

## Latvian lifestyle

Everyone in Latvia has their own lifestyle. But in plural we have the same lifestyle like we do the same things, eat the same food, we have the same holidays and special occasion day's which we celebrate together, the same traditions, traditional food and clothes. But in every age group there are different things in their lifestyles.

Teenager lifestyle in Latvia. Most of their time teenagers spend at school studying. After school they go to extra classes like dancing or to sports, art or music school. After that they usually they spend time with their friends (hanging out, going to the fast food restaurants, playing games, etc.). Then they do their homework for school and spend time with family in different ways. And it's like routine sometimes, because the daily rhythm repeat day by day. But holidays "save" teenagers from school and daily rhythm. Because on holidays usually are parties and many occasions.

Adult's lifestyle in Latvia. Usually adults take care about their families and go to work every day. After work adults come home, relax for a while and then start to make a dinner for their family. But to make their family weekends better and more amazing they make family trips and go to places they haven't been before. Sometimes they doesn't have a time for families because of job. So they spend most of their time at work and doing things just to themselves.

Pensioner lifestyle in Latvia. Some of pensioners are still working but most of them are spending time at home. Latvian pensioners I think are really helpful, loving, amazing and take care about everyone else. Usually pensioner woman spend their time by cooking for they loved ones their favorite meals (in my opinion pensioners are the best cooks), knitting sweaters, socks and mittens. They always give an advice in hard situations, tell you old stories and try to teach you how to do many things. Latvian pensioners go to cultural festivals like going to theatre, watching their grandchildren's performances and other things. In my opinion, Latvia's treasure are pensioners because they are fulfilled with great things, they are patriotic and never will let you down.