



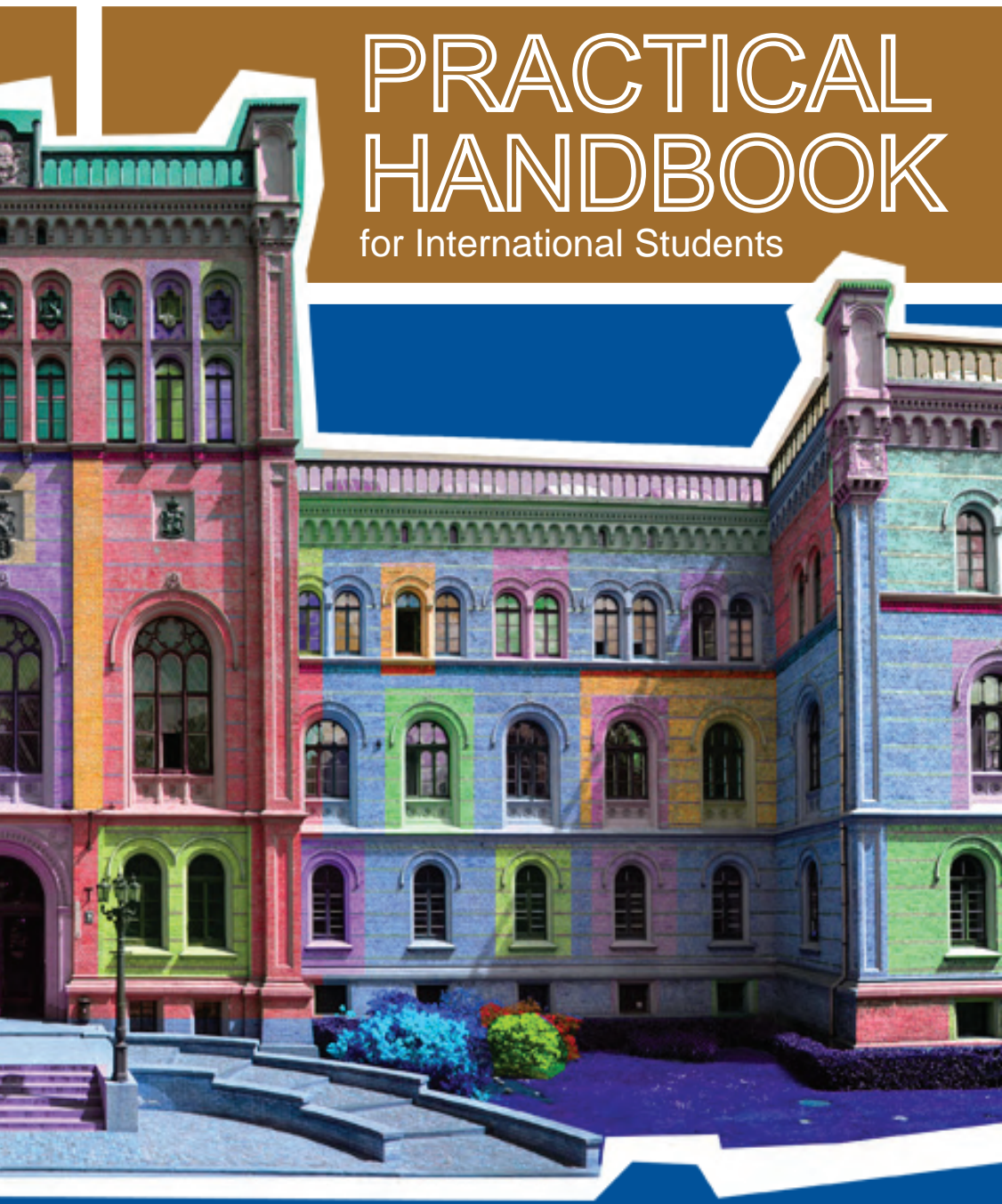
LATVIJAS  
UNIVERSITATE

ANNO 1919

UNIVERSITY OF LATVIA

# PRACTICAL HANDBOOK

for International Students



## UNIVERSITIES – THE NATION'S INTELLECTUAL POTENTIAL

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## UNIVERSITIES – THE NATION'S INTELLECTUAL POTENTIAL

Today, universities are more than just higher education establishments. All over the world they are the centres where science, high technologies and every nation's intellectual potential – the brightest minds – concentrate. At the same time one must take into consideration that the global processes also have significantly influenced higher education – it has become international. Knowledge is limitless – it cannot be monopolized by a state, university or enterprise. It belongs to society.

For the University of Latvia, the last twenty years have been very dynamic, marked by integration into the international higher education and science system and returning to the global academic community. The UL has focused on developing its education and research processes. Academic excellence and work effectiveness are now and in the future one of our main priorities. In order to realize this, the UL is committed to become one of the leading research universities in Eastern Europe and a centre of excellence in specific scientific fields in Europe and the world. We can be proud that already more than half of Latvia's science is manifested at the University of Latvia, but in the next years research must become an integral part of all studies.

Choose the University of Latvia – the only classical university in Latvia – as a place to study, and you will enter an intellectually fulfilling environment, where the students discover exciting realms of knowledge, where the lecturers are enthusiasts of their field, internationally renowned Latvian scientists. You will be among soulmates and gain friends for life, ones who cannot only labour seriously in lectures, seminars and labs but also enjoy creative pastime activities. Welcome to the University of Latvia!



Prof. Mārcis Auziņš,  
Rector of the University of Latvia  
Full Member of the Latvian Academy of Sciences

## LATVIA AND CITY OF RIGA

### Facts and Figures

Founded	1918
Area	64,589 sq.km
Population	2,041,763
Highest point	Gaizins (311.50 m)
Largest lake	Lubanas (82 sq.km)
Longest river	Gauja (452 km)
Religion	Lutheran, Orthodox, Catholic, Anglican, Jewish
Ethnic groups	Latvians, Russians, Belarussians, Ukrainians, Poles, Lithuanians, etc.
Biggest cities	Riga, Daugavpils, Liepaja, Jelgava, Jurmala
Time zone	GMT+2 (as Helsinki, Tallinn, Vilnius, and Athens)
Historical regions	Kurzeme (west), Zemgale (south), Vidzeme (middle north), Latgale (east)

Latvia is the central country of the Baltic States (Estonia, Latvia and Lithuania) and is located in North-eastern Europe on the east coast of the Baltic Sea. It consists of fertile lowland plains and moderate hills, with most of its territory less than 100 metres above sea level. It has an extensive network of rivers, thousands of lakes and hundreds of kilometres of undeveloped seashore lined by pine forests, dunes, and continuous white sand beaches.

The official state symbols are the flag, the coat of arms and the national anthem. The oak tree, linden tree, amber, white wagtail, two-spotted ladybird, daisy, the river of destiny – Daugava is also commonly used to symbolize Latvia.

Latvia is a parliamentary democratic republic. The head of state is the President, elected by Parliament for 4 years. The Parliament holds the legislative power consisting of 100 deputies elected every 4 years.

### History in Brief

November 18, 1918	Proclamation of independence of Latvia
1919	Foundation of the University of Latvia
1940–1941	Latvia occupied by USSR troops
1941–1945	Latvia occupied by the German Third Reich
1945–1991	USSR power reestablished in Latvia after the 2nd World War
June/August, 1987	First anti-Soviet and anti-occupation demonstrations in Latvia
May 4, 1990	Restoration of Latvia's independence
August 21, 1991	Complete reinstatement of Latvia's independence
September 17, 1991	Latvia becomes a member of United Nations Organisation
2004	Latvia becomes a member of NATO and the European Union



## RIGA

Riga is the capital and largest city of Latvia. With 658,640 inhabitants (2012), Riga is the largest city of the Baltic states and home to more than one third of Latvia's population. The city is an important seaport and a major industrial, commercial, cultural and financial centre of the Baltic Sea region. The city lies on the Gulf of Riga, at the mouth of the river Daugava. Riga was founded in 1201 and is a former Hanseatic League member. Riga's historical centre is a UNESCO World Heritage Site, noted for its Art Nouveau/Jugendstil architecture and 19th century wooden architecture. Riga center has many great examples of Art Nouveau architecture, as well as a medieval old town. The city will be the European Capital of Culture in 2014, along with Umea in Sweden. The city hosted the 2006 NATO Summit, the Eurovision Song Contest 2003 and the 2006 IIHF Men's World Ice Hockey Championship. It is home to the European Union's office of European Regulators for Electronic Communications (BEREC).

Riga is one of the key economic and financial centers of the Baltic States, and is served by Riga International Airport – the largest airport in the Baltic states. Biggest exporters are in wood products, IT, food and beverage manufacturing, pharmaceuticals, transport and metallurgy.

Riga administrative division consists of six administrative entities: Central, Kurzeme, Northern, Latgale, Vidzeme and Zemgale suburbs.



## CLIMATE

Moderate climate with four distinctive seasons. Summers are usually dry, sunny and warm with temperatures sometimes exceeding +30 °C. Spring and Autumn have often unstable weather with sun and rain on the same day. Winter is from December to March and usually with snow. Sometimes the temperature may decline even down to -25 °C in January and February. Weather forecast: [www.meteo.lv](http://www.meteo.lv)

## LANGUAGES

The official language is Latvian. It belongs to the Baltic group of the Indo-European family of languages. Its closest and only living relative is Lithuanian (Latvian is a non-Slavic and non-Germanic language). Russian, English and German are also widely spoken in Latvia.

## CURRENCY

In January 2014 Latvia is joining the Eurozone.

1 Euro equals 0.702804 Latvian Lats (Code: LVL, Symbol: Ls, 1 Ls = 100 santims).

## PUBLIC HOLIDAYS

January 1	New Year's Day
March/April	Good Friday and Easter
May 1	Labour Day
May 4	Declaration of Independence Day
June 23 to 24	Midsummer celebrations
November 18	Independence Day
December 24 to 26	Christmas
December 31	New Year's Eve

## HOW TO GET HERE?

As probably you will have chosen one of the four basic means of transportation, you will find yourself either:

- ♦ At the airport (Lidosta), which is about 10 km south-west of Riga, you can take bus No. 22 to get from the airport to the centre (ticket can be bought in a kiosk "Narvesen", "Plus punkts" or from the driver). Check the price on Rigas Satiksme website: [www.rigassatiksme.lv](http://www.rigassatiksme.lv);
- ♦ The bus terminal (Autoosta), which is situated in the centre, next to the train station, which is 5-10 minutes, at most, from the Old Town;
- ♦ The ferry terminal (Pasazieru osta) is some 1,5 km away from the very centre of Riga. Take trams No. 5, 7 or 9 and go two stops. The tram stop is situated on Ausekļa Str. in front of the terminal;
- ♦ The Central Railway Station (Dzlezceļa Stacija), which is also located in the centre of Riga (Stacijas laukums), is about 5-10 minutes walk away from the Old Town.

## HIGHER EDUCATION IN LATVIA

The Latvian education system is generally structured at 4 levels: pre-school education (ISCED 0), basic education (ISCED 1 and 2), secondary education (general and vocational, ISCED 3), and higher education (ISCED 5 and 6). Graduates of general secondary and vocational secondary schools are eligible for admission to higher education. Universities and other institutions of higher education mostly run both academic and professional programmes. The Latvian higher education system is part of the Bologna process, and, correspondingly, follows the so-called 3-cycle system, where the 1st cycle includes an academic or professional Bachelor degree, the 2nd cycle includes an academic or professional Master degree and the 3rd cycle includes the Doctoral degree.

## UNIVERSITY OF LATVIA

### General

The University of Latvia with its 15,000 students, 13 faculties and more than 20 research institutes is one of the largest comprehensive and leading research universities in the Baltic States. It offers more than 150 state-accredited academic and professional study programmes and it concentrates the leading research potential in humanities, natural sciences and social sciences. The University of Latvia pays great attention to the development of international collaboration. At present the University of Latvia has signed 133 bilateral agreements with partner universities in 43 countries, more than 600 agreements with 326 institutions in 31 European countries within ERASMUS programme.

More info: [www.university.lv](http://www.university.lv)  
[www.twitter.com/lvuniversity](https://www.twitter.com/lvuniversity)

[www.facebook.com/latvijasiunivarsitate](https://www.facebook.com/latvijasiunivarsitate)  
[www.youtube.com/universitatelv](https://www.youtube.com/universitatelv)



## History and Symbols

The University of Latvia named at that time "The Latvia Higher School" was founded on September 28, 1919 on the basis of the former Riga Polytechnic institute (founded in 1862). In 1923 this school received its now resumed name – the University of Latvia (*Universitas Latviensis*). In the period between 1919 and 1940 the University of Latvia was the greatest centre of higher education, science and culture. The former building of Riga Polytechnic in 19 Raina Boulevard serves as the symbol of the University even nowadays. The University of Latvia is the first of classical universities in the history of Latvia and follows the slogan "Scientiae et Patriae". In the course of time such higher educational establishments as the Latvian University of Agriculture, the Latvian Academy of Medicine, Riga Technical University separated from the University of Latvia and became well-known centres of education and research. With Latvia regaining freedom the Supreme Council of the Republic of Latvia confirmed the Constitution of the University of Latvia on September 18, 1991. It stated that the Higher School is "a state establishment of academic education, science and culture which serves the needs of Latvia and the people". Alongside with the Constitution the flag, the anthem, the University's emblem, the Rector's chain and the official garments for the Rector, Vice-Rector and deans were renewed as attributes of the University of Latvia.

## INTERNATIONAL RELATIONS DEPARTMENT

The staff of the International Relations Department serves as representatives and advocates for foreign exchange students in dealing with Latvian government agencies, other University offices and departments.

It is responsible for ones admission as an exchange student and makes sure that exchange students obtain University housing. It organizes the orientation course and in cooperation with Erasmus Student Network and Student Council – a variety of excursions and events for international exchange students during the semester with the participation of Latvian students.

### Contacts

Raina Blvd 19, room 143

Phone: +371 67034334

Fax: +371 67243091

E-mail: [ad@lu.lv](mailto:ad@lu.lv)

Director: Alīna Gržibovska

Office hours for room 143:

Mon., Wed. 10-12 and

Thu. 15-18

Contact person for incoming exchange students:

Beāte Ramiņa

Raina Blvd 19, room 151

E-mail: [beate.ramina@lu.lv](mailto:beate.ramina@lu.lv)

Contact person for Erasmus Mundus students:

Sarmīte Rutkovska

Raina Blvd 19, room 151

E-mail: [sarmite.rutkovska@lu.lv](mailto:sarmite.rutkovska@lu.lv)

Office hours for room 151: Mon. and Wed. 10-12  
(NB! Mon. also 17-18), Tue. and Thu. 14-16

In case you need an appointment at any other time, you should contact the IRD coordinators beforehand.

## STUDENT SERVICES

Student Services ensures centralized service and support to UL students, informs and consults on study possibilities, process and regulations, scholarships and study loans, social matters, locations in Riga, assists in residence permit and visa procedures. It is responsible for the enrolment of prospective students at UL and housing for local and international degree students.

Student Services issues references and verifications on student status and other study information upon request, transcripts of records and diploma supplements, student's cards, LUIS (University of Latvia Information System) password and login, assists in elective course choice and registration.

### Contacts

Raina Blvd 19, room 125

Phone: +371 67034408

Fax: +371 67034399

E-mail: [studies@lu.lv](mailto:studies@lu.lv)

Director: Jānis Saulītis

Office hours: Mon.-Fri. 08.30-12.30 and 13-17, Thu. 10.30-13.30 and 14-19

Before the visit please contact the International student coordinator.

## FACULTIES AND COORDINATORS OF INTERNATIONAL AFFAIRS

Each faculty has a coordinator of international affairs, who assists international exchange students with information about the courses offered in the respective study field. You may find the contact information in the following link:

[www.lu.lv/eng/istudents/exchange/coordinators](http://www.lu.lv/eng/istudents/exchange/coordinators)

## UNIVERSITY OF LATVIA STUDENT COUNCIL (LUSP)

The UL Student Council is the representative body for University of Latvia students, it protects their rights and interests. The Council holds several events, among which the biggest is the annual freshman celebration «Aristotle» at the end of August/beginning of September. The Foreign Affairs Committee of the Student Council implemented the Couple Learning programme – its idea is that local and foreign students work in couples and learn each other's language. More information: [www.lu.lv/eng/general/student-council](http://www.lu.lv/eng/general/student-council)



## ADMISSION CHECKLIST

### Exchange students

#### A) Before the arrival:

- ◆ Make sure that your university has nominated you for the studies at the UL;
- ◆ Contact the Incoming Students coordinator to check if all your documents have reached the IRD in due time;
- ◆ Make sure that you have contacted the UL faculty coordinator and discussed the course offer;
- ◆ Make sure you have an approved copy of your Learning Agreement;
- ◆ Make sure your passport is valid till the end of your exchange period;
- ◆ If you are an EU student, obtain your EUROPEAN HEALTH INSURANCE CARD (EHIC);
- ◆ If you are a non-EU citizen, ensure that potential medical costs are covered by your insurance. Should this prove impossible, arrange any additional insurance coverage you may need in Latvia;
- ◆ Make sure that you have arranged all the documents required to apply for the residence permit in Latvia (if necessary).

#### B) On the arrival:

- ◆ Visit the IRD;
- ◆ Participate in the activities of the Registration Week;
- ◆ Have the Incoming Student coordinator complete the Certificate of Arrival (if necessary) and send it back to your home International Office;
- ◆ Make sure you know your personal course schedule and are aware of any possible changes to it.

#### C) At departure:

- ◆ Make sure that you are registered to all the courses you attended;
- ◆ Make sure that the borrowed books are given back to the respective library;
- ◆ Inform the International Relations Department about the exact address the Transcript of Records should be sent to.

#### N.B. When filling in the Learning Agreement, please, note that:

- ◆ Departmental coordinator = International coordinator of the respective faculty at the UL;
- ◆ Institutional coordinator = Director of the International Relations Department at the UL.

## Degree students

### A) Before the arrival:

- ◆ Receive the acceptance letter guaranteeing the offered study place;
- ◆ Confirm your interest to study at the University of Latvia;
- ◆ Sign the study agreement and receive the dormitory booking form, if you want the University to arrange a place of accommodation for you;
- ◆ Make the tuition fee payment till the deadlines stipulated in the study agreement. As soon as the first payment will be made, the University of Latvia will matriculate you for studies.

### B) On the arrival:

- ◆ Visit Student Services: apply for the student card and E-ticket for the public transport, receive guidance on residence matters;
- ◆ Visit the Faculty to meet the study programme secretary, get introduced to the facilities and participate in the orientation activities;
- ◆ Declare your place of accommodation at the Office of Citizenship and Migration and apply for a registration certificate (except non-EU/EEA/Swiss citizens, which should hold a residence permit/visa before the arrival in Latvia);
- ◆ Register for the study semester, courses and sports during the registration week in the University of Latvia Information System.

### C) At departure:

- ◆ Order inspection of your room at the dormitories and request the refund of deposit;
- ◆ Notify Student Services that you will be departing the country and receive guidance on graduation or residence matters. Non-EU citizens request the refund of security deposit.

## ACADEMIC CALENDAR

The academic year begins in September and is over towards the end of June or in the first half of July (40 weeks of lectures, seminars and practical work and is mainly divided into 2 semesters). After study period the exam session follows in January and June/July. More info: [www.lu.lv/eng/istudents/exchange/calendar](http://www.lu.lv/eng/istudents/exchange/calendar)

## GRADING SYSTEM

In Latvia's higher education a ten-point grading system prevails, where 10 is the maximum and 4 is the pass mark. In some cases where studies lead to a qualification in a regulated profession, e.g. in medical specialities, the universities may consider mark 4 as a failure.

Explanation of the grading system and approximate comparison to ECTS grades available here: [www.lu.lv/eng/istudents/degree/academic](http://www.lu.lv/eng/istudents/degree/academic)

## REGISTRATION WEEK

The semester starts with the registration week, which is held in the last week of August/January.

### Exchange students

Exchange students register for studies at the International Relations Department and participate in the activities organized by the Erasmus Student Network (ESN). The Introduction meeting takes place on the Friday of the registration week during which the International Relations Department offers a short orientation course for all international exchange students. The meeting is approximately 1.5 hours long and includes topics related to the University, student life, study process, and other useful information. Moreover, during the Introduction meeting, students are given the list of the available courses.

### Degree students

During the registration week degree students: register for study semester, courses, sports activities in UL Information System or at Student Services. Former students may revoke their student status and current students shall apply for the academic leave of absence.



## COURSE OFFERINGS

The general language of instruction at University is Latvian, but faculties offer more than 250 courses taught in English for international degree, exchange students and generally any individual interested in attending some courses. The majority of courses are taught together with local students. Each semester the University of Latvia offers regular Latvian and Russian language courses for international students.

The provisional course list is available on the University's website:  
[www.lu.lv/eng/istudents/exchange/courses](http://www.lu.lv/eng/istudents/exchange/courses)

### Registration for exchange students

Registration to courses is done during the first two weeks of the semester. The lecturer should inform you about the exact registration procedure. It might be done either by:

- ◆ Registering in the lecture on the registration protocol given by the lecturer;
- ◆ Registering at the faculty's secretary or international coordinator of the faculty.

At the end of the study period the student will receive a transcript of records which will consist only of the courses that the student has registered for.

### Registration for degree students and individuals

A Course Attendee registers for one or several study courses, receiving a Certificate after successful completion confirming the study results in the specific course. If you are interested in taking some courses from the UL study offer, you can register as a Course Attendee. The Course Attendee is only required to have been reached the Secondary education level, which gives access to higher education. Please note – only EU/EEA/Swiss citizens and EU temporary (valid for the study period) or permanent residence permit holders are allowed to take courses as Course Attendees.





## CREDITS

While the Higher Education Institutions in Latvia have not transformed to use fully ECTS, we use national credit points which are based on the number of contact hours. One Latvian credit point (16 contact hours) equals 1.5 ECTS points.

## CROSS CREDIT

For students coming from the University of Latvia with previous university experience it is possible to transfer some of their academic credits by submitting the transcript of records and application to the programme director. The better the previous study programme compares with the programme offered at the UL, the more credits can be transferred.

University of Latvia accepts transfer students, that wish to move from their home institution to UL and obtain a degree here. Only students having been studied for at least 1 year and having obtained at least 60 ECTS points may be considered as transfer students. The programme director decides the level of studies that the student may enter and the amount of credits that can be transferred.

## SUMMER SCHOOLS

University of Latvia organizes several Summer Schools related to such disciplines as business, cognitive sciences, communication, law etc. For more information, please, visit the following link: [www.lu.lv/eng/research/summer](http://www.lu.lv/eng/research/summer)





## LANGUAGE COURSES

### Exchange students

Each semester exchange students have an opportunity to study the Latvian and Russian languages starting from the beginners level. The courses are held twice a week and 6 ECTS are awarded for each. In addition, exchange students with previous knowledge are welcome to learn other languages offered by the Faculty of Humanities.

### Degree students

According to the national regulations in Latvia all international students are obligated to learn Latvian language. Therefore Latvian language course in amount of 4 credit points (one semester) will be included in the programme curriculum. Extra language courses are available at the UL Language Center for an additional fee.

### Language Center

The teachers of Language Center teach Latvian, Russian, English, German, French, Estonian and other languages to the students of undergraduate and postgraduate programmes and programmes of further education.

Address: Aspazijas Blvd 5, Room 132 (yard building)

Telephone: +371 67034630

E-mail: [valoducentrs@lu.lv](mailto:valoducentrs@lu.lv)



## EXAMINATIONS

The examination dates are set by the lecturer/professor, where students are usually given 3-5 days to prepare for each examination. Candidates who fail in a course (semester) examination can generally retake the exam during the exam session.

According to the course requirements implemented by the respective lecturer/professor, study achievements may be evaluated by the students' active participation in the classroom, class attendance, various examination types (written/oral assignments).

Final examination period usually takes place in January and June/July (the whole month is devoted to exam session). Final examinations may be held on specific dates all exam period long (in some cases exchange students are allowed to take exams before Christmas/during the last weeks of the study semester).

## DOCUMENTS

### Exchange students

After a successful study period at the University of Latvia the International Relations Department will issue the **Transcript of Records**, which is usually prepared after the official exam period and is sent to the students' indicated postal address.

**N.B. Transcript of Records will contain only those courses in which the student will have fulfilled the course requirements and received a grade. The University of Latvia does not issue confirmation of the "attendance" of the course without any evaluation of a study work.**

### Degree students

Transcript of Records is usually prepared after the official exam period upon student's request. It will contain only those courses in which the student will have fulfilled the course requirements and received a grade. Transcripts should be ordered at the Faculty.

UL Student Services issue various certificates on one's study status, payments, registration and other information that is recorded in the UL Information System. Graduates may also order original and University's certified copies of diploma supplement in English.

Graduates of University of Latvia receive a diploma and diploma supplement, which provides information on student's awarded qualification or level of academic degree, study results, education system and other information related to former studies. UL Archive provides certified copies of diploma and translations into English. Student Services issue certified copies of diploma supplement in Latvian and English. If student hasn't participated in the graduation ceremony, education documents can be withdrawn afterwards in person at Student Services (room 117), or you can ask someone else to pick up the documents for you (a notary certified letter of attorney is obligatory). If the graduate has moved to the home country before withdrawal of diploma, the documents may be fetched only through the diplomatic service by contacting the Embassy of Latvia in the country of residence.

## STUDENT CARD

The student card is a document, which proves your status of being a student at the University of Latvia. The student card allows you to use University libraries' resources, participate in sports activities offered by UL Sport Centre, receive discounts for public transport, etc. Students apply for the student card after registration by taking a photo at the Student Services (Raina Blvd 19, room 125). The student card is produced 1 to 2 weeks after student's matriculation.

## LIBRARY

The Library of the University of Latvia is the largest (2 million volumes in different languages) accredited higher education library of State significance, the main information resource centre for studies and research at the University of Latvia. The UL has 13 library branches devoted to the specific fields of interest. The student's card is also used as the reader's card. It ensures access to the Library of the University of Latvia as well as other libraries in conformity with their regulations like Latvian Academic Library, Latvian National Library, Latvian Medical Library, Library of Riga Stradins University, Science Library of the Riga Technical University, etc. Since 2006, the libraries of the University of Latvia offer to order, reserve and prolong books electronically in the Central Catalog.

**N.B. There is a fine for bringing back books later than the set date! For more information on services, contacts, working hours and locations visit: [www.lu.lv/eng/library](http://www.lu.lv/eng/library)**



## WiFi AND UNIVERSITY NETWORK

All students of the University of Latvia have free access to the University's Wi-Fi connection after receiving the username and password from the International Relations Department or Student Services. The UL Wi-Fi connection is available in all University's premises including the dormitories. You can also access the Internet in many public places (wherever you see a "WiFi" sticker on display), in the Internet cafés and, of course, from the Internet providers (e.g. Lattelecom, TELE2, LMT, BITE).

With the UL login and password students access the UL Information System, where all the study and personal information of a student is stored, and electronic information sources offered by the UL Library.

## PRINTING/COPYING

In case you need to print or copy something, there are several places where to do it, some of them: The University of Latvia (Raina Blvd 19, on the groundfloor, next to the cloakroom), CopyPro (Raina Blvd 17), Merkela Drukas Darbnica "Areatech" (Merkela Str. 13), etc.

More info: [www.1188.lv](http://www.1188.lv)

## UL SPORTS CENTRE

The sports life of the University is organised by the UL Sports Centre (Olympic Sports Centre, Grostonas Str. 6b), which offers training in various sport disciplines e.g., basketball, football, volleyball, floorball, athletics, chess, aerobics, table tennis, physical health exercises, athletic gymnastics and physical therapy exercises, etc.

The attendance fee: approx. 20 EUR per semester.

Each year students are welcome to compete in the University's Cup and enjoy the Athletics Day, various sports events, football events, aerobics festival, streetball tournament, etc.

If you like football, you are more than welcome to join the International students' football team "ET". In spring 2011 the "ET" won the UL Championship!

More information: [www.lu.lv/eng/services/culture-sports/sport](http://www.lu.lv/eng/services/culture-sports/sport)

## CANTEEN

Students will find canteens in every UL faculty, offering hot and cold meals, snacks and beverages. Special lunch menu available daily for approx. EUR 2.50. The average price for lunch is around 5 EUR. Opening hours in most of the faculties are from 8.30am till 8pm. Free Wi-Fi available.



## SOCIAL PROGRAMMES

### Couple Learning programme

Couple Learning is a programme with the aim to foster mutual relationships among students within learning each others' languages in an informal environment. The programme is organized by the Student Council of the University of Latvia, where the participation is free of charge and lasts for 3 months. Each month there are 2 "control" meetings, to get together, share the gained knowledge, practice languages and have fun in different activities, find out more about the Latvian language and culture, having the possibility to have a go in being a teacher of their own language. More info: [www.lusp.lv/projekti/clp](http://www.lusp.lv/projekti/clp)

### Buddy programme

The University of Latvia and Erasmus Student Network (ESN) provides international students with Latvian buddies (mentors), who can help international students with acclimatizing in the new study environment and get some practical advice about everyday life in Latvia. ESN buddies are regular students of the University of Latvia, who are willing to help newcomers on a voluntary basis.

### Couchsurfing meetings

There are couchsurfing meetings every week in which you can meet up with people who love travelling and are at the moment staying in Latvia, as well as the locals who are hosting travellers. They are usually also organizing trips and excursions, so, just check: [www.couchsurfing.org](http://www.couchsurfing.org) or track down "couchsurfing Latvia" on [www.facebook.com](http://www.facebook.com)





## RESIDENCE PERMIT AND VISA

Students are advised to read carefully the information on how to apply for the residence permit on the UL website: [www.lu.lv/eng/istudents/degree/visas](http://www.lu.lv/eng/istudents/degree/visas)

It is students' own responsibility to prepare all the necessary application documents.

### A) Citizens of EU, EEA and Switzerland

Exchange students who do not reside in Latvia more than 12 months do not need to register at the Office of Citizenship and Migration Affairs.

Degree students, who are Union citizens and reside in the Republic of Latvia for longer than 90 days counting from the first day of entry, shall register in the Office of Citizenship and Migration and receive a registration certificate.

### B) Citizens from Visa-Free countries

There are several countries whose citizens do not need a visa to enter Latvia and can reside in the Schengen area not longer than 90 days within a half year. Please, consult on the list of Visa-Free countries here [www.am.gov.lv/en](http://www.am.gov.lv/en). In case a student stays longer than 90 days starting from the first day of arrival within a half year, he or she has to apply for the residence permit at the Office of Citizenship and Migration Affairs (OCMA) right on the arrival in Riga. Please note that Bachelor degree students are obligated to apply for the residence permit in the country of residence.

### Checklist

1. Receive the invitation number for residence permit from your University coordinator on the arrival in Latvia.
2. Arrange the meeting at the OCMA (phone: +371 67829750).
3. Present a passport (valid at least 3 months after departing from Latvia) and submit application documents at OCMA. Please consult on the list of documents here: [www.lu.lv/eng/istudents/degree/visas/noneucitizens](http://www.lu.lv/eng/istudents/degree/visas/noneucitizens)
4. Expect the decision on the residence permit issuance after 40 working days (it's possible to speed up the process for extra fee).
5. Arrange a meeting at the OCMA (phone: +371 67829750) and withdraw the residence permit by presenting the passport.

### C) Other nationals

After the invitation is approved, the student can submit the documents for the residence permit in person at the Embassy of Latvia which is not located in a Schengen country. Bachelor degree students are obligated to apply for the residence permit in their country of residence (this does not apply to exchange students), but Master and Doctoral degree seeking students may enter Latvia with a visa and submit the documents for residence permit on the arrival in Riga.

## **Option 1: Apply for the residence permit directly at the Embassy of Latvia in the respective country.**

1. Receive the invitation number for residence permit from your University coordinator via e-mail.
2. Arrange the meeting at the Embassy of Latvia in your country of residence.
3. Present a passport (valid at least 3 months after departing from Latvia) and submit application documents at the Embassy. Please consult on the list of documents here:  
Exchange students: [www.lu.lv/eng/istudents/exchange/visas/other](http://www.lu.lv/eng/istudents/exchange/visas/other)  
Degree students: [www.lu.lv/eng/istudents/degree/visas/noneucitizens](http://www.lu.lv/eng/istudents/degree/visas/noneucitizens)
4. Expect the decision on the residence permit issuance after 40 working days (it's possible to speed up the process for extra fee).
5. Go to the Embassy and receive a temporary visa (valid for about 7 days).
6. Arrange a meeting at the Office of Citizenship and Migration Affairs (OCMA) in Riga (phone: +371 67829750) right after the arrival in Latvia.
7. Withdraw the residence permit by presenting the passport, life and health insurance policy (valid in Latvia for the whole period of studies) and a copy of statement on fluorography or x-ray examining results issued by a competent institution in Latvia (original must be presented).

## **Option 2: Apply for a visa to enter Latvia and to apply for the residence permit in Riga (except Bachelor degree seeking students).**

1. Receive the invitation number for visa from your University coordinator via e-mail.
2. Request the list of documents to be submitted for visa at the Embassy or the Consulate.
3. Meanwhile prepare the documents to be submitted to apply for the residence permit at the Office of Citizenship and Migration Affairs (OCMA) in Latvia, consult on the list here:  
Exchange students: [www.lu.lv/eng/istudents/exchange/visas/other](http://www.lu.lv/eng/istudents/exchange/visas/other)  
Degree students: [www.lu.lv/eng/istudents/degree/visas/noneucitizens](http://www.lu.lv/eng/istudents/degree/visas/noneucitizens)
4. Make an appointment at the Embassy and submit the documents to apply for visa.
5. Expect the decision on the visa issuance after about 2-3 weeks.
6. Withdraw the visa at the Embassy (valid maximum 90 days) and plan your arrival in Latvia.
7. Receive an invitation number for residence permit from your University coordinator on the arrival in Latvia.
8. Arrange a meeting at the Office of Citizenship and Migration Affairs (OCMA) in Riga (phone: +371 67829750).
9. Present a passport (valid at least 3 months after departing from Latvia) and submit application documents for residence permit at the OCMA. Please consult on the list of documents here:  
Exchange students: [www.lu.lv/eng/istudents/exchange/visas/other](http://www.lu.lv/eng/istudents/exchange/visas/other)  
Degree students: [www.lu.lv/eng/istudents/degree/visas/noneucitizens](http://www.lu.lv/eng/istudents/degree/visas/noneucitizens)
10. Expect the decision on the visa issuance after about 40 days.
11. Arrange a meeting at the OCMA (phone: +371 67829750) and withdraw the residence permit by presenting the passport.

More information on travel and immigration matters: [www.am.gov.lv/en](http://www.am.gov.lv/en) and [www.pmlp.gov.lv/en](http://www.pmlp.gov.lv/en)

## ACCOMMODATION

The University of Latvia offers to live in one of the two dormitories, which are located outside the city centre (approx. 15 min by trolleybus) at Reznas Street: „Prima” offers single, double and triple rooms (90-260 EUR per month); „Reznas” double rooms (85 EUR per month).

More info: [www.lu.lv/eng/istudents/exchange/accommodation](http://www.lu.lv/eng/istudents/exchange/accommodation)

If you do not want to stay at the University’s dormitory, you should seek for private housing on your own and it would be suggestable to do so before arrival in Riga. When looking for private housing, please, remember that buddies can help you only on a voluntary basis and it is NOT their obligation.

## CHANGE OF ADDRESS

Citizens and non-citizens of Latvia, EU/EEA/Swiss citizens and third-country nationals have a duty to declare a place of residence at the Office of Citizenship and Migration. By declaring place of residence an identification document (passport or ID card) must be presented and a declaration form for place of residence must be submitted. Students must notify international student coordinators about the change of address as well.



## HEALTH

All International students must have life and health insurance which is valid in Latvia. For EU citizens – at least European Health Insurance Card (EHIC) is required. Your Life and Health insurance policy has to ensure at least the following costs related to health care services: emergency medical assistance, treatment of aggravated chronic illness, transport to the closest medical facility providing the services mentioned above, transportation costs to return the patient to his/her country of residence in the event of a serious illness or death.

For students who apply for the residence permit the minimum limit of insurer's risk of own account indicated in the policy should not be less than 43 000 EUR, it has to be valid for the period the student is staying in Latvia. If the validity date of the policy expires during student's stay in Latvia, the existing policy shall be extended or a new policy shall be purchased.

Insurance companies which provide health insurance policies according to the above mentioned requirements: Gjensidige ([www.gjensidige.lv](http://www.gjensidige.lv)), Ergo ([www.ergo.lv](http://www.ergo.lv)), BTA ([www.bta.lv](http://www.bta.lv)), AON ([www.aon.com/latvia](http://www.aon.com/latvia)), etc.

There are no mandatory vaccinations required for entering Latvia. If you plan on hiking in the countryside or in the forests between March and October, a vaccine against tick-borne encephalitis is advisable.

### Clinics

- ◆ Rakstnieku Polyclinics (Rakstnieku poliklinika)  
Raina Blvd 27  
phone: +371 67286470, 67214197, 29627834  
[www.poliklinika.lv](http://www.poliklinika.lv)
- ◆ Health Center 4 (Veselības centrs 4)  
K. Barona Str. 117  
phone: +371 67847100  
[www.vc4.lv](http://www.vc4.lv)
- ◆ Health Center 5 (Veselības nams 5)  
Grecinieku Str. 34  
phone: +371 67222892  
[www.veselibasnams5.lv](http://www.veselibasnams5.lv)
- ◆ Medical Care Centre "ARS"  
(Medicīnas sabiedrība "ARS")  
Skolas Str. 5  
phone: +371 67201006, 67201007, 67201008  
ARS has English speaking doctors  
[www.ars-med.lv](http://www.ars-med.lv)

### Hospitals

- ◆ Pauls Stradiņš  
Clinical University Hospital  
[www.stradini.lv](http://www.stradini.lv)
- ◆ Riga 1<sup>st</sup> Hospital  
[www.1slimnica.lv](http://www.1slimnica.lv)
- ◆ Riga Gailezers hospital  
[www.aslimnica.lv](http://www.aslimnica.lv)

### General information on health care

- ◆ Health Payment Center  
[www.vnc.gov.lv](http://www.vnc.gov.lv)  
IN CASE OF EMERGENCY  
Call: 112, a toll-free number  
The operator will connect you with the necessary emergency service.

## PUBLIC TRANSPORT

Public transportation in the city is provided by trams, trolleybuses and buses. The so-called E-ticket (e-talons) can be bought in kiosks, but you can also get a one-trip ticket from the driver.

As students receive a discount for the tickets, each student should apply for his/her own personalized E-ticket in the Service centre of "Rīgas Satiksme" or at Student Services. To do so, you will need either your UL student card or a certificate confirming your student status at the University of Latvia (can be obtained at the Student Services, Raina Blvd 19, room 125).

More info: [etalons.rigassatiksme.lv](http://etalons.rigassatiksme.lv)

Check the prices, routes and timetables on the public transport provider's "Rīgas Satiksme" website: [www.rigassatiksme.lv](http://www.rigassatiksme.lv)

## POSTAL SERVICES

Stamps can be bought in post offices and kiosks, and some bookstores. When sending postcards or letters, look for a yellow box with the word "Pasts" written on it.

## TELEPHONE

Payphones operated by Latt telecom, the national phone company, accept phone cards that can be purchased in kiosks. Latvia has three GSM operators: LMT, Tele2, and Bite.





## NO SMOKING

Avoid having your cigarette in public places like clubs, bars, cafés, bus stops, playgrounds, parks and places, where you see a sign that says: "NESMĒĶĒT 10 m NO IEEJAS". You will find these signs by the main entrances of schools, public buildings, etc.

**Nesmēķēt 10m  
no ieejas**

## ALCOHOL

Open containers of alcohol are restricted in all public places. Alcohol use outdoors in Riga is permitted only in summer cafés and beer gardens. It is forbidden also for shops to sell alcohol during nighttime between 22.00 and 08.00.

## TIPS

- ♦ Watch of your pockets and personal belongings in crowded places and public transport.
- ♦ Never leave your belongings unattended in pubs and restaurants.
- ♦ Don't forget to use safety belts while seated in a car.
- ♦ Use headlights at all times, including during the day when driving a car.
- ♦ Penalties for driving over the blood alcohol limit (0,5) include a heavy fine and jail sentence.



## SIGHTSEEING

You might want to start with visiting the Old Town: narrow streets, warehouses from Middle Ages, dwelling houses and numerous churches in the Old Town. In some places, one has the feeling of having travelled in time, and returned to the previous centuries. The best places and buildings to see in the Old Riga are St. Peter's Church, Dome Church, John's Church, John's Court, Cat's House, the Riga Castle, Three Brothers, the Powder Tower, the Swedish Gate, the Freedom Monument, and numerous other places like parks, squares, museums and gardens.

The Jugendstil (Art Nouveau) is one of the architectural styles that dominates Riga and makes it so unique. The examples of it are found everywhere in the city, but you will see the most expressive ensembles built at the beginning of the 20th century gathered together in Alberta, Elizabetes, Antonijas, Vilandes, and Strelnieku streets. You will also find a number of museums, art galleries and concert halls to get better acquainted with the history, art and music of Latvia.

However, a nice idea is to visit the Tourism Information Office, for some useful maps, guides and info. In Riga the main tourist information offices are located at Kalku Str. 16, Livu Square (Livu Laukums, Old Town) and on the Town Hall Square in Old Town Riga (Ratslaukums 6).



If you have come to study in Latvia, you should spend some time out of town. Here are some places you really should see:

- ♦ Jurmala (“seaside” in Latvian) is easily accessible by train. Jurmala is a famous spa-town 25 km from Riga and stretches along the coast of the Gulf of Riga. It’s 30 km long sandy golden beach and pine forests attract holidaymakers, especially in spring and summertime. The architecture of Jurmala with its small wooden houses still keeps the charm of the turn of the century. (N.B. Jurmala consists of many little towns, so, when going by train, do not be surprised that you cannot find a stop called “Jurmala”);
- ♦ Sigulda is located in the picturesque valley of the Gauja river. Hilly riverbanks, caves in sandstone, ruins of the medieval castles make this town so unique;
- ♦ The Slitere Nature Reserve in the northern part of Kurzeme;
- ♦ The system of lakes in Latgale;
- ♦ The Rundale Palace and the castle of Jelgava, which were constructed by the famous architect Rastrelli;
- ♦ The Gauja National Park and the coastlines of the country;
- ♦ A horse-riding center on the lake Burtnieku;
- ♦ Liepaja and Venstpils are famous for their capacious harbors as well as architecture of the beginning of the century;
- ♦ The Open Air Museum – 100 hectares and you’ll feel like you’ve traveled backwards a hundred and fifty or so years when things were simpler, dirtier, and inevitably much harder on the body. Watch blacksmiths and other craftsmen do their thing, or try some authentic Latvian food and ale.

## TRIPS TO NEIGHBOURING COUNTRIES

As Latvia is in the middle of the Baltic States, it is quite easy to make some trips to Lithuania and Estonia. There is a good bus connection with the biggest cities (Vilnius, Kaunas, Klaipeda, Siaulai in Lithuania, and Tallin, Johva, Narva, Parnu, Tartu in Estonia).

More info: [www.autoosta.lv](http://www.autoosta.lv)  
[www.ecolines.net](http://www.ecolines.net)  
[www.eurolines.com](http://www.eurolines.com)  
[www.simplexpress.eu](http://www.simplexpress.eu)

A ferry also travels to Stockholm.

More info: [www.tallinksilja.com](http://www.tallinksilja.com)

If you have your passport with you, maybe it is also a great idea to get a visa and use the opportunity to visit Russia (visa costs approx. 35 LVL (50 EUR) and is ready within 30 days), or Belarus (visa costs approx. 30 LVL (43 EUR) and is ready within 30 days).

## OPERA

The Latvian National Opera (LNO) is located in the centre of Riga (Aspazijas Blvd 5). The LNO puts up nearly 200 productions per season and prepares on average six new productions. The basic repertoire of the Opera includes the majority of the golden classics, the productions of which often turn into surprising and bold long-term projects, such as the productions of Richard Wagner's tetralogy. Price range is from 1.50 LVL (2.20 EUR) to 45 LVL (65 EUR). ISIC cardholders, upon presenting their card, have a 10% discount (excluding premieres). The LNO also offers tours of the opera building – a unique architectural masterpiece of the 19th century. The tour guides will lead you through the interior of the building and talk about the life and times of the opera. Tours are conducted in Latvian, Russian, English, and German. Tickets: 3.00 LVL (4.30 EUR), Students and senior citizens: 1.50 LVL (2.20 EUR), Minimum group size: 10. Register by calling +371 67073820 or by sending an e-mail to [education@opera.lv](mailto:education@opera.lv)

More info: [www.opera.lv](http://www.opera.lv)

## THEATRES

Usually the theatre plays in Latvia are held in Latvian, and some also in Russian. In most theatres students are offered a discount, just be prepared to show your Student Card.

- ◆ Latvijas Nacionālais teātris (Kronvalda Blvd 2) [www.teatris.lv](http://www.teatris.lv)
- ◆ Dailes teātris (Brīvības Str. 75) [www.dailesteatris.lv](http://www.dailesteatris.lv) Evening Ticket Box: One hour before each play, it is possible to buy the still available tickets for a special price: 3.00 LVL (4.30 EUR). Special Night Offer – From 10pm to 6am it is possible to buy tickets online with 20% discount. [www.bilesuparadize.lv](http://www.bilesuparadize.lv)
- ◆ Jaunais Rīgas teātris (Lacplēša Str. 27) [www.jrt.lv](http://www.jrt.lv)
- ◆ Krievu drāmas teātris (Kalku Str. 16) [www.trd.lv](http://www.trd.lv)
- ◆ Gertrudes ielas teātris (Gertrudes Str. 101a) [www.git.lv](http://www.git.lv) Tickets for performances available on web at [www.bezrindas.lv](http://www.bezrindas.lv) and gallery ISTABA, K. Barona Str. 31a. The price is 5.00 LVL (7.20 EUR), but for students and holders of the ISIC, ITIC, IYTC cards – 3.00 LVL (4.30 EUR), if not stated otherwise. For reservations please write: [git@git.lv](mailto:git@git.lv)





## MUSEUMS

### **The Ethnographic Open-Air Museum**

This popular museum seeks to showcase everyday Latvian life from the 16th to the 19th centuries. The museum was founded in 1924 on parklands bordering a beautiful lake shore on the outskirts of Riga.

### **Museum of the Occupation of Latvia 1940-1991**

The Museum reveals Latvia's history from 1940 until 1991, when occupations by both the Soviet Union and Nazi Germany were experienced.

### **Riga Bourse Art Museum**

The former Riga Stock Exchange is transformed in a wonderful art museum.

### **The History of Riga and Navigation Museum**

This is one of the oldest museums in Europe and it deals with the history of Riga from its foundation to 1940.

### **Latvian National Museum of Art**

*www.lnmm.lv*

### **Museum of Nature**

This museum was founded in 1845, and its expositions deal with both the Latvian and international natural worlds. The exposition is dividend into six sections: Geology, Botany, Zoology, Anthropology, Nature Protection, and Palaeontology.

### **Turaida Museum-Reserve**

Protected monument of culture established in 1988 andembracing the center of Turaida.

More info: *www.muzeji.lv*

## CINEMA

### **Kino Citadele | 13. janvara Str. 8**

A huge multiplex cinema showing the latest Hollywood blockbusters offers a wide choice of movies (up to 15 movies shown simultaneously), comfort and enormous screens.

*www.forumcinemas.lv*

### **Cinamon | Shopping centre "Alfa", Brivibas Avn. 372**

*www.cinamonkino.lv*

### **Multikino | Mukusalas Str. 71**

*www.multikino.lv/lv/sobrid*

### **K. Suns | Elizabetes Str. 83/85**

Specialises in intellectual cinema.

*www.kinogalerija.lv/ksuns.php*

### **Splendid Palace | Elizabetes Str. 61**

Offers a very diverse programme with an emphasis on European cinema. Many Western movies reach Latvia earlier than its neighbour countries.

*www.splendidpalace.lv*



## FESTIVALS

Many music festivals with international and local artists such as Positivus in Salacgrīva, Summer Sound in Liepāja, Laba Daba in Līgatne, etc. are organized in different places around Latvia.

More info: [www.festivali.lv](http://www.festivali.lv)

Song and Dance Festival in Latvia that takes place every five years (Next one in 2017). The festival usually takes place in late June, and lasts a week. The number of amateur singers and dancers usually is around 20,000. However there are also annual classical music festivals that you can also enjoy in summer: The Opera Festival in Riga and Sigulda, The Festival of Ancient and Renaissance Music in Bauska and Rundale, The Festival of Chamber Music in Cēsis, etc.

More info: [www.kultura.lv](http://www.kultura.lv)

There are many film festivals, such as Baltijas Perle, 2ANNAS, etc., which offer the possibility to see both Latvian and international films.

More info: [www.latfilma.lv](http://www.latfilma.lv) , [www.2annas.lv](http://www.2annas.lv) , [www.balticpearl.lv](http://www.balticpearl.lv)



## SHOPPING

In Latvia bakeries and butcher's shops are not so common, it is more common to buy food and general goods in the supermarkets. Suggested shopping facilities for daily needs (foods, etc.) are: Rimi, Maxima, Prisma, Ikki, Tops etc. Low-price supermarkets are Super Netto and Maxima X. The working hours are from 8am till 10pm. Shopping halls located in Riga: Gallery Centrs, Gallery Riga, Origo, Stockmann, Olimpija, Alfa, Domina, Riga Plaza, Mols, Spice. The working hours are from 10am till 10pm (some of them till 9pm). The Central market place, that has occupied the converted Zeppelin hangars, located near the Central Bus station, Stockmann and Forumcinemas, is very demanded by the locals and tourists. Fresh food, vegetables and fruits available for good prices. In each of the five hangars or 'pavilions' you will find a different speciality – such as meat, fish, groceries and dairy products, whilst a number of stalls and canopies around the hangars sell everything from fresh produce to cheap socks and dodgy DVDs. Working hours Mondays to Sundays from 8am till 5pm. More information available here [www.rct.lv](http://www.rct.lv)

### Here are approximate prices\* for some daily products:

bread – 0.40 LVL (0.5-1 EUR)

1 kg of cheese – 5.00 LVL (4.50-11 EUR)

1 kg of potatoes – 0.35 LVL (0.5 EUR)

1 kg of meat – 4.30 LVL (6 EUR)

1 chocolate bar (100g) – 0.80 LVL (1.20 EUR)

1 l of milk – 0.70 LVL (1 EUR)

0,5 l of beer – 0.70 LVL (1-2 EUR) in a shop/1.50-2.50 LVL (2.20-3.70 EUR) in a bar

1,5 l of mineral water – 0.35 LVL (0.5 EUR)

(all supermarkets have special discount programs every week)

\* the prices may change

### **Galerija Centrs**

[www.galerijacentrs.lv](http://www.galerijacentrs.lv)

### **Origo**

[www.origo.lv](http://www.origo.lv)

### **Stockmann**

[www.stockmann.lv](http://www.stockmann.lv)

### **Spice**

[www.spice.lv](http://www.spice.lv)

### **Olympia**

[www.olympia.lv](http://www.olympia.lv)

### **Domina Shopping**

[www.domina-shopping.lv](http://www.domina-shopping.lv)

### **Mols**

[www.mols.lv](http://www.mols.lv)

### **Sky and More**

[www.skyandmore.lv](http://www.skyandmore.lv)

### **Alfa**

[www.alfaparks.lv](http://www.alfaparks.lv)

### **Riga Plaza**

[www.rigaplaza.lv](http://www.rigaplaza.lv)

## FOOD

Latvian food: caraway cheese, grey peas with bacon, bacon-filled pastries and a special rye bread prepared according to ancient recipes. These are just some of the things, you could try out:

**Biezpiena sierīš** – curd actually, but with sweet taste. You might want to try the ones called “Kārums”

**Kefīrs** – specific dairy product

**Ķīselis** – thickened stewed fruit served for dessert

**Griķi** – buckwheat, eaten as main course

**Skābēti kāposti** – sauerkraut

**Pīrāgi** – bacon and onion wrapped in a thin yeast dough. A real classic of Latvian cuisine

**Kūpināts siers** – smoked cheese, goes very well with wine

**Eklērs** – cake with sweet cream inside

**Frikadeļu zupa** – meatball soup with bullion

**Biešu zupa** – red coloured beetroot soup

**Rasols** – salad with sour cream (Salad Olivier)

**Kotletes** – meatballs served with potatoes

**Gaiļņu mērce** – chanterelles sauce in sour cream, usually served with potatoes

**Silķe ar biezpienu** – herring served with cottage cheese

Beer, the most popular alcoholic beverage in Latvia, is excellent. Beers, such as Aldaris, Livu, and Sencu can be bought almost anywhere. A special ‘live beer’ like “Uzavas” and “Bregulu” can be found in selected pubs and restaurants.

Black Balsam (Rīgas Melnais Balzams). It’s a strong (45%) infusion of various herbs, roots, and spices. It will cure your flu in no time. Add a few drops to flavor your tea, or a few spoons to lace your coffee, or in various cocktails. By itself it can be a very strong beverage!



## GOING OUT

In Riga everyone can find a place to relax, either it comes with a need for a coffee, cocktail or a beer. Riga offers many different places, most of which are located in the Old Town. Side by side you can find trendy cocktail bars and beer pubs. There are also some alternative districts emerging in Riga like Miera street, Spikeri, Kalnciema square with a specific local atmosphere. If you feel like dancing, there are also many places offering a different range of music.

More info: [www.esn.lv/content/cafes-pubs-clubs-riga](http://www.esn.lv/content/cafes-pubs-clubs-riga)

The 600 km<sup>2</sup> music and student's club **NABAKLAB** contains a spacious concert hall, DJ room, exhibition gallery, two bars, lounge and smoking-room. The authors of various "Radio Naba" programmes and club's guest artists participate in the events of NABAKLAB offering musical, poetry, literature, theatre and cinema nights, exhibitions and fashion shows, creative lectures and workshops. At weekends concerts of local musicians and bands, DJ sets and various thematic events as well as regular performances of foreign guests take place at the club.

Location: Zigfrida Annas Meierovica Blvd 12, Riga (opposite Bastejkalns Park)

Opening hours: Mon.-We. 12.00-00.00  
Thu.-Fr. 12.00-04.00  
Sat. 17.00-04.00





## SPORTS

The most popular kinds of sports are ice-hockey and basketball. If Lithuanians sometimes say that basketball is their second religion, then we could say that ice-hockey is Latvian second religion, at least during the world championship, which usually takes place in May and starts a light frenzy in many people's minds.

The main ice-hockey team in Latvia is called Dinamo Riga ([www.dinamoriga.eu/en](http://www.dinamoriga.eu/en)) and all year long you can enjoy watching their (and not only their) games at the Arena Riga ([www.arenariga.com](http://www.arenariga.com)). A ticket usually costs around 7.00 LVL (10 EUR). [www.bilesuserviss.lv](http://www.bilesuserviss.lv)

In case you prefer basketball to ice-hockey, we have a good basketball team called VEF RĪGA ([www.vefriga.com](http://www.vefriga.com)).

Football fans might want to check out our FC Skonto RIGA ([www.skontofc.lv](http://www.skontofc.lv)).

UL Students can apply for training in aerobics, baseball, basketball, football, volleyball, floorball, athletics, kendo, table tennis etc. The sports life of the University is organised by the UL Sports Centre.





## USEFUL LINKS AND ADDRESSES

[www.lu.lv](http://www.lu.lv) – University of Latvia homepage, useful information about the studies, courses, etc.

[www.lusp.lv](http://www.lusp.lv) – The Student Council of the University of Latvia

[www.esn.lv](http://www.esn.lv) – Erasmus Student Network Riga

[www.1188.lv](http://www.1188.lv) – Useful information about shops, health, public transportation, maps, etc.

[www.rigassatiksmel.lv](http://www.rigassatiksmel.lv) – Riga City public transport: routes, maps, time tables, etc.

[www.rigathisweek.lv](http://www.rigathisweek.lv) – Events taking place in Riga, general information

[www.li.lv](http://www.li.lv) – The Institute of Latvia: information, facts about Latvia

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

### Leisure

Forumcinemas [www.forumcinemas.lv](http://www.forumcinemas.lv)

Kino Suns [www.kinogalerija.lv](http://www.kinogalerija.lv)

Splendid palace [www.splendidpalace.lv](http://www.splendidpalace.lv)

Multikino [www.multikino.lv](http://www.multikino.lv)

Cinamon [www.cinamon.lv](http://www.cinamon.lv)

Riga Zoo [www.rigazoo.lv](http://www.rigazoo.lv)

Riga Circus [www.cirks.lv](http://www.cirks.lv)

Latvian National Opera [www.opera.lv](http://www.opera.lv)

### Swimming and Sports

Olimpic Sports Center [www.ocriga.lv](http://www.ocriga.lv)

Kipsala Swimming hall [www.peldbaseins.lv](http://www.peldbaseins.lv)

### Transport providers

Riga Railway station [www.ldz.lv](http://www.ldz.lv)

Riga Bus station [www.autoosta.lv](http://www.autoosta.lv)

Riga International Airport [www.riga-airport.com](http://www.riga-airport.com)

Riga Passengers Terminal [www.tallink.lv](http://www.tallink.lv)

### Tourism information

Latvian Tourism Development Agency [www.latvia.travel](http://www.latvia.travel)

Live Riga [www.liveriga.com](http://www.liveriga.com)

Riga Bike Tours [www.rigabiketours.com](http://www.rigabiketours.com)

**University campus and other useful spots in Riga available on Google maps here**

**<http://goo.gl/maps/WvUgf>**

## VOCABULARY

Hello – Sveiki! / Čau! (informal)

Good morning / Good afternoon / Good evening – Labrīt! / Labdien! / Labvakar!

Good bye – Uz redzēšanos! / Visu labu! (formal); Atā! / Čau! (informal)

Thank you – Paldies

Please – Lūdzu

How are you? – Kā tev iet? (informal); Kā Jums klājas? (formal)

I'm doing fine – Man iet labi

Bon appetit – Labu apetīti

My name is ... – Mani sauc ...

0, 1, 2, 3, .. 10 – nulle, viens, divi, trīs, četri, pieci, seši, septiņi, astoņi, deviņi, desmit

Yes – Jā

No – Nē

Excuse me – Piedodiet / Atvainojiet

I do not speak Latvian – Es nerunāju latviski

I speak Latvian – Es runāju latviski

I don't understand – Es nesaprotu

Can you help me? – Vai tu vari man palīdzēt?

What are you doing tonight? – Ko tu šovakar darīsi?

Cheers – Priekā!

I love you – Es tevi mīlu

I like Latvia – Man patīk Latvija!

Taxi – Taksometrs

Bus/coach – Autobuss

Shop – Veikals

Police – Policija

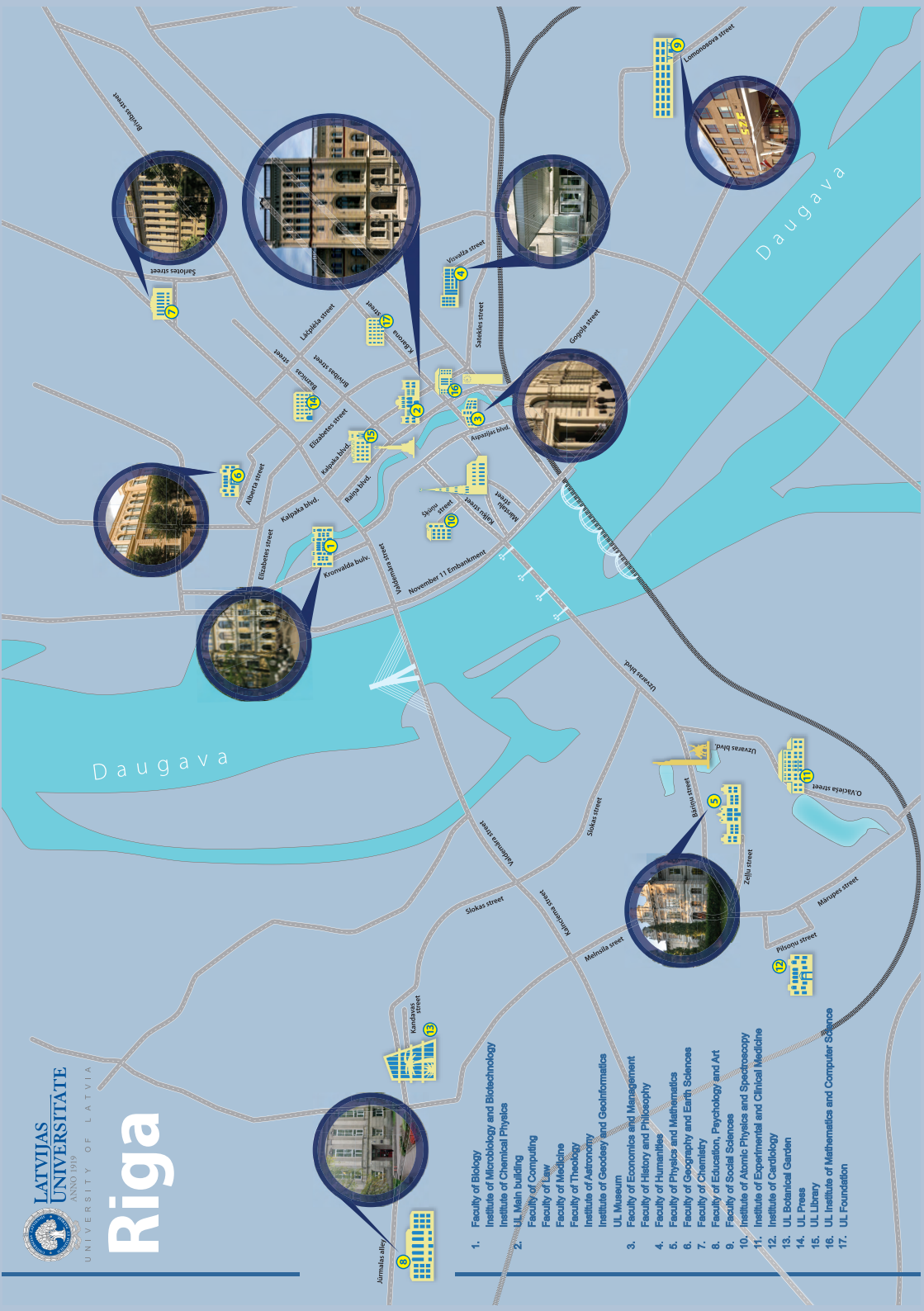
Currency exchange – Valūtas maiņa

Hotel – Viesnīca

Pharmaceuticals – Aptieka

Hospital – Slimnīca

# Riga



1. Faculty of Biology  
Institute of Microbiology and Biotechnology  
Institute of Chemical Physics
2. UL Main building  
Faculty of Computing  
Faculty of Law  
Faculty of Medicine  
Faculty of Theology  
Institute of Astronomy  
Institute of Geodesy and Geoinformatics  
UL Museum  
Faculty of Economics and Management  
Faculty of History and Philology  
Faculty of Humanities  
Faculty of Physics and Mathematics  
Faculty of Geography and Earth Sciences  
Faculty of Chemistry  
Faculty of Education, Psychology and Art  
Faculty of Social Sciences  
Institute of Atomic Physics and Spectroscopy  
Institute of Experimental and Clinical Medicine  
Institute of Cardiology  
UL Botanical Garden
3. UL Press
4. UL Library
5. UL Institute of Mathematics and Computer Science
6. UL Foundation

[www.university.lv](http://www.university.lv)  
[www.facebook.com/latvijasuniversitate](https://www.facebook.com/latvijasuniversitate)  
[www.twitter.com/lvuniversity](https://www.twitter.com/lvuniversity)  
[www.youtube.com/universitate\\_lv](https://www.youtube.com/universitate_lv)

