**Dear Delegates, Presidents, Teachers and Guests,**

Welcome to the beautiful and historic city of Riga. In one of the most environmentally friendly countries on the planet, you will have the opportunity to experience the rich Latvian culture and immerse yourself in the county’s incredible history. With immense forests, white sandy beaches and large markets in the heart of this ancient capital city, Riga will give you a unique insight into the best of what Latvia has to offer.

During this week, you will take part in and experience close cooperation, engaging debates and rewarding assignments. You will also have the unique opportunity to meet and make friends with inspiring people from all across the Baltic Sea region. In fact, that is the essence of MEP BSR, being able to create resolutions that solve some of the largest issues that our union is facing, while at the same time enjoying the freedom to socialize and network beyond the limits of our national borders. Of course, this will all reach its climax during the General Assembly where you can stand proudly beside your fellow committee members, defending the resolution that you believe can make our union or even the world a little bit better.

Believe us when we say that this will be an extremely rewarding week. Not only will you develop your problem solving and debating skills, but you will also broaden your cultural understanding as you will be working alongside people from various nations with different cultural backgrounds. This concept might be more important than ever before, with nationalist and protectionist policies and ideas spreading across the globe. You are brought because you share the same idea; that you can make the world a better place. Nonetheless, if you find yourself intimidated, nervous or insecure remember that every contribution is valuable and every silence is a loss. Be fearless and open-minded and you will have an unforgettable week!

Astrid Ytre-Eide Edvard Bruu

President Vice-President of the General Assembly



