

## Practical Information.

- Useful Applications – [Bolt](#), [Glovo](#), [Wolt](#)
- Supermarket Chains in Tbilisi – [Carrefour Georgia](#), [Spar Georgia](#), [Fresco](#), [Nikora Supermarket](#).
- Sport and Entertainment – Fitness Clubs in Tbilisi: [Champions Academy](#), [Oktopus](#), [World Class Georgia](#), [Snap Fitness](#).
- Cinema/Opera – Amirani Cinema, Cavea Gallery, Cavea City Mall, Cavea East Point, Opera and Ballet Theater Tbilisi.  
You can purchase the tickets for the Cinema/Opera at the following [link](#).
- Swimming Pools in Tbilisi – [Vake Swimming Pool](#), [Sports Complex Neptune](#), [Leila Meskhi Tennis Academy Fitness and Pool](#).

## **Banks in Tbilisi**



[TBC Bank](#)

You can use ATM's of both banks,

TBC Cash Machine is Available at the entrance of the



[Bank of Georgia](#)

## **Exchange Rates:**

Georgian Lari is a currency used in Georgia.

You can exchange your money in banks or exchange points located in the main streets of the city.

You can check out latest currency rates on the official website of [Georgian national bank](#).

## Emergency Service



### List of Hospitals

- Scientific-Research Institute of Clinical Medicine – Fridon Todua Medical Center.  
LTD Didube-Chugureti District, Tevdore Mgydeli str. 13, Tbilisi, 0112. Tel: (+995 32) 234 81 19  
[Web Page.](#)
- Neolab LTD.  
47 Tashkenti st. Tbilisi. Tel: : (+995 32) 239 28 96  
[Web Page.](#)
- Aleksandre Aladashvili Clinic.  
103 Dimitri Uznadze st. Tbilisi. Tel: 032 295 80 14  
[Web Page.](#)
- Central Republican Hospital  
29 A Vazha-Pshavela Ave. Tbilisi, 0160 Tel: (+995 32) 224 40 33

112 is the emergency response center that receives emergency calls from all over Georgia via unifies emergency number – 112 during 24-hours. 112 service is free of charge from all fixed line and mobile networks even if the number is disconnected from both sides or there is no sim-card in the mobile phone.

## About Georgia



Georgia is located at the crossroad of Europe and Asia. It lays at the eastern end of the black sea, with turkey and Armenia to the south, Azerbaijan to the East and Russia to the north, over the Caucasus Mountains.

Georgia has a unique and ancient cultural heritage, and is famed for its traditions of hospitality and cuisine. The capital and largest city is Tbilisi. The main sights of the city are clustered in the old Tbilisi district, which is placed on the right side of river “mtkvari”. This area is well-known and attractive for its sulfur bathhouses fed by natural hot springs.

Nearby, on shardeni street you will find plenty of modern, popular restaurants, open air café-bars, contemporary and entertaining night clubs or art galleries. On the left side of river you can experience amazing lounge bars on street Aghmashenebeli. It is one of the attractive and popular avenues in the historical part of Tbilisi. The street is known for its 19<sup>th</sup>-century classical architecture.

Capital – Tbilisi Government – Unitary Parliamentary Republic

Currency – Georgian Lari (GEL)

Area - 69,700KM<sup>2</sup>

Population – 3.7 Million

Official Language – Georgian

Religion - Georgian Orthodox 83.9%, Roman Catholic 1.2%, Muslim 9.9%, Others 0.8%, None 0.7%.

Country Code - +995 Time Zone - UTC +4

Business Freedom Index: 86.9 Labor Freedom Index: 77.3 Investment Freedom Index: 80 Overall Score of Country: 76.2 Ranking: 16<sup>th</sup> (Source: Heritage.org)

## Restaurants in Tbilisi



### **8000 Vintages**

Address: Tsintsadze Sulkhani st. 26, 0160, Tbilisi, Georgia

Web Page: [Click here](#)



### **Fabrika**

Address: 8 Egnate Ninoshvili st, Tbilisi.

Web Page: [Click here](#)



### **Barbarestan**

Address: D.Aghmashenebeli Ave. 132 0112, Tbilisi,

Web Page: [Click here](#)



### **Shavi Lomi**

Address: 28 Zurab Kvlividze st, 0114, Tbilisi,

Web Page: [Click here](#)



### **Ninias Garden**

Address: 97 Dimitri Uznadze st. Tbilisi 0102.

Web Page: [Click here](#)



### **Funicular**

Address: Mtatsminda Plateau, 0114, Tbilisi.

Web Page: [Click here](#)



### **Wine Factory N1 Tbilisi**

Address: 1 Vasil Petriashvili st. Tbilisi.

Web Page: [Click here](#)



## Umami Asian Restaurant

Address: Rose Revolution sq. 1, 1080, Tbilisi,

Web Page: [Click here](#)

## Tbilisi Sightseeing

### Tbilisi Old City Tour

Tbilisi's old town has managed to keep its scenic appeal despite numerous renovations over the ages. The district's cobblestone streets, ancient landmark and gorgeous balconies attract architecture, history and culture aficionados from all over the world with its vibrant blend of eastern and western styles. Tourists will be able to enjoy the beauty of Bath District, Meidan, Sioni Cathedral Church, Bridge of Peace.





## Museums in Tbilisi



**Moma Tbilisi**

Address: Kvali street, Tbilisi.



**Tbilisi Open Air Museum of Ethnography**

Address: Turtle lake street, Tbilisi.



**Museum of Fine Arts Georgia**

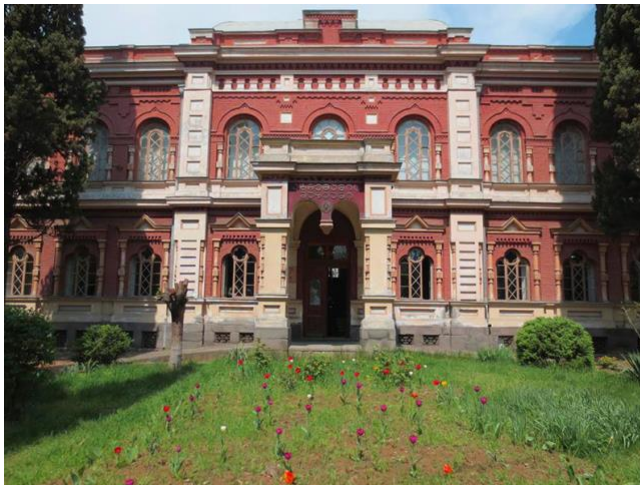
Address 2/4 Aleksandr Pushkin st. Tbilisi



**Tbilisi History Museum**  
Address: 8 Sioni st. Tbilisi



**Georgian National Museum**  
Address: 3/10 Shota Rustaveli st. Tbilisi.



**Silk Museum**  
Address: 6 Giorgi Tsabidze st. Tbilisi.

## Nature in Tbilisi



**Vake Park**



**Mtatsminda Park**



**Dedaena Park**



**Lisi Lake**



**Mziuri Park**



**Turtle Lake**

**Should someone like to schedule additional tours (In and out of the city), please contact the travel company BlueJay at the following e-mail address: [Tamar@bluejay.ge](mailto:Tamar@bluejay.ge)**

## Shopping in Tbilisi



### **City Mall Saburtalo**

Contemporary mall featuring a variety of popular retail shops, a Grocery store & fast foot outlets.

Address: 1 Petre Kavtaradze St. Tbilisi



### **Galleria Tbilisi**

Multi-level shopping mall featuring a play area, a movie theater & a food court with global eats.

Address: 2/4 Shota Rustaveli Ave, Tbilisi.



### **Tbilisi Mall**

Shopping mall with popular chain stores including a carrefour, plus a food court and a movie Theater.

Address: 16th km, Davit Aghmashenebeli, Tbilisi 0131

## Essential Georgian Phrases

- Gamarjoba (ga-mar-jo-ba) / Hello
- madloba (mad-lo-ba) / Thank you
- Arapris (ara-pris) / You are welcome
- Ki – Yes.
- Ara – No
- Ukatsravad (u-kats-ra-vad) / Excuse me
- Tu Sheidzleba (tu she-id-zle-ba) / Please
- Ver gavige (ver ga-vi-ge) / I do not understand
- Nakhvamdis (na-khva-mdis) / Goodbye
- Gaumarjos (gaumar-jos) / Cheers

### Directions

- Marjvniv, Martskhniv (mar-jvniv /mar- tskhniv) / Turn right, Turn left.
- Nela (ne-la) / Slow down
- Gaachere (ga-ach-ere) - Stop
- Tsadi (tsa-di) – Go

### At the restaurant/bar

- Tskali (tska-li) / Water
- Ludi (lu-di) / Beer
- Gvino (gvi-no) / Wine
- Gemrielia (gem-ri-eli-a) / Delicious

### At the market

- Ra girs? / How much is this?
- Dzalian dzviria (dza-li-an dzvi-ri-a) / Too expensive

**Contact Information**

Ketevan Karbaia

International Relations Department of Caucasus University

[kkarbaia@cu.edu.ge](mailto:kkarbaia@cu.edu.ge)

+995 551 16 19 95