



NAME: Reinis Uls


MY WEEK IN LATVIA


07.10.2019.-11.10.2019.

This week, I took part in our Erasmus+ project on 'Economics and entrepreneurship'.

Monday was quite a slow day, as I didn't know many of the foreign students. Tuesday, we visited the city of Jelgava. My favourite part of the day was visiting the Jelgava Business Incubator. I also got to translate for the Chairman of Jelgava Municipality, which was a big honor! On Wednesday, we visited the Nature Park of Tervete. The weather was nice, but I wish we had spent more time walking. We also visited a farm which produces hybrid cucumber seeds and also contains a biogas energy station. On Thursday, we had a lecture from a lecturer at Jūlija University. I found the lecture to be a bit boring, but some of the topics were interesting. Later that day, we also visited the Rāči bakery, which I found to be fascinating. Today (Friday), we played some games, and we will soon go on a tour of the Riga Old City.

Overall, I enjoyed my week at the program. I don't have many regrets and I got to meet many new people.






NAME: Linda Rompe


MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

This week was full of new knowledge and inspiration. I loved going to companies, getting to know their stories, how it started. It was really cool to introduce young people from other countries to our school, city, and country. Tuesday was very inspiring day, very good that we were introduced to the business incubator so we know that there is always a way to start a business, without funds - ~~they~~ the key is the idea. I liked Thursday that we were taught how to build a business, how to build ideas, how to organize a team to make things ~~right~~ right. I really liked that most of them got involved. Everyone is friendly, open-minded and communicative. They always listen each other and accept the ideas they always give. Although many were very loud, it made the atmosphere much more fun. On Wednesday I also got something new - I got to the "Trigo" farm, which is very broad and varied with so many ideas. With this week's activities I learned to speak English better, met a lot of cool and ~~fun~~ amazing people. I'm glad I had the opportunity to get to know, get so inspired.

Thank you!






NAME: Paula Marija Jursēvica (Latvia)

MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

This week was stressy, tiring, exhausting, but above all - amazing. I won't write that much about what we were doing, but more about the feelings that I was experiencing.

I was a little stressed when they arrived, because I didn't know how this week would turn out. I am an extroverted person, so I had no problem with getting to know every single person and really fall in love with their personalities. Projects like these are one of the best things I've experienced in my life. It's like camps, just more for teenagers. The thing about camps - you have a week to spend with amazing people with whom you have a bunch of common interests. It's just like that in Erasmus. I loved every single thing, starting from golden autumn walks at the parks ~~to~~ until the laughs in the crowded houses. Now that I've experience hosting, I can say that it is one hell of a job, you get to be a mom for a whole week. It was ~~so~~ very important for me, that they have a great time and enjoy every second of this trip to Latvia. So I tried as hard as I could, even though, some times all I wanted to do was - sleep. But, in return I got some ~~an~~ new experiences, some new words in Greek, Italian, Polish and Spanish. I made my goal to greet everyone in their language ^{in the morning}. The ~~thought~~ thought that if I ^{would} ~~would~~ go ~~to~~ to Greece, Italy, Spain or Poland then ~~would~~ always be somebody to greet me and host me at their homes, just really warm^s my heart. Can't wait for the next project!





NAME:

Gabriela

MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

The week started with a lot of excitement. I hosted two girls one from Poland and one from Greece. I enjoyed the week. Although I'll be really sad that the week is already over. I'm thankful that our school is participating in this kind of project.

In these projects I've met so many new friends and hopefully this wasn't the last time that I'll see them.

On Monday we showed the students our school and introduced our country and town. Later that day we went to Jelgava and showed them around. Tuesday we had the whole day in Jelgava, we had a lot of interesting excursions, we visited the St. Trinity Church tower, met Jelgavas Municipality Chairman and went to the business incubator. Wednesday we went to Tervete. Thursday was at school then we went to local bakery "Lāci". Later that night we went to go play bowling, and after that a lot of people almost the whole project went to a party. Friday we will be at Riga.

Before the project came to Latvia I was really scared because I didn't know what to expect even though last year I also participated in a project like this one. But still it was exciting. I'm glad that I had the opportunity to become a part of this project, because these are memories that I'll never forget!! ☺

11.10.2019





NAME: Kristine Grabe

MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

I was full of expectation and inspiration at the beginning of this week, also I was a bit stressed because I got a lot of responsibility as a host family.


Week started with each country team presentation, ice-breaking events and students just had to know each other better through sport activities in our sports hall. However Tuesday we went out of school in Jelgava, where we visited a business incubator, St. Trinity Church Tower and met our municipality Chairman.

Through a week we also had visited multifunctional farm "Ligo", park "Terete" and bakery "Lāci".

Time spent in school was productive. We had many activities related to business and entrepreneurship developing.

This Erasmus+ project week was important and interesting for me not only for seminars, lectures, ^{about} business and many tours ~~through~~ to Latvian companies, but also for meeting new friends, interesting and funny time spending and communication, so I ^{had} developed my English.

I think this week was really ~~helpful~~ important for me and my future. It was interesting and unforgettable. I hope I was good host family and helped to make this week unforgettable to other students too.





NAME: David Ragis

MY WEEK IN LATVIA


07.10.2019.-11.10.2019.

These ^{five} ~~five~~ days have opened my eyes on so many beautiful, interesting and creative people. The best times were spent with them just getting to know them and ~~thats~~ they're different cultures and bright personalities.

The activities were fun and exciting and well thought out. It was easy ^{was} to participate because people in the Erasmus+ projects are openminded and open to new ideas.

I loved that we had much freedom to ~~we~~ go where we wanted and nothing was forced for the most part. We visited some ^{very} interesting places and we could learn a lot from the people we talked to. The one complaint would be that maybe the learning activities could have been ~~stretch~~ a bit shorter because it's hard to work for so long.

All in all I loved this week mostly because of the people that I was around and shared the activities with. I ~~would~~ ^{will} definitely take part in future projects like this.





NAME: Martina Pippo

MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

During this week in Latvia I had a lot of fun. We had the opportunity to visit a lot of cities, we also experienced living like real Latvian people. Our trip started with a surprise from the weather, the rain! Latvian weather is really different in comparison to Italian weather, I expected cold but not that cold.. Apart from that all the group activities were super fun and constructive. I visited some museums and I learned a lot of the Latvian history and I learned also something about business. It was really interesting visiting the incubator in Jelgava. Tevere forest was like dreaming with open eyes! One of the best places I visited in my entire life! The food is really different from what I'm used to eat in Italy but I managed to like it by the end of the week. The only thing about food it's that I thought that even things that should be salty like beer wasn't salty. I loved all the group activities like the sport activities and all the excursions. My host family was really sweet and kind with me and I will miss them and Latvia so much!






NAME: Mastromatteo Matilde

MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

In this week in Latvia I had a great time. I visited a lot place like Riga, Jelgava, Terzete, Terebi. The place I liked most was Riga because is a big city a lot beautiful. About weather it's too cold but with coat and warm clothes it was fine. About food it was strange because here they mix sweet and salty, in the morning they eat salty while in Italy we eat sweet, but that's okay because I liked every thing except pasta. Here they eat a bit salt and more sweet. Here they eat lots of vegetables like cucumber, carrots, and salad. Here I learned many things, above all I understood that it is very nice to be with someone guys with whom in a short time you can become a friend. I was hosted by a very welcoming and kind family. All the places I visited were beautiful and welcoming, I tasted the typical bread of this place it was quite strange but a lot good. I would like to re-experience this experience because it was really beautiful.




NAME: Ines Primiana Vidone

MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

My week in Latvia it was full of emotions. We visited a lot of ~~places~~ beautiful places and I met many new people from Poland, Greek, Spanish and ~~also~~ obviously Latvia. We visited Jelgava*, Cervete, bakery Laci, Ligo.*
Cervete ~~Nature park~~ is really really beautiful. I love the trees and the very marked nature which characterizes all this country. People have always been very kind especially the girl who hosted me Annija, that I really miss a lot when I return to Italy. The food is not the best but Annija really is a good cook and I liked everything ~~she~~ She prepared me. The weather is really cold but I learned to live with it. I liked the activities in which we interacted in a group, and also the ~~exits~~ we've done. I'm sure I'll come back here one day because I love Latvian landscapes. I'm sure I will all miss them very much. Thank you all for making this experience unforgettable!

*1 where we have ~~seen~~ visited Innovation and Technology Transfer Centre of Latvia University of Life Sciences ~~and~~ Business Incubator, ~~and~~ we met Municipality Chairman Ziedonis Lams, we have seen St. Trinity Church Tower
*2 where we have seen the farm



NAME: Julia Zdyb


MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

This week was amazing. At first I was scared to talk with all this people, but it quickly turned out, that everyone are open and sociable. Last days were the best. I found a friend. Before I came here, I had no idea how Latvia looks like. Now I know and I don't want to leave. I don't like that we need to go some quickly, when the best part started. Nights were too short. I learnt something that will stay with me.

We ~~were~~ didn't have enough time to get to know all people who came here. I had an amazing occasion to change my beliefs. This week was one of the best weeks in my life. I wish I had another occasion to come here.

Activites prepared for us were really interesting. I like all things we've seen, and I'd like to see more. Hosts were very friendly and had positive attitude.





NAME: Natalia Cuber

MY WEEK IN LATVIA


07.10.2019.-11.10.2019.

~~I had a really amazing time in a Latvia.~~
I have never been in Latvia before Erasmus+ Project.
~~It was~~ When my teachers said that ~~me~~ and my friends
are ^{going to} ~~will be~~ participating in exchange to the Latvia
I was so ~~exciting~~ excited. I couldn't wait, the
days before departure ~~was~~ were torment.

Because of this exchange I became a more
open-minded, talkative and I met so many
incredible people. I learned a lot about
Latvian culture and I ~~knew~~ watched how
the Latvian lifestyle.

~~I regret to that we don't have enough~~
time I regret that this trip is too short and
we have to departure this really amazing
place today. I just want to a couple of
days more, because week it's not enough to
know people well.

My host Amanda is so amazing girl. I
felt like we are like a sisters.
I will miss her so much when I get
to the Poland.





NAME: Luzia Faron

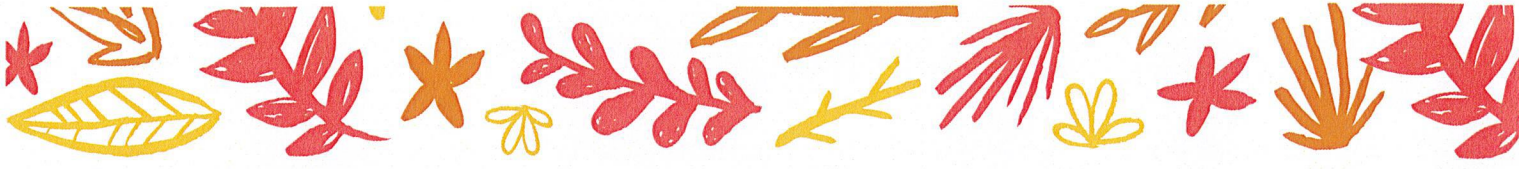
MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

At first I was a little scared to exchange. But later it turned out to be the best week in my life. During these few days I met many new people, and visited interesting places. Thanks to this exchange I opened my mind. I was living Latvian family. There were very kind and friendly. Thanks to them I felt like I belonged to a family.

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NAME: Eirini Alexi

MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

This week in Latvia was really enjoyable and fun. I got to meet new people, and make new friends. Even tho I didn't really like the food and the weather because I'm not used to it, I still had fun. Everyone was really friendly and we all had a great time together. My favourite day was the first day because I really liked the activities and we all played games together. I got the chance to see a completely different ~~life~~ lifestyle than mine, and a completely different culture. I loved the nature here and I really liked the fact that there are no mountains. I had such a great time here that I don't want to go back and I wish I could stay here a few more days. I know I'm ~~gonna~~ going to miss everyone and I'm looking forward ~~in~~ to see you ~~in Greece~~ again in Greece! ♥






NAME: Maria Georgakopoulou

MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

This week in Latvia was one of the best weeks of my life, as I met many new people with way more different lifestyles than mine. Everybody was really friendly and kind here, as they cared about us. I learned so many things here and saw amazing landscapes, which I won't forget. I tried some traditional Latvian food, which I liked a lot and I also loved the activities that we did with all of the kids. I made really good friends, who I know that I am going to miss and I am looking forward to meet them again.





NAME: Kostas Mq Jonas

MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

My week in Latvia was a great experience. I had some of the best time of my life here. First of all my host Gunārs was great. He was talkative, funny and took good care of me and I'm really thankful I enjoyed all of the activities and learn a lot ~~of~~ ~~from~~ from them too. I made good friends that I hope to see them again. My time here was really special and I would love to come back one day.





NAME: David Levy Guianca

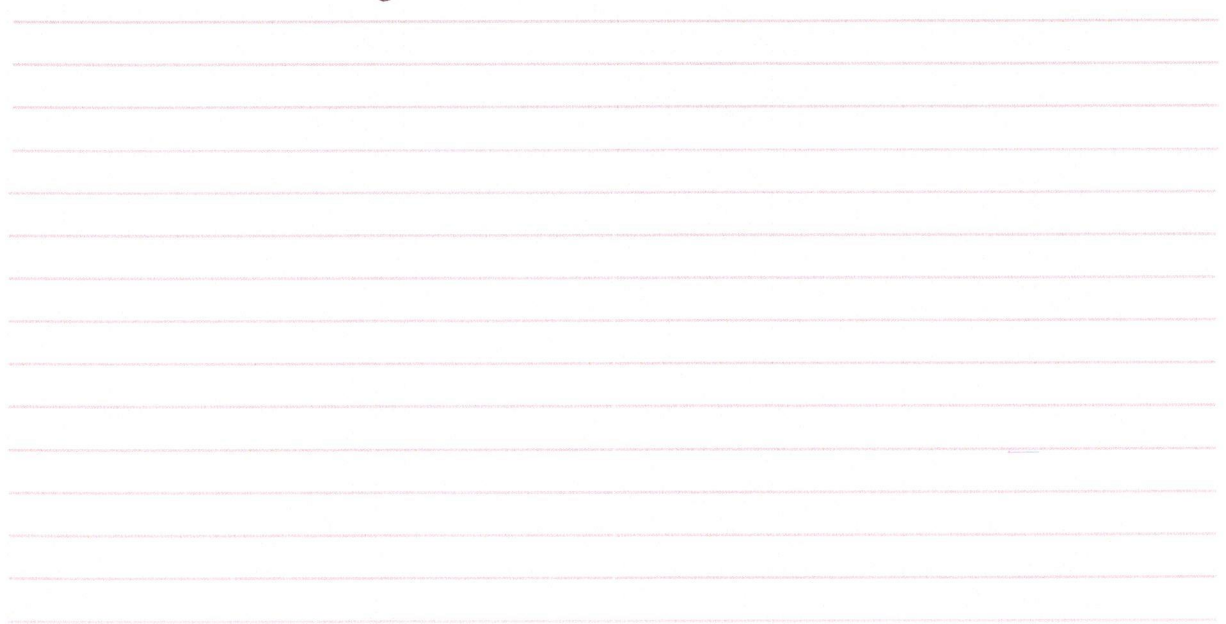
MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

Latvia is ^{unique} ~~only~~, because is beautifull, I love the trees and leaves, but the cold is a bit disturbing.

The food is very good but there is not much variety, and there was no restaurant with typical food.

Although the most important for me is the people and their customs. They are very polite and interesting and I would love to see them again in Spain or here. I really like traveling to places that good and I hope to continue doing so.





NAME: Paloma Grotalbes

MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

The family was very kind to me, ~~when~~ they cook me delicious ~~the~~ food and they are really nice people. About the activities, ~~they~~ they were interesting but the speeches a little boring. I would like to go the beach and maybe ~~do~~ do more activities in the evening. Apart from this, it^{was} was a good experience, I improve my english ~~for~~ and I made a lot of new friends.

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NAME: Samuel Lee Gaevara Rodriguez 4^o Bachiller.

MY WEEK IN LATVIA

07.10.2019.-11.10.2019.

Everything was nice except the pumpkins. 
Raivos Family was ~~very nice~~ excellent.
I think we could visit Riga twice and we maybe
make more right life. We improve our languages
and ~~business~~ mechanism. It was a great experience.

