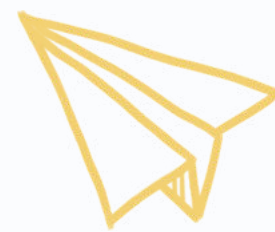


ERASMUS IN

Rīga

LET'S GO



LATVIA





We chose Riga as an Erasmus destination because of its rich history, beautiful architecture and dynamic culture.

Turiba University offered an interesting programme that perfectly matched my interests in health and wellness.



Turiba University is a modern university with excellent infrastructure. The campus offered all the necessary facilities and the staff were very helpful and friendly.

Lectures and workshops were well organised and interesting.



**The BIP 2024
programme aimed to
promote healthy
lifestyles and wellness.
It consisted of a series
of workshops led by
experts in various fields
such as fitness,
nutrition, mindfulness
and massage.**



Coaches and Topics:

Anita Pužule: Introduction to wellness and nutrition

Baiba Grīnberga: Harnessing the power of spices to detoxify the body

Martin Hirschbühl: Mindful living

Dace Dagnija: Introduction to detoxification massage

Dana Lūsēna: The practice of yoga and its benefits





The programme offered many opportunities to integrate with other participants, such as coffee breaks, shared lunches and excursions. We met many interesting people from different countries and cultures, which was an invaluable experience.

We visited the centre of Riga, participated in a yoga retreat in Menesnica, and visited Jurmala. Each of these trips was unique and provided an unforgettable experience.





Riga is a city full of contrasts, with a beautiful old town and modern neighbourhoods. The locals are friendly and the Latvian cuisine is very tasty.

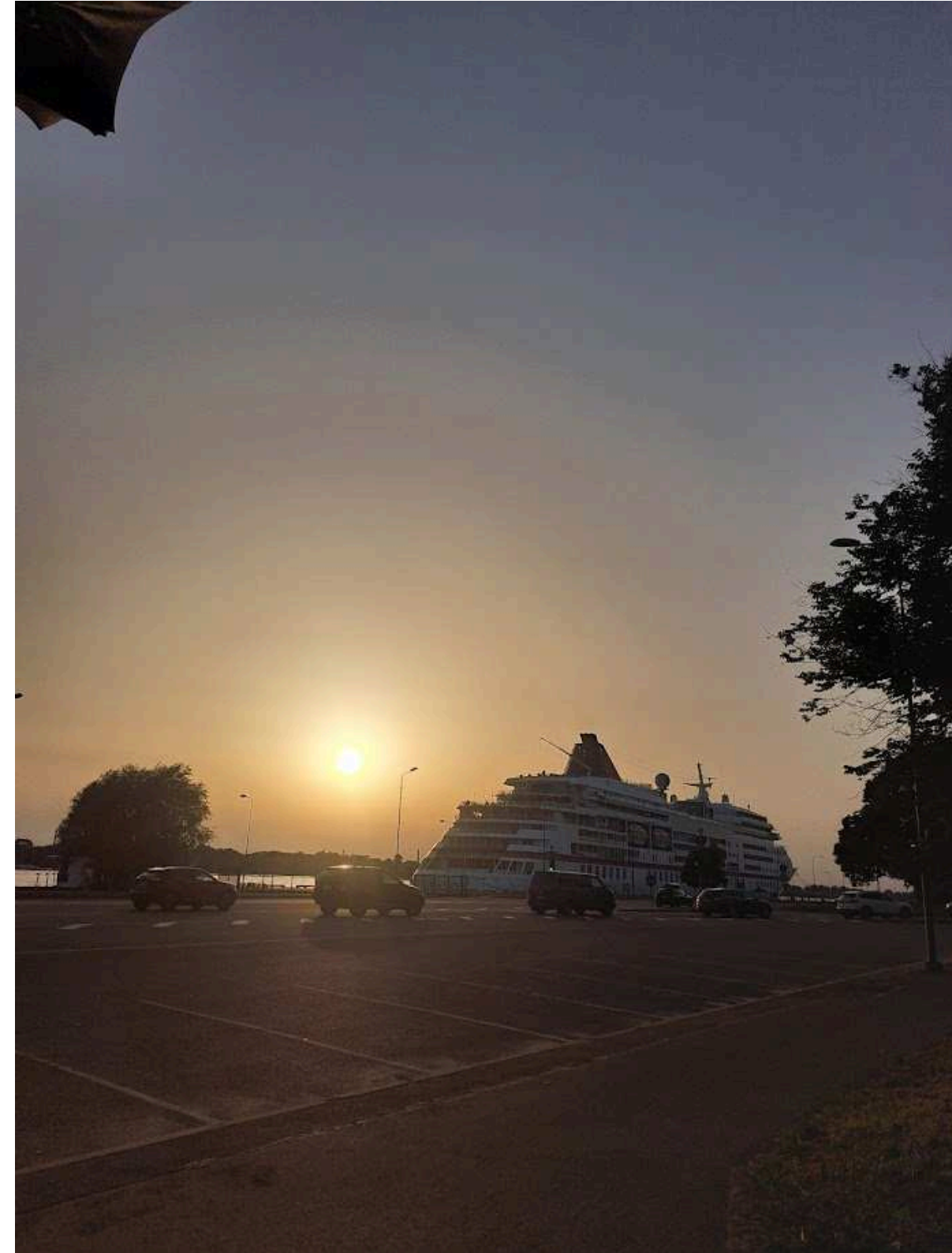
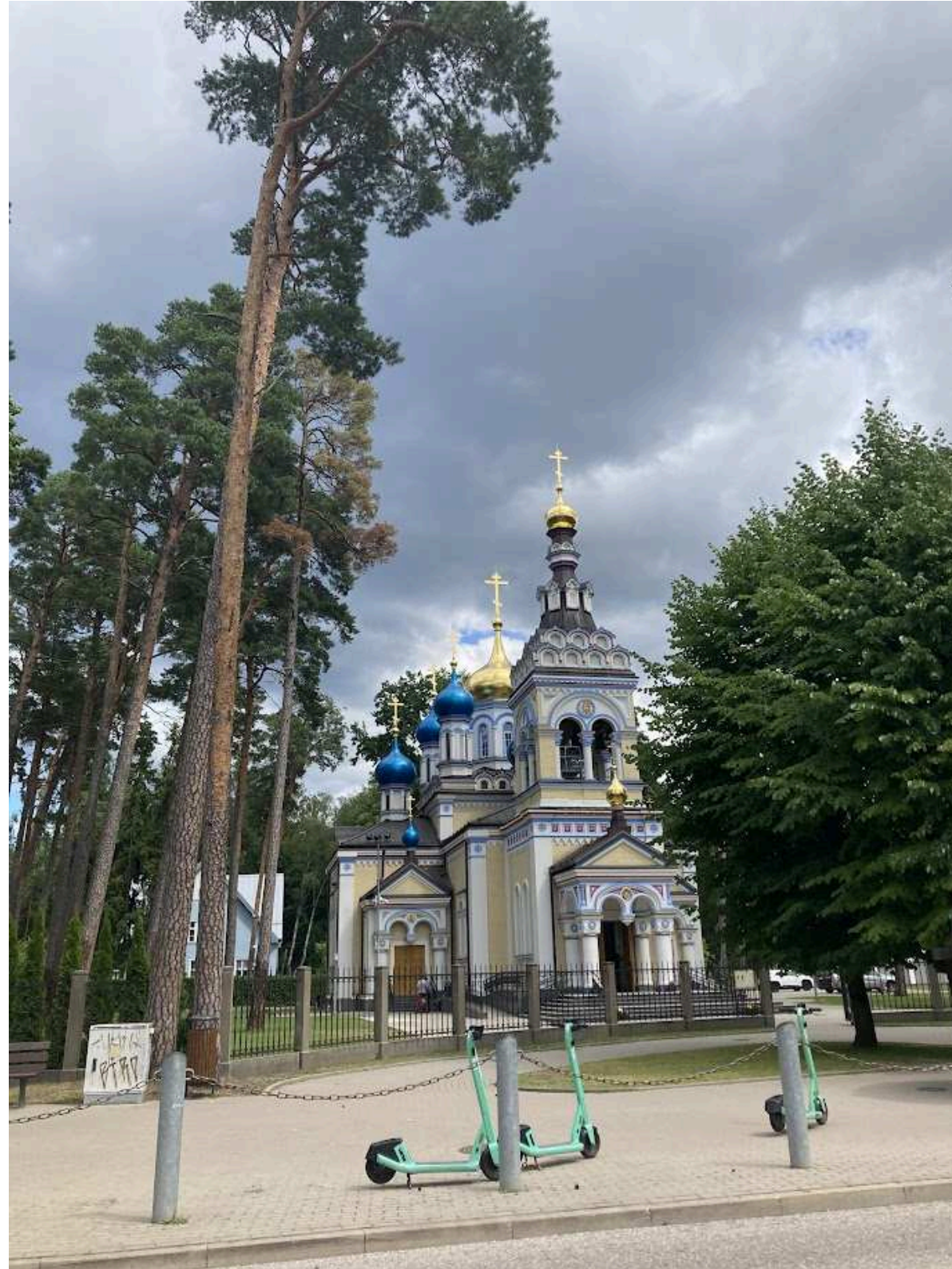
The Erasmus trip allowed me to gain new skills, learn about different cultures and make valuable contacts. I have developed both personally and professionally, and these experiences will certainly have an impact on my future.



Photographs



Photographs



All in all, our Erasmus trip to Riga was an unforgettable adventure full of learning and new experiences. I would like to thank the organisers of the programme, the trainers, the participants and everyone who supported me.



Thank you for your attention!