start-up hubs. How can UAE investors and venture funds engage with Lithuania's innovation ecosystem and fintech landscape?

Lithuania's innovation ecosystem is young, ambitious, and fast-growing. With more than 1,300 start-ups and one of the strongest fintech sectors in Europe, our country combines creativity, stability, and access to the EU market.

UAE investors are already showing interest. Our business culture is collaborative and open. Lithuania offers quick access to the EU, a skilled workforce, and an environment where innovation is encouraged. Through our embassy team as well as national agencies like "Innovation Agency" and "Invest Lithuania" we are ready to connect Emirati investors with Lithuanian entrepreneurs who are building the technologies of tomorrow.

Are there initiatives to build academic partnerships or student exchange programmes between universities in Lithuania and the UAE, especially in technology and research-driven disciplines?

Education and research remain promising areas for Lithuania–UAE cooperation. Lithuanian universities such as Vilnius University, Kaunas University of Technology, and VILNIUS TECH have strong expertise in engineering, AI, and cybersecurity. These fields align well with the UAE's academic priorities. While there are no major joint programmes yet, we see clear value in exploring research links, student exchanges, and other partnerships. Academic collaboration offers an excellent platform to strengthen mutual understanding and build lasting connections between our countries.

As Lithuania and the UAE mark new milestones in their relationship, what are your top diplomatic and economic priorities for the coming years?

Our relationship with the UAE is deepening in every direction. We particularly look forward to December 11, when flydubai will launch direct, year-round flights between Vilnius and Dubai.

Easier travel means more meetings in person, faster partnerships, and a stronger flow of innovation, tourism, culture, and academic exchange. In many ways, this new air bridge will not only connect two cities but - I very much hope - bring Lithuania and the UAE closer as partners and friends.

Trade between Lithuania and the UAE is expanding rapidly. In 2024, Lithuania's exports to the UAE grew by 20 percent compared to the previous year, while exports of services increased and imports of services from the UAE surged by 48 percent. These figures reflect clear momentum and deepening mutual confidence.

Our trade is also becoming more diverse, and institutional cooperation is gaining strength. In April, a meeting of the Lithuania–UAE Business Council and a bilateral business forum in Sharjah brought together nearly one hundred participants.

The Chambers of Commerce of Kaunas and Šiauliai signed cooperation agreements with the Sharjah Chamber of Commerce and Industry, marking a new chapter in regional collaboration. Later this November, a UAE business delegation will visit Lithuania to build on this dialogue and explore new avenues for partnership.

We also look forward to Lithuania's participation in the World Government Summit in February next year. It is an important global platform where we can share our experience in digital governance and learn from the UAE's remarkable achievements in innovation and public service excellence.

Looking ahead, our priorities remain clear: to strengthen cultural and educational ties, expand trade and investment, and promote sustainability and digital transformation.

Lithuania and the UAE both believe in the power of creativity and ideas. Our friendship is still relatively young, but it already carries the confidence and ambition of a partnership built for the future.

LITHUANIA'S EDGE

EXPORTING EXCELLENCE in Life Sciences, Laser Technologies, and Trustworthy AI

The country's life sciences sector is growing at an annual rate of 30%, while the laser ecosystem exports 90% of its production to 80 countries. The country also aims to become a regional leader in AI solutions

The Lithuanian Delegation at GITEX 2025. The country's technological expertise and innovative products find a ready market in the UAE.

LIFE SCIENCES BY THE NUMBERS: 2.2% GDP & RISING

The Lithuanian life sciences sector is growing at an annual rate of 30%, contributing 2.2% to the country's GDP, and is expected to reach 5% by 2030. The country is recognized for breakthroughs in biotechnology, pharmacology, and biomedicine, including contributions to the CRISPR-Cas9 gene editing technology.

Today, Lithuania has seven universities and seven colleges, supported by 26 R&D centers, including eight dedicated to life sciences, and five science and business valleys to foster innovation.

One of the recent sector breakthroughs was Delta Biosciences' nearly three-year life sciences mission on the International Space Station (ISS), testing anti-radiation molecules developed in Vilnius.

"With 30% annual growth and over 90% of products exported to key markets like the US, Netherlands, and Germany, our life sciences industry is a proven strategic priority," says Patricija Reut, Acting Director of Innovation Agency Lithuania, "Lithuania has transformed into an innovator, excelling in gene editing, personalized medicine, and medical devices, supported by a robust IT infrastructure and over 120 life sciences startups. From an enzyme research hub to MedTech and AI, Lithuanian deep-tech ventures continue to secure notable investment."

INNOVATIVE DBS SOLUTIONS FOR LONGEVITY AND WELLNESS

Leveraging Lithuania's progress in deep-tech and digital health, companies are effectively transforming scientific expertise into consumer solutions that are accessible globally, including the UAE. LifeLab1, a licensed medical laboratory based in Lithuania, is leading this charge by specializing in Dried Blood Spot (DBS) testing.

LifeLab1 simplifies access to crucial health data by offering more than just sample analysis; it provides validated self-collection kits. This innovative approach allows individuals to collect blood samples at home, send them easily under normal (no

While Lithuanian life sciences is making Lithuanians proud now, the country's laser industry has already done that years ago. Lithuania is one of the leading countries in the world when it comes to laser manufacturing.

The country boasts a self-sustainable laser ecosystem, including over **60** companies, along with **5** research centres and universities that work together to advance world-renowned laser and photonics technologies. manufacturing.

© J. BURN; SOURCE LITHUANIA.LT

special handling or refrigeration required) conditions, and receive validated quantitative results paired with clear interpretations. The company currently provides ready-to-use tests for key health markers like NAD, vitamin D, HbA1c, and omega fatty acids, among others.

LifeLab1 sees a significant opportunity in the UAE market, which is highly attractive due to its strong focus on longevity, preventive health, and wellness. This focus, combined with a high purchasing power audience seeking scientifically grounded health solutions, makes DBS testing an ideal fit.

By making accurate laboratory results easily accessible, DBS testing helps individuals make informed decisions about supplements and preventive health measures. This year, LifeLab1 is also ready to showcase its innovative approach at the World Health Expo in Dubai.

© J. BURN; SOURCE LITHUANIA.LT

Lithuania Co-create

BRINGING FEMTOSECOND LASER TECHNOLOGY TO THE UAE

While Lithuanian life sciences is making Lithuanians proud now, the country's laser industry has already done that years ago. Lithuania is one of the leading countries in the world when it comes to laser manufacturing. The country boasts a self-sustainable laser ecosystem, including over 60 companies, along with 5 research centres and universities that work together to advance world-renowned laser and photonics technologies.

"Lithuania merges its expertise in the deep laser industry, which dates back to 1966, with a quarter of our students still opting for STEM disciplines. Being a small ecosystem is our advantage here. It fosters a strong, trusting community bond between business and academia, allowing us to quickly gather for joint projects and ensuring that education aligns with the sector's evolving needs," adds Reut.

The Lithuanian laser ecosystem provides around 2,000 highly skilled jobs and exports 90% of production to 80 countries, including the USA, Germany, Japan, and South Korea. Today, not only businesses but also 96 out of 100 universities globally, as well as world-class institutions such as NASA and CERN, use Lithuanian laser technologies.

For example, Lithuanian Light Conversion, a global leader in femtosecond laser technology, has installed several systems at the Technology Innovation Institute (TII) in the UAE. The company views this as a strategic entry point into a rapidly developing research market that is heavily investing in scientific infrastructure and attracting international talent. While the UAE is not yet a major hub for ultrafast laser applications, its increasing emphasis on advanced spectroscopy and research collaboration offers significant potential.

AI IN LITHUANIA: BALANCING INNOVATION AND ETHICS

By combining supportive regulations for innovation, solid digital infrastructure, and a growing pool of tech talent, Lithuania also aims to become a regional leader in developing and implementing trustworthy AI solutions.

To help companies adapt to the new EU AI Act, Innovation Agency Lithuania, together with the Ministry of the Economy and Innovation, has launched a regulatory AI sandbox – an initiative that enables businesses, particularly SMEs, to test and refine AI systems under real-world conditions.

Through this sandbox, Lithuanian companies can access expert consultations, high-performance computing resources, and the opportunity to pilot innovative products before they receive market certification.

Starting in 2026, companies developing high-risk AI applications will be able to test their products in a supervised environment. This initiative aims to accelerate the responsible implementation of AI in key sectors such as healthcare, manufacturing, and finance.

"These efforts form part of Lithuania's broader National AI Strategy, which promotes ethical, human-centric, and sustainable innovation. It reinforces Lithuania's ambition to become a trusted AI hub in Central and Eastern Europe, while fostering international collaboration with forward-looking markets such as the UAE, where we see significant opportunities for collaboration in developing AI-driven solutions for smart cities, energy, and public services," says Reut. ●

LITHUANIA'S INNOVATION ECONOMY

FINTECH, AI AND CLEAN TECHNOLOGY

A dynamic innovation hub, the country with a population of just 2.9 million is home to three unicorns and over 1,000 startups

The Lithuania-UAE business council meeting 2025

Lithuania has become a dynamic innovation hub, combining a business-friendly regulatory environment with strategic focus on future-proof technologies. With a population of just 2.9 million, the country is home to 3 unicorns and over 1,000 startups – a figure that speaks volumes about its ecosystem designed for rapid growth and global reach.

FINTECH LEADERSHIP

Thanks to progressive regulation, Lithuania hosts the largest number of licensed fintech companies in the EU – over 280 active fintechs serving more than 30 million EU customers across payments, lending, regtech, digital banking, and blockchain services.

AI AMBITIONS

The country is establishing LitAI, a €130 million AI factory that will bring together advanced computing infrastructure, data access, and scientific expertise to develop practical AI solutions. Lithuania's AI credentials are already proven: this year alone, Lithuanian-founded AI orchestration platform nexus.ai secured $35 million in Series A funding, while Cast AI – a US cloud optimization platform whose only offshore development office is based in Lithuania – closed a $108 million Series C round.

HIGH-TECH MANUFACTURING

Lithuania is a world leader in ultra-short-pulse laser technologies, producing advanced optical systems for science, industry, and defense. Around 90% of Lithuanian laser production is exported to over 80 countries, with key markets including China, the US, Germany, Japan, and South Korea.

CLEAN ENERGY AND BIOECONOMY

Over 70% of Lithuania's electricity now comes from low-carbon sources, with ambitious plans to become a net electricity exporter by 2030. The growing bioeconomy sector spans AgriTech, sustainable biomanufacturing, alternative foods, and biofuel production.

Clean technologies and other strategic sectors, such as defence and data centers, benefit from Lithuania's new Investment Highway initiative. It accelerates project launches by cutting pre-construction timelines by up to 12 times, as well as offering dedicated land plots and personalized case management – making Lithuania an attractive destination for forward-looking investors.

© S. BERNOTAS; SOURCE INVEST LITHUANIA

Lithuania Co-create

A smart, reliable partner for the Gulf's food future

Across the GCC, F&B demand keeps rising — driven by population growth, premium tourism, and a fast-evolving retail/HORECA landscape. For the UAE in particular, long-term resilience still depends on diverse, trusted import partners: around 90% of food consumed in the Emirates is imported, so the market prizes suppliers who are consistent, certified, and innovation driven.

The UAE's National Food Security Strategy 2051 points the way forward — more local production via technology, diversified sourcing, and better nutrition outcomes — setting a high bar for international partners who want to grow with the GCC.

EAT Lithuania is our promise of Exceptional quality, Advanced solutions, Tasty & trusted products — a concise signal of what Gulf buyers can expect from Lithuania's food sector.

We combine EU-level quality and traceability with modern food technologies such as freeze-drying, 3D food printing, AI-enabled ag-tech and vertical farming, while staying true to centuries-old culinary traditions and clean raw materials.

In practice, that means a pipeline of products that are safe, certifiable, and built for scale — ready for modern trade, HORECA, and central kitchens across the GCC.

BUILT FOR GCC PRIORITIES

Aligned with the UAE's strategy. The UAE is investing to become a world leader in innovation-driven food security — from frontier ag-tech to smart logistics. Lithuanian producers already operate on this wavelength: satellite and IT tools to monitor crops, low-impact processing that preserves nutrition and extends shelf life, and R&D for personalized nutrition formats. This alignment helps distributors and retailers meet both consumer expectations and policy objectives in the Gulf.

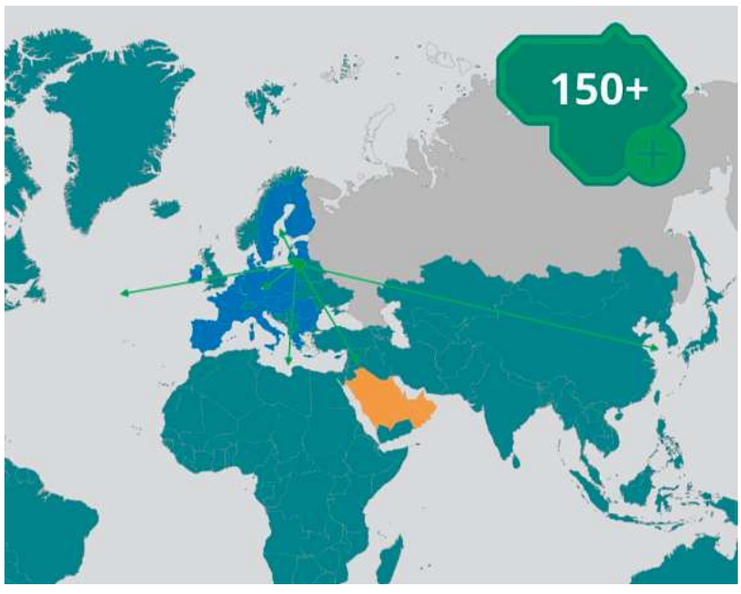
EU standards, Gulf-ready. Lithuanian products come with the quality assurance and traceability systems you expect from the European Union. And critically for GCC markets, Lithuanian products entering the UAE are Halal-ready where required, supporting smooth market access and consumer trust.

The UAE's Halal National Mark framework—administered by the Ministry of Industry & Advanced Technology (MoIAT)—provides a recognized pathway for compliant products.

WHAT GULF CONSUMERS WILL TASTE

- Clean-label dairy and value-added proteins (cheeses, cultured and high-protein formats).
- Next-gen snacks & ingredients (freeze-dried fruits/berries/candies, protein snacks, functional ingredients, and powders).
- Ready-to-eat and frozen solutions (RTE meals, bakery, better-for-you frozen).

Continued on Pg 8



Continued from Pg 7

- Beverages and water (soft, functional, and naturally mineralized options).

These are EU-standard portfolios that can be adapted for private label and co-development — from flavor profiles to pack sizes — helping partners differentiate ranges while managing shrink and improving contribution margins.

WHY TO WORK WITH LITHUANIA

- Supply Reliability: A mature export ecosystem serving 150+ markets with stable raw-material access and EU-grade traceability.
- Innovation to Margin: Technologies such as freeze-drying, AI-supported processing deliver longer shelf life, consistent quality, and nutrition density that travels well — ideal for the Gulf's climate and logistics.
- Speed to Market: Compact, English-speaking teams and agile product development enable faster briefs and quicker shelf-ready execution.
- Partnership Mindset: We focus on multi-year category growth, demand planning, and joint marketing that builds brands or private labels together.

MEET US WHERE THE REGION MEETS TO BUY

Lithuania is a constant participator at the region's flagship F&B platforms — Gulfood and Gulfood Manufacturing — where GCC buyers source at scale, benchmark innovation, and close deals. (Gulfood is the largest F&B show in the Middle East, drawing thousands of exhibitors and well over a hundred thousand visitors; Gulfood Manufacturing is the region's central meeting place for food-tech and processing.) In 2026, Lithuania adds the Saudi Food Show to its calendar — Saudi Arabia's largest F&B trade event — making it even easier for Kingdom-based partners to connect.

WHAT TO EXPECT AT OUR STANDS:

- Product tastings across dairy, snacks, RTE, beverages, and functional ranges.
- Technical deep dives on shelf-life, logistics, and specification controls for Gulf climates.
- Halal certification pathways discussion and documentation support.
- Private-label / co-development conversations tailored to retailers, distributors, and HORECA groups.

THE INVITATION TO EAT LITHUANIA

The Gulf's F&B sector thrives on trusted supply and constant innovation. Lithuania offers both: clean inputs, advanced processing, and EU-level assurance — delivered by teams who co-create for Gulf tastes and scale.

If you're a retailer, distributor, foodservice operator, or manufacturer looking for resilient partners and consumer-loved products, Lithuania is ready to build your next growth chapter.

Lithuania
Co-create

Contact

Mrs. Eivina Žižiūnaitė-Allbaz
Agricultural & Commercial Attaché of Lithuania to the UAE
Embassy of Lithuania to the United Arab Emirates

eivina.ziziunaite-allbaz@urm.lt
+ 971 2 309 0447

General enquiries to Lithuania's Food Export Promotion Agency LITFOOD : info@litfood.lt

SUPER GARDEN

Freeze-Dried Food Innovators from Lithuania

From fruits, berries, vegetables, spices, and cheeses to indulgent ice creams and candies, the company offers the widest range of freeze-dried products in the world

At Super Garden, we believe food should be healthy, exciting, and ready for the future. As pioneers in freeze-dried technology, we create products that preserve up to 98% of original nutrition, vibrant colours, and natural taste — without additives or unnecessary processing.

Founded in Lithuania, Europe, and produced in our own modern facility, Super Garden offers the widest range of freeze-dried products in the world. From fruits, berries, vegetables, spices, and cheeses to indulgent ice creams and candies, our portfolio redefines what convenient, long-lasting, and nutritious snacks and meals can be.

INNOVATION THAT BREAKS BOUNDARIES

- Freeze-dried ice cream STAR CANDIES — playful, colourful, and crunchy delights that don't melt but keep all the taste, winner of the ISM Middle East 2025 Best Hard & Soft Candy Award.
- Patented functional snacks BITES — nutrient-rich cubes packed with proteins, vitamins, and fiber, designed for modern, on-the-go lifestyles. (International Patent No. EP4061151)
- Tactical & functional full-day rations S.T.A.R.M.Y — meals, snacks, and drinks developed for outdoor adventures, emergency needs, and professional use.

In 2024, Super Garden's parent company GELD BALTIC became an official partner of the European Space Agency (ESA), helping develop next-generation space snacks.

These sustainable, protein-rich foods are designed to nourish astronauts, while bringing comfort through flavors inspired by home cooking.

WHY FREEZE-DRIED?

- 98% nutrition preserved — better than traditional drying or cooking.
- Long shelf life — up to 24 months without losing quality.
- Lightweight & easy to transport — up to 10× lighter than fresh.
- Developed & perfected by NASA — trusted for space travel, now perfected for everyday life.

BRINGING THE FUTURE OF FOOD TO THE WORLD

Every year, Super Garden introduces new innovations, expands into global markets, and inspires healthier snacking. Whether it's premium retail, outdoor expeditions, or even space exploration, our mission remains the same — to make food nutritious, exciting, and sustainable.

www.super-garden.com
sales@supergarden.lt
+370 656 22820

SUPER GARDEN

Modern Nutrition for Modern People.

DISCOVER LITHUANIA:

Quiet Luxury in the Heart of Europe

KERNAVĖ ARCHAEOLOGICAL SITE © MARIUS JOVAIŠA

For travelers from the Gulf region seeking authenticity, balance, and beauty, Lithuania offers a new kind of luxury – one that whispers instead of shouts. "Quiet luxury" here is not defined by opulence or excess, but by space, calm and connection. It is found in the scent of pine forests, the stillness of lakes, and the warmth of genuine hospitality.

Lithuania invites guests to slow down and experience a country where elegance lies in simplicity. Wellness and holistic living are deeply woven into the culture – from award-winning SPA resorts surrounded by nature to mineral-rich treatments in historic Druskininkai. Each experience nourishes both body and mind.

Nature tourism is at the heart of Lithuania's appeal. Visitors can stroll the soft sands of the Curonian Spit – a UNESCO World Heritage Site where golden dunes meet the Baltic Sea – or wander through lush national parks filled with crystal clear lakes, meadows, and ancient forests. For those who seek culture, the charming Old Towns of Vilnius and Kaunas blend centuries-old architecture with creativity and modern design.

Lithuania's luxury is understated yet profound: quality without noise, beauty without artifice, time without haste. Here, travelers discover that true indulgence is not about display, but about feeling – peace, space, and authenticity.

With convenient connections from the Gulf and a growing reputation as a safe, welcoming, and innovative destination, Lithuania is ready to open its doors to discerning travelers from the region offering a sense of discovery, renewal, and quiet sophistication that lingers long after the journey ends.

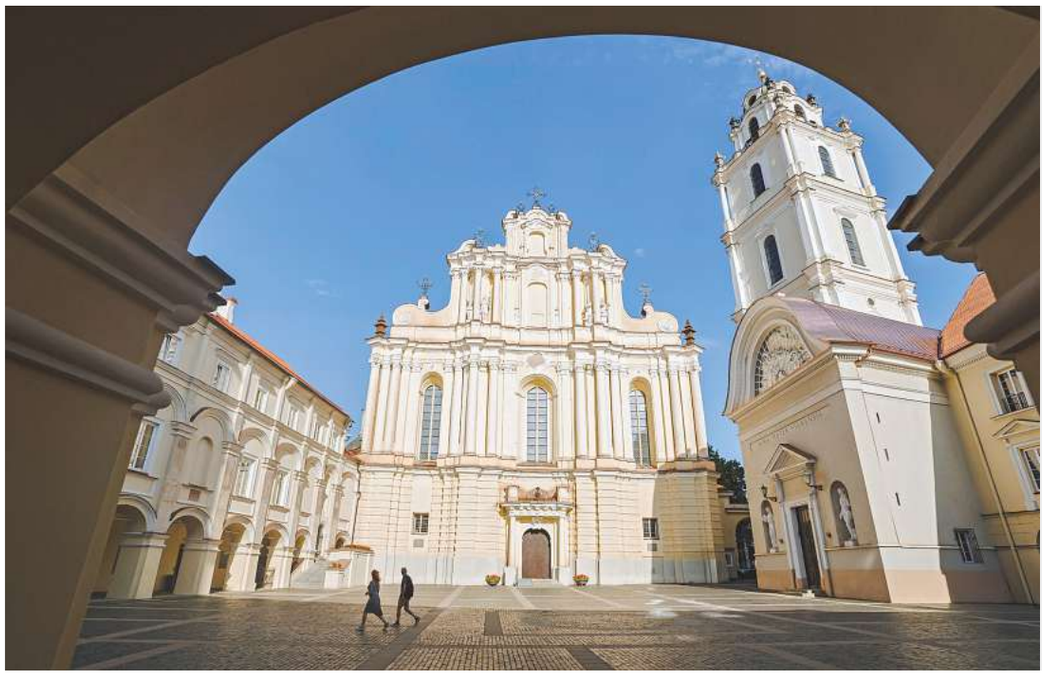
DISCOVER VILNIUS:
Capital of Lithuania

A city where everything feels close and effortless

Vilnius is a compact capital where distances disappear. Most of its highlights - the UNESCO-listed Old Town, the Cathedral Square, designer boutiques, and vibrant cafés – are within a short walk of one another. Visitors can explore freely without worrying about long commutes or crowds. The air is fresh, the rhythm calm, and even first-time visitors feel at ease. The city's layout makes every journey intuitive, turning exploration into a relaxed, enjoyable experience rather than a logistical challenge.

SAFE, FRIENDLY, AND EASY TO CONNECT WITH

Safety is one of Vilnius's quiet luxuries. Streets are clean and secure at all hours, public transport is reliable, and the city has a reputation for being among the safest in Europe. English is widely spoken, especially among younger people, hotel staff, and service providers, which makes communication natural and stress-free. Whether you're asking for directions, booking a restaurant, or joining a guided tour, you'll find that warmth and helpfulness come easily to the locals. For families or solo travellers, this sense of comfort defines the experience of visiting Vilnius.



VILNIUS OLD TOWN © SIMAS BERNOTAS

NERIS RIVER, VILNIUS © KIPRAS ŠTREIMIKIS

THE GEDIMINAS' TOWER, VILNIUS © A. ALEKSANDRAVIČIUS

TRAKAI CASTLE © A. ALEKSANDRAVIČIUS; SOURCE LITHUANIA.LT

COMPACT IN SIZE, RICH IN EXPERIENCE

Though small in scale, Vilnius feels surprisingly full. Within minutes, you can move from a 16th-century church to a riverside park, from fine dining to a modern art gallery.

Its pedestrian streets open onto lush green spaces one reason the city was named European Green Capital 2025.

Cafés spill onto cobblestone squares in summer, while cultural festivals and Christmas markets fill the winter months with light and sound.

For Gulf travellers seeking an easy European escape with charm, calm, and authenticity, Vilnius offers exactly that beauty you can experience at your own pace, in a place that feels instantly welcoming.

VILNIUS AIRPORT: Redesigned. Reconnected

Vilnius and Dubai are now just a direct flight away

1

2

3

4

1. New Vilnius Airport Departure Terminal opened in 2025
2. The new terminal will ensure faster and smoother passenger flow
3. The departure terminal is expected to ensure seamless travel
4. The planned Vilnius Airport Arrivals Terminal render
5. Another render of the planned Vilnius Airport Arrivals Terminal

Travel between Lithuania and the UAE has never been easier. In 2023, airBaltic launched with two seasonal flights per week between Vilnius and Dubai International Airport. This winter season airBaltic will operate three weekly flights. This December 11, flydubai will take the connection even further, becoming the first Gulf carrier to serve Lithuania with year-round direct flights linking Vilnius and Dubai three times a week.

Both airlines offer convenient schedules and premium products catering to business and leisure travelers alike. As Dubai remains one of the world's most dynamic global hubs, Lithuania is ready to welcome travelers as the Baltic gateway for guests from the UAE.

To meet growing travel demand, Lithuanian Airports are investing boldly in infrastructure and technology. This year, Vilnius Airport unveiled its brand-new Departures terminal, designed for faster and smoother passenger flow. In 2028, a Zaha Hadid Architects-designed Arrivals terminal will open its doors, marking another leap in design and comfort. Located just 15 minutes from the city center, the airport offers one of the most seamless arrivals in Europe.

Lithuania's three-airport network – Vilnius, Kaunas, and Palanga on the Baltic coast – is managed under one system and leads the Baltics in passenger traffic, with over 40% of the total regional share. Serving nearly 100 routes through 15 airlines, the network continues to break records in both 2024 and 2025, driven by strong business, leisure, and visiting-friends-and-relatives travel.

Vilnius, the capital, stands out as the air gateway to a region that is modern, green, and full of character. The city combines deep history and architectural beauty with a thriving creative scene, Michelin-rated restaurants, and the energy of Europe's hidden gem waiting to be discovered.

Now, with direct flights connecting Vilnius and Dubai, two ambitious cities meet in the sky, bringing people, ideas, and possibilities even closer.

5