Riste Kaaret started her flute studies at the age of 7. After high school she chose between musical and medical studies and decided to become a doctor. She continued studying the flute in Heino Eller Tartu Music College in parallel with medical school. She has played the flute in the European Medical Students' Orchestra and the Tartu University Symphony Orchestra. She also has had the opportunity to participate as a musician in drama plays and present works by young composers. Music and playing the flute plays an important role in her life despite the fact that she will soon become a doctor.