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2023  
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Inflight  
magazine

# baltic

outlook

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## We remain committed to fulfilling all of the booked travel as planned

**MARTIN ALEXANDER GAUSS**  
Chief Executive Officer, *airBaltic*

### Dear guests of *airBaltic*,

It is very likely that you are currently on board one of our 40 *Airbus A220-300* aircraft. But, it is also possible that this summer you are flying with another airline that is transporting you across Europe on our behalf.

Air travel is the fastest and safest mode of transportation. Imagine soaring across Europe at 900 kilometres per hour, while enjoying a refreshing drink and reading this magazine, despite the outside air temperature plummeting to -56°C. There is simply no other way to cover long distances with such ease and comfort in such a short time.

This summer season we are offering more destinations and seats than ever before, and you as our guests have already made a significant number of bookings.

However, due to still ongoing supply chain delays, primarily on the part of the engine manufacturer of our aircraft, we are unable to use all of our aircraft at the moment. As a result, we currently have a shortage of 11 aircraft.

Aircraft engines, like everything else, undergo regular checks, and for that they need to be sent to maintenance facilities all over the world. Due to Covid-related disruptions, the return of our engines from maintenance facilities has been delayed, with industry partners unable

to deliver on time even in 2023. So here we are, with several thousand tickets sold and confronted with a decision to make: due to the fact that we do not have enough aircraft with engines, should we refund passengers, or should we partner with another airline to transport you to your destinations?

To ensure smooth travel, we have chosen the second option. We at *airBaltic* are expecting to transport more than 4.4 million passengers this year, and we remain committed to fulfilling all of the booked travel as planned. If you are reading this aboard our partner airline, rest assured that you will arrive at your destination as scheduled. We are determined to not disappoint our passengers due to issues beyond our control.

As you arrive at your destination, take a moment to reflect on your journey and appreciate how quickly you travelled from point A to B. In just 2.5 hours, you may have travelled over 2000 kilometres and arrived in a completely different country. This is possible thanks to the connectivity airlines provide. As the market leader in the Baltic states, *airBaltic* ensures the highest number of flights and destinations to and from the region.

We at *airBaltic* are proud to have the Covid-19 crisis and the impact of the Ukraine war behind us, and we are now again on track to profitability. As more aircraft are added to our fleet, our list of destinations is expanding, too, which is improving the connectivity of our key markets in the Baltics with each passing month. We are committed to providing top-notch service to our customers and look forward to continued growth in the future.

We wish you a pleasant journey and look forward to welcoming you aboard an *airBaltic* flight again soon!

Photo by Gatis Gieris



Yours, Martin Gauss  
President and CEO



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# EPIC LAND

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A vast, gorgeous coastline and beautiful high mountains. And among all these, Olympia, Missolonghi, Kalavrita: places with a decisive role in Greece's history and culture. **This is Olympian Land. AN EPIC LAND!**

FORTRESS OF RIO, ACHAEA



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## baltic

outlook

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## FOOD&DRINKS MENU

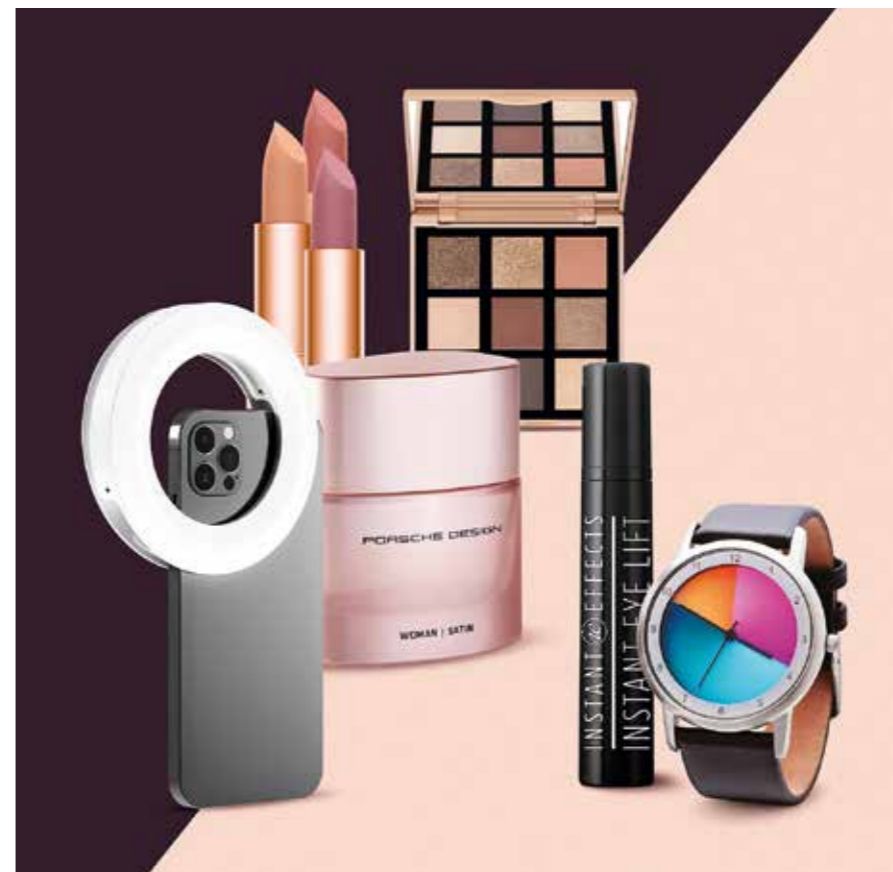


Here you will find your **best meal** options for a delightful flight, as well as **great shopping** deals to cheer yourself or as a **gift** for someone special.

### Welcome to our Onboard Shop!

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The best souvenirs to bring home from your travels

Words by Zane Nikodemusa  
Publicity photos

## The ultimate May checklist



Stage 22 has an excellent location opposite the National Opera House.

### SUMMER TERRACES

As the weather turns warmer, restaurant summer terraces become a popular meeting place for Rigans. Thanks to the variety in the concept, everyone can find a place to their liking, from fans of minimalism to those seeking glamour.

If you like elegant classics when travelling, enjoy culinary excellence at the *Stage 22* rooftop restaurant and bar at the *Grand Hotel Kempinski Riga*. The restaurant not only serves the finest international dishes infused with local ingredients but also offers a breathtaking panoramic view over the National Opera House and a park.

You'll also find several charming restaurants and cafés with summer terraces in Bergs Bazaar. This stylish quarter constructed in 1887-1900 is one of the most elegant places in the city and caters to those who love life, food, and art.

But if you need a break from the hustle and bustle of the city, head to the green neighbourhood of Ķīpsala on the left bank of the Daugava River. Formerly a fishing village, it's now an exclusive residential area with a few restaurants that offer a wonderful view of Old Riga across the water.



Photo by Jussi Pulkkinen

### DESIGN

#### Fragile beauty

Don't miss acclaimed Latvian designer Germans Ermičs' solo exhibition *Gradual*, on view at Latvia's Museum of Decorative Arts and Design until May 28. His *Ombre Glass Chair* (2017) has been recognised by design legends Stefan Sagmeister and Jessica Walsh as one of the most beautiful design objects in the world, alongside the Milan Cathedral and the floors of Venice's San Marco Basilica. Ermičs has also collaborated with world-renowned brands such as *Instagram*, *Bang & Olufsen*, and *Raf Simons*.  
germansermics.com

### HOBBY

#### Trophy wall

In recent years, more and more people in Latvia have been adopting an active lifestyle – not just by simply practising their favourite sport, but also by taking part in competitions. For example, the Stirnu Buks trail-running series, which takes place once a month in Latvia's most beautiful forests and meadows, has become a favourite meeting place for many runners. If you, too, enjoy competing but don't know how to display all those medals you've won, you may find the medal hangers by Latvian brand *United Medals* useful. Its attractive designs feature witty texts.  
unitedmedals.com



### MUSIC

#### A performance to remember

*DaGamba* is one of the most popular bands in Latvia, and its strength lies in its powerful sound and dynamic performance. They're also referred to as the hooligans of classical music. This is evident on *DaGamba's* latest album, *Bach Against the Machine*, which fuses influences from the great composer Johann Sebastian Bach and one of the world's most influential rock bands, *Rage Against the Machine*. The music is definitely worth hearing live, too, and such an opportunity is coming soon. On June 3, *DaGamba* will play an epic concert on the Grand Stage at Mežaparks in Riga.  
dagamba.eu

# THE X M LUXURY WITH HIGH PERFORMANCE



\*Data calculated using the WLTP measurement method. BMW XM: Energy consumption kWh/100 km: 34.5-33.0; Fuel consumption, l/100 km (combined cycle): 1.7-1.6; CO<sub>2</sub> emissions g/km (combined cycle): 39-35.

BMW.LV  
DĀRZCIEMA STREET 64A, RIGA

Words by Zane Nikodemusa  
Publicity photos and by iStock



Vineta Kaulača (b. 1971).  
Spaces - Contact. 2022. Oil on canvas.

### VINETA KAULAČA EXHIBITION May 15 – August 6

The main building of the Latvian National Museum of Art is hosting *A Matter of Time*, a solo exhibition by Latvian artist Vineta Kaulača, who depicts contemporary urban environments in nuanced interplays of light and colour. In this show, her language of painting is seen in interaction with other art forms – photography, film, and architecture. Kaulača's works are included in the collections of the Latvian National Museum of Art as well as in private and bank collections around the world.  
lnmm.lv



This year's Riga Pride, an event promoting inclusion and equality in Latvian society, will feature a variety of events, from exhibitions, film screenings, and concerts to the Diversity and Inclusion Forum (an international conference on human rights and democracy). Pride Week will end on June 3 with a parade gathering thousands of participants to celebrate human rights and diversity. It will be Latvia's biggest, most colourful, and most diverse manifestation of human rights this year.  
rigapride.lv



### Quote of the month

Life is too short to not have oysters and champagne sometimes.

May this quote by legendary model Christie Brinkley serve as inspiration to visit the largest oyster festival in the Baltics. It will take place on May 13 in Riga's elegant Bergs Bazaar quarter. Approximately 10,000 oysters are opened during the festival.

### RIMI RIGA MARATHON

May 6-7

This year, the Rimi Riga Marathon expects record-breaking international attendance due to the fact that it's the final rehearsal for the first-ever World Athletics Road Running Championships and mass races in Riga this fall. The marathon, which is set to host participants from more than 60 countries, includes most of Riga's central landmarks, which makes it exciting not just for participants but also for spectators. Choose one of five distances (42 km, 21 km, 10 km, 5 km, 1 mile) and enjoy the run!

[rimirigamarathon.com](http://rimirigamarathon.com)



#### Did you know?

If you go to the Zuzeum Art Centre, don't miss its rooftop terrace. Not only is it a green oasis in the middle of the city, it's also the perfect spot to gaze at the sunset or do an Instagram photoshoot.  
[zuzeum.com](http://zuzeum.com)



## Award-winning offices, homes and hotels.

We are an international real estate organisation with over 30 years of experience. The goal of Vastint is to create long-term value through property investments.

In Latvia, we are active in two locations. In the heart of Rīga's CBD, we own the only Marriott hotel in Latvia and are developing the multi-functional Magdalena Quarter with top-quality apartments, offices, and commercial spaces for rent and sale. Along K. Ulmaņa gatve, on the border of Rīga and Mārupe and halfway between the airport and the city centre, we are creating a new part of the city comprised of the award-winning residential project Lindenholma and the class A office campus Business Garden Rīga – the first property in Latvia to receive LEED Platinum certification.

Check our website for more on Vastint Latvia's market-leading projects or contact us for specific inquiries.

# VASTINT

[www.vastint.eu](http://www.vastint.eu)





Leili Muuga (1922-2016).  
Green Movement. 1988-2012.

### THE FOREST BEHIND THE TREES EXHIBITION

Until August 27

As a popular subject in 20<sup>th</sup>-century Estonian art, forest themes and landscapes reflected the multifaceted relationship between nature and humankind. The Adamson-Eric Museum is currently hosting a wonderful exhibition dedicated to this era. Titled *The Forest Behind the Trees*, it includes forest and nature landscapes as well as 20<sup>th</sup>-century sculptures of animals by Leili Muuga, Enn Põldroos, Olga Terri, Olav Maran, and several other Estonian artists. [adamson-eric.ekm.ee](http://adamson-eric.ekm.ee)

#### Did you know?

Tallinn's Old Town is divided into two areas: the lower town and the upper town (also called Toompea). Originally, the almost four-kilometre-long limestone wall around the lower town had eight gates and 46 towers. About half of the wall and towers remain standing today. [visittallinn.ee](http://visittallinn.ee)

TALLINN



### LOHENGRIN

May 25 and 27

*Lohengrin* is Richard Wagner's most lyric and romantic opera. It's based on several literary texts and German sagas and has been interpreted in a wide variety of ways. So it's no wonder that the 'Bridal Chorus' from the beginning of Act 3 has accompanied many newlyweds down the aisle in contemporary wedding ceremonies. This month, *Lohengrin* will premiere at the Estonian National Opera. According to director Michiel Dijkema, the reciprocity of light and darkness in this opera makes it deeply touching. Tickets at [piletimaailm.com](http://piletimaailm.com)

### TALLINN CRAFT BEER WEEKEND

May 5-6

Tallinn Craft Beer Weekend, which takes place at the Tallinn Creative Hub, is the first and largest international craft beer festival in the Baltic region. The line-up consists of up to 50 of the best breweries from all over the world, including the brightest stars on the local brew scene. It turns out that craft-beer drinkers and brewers are just as passionate about their favourite drink as wine snobs are of theirs, so be prepared to witness some heated discussions! [tcbw.ee](http://tcbw.ee)

[tcbw.ee](http://tcbw.ee)

[piletimaailm.com](http://piletimaailm.com)

[tmw.ee](http://tmw.ee)

[adamson-eric.ekm.ee](http://adamson-eric.ekm.ee)



UNDRESS

[www.iwearundress.com](http://www.iwearundress.com)

## JUKKA MÄKELÄ EXHIBITION

Until May 21

Jukka Mäkelä was one of the most important artists of his generation and among the most prominent figures in the Finnish art world of his time. He often found inspiration in the elements of nature in Finland: water, snow, rock, the refraction of light, and the changing seasons. He's known above all for his highly expressive large-scale acrylic paintings. Don't miss this beautiful excursion into the world of northern art at the Sara Hildén Art Museum!

[sarahildenintaidemuseo.fi](http://sarahildenintaidemuseo.fi)

▼ Jukka Mäkelä (1949–2018). From the series *Reflection IV*. 2004. Acrylic on canvas.



TAMPERE



## TAMPERE PHILHARMONIC ORCHESTRA CONCERTS

May 1, 12, 27

Comprising 97 musicians, the Tampere Philharmonic Orchestra is one of Scandinavia's foremost symphony orchestras. It was founded in 1930, and many of its recordings have received outstanding reviews and accolades. In May, experience this talented ensemble in several concerts at Tampere Hall, Finland's largest concert hall. The hall is known for its impressive acoustics and hosts wonderful concerts and other cultural events throughout the year. [tamperefilharmonia.fi](http://tamperefilharmonia.fi)

## INTERNATIONAL GRAND MARKET

May 12–15

If you enjoy a jovial, homey market atmosphere, don't miss the International Grand Market taking place this month along the beautiful Hämeenpuisto boulevard in the city centre. Last year, more than 100 manufacturers and growers from over 35 countries gathered there to offer their foods and wares. This year, too, a wealth of flavours and aromas is guaranteed, with something for everyone. [eurooppamarkkinat.fi](http://eurooppamarkkinat.fi)



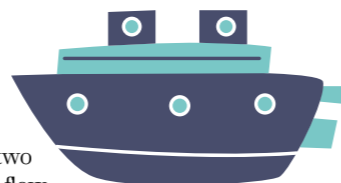
### Did you know?

There are many museums in Tampere, and they cater for all interests and ages. For example, the Moomin Museum is an excellent destination for the whole family. And at the Spy Museum, you can test your skills as an agent and familiarise yourself with the biographies of some famous spies. [visittampere.fi](http://visittampere.fi)

## SUMMER CRUISES

Throughout May

Located in the Lakeland region, Tampere sits on a scenic isthmus between two large lakes. The rapids that flow through the city centre are surrounded by old, industrial red-brick buildings that nowadays serve as restaurants, cafés, museums, and shops. There's plenty to see and do, but visitors should also definitely try to plan time for a lake cruise. A serene cruise is the perfect way to momentarily disconnect, decelerate, pause, and marvel at nature or just get lost in the beautiful scenery slowly passing by. [hopealinjat.fi](http://hopealinjat.fi)



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Photo by Hurton + Crow

MO Museum

VILNIUS

### VILNIUS POKER EXHIBITION

Until January 28, 2024

To celebrate the 700<sup>th</sup> anniversary of Vilnius, the MO Museum has undertaken the impressive mission of portraying one of the most significant works in the history of Lithuanian literature. Ričardas Gavelis' renowned novel *Vilnius Poker* takes place in Vilnius, and the city itself is the protagonist. Consisting of an immersive *Vilnius Poker* installation, this exhibition celebrates the history of Vilnius, but it also takes a critical look at the experience and future of the modern city.

mo.lt



#### Did you know?

In the 15<sup>th</sup>, 16<sup>th</sup> and first half of the 17<sup>th</sup> century, the Palace of the Grand Dukes was the political, diplomatic, administrative, and cultural centre of the Grand Duchy of Lithuania. govilnius.lt

### SKAMBA SKAMBA KANKLIAI FESTIVAL

May 25–28

Every year since 1973, Lithuania's oldest folklore festival has taken over the Old Town of Vilnius on the last weekend of May. The best folklore ensembles from Lithuania and other nations appear in the festival programme, which lets audiences enjoy a large variety of authentic folk performances and learn about various traditions. A crafts fair, traditional music workshops, concerts in the courtyards of the Old Town, and other exciting events add to the festive atmosphere.

ssk.lt



### VILNIUS MAMA JAZZ FESTIVAL

May 25–28

This festival is your guide to the contemporary world of jazz. Due to its openness to all styles and trends in jazz music as well as its emphasis on quality, individuality, and relevance of the music, Vilnius Mama Jazz Festival is truly a remarkable celebration. This year, the programme features music by world-famous performers, masters of Lithuanian jazz, and joint international projects. Great evenings are guaranteed!

vilniusmamajazz.lt

### VILNIUS UNIVERSITY BOTANICAL GARDEN

Throughout May

Sprawling across 199 hectares and featuring more than 10,000 plant varieties, the Vilnius University Botanical Garden is the largest and most diverse garden in Lithuania. Located on the grounds of an old manor, in spring the garden comes to life with the amazing colours and the scents of flowers and blossoming trees. Come here to enjoy hundreds of species and cultivars of magnolias, lilacs, rhododendrons, and peonies.

botanikos-sodas.vu.lt

# PINK SOUP FEST

06  
10



VILNIUS

Lithuanians have a special love for Šaltibarščiai, a pink cold beet-root soup. It's more than just a traditional dish, it's a pop-cultural phenomenon. This year, Vilnius is taking this obsession to the next level by organising a festival dedicated to this extraordinary soup. Join us on the 10th of June at the first Vilnius' Pink Soup Fest. Find out more: [www.govilnius.lt](http://www.govilnius.lt)

# Your complete guide to Vilnius. Come and celebrate!



With a history spanning more than 700 years, Vilnius has a vibrant past. In the 14<sup>th</sup> century, it became the capital of the Grand Duchy of Lithuania, one of the most powerful states in Europe at the time. And it all started on Gediminas Hill, where Grand Duke Vytautas established the city's first masonry castle in 1409. Still today, the castle's stately brick tower rises above the cityscape, boasting fascinating views of the Old Town.

Over the subsequent centuries, the city prospered, attracting a multicultural population from various parts of the duchy. A community of Jewish artisans once governed the charming Old Town streets that now are known as the Glass Quarter, which is today one of the most enchanting parts of the Old Town. In the 18<sup>th</sup> century, Vilnius was annexed by the Russian Empire, and the Palace of the Grand Dukes at the foot of Gediminas Hill was destroyed. After painstaking renovations, the palace – which boasts a wonderful mix of Gothic, Renaissance, and Baroque architecture – reopened to visitors in 2009.

After the Second World War, Vilnius remained under Soviet control, which left its mark on the city's layout with prominent examples of Soviet modernism. Today, the city continues to evolve, attracting top-tier architects such as Daniel Libeskind (MO Museum) and Zaha Hadid Architects to contribute to its cityscape.

## FOR THOSE WHO LOVE HISTORY AND CULTURE



Inside the MO Museum



Filming  
Chernobyl

### The Old Town

Take a step back in time in this UNESCO World Heritage Site. The lush collection of Baroque, Gothic, and Renaissance buildings is filled with cosy cafés, ornate churches, and narrow cobblestone streets. It's a true feast for the eyes.

### MO Museum

Opened in 2018, MO Museum is the place to immerse oneself in Vilnius' thriving contemporary art scene. Established by art collectors Danguole and Viktoras Butkai, the museum features over 5000 works of art by Lithuanian artists showcased in thought-provoking and engaging exhibitions. [mo.lt](http://mo.lt)

### Chernobyl & Stranger Things

Head to the Fabijoniskes district, which acted as Pripjat in HBO's acclaimed miniseries *Chernobyl*. As for *Gen Zers*, Lukiškes Prison is a must-visit, as this is where many of the scenes in Season 4 of Netflix's *Stranger Things* were filmed.

### Užupis

What Christiania is to Copenhagen, so Užupis is to Vilnius. The formerly rough neighbourhood wryly declared its independence as a republic in the 1990s. Come here to hobnob with the city's creatives and sample some unique bars, cafés, and shops. [uzupiorespublika.com](http://uzupiorespublika.com)

Lithuanian food culture is rich with tradition and flavours sourced from the country's fertile forests and lakes. German, Jewish, and other cultures have left their mark on what is considered traditional Lithuanian cuisine. Take a most delicious history lesson at the *Ertlio Namai* or *Lokys* restaurants, both of which celebrate the country's noble cuisine of the Middle Ages.

A true foodie cannot leave the city without trying some of Lithuania's signature foods, such as *cepelinai* (stuffed potato dumplings), *hibinai* (filled crescent-shaped pastries), and the enticing sweet treat known as *šakotis*. *Šaltibarščiai* is a cold beetroot soup, popular summer dish available all year. Try fried bread with garlic and cheese – a perfect snack with a pint of beer. Lithuanian chefs continue to explore the country's gastronomic identity and are not afraid to pleasantly surprise their patrons with inventive dishes featuring seasonal, local produce and state-of-the-art cooking.

Whether it's made of coffee beans or hops, Vilnius also takes its brews seriously. Get your caffeine fix at one of the local coffee roasters (*Taste Map*, *Coffee Hill*, *Crooked Nose & Coffee Stories*), and be prepared to be blown away by the diversity of local beers. Find fresh brews on tap at *Alaus Biblioteka*, *Špunka*, and other pubs. *J sveikata!\**

\* 'Cheers' in Lithuanian



Opera Social Club

## FOR FOODIES



Cold beetroot soup



Paupys Market

### Džiaugsmas

Despite being named one of the best restaurants in the country, *Džiaugsmas* is not your ordinary stiff fine-dining establishment. Instead, it's a laid-back affair with sharing plates and an emphasis on the quality of its dishes, which are made from top-shelf local ingredients. [IG/ dziaugsmas.restoranai](http://IG/dziaugsmas.restoranai)

### Rosehip

With a menu brimming in colour – in everything from smoothies to mouth-watering burgers and big bowls of salads – this vegan bistro will make even the most sceptic carnivore ooh and aah. *Rosehip* has two *Insta*-perfect sites in Vilnius. [rosehip.lt](http://rosehip.lt)

### Paupys Market

This hip urban jungle is a fitting place for groups with different tastes, because it gathers an array of food vendors offering everything from Japanese *yakitori* to Georgian *khachapuri*. It's a great opportunity to try new dishes. [paupys.lt](http://paupys.lt)



Edge walk at TV tower

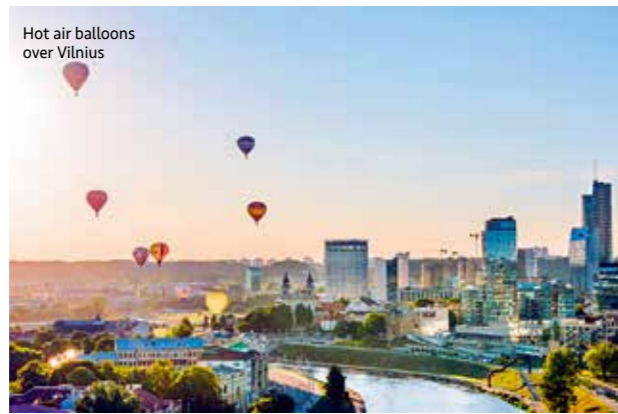


One of the Green lakes

Can't sit still for even a second? In Vilnius, you don't have to, because an urban adventure awaits around every corner. Send a vertigo-inducing *Snap* to your friends from a hot-air balloon – a common feature in the skies above Vilnius during the warm months. Channel your inner Tarzan and climb dizzying heights at Belmontas Adventure Park or Uno Park. Or take to the water at the nearby wake-boarding sites (WakeWay, Wake Inn Vilnius).

There are many options for curious creatives as well. For example, wander off the beaten path and into the industrial parts of the city to marvel at exciting street art in the ever-changing Open Gallery. While there, catch a gig at Art Factory Loftas, which is a playground of a venue attracting world-famous and rising stars. Or perhaps mingle with the local movers and shakers at the Sodas 2123 artist-run community, which is breathing new life into a building constructed over 50 years ago. And when the day melts into night, enjoy world-class techno at *Kablrys* in the former Palace of Railway Workers, an imposing example of Soviet architectural heritage.

## FOR THE FREE-SPIRITED



Hot air balloons over Vilnius



Concert at Lukiškes prison

Photo by Lumatikai

### The Edge Walk at Vilnius TV tower

Take a walk 170 metres above the ground around the edge of the Vilnius TV Tower. It's the tallest building in the country and the eighth highest TV tower in Europe. It's a unique attraction made for only the bravest of the brave. [tvbokstas.lt](http://tvbokstas.lt)

### Hot-Air Ballooning

Fly above the red-roofed Old Town in a hot-air balloon – something not many cities allow. There are a number of companies offering this bucket-list adventure. [balloon.lt](http://balloon.lt)

### Lukiškes Prison

What for 115 years was one of the darkest addresses in the city has now been reborn into the most exciting venue. Lukiškės Prison 2.0 is now home to 250 creators and artists and regularly hosts exhibitions, performances, and other events. Take a guided tour to learn about the building's past, or just drop by and be ready to be swept away by its grandiosity. [lukiskiuakalejimas.lt](http://lukiskiuakalejimas.lt)

Rolling plains, lush forests, numerous lakes... Sixty-one percent of Vilnius is a green zone, making it one of the greenest capitals in Europe. Located at the confluence of the Neris and Vilnia rivers, the relatively small capital has a hilly landscape and, all in all, is a joy to walk through. For a short stroll, head to one of the city's parks, such as the Bernardine Garden, Vingis Park, or Belmontas Park. You can also go for a longer hike in one of the city's nearby nature reserves, such as Pavilniai Regional Park or Vokės Landscape Reserve, both around a 15-minute drive away from the city.

Vilnius is also surrounded by several lakes, including the Trakai Lakes and Lake Baluošas, which are particularly popular during the summertime among water sports and fishing enthusiasts. To make your choice even more difficult, explore the Green lakes, six lakes located in the northeastern part of Vilnius, in Verkių park. The most loved one is definitely lake Balsys, which was recently awarded a Blue Flag. Surrounded by all this nature, thinking green is in the city's DNA, with many eco-conscious shops and initiatives located throughout the city. Shop for local, homemade, sustainable organic goods at the *Zeroteka* zero-waste store and indulge in guilt-free meals at the farm-to-table restaurants and shops in Senatorių pasažas. Moreover, the word on the street is that the thrift shopping in Vilnius is excellent.

## FOR NATURE LOVERS



Vingis park



Panama Food garden

### Žverynas neighbourhood

Wander around this tranquil, tree-lined area with a charming collection of residential wooden architecture, loads of green nooks, and cute cafés.

### Vingis Park

The largest park in the city features a beautiful lake, sports facilities, an amusement park, and several cafés. It plays host to several large-scale events, including the As Young As Vilnius anniversary music festival on July 21–25.

### Take to the water

Rent a kayak or SUP and explore the city from a unique perspective. The larger of the city's two rivers, the Neris, offers relaxing paddling, while the more intimate Vilnelė River spoils visitors with stunning views of the city's historical buildings and bridges. [activetourism.lt](http://activetourism.lt)





Exhibition of photos by Uldis Briedis at the Ola Foundation.

## The faces of freedom

*Free To Be. Uldis Briedis. Portraits (1966–2010)*, a photo exhibition at the Ola Foundation in Riga, showcases iconic portraits of Latvian cultural legends.

On May 4, tables in homes and gardens across the country are dressed in white tablecloths, honouring a tradition commemorating the restoration of Latvia's independence in 1990. As stately as this custom is the collection of black-and-white portraits by photographer Uldis Briedis, on show now at the Ola Foundation in Riga.

The Latvian independence movement was spearheaded by native cultural figures brave enough to voice their beliefs and resist the Soviet regime. These same people have also been the protagonists

Words by Ilze Vitola  
Publicity photos and by Uldis Briedis



Briedis with Latvian composer Uldis Stabulnieks.



Briedis with Latvian poet Imants Ziedonis.

of Briedis' work. Taken between 1966 and 2010, the more than 60 iconic and timeless portraits in this exhibition capture the photographer's peers and friends, including composers Raimonds Pauls and Mārtiņš Brauns, the poet Imants Ziedonis, actress Mirdza Martinsons, and others. 'Back then, it was like the starting gun at the beginning of the race for human freedom,' Briedis comments on the zeitgeist he documented.

These are not static portraits taken in a sterile studio environment; instead, they are intimate snapshots taken during friendly strolls, informal gatherings, and formal speeches. The photos permeate Briedis' ceaseless quest for truth, in which he strived to capture his subjects in their real, uninterrupted existence. Many of the people he photographed are no longer alive, but their impact on the nation was immense. In these faces, one can see the unfolding fate of a whole country over the course of half a century.

Born in 1940, Briedis has left an enormous mark on the Latvian photoscape. Working as a photo correspondent for major Latvian newspapers, the many press photo prizes he has won have acknowledged his talent, and he has twice been named Latvia's best portraitist. In 2011, Briedis was also awarded the Order of the Three Stars, the nation's highest civilian order. His works are featured in the permanent collection of the Latvian National Museum of Art.

*Free To Be. Uldis Briedis. Portraits (1966–2010)* is showcased by the Ola Foundation, which is a novel addition to Riga's cultural map on the tranquil island of Ķīpsala. This state-of-the-art space for artistic and spiritual exploration was founded by the entrepreneurial couple Ilze and Uldis Pilens. The exhibition will be on show until June 30. [olafoundation.lv](http://olafoundation.lv)

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yachting

Corneliani

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HERNO

DOUCAL'S

MONNALISA





Words by **Olga Dolina**  
Publicity photos

◀ **Jean Arp, The Eggboard**  
(La planche à oeufs), 1922.  
From a private collection



**Outstanding: Relief from Rodin to Picasso** at the Städel Museum offers a glimpse into the rarely exhibited artistic medium of reliefs (May 24 – September 17; Schaumainkai 63; staedelmuseum.de). This carving technique applied to a flat surface of stone or wood gracefully balances between painting and sculpture to transcend the boundaries of visual perception. The exhibition explores the many possibilities of relief art from the early 19<sup>th</sup> century to the 1960s, featuring works by Auguste Rodin, Paul Gauguin, Henri Matisse, Pablo Picasso, Hans Arp, Yves Klein, and more. The story begins with Classicism-style works and then moves to the early 20<sup>th</sup> century, when bold vision, innovation, and artistic experimentation gave rise to a breakthrough in terms of canon, typical genre schemes, and techniques. Reliefs turned into assemblages and collages created from everyday materials and unusual objects.

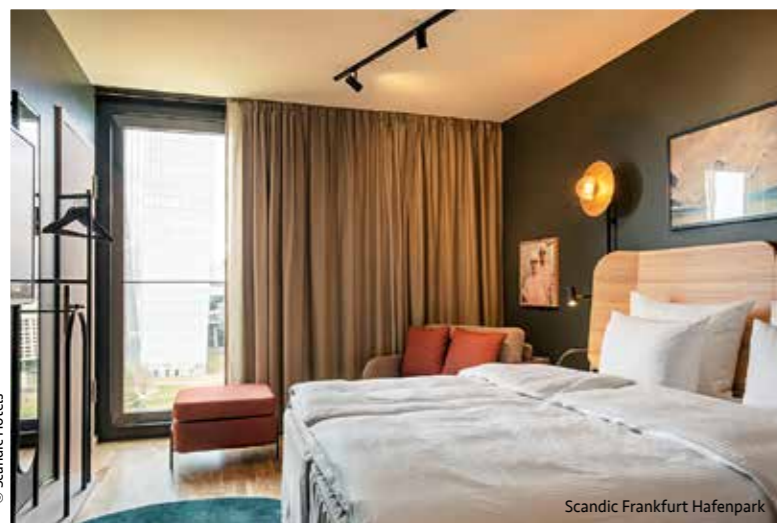
The **Night of Museums** reveals the treasures found in Frankfurt's museums in an unconventional nighttime setting, from 7 p.m. until 2 a.m. on May 15 (museumsufer.de; tickets at museen-ticket.de). This tradition celebrating the power of spring, education, and culture unites locals and visitors, young and old. More than 40 museums and exhibition spaces participate in the project, offering special workshops, musical and theatre performances, and video and light installations to accompany the event. The majority of Frankfurt's museums are located in the Museumsufer quarter alongside the picturesque Main River promenade. Explore it and the surrounding historical architecture on foot or on a complimentary shuttle bus. Several guided tours will be offered in English.

The new **Scandic Frankfurt Hafenspark** hotel located just a few steps from Frankfurt's Old Town blends Scandinavian comfort, contemporary style, and a relaxed atmosphere for business and leisure travellers alike (Eytelweinstraße 1; scandichotels.com; from EUR 89). The design of this hotel's meeting rooms, event spaces, and 505 guest rooms is inspired by nature. Conceptually, the interior is a continuation of the neighbouring Hafenspark, with an abundance of hanging plants in the communal spaces. Dressed in earthy tones and natural materials, each room has been designed with a vision of circularity; many details here are made from recycled materials, and most of them can be reused in case of renovation. A 320-seat restaurant with an open kitchen and bar area indulges guests with a relaxed atmosphere and delicious meals throughout the day.

moltenigroup.com



© Ulve Dettmar / Deutsches Filminstitut



© Scandic Hotels

Scandic Frankfurt Hafenspark

# Molteni & C



◀ Reidar Särestöniemi: *Redbearded Moor* (1970). Finnish National Gallery / Ateneum Art Museum.



The Ateneum Art Museum, one of Helsinki's leading art institutions, has reopened after a year-long renovation with a new permanent exhibition titled **Collection: A Question of Time** (Kaivokatu 2; ateneum.fi). The exposition reflects major issues of our time through the prism of classical Finnish art as well as modern and contemporary pieces, including previously rarely exhibited works. The showcase is divided into four themes that span across different timelines: Art and Power, Modern Life, The Age of Nature, and Images of a People. The nature topic focuses on the changing environment and climate issues; the portrait section takes visitors back to the 19th century to unveil the Finnish national identity; and the selection of 20th-century art brings technological development, urbanisation, and utopian concepts under the spotlight. A retrospective of Albert Edelfelt (1854–1905), one of Finland's most acclaimed artists, takes place in May as well.

**Hotel AX** in the Jätkäsaari district brings a new artistic experience to Helsinki's hospitality scene (Välimerenkatu 18; hotelax.fi; from EUR 142). The concept was created in collaboration with Finland's leading contemporary artists. A massive glittering sculpture of a flying fairytale creature welcomes guests before they even step inside the building. The cosy yet light-filled rooms are thematically designed. For example, the Poem King room with panoramic city views immerses guests in the world of poems and rhymes with a selection of poetry books. The Love Letter with a View room has a floor-to-ceiling window and a massive wallpaper of an enchanted forest. The hotel's restaurant, for its part, continues the art theme but in the culinary field, serving seasonal ingredients, local delicacies, and surprising flavours from around the globe.

**Brasa** is a new restaurant nestled in the heart of Helsinki close to Senate Square (Aleksanterinkatu 22; brasa.fi). With a name that comes from the Spanish and means 'hot coals', the menu at *Brasa* focuses on open-fire cooking. Fresh meats, seafood, and seasonal vegetables are cooked on a massive open-fire grill, while spruce branches bring extra smoky flavours straight from the fire to the plate. With a contrast of grilled and fresh foods, the menu is influenced by global cuisines, with wild forest herbs adding authentic touches of Finnish nature. The tableware collected from second-hand shops, including pieces from the iconic Finnish brand *Arabia*, add a sustainable note. The bar boasts a selection of natural wines as well as specially made drinks – even the Bloody Mary here is complemented with charcoal-grilled tomatoes.

Photo by Hannu Pakarinen / Finnish National Gallery



Entrance at hotel AX



Meat room at Brasa restaurant



THE CITY CENTER

DZIRNAVU 67



# CIAO, RIGA!

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Photo by Francisco Nogueira



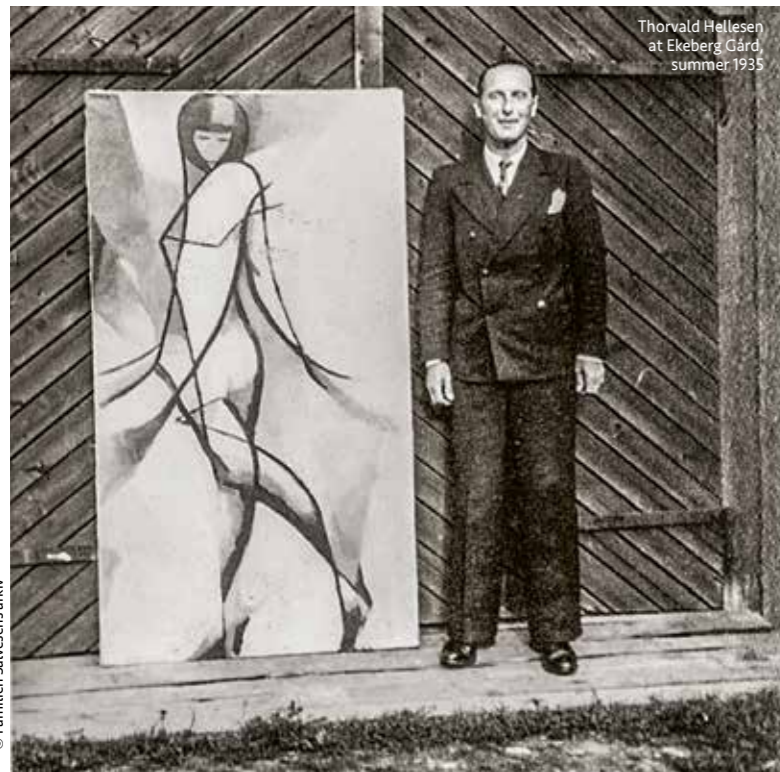
**Sommerro** is a new five-star hotel occupying an architectural gem from the 1930s – the former Art Deco-styled headquarters of Oslo’s electric company (Sommerrogata 1; sommerrohouse.com; from NOK 2256). Located in the Frogner neighbourhood, this new urban retreat has been called Norway’s largest-ever preservation project. The hotel has 231 rooms, including spacious lofts and classy suites. The interiors feature an elegant selection of bespoke furniture, plush rugs, shimmery chandeliers, and oak parquet floors. *Sommerro* has seven restaurants and bars. Among them, the *To Søstre* tearoom lures guests with lush greenery, *Izakaya Bar & Terrace* offers street-style vibes, and the rooftop *TAK Oslo* serves Nordic-Japanese cuisine. The century-old Vestkantbadet public baths have also now been turned into the city’s largest wellness oasis, with restored Roman baths and mosaic murals. Oslo’s first year-round pool welcomes guests on the hotel’s rooftop.

**Thorvald Helleesen: Pioneering Cubism** is a retrospective of a Norwegian abstract artist, designer, and painter whose one and only exhibition in his native land took place in 1919 (until August 20; Brynjulf Bulls plass 3; nasjonalmuseet.no). Back then, the local press was dismissive, calling his works ‘colour orgies (...) hurled at the wall’. Helleesen (1888–1937) spent most of his career in avantgarde Paris, where he joined the Cubists and explored various sub-techniques of the movement, such as Orphism, in which pure abstraction and bright colours dominate. This long-awaited exhibition at the National Museum puts Helleesen back on the radar with nearly 70 paintings, gouaches, and drawings that burst with bold colour and a clear interaction of forms. Helleesen also designed patterns for textiles and wallpapers, and the show includes some of his interior design pieces.

**Punk Royale** is a daring new dining spot that turns the perception of the traditional fine-dining experience upside down (Frognerveien 5; punkroyale.se). Its edgy tasting menu, in which some dishes are even theatrically served in-hand, is paired with tailor-made drinks and bursts with an array of eclectic combinations and sensational, well-balanced flavours. Caviar, truffles, foie gras, and lobster set a classy, ‘high’ tone that contrasts with the wild and punk visual atmosphere. The restaurant is located in the basement level, and the rather dark interior bursts with flashing lights and sound effects, graffiti on the walls, red Chinese lanterns, and an overall exuberant rock-and-roll atmosphere.

# OSLO

Junior Suite at Sommerro hotel



Thorvald Helleesen at Ekeberg Gård, summer 1935



Small lango soup at Punk Royale restaurant

© Familien Salvasesens arkiv

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Words by Lana Jūra  
Photo by Alamy



## The symbol of Venice

Gondoliers still ferry visitors along Venetian waters, as they have for centuries.

They're called the symbol of the lagoon fleet, the keepers of tradition, the guides of Venice. They know the hidden corners of the city's labyrinthine canals, the most mysterious legends, and the greatest secrets. Their characteristic silhouette, manoeuvring gracefully on the stern of a sleek boat with a single paddle, has become iconic. They are the gondoliers of Venice, whose resounding cry of 'Gondola-a-a, gondola-a-a!' echoing across the canals makes the city so alive, so authentic, so beloved.

The profession was born in the late Middle Ages, when the aristocracy decided to create the private profession of *gondoliere de casada*. At the time, the gondola was the only means of transport for the elite, and thousands of them crowded the canals. Gondoliers became indispensable companions and confidants of noble Venetian families. Incidentally, the famous art collector Peggy Guggenheim is known as one of the last people to have had a private gondolier in her service.

For centuries, sons have inherited the gondolier's profession from their fathers, but since 2010, a few women have managed to break into the respectable profession as well. The professional qualifications of a gondolier are key to both a safe and beautiful

journey and include four years as an apprentice, rowing instruction, theory exams, swimming and rescue skills, and other tests. Currently, 440 gondolier licences have been issued in Venice, and, as in the past, family members and native Venetians retain a clear advantage.

At the moment, the tariff set by the municipality for a 35-minute gondola ride is EUR 80 during the day and EUR 100 in the evening or at night. It's most convenient to reserve a ride with the lagoon navigator of your heart's desire at one of the gondola piers in Venice. One gondola may carry up to five passengers, but don't share one with strangers in an effort to cut costs, as you may lose the indescribable freedom and magic of the ride.

So you've heard about the abrasive character of gondoliers? Actually, behind that mask is a proud yet welcoming soul. Gondoliers love to share stories, tell jokes, answer inquisitive questions, and engage in a unique adventure together. A gondola ride is the most romantic and authentic Venetian experience; it's something you cannot find anywhere else in the world. And oh, yes, gondoliers do not sing. If you want a romantic ride at sunset that includes a serenade, bring along a musician.

## EXPIRIENCE SUMMER AT ZUZEUM ART CENTRE!

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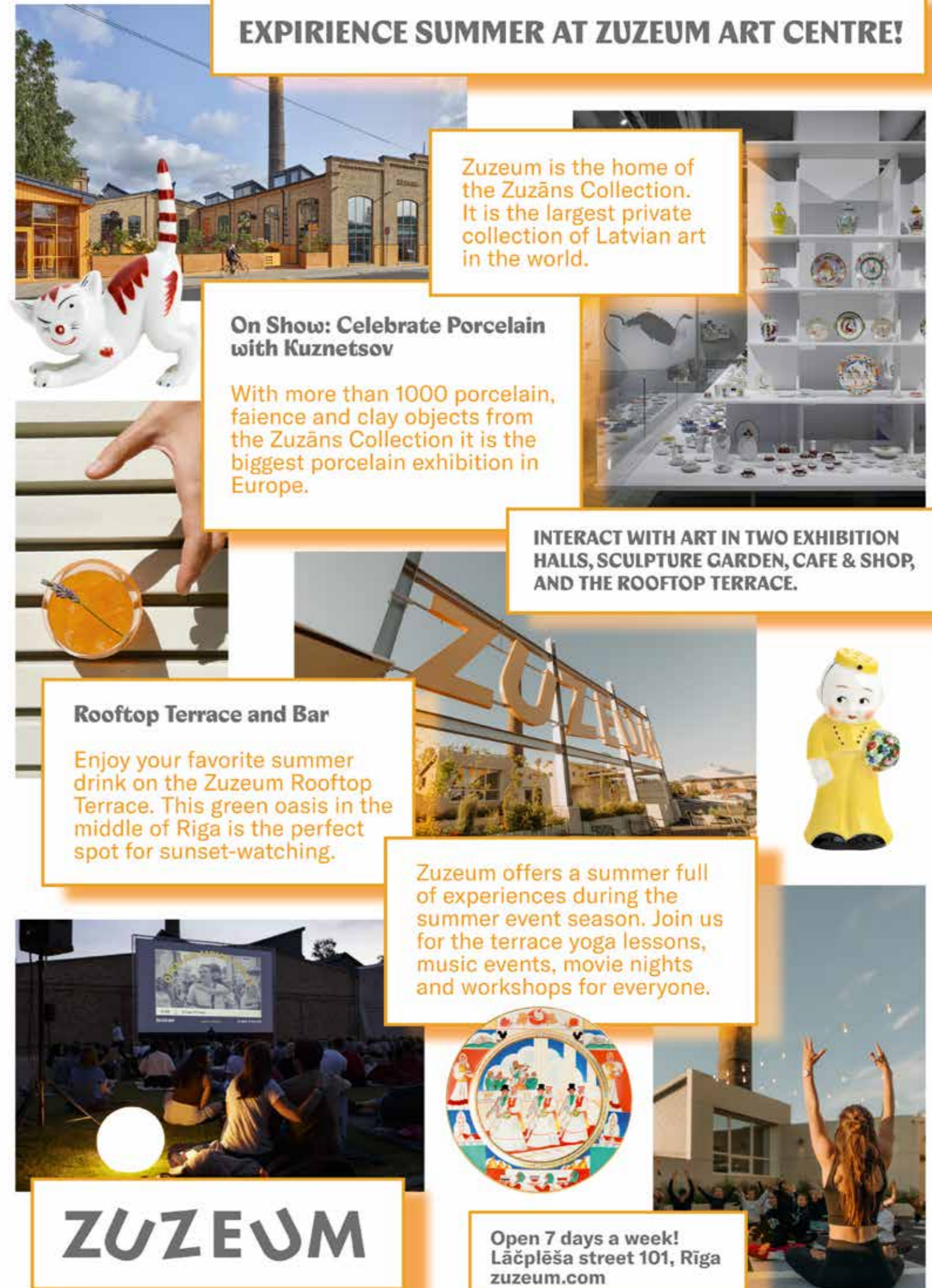
Rooftop Terrace and Bar

Enjoy your favorite summer drink on the Zuzeum Rooftop Terrace. This green oasis in the middle of Riga is the perfect spot for sunset-watching.

Zuzeum offers a summer full of experiences during the summer event season. Join us for the terrace yoga lessons, music events, movie nights and workshops for everyone.

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zuzeum.com



Words by Mila Boljević  
Photos by  
Branislava Antović Aleksić  
and Mila Boljević



## MY BELGRADE

**Branislava Antović Aleksić** is a Serbian entrepreneur with a passion for storytelling and communication. She is the experienced founder and owner of *Braná's Divine World*, a company that specialises in online media. It's a lifestyle portal that combines style and activism, beauty and resistance, and is a platform for discussing important social and cultural issues in Serbia.

'There are few things that I am as certain about as the fact that I wouldn't be the person I am today if it weren't for Belgrade. It's forever the best indicator of all my weaknesses and all my strengths,' says Antović Aleksić. Here are some of her favourite places in Belgrade.



Fly to  
**Belgrade**  
from €79  
one way

### Akademija Bookstore

For book lovers, *Akademija Bookstore* is a popular destination. Located in the heart of the city, this shop offers a wide selection of books, both international and Serbian titles. Its cosy atmosphere and friendly staff make it a perfect place to spend an afternoon browsing, and the store also regularly hosts book signings and literary events. Don't miss the small café, where you can enjoy a cup of coffee or tea while you peruse the shelves.

Akademski plato 35; IG @knjizaraakademija



### Dom Jevrema Grujića

This fascinating museum is dedicated to the life and work of Jevrem Grujić, a prominent Serbian politician and diplomat. The museum is housed in a beautiful 19th-century mansion and features a collection of artefacts and documents related to Grujić's life. In addition to its expositions, the museum is also a popular venue for events, including lectures, concerts, and receptions. History buffs and event-goers alike will love this unique attraction in Belgrade.

Svetogorska 17; domjevremagrujica.com



### Valentina i karanfil

If you're in the mood for something sweet, head to *Valentina i karanfil*. This chocolate shop and café is known for its delicious chocolates, which come in a variety of unique flavours. From medallions to bars and everything in between, it offers a wide range of creations that are sure to satisfy any sweet tooth. So bring a friend, grab a coffee, and try out the unique treats!

Gospodar Jevremova 6; valentinaikaranfil.com



### Belgrade Design District

This vibrant, constantly evolving location is a favourite among locals and tourists alike. The area is known for its creative and artistic vibe and features a wide variety of shops, cafés, and galleries as well as art installations and murals. It's a great place to explore if you're looking for unique souvenirs or want to check out the local art scene.

Čumićevo sokače, lokal 41

# Kate



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# Hannover IN 24 HOURS

Fly to  
**Hannover**  
from  
**€109**  
roundtrip

Words by Olga Dolina  
Publicity photos

A very special  
destination you won't  
want to miss.

## WHERE TO EAT

The *Teestübchen* is a legendary café located on the historical Ballhofplatz square. Since 1970, this cosy place with local charm and a flavourful menu has been run by the Bohncke family. It offers the very best for coffee aficionados, a range of the finest teas from around the globe, and a set of trademark cakes baked according to traditional family recipes. Think apple pies, cinnamon rolls, and newer creations such as carrot cake and cheesecake.

Ballhofplatz 2; teestuebchen-hannover.de



## WHY NOT

The Herrenhausen Gardens are a unique bearer of Baroque-era gardening traditions. The site is perfect for recreation, picnicking, and walks, and it also offers an intriguing schedule of art and culture events throughout the year. On May 20, the gardens will host the International Fireworks Competition – a not-to-miss evening for the whole family. The picturesque landscapes will make a perfect backdrop for the spectacle, which consists of fireworks displays by the world's leading pyrotechnic artists and a programme of live music.

Herrenhäuser Straße 4



## WHERE TO STAY

The new *Nyce Hotel Hannover* has a quiet central location, 72 rooms, and vivid, inviting interiors. The quirky ambience of its communal spaces pays homage to the nearby skatepark and the industrial charm of an old freight station. The street-art theme features original wallpapers and decorative elements that bring a casual, cosmopolitan vibe to this lifestyle hotel.

Breakfast is served with a focus on sustainable products.

Weidendamm 2a; nyce-hotels.com; from EUR 77

## CLASSICS NOT TO MISS

The trademark art pieces that make up the contemporary image of Hannover are impossible to miss. *Nanas*, a set of opulent and brightly coloured open-air sculptures by French artist Niki de Saint Phalle portray voluminous female figures. Made in a distinctive pop-art manner, they're life-affirming, cheerful, and full of vitality. Each of the three sculptures honours a prominent woman from Hannover: the Hannoverian electress Sophie, Charlotte Buff (the love of Goethe's youth), and astronomer Caroline Herschel.

## WHERE TO SHOP

The flea market in the heart of the Old Town (Am Hohen Ufer between Schloßstraße and Goethestraße) has been taking place every Saturday for already half a century. Here you'll find everything from fine glassware and vintage furniture to art, kitsch, toys, vinyl records, comic books, and unique garments from grandmother's closet. Find a one-of-a-kind souvenir with a touch of local history, meet interesting people, and bargain for the best price! The flea market is open from 10 a.m. until 6 p.m.

altstadt-flohmarkt.de



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HÄSTENS VILNIUS | Rūdinkų g. 16, Vilnius, Lithuania

Words by James Taylor  
Photo by iStock

## Dubai vacations

An excellent choice for fulfilling memories

With its stunning architecture, luxurious lifestyle, and world-class attractions, Dubai is a top destination that never ceases to amaze. Mixing old-world traditions with over-the-top shopping, opulence, and an ambition for the future that's unmatched by any other destination, Dubai is an innovative city that ticks a lot of boxes for a vacation.

But did you know that Dubai is also a great destination to visit in the summer? Contrary to popular belief, the scorching heat in summer doesn't make Dubai a bad place to visit. There are many reasons why you should consider spending your summer vacation in this amazing city.

First, summer in Dubai is more affordable. If you're looking for a budget-friendly trip, summer is the best time to visit, with unbelievable deals on flights, hotels, attractions, and activities. You can also enjoy discounts and offers on shopping, dining, and entertainment across the city.

Summer in Dubai is also less crowded, making your visit more peaceful and relaxing. There's more space and privacy on the beaches and in the parks and museums, and there are also fewer crowds in the shopping malls. And finally, summer is jam-packed with fun and exciting activities and events catering to all ages and interests. From art exhibitions at the Jameel Arts Centre to pop-up dinners at contemporary museums, there's something for everyone.



### UNMISSABLE EXPERIENCES TO TRY THIS SUMMER

#### Visit the desert at night

The days might be hot, but when night falls, temperatures in the desert are relatively cool, no matter the season. That's why escaping into the incredible desert on Dubai's border is an excellent way to experience the destination in summer. Tours depart in the afternoon, taking guests on thrilling rides across the dunes in air-conditioned 4WD jeeps. As evening falls, traditional Bedouin camps set up between the dunes host great barbecue dinners with live entertainment shows and various other activities, including camel rides, sandboarding, henna painting, and more. Best of all, though, is the view of the night sky above. Without the city lights, the dazzling display of stars above is awe-inspiring.

#### Stay cool at waterparks

Another way to beat the heat and have fun in Dubai is to visit one of its many waterparks. Dubai boasts some of the best waterparks in the world, featuring thrilling slides, rides, pools, and attractions for all ages and levels of adventure. Some of the most popular waterparks in Dubai are Aquaventure Waterpark at Atlantis the Palm, Wild Wadi Waterpark at Jumeirah Beach Hotel, Laguna Waterpark at La Mer, and Legoland Waterpark at Dubai Parks and Resorts. If you're feeling particularly adventurous, take to the waves at one of Dubai's beaches with surfing coaches from Surf House. Otherwise, simply relax by the water at one of the city's many beaches.

#### Enjoy world-class indoor activities

Dubai is a city with a plethora of indoor activities to enjoy in the summer. From skiing at the world's largest indoor snow park (Ski Dubai) to spending sprees inside the world's largest shopping centre (Dubai Mall), you can easily enjoy the best Dubai has to offer in air-conditioned comfort. But the superlatives don't stop there; there's also one of the world's largest aquariums, a roller disco, an ice rink, and indoor theme parks, such as IMG Worlds of Adventure. Finally, there are Dubai's incredible museums showcasing the past, present, and future.

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Words by Līga Valko  
Photos courtesy of Thrainn Kolbeinsson

## Point of view

Where to go in Iceland, according to  
photographer Thrainn Kolbeinsson.



### My secret spot

'The Reykjanes Peninsula is perfect for shorter visits and layovers because it can be visited straight from the international airport in Keflavik. I lived there for a few years and spent that time exploring every hidden corner of the peninsula. The Sogin area is great for those who want to visit the highlands of Iceland but don't have a solid 4x4 and a few days to work with. It's a beautiful geothermal valley located between two lakes, Spákonuvatn and Djúpavatn, and a perfect spot for anyone looking for epic views without crowds of people.'



**Thrainn Kolbeinsson**

[instagram.com/thrainnko](https://www.instagram.com/thrainnko)

Number of followers: 58.1 followers

Thrainn Kolbeinsson is a photographer and videographer from Iceland who specialises in outdoor adventures and the lands of the North. Having lived in Iceland his whole life and having spent most of it outdoors, he knows the landscapes, the culture, and the climate very well, which makes his knowledge and experience valuable for those looking for unique and compelling visual stories. Kolbeinsson has always been fascinated by photography and filmmaking, but in 2018 that interest turned into a promising career when he started his own production company. Since then, he has worked for brands such as *National Geographic*, *Nissan*, and *Red Bull*.



The Brimketill coastal pool

### Other locations to check out

- Brimketill is a naturally carved pool surrounded by a rough and rocky coastline. It's perfect for a quick stop, and if the waves are big, you're in for a real treat.
- The Festarfall mountain is located east of the fishing town of Grindavik. It's near a secluded black-sand beach hidden by rugged cliffs.
- Reykjanestá, at the most southwestern tip of Reykjanes Peninsula, offers epic views from all sides. Fascinating bird life, rugged sea cliffs, two lighthouses, and a beach covered in giant boulders are just a few of the attractions there.



# SILTUMA AKUMULĀCIJAS KAMĪNI



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# Take your friends

... AND EXPLORE THE BEST OF LATVIA!

Being a true hockey fan himself, Latvia's Minister of Transport, Jānis Vitenbergs, will definitely attend the IIHF Ice Hockey World Championship games taking place this month in Riga.



Riga Motor Museum was redesigned by Latvian design studio H2E

Words by Ilze Pole  
Publicity photos and courtesy of Jānis Vitenbergs



Former bathhouse of Emīlija Račene Jūrmala, Majori



Minister of Transport, Jānis Vitenbergs, with his family at Jāņupītes nature trail near Tukums

But apart from that, he feels that being outdoors and enjoying the magnificent landscapes of Latvia is the best way for him to regain energy and find his inner balance. As he says later in our conversation, there isn't a nature trail in Latvia that he hasn't explored.

'Before leaving the city, find some time to visit the Riga Motor Museum,' Vitenbergs suggests to hockey fans. 'It was completely revamped a few years ago and is considered one of the most significant and also most interesting motor museums in the world. The exposition showcases more than 100 cars as well as Latvia's achievements in this industry. It's an exciting place that tells an interactive story about the history of the automobile.'

Next, there are two beautiful towns just a short train ride away from Riga: Jūrmala and Sigulda. Jūrmala is Latvia's largest and oldest spa town, and it still offers plenty of opportunities to pamper the body and soul in a modern spa as well as become acquainted with the charming historical heritage of its sanatoriums. Treatments here also make use of therapeutic mud, which is a local natural treasure. 'A couple of years ago, my family and I stayed in one of the old sanatoriums for a few days, and I cannot recommend it enough. We left feeling very energised,' Vitenbergs recalls.

Take the train in the other direction, and you'll end up in Sigulda, one of Latvia's most scenic towns. The town is surrounded by Gauja National Park, which offers countless nature-related activities. The *Aerodium* – a vertical wind tunnel in which one can quite literally feel what it's like to fly – is located in Sigulda as well.

'We're very lucky in this country, because as we leave the city by car, in just 15 or 20 minutes we can already be in the middle of nature, with no other people around,' Vitenbergs continues. 'The workweek tends to be quite intense, so weekends and holidays are my time to spend with the family and also to avoid crowds, which is very easy to do in Latvia. We have three young daughters, and we often choose to visit several towns in one trip to make the outing more interesting and to play a game of comparing the different places.'

But however you choose to spend your time in Latvia, remember to also try the local beer. 'We have a long and strong tradition of beer brewing, there are many small breweries making beer in Latvia. I've heard nothing but good things about the local beer from my friends from abroad who visit Latvia,' says Vitenbergs.



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Style by Ilze Čečina  
Publicity photos

## Kelly green for May



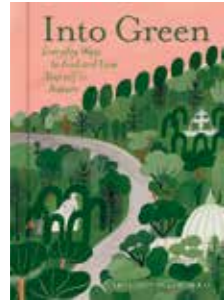
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## Ethnic and green

The new Museum of Ethnography in Budapest shines with a sparkling façade amid lush greenery.

Words by Olga Dolina  
Publicity photo

Nestled in Városliget (City Park), Budapest's oldest urban green space, the imposing new edifice of the Ethnography Museum is the brainchild of the local architecture studio *Napur Architect*. This museum is a part of the Liget Budapest Project, Europe's largest-scale urban cultural development initiative, which aims to revive the iconic city park. The museum also neighbours another recently completed architectural marvel, the House of Music.

Simple yet imaginary, the curved volume of the museum building merges with the surrounding park. Measuring more than 7300 square metres, its landscaped roof serves as a public garden and is thus a continuation of all that green space. It's covered with grass and other blooming plants, shrubs, perennials, and evergreens to echo the Városliget and create a welcoming recreational area for visitors. The roof's highest point rises to the height of the tree tops and offers a breathtaking view.

A glittering curtain-like façade wraps around the building and consists of nearly half a million pixels set into a laser-cut aluminum grid. Inserted with the help of a robot, the pixels create abstract images based on ethnographic motifs from the museum's Hungarian and

international collections. Thus the ornate façade in its contemporary technological interpretation reflects the historical artefacts exhibited inside. The patterns are inspired by Hungarian weavings, tortoiseshell jewellery from Oceania, a Mongolian shaman's cloak, tablecloths from Cameroon, a Croatian apron, and many other items.

The museum has two arched wings that gracefully rise towards the sky, resembling a pair of hillsides. The unique thing about this structure is that similar technology is used in the construction of bridges. One wing of the museum houses the public spaces: the visitors' centre, a museum shop, a restaurant, an event hall, and children's workshop rooms. The other wing houses a library and archives. Nearly 60% of the exhibition spaces are located underground.

Alongside 225,000 items in the ethnographic collection, the Museum of Ethnography also holds photographic and film materials and valuable objects from other countries that illustrate everyday life in communities around the world since the 17<sup>th</sup> century. The Ceramics Space lines the 40-metre staircase with an impressive showcase of nearly 4000 ceramic objects from around the world.  
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Words by Līga Valko  
Photo courtesy of airBaltic

## airBaltic's commitment to diversity and inclusion

Over the past few years, *airBaltic* has given greater attention to diversity and inclusion within its team.

*airBaltic* highly values equality, which means that everyone receives fair treatment regardless of their age, gender, race, religion, ethnicity, or sexual orientation. The airline's diversity culture is about valuing what makes each person unique and creating a sense of belonging for all. 'Diversity starts with the recruitment process, and we offer equal professional opportunities for all,' says Sanda Bergmane-Behmane, HR & Wellbeing Business Partner at *airBaltic*. 'When hiring, a person's abilities and experience are more important than their age, gender, or nationality.'

*airBaltic* encourages workplace diversity and regards this as one of its main strengths. It has employees from 29 different nationalities as part of its aviation operations, while *airBaltic's* current campaign encourages cabin crew and other industry professionals over the age of 40 to apply for cabin crew jobs, as it's never too late to switch careers. The estimated average age of employees in the company is 34, but over the past two years, the number of cabin crew members over 40 has increased by 30%, rising from 45 to 64 employees, and recent hires for the cabin crew team have included people over age 50.

Diversity and inclusion means more than passing regulations. It is a form of social acceptance. For example, with a growing LGBT community, *airBaltic* has become more diverse, and this year for the first time, the airline is also supporting the Riga Pride event.

'People feel valued for who they are. The clothes they wear, their hairstyle, tattoos, and piercings are all choices, and we respect each individual's personality and uniqueness,' says Bergmane-Behmane. Last year, *airBaltic* adjusted its uniform regulations, loosening rules for cabin crew, pilots, and ground personnel. As of now, most tattoos, hairstyles, and piercings are acceptable and can remain visible while performing direct duties.

In a culturally diverse workplace, teams can learn more respect and inclusion through every interaction. At *airBaltic*, participation in a practical training session on diversity and inclusion is offered to all employees. Managers and high-potential employees complete a similar two-day course. 'As a company, and as individuals, we truly benefit from a culture of diversity and inclusion. The more aware we are, the easier it is to accept and respect others no matter what their background is,' Bergmane-Behmane concludes.

# Liepāja



## Plan Your destination Liepāja!

### MAY

- 8–14 Liepāja Restaurant Week
- 12 Concert of Liepāja Symphony Orchestra
- 13 Coastal hike COASTLINE TREK
- 13 International NIGHT OF MUSEUMS
- 20 THE TRIUMPH OF THE OPERA. Gala Concert of the Lithuanian National Opera and Ballet Theatre
- 20–21 Traditional Cultur Celebration LIVA VILLAGE FEST
- 26 Concert of Ukrainian music band DAKHABRAKHA

### JUNE

- 5–11 Art plain air, music performances and ancient vehicle parade KAROSTA FESTIVAL
- 7 Tina Turner tribute concert TYPICALLY TINA
- 16–18 FIA European Rally Championship stage TET RALLY LIEPĀJA
- 23 Midsummer Solstice in Liepāja and surroundings

### JULY

- 2–9 ITF Women's world Tennis Tour LIEPAJA OPEN
- 8 Sea Festival
- 15 OPERA GALA LIEPĀJA SUMMER
- 16 LA BOHEME by Italian composer Giacomo Puccini
- 22 Concert of the most popular Latvian band BRAINSTORM
- 29 Georgian ethno-jazz diva NINO KATAMADZI and INSIGHT

### AUGUST

- 4–5 Music festival SUMMER SOUND with local and international artists
- 5–6 Baltic International Airshow
- 13 Blues and funk music concert of the legendary American singer, trumpeter and showman BONEY FIELDS
- 26 Concert of Kaspars Zemītis and Imka A SYMPHONIC CONVERSATION
- 26 Ancient FIRE NIGHT at Liepāja beach



## Cool running

Here are some useful gadgets to take your running to the next level.

### ANALYSE YOUR RUN

Garmin Running Dynamics Pod



If you're serious about analysing and improving your running technique, this pod offers a great solution. This small, lightweight clip-on computes and sends information about six running dynamics straight to your smartphone. These include cadence, ground contact time, stride length, balance, and more. Take a deep dive into the metrics and learn more about how you really run.  
 garmin.com  
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### RUNNING SOUND

**Shokz OpenRun**  
 Runners often listen to a favourite playlist or podcast during their workout, but completely blocking out the outside world is not safe. These wireless headphones use bone conduction technology to play your music while leaving your ears unblocked and keeping you aware of surrounding sounds and events. They're lightweight, waterproof, and come with a long battery life.  
 shokz.com  
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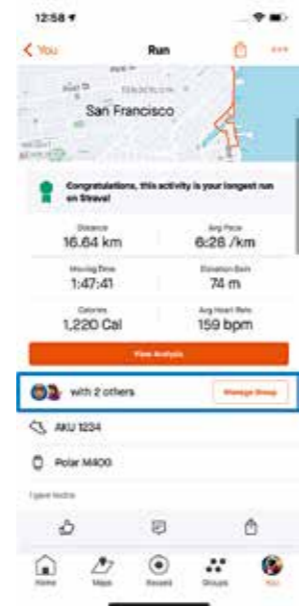


### INDOOR RUNNING

**Peloton Tread**  
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 onepeloton.com  
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Words by Viesturs Kundziņš  
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### KEEPING TRACK

Strava

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 strava.com  
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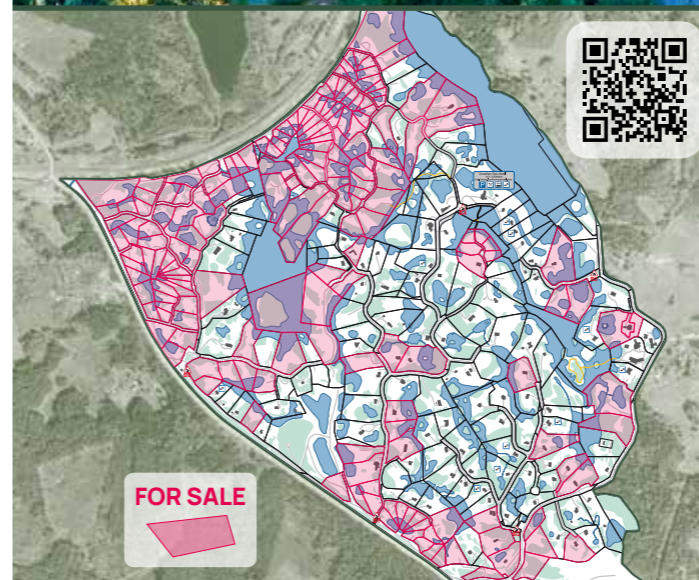
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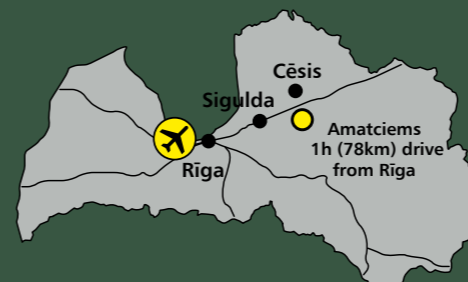


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# Hip fuel

More and more inspiring spaces are opening for all kinds of creative minds.



Capital Kitchen in Amsterdam

Contrary to popular belief, creatives can't survive on wine and passion alone. So where there's a swarm of creatives, there should be at least a few options to replenish their flights of fancy. Cafés and restaurants at creative hubs do not exist only to satisfy physical needs; they're actually also crucial for networking, sharing ideas, and creating a sense of community. In addition, these parlours can attract visitors to the hub and aid in sustaining it.

Creative hubs can be part of an urban renewal plan in which officials let creatives into vacant (often industrial) structures, usually rent-free, to revive the place and its surroundings. Think Centquatre-Paris, a cultural centre improving the rough reputation of that city's 19<sup>th</sup> arrondissement and which also hosts a handful of eateries and an organic produce market on Saturdays. But such makerspaces can also be brand-new additions to a city's layout, such as SALT in Oslo. Sitting right on the edge of the Oslofjord, SALT's cutting-edge wooden structures host concerts, lectures, and exhibitions that often focus on the cruciality of the sea. Like other innovation hubs, SALT's focus is also evident in its culinary offerings, with seafood occupying the biggest part of the plate.

What unites the seemingly very different spaces following this trend is the carefully curated selection of food and events as well as very creative staff. In addition: art, design, and architecture are integrated in their overall concepts.

## Creative hubs can be part of an urban renewal plan

Words by Ilze Vitola  
Publicity photo

## COOL PLACES WORTH TRAVELLING FOR

### Capital Kitchen in Amsterdam

This is the belly of Capital C, a creative hub located on the banks of the Amstel River that's giving a second lease on life to the former Diamond Exchange. *Capital Kitchen* embodies the artistic spirit of its host with its own art gallery showcasing local talents, a wheel-shaped state-of-the-art terrace, and table tops dressed in microscope images of human organs. The menu is packed with seasonal dishes, and the *borrel* (the Dutch word for after-work drinks) classics are equally inspiring. Weesperplein 4A; [capitalc.amsterdam/kitchen](http://capitalc.amsterdam/kitchen)

### Cantina Matadero in Madrid

A former slaughterhouse and livestock market, Matadero is now a vibrant space for contemporary art, cinema, performance art, interdisciplinary exhibitions, and musical performances. Settle in at Matadero's *Cantina* to break some bread with the local movers and shakers. Run by a health-first culinary project called *Olivia Te Cuida*, *Cantina* offers organic pizzas and other veggie-packed dishes best enjoyed on its charming patio. Plaza de Legazpi, 8; [mataderomadrid.org](http://mataderomadrid.org)

### Apollo Bar in Copenhagen

The Kunsthal Charlottenborg art gallery and cultural centre is your one-stop destination for trailblazing contemporary art. Apart from hosting trendsetting exhibitions of work by international and home-grown talents, the venue also has a movie theatre, a bookshop, and a dining establishment. *Apollo Bar and Canteen* is an elegantly minimalist affair with a perfectly curated menu offering few but well-thought-out dishes for breakfast, lunch, and dinner. You can also enjoy a cocktail, wine, or coffee in the sunny courtyard. Nyhavn 2; [apollobar.dk](http://apollobar.dk)

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Words by Olga Dolina  
 Publicity photos, by Olga Dolina, courtesy of F64  
 and Unsplash  
 Illustration by Agnese Negriba

## RIGA THAT STUNNING OPEN-AIR LIVING ROOM

**I envy those of you who are coming to Riga in May. This is the most beautiful month in the city, when you can truly feel spring giving way to summer. The lilacs are in full bloom, and late-evening urban sunsets awaken the vibe of those long, almost never-ending summer nights still ahead.**

The key is that in Riga, still a widely undiscovered gem of the Baltics, one never gets into the annoying trap of overcrowded summer tourism. Even when hosting events such as the Ice Hockey World Championship (12–28 May) and the Riga Marathon (May 6–7), which gathers thousands of participants from around the globe, Riga manages to maintain the slow-paced vibe of a cosy, visually stunning open-air living room. During the hockey championship, however, bars and outdoor cafés are allowed to roll out their TV screens, so the festive atmosphere and cheering promise to be at a high.

But the Latvian capital is also a textbook on historical architecture, creative culinary experiences, relaxing spas, nightlife, and fascinating art and culture. Add a picture-perfect seaside and spa town half an hour's train ride from the city centre, and there's no better package for a weekend gateway.



A view of the Old Town from the Akmens Bridge



A panorama of Riga's Old Town



A gem of wooden architecture in Āgenskalns

## These neighbourhoods combine an old-time flair with the new energies that are gradually spreading on this side of town

MY MORNING STARTS IN THE ĀGENSKALNS NEIGHBOURHOOD, BY ARKĀDIJAS PARK AND MĀRAS POND, one of the largest water reservoirs in the quiet residential area on the left bank of the Daugava River. This side of the river is referred to as Pārdaugava, meaning 'across the Daugava', and it's pierced with lush parks, century-old townhouses, and secluded narrow streets. This was a favourite recreational spot for residents of the city since the late 18<sup>th</sup> century, and even composer Richard Wagner liked to dine in one of the taverns facing Māras Pond while he served as the chief conductor at the Riga City Theatre. Today, a couple of swans are guarding a nest of eggs under a willow tree, and ducks chase one another. Spring is here for good.

I myself am one of the privileged residents of the Āgenskalns area, which, together with the Torņakalns neighbourhood, combines a slightly provincial charm and old-time flair with the new energies that are gradually spreading on this side of town. Here, the University of Latvia has built two advanced centres, the House of Science and the Faculty of Biology, on its new campus on the edge of wild, abandoned gardens.

Pārdaugava seems really keen on becoming one of the most student-friendly areas in the Baltics.

Āgenskalns Market, a freshly restored red-brick marvel, is a magnet for social and gourmet life in the neighbourhood. Industrial brick architecture is a trademark of Riga, alongside the holy trinity of Art Nouveau, wooden buildings, and modernism. The market was designed by prominent Riga city architect Reinhold Schmaeling and opened in 1925. When I was a child, it was my shopping paradise. As is usually the case, everything seemed brighter, bigger, and louder back then. When I first entered the freshly renovated market, where every layer of history was respected and authenticity highlighted in a bold way, my excitement returned.

The market's entryway is decorated with vintage posters depicting the coats of arms of Latvia's major cities and towns; they're relics that have remained from before the restoration, and I feel relieved to find them here again. The first floor is shared between local vendors and businesses selling creative delicacies, such as *Molberts* artisan ice-cream and gluten-free baked goods from *Better Bread*. Riga is known for some great coffee roasters, and here *Kalve* serves the best coffee on this side of the river. The food court on the second floor has everything to indulge fans of global cuisine, from Georgian *khachapuri* to wood-fired pizzas and delicious street food. The cult bar called *Vest* moved here from the city centre to shake up the neighbourhood with its frequent DJ sets and cocktails late into the evening. The two massive crystal chandeliers add a note of



Seasonal flowers at Āgenskalns Market



The renovated market is the centre of the Āgenskalns neighbourhood.

glamour to this industrial space, and the strong sense of community in the neighbourhood is opening up a new chapter for the area.

The market's outdoor zone is also lively. An elderly lady is selling tulips, and she looks quite the same as she did 20 years ago – I guess working outside year round has its benefits when it comes to looking young. Meanwhile, the guys from *Klapkalnciema Zivis* (Fish from Klapkalnciems) are cooking

probably the heartiest fish soup in town. Āgenskalns Market also hosts a diverse entertainment programme and a flea market on Sundays. Here one can find quirky souvenirs from the Soviet era, fancy vintage crockery, vinyl records, coins, toys, and plenty of other treasures.

Although I know the neighbourhood like the back of my own hand, I can never get enough of the details that its aged buildings hold. Riga is a gem of

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Sakuras blooming in Uzvaras Park right across the Akmens Bridge

## Recreational areas are also equipped with volleyball courts and other sports facilities

wooden architecture, which makes it a rarity when compared to other European capitals. The finest examples of meticulously restored and freshly repainted wooden buildings are found in the nearby Kalnciema Quarter and romantic Ķīpsala, where time stands still on the shores of the Daugava River. I decide to ride my bicycle there along one of my favourite streets, Meža iela, where an almost magenta-coloured Russian Orthodox church contrasts with the old wooden haberdashery with a fat, elderly cat in the window and one of the largest Neo-Gothic buildings in the city, which occupies a whole block.

In Āgenskalns, tiny wooden houses also contrast with imposing glass skyscrapers. *Zunda Towers* is one of the highest residential and office complexes in the Baltics. Those mirror-like twin cylinders mark the highest point on the skyline of the left bank of the river. I pass them on my way to Ķīpsala via a pit stop at a viewing point under the Vanšu Bridge to enjoy a tranquil urban panorama of central Riga's church towers.

The main cobblestone street in Ķīpsala, Balasta dambis, is not bike friendly; it's better to enjoy the architecture and small boats swaying in the wind

on foot. Once a 17<sup>th</sup>-century fishing island, Ķīpsala is now one of the most expensive residential areas in Riga. A fresh newcomer here is the Ola Foundation, a private art venue set in a cylindrical three-storey concrete and glass shell that hosts concerts, talks, and exhibitions. Ķīpsala has a wonderful urban beach for swimming and sunbathing, as does Lucavsala, another island a few kilometres' bike ride south along the river. These recreational areas are also equipped with volleyball courts and other sports facilities.

**RIGA IS TAILOR-MADE FOR WALKING; IT'S A VERY COMPACT CITY AND ENJOYABLE FOR PEDESTRIANS.** Most sites one might want to discover are accessible on foot or via a short taxi ride. Also, the public transport system in the Latvian capital is convenient. Why not catch a tram to ride from one part of the city to another? For instance, tram number 10 is an old blue-and-white car that can take you from picturesque Pārdaugava to the city centre. Alternatively, choose a rented bicycle or electric scooter...although the issue of their safety is still questionable.

From my side of town – or better yet, from the top floors of the National Library of Latvia – one can gaze at a panorama of Riga's city centre in its full glory. When I was little, I had a cute ritual that I adhered to every time I crossed the bridge to the city centre – I greeted the shiny golden rooster figures on top of the Old Town's churches. Roosters, or weathercocks, made of wood or metal appeared on



Photo by Christine Kozak (Unsplash)

In the streets of the Old Town

the rooftops of Riga's buildings in the late 13<sup>th</sup> century. According to legend, they guarded houses from devils, who were afraid of the bird's song.

Churches began to crown their spires with golden roosters in the mid-16<sup>th</sup> century. The highest one stands proudly atop St. Peter's Church (125 metres). The church also has an observation deck accessible via elevator. The weathercock at the top of Riga Cathedral – a must-visit for afternoon organ concerts and medieval grandeur – has stood there for 400 years. The cathedral faces the eye-catching terracotta-orange Riga Bourse building. Shaped like an opulent Venetian Renaissance palazzo, it now holds a museum with an extensive collection of foreign art.

The UNESCO-listed Latvian capital proudly carries its 822 years of history. Riga was one of the most significant trade cities in the Hanseatic League from the 13<sup>th</sup> to the 15<sup>th</sup> century. Those ancient traces are found on every corner of the cobblestoned Old Town (or Vecrīga, in Latvian). Its architecture features an eclectic mix of various imperial influences: Polish-Lithuanian, Swedish, German, Russian. A favourite strolling zone of tourists, Vecrīga has a picture-perfect selection of heritage buildings, from the remains of a medieval defensive wall to Romanesque, Gothic, and Baroque gems with an array of signature restaurants and bars in between. The ornate House of the Blackheads that appears on every other postcard of Riga was built in 1334 as a venue for meetings of the Blackheads Society, a community of unmarried, foreign-born merchants based in Livonia from the mid-14<sup>th</sup> century onward. Completely demolished in the Second World War, it was

Francisco Cilea

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The walls of Riga Cathedral



Rigans chilling on a warm, sunny day in the Sporta 2 creative quarter



The Angārs bar and concert venue in the Tallinn Street Quarter

## The Old Town's face changes when night falls

rebuilt in 1999 and is worth stepping inside for lush interiors and a collection of historical artefacts.

The main shopping area in the Old Town, *Galerija Centrs*, first opened in 1938. It has a long glass-covered passage right on the location where the Rīdzene River used to flow. Its newest addition is *Burzma*, a hip food court on the top floor with ten diverse culinary stations where meals can be enjoyed in a stylish setting or to go.

The Old Town's face changes when night falls. Alongside such time-tested classics as the Latino rhythm-filled *Cuba* bar, *Balzambārs* and its trademark *Riga Black Balsam* cocktails, and *Rock Café* with multiple bars and dance rooms set in a 17<sup>th</sup>-century Baroque building on Mārstaļu iela, some daring newcomers are hitting the Old Town party stage. *Nosaints* is the new hidden bar nestled under the old brick vaults near the Italian embassy. Its dimmed lights, mirrors, and finely crafted cocktails and infusions set a speakeasy tone for a stylish night out. Across the canal, in the basement of the Latvian Academy of Music, the new, experimental *Com* bar and club offers premium cocktails and a dose of unforgettable music.

Before stepping into the elegant, creative streets of the city centre, one should make a detour to the century-old Central Market, one of the largest of its kind in Europe. Five interconnected food pavilions are located inside massive former *Zeppelin* hangars, while the outdoor area bursts with fresh seasonal fruits and veggies.

The market's fish pavilion is the place to go for local delicacies and expressive vendors. Canned sprats and dozens of cold- and hot-smoked fish varieties are signature delicacies to taste in Riga. The entrance to the pavilion is marked by the minimalistic counter of *Rizhskiy Samogon*, the producer of a strong white brandy produced from pure sunflower honey. Degustation – best with a piece of rye bread toast, beetroot, and a slice of herring from the nearby *Silķītes un Dillītes* restaurant – leads to an irrevocable love affair with Riga. The ergonomic shape of the bottles, which have quickly become a design icon, was created by award-winning designer Artūrs Analts.

The borders of Riga's nightlife scene have been expanding into the so-called Quiet Centre, which turns out to be not that quiet after all. There's hardly a more perfect setting for a stroll than a background of opulent Art Nouveau buildings. Alberta and Elizabetes streets are the quintessence of this style. Most of the buildings here with imposing mascarons and ornate details were designed by Mikhail Eisenstein, the father of Riga-born cult cinema pioneer Sergei Eisenstein.

Adjoining Strēlnieku, Antonijas, and Dzirnāvu streets lure visitors with dozens of stylish restaurants that indulge the taste buds of even the most exacting gourmets. Wine enthusiasts shouldn't miss the eternal classic *Vīna Studija*, the stylish and convivial *Noble Wine*, or the cheeky organic-wine newcomer *Truff Le Pig*.

SKANSTE, AN AREA BORDERING RIGA'S HISTORICAL CENTRE, HAD BEEN A HORSE PASTURE SINCE THE 13TH CENTURY. Then it was used as a race course, and later yet, it became a vast area of so-called 'kitchen gardens'. Its revolutionary new chapter began in 2006, when Riga first hosted the Ice Hockey World Championship in the newly built Arena Riga. Now it has turned into a neighbourhood with convenient infrastructure, energy-efficient A-class office buildings, the New Hanza business centre, and constantly evolving cultural life that circles around the award-winning Hanzas Perons venue.

One hang-out spot within close walking distance of Arena Riga is Sporta 2 Quarter. It's a multifunctional urban development project with studio spaces for designers, technical start-ups, and other creative tenants, such as *Kim?* (the leading contemporary art institution in town) and *Oratorio* (a space for music and theatre performances). But the main focal point of this industrial quarter is the laid-back *Zefīrs* located in a former hangar. I pass by its spacious white terrace in the late afternoon – it's full of youngsters, families with children, dogs, bicycles, and scooters parked

In the heart of Tallinn Old Town, Restaurant FARM and café-bakery Rukis offer modern Estonian cuisine made from organic ingredients that are gathered from Estonian forests, fields and farmers.

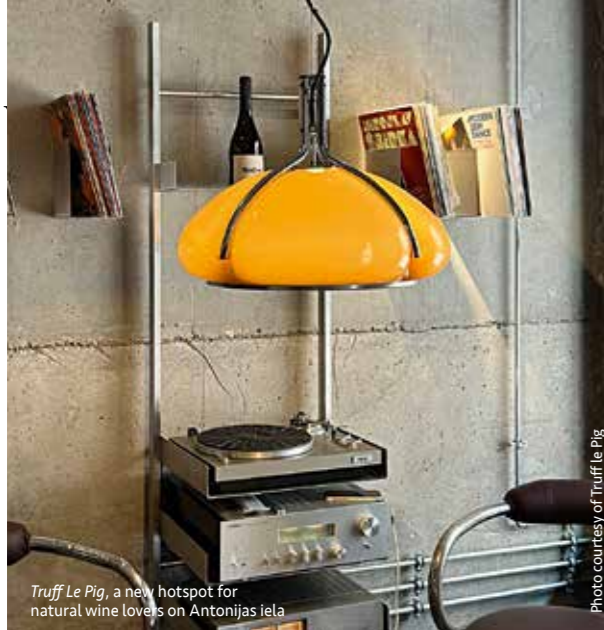


**Café-bakery Rukis**  
Viru 11, Tallinn  
rukis.ee/eng



**Restaurant FARM**  
Müürivahe 27B, Tallinn  
restaurant.farm/eng





Truff Le Pig, a new hotspot for natural wine lovers on Antonijas iela

Photo courtesy of Truff le Pig



A gathering in front of the M/Darbnīca jazz venue in the Briāna Street Quarter

Photo courtesy of M/Darbnīca



The Tallinn Street Quarter is filled with quirky street art.



A panorama of the rapidly developing VEF business and leisure quarter

Photo by Lauris Vihstle

### A beloved gathering place for local bohemians is Briāna Street Quarter

all around. A DJ is chilling between unpretentious music sets, and it feels as if time is standing still because everyone is captivated by the first bold springtime rays of the sun. Indoors, Neapolitan pizzas are baked, while *Paisums* next door organises celebrations of wine and oysters.

Riga has one of the most intriguing brewing traditions in the Baltics. The Briāna Street Quarter just ten minutes away is a cool party-meets-culture outpost. A beloved gathering place for local bohemians, the eclectic surroundings of this slightly run-down yet charming area centre on beer history. Back in the 19<sup>th</sup> century, the brick buildings here were home to three historical breweries: *Kimmel*, *Kunzendorff*, and *Von Stritzky*. The beautiful C. C. von Stritzky Villa with imposing figures of Dionysus and Hermes atop the entrance gate was the home of the *Stritzky* brewery's owner. Now its garden hosts exuberant open-air concerts.

Deeper into the villa's courtyard, the electronic music rhythms of the *One One* club face the *Labietis* craft beer taproom. This brewery offers trendy beers with a taste of cultural history, offering interpretations of recipes that date back 12 centuries. Here, on a black wooden terrace under

the linden trees, one can taste a variety of crafted gems from 17 taps, as well as ales and bottled beers. Guidance from professional brewers and stories from bartenders are guaranteed.

*Valmiermuiža* is one of the most famous Latvian craft beer brands, and its 'embassy', which sits just around the corner from *Labietis*, is always full of restless beer tasters. Exploring the creative beer labels that are surely at the top of graphic design artistry is a pleasant addition to the Latvian beer experience.

*M/Darbnīca* is the newest venue for creative events in the Briāna Street Quarter. It's a platform for emerging multidisciplinary artists that features an eclectic interior, art exhibitions, and on top of it all, jazz music. A narrow spiral staircase leads to the second floor, where concerts take place in a cosy green-walled living room. It's a melting pot of improvisation, jam sessions, local talents, and artists from around the globe.

Tallinn Street Quarter lies on the other side of Miera iela from Briāna Street Quarter and features lifestyle cafés and alternative design shops. One of the successful urban revitalisation projects of the Free Riga community, the quarter appeared in 2018 on the site of a former ambulance garage. Surrounded by garages and repair workshops, the courtyard is adorned with street art and colourful murals that create a backdrop for laid-back bars and art spaces. The vintage-vinyl atmosphere of the main two-storey bar echoes the spacious *Angārs* on the opposite side of the courtyard, which offers

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a wide selection of street food, film screenings, and concerts. Other industrial nooks house reckless dance floors, such as *Zakuska*.

**NEW BUSINESS AND RESIDENTIAL AREAS ARE EMERGING ON THE PERIMETER OF RIGA'S CITY CENTRE** to revitalise and bring a new lease of life to the outskirts. The former electronic manufacturer *VEF* – a Soviet giant that produced, among other tech miracles, the world's smallest camera, the *Minox* – occupies a very large area northeast of the city centre that's getting back on track with technologies and innovations. New tenants and international businesses now fill the spacious red-brick lofts of the VEF Quarter, its promenade hosts live concerts and yoga classes, and the clock tower has newly become the home of *Tower*, the largest nightclub in the Baltics.

On the other side of Brīvības iela (the main traffic artery), the Jaunā Teika neighbourhood raises *VEF's* traditions to the next level with the development of information and communication technologies. This dynamic, smart city within a city is filled with advanced office buildings of leading local and international companies, apartment blocks, and inviting co-working and recreational areas.

The image of Riga would not be complete without the presence of water. Like many locals do, I finish my day watching the sunset in Andrejosta. This 4.5-kilometre-long waterfront area near the Art Nouveau district is a creative development project of *Riga Port City*, and I'm crossing my fingers that one day soon its striking visions of revitalisation will come true. For now, however, this post-industrial district hosts some quite energising seasonal events as well as a few restaurants and clubs. The area around the yacht centre is a favourite place for improvised picnics and a base for SUP and canoe rentals that provide unforgettable tours on the waters of the Daugava River.

*Wondersala* in Andrejosta is a new open-air stage that plans to host loud concerts and DJ sets all summer long. *AOK*, or *Andrejostas Kvartāls*, is a hip and relaxed pit stop with drinks, music, and street food that opens for the season on May 12 with sparkling music sets as well. On May 19–20, the area will host the Under Festival. The celebration of electronic music will include techno, house, dark disco, and more than 40 international DJs on three stages in a groovy urban setting near a massive grain elevator and warehouses.

There's an old legend about the Latvian capital. Every now and then a voice emerges from the depths of the Daugava River and asks if Riga is ready – meaning, has everything finally been built and has life become settled for the residents of the city. The answer is always no. But if one day the answer will be yes, Riga will sink into the water. Maybe this explains why we're taking our time and the city is stepping into the future slowly, albeit surely. Meanwhile, with up to 20 hours of daylight by Midsummer and warm city nights, you're bound to experience Riga's beauty and energy to the fullest.

USEFUL ADDRESSES

**WHERE TO STAY**

**Dome Hotel**

This recently revamped boutique hotel is located in a gem of 17<sup>th</sup>-century architecture in the heart of the Old Town. Historical wooden doors, windows, a staircase, and fragments of wall frescoes give a sense of travelling back in time, while some rooms feature an original tiled fireplace. The hotel has only 15 rooms, but it also has a small spa, a sauna, and a rooftop bar with a postcard-like view of the tower of Riga Cathedral.

Miesnieku iela 4  
domehotel.lv

**A22**

This sleek boutique hotel is situated on the edge of the Art Nouveau district, facing the lush Viesturdārzs park. The building is a former site of the U.S. embassy, and in 1939 a young John F. Kennedy even stayed here. The hotel restaurant, named *John*, celebrates that occasion with a flawless menu and bold interior. Historical legacy is also reflected in the state-of-the-art rooms filled with rich textures, genuine details, and an artistic touch.

Ausekļa iela 22  
a22hotel.com

**Metropole**

The oldest hotel in Riga is located in a building that dates to 1871. *Metropole* by *Semarah* reopened last month with 84 elegant rooms in which classic elements are blended with a modern touch. Guests are accommodated in the very centre of Riga, just a few steps away from the National Opera and the Old Town. Works by contemporary Latvian artists are exhibited throughout the hotel.

Aspazijas bulvāris 36/38  
metropole.semarahotels.com

**WHERE TO EAT**

**Barents**

This fine-dining establishment celebrates life and the untamed flavours of the Nordic region. Its à la carte and tasting menus featuring excellent cold-water seafood and local, seasonal ingredients indulge all five senses. The adjoining *Cocktail & Seafood Bar* offers thematic signature cocktails. *Barents* is the home of Best Sommelier of the World 2023 Raimonds Tomsons, who is in charge of the meticulously curated Barents Wine Collectors collection of wines.

Smilšu iela 3  
barents.lv

**Monterosso**

One of the oldest establishments of its kind in Riga, *Monterosso* is a prime Italian restaurant serving classic recipes. Its excellent wine card is filled with select vintages from Tuscany, Piedmont, Burgundy, and Bordeaux. The restaurant is located in an early-20<sup>th</sup>-century building whose opulent interior, created in 1930 by architect Krišjānis Grante, has been preserved to the present day.

Valņu iela 9  
monterosso.lv



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WWW.HOFT.LV

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The main hall of Philosophers Residence.

PHILOSOPHY IS THE ART OF LIVING

The Philosophers Residence is an inspiration for future residents to pursue their own philosophy of life and make their own choices. To achieve that, masterpieces of renowned writers are located in the libraries of the main lobbies, encouraging quotes are portrayed on the walls, and the territory is filled with spaces for meditative rest and active leisure spots – basketball and sports grounds, ping-pong and Novuss terraces. Core features of the project include the spacious terrace in each apartment that offer breathtaking views of the skyline of Riga Old Town.

WWW.PHRESIDENCE.LV



The main façade of Villa Milia.

CONNECTION BETWEEN GENERATIONS AND TIMES

Villa Milia is a contemporary interpretation of the famous Villa Benyamina, dedicated to the esteemed Press Queen Emilia Benyamina – one of the very first female entrepreneurs in Latvia. In memory of the great people that made their life stories and historical contributions a part of the city, the country and, indeed, the world; people for whom the words: «I'm doing it for my country!» were not just an empty phrase. These are the important things that we pass down to future generations: not to compromise in choosing between either beauty or quality, between good infrastructure or privacy. With all of the comforts of modern technology, Villa Milia is the perfect place for those who aspire to and expect nothing but excellence in everything.

WWW.VILLAMILIA.LV



Mārtiņš Enģelis

A keen tourism researcher, **Mārtiņš Enģelis** is an urban explorer, conscious traveller, tourism critic, and consultant. He is an enthusiastic patriot of Riga's urban environment and its underrated neighbourhoods. He also designs thematic tours, is a storyteller and television host, and currently works as a project consultant in Riga City Council's City Development Department. Enģelis runs the English-language web gazette *Capital R*, where he blogs about Riga's past and present.

How would you describe Riga and its residents for someone who's visiting the Latvian capital for the first time? Latvians are slightly introverted in the capital, but they're very introverted out in the countryside. Don't be surprised if we're not too talkative and sparkly; we just need a bit more time to open up! Also, I believe Riga is full of parallel lives and people with peculiar, alternative, and sometimes humorous leisure activities. But you can only experience them if you leave the Old Town.

What are some authentic Riga experiences one should definitely try? The Central Market and Āgenskalns Market are great places to start. They're full of locals, and they give a good picture of how we live. They also preserve the important old-school market tradition that has otherwise almost been lost. Another area is the city centre beyond the Old Town (and not exclusively the Quiet Centre!) with its Art Nouveau architecture, cafés, and restaurants where, again, you can meet many locals. Another essential Riga thing is coffee. Try our local best at *Miit Coffee*, *Kalve*, *Rocket Bean Roastery*, *Innocent*, or *Naughty Beans Coffee House*. And of course, don't miss the opportunity to visit Riga's sandy beaches!

What are your favourite places to dine and go out? My suggestions will be biased because I'm a vegan. We have dozens of vegan-friendly places where everyone, no matter your preferences, can get some finger-licking good meals and large portions: *Kozy Eats*, *Mazā terapija*, *2eat* if you like Eastern Mediterranean fast food, *Miit* for great pancake brunches on the weekends, and *Stockpot* as probably the best-known lunch canteen serving global cuisine. Of course, for a very popular place serving traditional Latvian fare, try the big *Lido Leisure Centre*. And for adventurous Latvian flavours, *3 Pavāru restorāns* might do the job!

Which underrated area of Riga would you recommend exploring and why? Try the Avoti neighbourhood. It's an old, semi-central area full of small cafés and bars (*Aleponija*, *Čau pica*, *Auss, 1983*, *Nurme*, *Laska*) as well as alternative cultural venues, such as *Low*, *Zuzeum*, *Bolderāja*, *Look*, and *427*. The residents are mostly locals, young families, and creatives. The vibe and appearance of the main street through this area, Avotu iela, are worth checking out.

What's the best thing to bring home from Riga? Latvian crafts and food. Books and publications. Try our locally roasted coffee at the cafés mentioned above. *Lāči* (meaning 'bears' in Latvian) produces delicious sweets, biscuits, and various kinds of bread. Find more contemporary traditional crafts and design at *Riija*, head to *Neputns* for beautiful books, go to *Valmiermuižas vēstniecība* for a massive selection of beer, and check out *M50* for some wearable Latvian design.

Where would you suggest going on a day trip outside Riga? My favourite suggestions are the towns of Cēsis or Kuldīga. But it's best if you have a full, somewhat sunny day and you wake up early. They're both lovely towns with great architecture, nature, and tons of creative potential. Best to visit Friday through Sunday.

How do you see the future of Riga, in which direction is it developing? I hope the city will become even more of a European hub of sustainable creative industries, events, and culture. We have the history, the vibe, and the creative capital for that to happen. Of course, we'd appreciate more reliable financial momentum, but that will eventually come, too.

**Shōyu**  
A quirky newcomer on Riga's restaurant scene, cosy *Shōyu* offers savoury hot bowls of ramen in an authentic Japanese ramen-shop atmosphere. The menu includes a creative selection of ramen soups with crafted noodles, soupless ramen, and vegan bowls as well as fried ice cream and mochi for dessert. Oh, and original cocktails to spice up the day.  
Ausekļa iela 20  
shoyu.lv

**WHERE TO SHOP**  
**Miesai**  
Founded by prominent local brand design studio *Asketic*, *Miesai* frames everyday objects into a conceptual and bold design aesthetic. The minimalistic showroom offers creative graphic prints of Riga district maps, a selection of sweatshirts, tote bags, mugs, notebooks, candles, and other statement souvenirs.  
Ģertrūdes iela 121  
miesai.com

**Riija**  
One of the oldest concept stores in Riga, *Riija* brings the best of Latvian design together under one roof: handcrafted linen tablecloths, iconic tableware from *Vaidava Ceramics*, *AnAngel* glassware, jewellery, handbags, furniture, accessories, a wide selection of natural cosmetics, and more.  
Tērbatas iela 6/8  
riija.lv

**Latvijas sveces**  
Located in the picturesque brick Spīķeri Quarter next to the Central Market, this store offers hundreds of candles from the largest candle manufacturer in the Baltics, located in the Latvian town of Dobele. It produces candles in various techniques, colours, and shapes. The soy wax ones are handmade using high-quality essential oils from the Latvian countryside. Also available are special creations, such as mini paintings on square candles by artist Ieva Bondare.  
Maskavas iela 4  
latvijassveces.lv

**DON'T MISS**  
**Riga Wake Park**  
Head to Zaķusalas, an island in the Daugava River, where the Latvian Television Centre is located and where you can enjoy amazing urban riverside views, especially during a summer sunset. There, Riga Wake Park offers thrilling athletic entertainment on the water. It also offers wakeboard classes suitable for beginners, SUP rentals, and a sauna with a view. Easy to reach on foot or by bicycle or public transport.  
Zaķusalas  
krastmala 35  
rigawakepark.lv

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## ALL FOR THE GAME

*Baltic Outlook* met with two legendary ice hockey players, each of them representing a country hosting this year's IIHF Ice Hockey World Championship. They are legendary indeed – Sandis Ozoliņš (50) from Latvia and Jere Lehtinen (49) from Finland have both played for their respective national teams in world championships and in the Olympic Games. They have both won the most prestigious professional ice hockey trophy, the Stanley Cup, while playing in the National Hockey League (NHL). Even more, they have both played against each other and still remember what that was like.

And both Ozoliņš and Lehtinen have not lost their connection with the sport. Ozoliņš has worked as a coach and is now part of the scouting team for the NHL's Colorado Avalanche. Lehtinen joined the management of the Finnish national men's ice hockey team almost right after he ended his career as a player over ten years ago. Now he's the general manager of the national team.

But the most interesting thing in these conversations was to learn about the careers of these two players through their own perspectives. It was our honour to join the journey of these two different people, two different personalities, for whom ice hockey still plays a large role in their lives.

Words by Ilze Pole  
Photos by Gatis Gierts, Anni Hartikainen, Romāns Kokšarovs, *F64*, and *Alamy*; courtesy of the Finnish Ice Hockey Association

### FIRST CONVERSATION. IN RIGA

'I would like for this championship to be a celebration for everyone involved,' says Sandis Ozoliņš when we meet in central Riga on a quiet Friday morning. 'I'd like to see people on the streets, cheering for our team and for others. It doesn't matter who wins, because next year someone else will win anyway. I want there to be joy and satisfaction, so that we can express ourselves emotionally in these games.' Actually, he says that at the end of our conversation, when we turn to talking about this year's men's ice hockey championship taking place in Riga and Tampere. But in a way, with these statements Ozoliņš expresses the overall feeling that prevails in the city. People here don't talk about hockey competitions; they talk about hockey celebrations.

'I also don't try to over-analyse and predict the outcomes of games,' Ozoliņš continues. 'In a way, the world championship is very unpredictable, especially the first part – the group games. But the result is not as important as how we celebrate this event as a country, as a city, and as fans.'

When it comes to the Latvian national team, Ozoliņš says it is a belief that anything is possible, despite the odds, that has allowed the team to play in the world's top division for so many years: 'The Latvian mentality is one of perseverance and a desire to prove that we're one of the big nations, despite the fact that we're actually a very small country in terms of area and population. This gives us the fearlessness to face much bigger countries that have much better odds.'

Ozoliņš began his professional career in the NHL in 1991. In fact, he played his last game for the USSR national junior team just a few days before flying to the United States. It was a turbulent time for Latvia, a country that had just regained its independence from the Soviet Union in May 1991. In just a matter of days, Ozoliņš was offered a chance to join the San Jose Sharks in the NHL. Latvia still had no national team of its own.

'I still remember that very tense, strange feeling at the time. I was still in high school, but the idea of our country's independence was already in the air – we'd draw a Latvian flag or folk ornament in our notebook and then hide it, so no one would see it,' Ozoliņš remembers. 'Some kids knew the lyrics to the Latvian national anthem, which was banned back then. So there was something in the air, but we still didn't really understand what was happening around us or what freedom meant. Back then, for a child or youth, freedom probably meant not having to go to school. Or being able to decide whether to do our

homework or not. Which, of course, is true. But the United States taught me about the responsibilities and consequences that come with freedom and the freedom to choose.'

### ABOUT A DREAM THAT WAS NOT A DREAM

The NHL was Ozoliņš' biggest dream come true. But, as he himself admits, given the context of the time, it was a dream he couldn't even dare to dream, because he could never have imagined it coming true.

'It's hard for me to even compare it to anything. It's like if someone told me I could become the president of the United States,' he says. 'I know full well that I can't be president because I know what the preconditions are for that to happen. And I know just as clearly that I cannot fulfil them. And it was roughly the same when it came to the NHL. My investment had been my time in training and my athletic skills, but I got into the NHL thanks to a series of coincidences and happening to play at a time when the country, and also the social structure, was changing. The rules changed independently of me. My actual dream was much more down-to-earth – I wanted to play for the then-legendary Dinamo Riga team.'

But five years later, in 1996, Ozoliņš became a Stanley Cup champion with the Colorado Avalanche. During his career in the NHL, he participated in seven NHL All-Star Games. In the 16 years he spent playing for NHL teams, he became known as a very skilled offensive defenceman and also experienced from the inside how the NHL itself changed.

'They were huge changes. Originally, playing in the NHL was a well-paid job; the salary at that time was only slightly higher than what you could earn with a good education, working hard, or building your own business,' Ozoliņš recalls. 'And also for the businessmen who owned the teams, it was something nice to have, because success in their main business made it possible to support a hockey team. But by the time I left the NHL in 2008, hockey had become a 24/7 business. The players received much higher salaries, but they also understood what the training process, the discipline, one's diet, and all the other aspects that make up this organism mean – in other words, what it takes for a team to function as a company, as a business project.'

When they step out onto the ice, the game – which lasts about two and a half hours – is the quintessence of all the very practical and meticulously planned work that goes on during the preparation. 'I compare



Sandis Ozoliņš

Photo by Gatis Gierts

**'It doesn't matter who wins, because next year someone else will win anyway. I want there to be joy and satisfaction.'**



With the eye of a coach, in the autumn of 2021.



Ozoliņš as the flag bearer for Latvia at the Winter Olympics in Sochi in 2014.



Playing for the national team at the Olympic qualification games in Riga in 2013.

it to going on stage, to actors and musicians who spend countless hours rehearsing in order to be ready to perform at one particular moment. It requires an adjustment in lifestyle. And it brought about a complete change in the players' attitude,' Ozoliņš explains. 'Because the competition was fierce, and I learned that through plenty of bumps and bruises. I saw that the young players were arriving in August already in better physical shape, slimmer, and faster.'

Competition has always existed. 'There's always someone ready to take your place in the NHL, because every year another group of 18- and 19-year-olds joins the team through the training camps. Those kids also want to fulfil their dream and play where you are, but there's not enough room for everyone,' says Ozoliņš. 'At first, everything worried me, and it took me about three years to calm down a bit. I eventually got used to the system and learned to separate what was worth worrying about from what wasn't. There are better seasons, and there are worse seasons. Even in the same season, there can be periods when it feels like everything is going well and periods when it feels like nothing is going well, my days are numbered... And you're constantly being judged – by the coach, by the owners who pay your salary, by the fans in the U.S., by the fans in Latvia, by your family, by your friends. By the media in both countries. Ultimately, by myself. And in my case, I'm my most ruthless judge.'

However, as Ozoliņš admits now, ten years after playing his last game, self-criticism was his strong point: 'I used to even pride myself on being very self-critical.' But that's a deceptive game, and only now – through psychology – has he begun to grasp many of its nuances, of what really went on. He explains: 'There's healthy self-criticism, which allows you to draw conclusions and move on; there's unhealthy self-criticism, when you're always frustrated and don't see the positive side of things; and I've also identified a third type of self-criticism that pertains to me, namely, setting one's standards too high. For example, when you haven't reached your goals, but you nevertheless want someone from the outside to say that it's okay, it's fine the way it is. So now, I realise that many times I've been overly self-critical in order to receive assurances that everything's fine anyway.'

**ABOUT THE MOST MEMORABLE MOMENTS**  
Ozoliņš played his first game with the Latvian national men's ice hockey team in 1998, after the Colorado Avalanche lost to the Edmonton Oilers in the first round of the play-offs. He flew directly to the world championship in Switzerland, where he scored a goal and made two assists for Latvia. 'As pertains to the national team, I've come to the conclusion that I wish I had made different choices in my life, but I realise that I cannot go back in time. And, given my youth, my level of maturity, and my experience at the time, I realise that in fact my decisions could not have been different,' Ozoliņš admits.

'I also remember that tournament in Switzerland because of the fact that I joined the national team full of energy and used to fighting for everything for my team. We had won the Stanley Cup a couple of years earlier, and we needed to do it again. But back then, the Latvian national team's goal was very modest: just stay in the top division. For a 25-year-old player who thinks he can do anything, what kind of goal is that? Hence my attitude...'

Ozoliņš continues: 'Back then, I was probably not mature enough to properly assess what this tournament meant for the fans and for my teammates. Because a lot depended on their performance in the championship; it affected their

**'In my case, I'm my most ruthless judge.'**

future career and life. I, on the other hand, wasn't affected by it. That's the only way I can justify my careless attitude. I wish I had not been like that, and I changed my attitude towards the end of my career, but that was me when I was young.'

Asked to name his most memorable moments with the national team, Ozoliņš first mentions the game against Germany in the 2001 World Championship, which Latvia had to win in order to not be relegated. More precisely, he means the feeling of injustice in the way the referees influence the course of a game, which can lead to a forfeit. Another, more positive, moment was the Olympic Qualification Tournament in Riga in 2013. Arena Riga was packed with fans, and after winning the last game against France, the spectators rose to their feet and the Latvian team did a lap of honour around the ice rink.



In a San Jose Sharks uniform during one of his first seasons in the NHL.

Photo by Armands Pučē

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Ozoliņš on the Ozo Golf Club course this April.



**‘I was 41 years old, and I accepted that our team’s result no longer depended on my performance’**

‘That was a very important moment for me personally, a huge feeling of togetherness,’ says Ozoliņš. ‘That feeling continued at the Winter Olympics in Sochi, which were also important for me, because I realised that this was the last time I’d be playing at an event like this. I was 41 years old, and I accepted that our team’s result no longer depended on my performance, but I had been given the opportunity to enjoy this moment, and enjoy it in the way that I should have been enjoying all of my more than 20 years in hockey. But I was grateful for having at least this final stage of my career.’

‘I think patriotism is actually an internal feeling, not so much an external one. We can each put on a shirt, pin on a badge, sing an anthem, but really most important is our internal patriotism and how it manifests itself in everyday life,’ he says. ‘For me, too, it has manifested itself in different ways, because I’ve been a different person in different stages of my life. To me, it begins in everyday life, with duty and respect for the environment in

which we live. Not in appearances and fleeting emotions, but in everyday actions.’

‘That’s really the only thing I have to share with others – being able to speak from my own experience about how things ought to be, that there are things in life that are far more valuable than we may think,’ Ozoliņš says. ‘But I also understand very well that the boys are still young, they’ll do things the way they see fit and think, “What’s that old man talking about? [laughs] I know better!” That’s normal, I did the same. Why should they be different? Sometimes I look at them and smile: “Oh man, eventually you’ll get it, you’ll understand what real satisfaction is.”’

Ozoliņš began coaching almost by chance. In any case, he had not planned to pursue a career as a coach after he retired from playing hockey professionally. But once he started, he quickly realised that he loved it. ‘I really enjoyed it, and I got a heap of bruises and scrapes, some of them fantastically painful, but every job has them. The only difference is that coaches are judged publicly.’ The job gave Ozoliņš a much better understanding of his own former coaches, their experiences, their anger and feelings of helplessness, and also their feelings of satisfaction – the whole gamut of emotions involved in coaching.

‘At the same time, I realised what I wanted to replicate in my work as a coach, and what I definitely didn’t want to repeat – what human values, ethical choices, attitudes, and ways of

communicating are acceptable or not acceptable to me,’ Ozoliņš says. ‘So, while I can understand a certain action, the motivation behind it, the effect, and even the result it achieves, if it’s not acceptable to me, I won’t do it. But, as happens in life, I have made mistakes and done things I said I’d never do. And so then it’s my turn to draw conclusions and try to avert or reduce my impulsiveness. To improve myself. It’s this never-ending process in life. I allow myself to change; even more, I contribute to that change.’

However, considering the current geopolitical situation, Ozoliņš left his coaching job in Russia last year and returned to Latvia, seeking new opportunities to provide for his family. For some time already, he’d played around with the idea of becoming a scout, but he hadn’t acted on it. After a phone call to his former teammate Joe Sakic, who is now President of Hockey Operations at Colorado Avalanche, Ozoliņš finally decided to try scouting. ‘As a result, I’ve earned *airBaltic* Executive status, because a big part of my job is attending games and tournaments throughout Europe,’

**‘I allow myself to change; even more, I contribute to that change.’**

he says with a laugh. The Colorado Avalanche has a whole team that scouts in North America and Europe. So does every one of the 32 NHL teams. Some of Ozoliņš’ colleagues have been scouting for decades; one has even been at it for 43 years.

‘Scouting has evolved with the advent of modern technology and the availability of resources. It’s become much easier, more accessible, more transparent,’ Ozoliņš explains. ‘And at the same time, my colleagues see the same things that I see, and so do our competitors, who are also looking for young talent. And so do the agents who represent potential players.’

Asked what kind of players catch his eye, Ozoliņš says they’re probably similar in some ways to the guy he was 30 years ago: ‘Of course, everyone likes

the goal scorers; they’re the easiest ones to evaluate [laughs]. But there are so many players and also different scoring systems. In a way, it’s about anticipation, making educated guesses about what might happen or might not happen, how players might develop. I find it very interesting, although this work has required a shift in perception, especially regarding the speed at which things happen. As a player, I know there’s a beginning, an end, and a result, and I know how I’ve played. But in this line of work, the result will only be known in two, three, maybe even five years. It’s not easy to assume whether my opinion will come true or not. But the most important thing is that I’m once again part of the process called the NHL.’

In the spring of 2002, during his NHL career, Ozoliņš opened the first golf course in Riga, on the shores of Ķīšezers Lake. It’s rated one of the most beautiful, but also among the most challenging, courses in northern Europe. Since returning to Latvia last year, Ozoliņš has taken over the day-to-day management of the golf club, which opened to players in April after a winter break. ‘It was a crazy idea from my youth. I didn’t realise the consequences of it – the energy and the financial investment it would require, nor the benefits of it or the day-to-day problems that would have to be dealt with,’ he says. ‘Now I’d look at all aspects of this project very differently. But the golf course is now part of my life, with all the worries but also the satisfaction that comes with it.’

Jere Lehtinen, the general manager of the Finnish national men’s ice hockey team, also plays golf occasionally. ‘Yes, of course I remember him!’ Ozoliņš says with a smile, and the expression on his face shows that the mention of Lehtinen has taken him back almost 20 years. He remembers those matches almost as if they had happened yesterday.

‘We lost two very important games to the Dallas Stars in the Stanley Cup, and Lehtinen was one of the reasons we lost... He was one of the guys covering me to make sure I didn’t score [laughs]. That was so irritating! He’d get in the way and get on your nerves and play against you. But while he prevented me from scoring, he sometimes scored himself! In a game, it’s not just those who can score who are important; it’s also those who prevent the opponent from scoring.’

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Photo by Anni Hartikainen  
Jere Lehtinen in the Ilmatar Arena in Espoo.

## SECOND CONVERSATION. IN ESPOO

I meet Jere Lehtinen in Espoo, a town near Helsinki. He is the former right winger for the Dallas Stars who always covered Ozoliņš, thus preventing him from making goals.

‘Yes, he was a great player!’ Lehtinen says with a laugh. ‘We had a good rivalry against the Colorado Avalanche, where he played. He was a defenceman, and I had to play against him. He was a good defenceman, but he had incredible skills on the offence side, too. It was tough to play against him. He scored a few goals while I was on the ice, and I do remember those moments...’

The former player (now the general manager of the Finnish national men’s ice hockey team) I’m sitting across from in the cafeteria of the local ice hockey arena is a Finnish hockey legend with an impressive record measured in countless trophies and medals. He became a Stanley Cup champion in 1999. Together with the Finnish national team, he won four medals in the Olympic Games (one silver and three bronze) and three silvers and a gold medal in the World Championship. But it all began right here where we meet, in the Ilmatar arena. To be precise, there was still no arena here when Lehtinen first began skating, just an ice rink. The arena that was eventually built on this site is now demolished, and the new arena opened recently.

‘I lived just a few blocks from here,’ Lehtinen says and glances at the multi-storey apartment buildings across the street. ‘That’s my neighbourhood, and now I’m back here again. We moved to Espoo and live just a few minutes down the road. In a way, I’ve come full circle. I started out here, and now we’re back. I didn’t mean to do that; it just happened.’

Playing ice hockey was what all the kids around here did. Football in the summer, and then in the winter the field was turned into an ice rink for hockey. Lehtinen’s brother, who is three years older than him, began playing hockey with his friends, and Lehtinen soon joined him, using his older brother’s skates. ‘At the time, it was so important that everything was so close, within a few minutes’ reach,’ he says. ‘That made the whole thing way easier and more accessible.’

Over the course of his professional career, Lehtinen has only played for three teams: the local Kiekko-Espoo team, then TPS (a ten-time champion of the Finnish SM-liiga), and then 14 seasons with the Dallas Stars in the NHL. He feels lucky that he didn’t have to move anywhere from Dallas and says Dallas was a good place to be. But in Lehtinen’s mind, luck – that intangible factor so often invoked in sports – is something one has to earn.

He continues: ‘The way I played and how I approached things helped, too. When I stopped playing, I thought a lot about my life, about how I had played, why things had happened in a certain way. And if you had asked me what the key was, my answer is that I’ve always put my team first. I wanted the team to win, and only then came whatever happened to me personally. If the team succeeded, then I as a player also did very well. I always approached the game that way while I was playing hockey, and even when I played football. They’re both team sports, so of course, it’s about being in a group in which you trust each other, and you all want the same thing – for the team to win.’

### ABOUT LUCK, WHICH NEEDS TO BE EARNED

When Lehtinen left Espoo for TPS, his plan wasn’t to move to TPS; instead, he wanted to get better coaching. Although he had had a good coach at Espoo and the experience there helped him a lot, TPS was the next step in his development as a player. By the time he moved to Dallas, he was ready to go. Two seasons at TPS had been enough.

As the other key ingredient of his success Lehtinen names the fact that he’s always been surrounded by good players and good coaches and has been a part of good organisations. ‘It’s never been only for the sake of the trophies or medals. But of course, in sports you want to win – you don’t start a game and wish to lose it,’ he says. ‘Work hard, have fun, but there’s always that wish to win. And if you lose, especially if you lose in the finals of a championship tournament, it’s a horrible thing. I tend to think about the fact that there are so many good players who’ve never had the opportunity to play for medals. Great players who haven’t even been on a team at all.’

Lehtinen thinks it was the same thing with winning the Stanley Cup in 1999. A year earlier, the team had already been quite good, and a year

later, the Dallas Stars again played in the finals but lost. After that experience, he realised how tough it actually is to win such trophies.

‘But if you do good things, every day, all the time, then luck might eventually strike. You have to earn it. I feel that way more and more,’ Lehtinen says. ‘That said, the Stanley Cup is still the toughest one to win. National team tournaments are different, because they take place over much shorter periods of time, but it takes a whole season to win the Stanley Cup. In addition, it’s the world’s best players playing for it and there are countless unpredictable things that can happen along the way, including injuries, transfers, and so on. And again, so many great players haven’t even had a chance to play for it.’

During Lehtinen’s career with the Dallas Stars, the team had two owners, both of whom made sure that the organisation was at the top level. Before Lehtinen joined the team, it had been known as the Minnesota North Stars; the team had just moved to Dallas in 1993. But nobody in Dallas knew anything about ice hockey before the team arrived.

‘Work hard, have fun,  
but there’s always that  
wish to win’

‘I saw how it grew, how people started to follow hockey,’ Lehtinen remembers. ‘In my first season there, the house was half full. There were not that many spectators, and they didn’t know much about the rules of the game, either. But that changed pretty quickly as the understanding grew. Back in the day, the city had the Dallas Cowboys, an American football team winning Super Bowls. People from Texas and Dallas, they like winners. Therefore, when we started playing better, people began attending games more and more.’

The game of ice hockey experienced a dramatic evolution during Lehtinen’s time. The rules were changed, making the game faster and faster. There was much more speed to it.

‘In my younger years, I was a true workaholic. I liked to work hard in the summers and the off-seasons, but, of course, this change in the game required me to change as well,’ Lehtinen explains. ‘No heavy weights anymore, because you needed to get going on the ice, you needed to get a little faster. To be able to do so, you had to become a little lighter, and a couple of kilograms less made a lot of difference; I felt better, and I was able to play more energetically. Back when I started, however, the game was different – it was way more physical, with more hooking and holding. Practice routines also changed with time, because getting older means you can get injured more easily.’

Each sport attracts a certain type of personality, and when I ask Lehtinen to tell me about ice hockey players in that regard, he says that they’re overwhelmingly team players. Meaning that they understand team dynamics very well. ‘Of course, people are different, but usually they take that team

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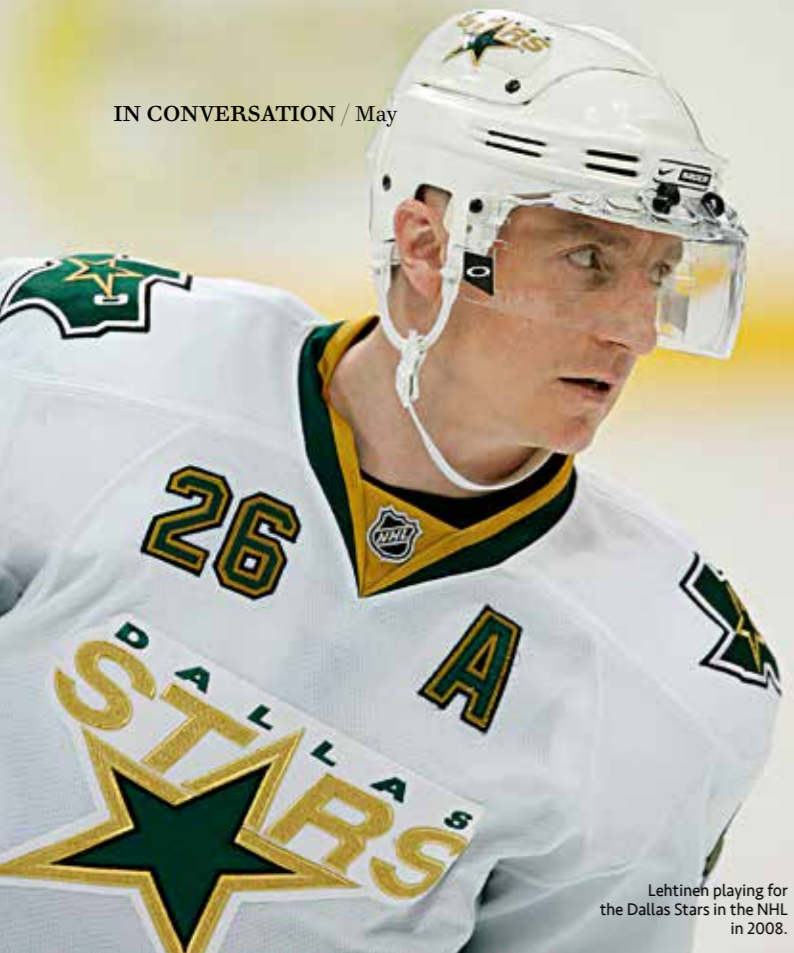
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Lehtinen playing for the Dallas Stars in the NHL in 2008.



Holding the winners' trophy after the 2022 World Championship finals in Tampere.



Lehtinen with the rest of the Finnish team's managerial staff after winning gold medals.

spirit with them off the ice as well,' he says. 'I think hockey people are good at doing things together. They're team players in all senses of the word.'

#### ABOUT TEAM SPIRIT

The team spirit Lehtinen speaks about is very characteristic of the Finnish national men's ice hockey team. This will now be his ninth season since he became the team's general manager, but his own journey towards playing on that team began in his junior years: 'The national team is very close to my heart, because I grew up following it, watching its games, and thinking how great it would be to be there myself... Could this really happen to me some day? And then when it did happen, when I first put on the jersey of the national team, that was a moment that will stay with me for the rest of my life.'

Lehtinen truly enjoyed coming back and playing in national team tournaments. But there was another thing to it as well. When playing for Dallas, the team had players from many different countries, but the national team consists of his Finnish teammates, whom he has known for a long time. To get together and play for their

### Lehtinen has built a good team. To say the least

own country was a special thing. After his career as a player ended, he realised just how lucky he had been to play those tournaments. 'While you're there and doing it, you just focus on your next game and don't think about the meaning of it all,' he says.

Right after he finished playing, Lehtinen thought about doing something completely different. But he realised quite quickly that he still wanted to be around the game and around the team. 'I realised that I can help to see the game from a different perspective,' he says. 'To see the players on ice, to see their strong and weak sides. At first it wasn't a full-time job, which was important at the time because we still lived in Dallas. But when we moved back to Finland, it became a full-time job. And nowadays, on top of that, I'm also involved in the Finnish Ice Hockey Association.'

Judging from the list of accomplishments of Finland's national team in recent years, Lehtinen has built a good team. To say the least. They are the current world and Olympic champions, winning both gold medals last year. Lehtinen is humble about these successes. 'Yes, we've had some good times,' he says. 'Again, I have to say that I feel lucky to be a part of the national team. I started with a smaller role and was able to observe what's going on inside the team. We've had good coaches, good players, and I believe we earned our luck over these years. Because of how we play, how we understand the situation.'

For this year's championship, Lehtinen is looking for players with an attitude quite like his own. That is, players who put the team first. But different players nevertheless have different roles – the team needs players for power play as well as so-called penalty killers. 'We need good players who can play our style of hockey, which means playing together,' Lehtinen summarises. 'But at the same time, we let the guys be themselves; they don't have to change when they join the national team. But they do first have to show some specific things within themselves, and if they

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The Finnish national team – 2022 world champions!

Photo by Pasi Menander / courtesy of Finnish Ice Hockey Association

**‘I like Latvia as a team. They’re honest players, skilled players, they play hard, and they play as a team.’**

have those necessary traits and skills, then there’s a chance they’ll be part of the national team.’

First, the players have to really be proud to be there. And this is required not only of players but also of the rest of the staff. Then come players’ overall skills and specialties, the things that make each of them unique. One thing Lehtinen is happy about as a general manager is that there are so many good Finnish players to choose from.

Our conversation takes place in late March, and it’s still too early to tell exactly what the Finnish team will look like for the championship. But Lehtinen thinks that, for the most part, the team will consist of players who have already played for the past four years. Still, there’s competition for many of the spots on the team.

‘Having the world championship in Finland again is a special thing. It’s a home tournament, and no one knows when Finland will host the tournament again, so this makes it tough for everyone,’ Lehtinen says. ‘There will be tough decisions to make, because we can’t invite all of the players we’d like to invite. We’ll play nine exhibition games after Easter, which will be important for us and for the players. We’ll also have to see how the teams with Finnish players are doing in the NHL. Last year, we got top-level players with Miro Heiskanen, Mikael Granlund, and Esa Lindell. But they joined after the tournament had already started. We hadn’t done that before – usually when we start a

tournament, we already have all the players there. It’s better for the team chemistry to complete the team as early as possible. Last year was different because we had top NHL players available, and of course, we wanted to give them a chance to come and play. In the end, it was a very good result, but to be honest, I don’t know what’s going to happen this year.’

Lehtinen remembers the games against Latvia’s national team, both as a player and as a general manager: ‘If you look at the results, they’ve been tight games. I like Latvia as a team. They’re honest players, skilled players, they play hard, and they play as a team. That’s why it’s a tough team to beat. It doesn’t matter what tournaments they’ve been, world championships or other, they’ve always been tough games.’

But once the competition is over, Lehtinen will most likely spend his free time on his boat. ‘Water is everywhere here, all around us, and I practically grew up on a boat. My parents had a summer place on a small island, and we had a boat to get there,’ he says. Now he and his family enjoy spending time at their own summer house not far away on the mainland.

‘I like the sea, and I like water,’ Lehtinen continues. ‘When I played in Dallas, there was no water nearby, and I really missed that. When we went to play on the East Coast or the West Coast, Florida or Los Angeles, I always went for a walk on the beach just to see the ocean and take a deep breath.’

Other than that, you might see the Finnish national team’s general manager at a summer music festival – he likes heavier music and enjoys attending concerts during his time off. Or perhaps on a golf course: ‘I’m not particularly good at golf, but I like playing it.’

And so, may the best team win! **bo**

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## WHERE THE MAGIC IS HAPPENING

The 2025 IIHF Ice Hockey World Championship will take place from May 12 to 28 in Tampere and Riga, at the biggest venues in two of the world's most passionate hockey countries. Here are some interesting facts you may not know.



### ARENA RIGA IN RIGA, LATVIA

With a capacity of up to 9550 spectators, Arena Riga is serving as the Latvian venue for the 2023 IIHF Ice Hockey World Championship, just as it did in 2006 and 2021. It is hosting one preliminary-round group and two quarter-final games. While the arena was built for the 2006 IIHF Ice Hockey World Championship, it is also used for other European-level sports events (the European championships in basketball for men and women, the Davis Cup in tennis, etc.) as well as concerts by world-class musicians.

This year, the organisers are planning to create a large-scale fan zone by Arena Riga for everyone to enjoy the atmosphere of this grand event. It will feature a variety of attractions, souvenir and fan merchandise stands, screens with live broadcasts of the games, and a wide range of foods and beverages. The zone will also be open to those without tickets to the games. 'In cooperation with the Riga City Council, we're creating a two-week hockey festival throughout the city of Riga. Riga will become the Hockey Capital of the World during this time,' says Edgars Buncis, the managing director of the Latvia Organising Committee of the 2023 IIHF Ice Hockey World Championship.

Latvia is well known for its passionate ice-hockey fans, who wear maroon-white-maroon shirts, scarves, and other apparel and can fill the biggest venues with their cheers and songs. 'The Latvian national ice hockey team's participation in the world championship is the most popular sporting event of the year. It brings fans together in person and in front of their TV screens. Latvia's fans are known and welcomed all over the world, and what everyone needs to know is that they're passionate, loud, and friendly,' says Buncis. The players also acknowledge that the fans' chants of 'Latvija, Latvija!' have often provided crucial support in tense situations on the ice.

The Latvian national men's ice hockey team participated in the world championship for the first time in 1953 in Prague. A local tournament was organised before then to raise funds for the team to travel to the championship. Five local hockey teams took part in that tournament, and there were about 300 spectators. Nowadays, several thousand supporters accompany the Latvian national men's ice hockey team to away games, while tickets for home games usually sell out within a few days.

In 1992, the Latvian national hockey team played its first official game following the restoration of the country's independence, and this marked a significant turning point in the development of Latvian ice hockey. Since 1997, the national team has been competing in Group A of the world championship, among the best national teams in the world. Its highest achievement is three seventh-place finishes. However, many believe that the team's most resounding and symbolically significant success was its 3-2 victory over the then-mighty Russian national team in Saint Petersburg in 2000.





### NOKIA ARENA IN TAMPERE, FINLAND

The newly opened Nokia Arena in Tampere is serving as the main venue for the championship, just as it did for the 2022 IIHF Ice Hockey World Championship. It is hosting one preliminary-round group, two quarter-finals, and all of the semi-final and medal games.

Designed by the internationally renowned architect Daniel Libeskind, the arena opened in December 2021 and is considered one of Europe's most modern entertainment venues, guaranteeing a premium experience for athletes and spectators alike. It has up to 15,000 seats and is the first next-generation arena to be constructed right in the heart of the city. In addition, Nokia Arena includes a wide range of commercial offerings, including several restaurants, versatile event facilities, and a first-class hotel. And, as Tampere is the Sauna Capital of the World, it's only natural that the hotel also has more than 70 saunas.

The main tenants of Nokia Arena are the local ice hockey clubs Tappara (meaning 'battle axe') and Ilves (meaning 'lynx', although locals call it a kitty). Both of them are among the all-time most successful teams in a sport that is a distinctive part of Finnish national identity and culture. Officially, Finland has 73,682 registered hockey players and 260 ice-hockey arenas. However, according to Antti Toiviainen, the director of development at *Business Tampere*, that number would double if you were to count all the skates and hockey sticks used during a single season in Tampere alone.

'Ice hockey is played by children, teens, and grown-ups on natural ice rinks all around Finland, just like football elsewhere. It's not even an exaggeration to say that, in Tampere, some kids learn how to skate before they learn how to walk,' Toiviainen continues. In recent years, the number of female players has also grown significantly, and Finland has ranked third in the world (after Canada and the United States) in the women's championship for the past decade. The Finnish national men's hockey team won gold at both the Olympics and the World Championships in 2022.

Whenever Finland wins in an international championship or a local team becomes the champion of the Finnish Elite League, or Liiga, the usually rather reserved and famously introverted Finns gather to celebrate. 'Finnish hockey-fan culture is everywhere during the championships – on the streets, in the bars, at work, in schools, in the media – and hockey dominates the small talk,' Toiviainen says. 'The most viewed television programmes of the year are our Independence Day celebration in December and the ice-hockey championship finals.'

Finnish fans know very well what it's like to be an underdog, because it took Finland decades to win against the big countries. They therefore tend to cheer for the underdogs...and quite seldom for their long-standing rival Sweden. Interestingly, the favourite song of Finnish fans is 'Den glider in' (or, 'it glides in'). 'It was the goal song of the Swedish team in 1995, when Stockholm hosted the championship. Finland won its first World Championship gold against Sweden, and the rest is history. If you're a foreigner in Finland, the easiest way to become friends with Finns is to say "Den glider in" and smile. Then you're one of us,' Toiviainen explains.

### CHAMPIONSHIP SCHEDULE

Defending champion Finland will play against Austria, Denmark, France, Germany, Hungary, Sweden, and the United States in Group A in Tampere. Group B in Riga includes Canada, Czechia, Kazakhstan, Latvia, Norway, Slovakia, Slovenia, and Switzerland. The preliminary round will take place from May 12 to 23 at Nokia Arena in Tampere and Arena Riga in Riga. Tampere and Riga will also each host two quarter-final games. The semi-finals and the medal games will all be held in Tampere.

#### NOKIA ARENA IN TAMPERE, FINLAND / Group A

MAY 12	Finland vs USA	16:20	MAY 17	USA vs Austria	16:20	MAY 22	Denmark vs Sweden	16:20
	Sweden vs Germany	20:20		Finland vs France	20:20		Austria vs Hungary	20:20
MAY 13	France vs Austria	12:20	MAY 18	Hungary vs Sweden	16:20	MAY 23	Germany vs France	12:20
	Hungary vs Denmark	16:20		Denmark vs Germany	20:20		Sweden vs USA	16:20
	Germany vs Finland	20:20					Finland vs Denmark	20:20
MAY 14	USA vs Hungary	12:20	MAY 19	Hungary vs Finland	16:20	MAY 25	Quarter-finalist vs Quarter-finalist	16:20
	France vs Denmark	16:20		Austria vs Germany	20:20		Quarter-finalist vs Quarter-finalist	20:20
	Sweden vs Austria	20:20	MAY 20	USA vs Denmark	12:20	MAY 27	Semi-finalist vs Semi-finalist	14:20
MAY 15	Germany vs USA	16:20		Austria vs Finland	16:20		Semi-finalist vs Semi-finalist	18:20
	Finland vs Sweden	20:20		Sweden vs France	20:20		MAY 28	Bronze medal game
MAY 16	Denmark vs Austria	16:20	MAY 21	Germany vs Hungary	16:20	Gold medal game		20:20
	France vs Hungary	20:20		USA vs France	20:20			

#### ARENA RIGA IN RIGA, LATVIA / Group B

MAY 12	Slovakia vs Czechia	16:20	MAY 16	Slovenia vs Norway	16:20	MAY 21	Slovenia vs Slovakia	16:20
	Latvia vs Canada	20:20		Switzerland vs Kazakhstan	20:20		Czech Republic vs Switzerland	20:20
MAY 13	Switzerland vs Slovenia	12:20	MAY 17	Latvia vs Norway	16:20	MAY 22	Canada vs Norway	16:20
	Norway vs Kazakhstan	16:20		Canada vs Kazakhstan	20:20		Kazakhstan vs Slovenia	20:20
	Slovakia vs Latvia	20:20		MAY 18	Czechia vs Slovenia		16:20	MAY 23
MAY 14	Slovenia vs Canada	12:20	Switzerland vs Slovakia		20:20	Canada vs Czechia	16:20	
	Norway vs Switzerland	16:20	MAY 19		Latvia vs Slovenia	16:20	Switzerland vs Latvia	
Czechia vs Kazakhstan	20:20	Kazakhstan vs Slovakia		20:20	MAY 25	Quarter-finalist vs Quarter-finalist	16:20	
MAY 15	Slovakia vs Canada	16:20	MAY 20	Norway vs Czechia		12:20	Quarter-finalist vs Quarter-finalist	20:20
	Czechia vs Latvia	20:20		Canada vs Switzerland		16:20		
				Kazakhstan vs Latvia	20:20			

Words by Marta Metzāle and Katja Lehtinen  
Publicity photos, by Ilze Pole, Romāns Kokšarovs (F64),  
Shutterstock, Unsplash, and courtesy of Visit Tampere

## RIGA AND TAMPERE SUGGESTIONS FROM LOCAL GUIDES

Dear hockey fans, here is *Baltic Outlook's* guide, created by locals, on where to find the most delicious food, how to navigate between all the landmarks, and how to experience the beautiful combination of nature and urban surroundings, both of which Riga and Tampere have aplenty.

### SPECIALLY FOR HOCKEY FANS



#### IN RIGA

To make attending the hockey championship even more joyful, the Latvia Hockey Federation has been preparing an impressive festival right in the car park of Arena Riga to keep fans entertained and promote mingling with other supporters.

From May 12 to 25, the parking lot at Arena Riga will turn into a grand festival grounds, hosting more than 10,000 fans daily.

Starting with the grand opening on May 12 and through the entire two weeks of the championship, all hockey fans and game attendees are welcome in this fan zone to watch broadcasts of all the games, listen to live performances by well-known Latvian artists and DJs, and fill their stomachs with all sorts of delicious food and drinks.

If you're hoping to get a selfie or shake the hand of your favourite hockey player, you're in luck, because meetings with the players will be organised after most games. This is also the place to increase your own sense of competition, as various contests will be conducted in the fan zone on a daily basis. Attendance is free of charge, so if you're seeking to kick off the festival season with a party for hockey fans, look no further and have fun next to Arena Riga. Find more information about special events for fans on the official website of the World Championship, [iihf.com](http://iihf.com).



Celebrations after last year's championship

Photos by Laura Happonen



Loiem Jorun

#### IN TAMPERE

The first game of ice hockey in Finland took place... yes, you guessed it, in Tampere. That was in 1928. But besides this historical fact, Tampere is proud to have two professional and very successful hockey teams: Ilves and Tappara. During this year's world championship, the place to be for fans is the Fan Zone at Rautatiekatu 27, just a stone's throw away from Nokia Arena. There you'll be able to watch the games on a huge screen, listen to interviews with players, enjoy good food, get a drink at the bar, and listen to live music performances. DJs will also help to create an exciting atmosphere. Check the dates for specific events. The Fan Zone will offer various games for fans to play, and if you fancy, you can even get a tattoo. Official fan merchandise will also be available for purchase.

However, if the official Fan Zone feels too crowded, head to the Sorin Aukio Fan Zone, which will be open during Finland's games. But there's more! The Keskustori Summer Terrace is also a nice place to experience the games. Watch them on the screen out in the open air and choose your snacks and drinks from plenty of food and drink stalls. There are about 500 seats for customers, and there's no age limit. The terrace is centrally located, at Keskustori 1. Check the website for opening hours: [kesakeidas.tampere.fi](http://kesakeidas.tampere.fi)

Just a short distance from the Summer Terrace, you'll find an activity area set up in the parking lot of the Central Market.

Try ice hockey yourself, and get your face painted in the colours of your favourite team! It's free and open to all.

Follow social media for news, and use the hashtags #KiekonKoti and #TampereHomeOfHockey.

[kiekonkoti.tampere.fi](http://kiekonkoti.tampere.fi)

### WHERE TO EAT & DRINK



Beer Museum



Zivju lete



Naples

#### IN RIGA

The gastronomic variety of Riga combines traditional with high-quality international cuisines. Restaurants and cafés tend to use locally-sourced ingredients, and in springtime, you're likely to find various gourmet experiments with seasonal fruits and vegetables.

If you wish to get a taste of how Latvian grandmothers feed their beloved grandchildren, you must pay a visit to one of the *Lido* restaurants. Set up like a buffet, customers can fill their platters with various dishes to sample different soups, meats, and vegetarian options.

After trying out the traditional meals, Riga has a grand offering of international cuisine as well. Most of the fine-dining restaurants are located in the Klusais Centrs (Quiet Centre) neighbourhood. Those who love Italian cuisine will find themselves immersed in a world of melty burrata and juicy carpaccio at *Rossini* and *Italissimo* (Dzirnavu 31 and Baznīcas 27/29), while foodies who fancy a variety of meat dishes will love the grand assortment at *Lidojošā varde* (meaning 'flying frog', Elizabetes 31a). For the best view of the Daugava River, be sure to pay a visit to *Naples* in the Andrejsala district (Andrejostas iela 5), which also lies only a short walk away from the Quiet Centre. Lovers of seafood and Asian cuisine will also be able to find something to their liking in the Quiet Centre at *Zivju lete* (Dzirnavu 41) and *Shōyu* (Ausekļa 20), respectively, both of which are also popular among locals.

Latvia is well-known for its craft beers. While there are numerous beer bars scattered around Riga, the most prominent is *Beer Museum* (Dzirnavu iela 34a). There you'll be received with more than 70 kinds of beer, and you'll surely return to your home or hotel with well-developed preferences for certain beers.



Plevna



Tuulensuu



Tampere Market Hall

Photos by Laura Vanzo

#### IN TAMPERE

Tampere has a good selection of restaurants and bars offering traditional dishes as well as international cuisine. One thing you surely shouldn't miss is the black sausage, or *mustamakkara* in Finnish. It's a blood sausage traditionally eaten with lingonberry jam, and Tampere is especially known for it. You'll notice it at breakfast at the hotel, but it's best when eaten fresh from food stalls at the market. The most authentic place to eat *Tapola* black sausage in Tampere is on a market square: *Tammelantori* at Ilmarinkatu 10 sells black sausage, as does *Laukontori* at Laukontori 4.

Another restaurant serving traditional meals is *Pispalan Pulteri*, established back in 1968. Located a few kilometres from the city centre, at Pispalan valtatie 23, it serves steaks, grilled liver, and even a dish called 'Finnish Way of Life', which (weather permitting) serves butter-fried herring steaks with pickles, lemon, and mashed potatoes with dill. If you're a meat lover, head to *Huber* at Aleksis Kiven katu 13. Enjoy the relaxed atmosphere at this restaurant, which has been selected as one of the 50 best restaurants in Finland.

At Tampere Market Hall (enter from Hallituskatu 13 or Hämeenkatu 19), you'll find a wide variety of food, from meatballs to sushi. The best burgers in Tampere are there as well, at *Ohana Grille*. For an excellent lunch, try the *4 Seasons* restaurant, which offers a French-style menu and the best bouillabaisse in town.

If you're looking for pizza, head to *Pizzeria Napoli* at Aleksanterinkatu 31, which has a menu of over 100 pizzas.

Try, for example, pizza number 100, which includes *Finlandia* vodka and Finnish braised venison. Local beers and large portions of food can be enjoyed in the Finlayson area at the *Plevna* restaurant (Itäinenkatu 8).

The atmosphere is very traditional, with famous black sausage and other local dishes on the menu. The *Tuulensuu* gastropub (Hämeenpuisto 23) has been voted Finland's best beer restaurant, and it truly does serve excellent food.

## WHAT TO SEE



House of the Blackheads



Art Nouveau motifs in Riga's Quiet Centre

Freedom Monument



## IN RIGA

In the medieval era, Riga was a part of the Hanseatic League. It was later possessed by the Swedish Empire, Russian Empire, Soviet Union, and other large neighbouring countries. This past has influenced the city's architecture; while many of its medieval buildings still remain intact or have been restored, Old Riga also features architectural gems from various other eras erected in place of buildings lost in wars.

The entrance to Old Riga is marked by the Freedom Monument, where Latvians gather for national celebrations. At its top stands a female figure, nicknamed Milda, who holds three stars symbolising the three historic regions of Latvia.

The beautiful opera house also stands nearby.

After entering the Old Town, visitors encounter numerous architectural wonders, including the trio of medieval buildings known as the Three Brothers, Riga Cathedral, the majestic House of the Blackheads, and the Cat House. The best views of the city can be seen from the tower of Saint Peter's Church, so make sure to ride the elevator up to the viewing platform there.

History lovers should also see the Latvian War Museum to learn more about Latvia's history and what the now-independent country went through to achieve its own place in the world. Those wishing to know more about the country's period under Soviet occupation will want to visit the KGB Building – or Stūra māja (Corner House), as the locals call it – just outside the historic city centre.

After strolling through the historical centre, it's time to explore the 'new' centre of the city. The Klusais Centrs (Quiet Centre) neighbourhood is located a ten-minute walk away and features countless unique examples of architecture. Actually, beautiful Art Nouveau buildings can be found on most corners of central Riga, so it's worth just wandering around the streets to discover more gems.

Explorers seeking even more authenticity will appreciate a visit to the other side of the Daugava River and the Āgenskalns neighbourhood. This area is now considered one of the most hip parts of Riga, featuring the renovated Āgenskalns Market and small eateries and cafés.



Särkänniemi from above



A view from the Periscope restaurant



Pynikki observation tower and café

## IN TAMPERE

Once known as a well-established industrial city, Tampere is situated between two large lakes, Lake Pyhäjärvi and Lake Näsijärvi, so it's worth enjoying the element of water here whenever possible. For example, by taking a boat cruise.

A day trip to Viikinsaari island is a wonderful nature experience. The island offers all kinds of activities as well as delicious meals at *Viikinsaari Restaurant*, founded in 1866.

The ferry departs from Laukontori.

It's also worth getting a look at Tampere from above, and there are many great options for that. *Restaurant Periscope* on the roof of the *Ratina* shopping centre serves good food and offers the most spectacular terrace in the city. Also head up to the rooftop of *Sokos Hotel Tornii* (Ratapihankatu 45) to enjoy views over Tampere and enjoy a drink at *Moro Sky Bar* on the 25<sup>th</sup> floor. The 120-metre-high observation deck of the Näsinneula tower located next to the Särkänniemi amusement park (Laiturikatu 1) guarantees stunning views, but it also has a restaurant. Buy tickets at the bottom of the tower, next to the lifts.

Just a stone's throw from the city centre is the beautiful Pynikki Nature Reserve with all kinds of walking trails. While you're there, stop by the Pynikki coffee shop and observation tower (Näkötornintie 20). The café downstairs serves the best doughnuts in Finland.

The Vapriikki Museum Centre is the place to go if you're a fan of museums. It offers several museums under one roof, including the Ice Hockey Museum and the Natural History Museum. The world's only Moomin Museum is located near Nokia Arena, in Tampere House.

## WHAT TO DO



CaboCafe by the lake Kõisezers



Kitesurfing in Jūrmala



SUPs on Riga's canal

## IN RIGA

Straddling the Daugava River where it flows into the Gulf of Riga, and with numerous lakes to boot, Riga has the hustle and bustle of a large city and the calm beauty of nature.

And in the summertime, the forest and nature seem to truly enter the city! Take advantage of the warm temperatures to enjoy some activities by and on the water.

The Daugava River and its connected canal are located in the city centre and do not require much preparation or gear to enjoy. Head to *Supfit* rentals in the Andrejsala district (head to the Riga Passenger Port at Eksporta iela 5A). If that still seems too calm for you, it's also possible to paraglide over Riga and the Daugava, seeing the city from a bird's-eye view.

If the river is not your cup of tea, Riga also has plenty of lakes.

One of the most prominent ones is Kõisezers, located a bus ride away in the Mežaparks neighbourhood (get there on bus number 11T). The name Mežaparks translates to 'forest park', so the whole neighbourhood, including the huge park of the same name, is suited for long walks or roller skating. The banks of Kõisezers feature numerous cafés and picnic spots in addition to SUP, water motorcycle, windsurfing equipment, and catamaran rentals. Kõisezers has plenty of vehicles for various tastes, making sure that even the most careful travellers can enjoy at least a bit of adrenaline.

The resort city of Jūrmala is also a popular destination among locals and tourists in the warm season. A 40-minute train ride takes you to this other city by the seaside. Jūrmala historically consisted of a number of small coastal fishing villages, which have now blended together. Dzintari, Majori, and Dubulti are the favourites of visitors and offer numerous cafés, restaurants, and sandy beaches.



Rauhaniemi sauna



Rajaportti public sauna



Maauimaa outdoor swimming pool

## IN TAMPERE

Tampere has been named the world capital of the sauna, so a sauna and swimming in a lake afterwards is something one should not miss. There are several public saunas in Tampere, including the *Saunaravintola Kuuma*, which was opened in 2018 at Laukontori 21 by Lake Pyhäjärvi. Enjoy the sauna, and then swim in the lake and have some food and drink. If you don't have a swimsuit along, you can rent one at *Kuuma*. The most legendary sauna in Tampere is in Rauhaniemi, easily accessible on bus number 2. The sauna at Rauhaniementie 24 by Lake Näsijärvi has been open since 1929. The Kaupinoja sauna has also been there for a while, having opened in the 1970s.

The famous Rajaportti Sauna is located in Pispala and is the oldest public sauna in Finland. It has been kept very traditional, and bathing is done with water in a bowl – there are no showers.

It's also worth heading to the Finlayson area, where something a bit more unusual is offered – a walk on Tampere's rooftops. Accompanied by local guides, who will tell you a lot of interesting stories about the city, you'll see it all from above.

Go canoeing and enjoy the beautiful lake scenery, or take part in a kick bike tour. Have fun climbing trees and sliding down cable cars at Flow Park in Varala. One of the most popular places in the spring and summertime in Tampere is the outdoor swimming pool located in the Kaleva area (Joukahaisenkatu 7B). The swimming centre offers both indoor and outdoor facilities.

It is easily accessible by tram number 3 in the direction of Hervanta.

Words by Mārtiņš Klavenieks *Latvijas Radio and Tenet*  
Photos courtesy of F64 and Finnish Ice Hockey Association

## STRONGER TOGETHER

Shortly before the World Championship, the Latvian and Finnish national ice hockey team candidates and leaders -- Rodrigo Ābols and Marko Anttila, respectively – spoke with *Baltic Outlook* about what being part of the national team means to them.

And also what is definitely worth seeing and doing in Riga and Tampere.



Photo by Romāns Kokšarovs

### Rodrigo Ābols (27), forward

Spent the 2022/23 season at Örebro HK, Sweden

Last year at the World Championship in Finland, I had the honour of being the captain of the Latvian national team for the first time. But I still vividly remember my debut in the national jersey at the World Championship. It was in Prague in 2015. I felt a little bit intimidated because the level of play was much higher than in the league I was playing in at the time. In the hotel, I met famous hockey players whose avatars I had used for my team in the NHL computer game. That tournament was not a success for me personally in terms of performance; I guess I'd call it something like my 'tournament of fear'.

My most memorable and emotional World Championship moment so far was definitely the quarter-final in Denmark in 2018. We beat the Danes 1-0 in the deciding match to place among the top eight teams in the world. It was an extremely satisfying feeling: silencing thousands of home fans in the stands. We played very well that time; we gave nothing to the other team. The Danish team had some big names from the NHL, but we had a very united team, so we won. Afterwards, our emotions overcame us, we sang the national anthem together, and the fun continued in the dressing room. After all, it was the first time since 2009 that the Latvian national team got to the quarter-finals.

With a big smile on my face I also remember my first goal in the World Championship. That was also in Denmark in 2018. We were playing against

Germany, and Ronalds Kēniņš, Rūdolfs Balcers, and I broke out in a great counter-attack. Yes, when it comes to the world championship, I guess I remember the moments on the ice more than the moments off the ice.

I don't have any special rituals before games. The national team and the club I play for have different pre-game warm-up procedures. On the national team we always warm up together, but in the club we warm up individually. I arrive at the rink at a certain time, change clothes, wrap my hockey stick, change the laces on my skates. I could probably call my daily nap a ritual. I definitely need it; I'm a big fan of naps. If I don't take a nap, then game day feels very long – long and drawn out.

The World Championship is a celebration of hockey. It's a celebration for everyone – the players and the fans alike. This wonderful feeling of celebration was particularly strong last year, when fans were again able to gather in the stands after the pandemic. I feel that it's an honour to play on the national team. And of course, it's a great opportunity to compete against the best in the world.

For those who are attending the hockey championship games in Riga, I recommend they visit one of my favourite places in the city, the Ozo Golf Club. If you play golf, you should definitely do it there! I usually go to Ozo or the 18-hole Jūrmala Course at the Jūrmala Golf Club.



### Marko Anttila (57), forward

Spent the 2022/23 season at Oulun Kärpät, Finland

I've been world champion twice with the Finnish national team, and last year we also won the Olympic gold. Playing at the World Championship in the Finnish national team uniform means a lot to me. It's something I dreamed of since I was a little boy. Back then, I watched all of the national team's games and was a big fan of the players, because it was difficult to get live broadcasts of NHL games or even recordings of them.

I've now been playing on the national team for more than a decade. It still feels special to play alongside my friends and to play against the best hockey players in the world. Playing in the World Championship is definitely not a job; it's pleasure. But of course, I don't deny that there's a lot of pressure on us. We want to win every tournament, and the fans expect us to win every tournament. Pressure like that from ourselves and others can sometimes be difficult, but only for a while.

I made my national team debut in 2013, when the championship was held here at home in Helsinki. This year, Tampere is hosting the World Championship for already the second year in a row. Back in 2013, I was much younger than I am now, and too nervous. It's hard to describe the feelings that course through your body when you play in front of your home crowd. Family, friends, and acquaintances are all watching the games. It's nerve-racking, but even back then I found a way to enjoy the experience.

My warm-up routine is the same before every game. If I'm physically ready, then I feel good psychologically as well. I'm not superstitious. Before a game, I try to not overload my mind; I maintain a light feeling. I definitely need a nap and a cup of coffee before the game. I sleep for half an hour – that's plenty. A midday nap is part of my pre-game routine. And also coffee. I don't drink much of it on a daily basis, but on game day I have one cup

in the morning and one shortly before the game. I need caffeine, but I take it with coffee. I never drink energy drinks; they don't appeal to me.

I can't single out one special moment I've had related to the national team at the World Championships. But a couple of highlights are the two finals we won to become world champions. We did it in Bratislava in 2019, and on home ice in Tampere in 2022, in extra time against the Canadians. That was really something special! We know we can do it again this year. But hockey is not smooth sailing. We're hungry for another World Championship gold, but there will be many competitors who'll want to dethrone us. It won't be easy.

I tend to have a pretty short memory, so I don't remember all that much of the things that happen off the ice during World Championships. But I do remember the good feeling you get every year, being with good friends, fighting side by side for a win, and having a good time together. I won't bore readers with the details, but that team feeling is the main value I bring with me every year on the journey of my career. From last year's championship, however, I'll always remember the championship party together with the fans. I don't know how many thousands of people were there, but it was a huge crowd. The party took place right there in Tampere, the day after we won the World Championship final. There was loud music, singing, and dancing!

Having played for Tampere Ilves for several years, I know the city very well. It's becoming more and more attractive every year, with lots of new things to do. Tampere has many excellent saunas, as well as very beautiful lakes. If you're coming to the championship, in between games you must visit the *Pyyrikki Coffee Shop* in Tampere's Pispala district. There you can taste the excellent local doughnuts called *munkki*!

Words by Ilze Pole  
Photos courtesy of Ingus Sloka

## HOCKEY FANS ON THE FLIGHT DECK



**Airbus A220-300 captain Ingus Sloka is probably the most loyal ice hockey fan at airBaltic. Not only does he support local teams and the Latvian national team, but for the past 15 years he has also played for the Recruit and Ledusvīri ('ice men') teams in the Latvian amateur league. It's a sure thing – Ingus will also be among the Latvian national team's fans during this year's world championship.**

'When I was just a little boy, Latvia really only had one professional ice hockey team – Dinamo Rīga,' Ingus remembers. 'Back then, it was almost impossible to get tickets to games at the Riga Sports Palace. But my father was a navigator – he worked for *Aeroflot* at the time – and he had a season ticket to the team's games, so he often took me along.'



Thankfully, those times are gone... Captain Ingus Sloka wearing a face mask while attending a game during the 2021 IIHF Ice Hockey World Championships held in Riga.



During a practice game.

Ingus liked ice hockey very much. So much so that he dreamt of becoming a hockey player himself, but training was only available in Riga, and it was impossible to make it to all of the practices from the town in which he lived. So he and some other boys played hockey on a frozen lake near their homes. 'My dream of becoming a professional ice hockey player ended right there, on the ice of that lake,' Ingus laughs. Later, however, after becoming a pilot himself, he returned to his childhood dream.

This coincided with a time when ice hockey was becoming very popular in Latvia due to the success of the national team, and hockey rinks were being built all across the country. One was also built in Ozolnieki, where Ingus lived. A team was formed, and he decided to try out for it. 'At one point there were so many people wanting to play that a second team was established,' Ingus recalls. For a while, he even played on the same team as another *airBaltic* pilot, captain Ēriks Blekte. Ingus has played various positions – offence as well as defence – whatever the team needs at the time. But his favourite positions are the offensive ones, especially centre.

'Hockey is the fastest and most dynamic game in the world, and that's what attracts me to it: the speed, the dynamics, the fact that it's a power game, a team game with a strong team spirit,' says Ingus, an experienced

captain who has also flown the re-established Dinamo Riga team on charter flights to away games. 'But a beer and sauna after the game are also an integral part of amateur hockey,' he says.

At the moment, however, it's almost impossible for Ingus to combine hockey and work. Practice games take place in the middle of the week and tournament matches on weekends, and because pilots don't have a regular nine-to-five work schedule (in addition, they also spend a considerable amount of time abroad), playing on a team and participating in tournaments becomes a mission impossible. But ice hockey is nevertheless Ingus' most beloved sport.

With the success of the Latvian men's national ice hockey team – it has played in the IIHF World Championship top division since 1997 and has participated in five Winter Olympic Games since the restoration of Latvia's independence – fan interest in the team has grown and Latvian fans are well known at World Championship tournaments.

'The tournament usually takes place in May, but that's when pilots are beginning their busiest time of year. Vacations and days off are out of the question, which means that, at best, I can watch the championship games on television. But I have managed to see some championship games in person,' Ingus says. 'The first time was in 2006, when the tournament was held in Riga, and I think Latvian fans still remember the event vividly. Unfortunately, the Latvian team had one of its most disappointing games back then, losing 0:11 to Canada. I think many fans would agree with me that the team felt a lot of pressure from the referees, basically playing three or four against five Canadians!' Ingus still gets agitated when remembering the game. Sweden went on to win that championship.

Last year, when the championship was held in Tampere, Ingus happened to be in the city for work, because Tampere is also an *airBaltic* base. 'On the days I was flying, the games were scheduled for the morning and evening, but on my days off, they took place during the day. I watched four games, three of them involving the Latvian national team,' he recalls.

Ingus truly enjoyed the tournament in Tampere: 'Because Finland is a major hockey country, they had paid attention to every little detail. The new arena was full of fans, and it was also packed during the Latvia-Finland game. As befits a hockey country, the atmosphere was fantastic! Finnish fans are polite and friendly, and in our conversations they always speak well of the Latvian team.'

In 2021, when the World Championship was held in Riga, scheduled flights were still not as frequent as before, due to the pandemic, but even so Ingus was able to attend some games. 'Unfortunately, the pandemic completely ruined the event,' he admits. 'The bronze-medal game between Germany and the United States, which the U.S. won 6:1, felt more like a practice game because the stands were almost empty except for the technical staff and a few team scouts, and the only sound was sticks hitting the puck... But for the final game between Canada and Finland, suddenly lots of people showed up, and the arena was half full. It was a fantastic game – the Finns were ahead the whole time, but then the Canadians tied the game and they had to go into overtime, and the Canadians won. But I was rooting for the Finns.'

Ingus has a few recommendations for hockey fans coming to Riga, some of whom the captain will surely have brought to Riga himself. He says they should definitely take some time to enjoy the city itself, especially the Old Town and the outdoor cafés already open in May on Līvu Square and Cathedral Square (*Doma laukums*, in Latvian). Just a ten-minute walk from Arena Rīga, where the games will take place, lies the neighbourhood known as Riga's Quiet Centre, which is famous for its Art Nouveau architecture, especially the street called Alberta iela. The Quiet Centre is also home to some of Riga's best restaurants.



Ingus attends a game at Nokia Arena in Tampere together with airBaltic colleagues captain Thomas Stephane C. Mantia and senior cabin crew member Baiba Lasmane.

**'I will definitely try to not miss the games in Riga!'**

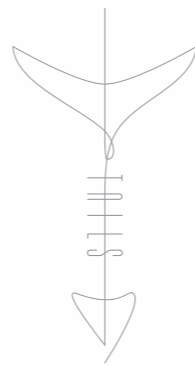
Riga Central Market is also worth a visit, with market pavilions housed in former German army hangars built during the First World War. And if you want a proper Latvian meal, head to the *Lido Leisure Centre* on Krasta iela. The Āgenskalns Market is located on the opposite side of the Daugava River, but it has recently reopened after an extensive renovation and has a wide variety of places to eat, so it is also worth exploring.

'When people travel to see the ice hockey world championship, they mostly come to enjoy the atmosphere,' Ingus says. 'Having played hockey myself, I've always found it interesting to watch the games live on television, too, because then you can see the nuances of the game much better – there are close-ups, replays, witty comments by commentators, and so on. If my work schedule allows it, I organise a special hockey night at home with friends. We drink beer and watch the game live, which can be very emotional (*laughs*).' At the time of our conversation, Ingus still did not know what his work schedule would be like during the championship, but he was very hopeful that it would include a flight from Riga or Tampere and that he would have the opportunity to attend a few hockey games. 'I will definitely try to not miss them, because Riga may not have the opportunity to host the tournament again so soon, so I have to take advantage of it!' **bo**



TAILS is a seafood restaurant with a unique new concept on Riga's gastronomic scene. Designed by London-based Studio Caché, the restaurant demonstrates a refined sense of aesthetics inspired by the Baltic Sea coast. The space boasts two areas: the classic dining room and a Raw Bar counter opposite the open kitchen, also known as the Chef's Table. The menu celebrates sea delicacies, from light crudo dishes to the house speciality: dry-aged fish that explores new depths of flavours and textures.

Antonijas 6A, Rīga [www.tails.lv](http://www.tails.lv)



Open since 2016, COD is the first restaurant in Latvia that offers high-end Japanese cuisine. Combining traditional recipes with modern cooking techniques, the menu revolves around robata-grilled dishes as well as the Chef's take on tataki, tempura and sushi. The restaurant is complemented by a cocktail lounge that serves a selection of beverages and signature cocktails designed to perfectly blend with COD's culinary creations.

鱈  
**COD**  
ROBATA GRILL BAR

Tērbatas 45, Rīga [www.cod.lv](http://www.cod.lv)



UNAGI INU serves Asian soul food in a relaxed and vibrant setting inspired by Japanese pop culture. Wall art and sculptures by talented local artists create a perfect backdrop for a diverse and fun dining experience. An array of dishes for all tastes and tummies awaits our guests, be it sushi, chirashi bowls, onigiri and bao or Japanese sweets. Do enjoy!



Jeruzalemes 10, Rīga [www.unagiinu.lv](http://www.unagiinu.lv)



# MEDITERRANEAN TREASURES

The sun-kissed Mediterranean region is always a great place to visit. Here, ancient history comes alive, the cuisine entices with fresh and diverse flavours, the sea is the bluest of blues, and the weather is pleasantly comfortable almost all year round. A ticket to Split, Malaga, Heraklion, or Naples means pure escape – a getaway filled with culture, fresh air, and spectacular panoramas. Each of these cities combines rich urban life with excellent beach leisure, so you can have the best of both worlds.



Photo by Zhivko Dimitrov (Unsplash)

The beauty of the Dalmatian coast is known around the world.



Enjoy the slow pace and relaxed atmosphere at one of the many cafes in Split.

Photo by Beren Surton-Cleaver (Unsplash)



Seafood plays an important role in the cuisine of Croatia's coastal region.



Impressive architecture and monuments surround the charming Fruit Square.

Fly to Split from €125 one way

### SPLIT, CROATIA An inspiring escape

The Adriatic Sea is an integral part of the cityscape in Split, Croatia's second-largest city and the proud capital of the Dalmatia region. Here, you'll inevitably end up on the Riva, a palm-lined waterfront that's among Europe's finest promenades. No matter the time of the day, this area is always brimming with life. Locals mingle with ice cream-holding tourists, the squawks of seagulls mix with the horn blasts of arriving cruise ships, and yachts sway gently in the harbour.

All of this movement is set against the centuries-old walls of Emperor Diocletian's Palace, a stunning UNESCO-protected feat of Roman architectural genius. Half of Split's historic core is found within the borders of this gargantuan marvel of the ancient

world, and it's full of life in a remarkable, very Croatian way. Café terraces fill cosy squares where Roman columns still stand, the palace cellars host souvenir stalls, and the narrow streets are never empty.

The centrepiece of the Old Town is the Peristyle, a former palace square dating to the 4<sup>th</sup> century CE. Right nearby is the unmissable Cathedral of Saint Domnius, which has an impressive Romanesque bell tower and a choir from the 17<sup>th</sup> century. The building was constructed from Emperor Diocletian's mausoleum and is considered one of the oldest churches in the world. Go a little bit farther, and you'll arrive at the Venetian-era Narodni Trg Pjaca (People's Square) full of Baroque-era houses.

If Denmark has *hygge* and Sweden preaches *lagom*, for Split (and Dalmatia) the philosophy of life is *lagano*. Essentially, it means 'easygoing, light,

unburdened'. Locals are experts in taking it easy, slowing down, and enjoying life. And that's exactly how visitors should approach Split, too. Savour a coffee break while admiring the waters of the Adriatic Sea, take an unhurried stroll among the Roman ruins of the Old Town, and book yourself a panoramic boat tour. Take it slow, take it easy.

Many visitors treat Split as a transit point for travels farther down the coast or to the islands. But it pays to stay in the city for a while and embrace the zestful local life. Start the day by browsing fresh produce at the central *gradska tržnica* (city market) and pay a visit to the covered fish market as well. Then head to the top of Marjan Hill for magnificent panoramas of the city. Diocletian's Cellars is a must-visit for fans of *Game of Thrones*, the television show that was filmed here. And definitely order grilled octopus, squid, or a mixed meat platter for a hearty Croatian meal at a *konoba* (local tavern).

# Malta

Escape to the crystal-clear waters, golden beaches and stunning landscapes!



Nerja, located a 50-minute drive from Malaga, has some of the best beaches on the Costa del Sol.



With charming streets and plenty of restaurants and bars, southern Spain is a dream destination for many.

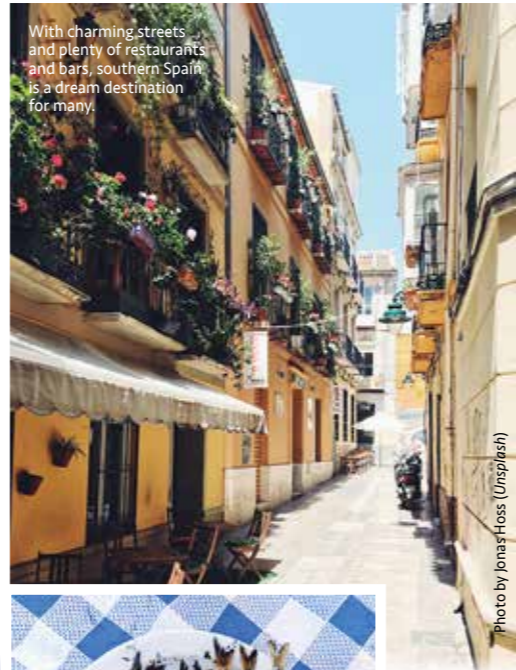


Photo by Jonas Hoss (Unsplash)

Malaga effortlessly combines beachside leisure with an urban beat.



Fly to Malaga from €129 one way



Espetos, or grilled sardines, are a must-try in Malaga.

### MALAGA, SPAIN

#### A vibrant southern vibe

The sublime Mediterranean grandeur of Malaga is at its most impressive from the Gibralfaro viewpoint. Many arrive there by bus, but for an enhanced experience, hike all the way up; it's absolutely worth it. The view from the top is to die for: the blue of the Mediterranean Sea meets the green of the lush Malaga Park, the round bullring calls to mind strong Andalusian traditions, and the labyrinthine streets of the Old Town beckon for a stroll and getting lost.

This Spanish town is steeped in history. For instance, Gibralfaro Castle ranks among the oldest Moorish fortresses in Europe. Descend a little bit and there's another Arab masterpiece waiting for you, the elegant Alcazaba. Right under it you'll find the remains

of the Roman theatre. And all of that even before you've reached the Centro Histórico. The old part of this city is a mix of narrow winding streets, hidden courtyards, shaded squares, and various architectural styles. It's ideal for wandering and stopping randomly for a *café con leche* or a quick *tapas* break.

Southern Spain is the definition of high-spirited. As a prominent centre in Andalusia, Malaga wears its energetic lifestyle with pride. It seems as if the residents have cracked the secret to enjoying life to the fullest. The streets overflow with excitement, and the terraces of the bars, cafés, and restaurants are always full. And best of all, everyone's invited to join this celebration of good times, to become part of the party.

While Seville and Granada can definitely compete with Malaga in

terms of old-world treasures, the latter has an ace up its sleeve. Here, the presence of the Mediterranean Sea and many beaches changes everything. And you won't have to spend much time reaching them, either, with the most popular stretch, Malagueta, just a few minutes away from the city centre. Go a little bit farther south to find the fantastic long Misericordia Beach. Expect golden sands, pleasant water temperatures, and an abundance of beach bars.

What Malaga does very well is combining beachside leisure with an urban beat. The city is home to some of the most prominent cultural institutions in the country. The Picasso Museum Malaga, which showcases the works of the world-renowned artist (who was a native of Malaga), is the first spot to check out. The Carmen Thyssen Museum houses an extensive collection of Spanish art and is another absolute must. For contemporary art, go to CAC Málaga and take time to explore the vibrant SoHo neighbourhood, which is a cradle of alternative culture in the city.

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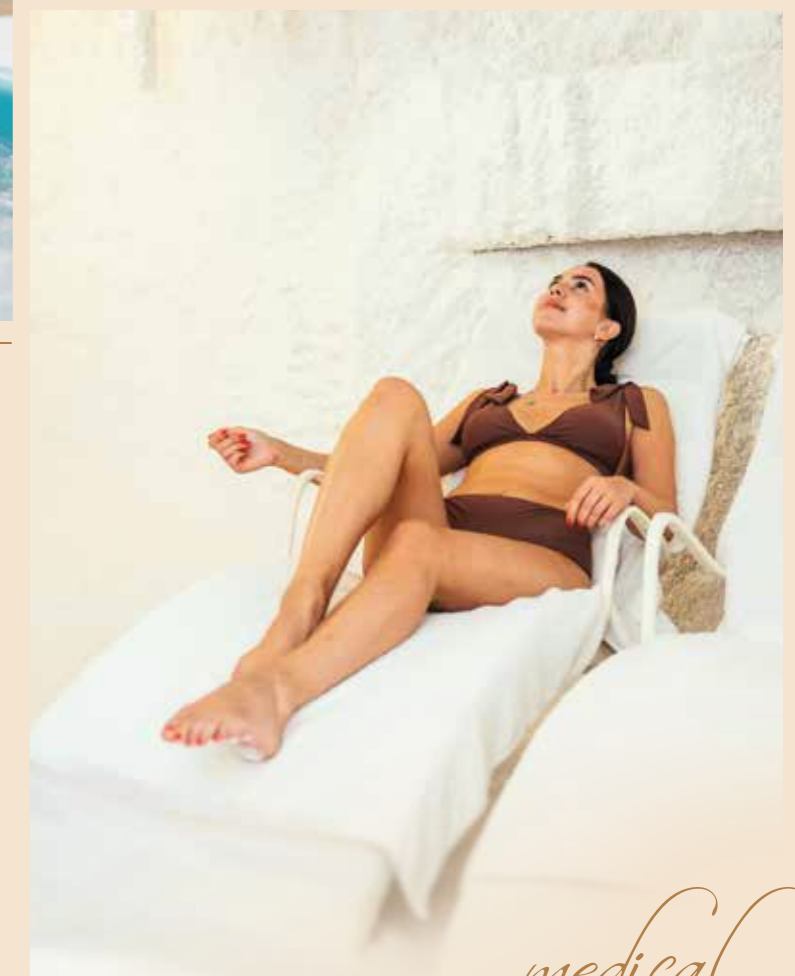
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medical  
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The stunning Venetian Port is one of the most picturesque settings in Heraklion.



The largest island in Greece has several secluded beaches that draw fewer crowds.



This food lover's city is crazy about freshly caught seafood.



Crete provides an unfiltered but always authentic Greek experience.

Fly to **Heraklion** from **€139** one way

## HERAKLION, GREECE

An unfiltered experience

Bougainvillea adorns Venetian-era houses, the honking of scooters is incessant, street stalls proudly display many different varieties of fruit, and the azure Aegean Sea glistens in the distance. Crete's capital of Heraklion masterfully blends the chaotic and the pretty, providing an unfiltered and sometimes rough but always authentic Greek experience. While this city is the major entry port to one of the most tourist-filled corners of the Mediterranean region, it remains largely a place filled with locals. And that's why a visit here really pays off.

In Heraklion, you've got all the ingredients for a fascinating Greek holiday. The city has an extensive Old

Town boasting Byzantine, Venetian, and Ottoman influences. And, while it's far from *Instagram*-perfect Santorini or Mykonos, that's exactly the point in Heraklion. You'll love simply wandering the narrow streets and stumbling upon the remains of the past. Take your time to feel the galvanising rhythm of this, the fifth-largest city in Greece.

But it's by the sea that Heraklion shows its epic side. Many top attractions are found near the water, confirming the city's status as an important Mediterranean port. One highlight is the stunning Venetian Port with its mighty fort and picture-perfect harbour dotted with boats and yachts. A visit to the Rocca a Mare Fortress is a must, and the best sunsets can be admired next to the Heraklion Lighthouse at the tip of the harbour walkway. If you

crave more Venetian architecture, the Basilica di San Marco and the Loggia in the heart of the city are worth checking out.

Heraklion can work both as a short day trip or a longer city break. Many visitors to Crete give it a pass, continuing straight to the island's heavenly resorts. But if your idea of a Greek holiday involves a more urban setting, then you've chosen the right place. Combine extensive sightseeing with chilling out on the terraces of cafés, feasting on gyros and souvlaki in the tavernas, and devouring sweet loukoumades from street vendors. However, one thing Heraklion lacks is a proper beach. For that, head to Ammoudara on the outskirts of the city, or check out the sandy stretches at Karteros, Arena, or Mades.

No visit to Heraklion is complete without seeing glorious Knossos, which is one of the wonders of the ancient world. This large site was the former Cretan capital and the cradle of the Minoan civilisation, and it's a pilgrimage of sorts for history buffs. You may also know Knossos from the Greek myths, for it is here that the hero Theseus defeated the Minotaur inside the maze (also called the Labyrinth).

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The cinematic island of Procida lies just a short ferry ride from Naples.



Naples is adorned with public parks and green areas.



Get ready to become acquainted with one of the most exciting destinations in the world.



Photo by Anastasia Chupheta (Unsplash)

Naples is the birthplace of pizza and, of course, serves the world's best pizzas.

Fly to Naples from €129 one way

## NAPLES, ITALY

A deeply passionate destination

Much like its famous volcanic neighbour Vesuvius, electrifying Naples is always ready to erupt. Not with lava, though. The capital of southern Italy radiates with world-class culture, unparalleled architectural masterpieces, and mouthwatering food. Non-stop movement is part of the lifestyle here. A visitor's first impression of Naples is almost always chaotic. But take time to savour and understand how this city is organised, and you'll be rewarded with one of the most exciting destinations in the world.

Starting with the historical centre is always a great idea in Italy, and Naples has an enormous one. Tracing its origins back to the Greek empire, this city is among the most ancient in Europe.

Use central Via San Biagio, also called Spaccanapoli, as a compass to navigate the maze of the Old Town. Let the gargantuan Naples Cathedral take your breath away, see Caravaggio's works in the Pio Monte della Misericordia chapel, and admire the Rococo sculptures in the Cappella Sansevero.

Museums in Naples are in a league of their own, and you should definitely explore several for some cultural overdrive. Set in a former 17<sup>th</sup>-century palace, the National Archaeological Museum showcases the wonders of ancient Greece and Rome, including the Pompeii mosaics. Go to the Royal Palace of Naples for opulent interiors, and be amazed by the grandiose beauty of the Piazza del Plebiscito in front of it. For something different, head underground to the eerie Catacombs of San Gennaro.

There's one thing Naples does better than anyone, and that's pizza. The world-famous dish was invented here, and the city still prepares the best pizzas in the world. Nothing can compare to the aroma of a freshly-baked Margherita on the streets of Naples. But you need to know where to go to not fall into a tourist trap. The *Antica Pizzeria Di Matteo* is a long-standing gem in the Old Town, *50 Kalò* is for a more upscale pizza feast, and *Gino e Toto Sorbillo* delivers simple and delicious perfection. Naples is also known for its various types of pasta, *sartù di riso* (a savoury rice dish), and *babà* cakes, so make yourself a culinary tour.

But don't stick only to the historical centre. Naples has a rich variety of neighbourhoods and day-trip destinations. Take a walk next to the sea on the promenade in Santa Lucia and gaze at the mighty silhouette of Ovo Castle. Pair a visit to the ancient city of Pompeii with a hike to the crater in Vesuvius National Park. And, if you're into island bliss, regular ferry connections make it easy to take a trip to marvellous Procida and Ischia. **bo**



# AN ADVENTURE FOR THE WHOLE FAMILY STARTS OFF FROM YYTERI

At six kilometres in length, Yyteri is the finest beach in the Nordic region. It offers sun worship and beach fun on a gorgeous beach as well as various activities all year round, thanks to the Natura-protected dunes, unique nature and excellent services.

Yyteri is the first Finnish destination that has been granted the Blue Flag certificate in the beach category. The wonders of Yyteri extend beyond the shoreline. The Bothnian Sea National Park can be explored by hiking along duckboards on the mainland, climbing up to nature observation towers, or taking a boat tour to the fascinating islands.

When it comes to Yyteri, the word 'paradise' is not an exaggeration.



Yyteri is much more than just a beach. Spend your day climbing in an adventure park, rent a fatbike or just relax in a spa. Yyteri also has a wide range of accommodation including a spa hotel, a camping site and a cottage village.



The scenery and atmosphere of Kallo island leave a mark in every visitor's heart. On the rocks, enjoy the delights of the summer café or your own snacks. In the summer, you can also admire the scenery from the lighthouse.



Reposaari is an island that holds thousands of stories of the sea. Delightful old buildings, guided walking tours, a historical fortress, and seaside restaurants invite you to take a trip to Reposaari.

Start your adventure on [www.visityyteri.fi](http://www.visityyteri.fi)

VISIT PORI

# Neapolitan pizza in the centre of Riga



O'Sole Mio is an authentic Neapolitan pizza restaurant in the centre of Riga. We combine the best traditions of Neapolitan pizza and Italian hospitality.

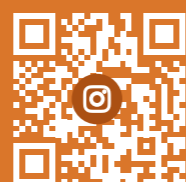
Our chef Alcide was born in Naples. He has more than 35 years of experience in preparing this traditional Italian dish. And now he shares the tradition of the best wood-fired Neapolitan pizza with the guests of O'Sole Mio pizzeria.



Every morning we select the freshest ingredients – quality products and a love for our craft make our pizzas especially delicious. And both Latvians and Italians love our pizzas. Visit O'Sole Mio after 7-8 PM, and you will hear Italian music and Italian guests talking.



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Publicity photos

# TAMPERE IS CALLING

## IT'S TIME TO GO!

Welcome to Tampere – the sauna capital of the world and the event centre of Finland! This is where urban beauty meets lakeland nature, and where gourmet cuisine meets world-class art.



Silverlines operates on the inland waters of Finland and offers a wide range of unique experiences. Whether during the day or at sunset, a cruise is a perfect way to disconnect, pause, and appreciate the beauty of the lakes and nature.



Breathtaking scenery slowly passes by as one sails through the inland waters of Tampere with Silverlines. During the journey, visitors can also enjoy a meal in the onboard gourmet restaurant.

### TAKE A BOAT RIDE

Picture yourself in a boat on a lake surrounded by the pure beauty of nature and accompanied by gourmet food and excellent wine. Sounds like a dream, right? But in Tampere, it becomes a reality! This picturesque city located between two vast lakes in southern Finland is known for its cultural attractions, serene nature, hipster vibes, and a record-breaking number of public saunas (55). Therefore, why not start your trip at a leisurely pace on a lake tour with *Finnish Silverlines*, the biggest inland-shipping company in the Nordics?

‘Our guests can discover the Finnish lakeland during the day or at sunset. And with a fully licensed restaurant, a cruise with us is a feast for all the senses,’ says Niko Airaksinen, the company’s marketing manager. One of the marvels you can admire along the way is Viikinsaari island, which lies just 20 minutes by boat from the city. Ideal for walks in nature, picnics, watersports, swimming, and even private celebrations, this summer oasis also hides a special gem: a 120-year-old mansion that houses the oldest summer restaurant in Tampere.

Speaking of nostalgia, the iconic *S/S Tarjanne* cannot go unnoticed. This, the last long-line passenger steamship still running its original route, has served as a passenger and freight ship on Lake Näsijärvi since its launch in 1908. Today it operates between Tampere and two villages: Ruovesi and Virrat. ‘The route from Tampere to Virrat is called the Poet’s Way,’ Airaksinen says. ‘It’s a full-day experience supplemented with stories from Finnish history. Local food is served in the upper-deck restaurant.’

hopealinjat.fi  
www.tarjannelaiva.fi  
en.viikinsaari.fi

Photos courtesy of Hopealinjat



Tampere is known as Finland’s centre for events. Art, music, theatre, sports – you name it, Tampere has it!

Photo by Katja Rittanen



The Cabaret by Turku City

Photo by Otto-Ville Väisänen

### ENJOY THE LOCAL FOOD AND BEER

Want to feel both local and global? Then the *Tuulensuu* gastropub in the heart of the city is the place to be. Open daily until midnight, this international beer, wine, and food restaurant offers a cosy escape for homesick expats, adventurous visitors, and locals alike. With a relaxed ambiance, heartfelt service, chill music, and top-quality food, it aims to please all who value quality and the pleasures of life.

‘*Tuulensuu* is a gastropub with lots of experience. People come here to meet up and enjoy life,’ says owner Sami Lappalainen. ‘Come and enjoy the huge selection of beers, wines, absinthes, and other drinks!’

*Tuulensuu* has multiple times been recognised as the best beer restaurant in Finland. ‘Whatever we do, it all comes down to authenticity. We don’t offer compromises: our schnitzels are made in the German way, our mussels in the Belgian way, and our local game in the Finnish way,’ Lappalainen explains. You might come here just for a drink, but don’t be surprised if you end up staying for the whole evening, enjoying the food and meeting people from all around the world. [gastropub.net](http://gastropub.net)

### TAKE A BREAK AND RELAX

This is exactly the Tampere state of mind! In addition to being the sauna capital of the world, this city is also known as the Finnish capital of events. A myriad of annual events invites visitors to have some fun and enjoy music, art, and theatre. ‘There are festivals on a smaller and larger scale taking place all year round. Venues are within easy reach and are surrounded by beautiful nature,’ states Tiina Kuusisto, the executive director of Tampere Region Festivals (Pirfest). ‘Our aim is to develop a sustainable and accessible event industry.’

Tampere Region Festivals is a network that includes 36 cultural festivals in the Pirkanmaa region that represent nearly all existing art forms. But whatever size or form the festivals take, corners are never cut: even the smallest of events offers world-class quality and endless awe. ‘Some of our most popular festivals are Blockfest, the Tampere Jazz Happening, and the Mänttä Art Festival,’ says Kuusisto. ‘One unique little gem is the Annikki Poetry Festival, while the crown jewel of the year is the Tampere Theatre Festival.’

Every year in August, local and international performing-art troupes take over the stages and squares of Tampere



The clientele at *Gastropub Tuulensuu* ranges from locals to expats and travellers. The restaurant has been recognised as the best beer restaurant in Finland many times.

Photo by Laura Vanzo, Visit Tampere

as part of the Tampere Theatre Festival. As the oldest and largest professional theatre festival in the Nordics, it has served as a display window for a wide range of interesting productions since 1968. ‘During the festival week, up to 400 events take place all around the city,’ says Hanna Rosendahl, the festival’s executive director. ‘All of the theatres work together for the common goal of creating a unique festival of performing arts.’

The Tampere Theatre Festival manages to combine well-known and recognised pieces with new cutting-edge international creations while transforming the city’s architectural heritage into performance venues to host thousands of theatre lovers from Finland and around the world. The main programme consists of 20 theatre plays, but many other events take place in addition to them, such as the easily accessible Off Tampere festival.

‘Since the venues are close to one another and mostly reachable on foot, it’s possible to see up to three or four shows per day without a rush,’ Rosendahl promises.

[tampereregionfestivals.fi](http://tampereregionfestivals.fi)  
[teatterikesa.fi](http://teatterikesa.fi)



Photo courtesy of Unity Tampere

Unity offers fully serviced studio apartments, workspaces, and facilities to let visitors easily blend life and work.



Photo by Jussi Kouvunen

The Sara Hildén Art Museum keeps alive the legacy of Finnish art collector Sara Hildén. It showcases a wide spectrum of Finnish and international modernism and contemporary art.

### SURROUND YOURSELF WITH NATURE

Ask Finns where they themselves like to go to explore Finland, and you'll hear the same answer over and over again: Tampere is the place to go! Being the number-one domestic destination of Finns to travel to, Tampere has a magical ability to make people want to stay there longer: for a week, month, or even more. For this purpose, there's *Unity*, a unique concept that's something between a classic rental apartment and a luxurious hotel.

'We provide fully furnished studio apartments with all-inclusive solutions that are ideal for temporary and permanent accommodation,' says Kiki Koskinen, the commercial manager of *Unity*. 'We welcome business and leisure travellers, digital nomads, and everyone in between!'

The word 'unity' is a part of the word 'community'. This refers to the communal aspect of *Unity*, which has a total of seven different locations around the Nordic countries. At *Unity*, everything is under one roof: a gym, rooftop terraces, lounges, a sauna, and a high-quality co-working space, plus a variety of workshops and events taking place. *Unity Tampere* is situated by the two lakes and has direct access to the beach and nature, yet it's still close to the city.

'*Unity* can be used as a staycation resort for a weekend exploration of Tampere or as the perfect solution for housing employees, if necessary,' Koskinen adds.  
unity-living.com

### EXPLORE TAMPERE'S MUSEUMS

Sooner or later, an exploration of Tampere inevitably ends up at the Särkänniemi Theme Park, Finland's largest leisure centre. Once inside the park, which lies on the banks of Lake Näsijärvi, continue through the lobby of the Näsinneula observation tower all the way to the Sara Hildén Art Museum, which showcases Finnish and international modernism and contemporary art. It's a true gem.

'We are one of the few art museums named after a female Finnish art collector,' says Anne Kauramäki, the museum's communications coordinator. 'The Sara Hildén Foundation Collection features a wide spectrum of Finnish and foreign art.'

In 2022, the museum created quite a buzz by presenting an exhibition by Thomas Houseago together with Nick Cave and Brad Pitt. Something equally ambitious is currently under way, namely, an international exhibition in the autumn of 2023 that will showcase work by South Korean artist Lee Bul, who is one of the top artists in Asia today. 'The exhibition will include her main works with an emphasis on sculptures,' Kauramäki says. 'She's interested in questions about utopias, order, and power in relation to the body, materials, and architecture.'

The museum also features an exposition of works from the Sara Hildén Foundation Collection. Enjoy homemade delicacies at *Café Sara*, which offers a beautiful view over the museum's sculpture park. sarahildenintaidemuseo.fi

No museum lover will be left empty-handed in Tampere. The versatile Vapriikki museum centre is home to unusual exhibits and fascinating worlds. One ticket lets you explore up to ten different exhibitions, including the Finnish Museum of Games, the Tampere Museum of Natural History, the Pirkanmaa Regional Museum, the Postal Museum, and also the Hockey Hall of Fame Finland.

'During the Ice Hockey World Championships, the Hockey Hall of Fame fills with ice hockey fans,' says Tähtitalvikki Poikajärvi, Vapriikki's communications coordinator. 'This is the biggest ice hockey museum in Europe. Another popular attraction at Vapriikki is the game museum, where you can try out some of the 100 games on display.'

Also under the same roof is a museum restaurant, a shop, and meeting rooms for various events, including private functions such as birthday parties. Needless to say, many people have organised ice hockey-themed parties there! 'Vapriikki is a great destination for the whole family,' says Poikajärvi. 'We're located in the city centre by the Tammerkoski rapids, and we warmly welcome everyone to hip and cool Tampere.'  
vapriikki.fi

'And besides, one gets so tired of everlastingly sitting in the same place,' says Moominmamma in *Finn Family Moomintroll*, a beloved children's book written by Finnish author and artist Tove Jansson (1914–2001). The Moomin characters are always drawn into new adventures, and so are visitors to the world's only Moomin Museum. This experimental art museum at the heart of Tampere takes visitors of all ages on an imaginary journey to the Moominvalley led by original illustrations and drawings donated by Jansson herself.

'When visitors enter the museum, they enter a new reality,' says producer Minna Honkasalo. 'The magic lies in the stories and the imagination – and the safe and warm atmosphere. This is what we all need.' The Moomin Museum is run by the Tampere Art Museum and housed in Tampere Hall. The exposition follows the entire story of the Moomins, highlighting the values of tolerance, equality, freedom, community, and respect for nature. As a young visitor once said, 'If everyone read the Moomin stories, the world would be a better place.'  
moomimuseo.fi

After discovering the wit and wisdom of the Moomins, you may want to start all over again: take another evening cruise run by *Finnish Silverlines*, have another beer at *Tuulensuu*, and enjoy another good night's sleep at *Unity*. Just one question remains: which summer festivals will you attend this time around?



Photo courtesy of Vapriikki

Vapriikki is home to many museums. Here, visitors can also dine at the *Valssi* restaurant and find souvenirs and gifts at the museum shop.



Photo courtesy of Moomin museum

Connect with your inner child and discover the wit and wisdom of the Moomins in the world's one and only Moomin Museum in Tampere.





## ROTERMANN – THE BOLDEST PART OF TALLINN

In the centre of Tallinn sits a bustling quarter filled with design shops, art galleries and restaurants, allowing its visitors to spend a long and leisurely day out. What was once an industrial district is now a lively and trendy destination to start your journey in getting to know the Estonian capital.

The area was named after the businessman C. B. Rotermann, who founded a department store in 1850 and which marked the beginning of development of the neighborhood. It soon became an industrial centre with several mills and factories, but now, many decades later, it has been reclaimed and taken on the shape we know it by today – a modern and stylish top destination for lovers of good food and good shopping.

With its selection of 20 restaurants, Rotermann offers visitors scrumptious meals all day long – from a tasty breakfast or casual lunch to fine dining and after dinner drinks in the evenings. If you step out into the streets of Rotermann in the

morning, you will most likely be greeted by the smell of fresh cinnamon buns and coffee from *RÖST*, a Scandinavian-inspired bakery and firm favourite of locals. Brunchers can't go wrong with *Orangerie*, which has a sunny terrace right on Rotermann's main square, or *Levier*, which makes the best macarons in Estonia.

Serious epicureans head straight to the restaurants *R14* and *Pull*, both of which were included in the Michelin Guide in 2022, when the distinguished restaurant recognition system first spread its reach to Estonia. *Pull* focuses on high-quality meat dishes, many of them prepared directly over a live fire or even roasted in charcoal, such as the chef's signature 'dirty steak'. *R14*, for its part, pairs Mediterranean-inspired food with its collection of carefully selected quality wines.

For a more casual dinner experience, try the Mexican-inspired *Taqueria*, the Spanish tapas bar *Siesta*, or *Flamm*, where the specialty dish

is Alsatian *flammkuchen*, a thin open pastry perfect for a light dinner or snack to share with friends over a glass of wine. One of the newest eateries in Rotermann is *Stalker*, a bar-*rotisserie* that offers a wide selection of unique cocktails, updated bar classics, and a menu of flame-grilled dishes, all accompanied by a DJ set or live music on the weekends.

Rotermann is also considered one of the best shopping destinations in Tallinn. For trend-hunting fashionistas there are high-street shops like *Stradivarius*, *Pull&Bear* and *Bershka*, all within a short walk of each other. Those looking for elevated classics and unique Scandinavian style with which to update their wardrobe will definitely find something to take home at either *COS* or the neighbouring *Ivo Nikkolo*, a classic among Estonian fashion brands.

If you're interested in modern Estonian design or are hunting for the perfect souvenir, head to *Tallinn Design House*. In this concept store you'll find contemporary Estonian design gems. Instead of a useless mass-market souvenir, bring home (or buy for gifts!) a chic pair of earrings, eye-catching interior accessories, or a long-lasting item of sustainable clothing made by a local designer. The famous *Kalev Chocolate Shop* is located on the bustling main square of Rotermann as well, filled with the best locally made candies and chocolates, be it handmade confectionery or local classics that have been loved for decades.

The history of Tallinn is interlaced with modern trends at Rotermann, so take a few hours, or even the whole day, to enjoy time with yourself and find inspiration in the pedestrian streets and squares of Rotermann!

FB/ [RotermannCity](#)  
IG/ [rotermann\\_city](#)



## GLOBAL ICONS OF POP ART AT THE NEW POCO ART MUSEUM

In May 2023, a brand new museum will open its doors in Rotermann. *PoCo Pop & Contemporary Art Museum* will showcase pop and contemporary art masterpieces from global icons as well as works by local Estonian artists.

The list of artists in the museum's collection is nothing short of impressive, starting with absolute top stars of international pop art such as Andy Warhol, Keith Haring, Banksy and Roy Lichtenstein, side by side with contemporary Estonian artists like

Marko Mäetamm, Edward von Lõngus and Leonhard Lapin. Overall, the collection contains more than 400 works from 140 authors.

*PoCo* is truly one of a kind among the region's art museums as it is the only pop-art-focused museum in Northern Europe. In addition to looking at past and present icons of pop art, the museum will also gaze into the future and showcase artwork created by artificial intelligence.

FB/ [poco.art.tallinn](#)  
IG/ [poco.art.tallinn](#)

Photos courtesy of Visit Pärnu

## YOUR NEXT GOURMET DESTINATION – PÄRNU

Summer is a feeling, not a season. To experience this feeling, you just need to pack a medium-sized weekender and head to Pärnu for a couple of days (or even a whole week!) to enjoy the expansive food scene the summer capital of Estonia offers.

After just a 2.5-hour drive from Riga, you'll be happy to find that in addition to Pärnu's well-known hotels and spas, there are several highly rated restaurants that have been ranked among the best in Estonia. Top-class meals can be enjoyed both in fine-dining restaurants and cosy resort cafes, and good places to drop in for a bite can be found virtually throughout Pärnu county and along the Via Baltica.

In summer, Pärnu is full of cosy outdoor terraces and bustling restaurant-cafés. The most popular places are located in the old town area and on the promenade Supeluse tänav, which are both car-free during summer. Summer brings a lot of outdoor events and a lot of people to Pärnu – we suggest that after dinner you take a walk towards the beach to have a cocktail and partake in any outdoor happenings sure to be going on.

Enjoy excellent service, exciting menus, and special flavours in Pärnu's top restaurants. Nordic and Scandinavian fine-dining experiences can be found in the restaurant *Raimond* and in the historical *Ammende Villa*. This spring, Pärnu's first chef's hall was opened in *Villa Wesset*, where an experiential dinner is prepared from pure fresh ingredients right in front of your eyes. There are two menus to choose from – Local Journey and Baltic Journey – which bring first-class flavours to visitors in surprising combinations. The menu at the *Wesset's* chef's hall includes smoked eel, veal tongue cooked for 36 hours, deer tenderloin, chocolate-black garlic mousse, and many other exciting delicacies.

The area along the Pärnu River is developing rapidly, and several trendy eateries have established themselves here in recent years. It

has quickly gained popularity among locals and visitors alike as the riverside offers a completely different atmosphere. For example, the urban restaurant *Kastrul* serves dishes influenced by Asian and Mediterranean cuisines, while right next door, the bakery *Leivakas* offers freshly baked goods and stone oven pizza. Nearby are *Suncity* and *Wunderbaar*, perfect spots to spend summer evenings. *Baarceloona*, with its considerable Spanish influence on the menu, offers a good selection of sangria and tapas.

To get a better overview of Pärnu's local food culture, try to visit some eateries away from the main streets as well. For example, at the *Kosmonautika* recreation centre located on Via Baltica, the *Kosmos cafe* offers great flavour experiences. Authentic flavours also await at the *Groot* restaurant in Varbla harbour as well as at *Võrgukuur* in Ermistu holiday village near Tõstamaa. The local menu includes traditional fish dishes as well as pork, beef, and game meat dishes. The islands in the Gulf of Livonia, Kihnu and Manija, also offer culinary experiences in which the customs and traditions of our ancestors are still honoured today.

In addition to a high-level restaurant culture, Pärnu also honours the production of craft drinks. Cider, wine and other drinks are made by small producers. The most well-known makers of craft drinks in Pärnu County are *Mamm&Frukt*, *Jaanihanso Siidrivabrik*, *Tori Siidritalu*, *Pootsi Winery* and *Allikukivi Winery*. *Mamm&Frukt* craft drinks can be sampled at the *Valgeranna* wine stable located in Audru, near Pärnu. The wine stable is a 140-year-old manor horse stable practising small craft wine production, and even has a terrace restaurant offering stone oven pizza. It's a great place to taste the winery's own wine as well as that by other producers, and learn more about the art of wine production.

Pärnu resort town is an attractive destination for visitors looking for food experiences not only in summer but in other seasons as well. Thanks to all the various options on hand, Pärnu is a great place to stay for everyone – couples, families with children, and groups of friends. In Pärnu, enjoy not only good food, but walks in town, golf centres, a racing circuit, an adventure park, national parks and much more. Pärnu also prides itself with having the best beach in Estonia. Families with children can enjoy water centres, spa holidays and *Lottemaa*, the largest theme park in the Baltics. In addition, Endla Theatre and Pärnu Concert Hall offer wide cultural programmes.

In May, the local competition for the Bocuse d'Or world chef championship will take place in Pärnu to determine the best Estonian chef, who will then go on to represent the country at the international championship.

[visitparnu.com](http://visitparnu.com)

visit PÄRNU



Kastrul restaurant



Refreshing drinks at Villa Wesset



Villa Amende

## T1 IN TALLINN: CHANGING THE CONCEPT OF SHOPPING



Every air traveller approaching Tallinn Airport will notice a new landmark: a tall, state-of-the-art edifice sporting the logo of *T1* and a huge Ferris wheel on its roof – the *Skywheel of Tallinn*. Tallinn's *T1 Center* is the only shopping complex in Europe to have such an amusement ride as its crowning jewel.

*T1 Center* opened its doors in 2018, entering an already highly competitive market of indoor marketplaces in Tallinn. Now *T1* has chosen to go one step further by becoming a multifunctional centre offering more ways to spend free time than just shopping. 'With top local and international expertise in the field of commercial property management, *T1* will attract a well-working mix of ambitious tenants both from Estonia and abroad,' says Tarmo Hõbe, CEO of *T1*.

*T1* is the most modern centre in Tallinn, and with ongoing conceptual improvements, its full potential can be unleashed. 'We are not dropping the idea of shopping entirely, but rather giving a new definition to it,' says the CEO of *T1*. The first two floors of *T1* will focus on outlets; this will herald a new era for *T1* as it becomes a point of attraction for those who value well-priced quality goods. Among the selection of shops are *Denim Dream*, a favourite for fans of fashion brands like *Guess*, *Tommy Hilfiger* and *Diesel*; *Rademar* and *Sportland* offer a wide selection of sports goods, *Salamander* focusses on leather goods and footwear, while *Pere Optika* – on high quality eyewear.

The third floor of the renewed *T1* will focus on hobbies, sports clubs, and health and beauty services, thereby giving it a new look and feel. The fourth floor, which already works very well, will remain dedicated to entertainment with *Super Skypark*, *Cinamon Cinema*, and popular restaurants and cafés, offering plenty of entertaining ways to spend a day with the whole family. The cherry on top is, of course, *Skywheel of Tallinn*, which has already elevated about one million visitors 120 metres above sea level to admire the vibrant city centre and medieval Old Town of the Estonian capital.

For travellers, *T1* has the best possible location in Tallinn. 'Within only a few minutes' drive from Tallinn airport, and at the intersection of major highways, it is easy to reach both by public transport or car,' notes Tarmo Hõbe. The location will only increase in accessibility as the Linda Terminal, a hub which will serve the passenger traffic of the forthcoming Rail Baltica, will be built right next to *T1* and integrated within the centre. Including the adjacent Ülemiste City business park,



the area around *T1* will become Tallinn's powerhouse of business and leisure for decades to come.

Due to its proximity to Tallinn Airport, *T1* will have plenty to offer to air passengers as well – an increasing array of shopping variety along with services and entertainment. *T1* also provides around a thousand parking spaces, 553 of them in the heated underground garage.

In a little more than a year, the number of visitors to the centre has doubled. *T1* is already among Tallinn's TOP 5 most-visited centres, and by the end of 2024, the goal is to reach five million visitors a year. You are very welcome!

**T1**

Peterburi tee 2, Tallinn  
t1tallinn.com



**A STAY TO  
remember**

**Hampton by Hilton Riga Airport**  
Priezkalni A, Marupes novads, Riga, Latvia  
info@hamptonrigairport.com | +371 6710 2599

Publicity photos

## COME HOME FROM YOUR HOLIDAY IN RIGA WITH A BEAUTIFUL SMILE!



Dentist, diagnostician  
Dr. Maria Kiliarska

Latvian dental clinics offer professional dental services using the most modern technologies in the world. They are also increasingly positioning themselves in the fields of laser dentistry, holistic dental hygiene, 3D computed tomography (CT scans), and other possibilities. Latvian clinics offer methods that ensure a pleasant treatment process and high customer satisfaction. For example, based on patient feedback and recommendations on *Whatclinic.com*, Latvian dental clinics regularly receive awards for excellent quality of service. Especially in recent years, Latvia has become popular as a medical tourism destination for dentistry among patients from

Finland, Sweden, Norway, Great Britain, Ireland, France, and other countries. The main reasons why patients choose to travel to Latvia are the high quality of service, accessibility, and the opportunity to combine the practical with a pleasant and relaxing stay in Riga.

The most popular areas of dental care offered by Latvian dental practices are dental check-ups and diagnostics using advanced 3D X-ray equipment. Other in-demand services include root canal treatment, dental hygiene and cosmetic dentistry, prosthetics, implantology, and recently also innovative laser dentistry and laser whitening of the teeth.

### WHAT DENTAL DIAGNOSTIC OPTIONS ARE AVAILABLE IN LATVIA?

In one hour, the team at *Sky Dream Clinic* can perform a comprehensive dental diagnosis using the latest technologies, including photo fixation, CT scans, and X-rays. This makes the examination process very simple and painless. The results are then displayed on a screen, and the patient is given a detailed description of their oral health as well as a treatment plan, and appointments are scheduled with the clinic's specialists. The patient is also given individualised recommendations for further treatment or preventative care.

A dental check-up can be performed at any time, but it is especially necessary if one already has oral health problems, such as tooth sensitivity, toothache, tooth decay, old fillings, pulpitis, periodontitis, receding gums, or other diseases. It is also necessary in cases of root canal retreatment, orthodontic treatment (for example, crowded or overlapping teeth, or malocclusion), jaw joint pain, or if the patient suffers from nighttime teeth grinding. Likewise, a check-up may be important if the patient is unhappy with the overall aesthetics of their smile – chipped or stained teeth, uneven or crowded teeth, gaps between teeth, missing teeth, uneven colouration and/or size of the teeth, teeth that have had numerous restorations and fillings, or teeth that need to be pulled. Implants and prosthetics, veneers and crowns, and also cases of tooth wear require an initial dental check-up.

Make an appointment at Sky Dream Clinic with the promo code 'airBaltic' until June 30 of this year, and get a dental check-up with a 10% discount, plus free 3D diagnostics.  
skydream.lv  
E-mail: info@skydream.lv

### PRICES\*

Full oral examination using the latest technology: from EUR 89.90  
Dental check-up: from EUR 25



### VARIOUS DENTAL HYGIENE METHODS ARE AVAILABLE IN LATVIA

Regular dental hygiene is necessary to avoid tartar, tooth decay due to periodontitis (inflammation of the supporting tissues of the teeth), gingivitis (inflammation of the gums), and tooth loss due to various dental diseases. The recommended frequency of visits to the hygienist depends on individual factors such as the level of daily dental care, the general condition of the teeth and their susceptibility to tooth decay, and also the patient's lifestyle and daily habits. Some people need to see a hygienist two or three times a year, while once a year is enough for others. In any case, it is essential to schedule a hygiene visit before a scheduled dental appointment so that the dentist has a good view of the patient's overall oral and dental health.

During the visit, the hygienist performs preventive procedures, such as coating the teeth with a protective gel or fluoridating the teeth. The hygienist also explains how to avoid tooth decay and tartar formation, what to do to strengthen tooth enamel, and recommends the most suitable daily dental care regime for you, taking into account your individual situation. Dental clinics take this process quite seriously, providing a holistic approach, dental hygiene and preventative care, individually tailored dental care products, and preventative treatments to strengthen tooth enamel.  
latviadental.lv  
E-mail: info@stomatologija.lv



### PRICES

Dental hygiene with ultrasound (an ultrasonic instrument with microvibrations removes tartar in the supragingival area, and special hand instruments are then used to remove additional tartar for complete results): from EUR 80  
Dental hygiene with soda blasting (a pressurised stream of baking soda and water removes pigmented plaque and restores the tooth's natural shade; this procedure is suitable for patients who smoke or consume large amounts of coffee/tea or pigmented foods): from EUR 65  
Only soda blasting: from EUR 17  
Dental hygiene for expectant mothers (without ultrasound, hand instruments only): from EUR 79.80  
Dental hygiene with dental fluoridation for adults: from EUR 25  
Dental hygiene for children (age 3 and up, performed using a soft brush and fluoride varnish): from EUR 45  
Dental hygiene using a laser: from EUR 100



Dentist  
Dr. Julijana Veipa-Lo



Dentist, owner and  
the head of the clinic  
Dr. Dmitry Petrosyan



Dentist,  
implantologist  
and dental  
prosthodontist  
Dr. Mara  
Valdmane

## WHAT ARE DENTAL IMPLANTS AND HOW DOES THE IMPLANT PROCEDURE TAKE PLACE?

Implantology is a method of replacing a natural tooth with a dental implant. A titanium or ceramic screw is inserted into the jawbone, and then a crown that visually and functionally resembles a natural tooth but is made of an artificial material is attached to the implant above the gum area. Implants can be placed at any age and can replace a single tooth or a group of teeth.

The patient first has a consultation with an implantologist, and the implant is placed during the next visit. The implant then has to heal, which can take four to six months but does not cause any discomfort for the patient. The crown is then placed on the implant and the tooth is permanently restored.

### PRICES

Placing of an implant: from EUR 480  
Placing of a crown (porcelain, cermet, zirconia, coated or uncoated): from EUR 500

## ROOT CANAL TREATMENT AND SURGERY IN LATVIA

Endodontics is a lengthy process, but it can often be the only way to save a tooth. The number and anatomy of canals, the complexity of the procedure, and the extent of inflammation all determine the number of treatment sessions necessary. If the infection has not spread to the jawbone, treatment can be carried out in one visit, but a higher number of canals, infection in the periapical jawbone, and the need for retreatment usually require two or more visits. Root canal treatment in Latvia is carried out using

top-of-the-range dental microscopes as well as the latest root-canal cleaning and filling technologies. For example, the *Royal Dent* clinic uses a state-of-the-art *Zeiss* microscope, which helps to diagnose and plan the treatment process more effectively.

royaldent.lv  
E-mail: info@royaldent.lv

### PRICES

Cleaning of one root canal: from EUR 74.90  
Laser treatment of root canal: from EUR 137 + EUR 60 (the fee for use of the laser remains the same regardless of the number of canals)  
Surgery – extraction of a single-rooted tooth: from EUR 50  
Surgery – extraction of a tooth with more than one root: from EUR 80

## WHAT IS LASER TREATMENT AND WHAT ARE ITS BENEFITS?

Laser technology has opened a new chapter in modern dentistry. Today, both hard and soft tissues can be effectively treated with innovative laser systems.

The use of lasers in the treatment of diseases of the mouth and gums is certainly a good addition to standard treatments. One of the main advantages of using lasers is that they help to reduce the bacterial load in the patient's oral cavity, thus improving the healing and regeneration processes. Caries is also treated in a patient-friendly way, as the Er:YAG laser provides precise and gentle removal of hard tissues from enamel and dentin without heating the surrounding tooth structure. There is no vibration during laser treatment of caries, and most painful sensations are absent as well, ensuring maximum patient comfort. A laser can also effectively treat tooth sensitivity, whiten teeth, and even help fight sleep apnoea.

eradental.lv

### PRICES

Laser dentistry services:  
Desensitisation of teeth: from EUR 100  
Laser filling: from EUR 110  
Tongue-tie laser surgery (frenotomy): from EUR 180  
Laser teeth whitening: from EUR 360

**\* ALL DENTAL SERVICES ARE PROVIDED BY AND PRICES APPLY TO CLINICS MENTIONED IN THE ARTICLE:**

Era Esthetic Dental  
Dr. Apine's Dental Clinic  
Dr. D. Petrosyan's Clinic 'Dentarium'  
Latvia Dental  
Royal Dent  
Sky Dream Clinic  
ARS Medical Centre

## WHAT IS CEREC DENTAL RESTORATION AND WHAT ARE ITS ADVANTAGES?

The CEREC (chairside economical restorations of aesthetic ceramics) system is a modelling machine that creates ceramic and zirconia restorations using modern digital technologies. *Dr. D. Petrosyan's Clinic 'Dentarium'* has been using the system since 1995, as soon as the first generation of this technology was available in Latvia. Patients nowadays highly value their time, comfort, and excellent results, and CEREC restorative technology offers just that. The team at *Dentarium* is trained in how to quickly and qualitatively improve a patient's smile with CEREC CAD/CAM technologies.

One of the main advantages of this method is convenience and saving time, because teeth can be restored in just one visit (1.5 to 3 hours). Secondly, there is no need for temporary structures.

This system provides a higher-precision fit with the dental tissue, which prevents trauma or inflammation of the gums. The materials used are very durable and resistant to abrasion and are suitable for the restoration of molars. The ceramics used with CEREC technology also achieve excellent aesthetic results, with colour shades and levels of translucency as close to natural teeth as possible. CEREC restorations can be performed on teeth as well as implants. *Dentarium* also achieves good results with the use of *Straumann, Nobel, Astra Tech, Zimmer, Ankylos, Friadent Xive*, and other implant systems.

dentarium.lv  
E-mail: info@dentarium.lv

### PRICES

CEREC restoration: from EUR 700  
Aesthetic restoration of teeth with porcelain veneers: from EUR 500



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In association with Investment and Development Agency of Latvia | Latvia.travel



INVESTING IN YOUR FUTURE

Publicity photos



## VIA VITALITÉ A PLACE OF STRENGTH TO ALIGN BOTH MIND AND BODY

Sometimes we lack just one element to feel fully well. What good is a beautiful house or an expensive car if, for example, you don't feel good in your own body? Unfortunately, stress and a depressed mood often only add to the reasons why you become overweight and can't achieve the look you want. Maija Atvara, head of the weight-care and wellness centre *Via Vitalité* (formerly known as *Academy Vitality*), and registered dietitian Ksenija Andrijanova explain why stress makes you overweight and how to effectively get rid of a few or more of those troublesome kilos.

Research into the causes of people becoming overweight has long gone beyond the single criterion of food. To understand the holistic picture, researchers look at the impacts of environment, sleep and stress on body mass. Several interesting and modern insights have been gained regarding the impact of stress on becoming overweight.

Short-term stress is a normal phenomenon that has helped mankind survive difficult circumstances and avoid life-threatening situations such as predation. Unfortunately, in today's world, an identical stress response is triggered by overwork, too much responsibility,

or an unfavourable emotional climate in one's environment. Funny as it may seem, yes, your body sometimes reacts to a work email or a tiring project as if there were a tiger behind a tree that wants to eat you. If you don't notice in time what work stress is doing to you, burnout sets in.

One of the stress hormones released in the body is cortisol. Cortisol levels increase at the moment of a short-term threat. When a person is safe, their cortisol level should fall. But people with overload and burnout never reach that feeling of safety – stress accompanies us every day and never ends, so cortisol levels are always high. The catch is that this hormone stimulates the appetite. That's why stressed people tend to eat more and without noticing exactly what they have eaten and how much. This leads to cravings for calorie-dense foods and so-called comfort foods: pizzas, kebabs, burgers, fatty meats and the like. Excess weight gained in this way is more likely to accumulate in the abdominal area.

Our emotional world is also important. Researchers have observed that people with chronic stress are more likely to experience feelings such as shame, guilt and low self-

esteem. The urge to 'eat' these emotions away in order to feel comfortable for a while contributes to the accumulation of extra kilos.

'How can we get rid of this stress, given that it has become an unavoidable companion nowadays? I recommend two courses of action: a change of environment or a change of attitude towards the current environment. The best way, of course, is to combine the two. Holidays, relaxation, psychotherapy, sport, meditation, and spending time with like-minded people and family are all beneficial. Small things matter, too. For example, the scientific literature states that just one well-chosen meditation a day can reduce stress levels. But if a person is extremely busy, it can be difficult to find time to relax. Short rejuvenation retreats with rest in nature, eating healthy meals, and moderate and enjoyable exercise can help. The environment plays a huge role in weight loss,' says registered dietitian Ksenija Andrijanova.

*Via Vitalité's* programmes have been created to precisely serve this purpose. *Via Vitalité*, a weight care and wellness centre, is situated in a picturesque location in Latvia, far from the hustle and bustle of the city. The centre's 180 hectares of charming surroundings create all the right conditions for everyone to relax their mind and improve their figure. A balanced diet, a variety of physical activities, including walking trails over 10 km in length and a 25-metre swimming pool, as well as high-quality facial and body treatments are available here. *Via Vitalité* is all-inclusive, which means that all treatments and activities in the chosen programme are included in the quoted price.

'Clients fly specially to *Via Vitalité* from all over the world. Guests are both men and women, and all strive to achieve a better quality of life. At our centre, people from various countries with different professions and life experiences meet and become each other's best support team,' says Maija Atvara, head of *Via Vitalité*, pointing out that one of the guiding principles of the weight-care and wellness centre is emotional and physical safety. To ensure this, the hotel grounds are completely secluded from the view of outsiders.

Will it be easier to lose weight without stress? Experts are convinced that it definitely will. In order to lose weight, a person must live in relative peace. An orderly environment and a good night's sleep are very important factors for the body to let go of what it doesn't need.



### PRICE PER PROGRAMME

(all-inclusive; conditional on room category)

Basic programme – from EUR 145 per day

Extra programme – from EUR 245 per day

Relax programme – from EUR 245 per day

Introduction programme – from EUR 290 (two days and nights)

**VIA VITALITÉ**  
WEIGHT CARE & WELLNESS

Address: 'Lejas Rakī', Lažas pagasts,  
Dienvidkurzemes novads, Latvia  
Phone: +371 26 511 011  
Website: [viaitalite.com](http://viaitalite.com)  
FB: [viaitalite](https://www.facebook.com/viaitalite)  
IG: [via.vitalite](https://www.instagram.com/via.vitalite)



## EGLĖS SANATORIJA – DEEP WELLNESS TRADITIONS AND YEARS OF EXPERIENCE

The largest medical spa in Lithuania has many years of experience in wellness and has accrued a wealth of wisdom and knowledge, yet it also has a modern and contemporary ambience and is constantly evolving in its steady drive for excellence.

The medical spa *Eglės sanatorija* has two locations in the most beautiful areas of Lithuania – Druskininkai and Birštonas. This region of the Baltics is renowned for its long-standing tradition of medical spa treatments and its naturally occurring therapeutic instruments: mineral waters, healing mud, and an invigorating climate. Having made Lithuanian medical spas famous for centuries, at *Eglės sanatorija* these natural factors are combined with modern technologies and innovative equipment as well as massage therapies, physiotherapy, occupational therapy and psychotherapy. The aim of a modern-day medical spa is to help people who are constantly in a hurry and under too much stress, and who urgently need to slow down and clear their minds. This has led the medical spa *Eglės sanatorija* to introduce the all-inclusive

concept. The ‘all-inclusive’ concept may at first lead one to think of unhealthy overindulgence, but here the term has been turned upside down, with ‘all-inclusive’ meaning a holistic approach to health that takes every aspect into consideration.

Natural mineral water sourced directly from deep underground aquifers, locally mined healing peat mud, and the unique climate of Lithuania are the pride of *Eglės sanatorija*. The mineral waters and healing muds have many therapeutic properties: they improve blood circulation and the lymphatic system, increase oxygen uptake, reduce inflammation and pain, have an antibacterial effect, remove toxins, boost immunity, and have a positive effect on central nervous system functions.

In addition to mineral water and peat mud treatments, physiotherapy, massage and relaxation

treatments are equally important. All the treatments prescribed by our doctors during your personal consultation are interrelated, complementary, and reinforce each other’s therapeutic factors.

An average treatment programme includes three to six treatments a day, so if you’ve booked a five-night stay, you can expect as many as 15 to 30 treatments. Physiotherapy strengthens muscles, and then massage helps them relax. After our doctors have reviewed your specific medical conditions, injuries, and more sensitive and affected parts of the body, a custom physiotherapy treatment plan is set up and usually targets a specific part of the body.

Relaxation is also an integral part of wellness, a complete necessity for unwinding our minds and thoughts as well as our bodies. One of the tools used to achieve this at *Eglės sanatorija* is the swimming pool. It’s never pleasant to dive into a swimming pool with a harsh chlorine smell, which is why the water used in the swimming pool and sauna complex at *Eglės sanatorija* is always freshly mixed with mineral water and contains only the bare minimum of chlorine, making all water procedures and treatments less irritating to the skin and respiratory system. All treatment programmes include unlimited access to daily use of the swimming pool and sauna complex. Enjoy the massage jets, take a brisk swim in the sports lanes, or bask in seven different saunas – every day and as frequently and as long as you wish.

The same goes for the food served at *Eglės sanatorija*. Not a breakfast person? Just arrived at the spa and still have time before lunch? Or do you prefer to eat smaller portions but more often? At the medical spa *Eglės sanatorija*, clients can eat at their own time and frequency. In addition to extensive breakfast, lunch and dinner buffets, you can grab a bite at the brunch and evening snack bars. You’ll find steaming homemade beef or chicken broth, cottage cheese with a variety of accompaniments, various spreads of fish and sun-dried tomatoes, as well as liver pate, eggs, mountains of fruits and vegetables, and all kinds of pastries. Eat nutritiously and without remorse!

To make sure you don’t get bored at the end of your treatments, or during a break in between, the medical spa offers a range of leisure activities to suit all tastes: there’s a library for bibliophiles and film nights for cinephiles; bingo and quizzes for those who like games; and dancing for those who want to shimmy across the dance floor.

Younger guests have also been kept in mind, as *Eglės sanatorija* has a children’s playroom with lots of toys and board and computer games. Children from three years of age are supervised by a caregiver.

For active-leisure fans, all sports equipment is free of charge. Play table or outdoor tennis, billiards, or take part in the *Be Active* group sports training sessions. Choose from daily activities such as Nordic walking, roller massage, and Gymstick workouts in either the gym or swimming pool, as well as mindfulness exercises – learn to be present in the here and now!


A wellness holiday has never been so enjoyable and full of experiences. Health for the body, rest for the mind. Experience it for yourself!

sanatorija.lt  
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Photo by iStock



 If Insurance Baltic

## Do you feel tired?

Do you sometimes feel overworked? Do you find yourself wearing down over the course of a normal workday? This is not unusual. Today's jobs increasingly require cognitive awareness, and fatigue has been recognised as a major contributor to human error.

Fatigue is defined as a state of reduced mental or physical alertness, when a person's physical and cognitive performance is substantially decreased. This can mean slower reaction times, reduced eye movement, blurred vision, reduced motor skills, concentration problems, and so on.

### How does it affect us

The Finnish study *Better work flow, less errors: Decreasing human errors at work* found that as many as 90% of workplace accidents are caused by human factors. Fatigue plays a very important role in this. When people are working with machines, driving vehicles, making products in factories, building houses or doing anything else, fatigue can cause some very serious accidents. People can damage their employer's or other people's property, harm their own health, make defective products that need to be replaced, or crash a truck, van, tractor or other vehicle. A lot of accidents can happen simply because people are tired.

According to research, most accidents happen due to human error. Fatigue is an important aspect regarding making mistakes; it is a growing concern in working life today and it requires our attention.

Most commonly, fatigue is caused by insufficient (less than 7–8 hours) or poor-quality sleep. Other lifestyle factors – such as substance abuse, inactivity, or obesity – can likewise be a problem. Fatigue can also be caused by having to work multiple shifts (especially at night), having irregular or excessively long working hours, and working under monotonous conditions – or the converse: under time-related pressure or excessive alertness demands.

Fatigue is rarely the exclusive, or even the most significant, component in accidents and injuries, but it must be taken into account as a contributing factor. Studies have found that the effect of severe fatigue on a person's performance is equal to one mil of blood alcohol content, i.e. intoxication – an indication that the importance of this issue should be emphasised more strongly in safety management programmes.

### What is the solution

The first priority is to get rid of fatigue. This means determined action on the part of the employee and the employer. Above all, people need to ensure that they have sufficient rest and sleep time. The employer must bear in mind that people need to be provided with the best possible working conditions, especially in

terms of lighting, ergonomics and noise distraction. Workers must be encouraged to take breaks.

Of course, it is not always enough to combat fatigue in order to prevent the potential accidents described above. Employers can therefore do a great deal to reassure both themselves and their employees. *If Insurance* has a variety of different tools to help your company. For example, employer's health insurance provides employees with a good opportunity to take care of their health and to get prompt help for their health problems. Employers who have insured their own companies' vehicles, property and equipment can make workers feel more secure at work. Business interruption insurance is also an option, offering greater peace of mind. Liability insurance is also a must for situations where employees have caused damage to third parties. And there are many more ways to protect your business and your employees. *If Insurance* is ready to provide advice on how to avoid accidents, and if something does happen, we'll be by your side and help your business recover as quickly as possible.

To ensure a smooth running of your business, and to understand the risks associated with your business and how to prevent them, please contact us at if.ee, if.lv or if.lt.

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# GRAND HOTEL KEMPINSKI RIGA

## A PLACE TO ENJOY

The *Grand Hotel Kempinski Riga*, a five-star luxury hotel in the heart of Riga – the Old Town – invites Riga’s residents and guests of the city to enjoy the experience of luxury accommodations. From airport pickup to an unforgettable stay, *Grand Hotel Kempinski Riga* will take care of everything, and more.



The *Grand Hotel Kempinski Riga* is the lap of luxury in Riga. It was recognised as Latvia’s Leading Hotel and Latvia’s Leading Hotel Suite 2022 by the World Travel Awards. One of the reasons why guests keep returning to the hotel is its professionalism and the hospitality of its staff. A very personal touch stands behind any unique and memorable experience, and that is precisely what marks the *Grand Hotel Kempinski Riga* as the true king of hospitality.

One of *Kempinski Hotels’* guiding principles is high-quality and sophisticated service combined with authenticity and personal care. To ensure the comfort of every guest, the hotel team will take care of everything from the moment you set foot in Latvia – *Grand Hotel Kempinski Riga* guests can arrive in comfort and elegance with the hotel’s selection of transfer services. Moreover, upon entering the hotel, every guest is welcomed by the *Grand Hotel Kempinski Riga* Lady in Red, who provides thoughtful, individual, and intuitive help and expertise. Dressed in

striking red, this impeccable host has unrivalled knowledge about the hotel and the local area. Likewise, the *Grand Hotel Kempinski Riga’s* friendly and experienced concierge knows the hotel and the city by heart and will gladly give tips on what to do in Riga and when. Guests might also experience one or two of their amusing stories, in which they unravel the exciting history of the building and its curious guests. When looking for opera and ballet tickets, restaurant table reservations, private jets, or last-minute gifts, the concierge will take great care of every detail, allowing guests to relax and focus on more important matters.

An unforgettable gastronomic experience is another element that characterises *Grand Hotel Kempinski Riga*. The hotel’s two restaurants, *Amber* and *Stage 22*, provide the most delicious meals and the best service. *Stage 22* offers not only superb appetisers and a fine-dining menu, as well as authentic cocktails, but also a view that cannot be seen anywhere else – the majestic tableau of

the Latvian National Opera and its charming square makes every guest feel like they themselves are on stage. *Stage 22* is a popular venue, ideally suited for guests staying at the hotel and for those arriving to the hotel specifically to enjoy a dining experience. It is ideal for large and small social gatherings as well, which the separate restaurant entrance makes particularly convenient.

*Amber*, renowned for its extensive breakfast offering, is definitely worth a visit. Spoil yourself a bit and enjoy the Late Riser Breakfast on weekends or holidays. *Grand Hotel Kempinski Riga* guests admit that the breakfast offer at *Amber*, located on the ground floor of the hotel, has been thought out to the very last detail. We’ll let you in on a secret – among the city’s gourmets, *Amber* has already earned the title of one of the best breakfasts in Riga. Once a month, on a Sunday, *Amber* even hosts a special buffet brunch suitable for the whole family. The offer includes unlimited sparkling wine, non-alcoholic drinks, a rich buffet of hot and cold snacks, European cuisine, freshly squeezed juices, and various desserts. Each month, the brunch has a special theme; the next brunch will be held on May 14, in honour of Mother’s Day.

But that’s not all. Indulge yourself in one of the finest British traditions and enjoy a selection of finely cut sandwiches, freshly baked scones, and a mouth-watering range of exquisitely presented pastries and teacakes. Classic afternoon tea is also available, served with a choice of *Ronnefeldt* tea or coffee. Located at the very end of the hotel lobby, the *Cigar Lounge* is ideal for a get-together with friends or an after-work smoke in stylish surroundings. No cigarettes are allowed.

The *Grand Hotel Kempinski Riga* also offers a world-class spa and relaxation zone. *Kempinski The Spa* is located on the underground level of the hotel and offers facial and body treatments, spa suites for two, a relaxation room for every guest, a 16-metre-long spa pool, an ice fountain, a rasul mud treatment room, a bio sauna, and a fitness centre with state-of-the-art equipment. Following one of the world’s main trends – a return to nature – *Kempinski The Spa* will allow you to unwind from your daily routine with an authentic Latvian Pirts Sauna ritual. The Latvian ‘pirts’, i.e. bathhouse/sauna, is all about ancient traditions that have been carefully preserved for centuries: the scent of juniper and birch leaves heated with steam, a unique scrub containing Baltic amber, and an invigorating birch-whisk massage make for an unforgettable relaxation experience that boosts the spirit and rejuvenates the body. Without doubt, *Kempinski The Spa’s* genuine Latvian Pirts Sauna, in the very heart of Riga, is a unique bit of magic that will envelop you in warmth, comfort, and tranquillity as you leave your everyday worries behind.

The *Grand Hotel Kempinski Riga* is a place to take in pleasure through leisure, high-quality surroundings, and precious family time. The hotel’s team takes care of everyone, including the children, with exciting entertainment options that include a behind-the-scenes tour of the hotel. The *Grand Hotel Kempinski Riga* hasn’t forgotten four-legged friends either – the hotel also offers a pet menu designed in collaboration with a veterinary nutritionist that ensures a healthy and balanced diet. With the children and pets taken care of, parents can blissfully enjoy cocktails on one of the most beautiful outdoor terraces in the city. As the weather begins to warm up, the terrace of the ground-floor *Amber* restaurant, set on one of the liveliest streets of the Old Town, and the open-air roof terrace of *Stage 22* await their guests.



Grand Hotel  
Kempinski

RIGA

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## A HOME FOR A GREENER LIFE

Today, energy efficiency and green thinking are important criteria when choosing a house to live in. By successfully combining the two, the *Green Space* start-up is carving out a niche among Latvian homebuilders with unique solutions in home construction and offering a lifestyle experience like never before.

*Green Space* is a Latvian-based manufacturer of energy-efficient houses that, by combining state-of-the-art technology, top-quality materials from Latvia, and the most sustainable construction solutions, has created a new concept of residential construction and offers to build customers their dream of a nearly zero-energy home. In a large factory in Salaspils, using timber sourced in Latvia, the company manufactures modern and technically sophisticated wood houses to suit everyone's tastes and needs.

There are various myths about the construction of detached houses. For example, many people still believe that it is a complicated and lengthy process that comes with huge costs and unforeseen situations requiring additional expenses. *Green Space* successfully overturns these stereotypes, proving that building your own home can be a beautiful life event that will create pleasant memories and completely change your previous assumptions. The company provides complete management and control of the complex construction process, from providing the best specialists and sourcing the highest-quality raw materials to assembling the house and landscaping the plot, inviting the client to become only as involved in the process as they wish.

With prices rising endlessly, it is now more important than ever to look at every opportunity to reduce the overall cost of living and maintaining a home. To ensure the greatest possible comfort, *Green Space's* vision is to build homes that have predictable total costs, from the construction price to the monthly utility bills. The company confidently claims that its homes are 55% more efficient to maintain than standard offerings. Thanks to quadruple-glazed windows, the materials used, heat-recovery systems, and other technologies, the maintenance costs are consistently low. At an electricity tariff of 37 euro cents per kilowatt hour, the cost of maintaining and heating a *Green Space* house is just one euro per square metre. In addition, the houses are equipped with a modern and environmentally friendly air-to-water heat pump heating system which, when combined with solar panels, minimises the consumption of natural and financial resources for the inhabitants and ensures a greener lifestyle as well as the status of a nearly zero-energy house.

*Green Space* homes are designed with natural daylight in mind, which results in a feeling of lightness and spaciousness. The form and architecture of the houses, as well as their large windows, also allow them to blend easily into an urban or natural environment yet stand out aesthetically, while the wood that dominates the finishes enlivens the spaces and creates a feeling of warmth.

By adapting standard layouts and listening to customer preferences, *Green Space* has developed its own series of standard floor plans, while at the same time allowing the customer to make alterations according to their needs and wishes. In this way, anyone can find their own dream home, from a young couple to a large family. To further ease the worries of the house-building process, it is possible to buy an already landscaped plot with an existing new *Green Space* house on it. The carefully selected and scenic locations provide the highest level of comfort, security, and a whole new experience of living in a detached home for the price of an apartment.

The region around Riga has become a popular location for a home, but it is almost impossible to find affordable housing there that doesn't require tightening one's belt in order to maintain it. As one of its future projects linked to an eco-friendly lifestyle, *Green Space* has developed the concept of low-energy villages. This year, in a prime location in the Riga suburb of Mārupe, it will build a unique development consisting of eight nearly zero-energy dwellings. This will be an excellent solution for young families who would like to buy a top-quality modern home with minimal maintenance costs. The aim of this village is not only to inspire people to adopt a greener lifestyle but also to raise existing standards of housing quality. The enclosed area, landscaped plots, proximity to nature, and modern architecture equipped with solar panels and other technologies will all together contribute to more peaceful living. This project completely overturns the notion that living in a detached house is more expensive. In terms of total cost, these *Green Space* homes, with their own yards and other extras characteristic of detached homes, are more affordable than an apartment in Mārupe. Like many other *Green Space* projects, when thinking about the future, a home in this development is an excellent investment towards a better life!

green  
space.

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Publicity photos

# BUILDING A NEW WIND FARM IN LATVIA

This summer will see the beginning of the implementation of a power facility in Kaigu Bog, with turbines and solar panels producing 300,000 MWh of electricity each year.



Uldis Ameriks, chairman of the board of Laflora: 'Our ambitious project will be a manifestation of the concept of the European Green Deal, making it possible for Laflora to achieve climate neutrality by 2030.'



## LAFLORA WIND FARM

- Number of wind turbines: 22
- Elevation of the turbines: 251 m
- Wind farm capacity after the first phase of the project: 90 MW
- Average annual power output: 300,000 Mwh, or approximately 5% of Latvia's total yearly consumption of electricity
- Carbon savings by 2050: 2.8 million tonnes of CO<sub>2</sub> equivalent
- Investments to build the wind farm: more than 120 million euros
- Start of wind farm operations: 2025

procurement procedures. Initially, it was estimated that 1 MW of output would cost one million euros, but due to inflation, it is currently expected that the investment necessary for the construction of the wind farm in Kaigu Bog will exceed 120 million euros. Final negotiations regarding the possible involvement of Latvian and international strategic partners are currently underway. The wind farm in Kaigu Bog is planned to begin operations in 2025.

Ameriks stresses the fact that the wind farm project has been expanded by the construction of a solar farm, so another 110 MW of power output has been reserved. This means that the total renewable energy output in Kaigu Bog will eventually reach 200 MW. In total, it will be able to produce 300,000 MWh, or the equivalent of about 5% of Latvia's total yearly consumption of electricity. The implementation of the two phases of this project will allow Laflora to achieve climate neutrality by 2030, fully compensating the GHG emissions generated in the extraction and processing of peat.

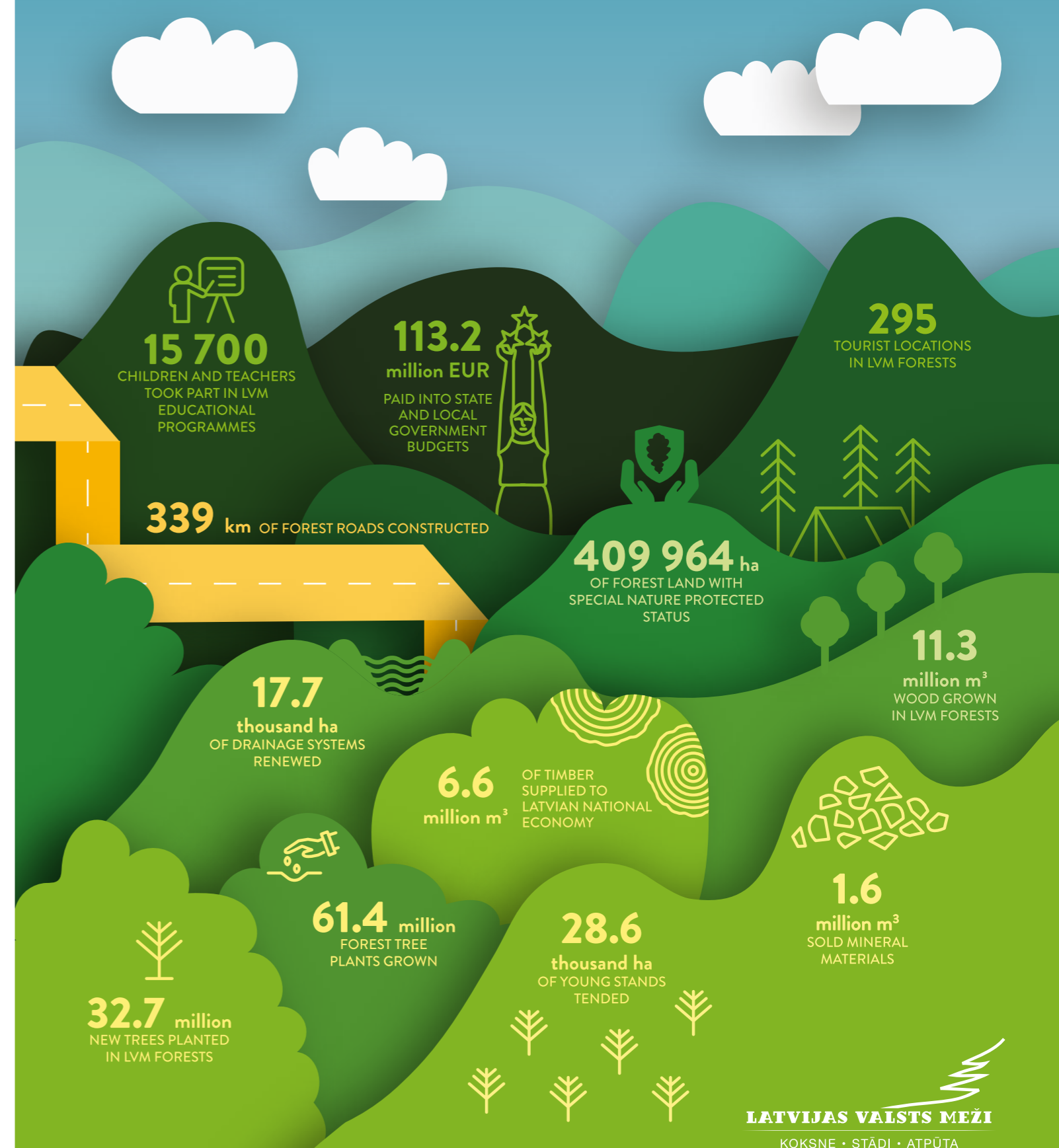
Meanwhile, to encourage the local consumption of peat, the industrial zone is planned as the site for the development of the largest and most modern plant nursery in the Baltics, with greenhouse complexes for growing vegetables and forest seedlings. 'The idea is very simple: to grow seedlings using Latvian peat substrate and deliver them to Europe,' explains Ameriks. 'Currently in Latvia, peat is extracted, processed into peat substrates, and exported to more than 100 countries, including the Netherlands, which is a major producer of flower and vegetable seedlings, as well as vegetables themselves, and part of what is grown there returns to Latvia.'

Construction is to take place at the same time as the development of a green industrial park, which will consume the renewable electricity produced to grow seedlings and vegetables. The wind farm is a project developed by Laflora Energy, a subsidiary of the Laflora peat mining and processing company, in conjunction with the wind farm developer Windy, Ltd. Uldis Ameriks, chairman of the board of Laflora and a board member of the German-Baltic Chamber of Commerce, reported that at the end of last year the Jelgava Municipality Construction Authority issued a building permit for the construction of the Laflora 90 MW wind farm. This marked the end of the planning phase, and the implementation of the project has now begun.

Currently, the plan is to establish 16 wind turbines, but Ameriks says that the number of turbines may in the future be increased to 22. He notes that the appropriate regulations have not yet been developed at the national level, but there are promises of such regulations being introduced, enabling any company to install wind farms on state forest land after earning the right to do so through the appropriate



# “LATVIAN STATE FORESTS” (LVM) RESULTS IN 2022





Valērija Vārna, Head of Tietoevry Create International Baltic Market and Chairman of the Board at Tietoevry Latvia

## TIETOEVRY LATVIA – TECHNOLOGY WITH A PURPOSE

Modern life is largely influenced by technology. No longer is it a question of what technology can do, but what it should do.

Tietoevry is a leading Nordic digital services and software company that creates technology with a purpose – to reinvent the world for the better. It offers both global capabilities and local presence, all geared toward helping people, societies and businesses to flourish.

‘Developing a digital future is in our blood, and we do it with great purpose, innovation, and courage,’ says Valērija Vārna. ‘In more than 90 countries, we serve thousands of enterprises and public sector clients with cloud, data, and software solutions.’

Recently the team’s efforts were rewarded – Tietoevry in Latvia received the Latvian Investment and Development Agency (LIAA) Export and Innovation Award 2022 in the category of Export Leader. Currently there are three Tietoevry companies in Latvia - Tietoevry Latvia, Tietoevry Banking Latvia, and Tietoevry Connect Latvia. Over 1,100 professionals

specialise in creating all types of information systems, payment card solutions, and providing full-cycle services to customers in Latvia and around the globe.

‘As a top-notch service provider, we have a proven track record of success with clients such as state-owned enterprises and entities, healthcare solution providers, business intelligence clients in the public and private sectors, logistics and production companies, and healthcare solution providers,’ Vārna explains. ‘We are also home to the Tietoevry Corporation’s Shared Global Financial Services Center. Our team of 250 highly skilled professionals based in Riga and Liepāja performs financial and accounting functions for Tietoevry companies worldwide.’

Tietoevry Latvia, which includes Tietoevry Create, Care and Industry businesses, offers software development and support along with business optimisation services from concept

to implementation and management. Meanwhile, Tietoevry Banking Latvia offers a variety of financial technology services, including payment card issuer solutions, merchant payment management systems, e-commerce solutions, instant payment infrastructure solutions, and open banking. And last but not least, Tietoevry Connect Latvia (Tietoevry Tech Services) specialises in providing IT services to the parent company’s clients operating in the public sector, utilities, retail and logistics.

‘Our clients trust our people and vision,’ Vārna states. ‘The power of our employees – and I mean the production, delivery and management teams – is central to our success. Everything is connected, and we have a handshake at all levels. This mindset and a sense of responsibility have helped us to develop quality solutions which have transformed how industries worldwide use technologies.’

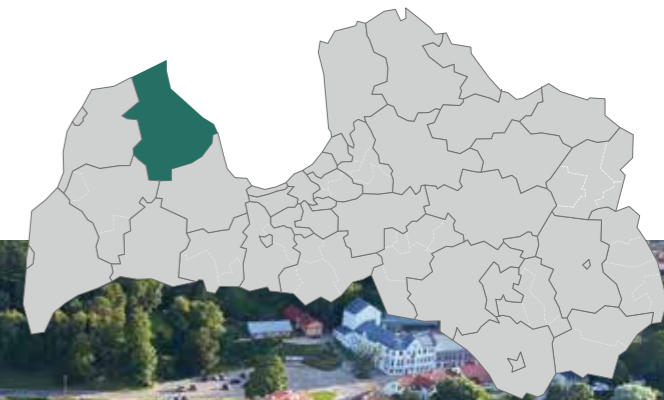
With so much digital noise and so many tools available, Tietoevry always asks one question: are those tools contributing to a positive change? The company’s main goal is to improve processes and make positive changes. For example, in partnership with the Teen and Youth Psychotherapy Centre, Tietoevry Latvia has developed a virtual therapy lab at the premises of Tietoevry in Riga. Next-generation technology solutions enable psychotherapy counseling in a virtual augmented reality environment.

Among other outstanding projects is Tietoevry’s 3rd ebook library. Since 2019, this service is provided in partnership with Latvian public libraries. Over 17,000 people use the 3rd library to read free e-books by both Latvian and international authors.

While levelling up the quality of life through transformation technology, it is important to also consider how much of a footprint Tietoevry is leaving behind in the environment. ‘Having an activity-based office and a hybrid working model is perfectly aligned with our sustainability strategy. Also, Tietoevry will soon relocate to Verde, the greenest office complex in Riga, and be part of the artery of information technologies and financial services in Riga,’ Vārna concludes. [tietoevry.com/lv](https://tietoevry.com/lv)



# TALSI



Talsi Region is a destination where you can enjoy leisurely relaxation at the seashore, peaceful walking trails, the romance of manors and small towns, local flavours, and cultural events and traditions.

### Talsi - the town of nine hills

Feel the aura of olden times, small-town charm, and contemporary art by going on a leisurely stroll up and down the town’s nine hills. Talsi is a town where you can experience being between two different worlds at once, for here, modern art and culture are interwoven with ancient history and nature – just breathe it in and simply be. The town’s biggest keepers of history and bearers of modern culture are the Talsi Regional Museum and the Talsi Cultural Centre.



### Sabile - a town with an edge

Sabile is located at the foot of Wine Hill, and will undoubtedly captivate you with its narrow and winding cobblestone streets, the surprising flavours of its local wines, and the power of unspoiled nature. One of Sabile’s jewels is the Sabile Art, Culture and Tourist Centre located in the town’s centre, in a restored historical building that was once a synagogue.

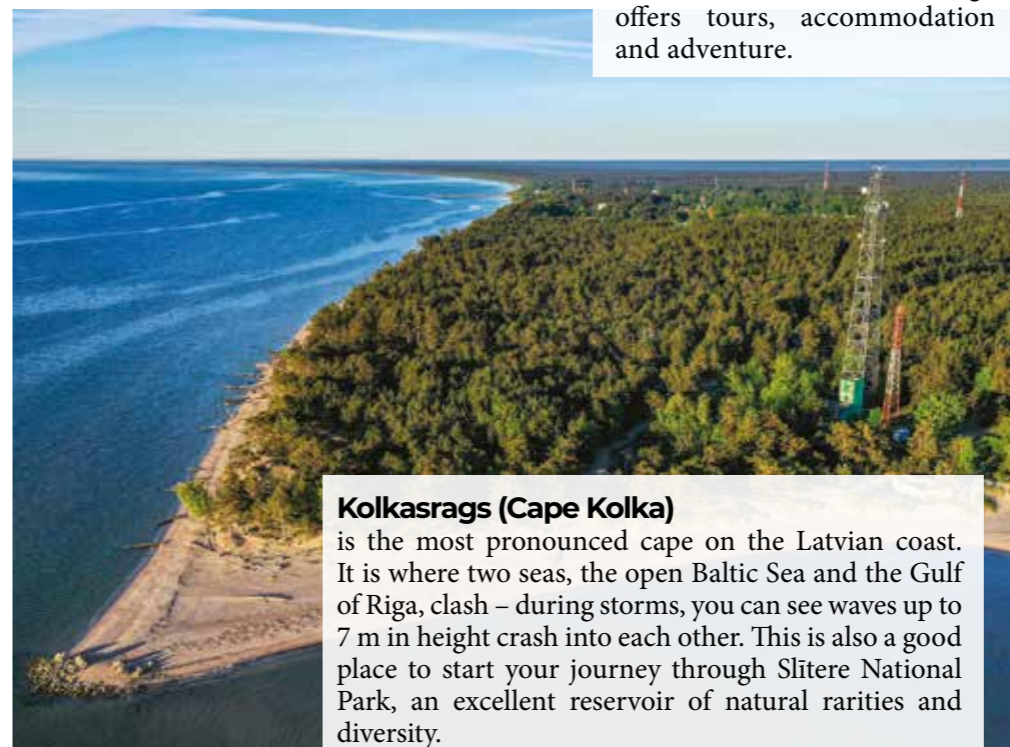
### Dundaga - a touch of yesteryear

In the centre of town stands Dundaga Castle. Built in the 13th century, it is the biggest castle in Northern Kurzeme and rich with legends about the Green Maiden and an exhibition on Arvids Blūmentāls, the adventurer and prototype for the main character in the movie ‘Crocodile Dundee’. Dundaga offers tours, accommodation and adventure.



### Kolkasrags (Cape Kolka)

is the most pronounced cape on the Latvian coast. It is where two seas, the open Baltic Sea and the Gulf of Riga, clash – during storms, you can see waves up to 7 m in height crash into each other. This is also a good place to start your journey through Slītere National Park, an excellent reservoir of natural rarities and diversity.



Talsi Region has 95 km of seacoast, and a variety of relaxing seaside activities can be enjoyed throughout the year: white-sand beaches, small fishing villages, locally caught and smoked fish, coastal-life traditions worth learning about, yacht excursions, and untouched nature can be found along all 95 km.

We recommend you visit Roja – the white-sand beach there is a wonderful place for relaxation and recreation for everyone: silence, sun and calm waters during serene weather, wind and adventurously high swells on more blustery days.



Publicity photos



## BETTER BREAD

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## FROM THE HOME KITCHEN TO A BAKERY

The *Better Bread* gluten-free bakery in Riga is a family-run business that has been on the list of Riga's best bakeries and pastry shops for several years now, and it has won the trust of locals and visitors alike.

*Better Bread* bakes gluten-free bread and pastries, and the owners themselves, Aļona and Sergejs Stepanovs, can often be found behind the counter. The idea of creating a gluten-free bakery came to them a few years ago upon their realisation that high-quality gluten-free bread was nowhere to be found in Riga. They brought their idea to fruition and now run two bakeries in Riga – one in the so-called Quiet Centre in the heart of Riga, and the second in the recently renovated Āgenskalns Market on the other side of the Daugava River. They will soon open a third bakery in the city, which will include not only a café but also an open-plan kitchen, allowing visitors to take a look behind the scenes of how the bread is made.

'Our love for gluten-free bread started in our own kitchen, when we decided to cut wheat from our diet,' say the owners. 'Being avid travellers, we had also noticed how many gluten-free options were available in other parts of the world, and we decided that it was high time that Riga had its own gluten-free

bakery. And so, after a lot of research and reading, we rolled up our sleeves and got to work.'

The uniqueness of the bread at *Better Bread* lies largely in the sourdough starter that Aļona has perfected. Through attending various masterclasses and spending countless hours experimenting in their own kitchen, Aļona and Sergejs developed and refined their own recipes. Several years of experimentation has led to success and the creation of a sourdough recipe consisting of quinoa, buckwheat, and maize flours.

'Our bread is something that we ourselves enjoy eating. It contains no added sugar or chemical additives,' says Aļona. 'We believe that a healthy product should contain only pure and natural ingredients, which is why we use only certified organic gluten-free flour, our own fermented natural sourdough starter, and other high-quality ingredients such as nuts, seeds, fruit, and spices. With great respect and love for the bread, we shape



it into loaves that ferment overnight so that they can be put in the oven in the morning'. For the bakery's first half year, Aļona herself went to the bakery every morning at 5 a.m. to bake bread. *Better Bread* has received EU Organic Certification, and several of its products are labelled as organic.

*Better Bread's* cosy bakeries are also frequented by health-conscious people. Since *Better Bread* only makes gluten-free products, those who have gluten intolerance can rest assured that their health will not be compromised. 'Our visitors are mindful of their health,' says Sergejs. 'Both tradition and trust in us as the makers of this bread are important to them. We believe that establishing trust is one of the most vital investments one can make today. It's important for us that our customers know and trust us and our brand philosophy. We ourselves always choose to go to places that are based on tradition.'

The Stepanovses themselves also consume *Better Bread* baked goods on a daily basis. Their seed bread and toaster bread are the most popular items among customers, the former made using a special technology that allows for the omitting of starter or yeast. Those not fond of the tang of natural sourdough will appreciate *Better Bread's* ciabatta with olives; made with yeast, it's become a fast favourite among regulars.

Popular dessert pastries at *Better Bread* include canelés and vegan carrot cake made with tofu and lemon cream. As for the canelés, several French customers have pointed out that they

taste just as good as the canelés back home. One of the most sought-after items this spring are the organic marzipan-and-chocolate cupcakes, which many gourmets have already named the most delicious sweets in the city. The first bite makes you wonder how something so tasty could be gluten-free, while every next bite makes you want to come back to the bakery again and again.

But the popular cupcakes aren't the only new thing this spring. The bakery's range also includes two new types of bread, made from oat sourdough starter and from a hazelnut paste. Speaking of which, hurried breakfasters or leisurely diners should make sure to visit the *Better Bread* bakery in Āgenskalns Market, where delicious gluten-free sandwiches are made directly from bread made with with oat sourdough starter.

There are two things that the owners of *Better Bread* are passionate about: gluten-free bread and coffee. Their love of coffee goes hand in hand with their love of bread, and they can talk about both for hours. Being connoisseurs of good-quality coffee, Aļona and Sergejs are well versed in the different kinds of coffee produced around the world. Trusting their own palates, they've chosen to offer *Da Matteo* coffee to the bakery's customers.

Confident that a gluten-free diet can be delicious and enjoyable on a daily basis as well as on special occasions, Aļona and Sergejs invite you to stop by one of their bakeries – odds are you will even get to meet them in person.



Publicity photos

## NOMAD AN EXPLOSION OF FLAVOURS

The name of this restaurant lines up perfectly with its concept. Just as nomads travel from one place to another, *Nomad* invites its guests to enjoy the best dishes from all over the world right here in the heart of Riga. Combining the finest aspects of Pan-Asian cuisine with the steakhouse culture of the West, *Nomad* is a place you'll want to return to again and again.

The whole world comes together in one diverse, multicultural menu at *Nomad*. The restaurant's two set menus focus on two bedrocks of pure quality: perfectly prepared steaks made from the highest-quality cuts, and exquisite seafood served as part of *Nomad's* raw bar, which offers perfect sashimi, nigiri, rolls, and more. But what truly sets *Nomad* apart and makes it the perfect destination for curious yet hard-to-surprise travellers is the way in which it tears down artificial borders imposed by having to declare a belonging to a certain type of cuisine.

*Nomad* has been on Riga's restaurant map for a year and a half now, and it has been catching the attention of diners since the day it opened. It's no coincidence that, at peak times, it's difficult to get a table here without a reservation. People are saying that this is where you'll find the best octopus in Riga and also some of the best steaks. Dessert lovers, for their part, are impressed by the honey cake with Sicilian almond praline and dried porcini mushrooms and truffles.



**NOMAD**  
WORLD'S TASTE

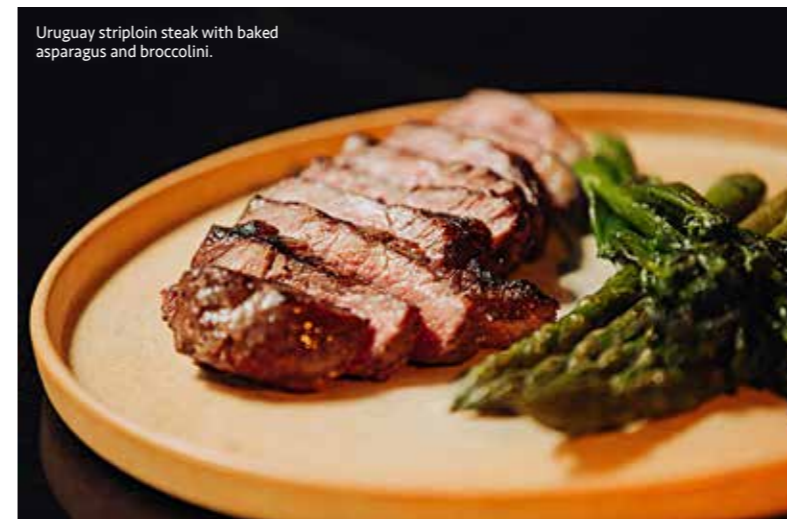
Address: Dzirnava iela 42, Riga  
Phone: +371 26 126 266  
Website: nomad-riga.lv  
E-mail: info@nomad-riga.lv



Dmitrijs Sinkevics, the restaurant's head sommelier, was recognised as Latvia's Best Sommelier in 2022.



Nigiri (bluefin tuna, salmon, yellowtail), gunkan (eel, octopus, chum salmon caviar), and sashimi (salmon, bluefin tuna, scallop, eel, tiger prawn).



Uruguay striploin steak with baked asparagus and broccolini.



'Caprese' basil mousse dessert with strawberries and tomatoes

At *Nomad*, everything is in the details... and in the people, who truly embody the idea, the success, and the soul of this establishment. The team at *Nomad* is headed by chef Maksim Mihejev, sushi chef Sergej Kim, pastry chef Diāna Ozoliņa, and sommelier Dmitrijs Sinkevics.

Head chef Mihejev cherishes the independence entrusted to him and the no-limits attitude he is allowed at *Nomad*, because it is his creativity, know-how, and freedom of expression that adds new and unexpected flavours to the restaurant's offer, and which allow for truly unique gastronomic experiences. For Mihejev, cooking is not just a job; it's a realm that has no boundaries. It's even rumoured that, as a child, he even slept with cookbooks under his pillow, which could explain his passion for cooking and grilling.

Sushi chef Kim, for his part, has more than 20 years of cooking experience under his belt. He is known for his perfectionism and spending countless hours ensuring that every piece of a dish is prepared to perfection, no matter the cost or time spent. His sushi is therefore always up to standard.

Pastry chef Ozoliņa has worked with some of the best pastry chefs

and attended many training courses, including in France, Spain, and Belgium. For her, cooking is an artistic expression, and the main principle of her art is 'less is more'. *Nomad* also has one of the best-curated wine menus in all of Riga. This comes as no surprise, because Sinkevics, the restaurant's head sommelier, has won first place in the Latvian Sommelier Championship and was recognised as Latvia's Best Sommelier in 2022. He has a great passion for wine and ambition to learn as much as possible about this amazing drink.

In the interior design at *Nomad*, nothing is accidental or superficial. Most of the furniture has been custom-made especially for *Nomad*, and you won't find another place with a bar counter this exquisite – it's made from heavy, old Latvian oak and fits the restaurant perfectly. Everything guests see around themselves has been carefully selected with love, care, and respect for the idea behind the place.

Although *Nomad's* guests can enjoy both steak and Pan-Asian cuisine in any of the restaurant's modern spaces, the area designed specifically for Asian cuisine draws guests' attention not only with the perfectly prepared dishes but also with

a bar whose atmosphere is akin to an elegant, eclectic theatre. Here one can watch the actors (bartenders) in action, and it never gets boring.

The bar truly comes to life every Friday and Saturday after 10 p.m., when there's always a top-notch DJ playing music on the superb stereo system. *Nomad* gathers the most elegant, beautiful, and refined audience for its very special, sparkling evenings at the end of each week. That's when special, heavy red velvet fabrics are draped across the bar, which not only add to the aura but also interact almost magically with the sound to ensure the perfect auditory experience.

Speaking of the bar, here *Nomad* satisfies travel yearnings and modern-day nomad culture also in the form of exquisite, creative cocktails. These take guests to different places around the globe through perfectly combined ingredients as well as fitting names. For example, try the Kazakhstan cocktail made with cognac, red wine, blueberry syrup, and lemon juice; Peru with red vermouth, mezcal, *Angostura* bitters, pisco, and vanilla syrup; Madeira with Madeira wine, *Montenegro*, and *Fernet-Branca*; and many more.



## ZIVJU LETE – inspired by the sea

A centuries-old bond with the sea and fishing is an integral part of Baltic culture. Some time ago, Latvians even had ‘fish day’ once a week, on Thursdays. The ethos behind *Zivju Lete* is to make every day a fish day!

Born from the love of seafood and Latvia’s fishing heritage, *Zivju Lete* first opened its doors in 2015. The concept of a place specialising in fish – something that was lacking on Riga’s gastronomic scene – was an instant success. First, the restaurant offered a small menu that changed regularly depending on the catch of the day. But the demand for seafood delicacies has been growing, and in 2018 *Zivju Lete* relocated to new, more spacious premises.

The new restaurant has introduced a more varied menu, where everyone can find a dish to their liking. *Zivju Lete*’s cuisine combines the best of fish and seafood recipes, both local and international. The menu features well-known classics like tartares, fish soups, mussels, and seafood sauté as well as



Dzirnavu iela 41, Riga  
Website: [zivjulete.lv](http://zivjulete.lv)

Open: Mon – Thu 12:00 – 22:00  
Fri – Sa. 12:00 – 23:00  
Sun 12:00-21:00



some regional specialties, such as Baltic herring and sprats. The main goal of *Zivju Lete*’s cooking style is to showcase the seafood’s beauty without over-complicating its natural flavour. Recently, the specially invited chef from Italy, Andrea Salvatori, has added flawless Mediterranean flair to the restaurant’s cuisine with signature grilled dishes.

An actual *zivju lete* (or ‘fish counter’) forms the centrepiece of the open-plan kitchen. Here the best of the sea is displayed, from local fish to exotic seafood. What sets *Zivju Lete* apart is that it offers all of this at a reasonable price point. Whether it’s the finer end of the spectrum, like oysters and lobster, or fish brought by local fishmongers – seafood can and

must be enjoyed every day. To fulfil this initiative, *Zivju Lete* has created a menu that includes an extensive choice of foods, including the simple fish and chips with cod.

The laid-back and casual atmosphere is also imprinted in *Zivju Lete*’s design. Located in one of the most beautiful and prestigious parts of Riga, the restaurant’s interior is far from snobby or pretentious. A combination of fishing-boat décor, handmade wood furniture, vintage glass tiles, and unique design elements make for a cheerful, coastal vibe. In fact, when visiting *Zivju Lete*, one can almost hear the waves and expect the fisherman whose tattoos inspired the restaurant’s wall painting to walk in through the door at any given moment.

Publicity photos



# OLIVIA RESTAURANT

## AN UNFORGETTABLE GASTRONOMY EXPERIENCE

### Mediterranean cuisine with hints of Scandinavian flavour

For more than three years now, *Olivia Restaurant* has been welcoming Rigans and guests to the city with a combination of Mediterranean and Northern traditions and foods that are not available anywhere else in Latvia.

In creating the menu, the team at *Olivia Restaurant* has taken inspiration from French, Italian, Greek, and Spanish gastronomic traditions, and has also included hints of Asian flavours and combined everything with the chef's own passion for experimental cuisine. However, the team always pays the most attention to the ingredients they use – they must be not only seasonal but also clean and organically grown. Fresh produce and ingredients are the most

important thing. They must be not only correctly grown, obtained, and delivered but also be processed correctly in our kitchen,' says the chef. 'Therefore our task is to find produce and meats of excellent quality, prepare them with respect, and serve them in an agreeable setting. In addition, it's important for us to give thought to each ingredient, from the fish and meat all the way to the mushrooms and berries, which are, for example, gathered in the forests of northern Finland. If each of the ingredients in a dish is of the highest quality, then the meal is truly delicious and enjoyable.'

*Olivia Restaurant* is distinct not only for its high-quality produce and unique flavours and manner of preparation, but



Address:  
Krišjāņa Valdemāra iela 25,  
Rīga  
Phone: +371 27 338 866  
Website: [oliviarestaurant.lv](http://oliviarestaurant.lv)  
Opening hours:  
Mon-Sun 12.00–23.00

also for its general philosophy. Each food on the menu has a story of its own. The main menu highlights fish and seafood: the Mediterranean turbot is from the French coast, where it is raised on an organic fish farm, while the North Sea cod is caught in the Barents Sea and the shrimp are supplied from Canada. The swordfish comes from the Atlantic Ocean and sometimes takes more than 20 hours to be delivered to the restaurant. *Olivia Restaurant* is the only restaurant in Latvia to have been granted an official catch quota for bluefin tuna, leading its restaurant team to create a unique concept for Riga – a tuna menu.

The *Olivia Restaurant* team has also kept meat lovers in mind. Most of its meats come from Ireland because in addition to having been quality meat producers for many generations, the Irish are also able to ensure that the meat delivered to the restaurant is organically grown, tender, juicy, and full of flavour.

The dessert menu at *Olivia Restaurant* is not large, but each of the dishes contains refined, nuanced flavours that might even recall childhood. One of the favourite desserts at the restaurant is the caramelised Brunost,

or cheese cream with cloudberry from the Arctic – guests call it an absolute masterpiece. Another highlight is the chocolate brownie with black garlic and lingonberry sauce, which once again confirms the chef's tendency to not shy away from experimenting with various flavours and manners of preparation. It is precisely for this reason that the menu at *Olivia Restaurant* often features fermented products made on site at the restaurant, including nuts, egg yolks, and kombucha, which features in several sauces.

*Olivia Restaurant* is located in a two-storey wooden building dating to the 19<sup>th</sup> century in the heart of Riga's Art Nouveau district. The restaurant has taken care not only with its gastronomic offer but also its visual image. Naturally, the exterior attracts attention, but so does the well-considered interior with its subtle colours, brick walls, velvet, copper, wood, and the romance of an attic space. Because *Olivia Restaurant* can accommodate up to 100 guests, the restaurant's unforced informal atmosphere is ideal for meetings with friends and romantic dinners as well as for business meetings and larger celebrations.





## FISH HOUSE BRASSERIE DE LUXE

Keeping excellence in everything

Chef Pjotr Danilov



Address:  
Skolas iela 29, Riga  
Website: fishhouse.lv  
Phone: +371 26 497 777  
Email: info@fishhouse.lv  
IG: @fishhousebrasserie

Opening hours:  
Mon-Tue: Closed  
Wed-Sat: 10.00-22.00  
Sun: 10.00-15.00

*Fish House Brasserie de Luxe* is a restaurant for lovers of gourmet experiences, a place where everything served truly falls under the definition of 'haute cuisine'.

*Fish House Brasserie de Luxe* stands out with its concept of casual gourmet dining in an atmosphere reminiscent of a French brasserie, which is precisely why it has won the hearts of Rīgans and gastronomic travellers. For two years now, *Fish House* has been awarded with a *Travellers' Choice Award* by *TripAdvisor*, putting it into the category of the top 10% best restaurants in the world. People clearly appreciate the laid-back ambiance of *Fish House* – from savvy business people and politicians to hip artists and adventurous tourists, they're all united in their quest to experience a superb culinary journey.

Using modern cooking techniques and the finest-quality products, *Fish House* creates a symphony of flavours, honouring the cultural heritage of haute cuisine and respecting the authenticity of natural flavours. Every ingredient used here is worth its weight in gold. *Fish House* has its own view of the world, and it wishes to pass that on to its guests through the food it creates.

The *Fish House* team always goes the extra mile in its offer as well as its service – it's no coincidence that the brasserie is a favourite with visitors for both leisurely breakfasts and social gatherings. Having been on the Riga restaurant map for several years, *Fish House* has never wavered from its values of serving only the freshest seafood and surprising visitors with special flavour combinations and the best service.



Hamachi tartare



Game of structures

Although *Fish House* is decidedly a seafood restaurant, with the addition of the talented chef Pjotr Danilov, its à la carte menu has been supplemented with great-tasting meat dishes. Danilov combines the best of both worlds – he has gained extensive experience in fish restaurants, including a French restaurant in London, but he is also a true master of meat dishes. Achieving a balance of flavours is important for him. He also has a love of colour in food, which is why he always takes special care with the visual part of a dish, emphasising that a meal should be a treat for the eyes as well.

*Fish House* is a family affair, in essence having become a representation of the Abdulmuslimov family and their love of excellent food. 'In a way, our restaurant is an embassy of our family, a place where we present our culinary beliefs and our values,' says Mansur Abdulmuslimov, the restaurant's manager. 'In an effort to give our guests an even more memorable experience, we travelled to the South of France with our chef to explore and be inspired by the flavours of that region. We visited places that are known as the crown jewels of the French restaurant world, including *La Colombe d'Or*.' Danilov was truly inspired by this trip, and the new menu now features several unique signature dishes. One of them, the Game of Structures, combines cold cooked meat and duck broth jelly.

The dessert menu boasts original creations by the *maison*, such as the baked pear with d'or blu cheese and tonka bean ice cream. *Fish House* has succeeded in finding the key to its customers' taste buds, thus becoming a favourite spot for romantic dinners, business lunches, and relaxed breakfasts with friends. In fact, Riga insiders know that on Wednesdays to Sundays from 10 a.m. to 2 p.m. it's the place to go for the most refined and delicious à la carte brunch in the city. *Fish House* has become one of the most popular dining venues in Riga and one recommended by both Rīgans and visitors to the city as a must-try flavour experience, with distinct offerings from breakfast, lunch to dinner. *Fish House* is a boutique restaurant, which is why we strongly recommend making a reservation for an evening meal if you want to be sure of getting a table.

*Fish House* certainly stands out with its desire to offer its visitors a unique experience in everything. But well-planned French cuisine and an excellent wine list – which, incidentally, includes several unique wines – are not the only reasons to visit *Fish House*. Tea lovers, for example, will also find a specially curated tea list. This is made all the more special because it has been created in collaboration with *Chá Camélia*, the only organic producer of green tea in Portugal. Some guests have even called this tea experience mind-blowing. So, whether you come for a perfectly brewed cup of tea, a premium wine, or a dinner with friends, *Fish House* maintains excellence in everything.



Wild Japanese bass carpaccio



Steamed skrei cod



Gamberetti and fillet steak



D'or Blu baked pear

Publicity photos

# GOLDEN FLAVOURS OF THE WORLD IN TALLINN

Enjoying your time in Tallinn city centre? Getting hungry?  
The Golden Triangle and Manna Group's restaurants have got you covered.



Manna La Roosa



Tai Boh



Pomo Restorante



Kompu



Vatican

For those not yet in the know, the 'Golden triangle' it's how locals have named an area in Tallinn city centre. The triangle's three points are Tammsaare Park, the *Viru* shopping centre, and the Old Town border around the *Venus* night club. While visiting Tallinn, at some point you will most likely spend time somewhere in that area, and if you're a foodie, you'll be happy to have found it.

Right across the street from the *Venus* night club is a strange wooden house covered in greenery. As its appearance suggests, it's sometimes referred to as the Green House. Behind the walls of this fairy-tale-like building, you'll discover the equally magic *Manna La Roosa* restaurant. It's a place full of creative energy that will leave no soul untouched. With its large terrace, *Manna La Roosa* is the perfect place to enjoy delicious cocktails and food. The restaurant often hosts events in the evenings, so making a reservation is a good idea. *Manna La Roosa* opens every day at noon. Vana-Viru 15

On the second floor of the 100-year-old Green House you'll find the Asian fusion restaurant *Tai Boh*, which is run by a top chef from Thailand. For anyone craving truly great Asian food, an authentic experience is guaranteed. Referencing the history of the building in which it is located, *Tai Boh* has an impressive interior that was designed by the renowned artist Soho Fond, who has outperformed himself to put together an unbelievable mix of authentic Indian art with a combo of self-created kitch and trippy psychedelic art. Vana-Viru 15

Sometimes referred to as *Tai Boh's* 'younger brother', *KimiJimi* offers bold and pure Asian street-food flavours, aromas and vibes in *Viru Food Hall* at the *Viru* shopping centre. *KimiJimi's* menu is broad and varied – head chef Gopal from Nepal ensures that it's always thrilling and never boring. Have you ever tried avocado and honey boba tea? Maybe it's about time you did! Depending on your preferences, *KimiJimi* can take you on a unique flavour journey

to the premium street-food scenes of Vietnam, Thailand, Korea, Cambodia and Japan. *KimiJimi* opens every day at 11, making it the perfect pit-stop for a quick lunch! Viru food hall

Right next to the *Viru* shopping centre is Tammsaare Park, an area to soak up the sun, enjoy coffee, and rest your feet from all the sightseeing. In the middle of the park is a large glass pavilion – feel free to step right in, especially if you are craving Italian food! *Pomo Restorante* is a family-friendly restaurant that serves true Italian cuisine: pasta, salads, desserts, and, of course, pizza! *Pomo's* Italian chefs use an authentic Naples pizza-oven, which adds a certain x-factor that can really be felt in every bite. They even host pizza-making masterclasses where participants can learn to make their own pizza under the guidance of certified pizza master and *Pomo's* head chef, Jose. For true foodies, events at *Pomo* are something to keep an eye on – this might just be the memory that 'makes your trip'! Pärnu mnt 3

In the same pavilion, the restaurant *Kompu* presents an exciting cocktail menu and flavours from all around the world in a spacious, boho-style interior. You don't need a special reason to come here – it's well-suited for lunch or dinner, as well as for private events, such as if you happen to be celebrating a birthday during your trip or have a team-building event in mind. Pärnu mnt 3

Talking about private events, *Vatican* is a mysterious event centre in Tallinn city centre, right in Tammsaare Park. It is perfect for groups who are looking for a one-of-a-kind interior, excellent entertainment, and feelings that will not be forgotten for a long time after. That doesn't necessarily mean you have to organise your own event – *Vatican* often hosts shows and concerts, including stand-up comedy. Their programming is so diverse, you're sure to find an evening's entertainment to your liking, and, perhaps, even surprise. In any case, we guarantee it will be memorable! See FB/vatican tallinn. mannagroup.ee

Manna  
GROUP





## LA CUCINA DI ORM OJA AN AUTHENTIC ITALIAN EXPERIENCE

The hottest new restaurant in Tallinn isn't an overcomplicated fine dining experience, nor yet another tribute to Nordic cuisine, but a classical Italian restaurant that focuses on details and quality – *La Cucina di Orm Oja*.



### La CUCINA di Orm Oja

Address:  
Vene 4, Tallinn  
Phone: +372 524 4119  
Website: lacucinadiorm.ee

Opening hours:  
Mon – Fri: 17.00 – 24.00  
Sat: 15.00 – 24.00

Head chef Oja brings experience from Michelin-starred restaurants in Tallinn and Copenhagen, but says that his love for Italian culture and their way of life encouraged him to open a restaurant offering simple and homey Italian dishes – something he saw lacking in Tallinn's restaurant scene.

‘Our goal is to create dishes as Italian *nonnas* do, with an authentic, simple and rustic approach to both appearance and the flavour palette, while also cutting no corners when it comes to quality ingredients,’ says Oja. Most of the ingredients used here – such as olive oil,

Crispy artichokes with cheese and truffles



cheese, flour, olives and wine – are sourced from Italy, straight from the producers who know how to do it best. When possible, all seasonal and fresh ingredients are Estonian-grown.

Located in a house that dates back to the Middle Ages and which was once home to a rich merchant, the restaurant allows guests to take a peek inside the grandeur of a noble's house from centuries ago. In healthy contrast, the atmosphere inside the grand hall is wholly Italian and designed to give a taste of Italy while in the heart of medieval Tallinn. Upon entering, you're greeted by mellow Italian music, attentive waiters in black-and-white, and the quiet bustle coming from the open kitchen; candles quietly flicker and the air is thick with an intoxicating mix of perfume, truffles and wine. ‘Guests often say that only when opening the restaurant's door to go home are they reminded that

they are, in fact, not in Italy but in Estonia,’ Oja says.

The restaurant's menu consists of classic Italian dishes that focus on simple and high-quality ingredients. ‘The classics will always be there, but we try to play with seasonal ingredients for risottos and pastas to keep some surprises in the menu for guests who have become regulars,’ explains the chef. His own favourites from the menu are a simple tomato and burrata salad,



Panna cotta with passion fruit

and *orecchiette* pasta paired with spicy *salsicce* in a tomato sauce. Customer favourites have turned out to be two stand-out starters: artichokes with seasonal truffle sauce, and crispy squid. To finish your dinner, Oja recommends a cold sip of their homemade limoncello. ‘It seems to have acquired a cult status around town,’ admits the chef with a smile.

Those who share a passion for Italian cuisine can request a seat at the chef's table, where you can enjoy the hustle and bustle of the kitchen throughout the night. The spectacle of the well-oiled machine that is a professional kitchen is a perfect companion to the emotions and discussions that the food will surely spark.

The restaurant's Italian scope in Tallinn has already expanded to a neighbouring house located at Vene 1, where an authentic Neapolitan *pizzeria* was recently opened to accompany *La Cucina di Orm Oja*. The same core values of simplicity, quality and a quintessential Italian atmosphere have, of course, carried over to the more casual *pizzeria*.

# Porto

Get ready to explore the colorful streets, taste the delicious cuisine, and indulge in the vibrant culture!



visit Portugal

airBaltic

Publicity photos

# TASTE THE BEST OF TARTU

Known among locals as the university town, Tartu has a vivid social life. But this doesn't mean that everything comes to a halt as soon as the academic year comes to an end, for the riverbanks of the Emajõgi (the beautiful river that flows through Tartu) do not disappoint during the summer months either – everything simply switches over to a different pace.



## VÄIKE KUUBA

Many restaurants, cafés and cocktail bars in Tartu open their terraces when the days get warmer and the evenings grow longer – so settle in and discover a different kind of sanctuary to rest the mind and take a break. One bar definitely worth visiting in the summer season is *Väike Kuuba* ('Little Cuba' in Estonian), a legendary mojito bar on the banks of the Emajõgi. *Väike Kuuba* won the hearts of both locals and guests as soon as it first opened in 2015 – how could it not, with the best mojitos in the northern hemisphere? If you think we're exaggerating, go ahead and try them for yourself – we guarantee you'll agree (take note: the predicted hit-alerts for this summer are the kiwi mojito and the 'Hemingway frozen daiquiri'). After eight years of being Estonia's first and only mojito bar with Caribbean vibes, *Väike Kuuba* has maintained its original essence and truly upholds the 'Tartu spirit' during the summer months – if it can be felt anywhere in town during the warmer months, it's in the late evening hours at *Väike Kuuba*. *Hasta luego!*

Vabaduse puiestee 1C/3  
vaikekuuba.ee



## KOLM TILLI

If you're getting hungry but aren't exactly sure what you're craving, head to the *Kolm Tilli* restaurant ('Three Dills' in Estonian) in *Aparaaditehas*, a former factory that has been transformed into a vibrant cultural hub that features restaurants, exhibitions, performances and other events. *Kolm Tilli* is inspired by world street food, including the cooking of it, which is why there's an open kitchen at the heart of the restaurant. Adjacent to the main kitchen section are Naples-style pizza and pastry-making corners. All of this is underscored with a modern bar that follows all the latest trends while preserving the classical art of cocktail-making. Guests can observe how both their food and drinks are made while they wait for their delicious meals to be served. A recommendation for the upcoming season (if you haven't been lucky enough to try it already) is one of the most famous pizzas in all Estonia: the salami-truffle pizza. If you're an early riser, you can just as well kick off your day with breakfast at *Kolm Tilli* – it's not for nothing that it's grown to be one of the biggest restaurants in Estonia. In addition to excellent food, *Kolm Tilli* also offers a diverse cultural programme, ensuring a versatile and varied experience for every taste.

The quick-stop eatery *The Paper Bag Company* recently opened next to the restaurant. Although it focuses on take-away, you can also sit down and enjoy your meal if there's no need to rush and get on with a busy day.

Kastani 42  
kolmtilli.ee



## MEAT MARKET

For those who appreciate a good steak, *Meat Market* restaurant is the best meat restaurant in Tartu. At *Meat Market*, cooking meat is considered an art form. *Meat Market's* wide selection of meats and other local produce, as well as excellent cooking techniques, are regarded as of the highest importance here, and all who hold the same values will recognise the worth of the restaurant's efforts.

*Meat Market's* meat selection is outstanding. On the menu you'll find most everything, from classical beef entrecôte and tenderloin to bull testicles. The restaurant respects their sources, so everything is used – from snout to tail – and food waste has been brought to a minimum. *Meat Market* has daily butcher's specials, and although normally local products are preferred, occasionally the specials may be very exotic (we're talking things like crocodile, zebra, kangaroo...). The menu includes smoked and slow-cooked meat, and serves food on ice as well as straight from the fiery grill. How food is prepared is what gives it flavour and texture, and the chefs here are well aware of this certitude. Guests are welcome to observe and learn! This season we recommend you try the amazing birria tacos – grilled instead of fried, they're incredibly juicy.

The restaurant also features a bar, and it is no less interesting. Here as well, the emphasis is on the craft – many of the syrups used in the cocktails are handmade. The drink list includes timeless classics and trendy newcomers from all around the world. *Meat Market's* menu has enough variety to fit with simple drinks and snacks with friends, a romantic dinner for two, or a larger group celebration.

Küütri 3  
meatmarket.ee



## CAFÉ TRUFFE

If you're looking for a place to spend a sunny day, maybe read a good book, and have a lovely meal, *Café Truffe* has the most sun-filled terrace in town. The terrace is located right at Tartu Town Square, fits more than a hundred people, and is open from morning until sunset. The café offers Mediterranean cuisine, including a rich salad selection, pastas, handmade desserts, and pastries. *Café Truffe* has been a local favourite for 18 years, with some items on the menu having reached legendary status (e.g. the satisfying French meat salad and the moistest-ever chocolate marble cake). Of course, new items are also regularly added to the menu to keep things interesting, right next to the old favourites. The 2023 summer menu features additions of Asian flavours, modern world-cuisine trends, and traditional meals. This season we've chosen to recommend the boeuf à la tartar with a Japanese twist, as well as the schnitzel made from slow-cooked meat – it's incredibly soft on the inside but with the traditional crispy crust on the outside.

Raekoja plats 16  
truffe.ee

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## WELCOME ABOARD WITH *airBaltic*



A view over Istanbul

### THE WORLD AWAITS

Whether it's high school, college, or a master's degree, every graduation calls for a celebration. What better way to commence a new chapter in life than embarking on a journey and exploring a new, exciting city?

#### ISTANBUL

This Turkish city is a kaleidoscope of impressions, a vibrant mix of the modern and ancient, the East and West, and it brims with life around the clock. Relish some of the world's most significant architectural landmarks, such as the Hagia Sophia and the Blue Mosque, and cool off on the beautiful Bosphorus waterfront before securing a bargain at the vivid Grand Bazaar. However, it might very well be a sumptuous Turkish breakfast and the welcoming locals that become the highlight of your trip. Flights from EUR 179 € round trip.

#### BERLIN

The capital of techno and raves is the perfect place to blow off some exam-accumulated steam. People-watch at one of the hip specialty coffee shops in the Kreuzberg or Neukölln neighbourhoods, roam around some of the best flea markets in Europe, visit the historical East Side Gallery, laze with the locals on the former Tempelhof airfield, and fuel up with some top-notch *döner* before getting into the line for *Berghain*. Flights from EUR 33 € one way.

#### BILBAO

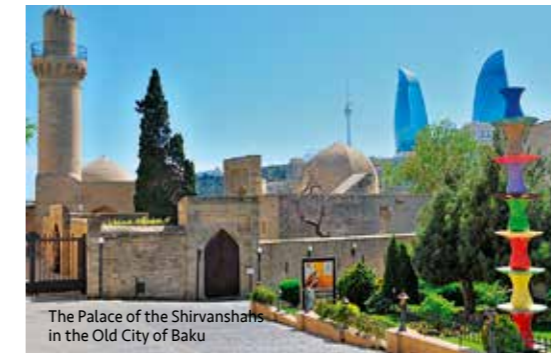
This Basque gem is an exciting mix of stunning architecture, delicious *pintxos* (Basque tapas), and thriving cultural life. Discover the iconic Guggenheim Museum, wander around the charming cobblestone, bar-lined Casco Viejo, and mingle with the creatives at the Azkuna Zentroa cultural centre. For a day trip, consider San Juan de Gaztelugatxe – a coastal cliff graced with a church that featured in the hit TV series *Game of Thrones*. Flights from EUR 155 € one way.

#### BELGRADE

Life in the Serbian capital is as invigorating as its two rivers, the Sava and the Danube. Catch some live music in the bohemian neighbourhood of Skadarlija, gallery-hop in the Savamala district, and discover the peers of Marina Abramović at the Museum of Contemporary Art. Get a tan at Ada Ciganlija Lake or go on a hike in Kosutnjak Park, and don't miss a mesmerising sunset at the Belgrade Fortress or the Kosančićev Venac area before wrapping up the evening at the trendy KC Grad cultural centre. Flights from EUR 79 € one way.

### CAUCASUS: THE OLD AND THE NEW

Surrounded by the rugged Caucasus Mountains, the capitals of Armenia, Azerbaijan, and Georgia feature a marvellous architectural blend of timeless classics and cutting-edge coolness.

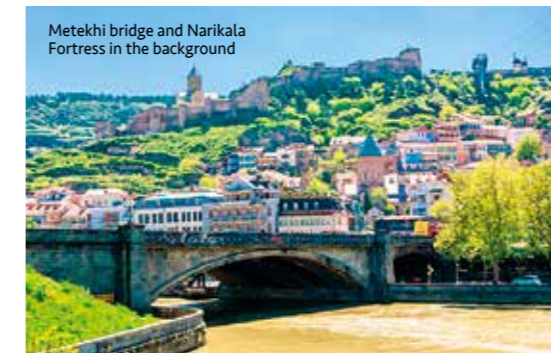


The Palace of the Shirvanshahs in the Old City of Baku

#### BAKU

Baku's UNESCO-listed Old City has a magnificent collection of sacred architecture, such as the Palace of the Shirvanshahs palace and Bibi-Heybat Mosque, which sit next to ultramodern structures such as the iconic Flame Towers and Zaha Hadid's masterpiece, the Heydar Aliyev Centre.

Flights from EUR 155 € one way.



Metekhi bridge and Narikala Fortress in the background

#### TBILISI

The Georgian capital's cityscape is as abundant as its cuisine. Climb up to the 4<sup>th</sup>-century fortress on Narikala Hill to get a bird's-eye view of the city. Look out for the dazzling Sameba and Sioni cathedrals, which blend in with contemporary landmarks such as the futuristic Tbilisi Public Service Hall, the Bridge of Peace, the Bank of Georgia Headquarters, and the British Embassy designed by the late British architect Michael Wilford.

Flights from EUR 139 € one way.



Khor Virap monastery with Mount Ararat in the background

#### YEREVAN

Free up your phone's storage, because the Armenian capital set in the foothills of Mount Ararat is packed with picture-perfect modernist architecture. While the colossal Cascade Complex is the centrepiece, the city is also doing a lot to preserve some of its other modernist marvels, including the Tumo Centre for Creative Technologies, the National Library of Armenia, and the Armenian National Academic Theatre of Opera and Ballet.

Flights from EUR 135 € one way.

### THE STANLEY CUP FLIES WITH *airBaltic*

The Stanley Cup – the prestigious trophy awarded to the National Hockey League (NHL) playoff champion – has made a safe journey from Toronto to Riga and then Tampere as part of the 2023 IIHF Ice Hockey World Championship, which will take place in May and be co-hosted by Riga and Tampere. *airBaltic* is looking forward to providing a convenient flight schedule for hockey fans travelling between the two cities.



To get the best flight deals, look for prices with cherries on [airbaltic.com](http://airbaltic.com)!

All flight prices mentioned in this magazine apply to GREEN tickets from Riga that are booked in advance at [www.airbaltic.com](http://www.airbaltic.com). Prices are subject to availability and not available for all flights or days. Special conditions apply. Prices can be changed unilaterally by *airBaltic*.



▲ Jānis Vitenbergs, Minister for Transport of Latvia; Martin Gauss, President and CEO of airBaltic; Nauris Puntulis, Minister for Culture of Latvia.

**airBaltic UNVEILS ITS 40<sup>TH</sup> AIRBUS A220-300 AIRCRAFT WITH A SPECIAL LATVIAN FLAG LIVERY**

A special event was held at Riga Airport on April 17 to celebrate the arrival of airBaltic's 40<sup>th</sup> Airbus A220-300 aircraft. It is the airline's second aircraft with livery inspired by the Latvian flag.

airBaltic has ordered a total of 50 aircraft of this type, with seven more expected to join its fleet this year.

Since May 2020, airBaltic has operated all of its flights with a single aircraft type, the Airbus A220-300. It has carried more than 11 million passengers so far, and more than 130,000 flights have been completed by Airbus A220-300s.

The A220-300 has the smallest single-aisle carbon footprint in the world, which helps reduce CO<sub>2</sub> and NO<sub>x</sub> emissions by 25% and 50%, respectively. Similarly, its 50% smaller noise footprint translates into a much quieter aircraft. airBaltic's single-type fleet has also improved aircraft efficiency and passenger comfort. With such features as wider seats, larger windows, more hand luggage space in the cabin, and improved lavatories, airBaltic offers an excellent flying experience.

Airbus Canada President and CEO Benoît Schultz: 'Our team is proud to have delivered airBaltic's 40<sup>th</sup> A220-300. Each A220 aircraft is unique, but this one is particularly special. Not only

does it honour the colours of the Latvian flag, but it also represents airBaltic's continued trust towards the A220.'

At the special event in honour of the 40<sup>th</sup> aircraft, airBaltic announced its cooperation with the XXVII National Latvian Song and XVII Dance Festival, becoming its official airline and carrier. Taking place in Riga from June 30 to July 9, 2023, this year's festival will mark the 150<sup>th</sup> anniversary of this cultural tradition. More than 60 events and concerts will be held at numerous venues throughout Riga during the festival. airBaltic employees sing, dance, or play music in about 50 ensembles that will be participating in the song festival.

At the event on April 17, airBaltic President and CEO Martin Gauss stated that this was a special day for airBaltic and the country as a whole. He said that airBaltic is proud of the fact that, for more than 27 years already, it has had the opportunity to carry Latvia's name out into the world: 'Moreover, to do it with one of the most advanced aircraft, which is the core of our airline's operations. At the same time, being aware of the high significance of the Song and Dance Festival for each Latvian and the whole nation, we are honoured to be able to provide our contribution to this occasion.'



# We are on a mission to find 450 new colleagues! Are you one of them?

- ✈️ Pilots
- ✈️ Cabin Crew
- ✈️ Technicians
- ✈️ Workshop Specialists
- ✈️ Software Developers
- ✈️ System Analyst
- ✈️ Flight Operations Specialist
- ✈️ Maintenance Control Specialist
- ✈️ Customer Service Specialist
- ✈️ Logistics Specialist
- ✈️ Revenue Analyst

Join our team of professionals and advance your career in one of the most exciting industries in the world – aviation.

**Join us now!**

For more information about career opportunities, visit [careers.airbaltic.com](https://careers.airbaltic.com)





**WHY PRE-ORDER A MEAL?**

- Getting hungry?** Pre-ordered meals are always served first.
- Save money for souvenirs:** Most of *airBaltic's* three-course meals cost under EUR 50.
- Picky eaters welcome:** The selection of pre-order meals is more extensive than that of the standard on-board menu.
- Choose your favourite:** Booking a meal beforehand eliminates the stress of worrying that your beloved dish may be sold out.
- Sudden cravings:** Pre-order your meal up to an hour before the flight. That's considerably more flexible than with other airlines.

**Three ways to book your meal:**

1. During check-in: from five days to one hour before departure.
2. Adding it to your existing booking: at least 24 hours before departure.
3. Through the Call Centre operators (only for flights to/from Riga, Tallinn, and Vilnius).

**Keep in mind:**

- Hot meals are served only on flights longer than 90 minutes. For shorter flights, there's a wide selection of cold snacks.
- The meal offer varies depending on the destination.
- Meals can only be pre-ordered for flights operated by *airBaltic*.
- Meal pre-order via the *airBaltic* Call Centre is only available for flights to/from Riga, Tallinn, and Vilnius.
- Each meal should be booked separately for each passenger.

Fly deliciously  
**Get your meal first with *airBaltic's* award-winning pre-ordered meals system**

In Latvian, there's a saying that 'love goes through the tummy'. A love for food is ingrained in our DNA, and we believe one cannot explore a new city or embark on exciting adventures on an empty stomach. But travelling, luggage drop-offs, security checks, and strolling an airport's long hallways is a proper workout that works up an appetite. Don't let a growling tummy ruin your whole travel experience. Skip the long lines at the airport food court and use your flying hours to unhurriedly savour a three-course meal. Add the meal to your booking, and *airBaltic* flight attendants will dish up a warm plate for you as soon as the seatbelt sign turns off.

On *airBaltic* flights, excellent meals are not limited only to Business-class passengers. Pre-order one of the three-course meals from *airBaltic's* extensive menu that caters to well-travelled taste buds with different dietary preferences: vegan, lactose-free, gluten-free, kosher, you name it. The menu presents a refined take on European dishes with a nod to Latvian cuisine. Think glossy,

gold-roasted chicken with crispy potatoes, scrumptious veggie rigatoni, teriyaki-glazed salmon, and vitamin-packed quinoa salad with beetroot and feta. Who doesn't love breakfast for dinner? *airBaltic* also has a selection of favourite breakfast dishes, such as an omelette or pancakes with either a sweet berry sauce or tangy caviar. But save room for dessert, because each meal comes with something sweet, like a gooey brownie or classic Latvian honey cake. There's also a special set for the youngest passengers. All meals come with white or red wine or orange juice.

The meals are freshly prepared right before boarding, using top-tier produce. The excellence and accessibility of *airBaltic's* pre-order meals have even been acknowledged by the Skytrax Award 2022.

*airBaltic* maintains its sustainable mindset in the kitchen as well: its pre-order meal concept allows the airline to limit the number of surplus meals, plus the meals are neatly packed in eco-friendly packaging.

Choose your meal at [airbaltic.com/meal](https://airbaltic.com/meal)

**THE CREW RECOMMENDS:**  
The teriyaki salmon meal with rice and fried vegetables, Viennese cake, and orange juice or white wine.



**Planies NFTs – a new digital loyalty experience**

*Planies* is a digital collection of 10 000 cartoon aircraft collectibles powered by *airBaltic*. Each *Planie* is a unique work of digital art made from 180 different traits such as a mouth, wings, and engines. The magic happens when *Planies* are linked to your *airBaltic Club* account and start earning you amazing travel benefits such as loyalty points and flight upgrades. *Planies* bring digital loyalty to new heights – a place where digital art and loyalty benefits become one. This is something that has never been done before in the airline industry.



*Planies* will get you unlimited *airBaltic Club* benefits for each *Planie* you hold; these benefits can be enjoyed by *Planie* holders or anyone else. The more *Planies* you own, the more benefits you get.

**Each *Planie* will get you numerous *airBaltic Club* benefits:**

- ✈️ 20 loyalty points every day;
- ✈️ **Business class upgrade** after every 10 flights flown;
- ✈️ **VIP membership status** when staking 25 *Planies*.

You can purchase a *Planie* at [planiesnft.com](https://planiesnft.com) with a credit card or a cryptocurrency wallet and enjoy a new digital loyalty experience.

To start earning *airBaltic Club* travel benefits, all you need to do is link the wallet in which the *Planie* is stored to your *airBaltic Club* account at [mint.planiesnft.com/stake](https://mint.planiesnft.com/stake).

**Scan to get your *Planie***



- 🌐 [airbaltic.com/en/planies-nft](https://airbaltic.com/en/planies-nft)
- ✉️ [planies@airbaltic.com](mailto:planies@airbaltic.com)
- 🗨️ [discord.gg/planiesnft](https://discord.gg/planiesnft)
- 🐦 @PlaniesNFT
- 🏠 [opensea.io/collection/planies](https://opensea.io/collection/planies)



**PLANIES AT NFT TALLINN: MAY 9-10, 2023**

Get ready to be transported into the exciting world of Web3 and NFTs! The most thrilling event of the year, NFT Tallinn, is just around the corner, and you won't want to miss it.

Taking place on May 9-10, 2023, in Tallinn, Estonia, NFT Tallinn promises to be the biggest Web3 & NFT event in the Nordics and Baltics. It will be a fantastic opportunity for enthusiasts, investors, and builders in the industry to learn about the latest Web3 technologies and NFTs.

The event will feature a diverse lineup of speakers from different corners of the Web3 industry, including firesides, keynotes, panels, workshops, and expo arenas. One of the most exciting aspects of NFT Tallinn is the opportunity to meet the *Planies* team. The team will be at the event, and you'll have the chance to interact with them and learn about *airBaltic's* exciting Web3 journey.

So, mark your calendars and get ready for an unforgettable experience. NFT Tallinn is the place to be on May 9-10, 2023, and we can't wait to see you there!

**9 MILLION *airBaltic* CLUB POINTS HAVE BEEN ISSUED TO *PLANIES* HOLDERS**

Since the release of the 10 000 *Planies* collection at the beginning of October 2022, the holders of these digital collectibles have received 9 million *airBaltic* loyalty points. Earning points is super easy! By purchasing and linking your *Planie* to your *airBaltic Club* account, you will earn 20 loyalty points every day without having to buy a single flight ticket. Your accumulated points can be used to pay for tickets, flight vouchers, or extra luggage for your travels.



**WELCOMING 20 NEW *PLANIE* VIP MEMBERS**

In the previous month, *airBaltic* accomplished a significant milestone by establishing a connection between its top-tier loyalty programme membership and NFTs. This unprecedented initiative enabled customers to attain *airBaltic Club* VIP status without having to fly. Instead of having to fly 60 times a year, customers can now obtain the benefits of the *airBaltic Club* VIP membership level simply by purchasing 25 *Planies* and linking them to their *airBaltic Club* account. Since the offer was introduced, 20 VIP members who possess 25 *Planies* each have received exclusive travel privileges. To enjoy VIP benefits instantly, purchase 25 *Planies* now!

**HAVE FUN SHOPPING!**

Whether you're the proud owner of a *Planie* or only thinking about buying one, you can still rock that *Planies* hoodie or warm winter hat. Shop for *Planies*-inspired merchandise and gifts at the *airBaltic Shop*: [souvenirs.airBaltic.com](https://souvenirs.airBaltic.com).



**Planie of the Month**



**WANT TO SEE YOUR *PLANIE* IN THE NEXT *BALTIC OUTLOOK*?**

The contest for the *Planie of the Month* continues, and now is the perfect opportunity to flaunt your exceptional digital companion. Enter your most impressive *Planie* for the chance to be highlighted in the June edition of *airBaltic's Baltic Outlook*, as well as the opportunity to win some amazing *Planies* merchandise!

Be sure not to miss this thrilling opportunity to display your *Planie* to the world. Stay alert for the competition announcement on Twitter: @PlaniesNFT in early May.

## Chapter 5

### Time went on and we continued to fly


to more places and share even more breathtaking views with our travel buddies. We were unlocking new gorgeous destinations every season and getting to know more places and people. Quite literally - we were flying high.

Whether enjoying Spanish sun rays or the snowy mountains of Austria, we were living out of a suitcase in the best possible way. Every new landing brought a new adventure and new adventurers. We kept welcoming a fresh crop of smiling people on board and connecting people around the world. A lot of them flew via Riga, so at some point our travel buddies even gave us a new nickname - master connectors of Riga. And that motivated us to keep reaching new heights and fly even higher.

Milestones make us who we are and give us the ability to reflect on significant events in our lives. For us, one of these was achieving a whopping 5 million travel buddies that had flown with us. We were, and still are, flying on wings of happiness.

When it comes to airplanes, landing is the one part that is mandatory. Take-off, on the other hand, is optional. But we are always looking up because that is where we want to be, eager to rise into the air and reach new milestones. Because how can you put a pause on doing what you love most - connecting people and embracing the joy of flying.

Author: Lāsma Ozoliņa,  
Loyalty Projects Manager at *airBaltic*



**CAPTAIN PLANIE'S LOG**  
Are you ready for a new chapter in the *Captain Planie's Log* series? This month's installment provides a sneak peek into how *Planies* venture to exciting locations and make new travel companions. Get ready to embark on a journey and discover the fascinating world of *Planies*!

Each month, a fresh chapter will be unveiled in *Baltic Outlook* and on [medium.com/@planiesnft](https://medium.com/@planiesnft), providing an opportunity to relish the thrill of trekking with the *Planies* and unearthing their one-of-a-kind life voyage.

For more information and updates on *Planies* NFTs, visit [planiesnft.com](https://planiesnft.com) and follow @PlaniesNFT on Twitter.



Words by Ilze Pole  
Photo by Gints Ivuškāns (F64)



Alise Zarāne,  
Flight Dispatcher  
Supervisor

## How to prepare a flight

Alise Zarāne's office is behind the door with the 'Do not disturb' sign. But the sign is turned off right now. And thankfully, because that means everything in *airBaltic's* Operation Control Centre (OCC) is ticking smoothly. Alise describes this area as *airBaltic's* beating heart. It's where all of the daily flight operations are run from 24/7, where decisions about flight routes, crew changes, aircraft loading, amount of fuel, and other crucial factors are made.

So, in a nutshell, Alise, what goes on in the OCC? The OCC coordinates all *airBaltic* flights. But the process actually starts with the preparation of the flights themselves.

And how does that happen?

About two or three hours before a flight, we send the flight plan to the pilots who will be performing the flight. Initially, the system prepares it, even several routes, but our team then choose the most optimal one. We check and take into account the route track and altitude; airspace and airport restrictions; the weather en route, at the departure location, at the destination, and at alternate airports; the aircraft's technical status; and other factors.

But it's not enough to just choose a route. We also need to keep up-to-date on the latest information, because even short delays require changes to the flight plan. For example, if we see that a flight is delayed, it may be more cost-effective to choose a slightly more expensive route, but which will in the end be quicker and thus get the passengers to their connections. Planes, like cars, can travel on different 'roads', or paths; they don't just follow a single, straight line, as is commonly assumed. For instance, the

Riga–Paris flight does not follow the same route every day. The route also depends on the weather conditions along the route.

Load controllers and crew dispatchers also work in the same office as you. What are their responsibilities?

Load controllers send us data on how many passengers will be on the flight, how much baggage, whether there will be cargo and mail in the hold, and if so, how heavy. That's how we know how heavy the airplane will be on a particular flight and how high it can ascend. The higher an airplane flies, the more optimal and economical it is, because the air up there is less dense, and that means less friction, or drag, on the plane. But the heavier a plane is, the more fuel it consumes, and so it cannot always reach its maximum flight level. For our *Airbus A220-300* aircraft, that level is FL410.

Crew dispatchers make sure that all an airline's flights have sufficient crew assigned to them. Crew working hours are strictly regulated, and if the hours are over, they're over. There are situations in which another crew has to be quickly found for a flight because the previous crew has run out of working hours. That can happen in cases of diversion and also due to flight delays, because crews often operate several flights a day.

That's a lot of responsibility.

Yes, that's why we double-check things all the time. The system plans the route, then the flight dispatcher checks it and sends it to the pilots, who check it again and make sure they're happy with everything. A big factor that can have a major impact is sudden technical problems or system faults related to the aircraft.

You probably hear from time to time in the news about strikes by air traffic controllers and airport workers in various countries, most recently in France. This has a major impact on our work as well, because French airspace is congested, there's a shortage of air traffic controllers, and almost all flights over France can be delayed by as much as two or three hours. Such delays are called CTOT, or calculated take-off time.

The European Organisation for the Safety of Air Navigation (Eurocontrol) sends us the time at which our aircraft will be allowed to take off, depending on how busy the airspace is. In the meantime, we try to find alternative routes, which in most cases are more expensive because they're longer, and they're also not as easy to find, especially in summer, when there are more flights and other airspaces are busier as well.

Passengers are often confused as to why they're asked to board an airplane, and then it doesn't go anywhere. This is due to CTOT and congestion in airspaces and airports. In cases when it's not possible to replan a route, we always hope that the situation will nevertheless improve. In such situations, as soon as the aircraft is fully ready – the passengers have boarded, the doors and baggage compartments are closed – we report to Eurocontrol and ask for an earlier departure time. Sometimes these improvements are received and the airplane can immediately head to the runway and take off. But sometimes, unfortunately, that doesn't happen.

I want to stress that nobody has an interest in delaying flights. We do everything we can to ensure that all flights depart on time. In the event of delays, however, we follow along as to what happens with our transit passengers and look for alternatives to get them to their destinations as quickly as possible.

What's your role in this system? And when did you begin working at *airBaltic*?

I'm a flight dispatcher supervisor. But right now, while we're also looking to hire additional employees, I work shifts and do everything my colleagues do, namely, route planning.

I began working for *airBaltic* 13 years ago as a flight attendant. After about five years, I realised I wanted a change, so I transferred and became a flight operations coordinator. Those are the people with whom the pilots communicate the most, the people who make sure that the planes are refuelled on time, that the passengers are boarded, that technical staff are sent to the aircraft if necessary, and so on. One summer I offered to help out the flight dispatchers on weekends, because I was very interested in their work. And when a vacancy was advertised, I applied. I've now been in this position for four years.

How long is the training for a flight dispatcher?

Flight dispatchers are trained from square one right here at *airBaltic*. Training lasts about six months: three months of theory on air traffic control, aerodynamics, weather conditions, and basic route planning, and then three months of on-the-job training, working together with an instructor.

I myself still fly as a flight attendant from time to time, as part of our *Office in the Sky* project – it's my hobby. This programme was a very interesting idea, giving our office workers who are interested in it the opportunity to train as flight attendants and fly. We have five people from the OCC alone who fly as flight attendants in their time off.

How did you decide to become a flight attendant?

At the time, I was dancing in a folk dance group, and one of our fellow dancers was a flight attendant. I remember her running to rehearsals straight after work, still in her uniform. I was studying engineering back then, and for the first three years of the programme I wasn't able to combine my studies with anything else. But when the opportunity arose, I immediately sent in my application. I finished my studies and am now a civil engineer.

It doesn't seem like I've been in aviation for already 13 years. I still love it. Even when I fly as a passenger, I have a bad habit of arranging and adjusting other passengers' bags in the compartments as I walk down the aisle (*laughs*). I know I shouldn't do it, but it annoys me when I see wheels hanging out (*laughs again*), so I push them in. There's something magical about aviation.

Is that also why you travel?

Definitely. If I've ever had thoughts about changing jobs, I've never gone through with it; I wouldn't want to lose the opportunities to travel. My travel destinations are mostly to the mountains, whether near or far. I love hiking. In November, I was in Nepal again for a whole month with my colleague Madara Fuksa.

The first time I was in Nepal was before the Covid-19 pandemic. Last year, we reached Everest Base Camp at 5364 metres. We were a group of 16 people, including some colleagues from *airBaltic*, some captains.

But there are beautiful mountains much closer to home, too. Last summer, my boyfriend and I were in the Tatras, and it was very beautiful there. The concept there, though, is completely different, because there's comfort all around, whereas in Nepal

## Planes, like cars, can travel on different 'roads', or paths

it's quite challenging to live out of a backpack in the mountains for 12 days. But I like to step outside my comfort zone and then come back home and appreciate that I have everything I need.

How do you feel when you close the door behind you to go home after a shift?

It's mostly with a feeling of a job well done. I guess the best part is that I can't take my work home with me. I hand my shift over to a colleague, it's over, and I can go home. I couldn't work from home, although sometimes I do envy those who work remotely, such as friends who are able to live in warm climates all winter long.

Returning to work, at what moments do you turn on the 'Do not disturb' sign above the door?

That's usually due to technical problems with aircraft: a fault in the system, lightning striking the aircraft, or a bird striking the aircraft during take-off. As soon as an airplane is taken out of the fleet for maintenance, we need to reschedule all the other flights that were scheduled for that airplane. If one aircraft is replaced with another, all the routes have to be rescheduled, because each route is linked to a particular aircraft registration.

And your next goals at work?

At the moment, everything is so well balanced – I have a great job, and I can also pursue my hobby as a flight attendant. But we're currently developing new flight dispatcher training programmes, and I'm involved in this interesting process. I also conduct courses for pilots. I've never worked nine to five. I've only done shift work, and I still enjoy it.

Words by Ilze Pole  
Photo by Dmitrijs Sulžics (F64)

## Pilots out of their office

*Baltic Outlook* introduces you to some of the most important people at *airBaltic* – its flight crew members, who have some of the most interesting hobbies.



**Roberts Klēbergs (35)**, captain on *Airbus A220-300* aircraft, from Latvia

### HOBBY

Captain Roberts Klēbergs began skateboarding at the age of 12. He was still in primary school when the *Tony Hawk Pro Skater* computer game became popular. Together with his classmates and his cousin, Roberts realised he wanted to give it a try. So their parents bought skateboards for the boys, and they started practising, mostly in Uzvaras Park in Riga. At the time, the city didn't have any special skate parks yet. But Roberts met other skaters in the park, and in the summers he skated every day from early morning until late at night.

'As I tell everyone, skateboarding is around 90 percent failures – that is, falls and crashes – and 10 percent successes, the skating itself,' he laughs. 'But I got used to it. And I even started to like it. It's the best feeling when you land a trick after a lot of unsuccessful tries.'

After graduating from technical school, Roberts had to start working and gave up skateboarding. But four years ago a friend of his encouraged him to buy a skateboard and start skateboarding again. By that time, there were already several skate parks in the city. 'I haven't stopped skating since then, and I intend to continue as long as I can, because when I skate, I can completely disconnect from everything else and not think about anything else. I hope that one day all, or at least one, of my three children will follow in my footsteps and realise what a great hobby it is. Skating requires a lot of concentration and technicality. There are days when it's nothing but falls, but then there are other times when it's pure joy.'

Roberts even takes a skateboard with him on business trips and explores nearby skate parks in his free moments.

Roberts' most frequent companion is a close friend who has a PhD in geology from the University of Latvia. 'Yes, when we go to a skate

park, there are a lot of young people there, and in comparison to them, our level is mediocre. Some things we know how to do, other things we don't. And when we fall down, the young kids run up to us and ask us politely if we're all right,' he concludes with a laugh.

### HOW IT ALL BEGAN

'I knew long ago that I was going to become a pilot,' says Roberts. 'One time, back when I was still a young child, my grandfather and I were fixing a roof together, and I saw an airplane flying over us in the sky. I remember thinking to myself that yes, I'd like to fly like that some day, too. And that thought remained with me, all the way up until I realised that this dream of mine could actually come true.'

One of Roberts' friends had already become a pilot and begun working at *airBaltic* when Roberts followed in his footsteps. At age 25, he began training at the Scandinavian Aviation Academy in Sweden. The programme took a year and a half, one year of which he spent at the school's campus in California. He and his wife got married in Las Vegas during that time.

Immediately after graduation, Roberts began working at *airBaltic*, flying *Boeing 737* aircraft. He later flew *Dash Q400* aircraft and became a captain, and before the Covid-19 pandemic hit, he had also already begun flying *Airbus A220-300* aircraft. 'This type of aircraft has very advanced system automation, which makes a pilot's work a lot easier,' he comments.

'I'm a problem solver by nature, and even if I fall off a skateboard, I always try to understand what I did wrong, why I fell off.' Problem solving also comes in handy at his job. But besides pilots having offices with the most beautiful views, what Roberts truly enjoys about his work is the peaceful feeling on the flight deck during flights.

Set your sights high and soar toward your dreams with *airBaltic*!

# Join our apprenticeship programme 'SkyTech'!

Study theory at school and combine it with paid on-the-job training at the leading airline in the Baltics.

## Choose the programme that suits you best

- **Apprenticeship through your school** – expand your theoretical knowledge
- **Apprentice in Aircraft maintenance** – delve into Base Maintenance, Line Maintenance, or Workshop routines in an up-to-twelve-month-long programme
- **Apprentice in Maintenance Support** – gain experience in the Engineering & Planning or Logistics divisions in a six-month-long programme



Find out more here – [careers.airbaltic.com](https://careers.airbaltic.com)

**airBaltic**

# An innovative loyalty programme for every traveller

*airBaltic Club* is our loyalty programme with which you can earn points, get instant travel perks, and receive reward flights.



## EARN POINTS WITH PARTNERS, SPEND POINTS ON PRIZES!

Points are the currency of *airBaltic Club*. You can earn points every time you fly with *airBaltic* or use the services of other partners – add your membership number to a reservation or scan your digital card during the payment process to collect points for onboard purchases while flying with *airBaltic*.

Collected points can be used for reward flights to destinations all over the world as well as flight upgrades, *airBaltic* gift cards, baggage vouchers and even to pay for tickets at *airBaltic.com*. Visit the Rewards shop at *airBaltic.com/club* and choose your favourite prize!




## Slide towards a free flight

Want to spend less money on a ticket? Use *airBaltic Club* points to pay for the ticket at *airBaltic.com*!

- Have at least 10 *airBaltic Club* points per passenger in your account.
- Log into your *airBaltic* profile.
- Mix cash and points or pay for the ticket by fully using points.



### *airBaltic Club* FLIGHT E-VOUCHER

- Book a reward flight online at any time!
- Visit the Rewards shop at *airBaltic.com/club* and exchange your points for an *airBaltic Club* flight e-voucher.
  - Go to *airBaltic.com* and insert the voucher code in the 'I have a gift card / discount code' field.
  - See the available reward flights and complete your online booking.

### *airBaltic* REWARD FLIGHTS

Direct flights to/from the Baltics & Finland* <small>*except Kirillo</small>	the Baltics & Finland* <small>*except Kirillo</small>	Scandinavia & Poland	Central & Eastern Europe	Western & Southern Europe	Asia, Middle East, Canary Islands, North Africa
In Economy class	4 500 points	5 500 points	7 500 points	12 000 points	17 500 points
In Business class	17 000 points	22 000 points	30 000 points	35 000 points	50 000 points

\*Airport taxes must be paid additionally. Special conditions apply.

## Partnership with KLM & Air France

Collect and spend points not only with *airBaltic*, but also with *KLM & Air France*!



### HOW DO I COLLECT POINTS?

- Go to *airBaltic.com*.
- Book a ticket for codeshare flights with *KLM* or *Air France*.
- Enter your *airBaltic Club* membership number in the reservation.
- After completing the flights, you will receive one point for every euro spent.\*

### SPEND POINTS TO TRAVEL AROUND THE WORLD

More than 100 destinations from all over the world are waiting for you, so check out your *airBaltic Club* point balance, choose your favorite *KLM* or *Air France* destination and start packing your suitcase now!

Directs flights to/from Amsterdam and Paris	Europe	Middle East	Africa	North America	Asia	South America
In Economy class	15 000 points	25 000 points	55 000 points	55 000 points	40 000 points	45 000 points
In Business class	45 000 points	75 000 points	105 000 points	105 000 points	120 000 points	135 000 points

\*Applies only to *airBaltic* tickets for codeshare flights marketed by *airBaltic* operated by *KLM* or *Air France*.

## The more you fly, the more benefits you get!

Executive and VIP status allows you to enjoy special privileges when travelling – extra baggage, fast track, and much more.



### THREE MEMBERSHIP LEVELS

If you take at least 30 one-way flights with *airBaltic* over the course of one year, you will achieve *airBaltic Club* Executive level. To reach *airBaltic Club* VIP status, you need to have at least 60 one-way flights flown with *airBaltic* within a year.

More information at *airBaltic.com/club*

Download the *airBaltic Club* app

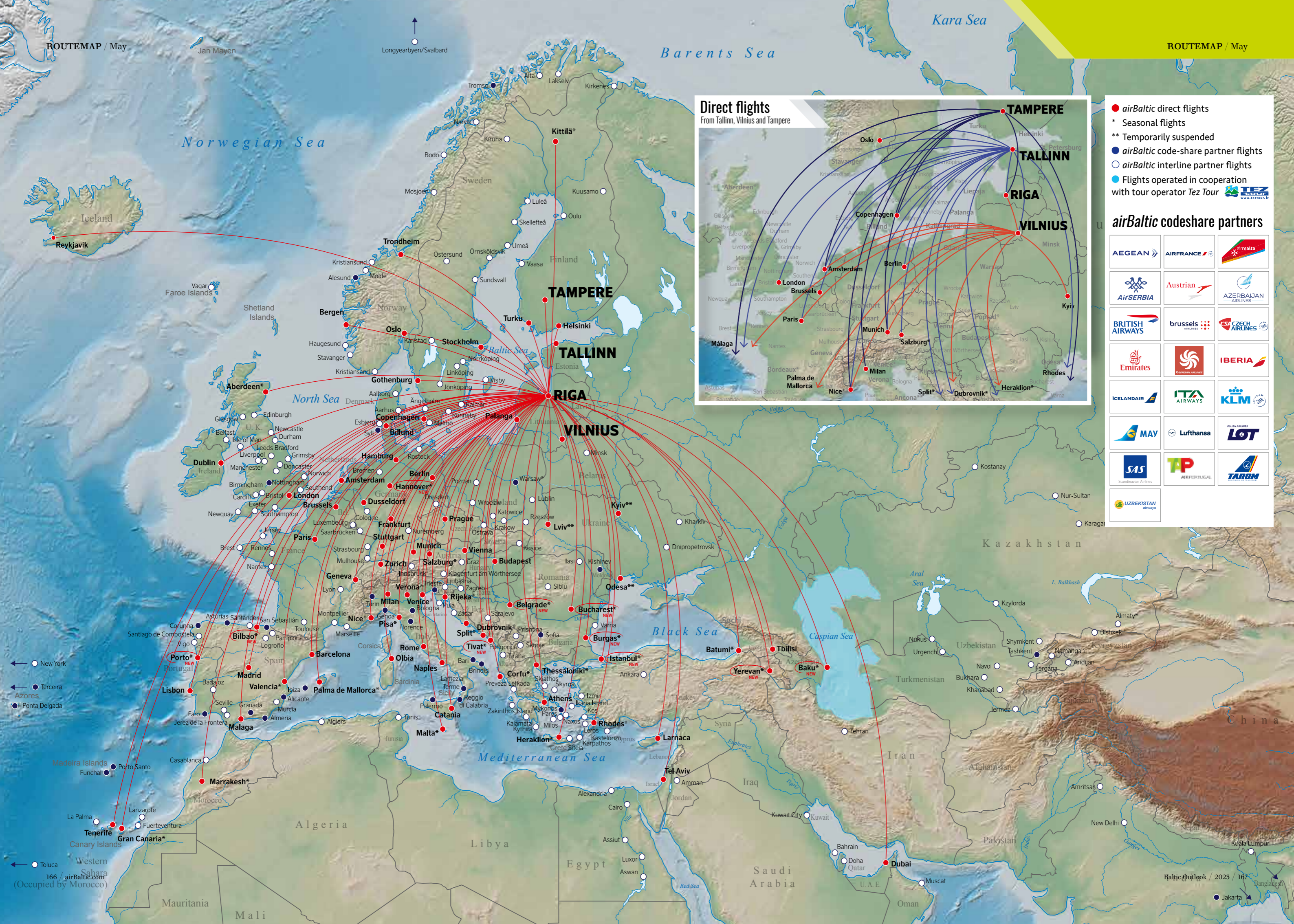


## RIGA, LATVIA

Flights from RIGA					Flights to RIGA						
Flight No	From	To	Days	Departure	Arrival	Flight No	From	To	Days	Departure	Arrival
<b>A AMSTERDAM</b>					<b>AMSTERDAM</b>						
BT 617	RIX	AMS	123456-	07:45	09:05	BT 618	AMS	RIX	123456-	09:55	13:10
BT 617	RIX	AMS	-----7 from May 28	07:45	09:05	BT 618	AMS	RIX	-----7 from May 28	10:00	13:15
BT 619	RIX	AMS	12345-7	17:00	18:20	BT 620	AMS	RIX	12345-7	19:05	22:20
BT 619	RIX	AMS	-----6- May 20 - 27	17:00	18:20	BT 620	AMS	RIX	-----6- May 20 - 27	19:05	22:20
<b>ATHENS</b>					<b>ATHENS</b>						
BT 611	RIX	ATH	---4---	07:15	10:25	BT 612	ATH	RIX	---4---	11:05	14:20
BT 611	RIX	ATH	-2--6-	11:15	14:25	BT 612	ATH	RIX	-2--6-	15:05	18:20
<b>B BAKU</b>					<b>BAKU</b>						
BT 732	RIX	GYD	--3--7	23:15	05:05+1	BT 733	GYD	RIX	1-4----	06:05	10:15
<b>BATUMI</b>					<b>BATUMI</b>						
BT 720	RIX	BUS	-2---6-	23:20	04:20+1	BT 721	BUS	RIX	--3--7	05:30	08:50
<b>BARCELONA</b>					<b>BARCELONA</b>						
BT 683	RIX	BCN	1-345-7	11:00	13:40	BT 684	BCN	RIX	1-345-7	14:25	19:00
<b>BELGRADE</b>					<b>BELGRADE</b>						
BT 487	RIX	BEG	-2---6-	11:40	12:55	BT 488	BEG	RIX	-2---6-	13:55	17:10
<b>BERGEN</b>					<b>BERGEN</b>						
BT 171	RIX	BGO	-2---6-	17:30	18:35	BT 172	BGO	RIX	-2---6-	19:15	22:10
<b>BERLIN</b> Brandenburg					<b>BERLIN</b> Brandenburg						
BT 211	RIX	BER	12-4-6-	07:05	07:40	BT 212	BER	RIX	12-4-6-	08:20	10:55
BT 213	RIX	BER	1-345-7	18:25	19:00	BT 214	BER	RIX	1-345-7	19:40	22:15
<b>BILBAO</b>					<b>BILBAO</b>						
BT 699	RIX	BIO	----4-7	10:45	13:35	BT 700	BIO	RIX	----4-7	14:20	18:55
<b>BILLUND</b>					<b>BILLUND</b>						
BT 147	RIX	BLL	1-345-7	12:55	13:35	BT 148	BLL	RIX	1-345-7	14:15	16:50
<b>BRUSSELS</b>					<b>BRUSSELS</b>						
BT 601	RIX	BRU	123-56-	07:30	08:55	BT 602	BRU	RIX	123-56-	09:40	13:05
BT 603	RIX	BRU	1-345-7	16:50	18:15	BT 604	BRU	RIX	1-345-7	18:55	22:20
<b>BUCHAREST</b>					<b>BUCHAREST</b>						
BT 757	RIX	OTP	1-3-5--	11:55	14:25	BT 758	OTP	RIX	1-3-5--	15:10	17:40
<b>BUDAPEST</b>					<b>BUDAPEST</b>						
BT 491	RIX	BUD	1-4-6-	11:25	12:20	BT 492	BUD	RIX	1-4-6-	13:00	16:00
<b>BURGAS</b>					<b>BURGAS</b>						
BT 755	RIX	BOJ	-2-----	07:15	09:55	BT 756	BOJ	RIX	-2-----	10:45	13:30
BT 755	RIX	BOJ	-----6- May 20 - 27	15:35	18:15	BT 756	BOJ	RIX	-----6- May 20 - 27	19:05	21:50
<b>C CATANIA</b>					<b>CATANIA</b>						
BT 639	RIX	CTA	--3--7	07:15	09:45	BT 640	CTA	RIX	--3--7	10:30	14:50
<b>COPENHAGEN</b>					<b>COPENHAGEN</b>						
BT 131	RIX	CPH	1234567	07:05	07:35	BT 132	CPH	RIX	1234567	08:15	10:40
BT 139	RIX	CPH	1234567	18:50	19:20	BT 140	CPH	RIX	1234567	20:00	22:25
<b>CORFU</b>					<b>CORFU</b>						
BT 643	RIX	CFU	-2---6-	15:50	18:45	BT 644	CFU	RIX	-2---6-	19:30	22:30
<b>D DUBAI</b>					<b>DUBAI</b>						
BT 791	RIX	DXB	1-4-6-	00:20	08:10	BT 792	DXB	RIX	1-4-6-	09:10	15:40
<b>DUBLIN</b>					<b>DUBLIN</b>						
BT 661	RIX	DUB	-2---6-	15:25	16:35	BT 662	DUB	RIX	-2---6-	17:20	22:15
<b>DUBROVNIK</b>					<b>DUBROVNIK</b>						
BT 497	RIX	DBV	-2----- from May 16	09:35	11:15	BT 498	DBV	RIX	-2---6-	11:55	15:30
BT 497	RIX	DBV	-----6- May 20 - 27	09:35	11:10						
<b>DUSSELDORF</b>					<b>DUSSELDORF</b>						
BT 233	RIX	DUS	12345-7	17:10	18:20	BT 234	DUS	RIX	12345-7	19:05	22:10
<b>F FRANKFURT</b>					<b>FRANKFURT</b>						
BT 243	RIX	FRA	123456-	07:50	09:10	BT 244	FRA	RIX	123456-	09:50	13:00
BT 245	RIX	FRA	1-345-7	17:10	18:30	BT 246	FRA	RIX	1-345-7	19:10	22:20
<b>G GOTHENBURG</b> Landvetter					<b>GOTHENBURG</b> Landvetter						
BT 121	RIX	GOT	--3-5-7	12:40	13:05	BT 122	GOT	RIX	--3-5-7	13:45	16:05
<b>H HANNOVER</b>					<b>HANNOVER</b>						
BT 257	RIX	HAJ	-2---6-	12:15	13:10	BT 258	HAJ	RIX	-2---6-	13:55	16:50
<b>HAMBURG</b>					<b>HAMBURG</b>						
BT 251	RIX	HAM	12345-7	12:50	13:40	BT 252	HAM	RIX	12345-7	14:20	17:00
<b>HELSINKI</b> Vantaa					<b>HELSINKI</b> Vantaa						
BT 301	RIX	HEL	1234567	07:20	08:20	BT 302	HEL	RIX	1234567	09:00	10:00
BT 303	RIX	HEL	1-3-5--	13:50	14:50	BT 304	HEL	RIX	1-3-5--	15:30	16:30

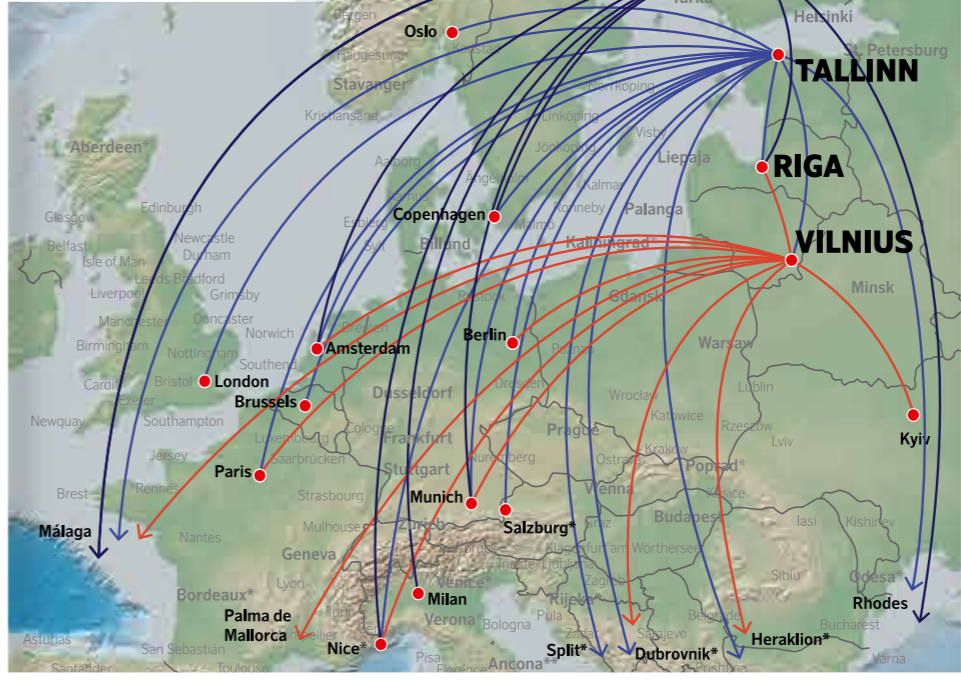
Flights from RIGA					Flights to RIGA						
Flight No	From	To	Days	Departure	Arrival	Flight No	From	To	Days	Departure	Arrival
BT 307	RIX	HEL	1234567	19:40	20:40	BT 308	HEL	RIX	1234567	21:20	22:20
BT 325	RIX	HEL	1234567	23:20	00:20+1	BT 326	HEL	RIX	1234567	5:25	6:25
<b>HERAKLOIN</b>					<b>HERAKLOIN</b>						
BT 635	RIX	HER	-2---67	07:25	11:00	BT 636	HER	RIX	-2---67	11:50	15:25
BT 635	RIX	HER	---4--- from May 11	08:45	12:20	BT 636	HER	RIX	---4--- from May 11	13:10	16:45
<b>ISTANBUL</b>					<b>ISTANBUL</b>						
BT 711	RIX	IST	1-3-5-7	11:30	14:35	BT 712	IST	RIX	1-3-5-7	15:35	18:35
<b>LARNACA</b>					<b>LARNACA</b>						
BT 657	RIX	LCA	---4--7	07:20	11:30	BT 658	LCA	RIX	---4--7	12:10	16:15
<b>LISBON</b>					<b>LISBON</b>						
BT 675	RIX	LIS	-2--5--	12:55	15:30	BT 676	LIS	RIX	-2--5--	16:15	22:35
BT 675	RIX	LIS	-----6-	13:25	16:00	BT 676	LIS	RIX	-----6-	16:45	23:05
<b>LONDON</b> Gatwick					<b>LONDON</b> Gatwick						
BT 651	RIX	LGW	123456-	07:20	08:10	BT 652	LGW	RIX	123456-	09:00	13:40
BT 653	RIX	LGW	12345-7	15:45	16:35	BT 654	LGW	RIX	12345-7	17:20	22:00
<b>MADRID</b> Adolfo Suarez Barajas					<b>MADRID</b> Adolfo Suarez Barajas						
BT 685	RIX	MAD	1-4--7	13:10	16:20	BT 686	MAD	RIX	1-4--7	17:00	22:05
<b>MALAGA</b>					<b>MALAGA</b>						
BT 677	RIX	AGP	--3----	12:35	16:10	BT 678	AGP	RIX	--3----	16:50	22:10
BT 677	RIX	AGP	-----6- May 6 - 13	12:35	16:10	BT 678	AGP	RIX	-----6- May 6 - 13	16:50	22:10
BT 677	RIX	AGP	-----67 from May 20	12:35	16:10	BT 678	AGP	RIX	-----67 from May 20	16:50	22:10
<b>MALTA</b>					<b>MALTA</b>						
BT 739	RIX	MLA	-----6-	10:45	13:25	BT 740	MLA	RIX	-----6-	14:05	18:40
<b>MILAN</b>					<b>MILAN</b>						
BT 629	RIX	MXP	1-345-7	15:55	17:40	BT 630	MXP	RIX	1-345-7	18:30	22:10
<b>MUNICH</b>					<b>MUNICH</b>						
BT 221	RIX	MUC	123456-	07:10	08:20	BT 222	MUC	RIX	123456-	09:00	12:05
BT 223	RIX	MUC	12345-7	17:35	18:45	BT 224	MUC	RIX	12345-7	19:25	22:30
<b>NAPLES</b> / from May 16					<b>NAPLES</b> / from May 16						
BT 645	RIX	NAP	-2---6-	07:20	09:25	BT 646	NAP	RIX	-2---6-	10:15	14:10
<b>NICE</b>					<b>NICE</b>						
BT 695	RIX	NCE	--3--7	07:20	09:25	BT 696	NCE	RIX	--3--7	10:05	14:00
BT 695	RIX	NCE	1-----	15:45	17:50	BT 696	NCE	RIX	1-----	18:30	22:25
<b>OLBIA</b>					<b>OLBIA</b>						
BT 655	RIX	OLB	-----6-	15:25	17:45	BT 656	OLB	RIX	-----6-	18:25	22:35
<b>OSLO</b> Gardermoen					<b>OSLO</b> Gardermoen						
BT 151	RIX	OSL	123456-	07:00	07:40	BT 152	OSL	RIX	123456-	08:25	10:55
BT 153	RIX	OSL	12345-7	18:40	19:20	BT 154	OSL	RIX	12345-7	20:00	22:30
<b>PALANGA</b>					<b>PALANGA</b>						
BT 375	RIX	PLQ	1234567	23:15	23:59	BT 376	PLQ	RIX	1234567	05:35	06:20
<b>PALMA DE MALLORCA</b>					<b>PALMA DE MALLORCA</b>						
BT 687	RIX	PMI	-----7	07:00	09:50	BT 688	PMI	RIX	-----7	10:50	15:30
<b>PARIS</b> Charles de Gaulle					<b>PARIS</b> Charles de Gaulle						
BT 691	RIX	CDG	123456-	07:10	09:00	BT 692	CDG	RIX	123456-	09:45	13:30
BT 693	RIX	CDG	1-345-7	15:45	17:35	BT 694	CDG	RIX	1-345-7	18:20	22:05
<b>PORTO</b>					<b>PORTO</b>						
BT 679	RIX	OPO	1--5--	07:05	09:30	BT 680	OPO	RIX	1--5--	10:15	16:20
<b>PRAGUE</b>					<b>PRAGUE</b>						
BT 481	RIX	PRG	12345-7	12:55	13:45	BT 482	PRG	RIX	12345-7	14:25	17:10
<b>RIJEKA</b>					<b>RIJEKA</b>						
BT 495	RIX	RJK	--3----	09:35	11:00	BT 496	RJK	RIX	--3----	11:40	15:00
<b>REYKJAVIK</b>					<b>REYKJAVIK</b>						
BT 169	RIX	KEF	1-3-5--	10:45	11:40	BT 170	KEF	RIX	1-3-5--	12:25	19:05
<b>RHODES</b>					<b>RHODES</b>						
BT 613	RIX	RHO	-2-----	07:20	10:55	BT 614	RHO	RIX	-2-----	11:40	15:20
BT 613	RIX	RHO	-----6-	14:25	18:00	BT 614	RHO	RIX	-----6-	18:45	22:25
<b>ROME</b> Fiumicino					<b>ROME</b> Fiumicino						
BT 633	RIX	FCO	1-345-7	11:30	13:35	BT 634	FCO	RIX	1-345-7	14:20	18:20
<b>SPLIT</b> / from May 15					<b>SPLIT</b> / from May 15						
BT 493	RIX	SPU	1--5--	07:15	08:50	BT 494	SPU	RIX	1--5--	09:40	13:15
<b>STOCKHOLM</b> Arlanda					<b>STOCKHOLM</b> Arlanda						
BT 101	RIX	ARN	1234567	07:10	07:20	BT 102	ARN	RIX	1234567	08:05	10:10
BT 109	RIX	ARN	1234567	19:25	19:35	BT 110	ARN	RIX	1234567	20:20	22:25

Flights from RIGA					Flights to RIGA						
Flight No	From	To	Days	Departure	Arrival	Flight No	From	To	Days	Departure	Arrival
<b>STUTT GART</b>					<b>STUTT GART</b>						
BT 261	RIX	STR	-2-4-6-	12:40	13:55	BT 262	STR	RIX	-2-4-6-	14:40	17:50
<b>T TALLINN</b> Lennart Meri					<b>TALLINN</b> Lennart Meri						
BT 311	RIX	TLL	1234567	07:35	08:25	BT 312	TLL	RIX	1234567	09:10	



### Direct flights

From Tallinn, Vilnius and Tampere



- **airBaltic** direct flights
- \* Seasonal flights
- \*\* Temporarily suspended
- **airBaltic** code-share partner flights
- **airBaltic** interline partner flights
- Flights operated in cooperation with tour operator **Tez Tour**

### airBaltic codeshare partners


# Welcome to Riga Airport

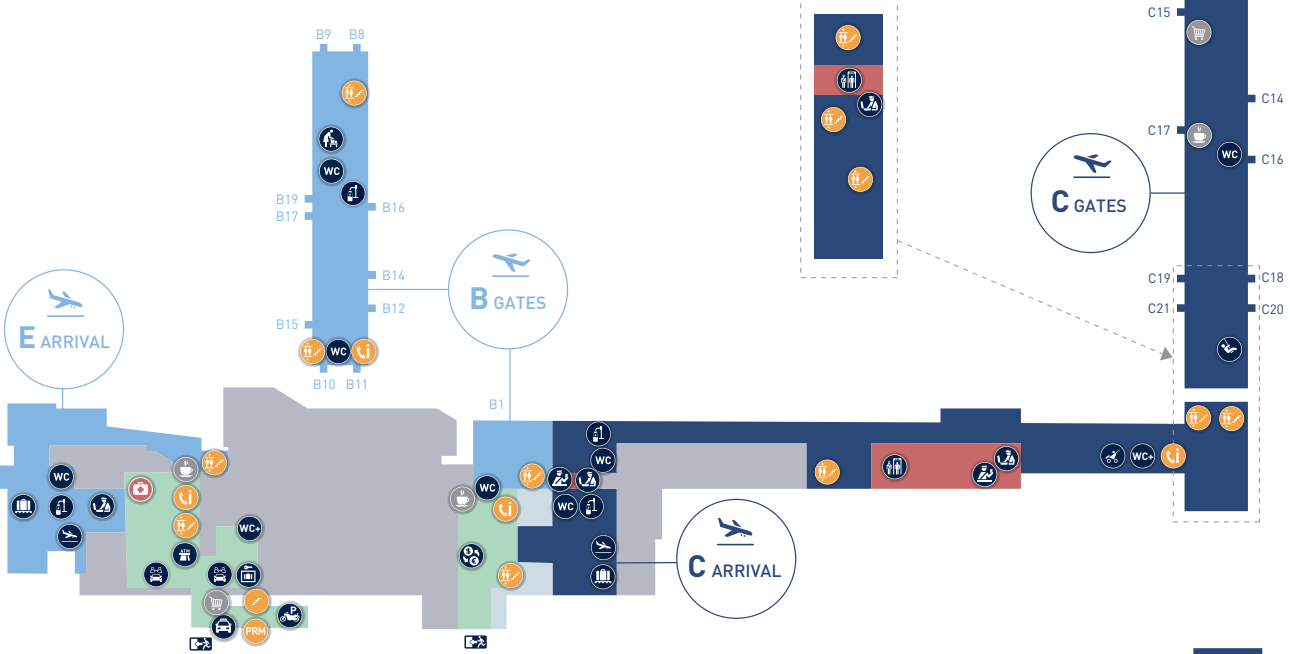
*airBaltic's* home base, the Riga Airport is modern and comfortable, with many shops and cafés. At the same time it is very compact, so transferring from one flight to another can be easily done on foot.

Please take into account the following average transit times:

- ▶ From Non-Schengen passport and security control 1<sup>st</sup> floor to Schengen departure gates – 15 minutes;
- ▶ From Security control 2<sup>nd</sup> floor to: Schengen departure gates – 15 minutes; Non-Schengen departure gates – 22 minutes.

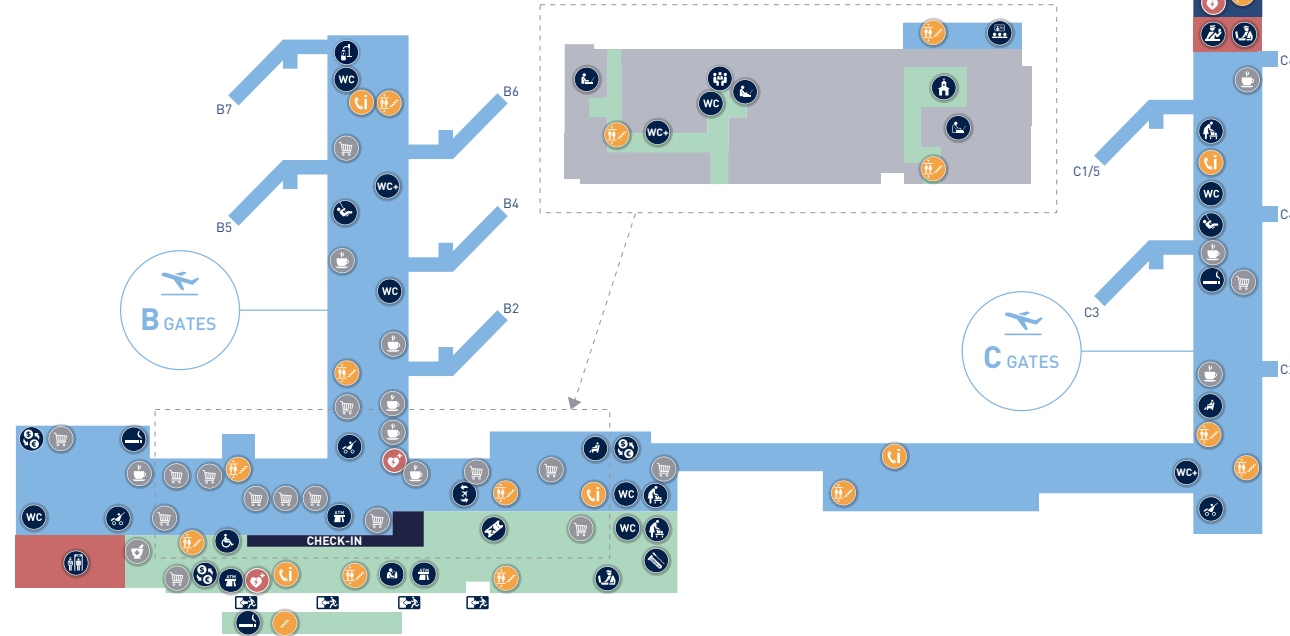
## 1<sup>ST</sup> FLOOR

## GROUND FLOOR



## 2<sup>ND</sup> FLOOR

## 3<sup>RD</sup> FLOOR



PUBLIC ZONE	Entrance, exit	Drinking water	Baggage Storage	Transfer center	Motorcycle parking	Cafe
SCHENGEN ZONE	WC	PRM Meeting Point	Arrival Service	Chapel	Smoking area	Pharmacy
NON-SCHENGEN ZONE	WC+ /diaper-changing table	Self-Check-In Kiosk	Passport Control	Office	Elevator&Stairs	Shop
	Nursery	Currency Exchange	Customs Control	Longe	PRM call point	
	Baby Carriage	ATM	Security Control	Conference room	Information Point	
	Playground	Ticket offices	Arrival Service	Car rental	Defibrillator	
	Testing point	Baggage Claim	Business Lounge	Taxi	First aid	

# airCafé

Freshly made before your flight



## airBaltic Sky Service

Order meals and shop onboard from your mobile device during the flight



Scan here to order



# Appetizers | Uzkodas

Fresh meals available on flights over 1 h 30 min.

Svaigās maltītes ir pieejamas lidojumos, kas ir ilgāki par 1 h 30 min.



## Caprese salad

with fresh basil sauce

Salāti "Caprese" pasniegti ar svaigu bazilika mērci

7<sup>99</sup> €

## Tapas

Olives, breadsticks, cheese, ham and mini fuet sausages

Olīvas, maizes standziņas, siers, šķiņķis un mini fuet desiņas

7<sup>49</sup> €



Ask the cabin crew about the ingredients of a given product or what allergens it contains.  
Jautājiet stjuartiem par produktu sastāvu un tajos esošajiem alergēniem.

## Croissant

with local smoked ham, cheese and pickled cucumbers

Pildīts kraukšķīgs kruasāns ar vietējā kūpinājuma šķiņķi, sieru un marinētu gurķi

5<sup>99</sup> €



## Wrap

with shrimps and vegetables marinated in ponzu sauce

Garneļu vrapš ar svaigiem dārzeņiem marinētiem ponzu mērcē

6<sup>99</sup> €

Collect  
airBaltic Club  
POINTS here!



# Warm dishes | Siltie ēdieni

Fresh meals available on flights over 1 h 30 min.  
Svaigās maltītes ir pieejamas lidojumos, kas ir ilgāki par 1 h 30 min.

## Soup

Spicy chicken soup with noodles and vegetables

Pikantā vistas zupa ar nūdelēm un dārzeņiem

5<sup>99</sup> €



## Panini

Freshly made chicken cold cut and cheese  
Panini with BBQ mayo

Svaigi gatavota panini maize ar vistas šķiņķi, sieru un BBQ majonēzi

7<sup>49</sup> €



## Lasagne



Vegan lasagne with vegetable sauce (gluten free)

Veģetārā lazanja ar dārzeņu mērci (bez glutēna)

8<sup>99</sup> €

## Chicken

Sweet & Sour chicken with rice and vegetables

Vistas filejas gabaliņi saldskābā mērcē ar rīsiem un dārzeņiem

8<sup>99</sup> €





# Desserts | Deserti



## Ice cream

Assortment of "Skriveru mājas saldējums" ice cream

Dažādu veidu "Skriveru mājas saldējums"

4<sup>49</sup> €



## Cookies



The Beginnings black currant cookies, 80 g

"The Beginnings" upeņu cepumi

3<sup>99</sup> €



## Blueberry muffin

Melleņu kūkss

2<sup>99</sup> €



# Hot drinks | Karstie dzērieni



## Basilur tea

Black / green / mint

Tējas - melna / zaļa / piparmētru

3<sup>49</sup> €

## Douwe Egberts Cappuccino

"Douwe Egberts" kapučīno

3<sup>49</sup> €

## Freshly brewed Barista coffee

"Barista coffee" svaigi gatavota kafija

3<sup>99</sup> €



# Sweet snacks | Saldie našķi



**Fazer Tutti Frutti**   
Assorted sweets, 120g  
Saldumu izlase  
**2<sup>99</sup> €**

**Twix 'Xtra**  
Chocolate bar  
Šokolādes batoniņš  
**2<sup>99</sup> €**


**Crunchy Raw bar**   
Dried fruit & hazelnut  
Batoniņš ar žāvētiem augļiem un lazdu riekstiem  
**2<sup>99</sup> €**

# Salty snacks | Sāļie našķi



**Pringles Original**   
**Pringles Sour Cream & Onion**  
Potato chips, kartupeļu čipsi, 40g  
**3<sup>49</sup> €**

**Salysol salted peanuts**   
"Salysol" sāļīti zemesrieksti, 60g  
**3<sup>49</sup> €**

**Crackers**   
The Beginnings protein crackers from carrots & almonds  
"The Beginnings" proteīna krekeri no burkāniem un mandelēm  
**4<sup>49</sup> €**

**Nōo Parmesan Snack cigar sausages**  
"Nōo Snack" cigārdesīņas ar parmežāna sieru  
**2<sup>99</sup> €**

**Beef jerky**  
"Nākotne" dried and smoked barbeque Beef Jerky, 45g  
"Nākotne Beef Jerky" vītināta un kūpināta liellopa gaļa  
**3<sup>99</sup> €**

# Soft drinks | Dzērieni

## BalticWater natural mineral water

Still or sparkling, 33 cl  
Viegli mineralizēts dabīgais ūdens 33 cl, negāzēts un gāzēts

2<sup>99</sup> €

## Red Bull

Energy drink, 25cl  
Energijas dzēriens

3<sup>99</sup> €

## Ginger shot

Kloster Kitchen organic Ginger Shot with ginger pieces, 3cl

Dabīgs ingvera šots ar ingvera gabaliņiem

3<sup>49</sup> €



## Rauch apple, orange or tomato juice

Juice, 20 cl  
Ābolu, apelsīnu vai tomātu sula

2<sup>99</sup> €

Coca-Cola, Coca-Cola Zero  
33 cl

2<sup>99</sup> €



## Rudy's Kombucha

Naturally fermented green tea with mango and passion fruit, 33 cl

dabīgs zaļās tējas dzēriens ar mango un marakuju

4<sup>49</sup> €



## Franklin & Sons Original Ginger Ale, 15 cl

Ingvera limonāde

## Franklin & Sons Natural Indian Tonic Water, 15 cl

Tonika ūdens

2<sup>99</sup> €

# Cocktails | Kokteiļi

## Jägermeister & Red Bull

9<sup>98</sup> €

## Jägermeister & Ginger Ale

8<sup>98</sup> €



## Beefeater London dry gin & Indian Tonic Water / apple juice

9<sup>98</sup> €

## Finlandia Premium vodka & Indian Tonic Water / ginger ale / tomato juice

8<sup>98</sup> €

## Jack Daniels whiskey & Coca-Cola / Ginger ale

10<sup>48</sup> €

## Rémy Martin VSOP cognac & Ginger ale

10<sup>98</sup> €



# SEE YOU IN RIGA!



Pint of  
Aldaris Teika  
Lager Beer

56.8 cl, 5%, Latvia

Aldaris Teika Lāģera  
tipa alus

**7<sup>49</sup>**  
€

Aldaris «Teika» is amber colored sweet lager type beer.  
Easy to drink, with special malt sweetness.  
The aroma has caramel notes.

ALCOHOL CONSUMPTION HAS ADVERSE EFFECTS. IT IS PROHIBITED  
TO SELL, PURCHASE OR GIVE ALCOHOL TO UNDERAGE PERSONS.

## Wines & beers Alus un vīns

Roc De Belame  
Sauvignon Blanc  
18.7 cl

Sarkanais vīns

**7<sup>99</sup>**  
€

Abalone  
Cape Shiraz  
18.7 cl

Baltais vīns

**7<sup>99</sup>**  
€

Bottega Gold  
Prosecco Brut  
20 cl, 11%, Italy  
Dzirkstošais vīns

**8<sup>49</sup>**  
€

Bottega Rose  
Gold Brut  
20 cl, 11.5%, Italy  
Dzirkstošais vīns

**8<sup>49</sup>**  
€



Carlsberg

Pilsner 33 cl, 5%,  
Denmark

Dānija, gaišais alus

**4<sup>99</sup>**  
€

Grimbergen  
Double Ambree

Dark-Coloured Ale  
50 cl, Belgium, 6.5%

Tumšais alus, Beļģija

**6<sup>99</sup>**  
€

# Alcoholic beverages | Alkoholiskie dzērieni

## Finlandia

Premium vodka  
5 cl, 40%  
Degvins

5<sup>99</sup> €



## Beefeater

London dry gin  
5 cl, 40%  
Džins

6<sup>99</sup> €



## Tobago Gold

Chocolate Rum  
Cream 5 cl, 17%  
Liķieris

5<sup>99</sup> €



## Jack Daniels

Whiskey  
5 cl, 40%  
Viskijs

7<sup>49</sup> €



## Jägermeister

Digestif herbal  
liqueur 4 cl, 35%  
Liķieris

5<sup>99</sup> €



## Rémy Martin

VSOP cognac  
5 cl, 40%  
Konjaks

7<sup>99</sup> €



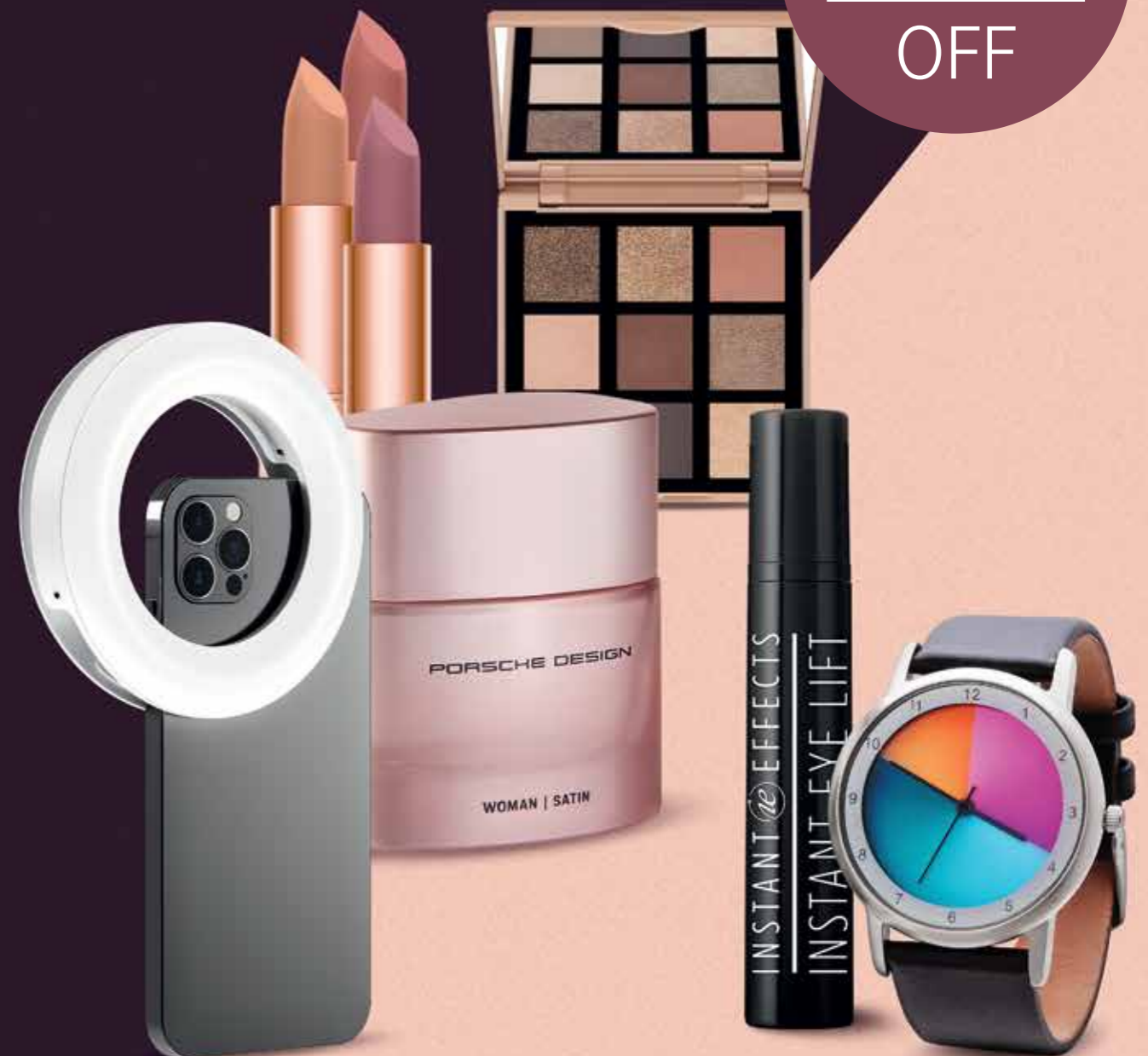
WATCHES • JEWELLERY • FRAGRANCES • BEAUTY • ACCESSORIES • AIRBALTIC SOUVENIRS

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A PERFECT  
GIFT

UP TO

61%  
OFF



# Price Breaker

# Price Breaker

OUR LOWEST  
PRICES

UP TO

61%  
OFF

## FRAGRANCE SUPER DEALS



**PALOMA PICASSO**  
Mon Parfum EDT for her, 30 ml

**€19<sup>90</sup>** City Price €36  
SAVE 45% **NEW**  
ON BOARD



**ESPRIT**  
Rise & Shine EDP for her, 40 ml

**€19<sup>90</sup>** City Price €24.90  
SAVE 20% **NEW**  
ON BOARD



**BUGATTI**  
Bella Donna EDP for her, 60 ml

**€19<sup>90</sup>** City Price €49.90  
SAVE 60% **NEW**  
ON BOARD



**BUGATTI**  
Signature Black EDT for him, 100 ml

**€19<sup>90</sup>** City Price €49.90  
SAVE 60%



**SARAH JESSICA PARKER**  
Lovely EDP for her, 50 ml

**€19<sup>90</sup>** City Price €41  
SAVE 43% **NEW**  
ON BOARD



**GUY LAROCHE**  
Drakkar Noir EDT for him, 50 ml

**€19<sup>90</sup>** City Price €51  
SAVE 61% **NEW**  
ON BOARD



**CERRUTI 1881**  
Image Woman EDT for her, 75 ml

**€29<sup>90</sup>** City Price €58  
SAVE 48% **NEW**  
ON BOARD



TIME FOR TRAVEL.

Solar Power



**ICE-WATCH**  
Ice Solar Watch

Go green and do your bit for the planet! The white solar-powered timepiece is ultra slim and feather light. Made from super soft silicone with a sleek dial, this unisex model is the ultimate minimalist statement. Simply expose it to natural or artificial light to charge! It comes in a reusable felt pouch made from recycled plastic bottles.

Rūpējieties par apkārtējo vidi un planētu! Šis baltais ar saules enerģiju darbināmais laikrādis ir īpaši plāns un viegls. Izgatavots no mīksta silikona ar elegantu ciparnīcu, IceSolar unisex modelis ir izteikti minimālistisks. Pulkstenis uzlādējas, vienkārši atrodoties dabiskā vai mākslīgā gaismā. Tas ir iepakots atkārtoti lietojamā filca maisiņā, kas izgatavots no pārstrādātām plastmasas pudelēm.

NEW  
ON BOARD

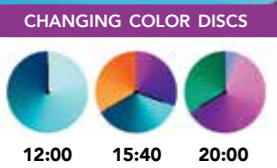
€99

City Price €109  
SAVE 9%

DIAL SIZE 36 MM	CASE MATERIAL PLASTIC	WATER RESISTANCE 5 ATM	MOVEMENT SOLAR	STRAP MATERIAL SILICONE	STRAP LENGTH 18.5 CM
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COLOR  
YOUR  
LIFE!



every day has 1440 minutes  
moving color discs change every minute  
one watch, one day, 1440 LOOKS

Rainbow  
emotion of colors

**RAINBOW**  
Colors of Happiness  
Unisex Watch

Designed in Germany, Japanese movement. Rainbow e-motion of Colors – the innovative transformation of time into an interaction of colors and shapes. Transparent discs continuously create new color segments which precisely show the time. Adds color to your life.

Inovātivs dizains no Vācijas, unisekss. Japāņu kvarca mehānisms. Varavīksnes krāsu e-mocijas atjautīgi pārvērš laiku krāsu un formu saspēlē. Caurspīdīgie diski nepārtraukti veido jaunus krāsu segmentus, kas rāda precīzu laiku. Krāsainai ikdienai.

TRAVEL  
RETAIL  
EXCLUSIVE

€149

DIAL SIZE 38 MM	CASE MATERIAL STAINLESS STEEL	WATER RESISTANCE 5 ATM	MOVEMENT QUARTZ	STRAP MATERIAL LEATHER	STRAP LENGTH 21.5 CM
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CHOCOMOON



CHOCOMOON

**CHOCOMOON**  
Holi Ladies Watch

Stylish ladies watch with flexible strap – fits on almost every wrist. Get your new collection!

Stilīgs sieviešu pulkstenis ar elastīgu siksnīņu, kuru var pielāgot gandrīz jebkurai plaukstu locītavai. Iegūstiet savu jauno kolekciju!

**CHOCOMOON**  
Geometric Ladies Watch

DIAL SIZE 36 MM	CASE MATERIAL METAL	WATER RESISTANCE 3 ATM	MOVEMENT QUARTZ	STRAP MATERIAL METAL	STRAP LENGTH FLEXIBLE
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€49

TRAVEL  
RETAIL  
EXCLUSIVE

€49

BEST  
SELLER

TRAVEL  
RETAIL  
EXCLUSIVE



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souvenirs during the flight  
on your phone



# GORGEOUS JEWELRY



COMES  
IN 3 SEPARATE  
GIFT BOXES

## GORGEOUS JEWELRY Infinity Love Tri-Colour Set

Classical design, soft lines and timeless tri-colour plating, surrounding high quality Swarovski crystals – all this makes Infinity Love set from Gorgeous Jewelry a must have. The delicate set consists of a pair of earrings, silver-plated chain and eye-catching bracelet. Special gift box, which can turn this 1 buy into 3 separate gifts, adds extra value to this elegant and feminine set.

Komplektā ietilpst klasiska dizaina auskaru pāris, apšudrabota ķēdīte un iespaidīga aproce, kurus rotā augstas kvalitātes Swarovski kristāli. Īpaša dāvanu kārbīņa, kas var pārvērst šo pirkumu trīs atsevišķās dāvanās, piešķir šim komplektam papildu vērtību. Ķēdītes garums: 45–50 cm, aproce: 15.5–20.5 cm.

€49

TRAVEL  
RETAIL  
EXCLUSIVE

BRACELET LENGTH  
15.5–20.5 CM

NECKLACE LENGTH  
40–50 CM



## BYELOISE Bangle Set

NEW  
ON BOARD

€19

TRAVEL  
RETAIL  
EXCLUSIVE

byEloise London Bangle Bands do the job of keeping your hair looking gorgeous whatever the occasion with its flexible diameter of 6 cm. Apart from looking great keeping your hair in place, they also look lovely on your wrist when worn as bracelets. This set includes three bestselling hair bands: Gold Heart on Gold Metallic Bubble Band, Bling Bee on Black Bubble Band and Gold Heart on Champagne Pink Bubble Band. Material: rubber band, nylon, metal. This product is exclusively available on board or at airports.

byEloise London aproces/matu gumijas garantē krāšņus matus jebkurā situācijā, pateicoties to elastīgajam 6 cm diametram. Tās izskatās lieliski, ne tikai saturot matus kopā, bet arī tad, ja tās valkā kā aproces. Komplektā ietilpst trīs populārākās matu gumijas: zelta metāliska gumija ar zelta sirdi, melna gumija ar vizuālo biti un rozā šampanieša gumija ar zelta sirdi. Materiāli: gumija, neilons, metālisks pārklājums. Šī prece ir nopērkama tikai lidmašīnās vai lidostās.



## SOIRÉE MONTRÉAL Crystal Charme Necklace

Charming! Delicately crafted necklace by Soirée Montreal. Five glittering cubic zirconia crystals combined with fine fashionable graphic shapes on a gold-plated chain. Your perfect accessory to complement your style – whether your business outfit during the day or your elegant evening dress.

Apburoša un smalka Soirée Montreal kaklarota. Pieci mirdzoši kubiskā cirkonija kristāli uz apzeltītas ķēdītes, kurus vienu no otra atdala četri grafiski simboli. Ideāls aksesuārs, lai papildinātu jūsu stilu – neatkarīgi no tā, vai tas ir lietišķs apģērbs dienas laikā vai eleganta vakarkleita. Ķēdītes garums 39 cm + 7 cm.

€39

TRAVEL  
RETAIL  
EXCLUSIVE

NECKLACE LENGTH  
39 CM + 7 CM EXTENDER





**ORQUIDEA**  
Trio Earring Set 8 in 1

Beautiful Sterling Silver earrings with Zirconium and 3 pairs of exchangeable 8 and 9 mm first quality organic Majorcan Pearls in different colours, making it an "8 in 1"!  
Stilīgi sudraba auskari ar cirkoniju un 3 maināmiem 8 un 9 mm augstākās kvalitātes Majorkas pārļu pāriem dažādās krāsās. Astoņi vienā!

TRAVEL  
RETAIL  
EXCLUSIVE

€76

TRAVEL  
RETAIL  
EXCLUSIVE

€49



**ORQUIDEA**  
Majorca Duo Bracelet

Bracelet in 6 mm white and 12 mm black, first quality organic Majorcan Pearls and sterling silver elements. Handcrafted from traditional Orquidea's pearl factory on the island of Majorca. Can complement both a formal and a casual look. One size fits all.  
Rokassprādze, ko rotā augstākās kvalitātes organiskas Orquidea Majorkas pērles baltā (6 mm) un melnā (12 mm) krāsā, kā arī sudraba elementi. Roku darbs no tradicionālas Majorkas pārļu fabrikas. Piestāv gan formālam, gan ikdienas stilam. Der visiem izmēriem.



**Orquidea**  
Jewels with  
Mediterranean  
essence

orquideaonline.com

**ORQUIDEA**  
Selene – Orquidea Classic Pearl Necklace And Earring Set

This stunning pearl necklace is every woman's must have accessory. 8 mm first quality organic Majorcan pearls with a clasp in sterling silver. A genuine handcrafted necklace from Orquidea's traditional Pearl Factory on the Spanish island of Majorca. Comes complete with a pair of matching stud pearl earrings.

Satriecoša pārļu kaklarota, obligāts aksesuārs katras sievietes garderobei. 8 mm augstākās kvalitātes organiskās Majorkas pērles ar sudraba aizdari. Autentisks roku darbs no tradicionālas pārļu fabrikas Orquidea Majorkas salā. Komplektā ietilpst pārļu auskaru pāris.

€126

NECKLACE LENGTH:  
45 CM + 8 CM EXTENDER



my  
JEWELLERY

**MY JEWELLERY**  
Mother & Daughter  
Bracelets, Gold

Premium stainless steel, do not discolour, 100% waterproof, 100% recyclable. The material is of high quality and very long-lasting. You can wear it in the shower, at the beach with no need to take it off.  
Aproces izgatavotas no augstākās klases nerūsējošā tērauda, nezaudē krāsu, 100% ūdensizturīgas, 100% pārstrādājamas. Augstas kvalitātes, ilgmūžīgs materiāls. Aproces nav nepieciešams noņemt, kad esat pludmalē vai ejat dušā.

€19

City Price €27.95  
SAVE 32%

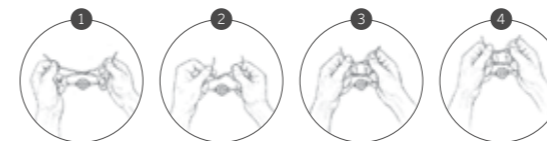
BRACELET LENGTH  
16 CM + 3 CM EXTENDER

MATERIAL  
STAINLESS STEEL

**UKIYYO**  
Living the moment



HOW DO YOU TIE A KNOT ON A BRACELET?



**UKIYYO**  
Bracelet Tree of Life


A rose gold plated bracelet from a brand that appreciates living in the moment. The tree of life represents rebirth, lifelong growth and connection to family. Like branches on a tree, we all grow in different directions, yet our roots remain as one. Adjustable bracelet length.

Aproce ar rozā zelta pārklājumu no zīmola, kas novērtē dzīvi dotajā mirklī. Dzīves koks simbolizē atdzimšanu, izaugsmi mūža garumā un saikni ar ģimeni. Gluži kā koka zari, mēs katrs augam dažādos virzienos, tomēr mūsu saknes paliek vienotas. Regulējams garums.

€22




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on your phone



**MOON**  
All That Glitters Watch Set,  
Rose Gold

MOON is delighted to bring you this watch and bracelet set. This sleek and stylish watch set is perfect for day or night. The comfortable rose gold strap glitters and shines and is complimented with matching rose gold casing and buckle. The set includes a complemented rose gold crystal bracelet. Wear them together to create a real statement. Sure to match all outfits and occasions, this stylish set is a must have.


Lielisks jaunums no zīmola MOON – pulksteņa un rokassprādzes komplekts. Elegants un stilīgs pulkstenis ar rokassprādzi ir lieliski piemērots gan dienai, gan naktij. Ērtā rozā zelta siksnīņa mirdz un dzirksti, pulkstenim ir rozā zelta korpus un sprādze. Komplektā ietilpst rozā zelta rokassprādze ar kristālu. Valkājiet tos kopā, lai sasniegtu lielāku efektu. Šis stilīgs komplekts iederēsies jebkurā garderobē un situācijā.



**TRAVEL  
RETAIL  
EXCLUSIVE**

<b>€21</b>	DIAL SIZE <b>33 MM</b>	CASE MATERIAL <b>METAL</b>	WATER RESISTANCE <b>SPLASH RESISTANT</b>	MOVEMENT <b>ELECTRONIC</b>	STRAP MATERIAL <b>PU LEATHER</b>	STRAP LENGTH <b>22 CM</b>	BRACELET LENGTH <b>17 CM + 5 CM EXTENDER</b>
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BELLE & BEAU



**BELLE & BEAU**  
Sparkle And Shine Earring Set, 8 pcs

Like the name, this earring set has eight styles that sparkle and shine. Polished rose gold and silver tones, with glistening crystals, in hoops, halos and studs means this collection has something for everyone. A beautiful mix of rose gold, silver, pearl and coloured stones. Wear anytime, anyplace.

Komplektā ietilpst astoņi dažādu stilu auskaru pāri, kas mirdz un dzirksti. Pulēta rozā zelta un sudraba toņi ar mirdzošiem kristāliem. Auskariem ir dažādas formas, kas nozīmē, ka šajā kolekcijā katrs atradīs ko īpaši tikamu. Lielisks rozā zelta, sudraba, pārļu un krāsainu akmeņu sajaukums. Var valkāt jebkurā vietā un laikā.



**BELLE & BEAU**  
Over The Rainbow Set

Taking inspiration from the Rainbow, surround yourself with colour! A unique and stunning design that incorporates striking coloured stones and glistening emerald cut clear crystals – the pendant, earrings and adjustable bracelet, finished in delicate rose gold plating, is a must-have. This set is an everyday luxury that is both elegant and eye catching.

Iedvesmojieties no varavīksnes un padariet savu dzīvi krāsainu! Unikāls un satriecošs dizains, kas iekļauj pārsteidzošus krāsainus akmeņus un mirdzošus tainstūra formas kristālus – kulons, auskari un regulējama aproce ar plānu rozā zelta pārklājumu. Šis vienlaicīgi elegantais un uzmanību saistošais komplekts ir ikdienas greznība.

<b>€29</b>	<b>TRAVEL RETAIL EXCLUSIVE</b>	NECKLACE LENGTH <b>45 CM + 5 CM EXTENDER</b>	<b>€69</b>
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**ZAZA&LILI**  
Ring



Like a piece of lace that smoothly wraps around the finger, this ring in rhodium plating, highlighted by tiny sparkling transparent cubic zirconia, is a masterpiece and a must-have. Free from nickel, lead and cadmium. Adjustable size from 16 to 19.

Šis izsmalcinātais gredzens ar rodiņa pārklājumu, kas izrotāts ar dzidriem, dzirkstošiem kubiskā cirkonija kristāliem, maigi pieguļ pirkstam, it kā tas būtu darināts no mežģinēm. Nesatur niķeli, svinu un kadmiju. Regulējams izmērs no 16. līdz 19.



**ZAZA&LILI**  
3 Bracelet Set

Three minimalistic bracelets in rhodium, gold and rose gold plating, decorated with sparkling crystals—to be worn together or separately. Bracelet length 17.5 cm


Trīs minimālisma stilā ieturētas aproces ar rodiņa, zelta un rozā zelta pārklājumu, rotātas ar mirdzošiem kristāliem. Aproces var valkāt kopā vai pa vienai. Garums: 17.5 cm

**TRAVEL  
RETAIL  
EXCLUSIVE**

City Price <b>€43</b> SAVE 19%	<b>€35</b>
Retail Value <b>€81</b> SAVE 52%	<b>€39</b>




**männ**



**MÄN**  
Black Onyx Bracelet

Combine design and the virtues of natural stones with this bracelet in matt black onyx. Highlighted by a bead in stainless steel of dark matt finish. Black Onyx is a powerful protection and strength-giving stone. It encourages happiness and good fortune.

Melna matēta oniksa rokassprādze, kas apvieno lielisku dizainu un dabisko akmeņu īpašības. Viens no rokassprādzes posmiem ir nerūsējoša tērauda lodīte ar tumši matētu apdari. Melnais onikss sargā tā valkātāju un dod spēku, tas arī nes laimi un veiksmi. Rokassprādze ir elastīga, lodīšu diametrs 8 mm.



<b>€29</b>	City Price <b>€39</b> SAVE 26%	BRACELET LENGTH <b>FLEXIBLE</b>	STONE DIAMETER <b>Ø 8 MM</b>
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**SOLID SCENT CO.**  
Juno Solid Perfume  
for her, 8 g

Bergamot, Rose & White Musk. Mischievous. Frisky. Playful. A warm, sweet floral fragrance with top notes of citrus. If you are a provocative, captivating woman, then Juno is definitely your "partner in crime"! All natural base of Cocoa, Shea Butter, Sweet Almond oil and pure Beeswax, this formula ensures a rich and lasting scent.

Bergamote, roze un baltais muskuss. Nerātns. Savdabīgs. Rotaļīgs. Silts, salds ziedu aromāts ar citrusaugļu augšējām notīm. Ja esi provokatīva, valdzinoša sieviete, tad Juno noteikti ir "tava nozieguma līdzdalībnieks"! Formula uz kakao, šī sviesta, saldo mandeļu eļļas un tīra bišu vaska dabīgas bāzes nodrošina bagātīgu un noturīgu smaržu.

€29

City Price €31.95  
SAVE 9%



**SOLID SCENT CO.**  
Hudson Solid Cologne  
for him, 8 g

Hudson - Mandarin, Rosewood & Juniper. Joyful. Seductive. Captivating. Capturing the energy from the beautiful and sunny Mediterranean, this scent opens with sun-drenched mandarin and aromatic Juniper with a heart of Sichuan pepper and sensual rosewood with a base of incense and Oak Moss that gives this a strong masculinity feel. If you are a modern, edgy man... then this is for you. All natural base of Cocoa, Shea Butter, Sweet Almond oil and pure Beeswax, this formula ensures a rich and lasting scent.

Hudson - mandarīns, palisandrs un kadiķis. Dzīvespriecīgs. Vilinošs. Valdzošs. Enerģija no skaistās un saulainās Vidusjūras, ko atklāj saulpilnais mandarīns un aromātiskais kadiķis ar Sičuāņas piparu, jutekliskā palisandra, vīraka un ozola sūnu notīm, kas piešķir odekolonam spēku un virišķību. Ja esat mūsdienu, enerģisks vīrietis, šis odekolons ir domāts jums. Formula uz kakao, šī sviesta, saldo mandeļu eļļas un tīra bišu vaska dabīgas bāzes nodrošina bagātīgu un noturīgu smaržu.

€29

City Price €31.95  
SAVE 9%



**Gisada**  
Switzerland  
**AMBASSADORA**  
FRAGRANCE FOR WOMEN

**GISADA**  
Ambassadora  
EDP for her, 50 ml

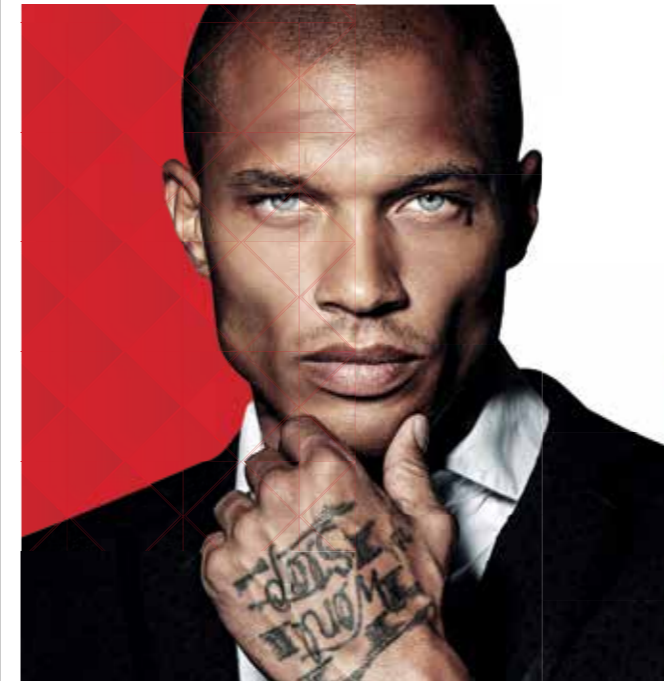
Feminine sweetness, luxurious soft notes: Mandarin and blueberry form a fragrant duet in the top note playing with the rich fruitiness of jasmine and orange blossom. Underpinned with the comforting warmth of vanilla, musk and sandalwood, while cashmere wood and icing sugar give the accords a delicate finish with their extravagance. Pink pepper provides the subliminal wow effect.

Sievišķīgs aromāts ar greznām un maigām notīm: mandarīna un melleņu duets augšējā notī saspēlējas ar jasmīna un apelsīna ziedu piegaršu. Pamattoni veido vaniļas, muskusa un sandalkoka mierinošais siltums, savukārt kašmīra koksne un pūdercukurs piešķir aromātam īpašu maigumu un ekstravaganci. Rozā pipari panāk tā dēvēto "wow efektu".

NEW  
ON BOARD

€75

City Price €85  
SAVE 12%



**Gisada**  
Switzerland  
**AMBASSADOR**  
MEN



**GISADA**  
Ambassador EDP for him, 50 ml

Lively, fresh and intense, this masculine, cool fragrance features slightly oriental accents. Juicy and tangy notes of mandarin orange lend the fragrance an initially fresh citrus impression. These aspects combine with the spiciness of peonies and patchouli. Amber accents are accompanied by finest vanilla. The result: A fragrance to express your elegant style.

Dzīvīgs, svaigs un intensīvs. Šo virišķīgo, vēso aromātu raksturo nedaudz austrumnieciski akcenti. Mandarīna sulīgās un pikantās notis piešķir aromātam sākotnēji svaigu citrusaugļu nokrāsu. Tai pievienojas peoniju un pačūlijas pikantums ar vaniļas dzintara akcentu. Aromāts, kas pasvitro jūsu eleganto stilu.

€75

City Price €85  
SAVE 12%



Shop for food, drinks and  
souvenirs during the flight  
on your phone



**PORSCHE DESIGN**  
180 Blue EDT for him, 50 ml

Modern, dynamic, revitalizing. Green notes that meet woody, warm facets like an airy breeze offer an exciting contrast and form the excitingly different energy of the men's fragrance. The unique flacon in radiant blue is a freshness kick from a purely visual point of view. With a 180-degree turn, this distinctive flacon can be opened and closed in a refined way.

Mūsdienīgs, dinamisks, spēcinošs. Siltās koksnes notis veido aizraujošu kontrastu ar zāļajām notīm, veidojot izteiksmīgu vīriešu aromātu. Tualetes ūdens pildīts unikālā flakonā mirdzoši zilā krāsā.

**NEW**  
ON BOARD

City Price €65  
SAVE 20%

**€52**



**PORSCHE DESIGN**  
Woman Satin EDP for her, 50 ml

Feminine, floral, captivatingly lively. The fragrance creation is a perfect balance of delicate and powerful and exudes dynamism and joie de vivre. Jasmine and orange blossoms accompanied by a delicate rose create a sensual aura. Vanilla and warm woody notes give the fragrance an exclusive, feminine touch.

Sievšķīgs un valdzinoši dzīvīgs ziedu aromāts. To raksturo ideāls līdzsvars starp spēku un sievišķību, tas izstaro dinamismu un dzīvesprieku. Jasmīna, apelsīnu ziedu un rozes toni rada juteklisku auru. Vanīļas un siltās koksnes notis piešķir aromātam īpašu, sievišķīgu pieskārienu.

**NEW**  
ON BOARD

City Price €79  
SAVE 20%

**€63**



**PORSCHE DESIGN**  
Pure EDT for him, 50 ml

Clean. Refined. Elegant. The scent radiates exclusivity and masculine purism. In the top note, the signature scent exudes a transparency characterized by ozone accords and grapefruit. In combination with warm, woody notes, a masculine aura develops.

Tīrs. Rafinēts. Elegants. Šis tualetes ūdens izstaro ekskluzivitāti un vīrišķību. Augšējā nots: ozona akordi un greipfrūts. Apvienojumā ar siltajām koksnes notīm tie veido neatkarojami vīrišķīgu auru.

**NEW**  
ON BOARD

**€55**

City Price €69  
SAVE 20%

## Invincible in quality and composition

For Her & Him

More information on:  
[www.soumme.com](http://www.soumme.com)

- \* 100 % natural ingredients
- \* 98 % organic Aloe Vera
- \* With Vitamin C & Hyaluronic acid
- \* Crowned with grapefruit essential oil

- \* High-quality violet glass bottle
- \* Vegan and free from animal testing
- \* Absorbs quickly \* For face & body
- \* Ideal for dry skin or as After Sun



**SOUMMÉ**  
Aloe Vera Gel, 200 ml

Whether as daily care for the face & body, after sunbathing or during the cold winter air, as a basis for make-up or after shaving - the aloe vera gel by Soummé is a real allrounder and makes your skin look hydrated and cared for. The moisture booster on a 100% natural basis. A MUST for all aloe vera fans.

Neatkarīgi no tā, vai lietojat gelu ikdienas sejas un ķermeņa kopšanai, pēc sauļošanās vai aukstā ziemas laikā, kā bāzes gelu vai pēc skūšanās – Soummé alvejas gels ir patiesi universāls līdzeklis mitrinātai un koptai ādai. 100% dabīgs gels, kas ir ieteicams visiem, kam patīk alveja.

**NEW**  
ON BOARD

**€18**

City Price €19.95  
SAVE 10%

## PORSCHE DESIGN

## Stops sweat & smell efficiently

Effectiveness clinically approved ✓

For normal and profusely sweating

High-quality glass bottle

Made in Germany



[www.soumme.com](http://www.soumme.com)  
info@soumme.com

For women & men

Vegan

Use only 1-3 times per week

Precious herbal substances

Profitable and sustainable, bottle lasts up to 9 months of usage

**SOUMMÉ**  
Anti-Transpirant Deo, 50 ml

It was one of the absolute star products in the most famous German investor TV show. The salvation for all those who do not like to sweat in stress, heat or sports. With Soummé, unpleasant body odour and sweat stains on clothing are finally a thing of the past. With only 1-3 applications per week, you will experience a new quality of life.

Produkts, kas izraisīja milzīgu interesi populārākajā Vācijas investoru TV šovā. Ideāls risinājums visiem tiem, kam nepatīk svīst stresa situācijās, karstumā vai sporta aktivitāšu laikā. Pateicoties Soummé, nepatīkamais sviedru aromāts un sviedru traipi uz drēbēm nu ir pagātnē. Izbaudiet jaunu dzīves kvalitāti, lietojot šo dezodorantu tikai 1-3 reizes nedēļā!

**NEW**  
ON BOARD

**€18**

City Price €19.95  
SAVE 10%

## Skin Magic

A Magical Balm & Serum  
for all your Skin Solutions




**SKIN MAGIC**  
Wonder Serum, 30 ml

All-natural facial serum packed with antioxidants. Formulated from a cocktail of 11 lightweight organic plant oils including Cannabis Sativa Oil, Borage Oil and Rosehip Seed Oil. Stripped from all synthetic ingredients, fragrances, colours, irritants, and parabens.

Pilnīgi dabisks, antioksidantu pārpilns sejas serums. 11 vieglu organisko augu eļļu kokteilis, kurā ietilpst arī kaņepju eļļa, gurķenes eļļa un mežrozīšu sēkļu eļļa. Nesatur sintētiskas sastāvdaļas, smaržvielas, krāsvielas, kairinātājus un parabēnus.

**€38**

TRAVEL  
RETAIL  
EXCLUSIVE



**SKIN MAGIC**  
Wonder Balm, 40 gr

A multi-purpose skin balm that hydrates, nourishes, and heals the skin. With the scent of citrus, natural ingredients and anti-fungal properties, this Skin Magic Wonder Balm has an infinite amount of uses and is a must-have for any savvy traveller. Can be used on all skin types.

Daudzfunkcionāls ādas balzams, kas mitrina, baro un atveseļo ādu. Pateicoties tā citrusaugļu aromātam, dabīgām sastāvdaļām un pretsēnišu iedarbībai, balzamam Skin Magic Wonder Balm ir bezgalīgi daudz pielietojumu. Der visiem ādas tiptiem.

**€32**

TRAVEL  
RETAIL  
EXCLUSIVE

**FRONTIER AWARDS 2021**  
This product receives 10% of ocean-borne plastics.




**TANORGANIC**  
Facial Tan Oil, 50 ml

Specially formulated for the delicate skin on the face. A luxurious self-tan that absorbs quickly, without leaving a greasy layer, to reveal a radiant and natural golden tan. Made wholly from natural and organic ingredients that are super nourishing and will leave your skin looking and feeling hydrated for up to 7 days.

Īpaši izstrādāts maigajai sejas ādai. Lielisks pašiedeguma līdzeklis, kas ātri iesūcas, neatstājot taukainu slāni, lai radītu mirdzošu un dabisku zeltainu iedegumu. Pilnībā izgatavots no dabīgām un organiskām sastāvdaļām, kas ir īpaši barojošas: jūsu āda izskatīsies un jutīsies mitrināta līdz pat 7 dienām.

**€27**

City Price **€29.99**  
SAVE 20%

**FRONTIER AWARDS 2021**  
This product receives 10% of ocean-borne plastics.



**ROSALIQUE**  
3 IN 1 ANTI-REDNESS MIRACLE FORMULA SPF50

*Embrace your natural beauty this summer!*

This unique green formula was specially developed for sensitive and redness-prone skin. Rosalique neutralises redness and gives you a smooth, even and radiant complexion, whilst protecting your skin with an award-winning SPF50.

**Our Triple Action Effect:**

- Instantly conceals redness and uneven skin tone
- Gently treats and nourishes the skin with 5 anti-inflammatory, naturally active ingredients
- Protects long-term with a 5\*-rated SPF50

Rosalique is the perfect multifunctional travel companion. Use as a tinted moisturiser for natural coverage and sun protection, use as a concealer to cover red patches or use as a primer for a long-lasting base under makeup.



**FRONTIER AWARDS 2021**  
This product receives 10% of ocean-borne plastics.

**ROSALIQUE**  
Anti-Redness Cream,  
30 ml


NEW  
ON BOARD

**€29**

City Price **€34.95**  
SAVE 17%

This unique green formula offers beautiful natural coverage, a 5\*-rated broad-spectrum SPF50 and a sun-kissed glow. Instantly conceals redness and uneven skin tone. Gently treats and nourishes the skin with 5 anti-inflammatory, naturally active ingredients. Protects long-term with an award-winning SPF 50. Rosalique was specially developed for sensitive and redness-prone skin and is perfect as a tinted moisturiser, colour corrector or as a primer under your makeup.

Unikāla dabīga formula nodrošina skaistu dabisku pārklājumu, efektīvu SPF50 saules aizsardzību un mirdzošu iedegumu. Uzreiz novērš ādas apsārtumu un nevienmērīgu ādas toni. Maigi attīra un baro ādu ar 5 dabīgi aktīvām pretiekaisuma sastāvdaļām. Noturīga SPF 50 aizsardzība pret sauli. Rosalique krēms ir īpaši izstrādāts jutīgai ādai ar tendenci uz apsārtumu, tas ir lieliski piemērots kā tonēts mitrinātājs, krāsas korektors vai grima bāze.



**TALIKA**  
PARIS

**75 YEARS**  
of excellence

**THE 1<sup>ST</sup> SERUM  
THAT MAKES  
YOUR  
EYELASHES  
GROWTH**

**LIPOCILS EXPERT**

Length + 36%\*  
Pigmentation + 50%\*\*  
Curl + 50%\*\*



- Use the sponge tip to apply Lipocils Expert along the roots of upper and lower lashes.
- Brush the product outwards through the lashes using the applicator's bristles.

Tip double applicator

**TALIKA**  
Lipocils Expert Collector Edition - Eyelash Growth & Pigmentation Serum, 10ml

Legendary Lipocils Expert is a patented and unique combination of five plants that stimulate eyelash growth, natural pigmentation and curl. Clinically proven: after 30 days eyelashes are longer +2.1 mm on average, +50% pigmentation, +50% curlier. Apply day and night as a cure or all year long. 96% natural ingredients!

Legendārā Lipocils Expert formula ir patentēta un unikāla piecu augu kombinācija, kas stimulē skropstu augšanu, dabisko pigmentāciju un izliekumu. Klīniskos pētījumos ir pierādīts, ka jau pēc 30 dienām skropstas ir vidēji +2.1mm garākas, +50% pigmentācija, +50% izliekums. Lietojiet dienu un nakti, vai visu gadu. 96% dabīgas sastāvdaļas!

**€39**

City Price **€45.40**  
SAVE 14%

**FRONTIER AWARDS 2021**  
This product receives 10% of ocean-borne plastics.

**DIEGO DALLA PALMA**  
MyHappyToy Mascara, 13 ml

A revolutionary high-definition mascara. Lashes are instantly curled and lifted, for an extraordinary push-up effect! Ultra-defined, clump and smudge free volume. Vegan formula enriched with active ingredients that help repair weak lashes. Increases lashes growth in just 30 days of continuous use. Ophthalmologically tested. 24-hour wear.

Revolucionāra un īpaši efektīva skropstu tuša. Tā acumirkli piešķir skropstām izliekumu un izteiktu apjomu, turklāt skropstas nesalīp kopā. Vegāniska formula ir bagātināta ar aktīvām sastāvdaļām, kas stiprina skropstas. Paātrina skropstu augšanu tikai 30 dienu lietošanas laikā. Tuša ir oftalmoloģiski pārbaudīta. 24 stundu noturība.

**NEW**  
ON BOARD

€23

City Price €27.90  
SAVE 18%

**DIEGO DALLA PALMA**  
MyToyBoy Mascara,  
13 ml

An iconic and irresistible product. Innovative and vegan formula in a 4D action mascara: extra volume, lengthening, maximum definition, lasting 24 h. It boosts the natural growth of the lashes in only 30 days.

Ikoniska un neatvairāma 4D darbības skropstu tuša ar inovatīvu un vegānisku formulu: lielāks apjoms, pagarināšana, maksimāla precizitāte, noturība 24 stundas. Tā paātrina skropstu dabisko augšanu tikai 30 dienu laikā.

€23

City Price €27.90  
SAVE 18%

**DIEGO DALLA PALMA**  
Palette NUDA, 30 g

An eye palette inspired by warm nude colours to create a wide range of looks, from natural to dramatic. Five matte eyeshadows in different shades. The matte eyeshadows have a highly pigmented formula and a smooth and silky texture for ultimate comfort. The extra pearl eyeshadows have a cream-to-the-touch texture and take any look to the next level.

Acu ēnu paleti veido dabisko toņu gamma, kas piemēroti visdažādākajiem stiliem. Pieci dažādi matētu acu ēnu toņi ar izteikti pigmentētu formulu, gludu un zīdainu tekstūru, kas nodrošina maksimālu komfortu. Acu ēnām ir krēmīga tekstūra, tās piešķir jūsu izskatam īpašu efektu neatkarīgi no jūsu stila.

**NEW**  
ON BOARD

€35

City Price €42.90  
SAVE 18%


**DIEGO DALLA PALMA**  
Makeupstudio Oriental Kajal  
& Eyeliner, 3.2 g

A multipurpose product for a surprisingly deep look. Easy application, thanks to the exclusive latex brush. An intense black with a creamy, smooth, and long-lasting texture. Ophthalmologically tested and water-resistant formula, suitable also for sensitive eyes.

Universāls produkts, lai panāktu satriecoši dziļu skatienu. Pateicoties ekskluzīvai lateksa otiņai, to ir viegli uzklāt. Piesātināti melna krāsa ar krēmīgu, gludu un noturīgu tekstūru. Oftalmoloģiski pārbaudīta, ūdensizturīga formula, piemērota arī jutīgām acīm.

€18

City Price €21.90  
SAVE 18%



**Diego dalla Palma**  
MILANO

## VITAMINA C RADIANCE SERUM

**BRIGHTENING BOOSTER SERUM**  
An infusion of concentrated Vitamin C to recharge your skin with a powerful burst of energy. Ideal for all skin types, all year long. Contains 10% stabilized Vitamin C. Dermatologically tested.

**Visible and proven results in just 28 days.**  
Reduction of fine lines by **27%\***  
Increase in radiance by **38%\***  
Reduction of dark spots by **55%\*\***  
Increase in skin density by **100%\*\*\***

Clinical-instrumental tests carried out for 28 days on 20 subjects. Daily use of VITAMIN C BRIGHTENING SERUM + 24 HOUR BRIGHTENING & ANTI WRINKLES CREAM and weekly use of BRIGHTENING & ENERGIZING MASK. \* Assessment by a dermatologist. Average percentage of improvement in the visibility of the parameter declared. \*\* Assessment by a dermatologist. Percentage of subjects in whom an improvement of the visibility of hyperchromic spots was found. \*\*\* Observation made by skin ultrasound scan. Percentage of subjects in whom a significant increase in skin density was found.

**Free from:** Paraffin, Mineral oils, Propylene glycol

**DIEGO DALLA PALMA**  
Vitamina C Radiance Serum,  
30 ml

An infusion of concentrated Vitamin C to boost your natural radiance with multiple properties: reduces wrinkles, enhances skin brightness, counteracts dark spots, protects the skin against UV rays, relieves irritation. Free from paraffin, mineral oils and propylene glycol. Ideal for all skin types, all year long.

Koncentrēta C vitamīna serums, kas vairākos veidos uzlabo jūsu ādas dabisko mirdzumu: tas samazina grumbas, uzlabo ādas toni, novērš tumšos plankumus, aizsargā ādu pret UV stariem, mazina kairinājumu. Nesatur parafīnu, minerāleļļas un propilēnglikolu. Ideāli piemērots visiem ādas tipiem visa gada garumā.

€29 City Price €34.90  
SAVE 17%



**Diego dalla Palma**  
MILANO

## GOLD INFUSION

YOUR TREASURE OF YOUTH

Precious anti-aging treatment based on exquisite Polynesian flower oil with pure gold leaves for regenerated, revitalized and radiant skin.

**VISIBLE AND PROVEN RESULTS IN ONLY 28 DAYS**  
Reducing the depth of wrinkles **19%\***  
Greater resilience (Collagen and Elastin) **65%\*\***  
Greater deep hydration **70%\*\*\***  
Greater elasticity **80%\*\*\*\***

Clinical-instrumental tests on 20 subjects after 28 days of treatment. \* % reduction measures in micrometres with instrumental techniques of Three-Dimensional Optical Profilometry. Average value. Maximum value of instrumental reduction of average wrinkles of the profile found: 74%. \*\* Observation made with skin ultrasound scan. Percentage of subjects in whom a significant increase of skin density was found. \*\*\* Observation made through measuring the water content in the skin up to a depth of 1 mm. Percentage of subjects in whom a significant increase in the water content was found. \*\*\*\* Observation made using a cutometer. Percentage of subjects in whom a significant increase in the average base values of total elasticity was found.

**ECO CERT**  
COSMOS NATURAL  
certified by Ecocert Greenlife according to COSMOS standard

**DIEGO DALLA PALMA**  
Gold Infusion - Youth Potion,  
30 ml

A blend of 30 natural oils and pure gold leaf, which promotes skin regeneration and gives a more even, fresh and radiant appearance. A concentrated essence rebuilding the architecture of the skin in depth, restoring strength, stimulating the production of collagen and elastin. Does not contain paraffin, mineral oil and silicones.

30 dabīgu eļļu un vizuāli zelta maisījums, kas veicina ādas atjaunošanos un piešķir tai vienmērīgu, svaigu un mirdzošu izskatu. Koncentrēta esence, kas atjauno ādas arhitektūru, stiprina to, stimulē kolagēna un elastīna veidošanos. Nesatur parafīnu, minerāleļļu un silikonus.

€59 TRAVEL RETAIL EXCLUSIVE



**M. Asam®**  
**RESVERATROL**  
PREMIUM NT 50

## VISIBLY LIFTED & YOUTHFUL SKIN

LIFTING CREAM

Smoothing Lifting cream with highly effective resveratrol for smooth, visibly lifted & youthful skin and NT50® technology for a longer, targeted effect.


asambeauty.com | made in germany

**M. Asam® RESVERATROL PREMIUM NT50**  
Resveratrol Lifting Cream 50 ml

Lifting cream with highly concentrated resveratrol, cross-linked hyaluronic acid and a special lifting peptide firms the skin and maintains its youthful appearance. Further key ingredients include lipids like shea butter, argan oil and squalane. This formulation intensely cares for your skin and leaves it feeling soft and supple.

Liftīngā krēms ar augstu resveratrola koncentrāciju, šķērssaistītu hialuronskābi un īpašu liftīngā peptīdu nostiprina ādu un piešķir tai jauneklīgu izskatu. Krēma sastāvā arī ietilpst lipīdi, piemēram, šī sviests, argāna eļļa un skvalāns. Krēms intensīvi kopj jūsu ādu un padara to maigu un elastīgu.

NEW ON BOARD  
€29<sup>50</sup> City Price €34.99  
SAVE 16%



**M. Asam®**  
MAGIC FINISH

## LET THE MAGIC HAPPEN

SATIN LIPSTICK SET

The M. Asam® MAGIC FINISH lipstick trio combines intensive care and volume with natural nude shades. Micro color pigments provide intensive color with a silky, semi-matte finish.

asambeauty.com | made in germany

**M. Asam® MAGIC FINISH SATIN LIPSTICK TRIO**  
3 x 4 g Hazelnut Heaven, Almond & Rosewood

The M. Asam® MAGIC FINISH Satin Lipstick Set contains three lipsticks in the naturally soft nude shades Hazelnut Heaven, Almond & Rosewood, and combines rich colours with intensive care. Special volume peptides and a total of 11 nourishing waxes and oils help to improve the shape and volume of the lips.

M. Asam® MAGIC FINISH Satin Lipstick Set komplektā ietilpst trīs lūpu krāsas ar dabiskiem un maigiem kaitoņiem lazdu riekstu, mandeļu un rožkoka krāsās, kas nodrošina intensīvu lūpu ādas kopšanu. Lūpu krāsu sastāvā ietilpst īpaši peptīdi un 11 barojoši vaski un eļļas, kas uzlabo lūpu formu un apjomu.

€32 City Price €37.90  
SAVE 21%

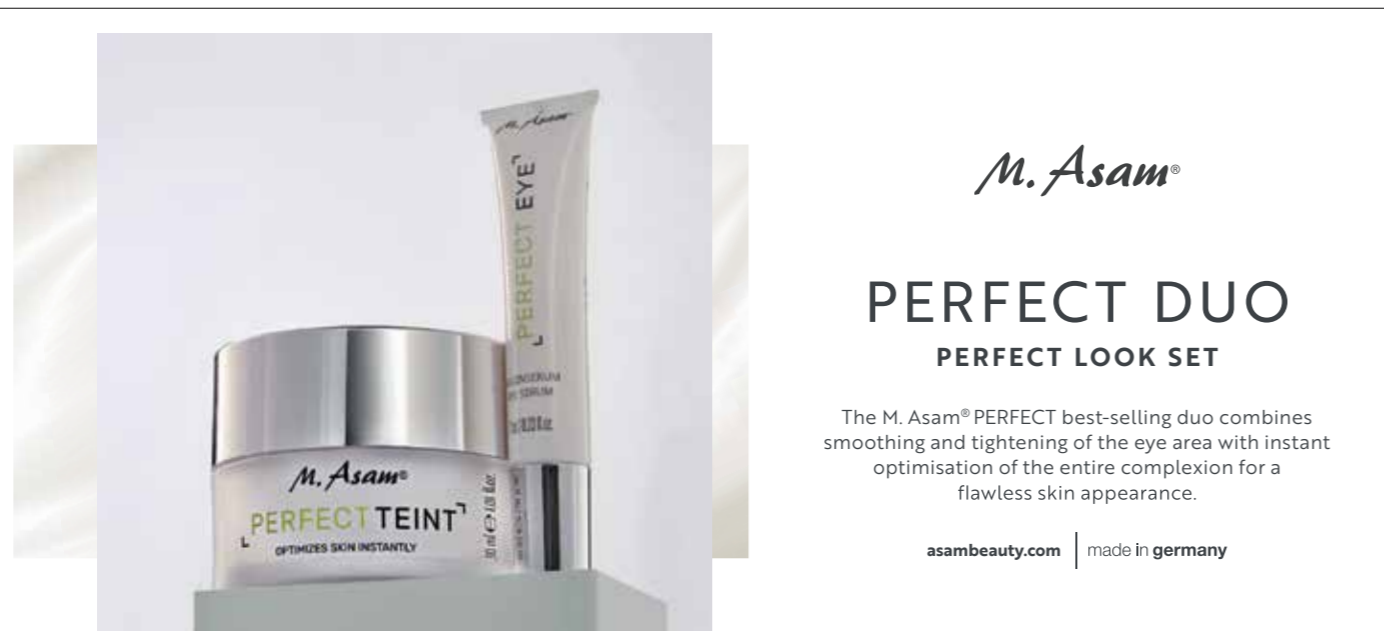
**CREW FAVOURITES**  
THEY TRIED. THEY LIKED.

**LAURA VANCĀNE**

What does this product mean to me?  
Usually I struggle with dry lips after using other lipsticks for long hours up in the sky; after using this product, I did not feel that usual lip dryness; furthermore, the lipstick is quite long lasting.

What this experience gave me  
This experience gave me a chance to try new quality lipsticks and new colors for my daily work. When I am not in the mood for a bright red lipstick, this set is perfect - light purple or nude tones for daily work up in the clouds (my favorite is rosewood, works perfectly with my skin tone and green eyes).





M. Asam®

**PERFECT DUO**  
PERFECT LOOK SET

The M. Asam® PERFECT best-selling duo combines smoothing and tightening of the eye area with instant optimisation of the entire complexion for a flawless skin appearance.

asambeauty.com | made in germany

**M. Asam®**  
PERFECT LOOK Set  
(PERFECT TEINT 30 ml  
+ PERFECT EYE Serum 7 ml)

The two M. Asam® PERFECT bestsellers ensure skin-perfecting results. The fragrance-free M. Asam® PERFECT EYE eye serum visibly tightens eye wrinkles. The mattifying M. Asam® PERFECT TEINT skin optimizer reduces the appearance of pores & wrinkles. Šie divi M. Asam® PERFECT bestselleri lieliski uzlabo ādas stāvokli. M. Asam® PERFECT EYE bezsmažās acu serums iedarbīgi savelk acu grumbas, savukārt M. Asam® PERFECT TEINT matējošais ādas kopšanas līdzeklis padara poras un grumbas mazāk pamanāmas.

€23

TRAVEL  
RETAIL  
EXCLUSIVE



M. Asam®  
**RETINOL**  
INTENSE

**EFFECTIVE  
WRINKLE REDUCTION**  
24H CREAM

Intensely nourishing face cream with retinol for effective wrinkle reduction. It visibly reduces fine lines and wrinkles and regenerates the skin.

asambeauty.com | made in germany

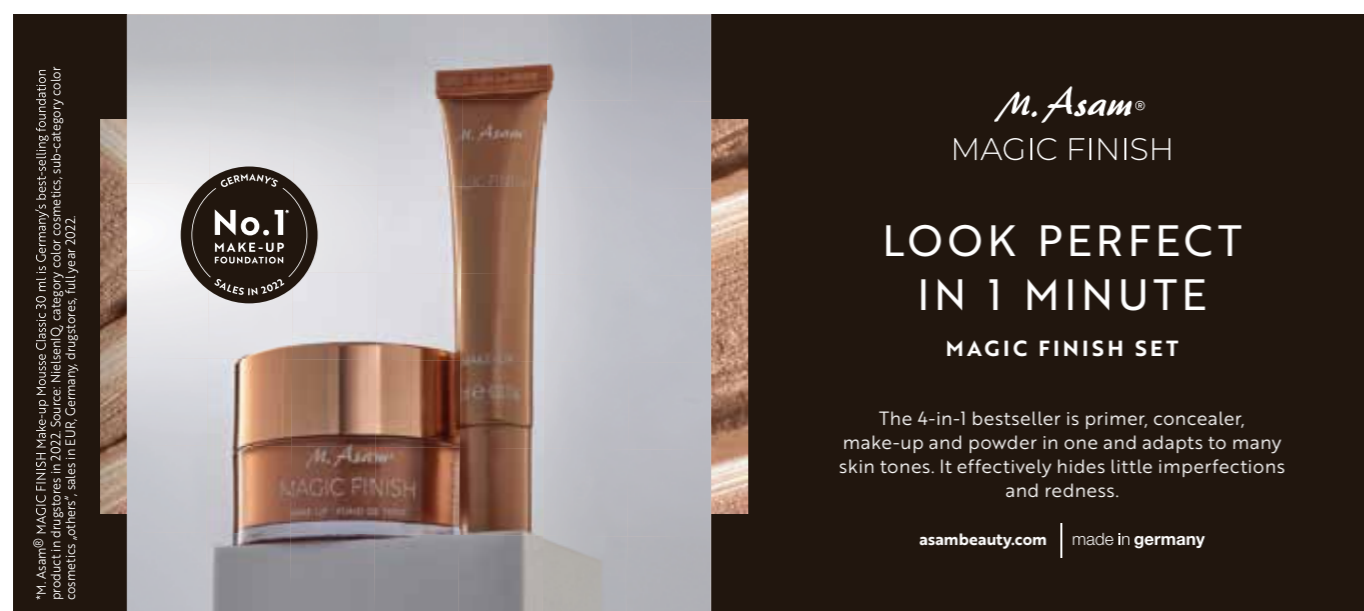
**M. Asam® RETINOL INTENSE**  
Retinol Intense 24H cream  
50 ml

The intensely caring Anti-Aging facial cream with retinol visibly softens the appearance of fine lines and wrinkles for better looking skin. It contains retinol combined with pampering lipids and helps counteract the signs of skin aging and revitalizes the look of your skin. Leaves the skin looking visibly firmed and smooth.

Intensīvi kopjošs sejas krēms pret ādas novecošanos izlīdzina smalkās krunciņas un grumbas un uzlabo ādas izskatu. Tas satur retinolu un lipīdus, kas palīdz novērst ādas novecošanās pazīmes un atjauno sejas ādu, padarot to redzami tvirtāku un gludāku.

€22

City Price €24.99  
SAVE 12%



M. Asam®  
MAGIC FINISH

**LOOK PERFECT  
IN 1 MINUTE**  
MAGIC FINISH SET

The 4-in-1 bestseller is primer, concealer, make-up and powder in one and adapts to many skin tones. It effectively hides little imperfections and redness.

asambeauty.com | made in germany

**M. Asam® MAGIC FINISH**  
MAGIC FINISH Set (MAKE-UP  
MOUSSE 30 ml classic + 10 ml  
travelsize classic)

Adapts to many skin tones. Even in winter, the lightweight make-up mousse imparts a healthy, fresh skin tone. Hiding unevenness, wrinkles and redness, the skin looks silky smooth. No powder is needed, as it naturally mattifies the skin all day long. The international bestseller is suitable for all skin types and can be applied on top of any day cream or serum. The set contains the make-up mousse in sizes 30 ml and practical 10 ml - perfect for traveling!

Grima putas individuāli pielāgojas dažādiem ādas toniēm. Pat ziemā putas piešķir ādai veselīgu un svaigu toni. Putas apslēpj ādas nepilnības, grumbas un apsārtumu, un āda izskatās zīdaini gluda. Pūderis nav nepieciešams, jo putas dabiski matē ādu visas dienas garumā. Šis ārkārtīgi populārais līdzeklis ir piemērots visiem ādas tipiem un to var uzklāt uz jebkura dienas krēma vai seruma. Komplektā ietilpst kosmētikas putas 30 un 10 ml tūbiņās, kas ir ideāli piemērotas ceļojumiem.

€29

TRAVEL  
RETAIL  
EXCLUSIVE



M. Asam®  
**AQUA**  
INTENSE®

**IMMEDIATE PLUMP SKIN**  
SUPREME HYALURON CREAM

The fragrance-free face cream provides an intense hydration of the skin. The patented hyaluronic acid complex with depot technology immediately smoothes and plumps up the skin.

asambeauty.com | made in germany


**M. Asam® AQUA INTENSE®**  
Supreme Hyaluron Cream  
50 ml

This fragrance-free hyaluronic face cream from asambeauty is formulated with a patented hyaluronic acid complex. It plumps up fine lines caused by dryness and gives the skin a plumped, even complexion. The perfect care for a fresh, soft complexion! For all skin types. Šis bezsmažās hialurona krēms no asambeauty satur patentētu hialuronskābju kompleksu, kas izlīdzina sausās ādas krunciņas un padara sejas ādu gludu, piešķirot tai vienmērīgu nokrāsu. Lielisks līdzeklis svaigai, maigai ādas krāsa! Der visiem ādas tipiem.

€18

City Price €19.99  
SAVE 10%





**Feet Friends**

**3 EASY STEPS TO MAXIMIZE THE BENEFITS**

- 1 Start with the dividers at the top of your toes. (Wear for approximately 15-20 minutes per day).
- 2 After a few days of wearing your socks, slide the dividers 1/2 way down between your toes. (Wear for approximately 1 to 2 hours per day).
- 3 Within a couple of weeks you should be able to slide the dividers all the way down between your toes providing maximum benefit and comfort to your feet. (You could now wear the socks overnight while sleeping).

– Relax your feet! –

Machine washable

Non-surgical way to rejuvenate your feet

**FEET FRIENDS**  
Healthy Socks

The ultimate magic cure against painful feet – the innovative Feet Friends Healthy Socks relax your tired feet in a very short time. The specially shaped terry fabric loops gently separate and massage your toes. Wear the socks after a long day at work, after a workout or after a night full of dancing, and you will experience relief. Beyond this, the socks are a great help when polishing your nails. Follow the instructions on the packaging for the best results. Size 36-40.

Īpaši veidotas frotē auduma cilpas maigi atdala un masē jūsu kāju pirkstus. Uzvelciet zeķes pēc garas darbadienas, treniņa vai nodejotas nakts un izbaudiet atvieglojumu, ko tās sniedz jūsu kājām. Šīs zeķes arī lieliski noder, krāsojot nagus. Izmēri: 36-40. Informāciju par valkāšanas intensitāti, lūdzu, skatiet lietošanas norādījumus.

**TRAVEL RETAIL EXCLUSIVE** **BEST SELLER**

**€49**

**HAIR. POWER. NOW.**

30% REGROWTH FOR LONG, THICK AND NATURALLY BEAUTIFUL HAIR IN 12 WEEKS

**M2 BEAUTÉ**  
THE RESEARCHED FORMULA BEAUTY BRAND

**M2 BEAUTÉ**  
Hair Activating Serum,  
30 ml

30% FULL HAIR

- NO PARABENS
- NO HORMONES
- NO SILICONES
- NO ANIMAL TESTING

An innovative activating serum that promotes hair growth for long, thick and naturally beautiful hair. Initial improvements can usually be seen after approximately six to eight weeks when used regularly. For long, thick and naturally beautiful hair.

Inovāts, aktivizējošs un matu augšanu veicinošs serums, kas nodrošina garus, biežus un dabiski skaistus matus. Regulāri to lietojot, sākotnējos uzlabojumus parasti var novērot pēc aptuveni sešām līdz astoņām nedēļām. Gariem, biežiem un dabiski skaistiem matiem!

**€29** City Price €35 **SAVE 17%**



**LAVERTU**  
Long-lasting Moisturising Lipstick That Changes Colour

Lipstick Excellent enhances the natural glow of your lips. The lipstick reacts with the specific pH value of your skin, creating a beautiful lip colour that is unique to you. Formulated with richly nourishing ingredients, this waterproof lipstick stays in place. Lipstick Excellent is available in 4 shades that adapt to your skin tone. The colours shown are indicative. Find out which one suits you.

Lūpu krāsa Excellent akcentē lūpu dabīgo spīdumu. Tā reaģē ar jūsu ādas individuālo pH līmeni, veidojot skaistu lūpu nokrāsu, kas ir unikāla tikai jums. Šī ūdensizturīgā lūpu krāsa, kuras sastāvā ietilpst bagātīgi barojošas vielas, ir izteikti noturīga. Tā ir pieejama 4 toņos, kas pielāgojas jūsu ādas tonim. Norādītajām krāsām ir informatīvs raksturs. Uzziniet, kura no tām ir piemērota jums.

**€36** **TRAVEL RETAIL EXCLUSIVE**



**INSTYLE** Best Beauty Buys EDITOR'S CHOICE AWARD

**GQ** Grooming Awards BEST NEW ANTI-AGEING INNOVATION Shortlist 2018

**TATLER** Best Beauty Awards BEST EYE CREAM

**75 AWARDS** BRAND WITH MORE THAN AND ACCOLADES

**“Quite possibly the best thing since botox”**

Tatler Magazine Beauty Awards, Best Eye Cream.

BASED ON THE 2012 NOBEL PRIZE winning research

Instant anti-puffiness & lift •  
Decrease wrinkle depth up to 53%\* •  
Improve firmness up to 59%\* •  
By Switzerland's 1st aesthetic Botox® Doctor •

**Dr. LEVY**  
SWITZERLAND

BEFORE Eye Booster only

AFTER 56 DAYS Eye Booster only

Results may vary with different users

Inflight Exclusive Targeted galvanic micro-current for an instant eye contour micro-lift

**SWISS MADE**

- ✓ Cruelty-free
- ✓ Vegan
- ✓ No parabens
- ✓ No mineral oils
- ✓ All ages + skin types

**PATENTED STEM CELL TECHNOLOGY**

**DRLEVY.SWISS**

**DR. LEVY SWITZERLAND**  
Intense Eye Rescue,  
15 ml

**€170** **TRAVEL RETAIL EXCLUSIVE**

Dr. Levy, Switzerland's first aesthetic Botox® pioneer, has patented this intensive stem cell formula to visibly renew the delicate eye area and help restore its youthful glow. Proven in independent clinicals. Free Gift: micro-current lifting device for instant results.

Dr. Levijs, estētiskā Botox® pionieris no Šveices, ir patentējis šo intensīvo cilmes šūnu formulu, kas palīdz atjaunot jutīgo ādu ap acīm un atgriezt tai jauneklīgu mirdzumu. Līdzeklis pārbaudīts neatkarīgos klīniskos pētījumos. Bez maksas dāvana: mikrostrāvas liftinga ierīce tūlītējiem rezultātiem.



**BRAND WITH MORE THAN 50 AWARDS AND ACCOLADES**

## Look 10 years fresher in 20 minutes

**+ FREE** 2-week stem cell face + eye mini cure

BEFORE AFTER

50ml 3ml 4ml

SWISS MADE PATENTED STEM CELL TECHNOLOGY Swiss Clean Beauty Dermatologically & ophthalmologically tested

4 APPLICATION OPTIONS


Not tested on animals  
Vegan  
NO animal by-products  
Mineral oil free  
Paraben free

**DR. LEVY SWITZERLAND**  
4 Miracles Mask & Cure

Developed specifically for the traveller by Switzerland's number 1 Botox® Doctor, this inflight exclusive set combines the R3 Cell Matrix Mask (50 ml) with a two-week stem cell cure of the brand's bestselling Eye Booster Concentrate (3 ml) and award-winning Booster Serum (4 ml).

Šis ekskluzīvais komplekts, ko īpaši ceļotājiem ir izstrādājis Šveices vadošais Botox® eksperts, ietver šūnu matricas masku R3 (50 ml), divu nedēļu ārstniecisku kursu ar cīlmes šūnām, izmantojot Eye Booster koncentrātu (3 ml), un godalgoto aktivācijas serumu (4 ml).

**€59** TRAVEL RETAIL EXCLUSIVE



**DR. SEVERIN®**  
Beauty Routine Set

The 3-pack with the best care serums from Dr. Severin includes the new Hyaluron Collagen Serum, the Retinol Vitamin A Serum together with the popular Vitamin C Hyaluron Serum. The high-quality and highly concentrated active ingredients work very specifically on certain skin conditions such as wrinkles, dull and dry skin, and uneven complexion and impurities. Incorporate the use of Dr. Severin serums into your daily beauty routine for all-around better skin. The best anti-aging effect of the highest quality. Made in Germany.

Dr. Severin trīs labāko ādas kopšanas serumu komplektā ietilpst jaunais hialurona kolagēna serums, retinola (A vitamīna) serums un populārais hialurona serums ar C vitamīnu. Augstas kvalitātes koncentrētas aktīvās vielas iedarbojas uz noteiktiem ādas stāvokļiem, piemēram, grumbām, blāvu un sausu ādu, nevienmērīgu sejas krāsu. Iekļaujiet Dr. Severin serumu lietošanu savā ikdienas skaistumkopšanas rituālā, lai jūtam uzlabotu ādas stāvokli. Labākais pretnovecošanās efekts, augstākā kvalitāte – ražots Vācijā.

**CREW FAVOURITES**  
THEY TRIED. THEY LIKED.

**ILMA ŽARKOVA**

What does this product mean to me?  
These products surprised me and made me a believer in just a few days I used them!

What this experience gave me  
Retinol vitamin A serum (anti-age, exfoliation, pore reduction) has a fantastic scent, works overnight miracles on my combination/ acne-prone skin. Vitamin C hyaluron serum (skin brightening, smoothing) is perfect after some possible summer tan damage which I do have, and Maritime Collagen hyaluron serum is ideal for my thirsty skin - it drinks it up instantly and feels super moisturized and protected, especially under eye area, after long hours in aircraft's dry air.

Products are simple to use, they absorb quite quickly and make the skin instantly smoother. Serums can be used alone or combined with your regular skincare products and will last for a long time, since you only need a few drops daily.

**€55**  
City Price €59.99  
SAVE 8%



**MIE**

## Instant Eye Lift

- Visibly reduces the appearance of fine lines by an average of 23% in 4 weeks
- Increases luminosity by an average of 9% in 4 weeks
- Reduces puffiness and firms skin around the eye by an average of 82% in 1 hour

**CREW FAVOURITES**  
THEY TRIED. THEY LIKED.

**JEKATERINA ŠEPTORE**

What does this product mean to me?  
It was a pleasure to try this product. And it feels very comfortable under makeup.

What this experience gave me  
I have applied the cream right after cleansing my skin in the morning, and proceeded with my day. Over time I noticed that the skin around my eyes looks much more nourished, it feels soft and the first signs of wrinkles aren't bothering me anymore.

## 3D Lip Plumping Treatment

- Naturally increases lip volume by an average of 20%
- in 2 minutes up to 70% increased hydration even after 12 hours after the first application
- Reduces the appearance of wrinkles and smooths lip lines by up to 72% in 4 days

**MY INSTANT EFFECTS**  
3D Plumping Treatment, 5 ml

Enhance your natural features with the 3D Lip Plumping Treatment clinically proven to plump and hydrate lips in just two minutes, giving you a 20% fuller pout without aggravation.

Akcentējiet savas dabiskās iezīmes ar 3D lūpu apjoma palielināšanas procedūras palīdzību. Klīnisko izmēģinājumu laikā ir pierādīts, ka procedūra mitrina lūpas un palielina to apjomu par 20% tikai divu minūšu laikā.

**City Price €24.99**  
SAVE 24%  
**€19**

## MY INSTANT EFFECTS

Instant Eye Lift, 8 ml

Say goodbye to dark circles with the Instant Eye Lift Serum, this lightweight and refreshing eye serum instantly brightens, firms and hydrates dull and tired eyes, leaving you looking brighter and more youthful.

Atbrīvojieties no tumšajiem lokiem zem acīm ar Instant Eye Lift seruma palīdzību – šis vieglais un atsvaidzinošais acu serums uzlabo ādas izskatu ap acīm, mitrina un izgludina ādu un ļauj jums izskatīties jaunākai.

**City Price €24.99**  
SAVE 24%  
**€19**



## TEAOLOGY

TEA INFUSION SKINCARE®

**TEAOLOGY**  
Tea Mask Collection

The complete collection of our beauty masks for face, neck and eyes made of soft, biodegradable, and elasticised plant fabric to let you discover the effectiveness of infusions of different types of organic teas combined in exclusive formulas with phytoextracts and active molecules. After just a short time, your skin feels fresher, smoother, and brighter!

Sejas, kakla un acu skaistumkopšanas masku kolekcija. Maskas ir izgatavotas no mīksta, bioloģiski noārdāma un elastīga augu materiāla. Atklāriet dažādu organisko tēju uzlējumu efektivitāti, ko nodrošina ekskluzīvas formulas ar fitoekstraktiem un aktīvām molekulām. Jau pēc neilga laika jūsu āda jutīsies svaigāka, gludāka un mirdzošāka!

**NEW**  
ON BOARD

TRAVEL  
RETAIL  
EXCLUSIVE

**€25**



## TEAOLOGY

TEA INFUSION SKINCARE®

100% TEA INFUSION  
0% WATER



DISCOVER THE WORLD OF  
TEAOLOGY  
[www.teaologyskincare.com](http://www.teaologyskincare.com)








**TEAOLOGY**  
Matcha Tea Ultra-Firming Face Cream, 50 ml

Ultra-Firming Face Cream with Organic Matcha Tea infusion and a 9 plants active complex redensifies, conceals, and ensures lifting effect. The natural green colour of Organic Matcha Tea performs a concealing action on blemishes, as the special mineral pigments and “soft focus effect” powders even and brighten the complexion.

Ļoti iedarbīgs sejas krēms, kas satur organisko mača tēju un aktīvu 9 augu kompleksu. Atjauno, uzlabo ādu un piešķir tai tvirtumu. Organiskās mača tējas dabīgā zaļā krāsa maskē ādas trūkumus, savukārt īpaši minerālpigmenti un maigas iedarbības pūderi izlīdzina un izgaismo sejas ādu.

**€45** City Price €50  
SAVE 10%

# iTOUCH® Air 3

**SMARTWATCH**  
ANDROID™ & IOS COMPATIBLE

## Style that *moves* you.

### KEY FEATURES

-  NOTIFICATIONS
-  HEART RATE MONITOR
-  PEDOMETER
-  CALORIE TRACKER
-  SLEEP MONITOR
-  7+ DAY BATTERY
-  WEATHER
-  SPORTS MODES  
& MORE



DESIGNED BY AMERICAN EXCHANGE TIME, NYC, NY USA

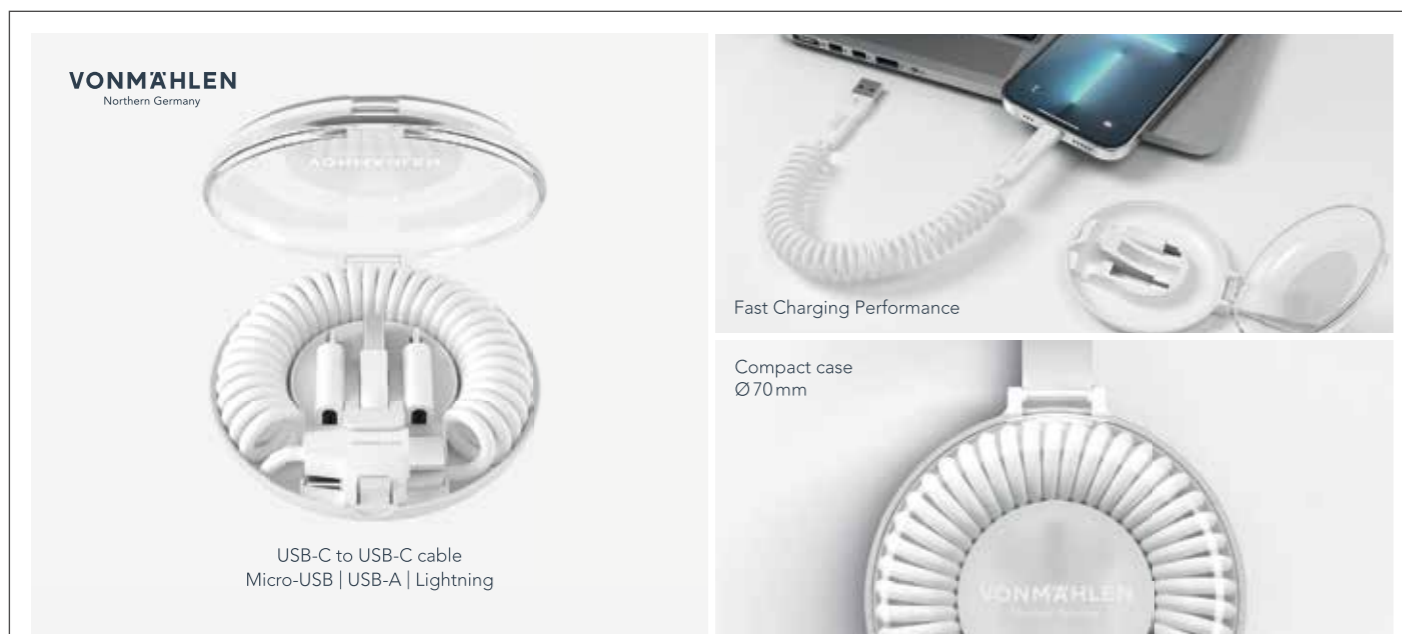
**iTOUCH**  
Smart Watch

**NEW**  
ON BOARD

**€69<sup>95</sup>** City Price €89  
SAVE 21%

Experience a healthier lifestyle with the Air 3 smartwatch. This New York City-designed smartwatch features continuous heart rate monitoring, tracks your steps, calories, & distance, and sleep monitoring. Stay active with workout modes and connected with important app notifications. The Air 3 has up to seven days of battery life.

Izbaudiet veselīgāku dzīvesveidu ar viedpulksteni Air 3. Šis Ņujorkā izstrādātais viedpulkstenis nodrošina nepārtrauktu sirdsdarbības uzraudzību, seko līdz jūsu soļu skaitam, uzņemtajām kalorijām un pieveiktajiem attālumiem, kā arī jūsu miegam. Esiet aktīvs, izmantojot dažādus treniņu režīmus un turpinot saņemt svarīgus lietotņu paziņojumus. Air 3 akumulatora darbības laiks ir līdz septiņām dienām.



**VONMÄHLEN**  
Northern Germany

Fast Charging Performance

Compact case  
Ø70mm

USB-C to USB-C cable  
Micro-USB | USB-A | Lightning

**VONMÄHLEN**  
allroundo® c

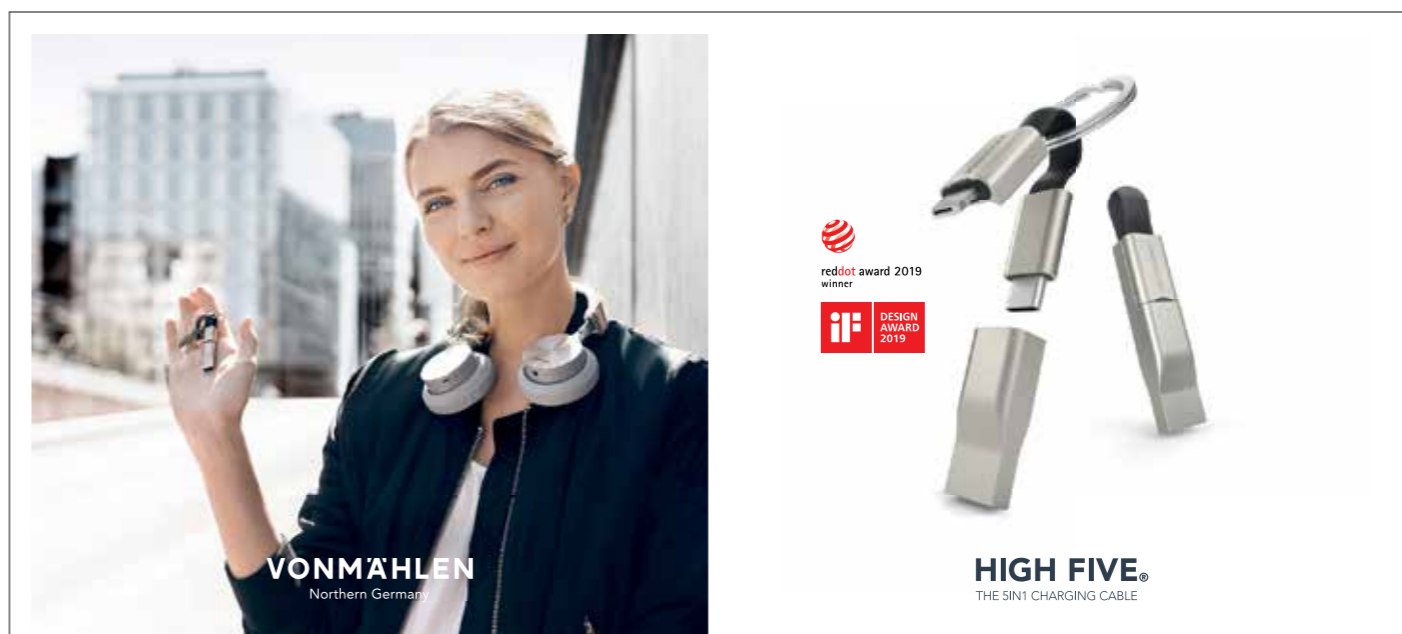
**NEW**  
ON BOARD

**€24**

City Price **€24.99**  
SAVE 4%

allroundo® c is the compact all-in-one charging and data transfer cable with fast charging (USB-C to USB-C). The innovative design offers six (6in1) different connections for end devices. The spiral cable extends up to 75 cm in length for flexible use of the phone while charging. The compact travel case contains a USB-A, a micro-USB and a Lightning Adapter.

allroundo® c ir kompakts un universāls ātrās uzlādes un datu pārraides kabelis (no USB-C uz USB-C). Inovatīvs dizains ar sešiem dažādiem savienojumiem gala ierīcēm. Pateicoties spirālveida līdz 75 cm garajam kabelim, tālruni var ērti lietot uzlādes laikā. Kompaktā ceļojumu somā arī atrodas USB-A, micro-USB un Lightning adapteri.



**VONMÄHLEN**  
Northern Germany

reddot award 2019  
winner  
iF DESIGN  
AWARD  
2019

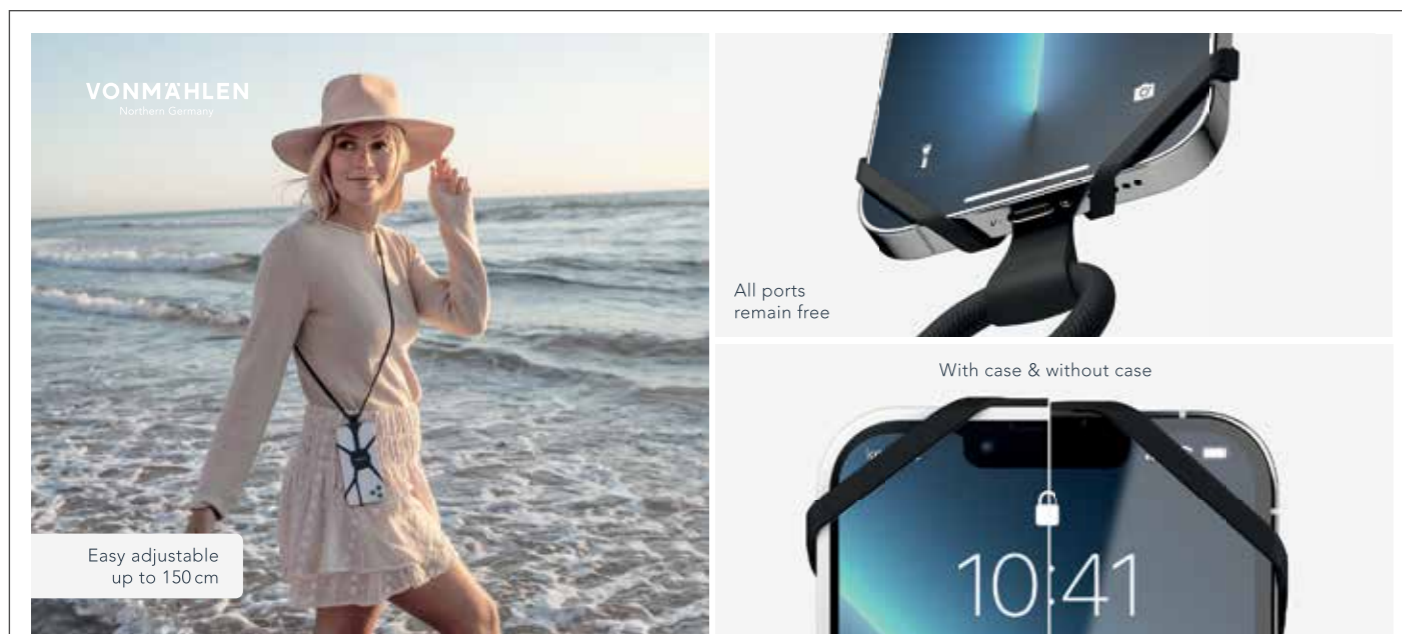
**HIGH FIVE®**  
THE 5IN1 CHARGING CABLE

**VONMÄHLEN**  
High Five® The 5in1  
Charging Cable

**€19**

Compact, elegant, multifunctional—High Five® is the 5in1 charger cable for your key ring. It is compatible with all Micro-USB and USB-C devices as well as iPhone, iPad and iPod. With its sophisticated design and robust materials, High Five® can be attached to any bunch of keys and is always ready for use.

Kompakts, elegants, daudzfunkcionāls – High Five® ir pieci-vienā lādētājs, kuru var pievienot jūsu atslēgu piekariņam. Tas ir savietojams ar visām Micro-USB un USB-C ierīcēm, kā arī ar iPhone, iPad un iPod. Pateicoties pārdomātajam dizainam un izturīgajiem materiāliem, High Five® var piestiprināt pie jebkura atslēgu saišķa, un tas vienmēr ir gatavs lietošanai.



**VONMÄHLEN**  
Northern Germany

All ports  
remain free

With case & without case

Easy adjustable  
up to 150 cm

**VONMÄHLEN**  
Infinity Phone Strap, Black

**NEW**  
ON BOARD

**€17**

City Price **€17.99**  
SAVE 6%

Infinity is the phone strap by Vonmählen. It slips around any phone with ease and the adjustable nylon drawstrings assures the most comfortable, secure hold. Infinity provides your phone with refuge by your side while still being easily accessible, the perfect tech accessory when you are on-the-go and need to be reachable, busy at the office, or enjoying a day of sight-seeing.

Vonmählen tālruņa siksnīņa Infinity viegli aptver ap jebkuru tālruni, regulējamas neilona aukliņas nodrošina drošu un stabilu tālruņa pozīciju. Pateicoties Infinity, jūsu tālrunis ir drošībā un vienlaikus viegli sasniedzams – tas ir ideāls risinājums, kad esat ceļā, aizņemts birojā vai piedalāties ekskursijā un jums ir jābūt viegli sazināmam.



**VONMÄHLEN**  
Northern Germany

**UNITY ONE**  
THE TRAVEL CHARGER

OUTPUT  
USB-A USB-C

US|AU|UK|EU|CN|HK|JP

- Hair dryers
- Smart devices
- Cameras
- Laptops
- Gamepads

**VONMÄHLEN**  
Unity One  
Travel Charger

**€49**

City Price **€59**  
SAVE 17%

Unity One is the most compact travel charger for your electronic devices. In addition to the main connector, the integrated USB-A and USB-C ports allow you to charge different devices in parallel. Unity One is compatible with power outlets in over 150 different countries. The integrated overcharge protection converts the voltage and adapts it safely to your end devices.

Unity One ir kompaktais lādētājs jūsu elektroniskajām ierīcēm ceļojuma laikā. Papildus galvenajai līdzdai USB-A un USB-C porti ļauj vienlaicīgi uzlādēt dažādas ierīces. Unity One ir savietojams ar strāvas kontaktligzdām vairāk nekā 150 dažādās valstīs. Aizsardzība pret pārlādešanu pārveido spriegumu un droši pielāgo to jūsu gala ierīcēm.



**ÖGON DESIGNS**  
Carbon Fibre Aluminium Wallet

Elegant wallet made in France. This light and strong wallet provides super-fast access and optimum protection. Designed to open with one hand. For 10 cards and cash. RFID Safe: protection against demagnetisation and electronic data theft. Size: 11x7.4x2.1 cm. Francijā ražots elegants maks. Tas ir viegls, izturīgs, nodrošina ērtu piekļuvi maka saturam un tā optimālu aizsardzību. Atverams ar vienu roku. Vieta 10 kartēm un skaidrai naudai. RFID aizsardzība pret demagnetizāciju un elektronisko datu zādzību. Izmērs: 11x7.4x2.1 cm.

TRAVEL  
RETAIL  
EXCLUSIVE

€38



**DOPPLER**  
Pocket Umbrella

Always with you, as light as a feather, small and slim. This umbrella is small enough to fit in every pocket. Carbon steel technology makes this model super lightweight and at the same time provides stable protection against weather and wind up to 100 km/h. Weight: 170 g. Vienmēr ar jums, viegls kā spalviņa, neliels un plāns. Šis lietussargs ir tik mazs, ka to var ielikt jebkurā kabatā. Tam ir oglekļa tērauda rāmis, tādēļ lietussargs ir neticami viegls, tomēr nodrošina efektīvu aizsardzību pret lietu un līdz pat 100 km/h stipru vēju. Svārs: 170 g.

BEST  
SELLER

€29



**KODAK**  
Ring Light

The Ring Light Mini 4 brings a new dimension of light and style to your images and videos. This handy light is perfect for everything from portraits and selfies to online meetings and makeup. Works with any smartphone and laptop. Technical details: 4 inch diameter, 1.5 h running time (90 mins), 50 individual LEDs.

Gredzenveida lampa Ring Light Mini 4 piešķir jūsu attēliem un videoklipiem jaunu gaismas un stila dimensiju. Šis parocīgais gaismas avots ir lieliski piemērots it visam, no portretiem un pašbildēm līdz tiešsaistes sapulcēm un grima uzklāšanai. Lampa ir savietojama ar jebkuru viedtālruni un klēpj datoru. Tehniskā informācija: 4 collu diametrs, 1,5 h darbības laiks (90 min), 50 gaismas diodes.

NEW  
ON BOARD

€29

City Price €29.90  
SAVE 3%



**BEURER**  
LS 10  
Luggage Scale

BEST  
SELLER

TRAVEL  
RETAIL  
EXCLUSIVE

Portable luggage scale that will help you avoid excess luggage charges. Small, handy and easy to use, comes equipped with a practical torch and a fastening strap for space-saving storage. With a weight capacity of 50 kg.

Portatīvie svārs, kas palīdzēs izvairīties no bagāžas pārsniegtā svāra maksas. Šie svārsi ir mazi, parocīgi un viegli lietojami, ar iebūvētu praktisku lukturīti un siksnīņu. Uzrāda svāru līdz 50 kg.

€25

50 g graduation, torch light.

**I-CLIP**  
THE WALLET



**FUNCTION & DESIGN**  
WITHOUT COMPROMISE

THE WALLET WITH STYLE

www.i-clip.com | MADE IN GERMANY

CHROME-FREE  
TANNING

RFID  
SAFE

ULTRALIGHT  
18 GRAMS

MADE IN  
GERMANY

UP TO  
12 CARDS

NATURAL  
TANNING

**I-CLIP**  
Carbon Optics Wallet incl. RFID Shields

The smallest of the wallets! A compact, safe and an elegant way to carry up to 12 cards and notes. Full-grain naturally tanned cowhide with a thrilling carbon finish in black or perforation in camel colour! With RFID shield for protection against electronic data theft.

Mazākais no visiem makiem! Kompakts, drošs un elegants, ar 12 karšu un banknošu ietilpību. Tagad no dabīgi miecētas teļādas ar oglekļa perforācijas pārklājumu melnā vai kameļjādas krāsā. Ar RFID karti, kas nodrošina aizsardzību pret elektronisko datu zādzību.

€39

City Price €45  
SAVE 13%

€39

City Price €50  
SAVE 22%

**I-CLIP**  
AdvantageR Caramel incl. RFID Shields



**BANALE**  
Omnipillow

Omnipillow is the 3in1 travel pillow which allows you to switch between three unique forms – neck pillow, bed pillow or double cushion – and simply fold it up in its waterproof cover when you are done. 100% pure memory foam moulds around your natural posture. With removable and washable pillow cover.

Omnipillow ir "trīs vienā" ceļojumu spilvens, kas viegli pieņem vienu no trim formām: kakla spilvens, gultas spilvens vai dubultais spilvens. Kad jums tas nav nepieciešams, to var vienkārši salocīt un ievietot ūdensnecaurlaidīgā pārvalkā. 100% atmiņas putas balsta jūsu dabisko ķermeņa stāvokli. Noņemams un mazgājams spilvena pārvalks.

€49

City Price €59  
SAVE 17%



**ZIPSTAR**  
Mobile Screen Magnifier

This magnifier acts like a phone projector magnifying your phone's screen 2 to 4 times the size. Perfect for watching movies whilst travelling. Offers an excellent viewing experience as it helps reduce strain on your eyes allowing you to enjoy your smart phone even more. Compact and lightweight, it folds up easily to provide protection whilst not in use. Suitable for nearly all smartphones.

Telefona ekrāna palielinātājs darbojas kā projektoris, kas palielina jūsu tālruna ekrānu 2–4 reizes. Ideāli piemērots filmu skatīšanai ceļojuma laikā. Piedāvā lielisku skatīšanās pieredzi, jo tas samazina acu noslodzi, ļaujot jums vēl vairāk izbaudīt savu viedtālruni. Kompakts un viegls, tas ir viegli salokāms, lai palielinātāju pasargātu, kamēr tas netiek lietots. Piemērots gandrīz visiem viedtālruniem.

TRAVEL  
RETAIL  
EXCLUSIVE

€10



**WABOBA**  
Water Bouncing Set

The Swedish classic! The one that started it all - the original water bouncing ball. An essential for the days when life takes you to the beach or lake. Bounce it on water like skipping a stone. Best for oceans, lakes, rivers, and waterfalls.

Zviedru klasiskās atspērigās bumbas, kas atlec no ūdens. Tām ir īpaša nozīme dienās, kad atpūšaties pludmalē vai pie ezera. Pēc katra metiena bumba vairākkārt atspēri atlec no ūdens. To vislabāk var spēlēt jūrā, ezeros, upēs.

**NEW**  
ON BOARD

€19

City Price €21.90  
SAVE 13%



**SMARTGAMES**  
IQ Puzzler Pro

The Original! The IQ PUZZLER PRO is the world's most popular solitaire puzzler! 12 coloured and differently shaped ball elements have to be placed in the playing field. No less than 120 tasks in five different levels of difficulty have to be mastered! There are three different game forms: even pyramids can be played! But beware: there is always only one correct solution per task! Tricky, endless fun with an addictive factor for players aged 6 and up!

IQ PUZZLER PRO ir pasaulē populārākais galvas mežģis! Spēles laukumā jānovieto 12 krāsainas dažādu formu bumbiņas. Ne mazāk kā 120 uzdevumi piecās dažādās grūtības pakāpēs! Spēli var spēlēt trīs dažādos veidos. Taču uzmanieties: katram uzdevumam vienmēr ir tikai viens pareizais risinājums! Atļautīga izklaide, kam nekad nav gala. Var izraisīt atkarību! Paredzēts spēlētājiem no 6 gadu vecuma.

€12<sup>50</sup>



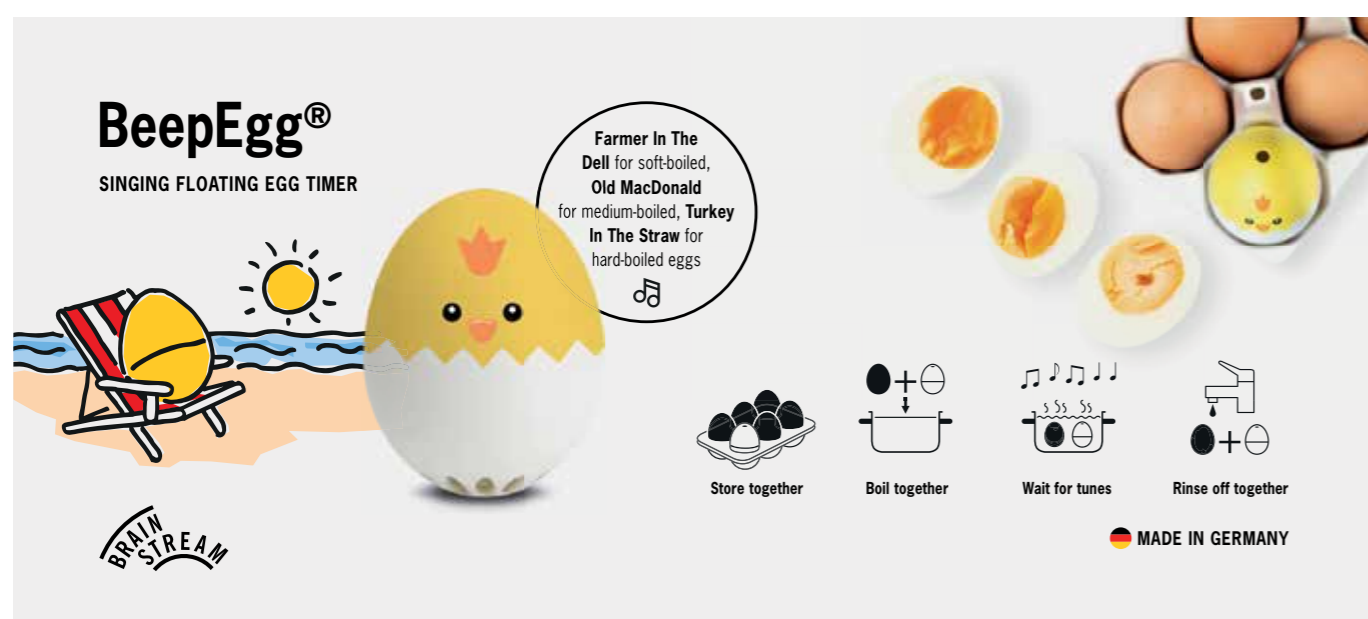
**SCRATCH ART**  
Magic Rainbow Scratch Notes

Use the wooden stylus to reveal bright colours that are hidden underneath a matte coating. Jot notes, etch doodles and create great designs. Perfect for keeping the children occupied whilst travelling.

Ar koka irbuļa palīdzību atklāriet spilgtas krāsas zem matēta pārklājuma. Rakstiet zīmītes, zīmējiet ķirķēziņus vai skaistus attēlus. Lielisks palīgs, lai nodarbinātu bērnus ceļojuma laikā.

TRAVEL  
RETAIL  
EXCLUSIVE

€5



**BRAINSTREAM**  
Chicken Beep Egg

This fun and functional egg timer guarantees perfect boiled eggs. Simply store and boil with the eggs until BeepEgg will play three tunes. It's fun, it's smart and it really works.

Šis amuzantais un tajā pašā laikā funkcionālais taimeris garantē perfekti novāritas olas. Tas ir jāuzglabā un jāvāra kopā ar olām, līdz BeepEgg atskaņos trīs melodijas. Tas ir jautri, tas ir gudri, un tas patiešām darbojas.

€19

City Price €21.90  
SAVE 13%



**DISNEY**  
Frozen Kids Watch

Express your love for the magical icy world of Disney's Frozen movies by wearing your officially licensed Disney Frozen watch. A vivid dial art of Elsa and Anna with a nylon strap is easy to use for children. Every Disney Frozen kids' watch features watch hands labelled "hour" and "minute" to help young children learn how to tell time.

Aplieciniet savu mīlestību pret Disneja multfilmās "Ledus sirds" maģisko un ledaino pasauli, valkājot oficiāli licencēto Disney Frozen rokaspulksteni. Spilgto ciparnīcu rotā Elzas un Annas attēli, pulkstenim ir neilona siksnīņa, kas ir ērti lietojama bērniem. Uz stundu rādītāja rakstīts "hour" un uz minūšu rādītāja "minute", lai palīdzētu maziem bērniem iemācīties pulksteni.

€29



**DISNEY**  
Mickey Mouse Kids Watch

Express your love for the magic of Mickey by wearing your officially licensed Disney Mickey Mouse watch. A vivid dial art of Mickey Mouse with a soft silicone strap for a child's comfort. Every Disney Mickey Mouse kids' watch features watch hands labelled "hour" and "minute" to help young children learn how to tell time.

Aplieciniet savu mīlestību pret neatkārtājamo Mikipeli, valkājot oficiāli licencēto Disney Mickey Mouse rokaspulksteni. Spilgto ciparnīcu rotā Mikipeles attēls, pulkstenim ir mīksta un ērta silikona siksnīņa. Uz stundu rādītāja rakstīts "hour" un uz minūšu rādītāja "minute", lai palīdzētu maziem bērniem iemācīties pulksteni.

€29

# Nature Friendly

MADE FROM RETRIEVED GHOST NETS THAT FLOAT IN THE SEA



## BRACENET Arctic Ocean Bracelet

TRAVEL RETAIL EXCLUSIVE

€25

They are one of the biggest dangers for our oceans: discarded and lost fishing nets. The ghost nets can float around undiscovered for decades and turn into dangerous traps for animals. Together with the marine protection organisations Healthy Seas and Ghost Diving, we retrieve these deadly traps and upcycle them to bracelets—the Bracenet. One size fits all.

Pamesti vai nozaudēti zvejas tīkli ir viens no lielākajiem draudiem pasaules okeāniem un jūrām. Šādi tīkli var dreifēt gadu desmitiem, kļūstot par nāvējošām lamatām jūras iemītniekiem. Sadarbībā ar jūru aizsardzības organizācijām Healthy Seas un Ghost Diving mēs šādas lamatas likvidējam un no pamestajiem zvejas tīkliem izgatavojam aproces Bracenet. Der jebkuram rokas apkārtmēram.

YOUR PURCHASE IS A VOTE FOR A GREENER AND FAIR FUTURE



## TREECELET Amazonia Bracelet

Treecelet is a global tree planting project that plants trees in the most affected areas. Every sold bracelet plants 3 trees. Bracelets are handmade in the EU by people with disabilities to provide them fair work. Gift-ready packaging with a tree planting certificate included. Adjustable bracelet size.

Treecelet ir globāls koku stādīšanas projekts, kura ietvaros koki tiek iestādīti visvairāk cietušajos reģionos. Katra pārdota rokassprādze palīdz iestādīt 3 kokus. Roku darbs no Eiropas – rokassprādes izgatavo cilvēki ar īpašām vajadzībām, kuri tiek nodrošināti ar darbu. Dāvanu iepakojums ar koku stādīšanas sertifikātu. Regulējams izmērs.

€16 City Price €19.90 SAVE 20%

## TREECELET Madagascar Bracelet

€16 City Price €19.90 SAVE 20%



## UPCIRCLE Face Moisturiser, 50 ml

€19

A multi award-winning deeply hydrating, fast-absorbing face cream to nourish and brighten the skin. This moisturiser is suitable for all skin types. Vitamin E rich argan powder is combined with skin-soothing cocoa butter, aloe vera and blood orange. Reused, repurposed, beloved: this face moisturiser is made with finely-ground powder of discarded argan shells, a natural by-product of the argan oil industry that is rich in antioxidant Vitamin E.

Daudzkārt godalgots dziļi mitrinošs, ātri uzsūcošs sejas krēms, kas ir barojošs un uzlabo ādas krāsu. Šis mitrinātājs ir piemērots visiem ādas tipiem. Tā sastāvā ietilpst ar E vitamīnu bagātais argāna pulveris, ādu nomierinošs kakao sviests, alveja un sarkanais apelsīns. Atkārtoti izmantots, pārstrādāts, iemīlots: šis sejas mitrinātājs ir izgatavots no smalki samalta argāna čaumalu pulvera, kas ir dabisks argāna eļļas ražošanas blakusprodukts.

PLASTIC NEGATIVE: FULLY RECYCLABLE PACKAGING.



## KIND BAG Koi Fish Reusable Kind Bag, Medium

€12<sup>50</sup>

Both stylish and practical, this eco-friendly shopper is made from 6 recycled plastic bottles. The bag can be folded into an attached pouch so you can take it anywhere. And on top of that, you're doing something for our planet!

Stilīga un praktiska, videi draudzīga soma, kas izgatavota no 6 pārstrādātām plastmasas pudelēm. Somu var salocīt un ielikt maciņa izmēra somiņā, lai to varētu paņemt līdzi, lai vai kur jūs dotos. Iegādājoties šo somu, jūs rūpējaties par mūsu planētu!

Vegan and cruelty free. Water-resistant and lightweight

MADE FROM RESCUED PLASTIC BOTTLES DESTINED FOR OUR OCEANS



### PLANIES NFT SNAP BACK Unisex Hat With Flat Brim

This unisex hat with a flat brim is for those who want to stand out. Plain six-panel cotton hat with straight brim. The back of the hat has a retro-style size adjuster with a plastic clip. Reinforced front panel with graphic embroidery, inspired by Planies. Material: 100% cotton, grammage: 340 g/m<sup>2</sup>. Planies are a special cartoon aircraft design collection 10 000 one-of-a-kind collectibles stored on the Ethereum blockchain. More about Planies check out here: [planiesnft.com](https://planiesnft.com)

Šī unisex cepure ar taisnu nagu ir paredzēta tiem, kuri vēlas izcelties. Vienkrāsaina, sešu paneļu kokvilnas cepure ar taisnu nagu. Cepures aizmugurē ir retro stila izmēra regulētājs ar plastikāta klipsi. Materiāls: 100% kokvilna, biežums: 340 g. Pastiprināts priekšējais panelis ar grafisku izšuvumu, iedvesmots no Planies. Planies ir īpaša karikatūru lidmašīnu dizaina kolekcija, kurā ir 10 000 vienreizēju kolekcionējamo priekšmetu, kas tiek glabāti Ethereum blokkēdē. Vairāk par Planies uzzini šeit: [planiesnft.com](https://planiesnft.com)

€19<sup>99</sup>



### AIRBALTIC Teddy Bear

Teddy pilot is an excellent companion for all your pleasant travels ahead. Lācis pilots būs lielisks pavadoņš visos jūsu nākamajos lidojumos.

€20

Size: 8 cm x 24.3 cm

€9<sup>50</sup>



### AIRBALTIC Water Bottle, 650 ml

Capacious and easy to use water bottle. No need to tilt your head to drink, there is a comfortable folding spout with a straw, and a handle for easy carrying. A great water bottle to take with you on a hike or when going to the gym.

Ietilpīga un viegli lietojama ūdens pudele. Nav jāatliec galva, lai padzertos, ērts atlokāms snipsis ar salmiņu. Aprikota ar rokturīti ērtākai pārnēsāšanai. Šī būs piemērota ūdens pudele, ko ņemt līdzi pārgājienos vai somā uz sporta nodarbībām.

Available exclusively  
on long flights

### AIRBALTIC Blanket

100% polar fleece blanket with airBaltic logo, colour navy.  
100% flīsa sega ar airBaltic logotipu, tumši zilā krāsā.  
Одеяло из 100% полярного флиса с логотипом airBaltic, цвет темно-синий.

€7

Size: 150 cm x 120 cm



## 4G LTE International SIM Card

With airBalticcard Mobile SIM you surf the Internet and make outgoing calls in most countries cheaper than local rates and receive incoming calls in 50 countries free of charge. eSIM now available at [www.airbalticcard.com](http://www.airbalticcard.com). Wherever you are travelling, just install the eSIM and get cheap access to +320 mobile networks in over 135 countries.

airBalticcard Mobile SIM pieņem bezmaksas zvanus 50 valstīs, bet interneta tarifi un zvani vairākās valstīs ir ar zemākām izmaksām nekā vietējie tarifi. eSIM tagad ir pieejams vietnē [www.airbalticcard.com](http://www.airbalticcard.com). Lai kur arī Jūs ceļotu, vienkārši instalējiet eSIM un iegūstiet lētu piekļuvi 320+ mobilajiem tīkliem vairāk nekā 135 valstīs.

**No monthly or additional fees**  
Nekādu regulāro maksājumu

**Free incoming calls in 50 countries**  
Bezmaksas ienākošie zvani 50 valstīs

**Outgoing calls from 135+ countries**  
Izejošie zvani no 135+ valstīm

**Mobile internet in 100 countries**  
Mobilais internets 100 valstīs



### Recharge voucher with €20 credit

Atjaunošanas karte ar 20 € kredītu

€20

### Starting package with €10 credit

Starta komplekts ar 10 € kredītu

€20

For more information, ask the cabin crew.  
Vairāk informācijas jautāiet apkalpei.

[airBalticCard.com](http://airBalticCard.com)



Shop for food, drinks and  
souvenirs during the flight  
on your phone



# USE OF PORTABLE ELECTRONIC DEVICES

	BOARDING	TAXI BEFORE TAKE-OFF	TAKE-OFF	CRUISE	APPROACH AND LANDING	TAXI AFTER LANDING
<b>Connectivity</b> GSM, Bluetooth, Flight Mode						
<b>Handheld devices</b> e.g. tablets, e-readers and mobile phones						 <b>No calls</b>
<b>Heavy devices</b> e.g. laptops and notebooks						

\* Shall be stowed in overhead bin or under the front seat inside an appropriate bag.

In case a battery or device is damaged, hot, produces smoke, is lost, or falls into the seat structure, immediately inform the cabin crew.

## HOUSE RULES

☒ We only accept payment cards:



☒ We accept payment for purchases only by cards with an embedded chip. We are unable to process payments made by cards with a magnetic stripe.

☒ For payment card purchases exceeding EUR 50, ID must be provided. A purchase with a single card may not exceed EUR 250 and total payment by cards per one customer may not exceed EUR 500.

☒ All prices include VAT where applicable.

☒ For each purchase made on airBaltic flights the cabin crew will provide you a receipt.

☒ Fresh Meals available on flights over 1 h 30 min. Ask the cabin crew about the meal availability on your flight today and about the ingredients of a given product or what allergens it contains.

☒ All pictures of products and packaging are for illustrative purposes only and may differ from the real product.

☒ Ask the cabin crew about the meal availability on your flight today and for the ingredients of a given product or what allergens it contains.

⚠ When purchasing a flight ticket, you have accepted the airBaltic Terms of Passenger Carriage, which state that it is not permissible on board airBaltic aircraft to use narcotics, consume alcoholic beverages that you have brought on board, smoke any type of cigarette including electronic cigarettes. Passengers must obey acknowledged standards of polite behaviour. Should we have any reason to believe that your behaviour does not comply with these rules, we will take any and all necessary action to stop such behaviour.

⚠ It is prohibited to sell alcoholic beverages to persons under 18 years of age.

☒ Please note that all items are subject to availability.

### FOR ALLERGIC PASSENGERS

☒ Passengers with food allergies must assume responsibility for this risk. We will not assume any liability for allergic reactions to the foods consumed or contacted on board.

☒ If you have specific food requirements, you can choose and pre-order food for your flight at [www.airbalticmeal.com](http://www.airbalticmeal.com)

☒ Apmaksal pieņemam tikai maksājumu kartes:



☒ Norēķiniem ar maksājumu kartēm pieņemam tikai kartes ar čipu. Darījumi ar magnētisko joslu kartēm netiek nodrošināti.

☒ Ja maksājums ar maksājumu karti pārsniedz 50 EUR, jāuzrāda personu apliecināšs dokuments. Pirkums ar vienu maksājumu karti nedrīkst pārsniegt 250 EUR, kopējā pirkumu summa ar maksājumu kartēm no vienas personas nedrīkst pārsniegt 500 EUR.

☒ Visas cenas norādītas ar atbilstoši piemērojamo PVN.

☒ Par katru pirkumu airBaltic stjuarti izsniegs jums čeku vai stingrās uzskaites kvīti.

☒ Svaigās maltītes ir pieejamas lidojumos, kas ir ilgāki par 1 h 30 min. Jautājiet stjuartiem par produktu sastāvu un tajos esošajiem alergēniem.

☒ Produktu un iepakojumu attēli norādīti tikai informatīvā nolūkā un var atšķirties no reālā produkta.

☒ Jautājiet stjuartiem par maltītes pieejamību jūsu reisā, kā arī par produktu sastāvu un tajos esošajiem alergēniem.

⚠ Iegādājoties aviobiļeti, Jūs esat piekritis airBaltic pasažieru pārvadāšanas noteikumiem, kas paredz, ka airBaltic lidmašīnās nav atļauts lietot narkotikas, līdzspapņemt alkoholistos dzērienus un smēķēt t.s. elektroniskās cigaretes, kā arī ir jāievēro vispārpieņemtās pieklājīgas uzvedības normas. Ja būs pamats uzskatīt, ka Jūsu uzvedība neatbilst noteikumiem, veiksīm nepieciešamās darbības, lai šādu uzvedību novērstu.

⚠ Alkoholistos dzērienus aizliegts pārdot personām, kuras ir jaunākas par 18 gadiem.

☒ Ņemiet vērā, ka preču daudzums var būt ierobežots.

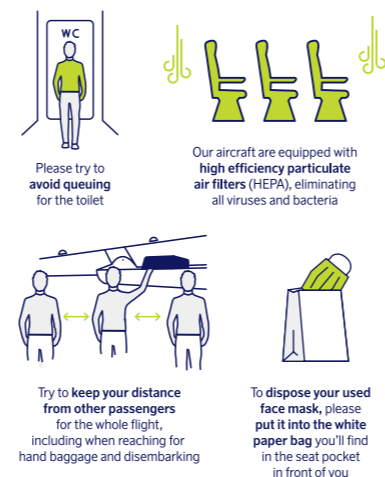
### PASAŽIERIEM AR ALERĢISKĀM REAKCIJĀM

☒ Esiet piesardzīgi, ja jums ir alerģija pret kādu no pārtikas produktiem. Mēs neuzņemamies atbildību par alerģisku reakciju no pārtikas produktiem, ko esat patērējuši vai ar ko esat nonākuši saskarsmē lidmašīnā.

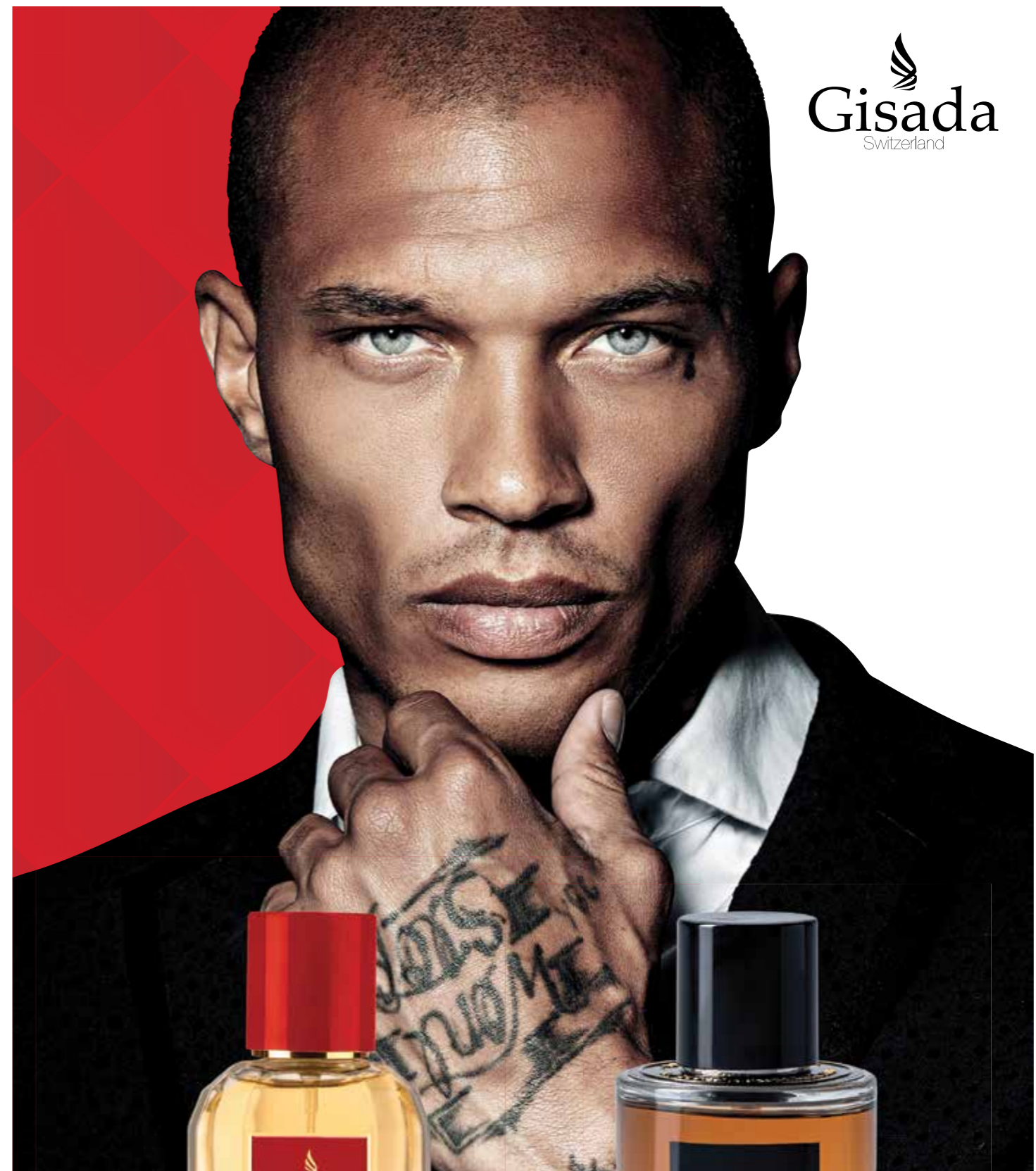
☒ Ja jums ir īpašas prasības attiecībā uz pārtiku, varat izvēlēties un pasūtīt maltīti pirms lidojuma vietnē [www.airbalticmeal.com](http://www.airbalticmeal.com)

## Your health and well-being are our top priority

We kindly ask you to act responsibly and follow these recommendations as well as general safety measures.



Take note that masks may still be required on flights, airports or public spaces in other countries so make sure you are familiar with the local rules.



**Gisada**  
Switzerland

**AMBASSADORA**  
WOMEN

**AMBASSADOR**  
MEN

For any suggestions on our product selection, please write to / Ja jums ir ieteikumi vai komentāri par piedāvāto preču klāstu, lūdzam tos sūtīt uz e-pastu [info@airo.lv](mailto:info@airo.lv)

## Spice up your trip with our extras!

Book these useful services along with your ticket at [airbaltic.com](http://airbaltic.com) or add them to your booking later on.



**Flight cancellation and name change options**  
 For your peace of mind, add the option to cancel your reservation and get a full refund in the form of an *airBaltic* gift card in case your travel plans change. This service costs **EUR 19.99** per passenger per direction.  
 Or add the option to change the passenger name on your ticket for a fee from **EUR 9.99** per flight segment.  
 The Cancellation option is available only for *GREEN* and *GREEN plus* tickets, whereas the Name change option is available for *GREEN*, *GREEN plus* and *GREEN Classic* tickets.

**Heavy cabin baggage**  
 You can take on board one cabin bag (55x40x23 cm) and one personal item (30x40x10 cm) with a total weight of eight kilograms free of charge.  
 However, sometimes you may need to carry more but want to avoid waiting for a checked suitcase at the baggage belt. Now you can add an extra four kilograms to your cabin baggage from **EUR 11.99** and take a total of 12 kilograms on board.  
 Please note: If you purchase extra cabin baggage weight, your cabin baggage must still remain within the above-mentioned dimensions. Exceeding the allowed cabin baggage weight or size limits will cost EUR 75 at the airport.

**Checked baggage**  
 Add checked baggage if you want to take up to **25 kilograms**, including liquids over 100 ml, which are not allowed in cabin baggage. The cheapest option is to book checked baggage along with your ticket at [airbaltic.com](http://airbaltic.com) starting from **EUR 19.99**. You can also add baggage anytime later at a higher price.

**Pre-order a meal**  
 Order a meal before your flight and be among the first served on board. Choose our great value meal sets, which include a main course, dessert, and a drink starting from **EUR 11.99**. All meals are freshly prepared and packed separately under strict hygiene standards. Special vegetarian and kids' meals are also available.

**Reserve a seat**  
 Are you a window person, or do you favour more legroom? Want to avoid the middle seat or sit together with your family? Or do you want to sit in the front to be the first off the plane?  
 Whichever it is, you can secure your favourite seat in advance starting from **EUR 5.99**. With a reserved seat you will enjoy an additional bonus – the opportunity to **check in for your flight already five days before departure** (instead of the usual 36 hours).

**Fast track in Riga**  
 Add fast-track security check to your booking for only **EUR 9.99** and skip the security lines at Riga Airport.

**Special equipment**  
 Whatever your hobby, you don't have to live without it during your trip. Take your bicycle, skis, or golf bag with you from **EUR 39.99**.  
 \*Guitars, cellos, and other fragile musical instruments that do not fit in cabin baggage can be transported on the seat next to the passenger if a special ticket has been purchased for their transportation.

**Assistance for children flying alone\***  
 If you are unable to accompany your children, our crew can take care of them from the time they check in to the moment when they meet a parent or guardian at the destination airport. Unaccompanied minor service costs from **EUR 60** and is available for children aged 5 to 17.

**Travelling with pets\***  
 Your furry friend can travel in the cabin if its crate fits under the seat in front of you. Maximum dimensions for PETC are 55x40x23 cm and maximum weight is 12 kg (pet together with box/bag). Larger animals are placed in the cargo hold during the flight.

## Ticket types on *airBaltic* flights

Whenever you reserve an *airBaltic* flight, you can choose from five different ticket types depending on your needs and wishes: *GREEN*, *GREEN plus*, *CLASSIC*, *BUSINESS light* and *BUSINESS*.  
 The date can be changed for all tickets. This gives our guests extra flexibility and security when planning their trips.  
 Check out the chart to see what services are included in each ticket type, and choose the one that's best for you.



	GREEN	GREEN plus only on <a href="http://airbaltic.com">airBaltic.com</a>	CLASSIC	BUSINESS light	BUSINESS
CABIN BAGGAGE	✓	✓	✓	✓	✓
CHECKED BAGGAGE	from EUR 19.99	✓	✓	✓	✓
SEAT RESERVATION	from EUR 5.99	from EUR 5.99	✓	✓	✓
DATE CHANGE*	EUR 50 per direction	EUR 50 per direction	✓	✓	✓
REFUND	✗**	✗**	EUR 50 per direction, or EUR 25 per direction, if you choose a refund in the form of a gift voucher	non-refundable	✓
NAME CHANGE	✗**	✗**	EUR 100 per ticket	EUR 100 per ticket	✓
MEAL	from EUR 11.99	from EUR 11.99	from EUR 11.99	✓	✓
AIRPORT CHECK-IN	EUR 35.00	EUR 35.00	✓	✓	✓
FAST TRACK	✗	✗	✗	✓	✓
BUSINESS LOUNGE	✗	✗	✗	✓	✓
<i>airBaltic Club</i> ***	Earn 1–3 points per euro spent	Earn 1–3 points per euro spent + 50 bonus points	Earn 1–3 points per euro spent + 100 bonus points	Earn 1–3 points per euro spent + 150 bonus points	Earn 1–3 points per euro spent + 200 bonus points

\* Fare difference may apply.

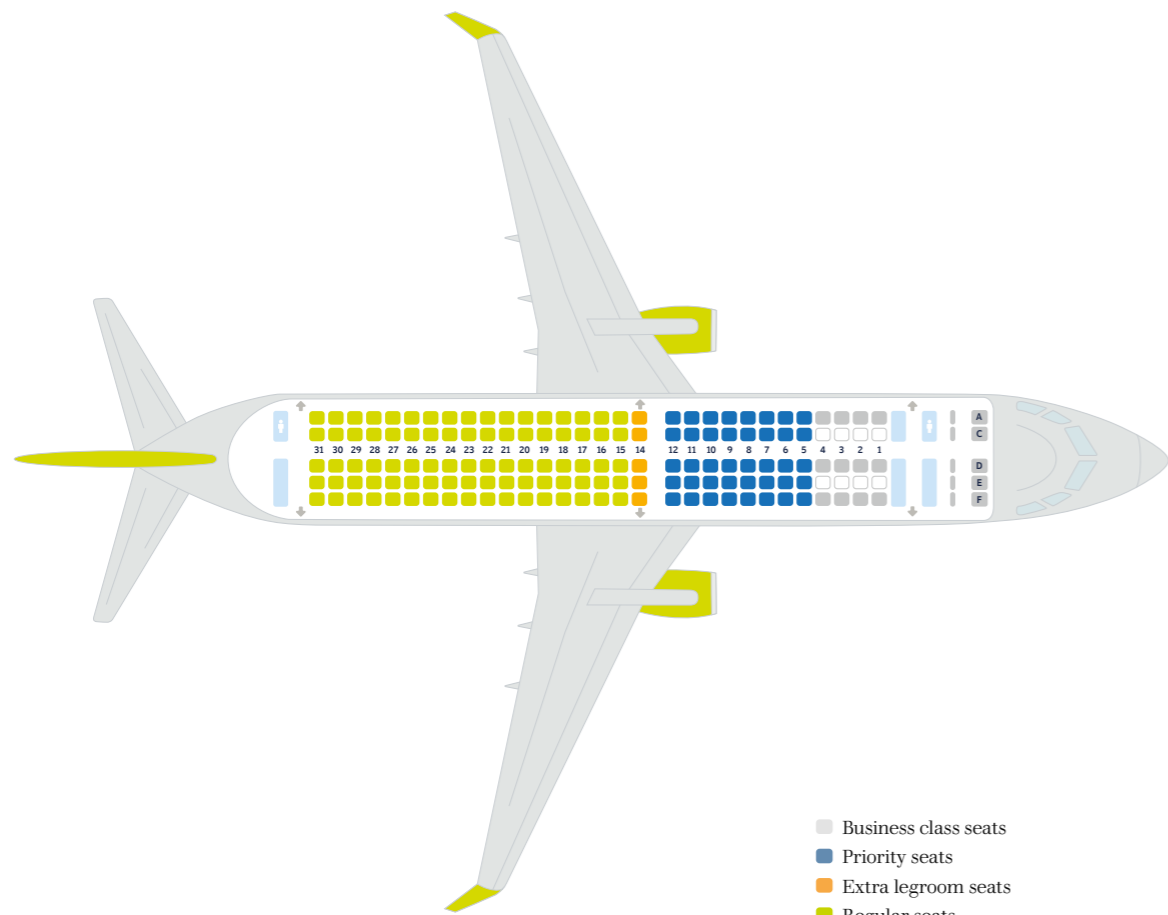
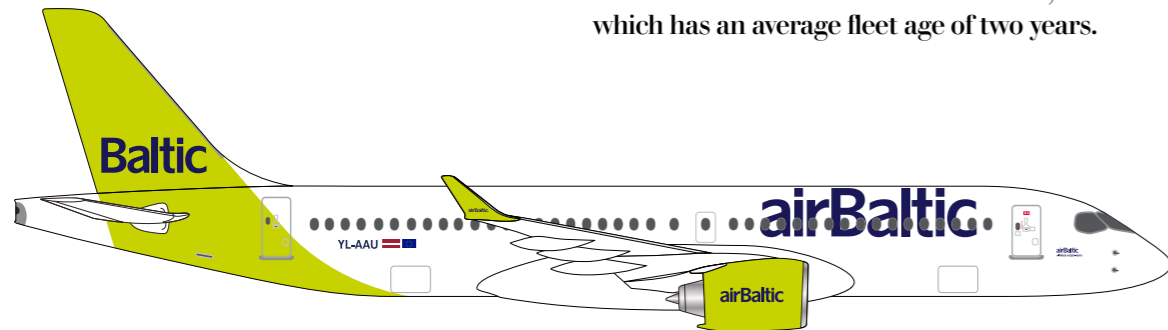
\*\* A Flight Cancellation option and Name Change option can be added to your tickets by making the reservation on [airBaltic.com](http://airbaltic.com).

\*\*\* The number of points earned per each euro spent on a ticket depends on the tier level within the *airBaltic Club*.

See [www.airbaltic.com](http://www.airbaltic.com) for current terms.

## Welcome aboard our new *Airbus A220-300*

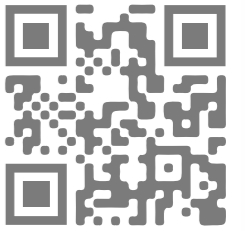
We are proud to have Europe's youngest fleet of aircraft. All *airBaltic* flights are operated with the new *Airbus A220-300* aircraft, which has an average fleet age of two years.



- Business class seats
- Priority seats
- Extra legroom seats
- Regular seats

Number of aircraft	40
Number of seats	145
Max take-off weight	676 metric tons
Max payload	16.7 metric tons
Length	38.7 m
Wing span	35.1 m
Cruising speed	870 km/h
Commercial range	4575 km
Fuel consumption	2200 l/h
Engine	PW 1521G

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