



vital
europe

the vital europe guide to

BUDAPEST

We would like to make your stay memorable so we have compiled a list of things you might be interested in between your sessions. For example, you may want to go on a sightseeing tour or celebrate the end of your treatment with a dinner downtown. This brochure contains information about major landmarks as well as contacts to reliable service providers. If you have any questions please feel free to contact our front desk or our customer care team. We update our brochure on a regular basis and welcome your suggestions.

A FEW WORDS IN HUNGARIAN

Yes	Igen
No	Nem
Please	Kérem
Thank you!	Köszönöm!
Excuse me!	Elnézést!
I don't understand.	Nem értem.
Do you have...?	Van...?
I don't speak Hungarian.	Nem beszélek magyarul.
Do you speak English?	Beszél(sz*) angolul?
"Good day!" (Hello!)	Jó napot! Szia!*
Good morning!	Jó reggelt!
Good evening!	Jó estét!
Good bye!	Viszlát! Szia!*
How are you?	Hogy van? Hogy vagy?*
I love you!	Szeretem Önt! Szeretlek!*
Where is...?	Hol van...?
It hurts.	Fáj.
It doesn't hurt.	Nem fáj.
You are beautiful!	Ön gyönyörű! Gyönyörű vagy!*

* informal version

HOW TO PRONOUNCE HUNGARIAN LETTERS

The rule: In the Hungarian language (almost) every letter has a fixed pronunciation.
"We speak as we write."

a	Martin (between 'a' and 'o')
á	done
c	pets (pronounced together)
cs	China
e	belt
é	game (without 'y' sound)
g	game
gy	duke (soft 'd', 'du' without 'u' sound)
h	hello
i, í	think (short and long)
j	yet
ly	yet (the same sound as for j)
ny	new / knew (soft 'n')
o, ó	all (short and long)
ö, ő	earl (short and long)
r	roll ('r' rolled)
s	shame
sz	son
ty	Tuesday (soft 't', 'tu' without 'u' sound)
u, ú	you (always without starting 'y' sound)
ü, ő	(a more closed 'u' as in the German word: über)
y	(exists separately only at the end of names, pronounced 'i')
z	zebra
zs	jeu (as 'j' in French words)

TRANSPORTATION


■ MB ELIT LUXURY TAXI

Our front desk team is happy to organize your transfers to and from VitalEurope Clinic. We advise you never to get into a taxi that does not have a license plate, the logo of a reputable taxi firm and the fares posted on the dashboard inside.

Phone: + 36 1 232 3232

■ PUBLIC TRANSPORT (BKK Company)

Public transport in Budapest is cheap and well-organized. You have to validate your ticket as you enter the vehicle or at the entrance to the metro. The nearest ticket vending machine (TVM) is at *Kosztolányi Dezső tér*, right in the tram stop. Please read the ticket for validity conditions.

To purchase tickets look out for this sign: 

IMPORTANT! The city's public transport system is free for all EU citizens over the age of 65. In this case you only have to show your ID card or passport to the inspector as proof.

A single ticket is 350 Ft.
A 72-hour travelcard is 4 150 Ft.
A 7-day travelcard is 4 950 Ft.

For more information visit: www.bkk.hu/en/prices

- The **Budapest Card** is ideal for discovering the city. It is a discount card for tourists valid for 24, 48 or 72 hours, offering 150 discounts and free transportation, free walking tours and museum entries.

48-hour card: 8 500 Ft. (approx. £25)
72-hour card: 10 900 Ft. (approx. £31)

To buy it visit: *Sütő utca 2* (district V., Pest) or a metro ticket office
For more information visit:
www.budapest-card.com/en

■ Getting to VitalEurope Dental Clinic

Buses 53, 150, 154 stop right in front of VitalEurope, the stop's name is **Hollókő utca**. They both start/end at *Újbuda Központ*, the closest station on M4 metro line.

Trams no. 19 and 49 leave from the corner of *Karolina út - Bartók Béla út*, a 5-minute walk from VitalEurope.

Take **tram no. 49** to go to the **Pest** side of the city. You can get off at the Central Market Hall and *Váci utca*, the street of souvenir shops (*Fővám tér* stop), or continue to the centre of Pest (*Deák Ferenc tér*, terminus)

Take **tram no. 19** for places in **Buda**. You can get off at Gellért Hill / Gellért Baths or continue to the foot of Castle Hill at *Clark Ádám tér*, where you can take the funicular up to the castle.

CITY SIGHTS

■ BUDA

■ Buda Castle (*Budavár*)

From the mid-13th century onward, the Castle of Buda was the main royal residence, hence the first true capital of Hungary.

The southern end of the Castle hill is entirely occupied by the Baroque style Royal Palace, now home to the **National Gallery** (*Nemzeti Galéria*) where the most important Hungarian masterpieces are kept and the **Budapest History Museum** (*Budapesti Történeti Múzeum*). In the latter, beneath the actual building you can see the medieval remains of the Royal Palace.



St. Stephen's Basilica

The northern part of the Castle District has charming, old streets with medieval and Baroque houses, nice little galleries, cafés and restaurants. You can enjoy a breathtaking panorama of the Danube from the **Fishermen's Bastion**, a neo-Romanesque belvedere, situated right next to Buda's cathedral, the Gothic **Matthias Church**.

■ Gellért Hill (Gellért-hegy)

Gellért Hill is a 140 m high dolomite rock rising above the Danube in Buda. At the top you can enjoy maybe the most impressive panorama of the city. You can also pay a visit to the **Citadel**, built by the Austrians as a military base to control the city after the crushing of the 1848-49 Hungarian Revolution, or to the **Statue of Liberty**, erected as a monument to the "liberation" of Hungary by the Russian Army in 1945.

■ PEST

■ Parliament building (Országház)

The domed neo-Gothic structure was inspired by

the British Houses of Parliament and serves as both a vibrant government centre and a proud city landmark on the banks of the Danube.

■ St. Stephen's Basilica (Szt. István bazilika)

Budapest's neo-Renaissance cathedral was built over the course of half a century and completed in 1905. Much of the interruption had to do with the fiasco in 1868 when the dome collapsed during a storm, and the structure had to be demolished and rebuilt from the ground up. The Basilica is rather dark and gloomy inside, but take a trip to the top of the dome, which can be reached by lift and 146 steps and enjoy one of the best views in the city.

■ Great Synagogue (Nagy Zsinagóga)

The Great Synagogue is the largest Jewish house of worship in the world outside New York City and can seat 3000. Built in 1859 according to the designs of Frigyes Feszli, the synagogue combines Romantic-style and Moorish architectural elements.

■ Heroes' Square (Hősök tere), Andrássy Avenue, City Park (Városliget)

The **Millennium Monument** on Heroes' Square was built for the 1896 Millennium celebrations, when Hungary marked the 1000th anniversary of the settlement of the Magyars in the Carpathian Basin. On the square you can find two of Budapest's main museums, the **Museum of Fine Arts** (Szépművészeti Múzeum), and opposite it, the **Kunsthalle** (Múcsarnok). Since 2002 the Millennium Monument together with Andrássy Avenue is a UNESCO World Heritage site.

Behind and around Heroes' Square lies the **City Park**, which offers various entertainments: a pleasant artificial lake which is used as an ice rink during the winter, the city's biggest thermal baths, the **Széchenyi** (see section: Thermal baths), the **flea market** in Petőfi Hall (see: Shopping), and the almost 150-year-old **Budapest Zoo and Botanical Garden** which has recently acquired the territory of the old Amusement Park.

■ ORGANIZED SIGHTSEEING

■ DiscoverBudapest

Our partner DiscoverBudapest offers numerous options for sightseeing: Segway and bike tours, walking tours or theme tours like their "Pub Crawl"

and the "Hammer and Sickle Tour". They also have a rent-a-bike service and a bookstore. Their office is behind the Opera House (see: Music).

Address: Lázár utca 16 (district VI., Pest)

Bookings at our clinic's reception.

■ RiverRide

RiverRide sightseeing tour offers you the two-hour unique experience of an unforgettable city trip around Budapest on an amphibious bus.

Address: Széchenyi István tér 7-8 (district V., Pest)

Bookings at our clinic's reception.

THERMAL BATHS

Budapest is known as a "City of Spas": it has more thermal and medicinal water springs than any other capital in the world. These waters were first enjoyed by the Romans as early as the 2nd century AD, but it was only during the Ottoman occupation of Hungary in the 16th century that the bath culture really started to flourish. Three of the old Turkish baths are still open to the public, promising a unique experience.

■ Széchenyi Baths

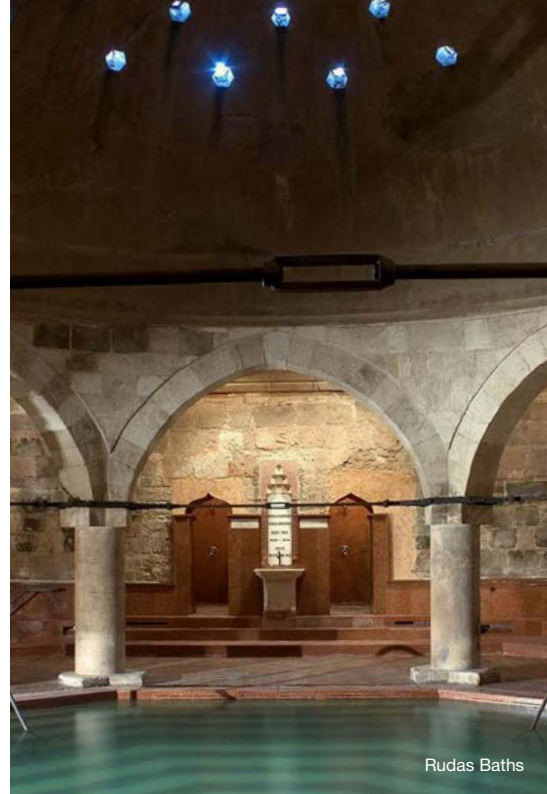
The Széchenyi is the largest medicinal spa in Europe, situated in Budapest's City Park (Városliget - see above). It was built in 1913 in a neo-Baroque style over an artesian well more than 1000 m deep. The water rises to the surface with a temperature of 77°C, then, after cooling, fills 15 indoor and 3 outdoor pools. Because of the heat these latter are open in winter too. Services: thermal bath, swimming pool, wave and whirlpool, steam-bath, sauna, hydro-massage, different types of massage.

Address: Állatkerti körút 9-11 (Városliget, district XIV, Pest)

Mon-Sun: 6:00-19:00
(the swimming pool until 22:00)

■ Gellért Baths

The city's most famous thermal spa is the Gellért Baths at the foot of Gellért Hill. Soaking in this Art Nouveau palace has been likened to taking a bath in a cathedral. There are 10 indoor and 2 outdoor pools (available in the summer). Services:



Rudas Baths

thermal bath, swimming pool, wave and whirlpool, steam-bath, sauna, hydro-massage, different types of massage.

Address: Kelenhegyi út 4 (Szent Gellért tér, district XI., Buda)

Mon-Sun: 6:00-20:00

■ Rudas Baths (Turkish)

The Rudas is the most developed of the Turkish baths. It has numerous services, including thermal pools in the old building, sauna, steam-bath, swimming pool, and a newly built sundeck on the rooftop with a jacuzzi. There is also a special night opening every Friday and Saturday. **Attention:** the use of the thermal department in the old building is traditionally restricted to men during the week, only Tuesday is for women. The night opening and the weekend is mixed.

Address: Döbrentei tér 9 (district I., Buda)
It is at the foot of Gellért Hill, next to Erzsébet Bridge (the white one).

Mon-Sun: 6:00-20:00 Fri-Sat: 22:00-4:00

For bookings please visit:
www.spasbudapest.com



pörkölt with galuska

HUNGARIAN GASTRONOMY

When you visit Budapest don't forget to taste some traditional Hungarian dishes. They are typically meat-focused, spicy, heavy and rather fatty. Hungarian cuisine has some delights for you including hearty soups, stews and game dishes, simple casseroles and delicious cakes and pastries. To accompany them: Hungarian wines and spirits are also acclaimed, and they go well with the traditional foods.

SPECIAL PRODUCTS FROM THE MARKET

paprika	The no.1 spice in the Hungarian cuisine. It can be hot (<i>csípős</i>) or mild (<i>édes</i>), ground or whole. It is often used as a decoration only.
kolbász	Sausage made of pork with paprika. Usually smoked and dried, but it can be fried also. There is a Hungarian saying used to describe great wealth: "even the fence is made of <i>kolbász</i> ".
hurka	Similar to kolbász, but made of pork blood or liver, and eaten only in its fried form.
tejföl	A heavy sour cream, typical in Eastern Europe.
túró	Small-curd cottage cheese. When made of sheep milk it is called <i>juhtúró</i> .
túró rudi	A bar of sweetened <i>túró</i> covered with chocolate. It's a unique and very popular dessert in Hungary.

TYPICAL DISHES

gulyásleves	A soup made with beef, vegetables and a lot of paprika. (Not to be confused with <i>pörkölt</i> erroneously called goulash.)
halászlé	Fish soup made with paprika, similar to <i>gulyásleves</i> .
pörkölt, paprikás	Our no.1 national meal: a spicy stew with paprika and onions. Can be made of beef, pork, chicken, venison or mushrooms, sometimes cooked together with <i>tejföl</i> or red wine.

galuska	Small dumplings to garnish <i>pörkölt</i> .
savanyúság	Pickled vegetables such as cucumbers, cabbage, green paprika accompanying any heavy meal, especially <i>pörkölt</i> .
főzelék	A category exclusive to our cuisine: not quite like a soup, and thinner than a stew. It is made out of one kind of vegetable such as potatoes, beans, peas, spinach, lentils etc., and usually topped with <i>pörkölt</i> or some other meat.
somlói galuska	A popular dessert made of sponge cake, topped with vanilla cream, walnut bits, whipped cream and chocolate sauce.
palacsinta	Pancake. Usually filled with jam, sweet <i>túró</i> , or cocoa powder. <i>Hortobágyi palacsinta</i> however is filled with <i>pörkölt</i> and topped with a paprika-tejföl sauce.
lángos	A deep fried flat bread, topped with <i>tejföl</i> , cheese and garlic. It can be bought from street vendors.

WHAT TO DRINK

pálinka	Hungarian spirit made of fruit, such as plums (<i>szilva</i>), pears (<i>körte</i>) or apricots (<i>barack</i>). It is very strong, but some traditional foods need a shot of <i>pálinka</i> as a digestive.
Unicum	A Hungarian bitter containing more than 40 herbs, it has its own museum near <i>Boráros tér</i> (Southern Pest).
bor (wine), fröccs	Hungary is famous for its wine culture. Try ones from Villány. We have a tradition of mixing wine with sparkling water to make a spritzer called <i>fröccs</i> .
sör (beer)	Dreher, Soproni, Borsodi, Kőbányai are the local brands.

If you have just had dental surgery you may have difficulties with chewing. **After whitening do not eat or drink anything that might colour your teeth. Do not eat dairy products after surgery.**

Some of our partner hotels offer 'dental menu' for our patients. Please enquire at the reception.

Chef Parade cooking class

Participate a cooking class with Chef Parade to have a deeper experience on Hungarian cuisine. Your mentor will be a Hungarian chef: the most authentic source of knowledge. You can start in the morning by buying the necessary ingredients in the Great Market Hall (see Shopping), then follow the company to the venue and cook the lunch menu for yourself.

More information and bookings at our clinic's reception.

MgTels restaurant

A cheap pizzeria very close to VitalEurope which is famous for its huge portions. It has a small terrace in the summer months.

Address: *Bocskai út 76* (district XI., Buda)
Mon-Fri: 11:00-22:45, Sat-Sun: 12:00-22:45

CAFÉS, PUBS AND NIGHTLIFE

Budapest is famous for its busy nightlife, which is definitely worth a try, but please note that heavy drinking during your dental treatment is not advised.

JEWISH DISTRICT

It is an old and slightly run-down district (to the east of *Deák F. tér*) which was once the place where much of the Jewish population of Budapest lived. Nowadays, being almost entirely occupied by cafés, pubs and courtyard bars, it is a huge and vibrant amusement area with a unique ambience. Its main streets are *Király u.*, *Dob u.*, *Wesselényi u.*, *Kazinczy u.* and a great passage called *Gozsdu udvar*.

UNIVERSITY DISTRICTS

The closest area for cafés, bars and restaurants is the southern part of the downtown, home to several universities. Look around the Small Boulevard of Pest, and its continuation to Buda, the vicinity of *Gellért tér* to find a good place. Being a students' paradise, the ambience is pleasant in these parts of the city, yet less flamboyant than in the Jewish district. Tram no. 49 goes through this area.

RECOMMENDED RESTAURANTS

Budapest Bistro

This modern and stylish restaurant is situated in downtown next to the Parliament building. Its kitchen is primarily based on the Hungarian traditions but you can also find other gastronomic fantasies of international inspiration.

Address: *Vécsey utca 5* (district V., Pest)
Mon-Fri: 7:30-0:00 Sat-Sun: 9:00-0:00

Bookings at our clinic's reception.

Hemingway Restaurant

Just 10 minutes walk from our dental clinic, it is one of the capital's most romantic and only lakeside terrace. VitalEurope patients receive a free welcome drink if they book their dinner through us.

Address: *Kosztolányi Dezső tér 2* (district XI., Buda)
Mon-Sat: 12:00-0:00, Sun: 12:00-16:00

Bookings at our clinic's reception.

NEAR OUR CLINIC

Itt Vagyok Café & Grill

A nice café-restaurant close to VitalEurope, our staff's favourite. Their kitchen is excellent, but prices are low, especially in case of the menu of the day.

Address: *Karolina út 37/b* (district XI., Buda)
Mon-Thu: 8:00-21:00 Fri: 8:00-23:00

MUSIC

Although there is a great choice of live music in the cafés and bars, if you are fond of concerts or dance shows, here are some famous institutes to check out. Our colleague at the reception is always there to help you buy a ticket to one of the shows.

■ Opera

The jewel of Andrásy Avenue. It is worth visiting also for its splendid neo-Renaissance architecture. There are daily guided tours.

Address: Andrásy út 22 (district VI., Pest)
www.opera.hu

■ Music Academy (*Zeneakadémia*)

The Music Academy was built in Art Nouveau style and has a huge pipe organ in its main hall. Classical concerts are held here on a regular basis.

Address: Liszt Ferenc tér 8 (district VI., Pest)
www.zeneakademia.hu

■ Palace of Arts (*Művészetek Palotája, "MüPa"*)

A modern institute which includes the Festival Theatre (*Fesztiválszínház*) usually dedicated to dance shows and the Béla Bartók National Concert Hall (*Bartók Béla Nemzeti Hangversenyterem*), where one of the largest pipe organs in the world can be found.

Address: Komor Marcell u. 1 (next to Rákóczi Bridge, district IX., Pest)
www.mupa.hu

■ A38

An old Ukrainian barge that was left on the Danube has been transformed into a medium-sized concert hall used for acoustic performances.

Address: next to Petőfi Bridge on the Danube (district XI., Buda)
www.a38.hu

SHOPPING

■ Central Market Hall (*Nagy Vásárcsarnok*)

Feel the vibrant city buzz as locals bustle from stall to stall shopping for fruit, vegetables, meat and baked goods and tourists stock up on Tokaji wine, paprika powder and other traditional Hungarian items. So called "National Days" are held there every week (Tue-Thu), an expo dedicated to a foreign country.

Address: Vármű körút 1-3
(Fővám tér, district IX., Pest)

Mon-Fri: 6:00-18:00, Sat: 6:00-15:00

■ Váci utca

The most famous pedestrian street of souvenir shops and fashion stores. It extends from the Central Market Hall to the terminus of the M1 metro line.

■ Antique and art shops

A 5-minute walk from the Parliament will take you to *Falk Miksa utca* famous for quality antique and contemporary art shops.

■ Flea market

It is held in the Petőfi Hall in the City Park every weekend.

Address: Petőfi Csarnok ("PeCsa"),
Zichy Mihály út 14 (Városliget, district XIV., Pest)
Sat-Sun: 8:00-14:00

■ Bejuska

Stylish clothes, bags, jewellery and accessories from Hungarian designers.

Address: Dob utca 2 (district VII., Pest)
Mon-Wed: 11:00-18:00, Thu: 12:00-19:00,
Fri: 11:00-19:00, Sat: 12:00-16:30

www.bejuska.hu

Show anything that has VitalEurope logo on and you get 10% off the listed prices.



Central Market Hall

■ NEAR OUR CLINIC

■ CBA supermarket

A small store with everything you might need, the closest one to our clinic.

Address: Bocskai út 63-65 (district XI., Buda)
on the corner of Karolina út and Bocskai út
Mon-Fri: 6:30-21:00, Sat: 7:00-17:00,
Sun: closed

■ Tesco Expressz

Fresh food and groceries. A 10-minute walk from the VitalEurope Dental Clinic. Opposite the no. 49 tram stop.

Address: Bartók Béla út 113 (district XI., Buda)
Mon-Sat: 7:00 - 22:00, Sun: 8:00 - 16:00

■ Allee Shopping Centre

Retail stores, pharmacy, organic store, bookshop, restaurants, cafés, cinema, gym, supermarket, bakery, repairs, foodcourt etc.

Address: Október huszonharmadika utca 8-10
(district XI., Buda)
Mon-Sat: 10:00 - 21:00, Sun: 10:00 - 19:00

■ Interspar

Supermarket in the Allee Shopping Centre.

Address: Október huszonharmadika utca 8-10
(district XI., Buda)
Mon-Sat: 7:00 - 22:00, Sun: 8:00 - 19:00

■ Fehérvári Market

Best to visit in the morning for fresh fruits and vegetables, bakeries, butchers. Cheap self-service restaurants for a quick lunch.

Address: Kőrösi József utca 7-9 (district XI., Buda),
next to the Allee Shopping Centre
Mon: 6:30-17:00, Tue-Fri: 6:30 - 18:00,
Sat: 6:30-15:00, Sun: closed

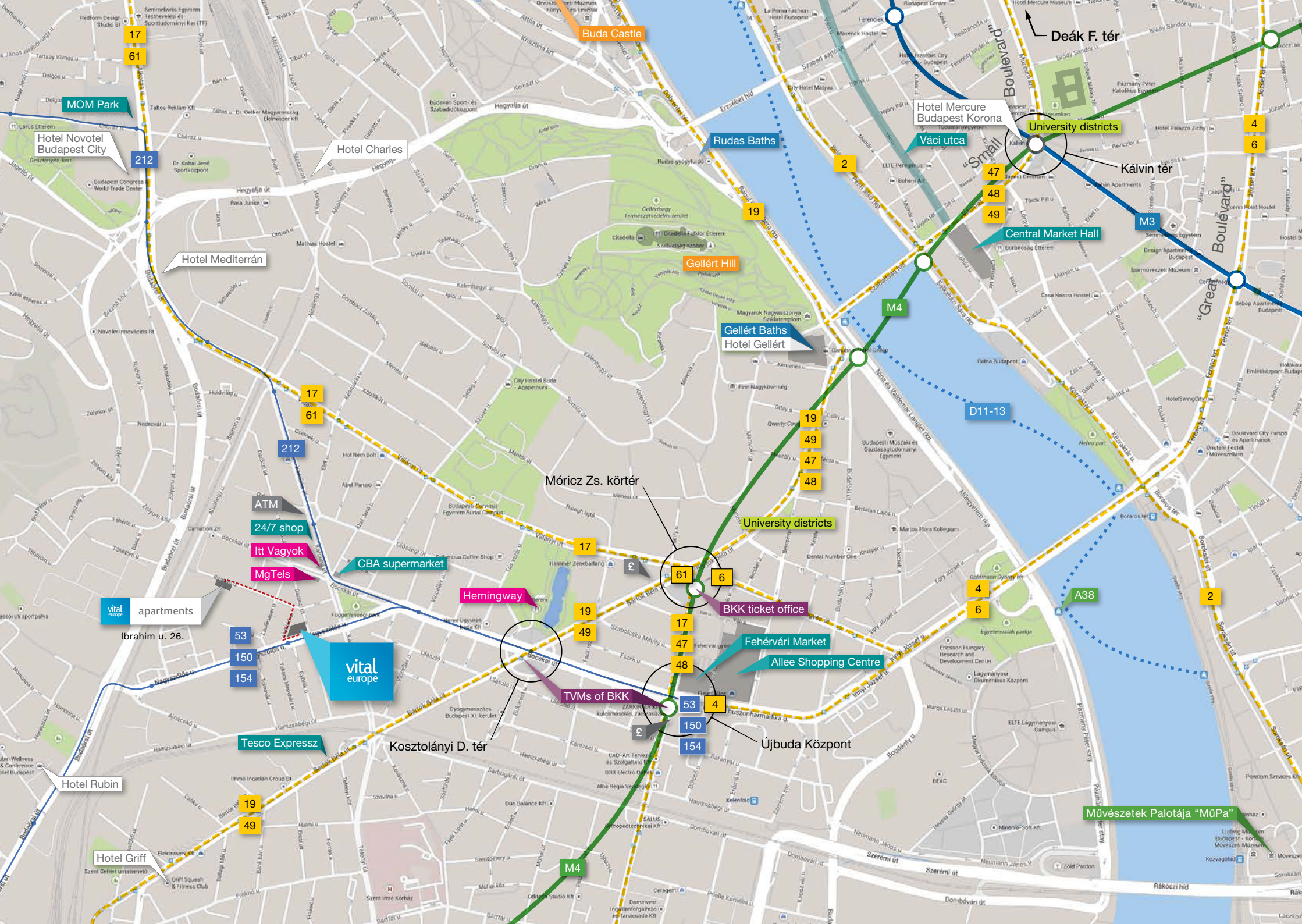
The majority of the shops accept card payments.

■ MOM PARK Shopping Centre

A bit further from the clinic but still in close vicinity right next to Novotel City. Retail stores, pharmacy, bookshop, cafés, cinema, selection of restaurants, gym, supermarket, bakery, repairs, pubs, etc.

Address: Alkotás utca 53. (district XII., Buda)
Mon - Sat: 07.00 – midnight, Sun: 08.00 – midnight

The information in this booklet may change, please let us know if any of the information is not correct.



Buda Castle

Deák F. tér

Hotel Mercure
Budapest Korona

University districts

Kálvin tér

Central Market Hall

Gellért Hill

Gellért Baths
Hotel Gellért

Móróc Zs. körtér

University districts

BKK ticket office

Fehérvári Market

Allee Shopping Centre

Újbuda Központ

Művészetek Palotája "MüPa"

Kosztolányi D. tér

Hemingway

TVMs of BKK

vital
europe

Tesco Expressz

CBA supermarket

ATM

24/7 shop

Itt Vagyok

MgTels

vital
europe
apartments

Ibrahim u. 26.

MOM Park

Hotel Novotel
Budapest City

Hotel Mediterrán

Hotel Charles

Hotel Griff

Hotel Rubin



Budapest

Address: 1113 Budapest Nagyszőlős u. 11-15.
Mon - Fri 8:00 – 16:00

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24 hour emergency line: +36 70 334 5659

www.vitaleurope.co.uk



facebook.com/smilecompany



instagram.com/vitaleurope

