

LATVIA

ERASMUS PROGRAM

FIFTH LYCEUM OF IOANNINA
2025-2026



Co-funded by
the European Union

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IKY

THE LATVIAN FLAG

- The latvian flag is one of the oldest in the world.
- Dating back to 13th century, it is said to have originated when a Latvian chief was wrapped in a white sheet after been wounded in battle.
- The sides of the sheet were slained with blood while the centre remained white.



SOME INFORMATION ABOUT LATVIA

- Latvia is a country in the Baltic region of Northern Europe.
- It borders Estonia, Russia, Belarus, and Lithuania.
- The capital of Latvia is Riga.
- The official currency is the Euro since 1 January 2014.



THE GREEN COUNTRY LATVIA

- Latvia is widely recognized as one of Europe's greenest and most sustainable countries, with over 50% of its land covered by forests.
- It is characterized by its rich biodiversity, expansive woodlands, and commitment to renewable energy.



KEY ASPECTS OF "GREEN" LATVIA

➤ Forest Density:

Over 50% of the land is covered in forest, with pine, birch, and spruce being the most common trees.

➤ Renewable Energy:

Latvia ranks among the top three EU countries for renewable energy usage, with renewables accounting for 43.5% of energy consumption in 2023, largely driven by hydropower.

➤ Biodiversity & Nature:

The country features numerous, untouched wetlands, lakes,. It is also known for its high biocapacity.

➤ Green Urban Areas:

The capital, Riga, is known for its green spaces, and the country is actively working on green infrastructure, including the restoration of natural habitats.

SUSTAINABILITY INITIATIVES

➤ Clean Energy Sector:

The country is investing in wind energy.

➤ Renewable Growth:

Latvia is moving toward a circular economy and aims for climate neutrality by 2050.

➤ Nature Conservation:

The government actively promotes organic farming and the preservation of natural resources.

POPULAR CITIES

➤ Riga



➤ Sigulda



➤ Jurmala



➤ Liepaja



SPECIALIZED MUSEUMS

- House Of The Black Heads



- KGB Building



- Riga Motormuseum



- Museum of the Occupation of Latvia



CASTLES

➤ Bauska Castle



➤ Lazdona Manor



➤ Jaunmoku Pils



➤ Krimulda estate

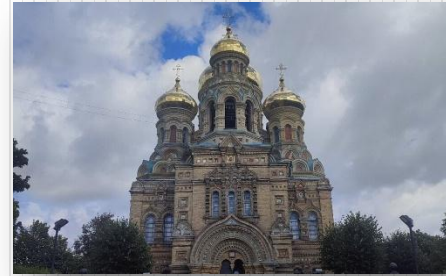


CHURCHES AND CATHEDRALS

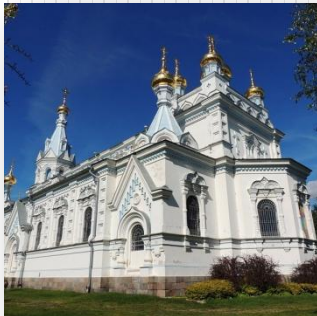
- Nativity of Christ Cathedral



- St. Nicholas Orthodox Sea Cathedral



- Saints Boris and Gleb Cathedral



- St. Simeon's and St. Anna's Orthodox Cathedral



HISTORIC SITES

➤ Lūznavas Muiža



➤ Salaspils Memorial Ensemble



➤ Karosta Prison



➤ Northern Forts



NATURE



- Latvia is filled with **forests** ,offering excellent opportunities for hiking, cycling, and nature watching.
- The country also has over **12,000 lakes** and thousands of **rivers**, such as the **Daugava River**, which runs from north to south through the country.
- Latvia also offers quiet lakes and countryside, perfect for activities like fishing, kayaking, and camping.



BEACHES



- Latvia's beaches are less crowded than those in other European countries, making them ideal for relaxation and solitude.
- Latvia's **beaches** along the Baltic Sea are stunning and perfect
- for a peaceful getaway.
- **Jurmala**, near Riga, is famous for its sandy beaches and therapeutic spas.
- Despite its small size, Latvia offers a wide range of experiences, from pristine nature to vibrant city culture.



CULTURE



- **Jāņi** is the most famous traditional festival in Latvia, celebrated at the **summer solstice** on June 23-24. It has deep roots in ancient nature worship and is filled with **songs, dances, bonfires, and flower crowns**. It's a big celebration of life, nature, and community unity.



LATVIAN CUISINE

- The Latvian cuisine originated from the peasant culture and is strongly based on crops that grows in Latvian maritime, temperate climate.
- Rye or wheat, oats, peas, beets, cabbage, pork products and potatoes are the staples.
- Meat features in most main meal dishes. Fish is commonly consumed due to Latvia's location on the east coast of the Baltic Sea: smoked and raw fish are quite common.
- The Latvian cuisine offers plenty of varieties of bread and milk products, which are an important part of the Latvian diet.



FAMOUS PEOPLE

Uljana Semjonova (1952-2026)

- She was the 7th tallest woman in the world (2.1m)
- Was Latvian former basketball player who played for the Soviet Union.
- A leading presence in world basketball in the 1970s and 1980s and beyond, she was a first-time inductee into the FIBA Hall of Fame and the Naismith Memorial Basketball Hall of Fame.

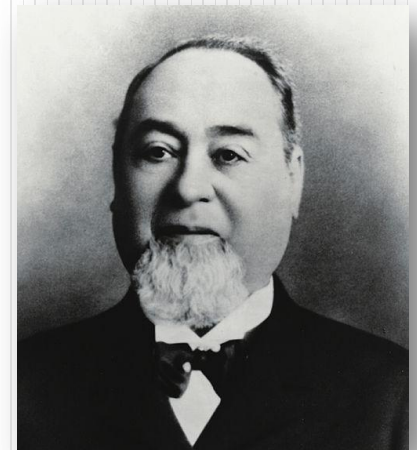


➤ Jacob Davis (1831-1908) partnered with Levi Strauss (1829-1902) to bring his invention to the Denim-Clad masses.



← Jacob Davis

Levi Strauss →



SPORTS

- The most popular sport is ice hockey.



- Latvia has also an international soccer team.



- Latvia has a basketball team.



EUROVISION

- Latvia has participated in the Eurovision Song Contest 25 times since its debut in 2000.
- Latvia won in 2002 with Marie N with the song "I Wanna".



- The 2003 contest took place in the Latvian capital Riga.

RIGA





Flag of the Latvian city of Riga.



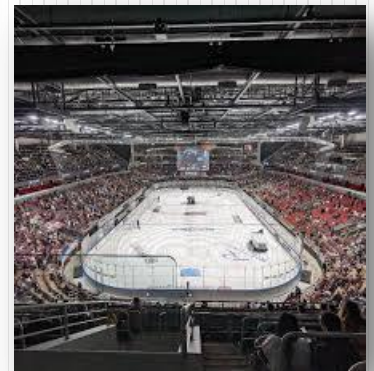
Coat of arms of Riga

- **Riga** is the capital and the largest city of **Latvia**.
- It has a population of approximately **632,000** (about one-third of the country's total population).
- Its **historic center** is listed as a **UNESCO World Heritage Site**.
- Located in **northern Latvia**, near the **Baltic Sea**.
- It also features medieval buildings and churches.



ARENA RIGA

- Arena Riga is an indoor arena in Riga, Latvia.
- It is used primarily for ice hockey and basketball matches, as well as concerts.
- It opened on 15 February 2006 and has a capacity of 14,500 spectators.



ARCHITECTURE

- The Riga Radio and Television Tower is the tallest building in Latvia and the Baltic States and one of the tallest in the European Union.
- The center of Riga also has many examples of Art Nouveau architecture, as well as a medieval old town.
- It has one of the largest collections of Art Nouveau buildings in the world, with at least 800 buildings.

MUSEUMS

- The Mikhail Chekhov Riga Russian Theatre is the oldest professional drama theatre in Latvia, founded in 1883.



- The New Riga Theatre opened in 1992.



- The open-air ethnographic museum located about ten kilometers from the historic center of Riga and it was founded in 1924.



MONUMENTS-SIGHTS

- Riga Cathedral is the main Evangelical Lutheran place of worship in the city and the largest medieval church in the Baltics.



- Riga Castle is the official residence of the President of the Republic of Latvia.



- The Church of St. Peter (13th century) The Church of St. Peter, of Gothic architecture, was built in the 13th century and suffered serious damage during World War II.



- St. James Cathedral is the largest Catholic church in the city and the seat of the Archbishopric of Riga.



- The Laima Clock is located in the center of Riga. Its location between the Old Town and the central shopping area has made it a landmark of the city.



- Riga Central Market is one of the oldest and largest markets in Europe.



CULTURE AND ARTS

- The city hosts many **museums**, **festivals**, and **art events**.
- It is the cultural hub of Latvia, with numerous **theater** and **music performances**.



TRANSPORTATION

- The city has an **international airport** (Riga International Airport).
- Its transportation network includes **trams**, **buses**, and **trolleybuses**.



*THANK YOU FOR YOUR
ATTENTION!*

