

Report on the trip to Riga

Riga, the capital of Latvia, is a city full of contrasts that harmoniously combines historic architecture with modernity. The Old Town, a UNESCO World Heritage Site, impresses with its cobbled streets, Gothic churches and Art Nouveau townhouses. The city also offers numerous cultural and culinary attractions, including local delicacies such as black bread, cheese and fish.

Turiba University, host of my trip, is a modern university offering excellent teaching and infrastructure facilities. The campus provided a comfortable working and learning environment and the staff were extremely helpful and committed. The course programme was perfectly suited to my interests in food technology and healthy lifestyles.



From 1-5 July 2024, I participated in an Erasmus+ (BIP) course with the main aim of promoting healthy lifestyles and wellness. The programme included a series of workshops led by experts, focusing on key aspects of health and nutrition:

- Healthy eating and wellness: Anita Pužule's workshop introduced the basics of a balanced diet and lifestyle.
- Spices as support for detoxification: Baiba Grīnberga presented the practical use of spices in improving metabolic health.
- Mindfulness and mindfulness: sessions led by Martin Hirschbühl focused on techniques to improve mental balance.

- Detoxification through massage: Dace Dagnija's workshop provided an insight into massage methods to support body regeneration.

In addition to the workshops, the programme included a number of practical activities and excursions to explore the culture and environment of Riga. I visited the historic city centre, the seaside town of Jurmala and participated in a yoga workshop in Menesnica. These were unique opportunities to integrate with other programme participants, exchange experiences and discover Latvian culinary traditions.





The trip to Riga was an extremely inspiring experience that enriched my knowledge and professional skills in the area of food technology and nutrition. The workshops and practical activities allowed me to better understand the importance of a healthy lifestyle in the context

of today's health challenges. At the same time, the trip enabled me to make international contacts and learn about diverse perspectives. The programme not only allowed me to develop professionally, but also inspired me to continue my work in the area of promoting healthy eating and wellness.