

# Study Medicine at Rīga Stradiņš University

Prospectus for International Students



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## Welcome to Rīga Stradiņš University

*I am delighted to have you read this brochure for prospective medical students made in order to introduce you with studying possibilities at the Rīga Stradiņš University (RSU) – one of the best universities in the Baltic region.*

*Choosing a university is an earnest and time-consuming endeavour, as so many factors must be considered – which is the best, which will be the friendliest, which will be the most inspiring. RSU is located in Riga – the city that inspires, and we are quite convinced that it will inspire you, too, just as it has inspired all those many international students who have studied here before, and who have greatly contributed to the diversity of our university, and have been surprised by what the city and the university offers, their impressions surpassing anything they hoped for.*

*RSU is committed to providing our students with the most inspirational educational experience possible. As a medical student, you will spend 6 years at our university and we want your experience here to be unforgettable and unique.*

*The university offers a rigorous programme with locally and internationally acknowledged academic staff. At the Faculty of Medicine, as well as other faculties based on medical sciences, you will be taught by clinicians and academics who are the best in their field – the most prominent and renowned doctors and experts in Latvia.*

*This prospectus will give you an insight into what you can expect from your studies at the RSU, as well as supply you with basic information that is vital for you at this stage. However, should you have any additional questions, please feel free to contact our International Office.*

*I sincerely hope that you will choose RSU to pursue your academic and personal goals, and that you will always remember the time you will have spent in Riga with great joy and pride.*

*I look forward to welcoming you to our University!*



**Professor Jānis Gardovskis**  
Rector

# Studying in Riga



## FACTS ABOUT LATVIA

<b>Area:</b>	64,589 sq km
<b>Population:</b>	2,231,503
<b>Capital:</b>	Riga
<b>Official language:</b>	Latvian
<b>Regions:</b>	Kurzeme, Zemgale, Vidzeme, Latgale
<b>Nationalities:</b>	Latvians (59.2%) Russians (28.0%) Belarusians (3.7%) Ukrainians (2.5%) Poles (2.4%) Lithuanians (1.3%) Others (2.9%)
<b>Religions:</b>	Lutheran (20%) Catholic (22%) Orthodox (15%) Evangelical (5%) Other (1%) Non-affiliated (~40%)
<b>Currency:</b>	Latvian Lat (LVL) Fixed exchange rate 1 EUR = 0.7028 LVL
<b>Politics:</b>	Parliamentary democracy
<b>Climate:</b>	Temperate maritime climate with mild summers (20–28 °C), moderate winters (-5–20 °C) and frequently high levels of humidity (70%) and precipitation (600–700 mm)

## Latvia

Latvia is the central country of the three Baltic States (Estonia, Latvia and Lithuania), it is located on the Eastern coast of the Baltic Sea in North-Eastern Europe and bordered by four countries – Estonia to the North, Russia to the East, and Belarus and Lithuania to the South. For hundreds of years this strategic location has made Latvia not only an international crossroad for trade, commerce and cultural exchange, but also a notable centre of historic events.

The coastline of Latvia is almost 500 km long. Latvia stretches 503 km from east to west and 190 km from north to south, and even though it is considered one of the smallest states in Europe, geographically it is still larger than Belgium, the Netherlands, Denmark, Switzerland, or its neighbouring country Estonia. Its landscape is characterised by fertile lowland plains, moderate hills, extensive networks of rivers and lakes, and a seashore of white, sandy beaches, lined by dunes and pine forests.



## Riga

Riga is the capital and the largest city of Latvia with a population of 717,000. Thus, naturally it is also the political, economical and cultural centre of the country. Riga has been nicknamed The City that Inspires, and it truly does! You will fall in love with the medieval Old Town and the 19th and 20th century Art Nouveau architecture, which is a distinctive characteristic of Riga. However, Riga is not just about history, old buildings and museums. You will also find it a stimulating setting for a vibrant modern business and cultural life. Also, note that Riga's International Airport is one of the fastest growing travel hubs in Europe, providing cheap and easy access to any country in Europe – this will ensure a feeling of not being too far away from your home, family and friends.

Choosing Riga as the city for your studies will be an inspiring experience as you will learn not only in the field of your selected studies, but also a different culture, new traditions and habits, and above all, new people. Latvians may seem reserved at first;

however, they are quite sincere once you get to know them. As the local joke goes: put two Latvians together and you will get three political parties, put three Latvians together and you will have a choir (note that Latvia is “The Land that sings”), put four Latvians together and you will have a dinner feast. In short: Latvians enjoy hearty discussions, a great get-together and a good meal.





***I was pleasantly surprised*** by the small class sizes, which encourages the development of meaningful friendships with group mates, and also encourages all students to participate more actively in their education. Teachers are genuinely interested in the individual performance of each student. Studying at RSU provides an excellent opportunity for students of all backgrounds and ethnicities to enter the field of medicine.

**Cindy Heaster**

# Faculties and Study Programmes

***There are several faculties at the Rīga Stradiņš University, which offer studies in the fields of medicine and healthcare, e.g. pharmacy, rehabilitation, public health and nursing.***

***However, studies at these faculties primarily take place in Latvian and individual applications from English speaking prospective students are not accepted.***

***Rīga Stradiņš University provides full-time studies at the Faculty of Medicine*** (please see next page).

## ***Faculty of Pharmacy***

Graduates of the Faculty of Pharmacy who have obtained a degree in Pharmacy work in pharmacies, pharmaceutical production units, pharmaceutical representative offices, laboratories, hospitals, OPCs, etc, and graduates may continue their studies in the master's and doctoral level.

*Start dates:* September, *Study type:* Full-time studies, *Programme length:* 5 years (10 semesters), *Credits:* 300 ECTS, *Degree awarded:* Degree in Pharmacy, *Teaching language:* Latvian (Individual applications for studies in English are not accepted).

## ***Faculty of Rehabilitation***

The Faculty of Rehabilitation offers a wide array of various specialities that can be mastered, including the speciality of physiotherapist, occupation therapist, orthotist, speech therapist, specialist of nutrition or social worker. Graduates of physiotherapy and speech therapy can also continue their studies in the master's level.

*Start dates:* September, *Study type:* Full-time studies, *Programme*

*length:* 4 years (8 semesters), *Credits:* 240 ECTS, *Degree awarded:* B.Sc. degree in Health Sciences, *Teaching language:* Latvian (Individual applications for studies in English are not accepted).

## ***Faculty of Public Health***

At the Faculty of Public Health, students can train to become experts of Public Health by receiving a degree in Health Sciences and thus working for the benefit of health promotion in society. Upon graduation they work in various fields by planning and implementing different programmes, e.g. in the field of environmental health, epidemiology, medical statistics, food control, etc. Graduates can also continue their education in master's and doctoral study programmes.

*Start dates:* September, *Study type:* Full-time studies, *Programme length:* 4 years (8 semesters), *Credits:* 240 ECTS, *Degree awarded:* B.Sc. degree in Health Sciences, *Teaching language:* Latvian (Individual applications for studies in English are not accepted).

## ***Faculty of Nursing***

Graduates of the Faculty of Nursing work in schools, medical colleges, institutions of higher education and professional education centres, clinics, rehabilitation centres, social and old people's homes as well as various healthcare institutions, and they can also continue their studies in the master's and doctoral level.

*Start dates:* September, *Study type:* Full-time and part-time studies, *Programme length:* • 4 years (8 semesters) – after High School (full-time studies) • 2 years (4 semesters) – after Medical college (full-time studies) • 5 years (10 semesters) – after Medical college (part-time studies), *Degree awarded:* B.Sc. degree in Health Sciences, *Teaching language:* Latvian (Individual applications for studies in English are not accepted).



# Faculty of Medicine

## Professional study programme “Medicine”

The Faculty of Medicine offers professional education and the opportunity to study under the guidance of knowledgeable professors from both Latvian and foreign universities. Students acquire up-to-date knowledge and skills which are competitive in Europe and the world.

### Programme goals

The goal of the programme is to prepare academically educated and professionally qualified doctors, and to provide the society with a highly qualified and modern medical care.

### Course structure

The study programme is comprised of compulsory and elective courses. Professional studies in medicine are divided into three blocks:

- *basic subjects* – theoretical disciplines, which comprise subjects from different fields of sciences – anatomy, histology, physiology, medical chemistry and biochemistry, as well as the humanities – philosophy, psychology, languages;
- *preclinical subjects* – disciplines regarding pathological conditions and processes, which already include clinical basic disciplines;
- *clinical subjects*.

### Further study

Upon a successful completion of the programme, students acquire professional and academic growth possibilities and they are eligible for entry to studies in residency, become a doctor-specialist, as well as continue their studies in Doctoral Degree programmes.



<b>Start dates:</b>	September or February
<b>Study type:</b>	Full-time studies
<b>Programme length:</b>	6 years (12 semesters)
<b>Credits:</b>	360 ECTS
<b>Degree awarded:</b>	Degree of Medical Doctor (M.D.)
<b>Teaching language:</b>	English or Latvian
<b>Course requirements:</b>	Participation in lectures, seminars, passing tests and exams.
<b>Assessment:</b>	Student knowledge is assessed and evaluated in colloquiums, practical tasks and theoretical tests as well as exams.



***What I found most surprising,*** is the relationship with the professors. I was used to a great distance between the students and professors, but in RSU, the professors are greatly involved in the students' progress, and thanks to a great level of commitment no one stays anonymous for a long time.

**Izem Massensen Ayati**

# Academic Calendar

The academic year at the Rīga Stradiņš University begins at the end of August or the beginning of September and ends in the second half of June. Generally, it comprises 40 weeks of lectures, seminars, and practical work, and is divided into fall and spring semesters.

## Fall semester

<b>Lectures:</b>	September to December
<b>Examinations:</b>	January
<b>Vacation:</b>	Christmas

## Spring semester

<b>Lectures:</b>	February to May
<b>Examinations:</b>	June
<b>Vacation:</b>	Easter

## Grading System

The state standards for higher education set the following ten-point marking system:

Achievement level	Grade	Meaning	Approx. ECTS grade
<b>Very high</b>	10	With distinction	A
	9	Excellent	A
<b>High</b>	8	Very good	B
	7	Good	C
<b>Medium</b>	6	Almost good	D
	5	Satisfactory	E
	4	Almost satisfactory	E/FX
<b>Low</b>	3–1	Unsatisfactory	Fail

## Language of Instruction

The principal language of instruction at the Rīga Stradiņš University is Latvian; however, several faculties offer courses in English as well.

Programmes “Medicine” and “Dentistry” are taught entirely in English, but nonetheless, students will require learning some Latvian to be able to converse with patients at a later stage of the studies.

## ERASMUS

In 2007, ERASMUS, an international exchange and study abroad programme celebrated its 20<sup>th</sup> birthday. More than 1.5 million students from Europe have received a positive experience living and studying abroad in one of ERASMUS institutions of higher education. The ERASMUS programme allows also full-time students of the RSU to:

- study from 3 to 12 months in one of 50 European institutions of higher education,
- receive a scholarship which helps cover at least a part of the expenses connected with studies and travel,
- acquire a valuable academic and cultural experience.

Full-time students of the RSU are encouraged to take advantage of the opportunity and acquire additional study experience at one of our partner universities in Europe.

Students who have taken this opportunity have pointed out that it has been a positive adventure of acquiring an international experience in their chosen field of study, it has helped them to learn new languages and cultures, and additionally they have gained many new friends.

## Curriculum at the Faculty of Medicine

### First Year

Courses	ECTS credits	Type
Human Anatomy	9	A
Medical Biology	6	A
Medical and Biophysics	7.5	A
General Medical Chemistry	4.5	A
Medical Biochemistry	4.5	A
Latin	4.5	A
Histology	3	A
Introduction into Speciality & First Aid (History of Medicine included)	3	A
Foreign Language	6	A
Introduction to Philosophy	4.5	A
Medical Cell Biology	3	A
Critical Thinking in Medicine	3	B
Intercultural Studies	1.5	B
Medical Terminology in Latin	1.5	B
Philosophical Anthropology	3	B

### Second Year

Courses	ECTS credits	Type
Human Anatomy	4.5	A
Histology	4.5	A
Normal Physiology	9	A
Medical Biochemistry	9	A
Microbiology	6	A
Parasitology	3	A
Introduction to Research & Psychology	3	A
Foreign Language	6	A
Embryology	3	A
Medical Genetics	3	A
Medical Ethics & Deontology	3	A
Anthropology	3	B
Functional Histology	3	B
Exercise Physiology	3	B
Interface Psychology	3	B
Functional Embryology	3	B

The Functions of the Human Body at Various Ages

3 B

Personal Psychology

3 B

Medical Terminology in Latvian

3 B

### Third Year

Courses	ECTS credits	Type
Microbiology	4.5	A
Pathological Anatomy	7.5	A
Pathological Physiology (Laboratory, Functional Diagnostics included)	7.5	A
Pharmacology	7.5	A
Propaedeutics of Internal Diseases	7.5	A
General Surgery	7.5	A
Radiology I	4.5	A
Environmental Medicine	3	A
Introduction to Clinical Care & Rehabilitation	4.5	A
Clinical Microbiology	3	B
Clinical Pathological Anatomy	3	B
Clinical Pathological Physiology	3	B
Social Pharmacology	3	B
DNA Analysis in Practical Medicine	3	B
Ethics	3	B
Sexual Health (mental and somatic aspects)	3	B
Introduction to Alternative Medicine	3	B
Medical Terminology in Latvian	3	B

### Fourth Year

Courses	ECTS credits	Type
Internal Diseases I	7.5	A
Surgery I	6	A
Occupational Medicine & Occupational Diseases	3	A
Obstetrics	6	A
Public Health and Epidemiology	3	A
Ear, Nose, Throat Diseases	3	A

Paediatrics I	3	A
Psychiatry and Narcology	4.5	A
Infectious Diseases & General Physical Medicine	9	A
Dermatovenereology & Clinical Immunology	6	A
Disaster Medicine and Toxicology	3	A
Medical Psychology	3	A
Thematic Courses in Internal Diseases I	1.5	B
Thematic Courses in Infectious Diseases II	1.5	B
Actualities in Obstetrics	1.5	B
Extreme Situation Medicine	1.5	B

### **Fifth Year**

<b>Courses</b>	<b>ECTS credits</b>	<b>Type</b>
Internal Diseases II	7.5	A
Surgery II (Urology, Cardiovascular Surgery, Oncology included)	9	A
Paediatric Surgery	3	A
Gynaecology	3	A
Neurosurgery	3	A
Orthopaedics	6	A
Anaesthesiology & Intensive Care	3	A
Paediatrics I	3	A
Neurology	3	A
Children's Infectious Diseases	3	A
Forensic Medicine & Autopsy Course	3	A
Clinical Rehabilitation	3	A
Ophthalmology	3	A
Clinical Practice (Internal Diseases, Surgery, Obstetrics/Gynaecology)	4.5	A
Thematic Courses in Internal Diseases II	1.5	B
Thematic Courses in Internal Diseases III	1.5	B
Thematic Courses in Surgery I	1.5	B
Thematic Courses in Surgery II	1.5	B
Actualities in Paediatric Surgery	1.5	B
Actualities in Neurology	1.5	B
Thematic Courses in Radiology	1.5	B
Practical Neurosurgery	1.5	B

Thematic Courses in Ophthalmology	1.5	B
Clinical Physical Medicine	1.5	B
Introduction to Classical Massage	1.5	B
Introduction to Homeopathy	1.5	B

### **Sixth Year**

<b>Courses</b>	<b>ECTS credits</b>	<b>Type</b>
Internal Diseases III (Outpatient Department included), Haematology, Radiology II	1.5	A
Surgery II (Cardiovascular Surgery included), Maxillofacial Surgery	6	A
Family Medicine, Women's Health, Psychosomatic Medicine & Psychotherapy	6	A
Clinical Immunology & Clinical Genetics	3	A
Paediatrics II (Children's Infectious Diseases included)	4.5	A
Infectious Diseases II	4.5	A
Research Paper, State Examination	15	A
Clinical Pharmacology	3	B
ECG	3	B
Differential Diagnosis in Internal Medicine	3	B
Thematic Courses in Surgery III	3	B
Family Medicine	3	B
Evaluation of Clinical Tests	3	B
Pain Medicine	3	B
Biomechanics	3	B
Clinical Gerontology and Geriatrics	3	B
Introduction to Unconventional Medicine	3	B

***Students must master 60 ECTS per academic year, combining compulsory courses (A) with elective courses (B) to constitute a total of 60 ECTS***

# Admission Requirements and Application for International Students

## *Admission Requirements for Applicants*

- A good command of English
- Completed secondary education, including two semesters or three quarters of Biology, Chemistry, Physics or Mathematics
- University eligibility in home country
- Age requirements are 18 or older, maximum age is not limited



## **Application Procedure**

Students are enrolled twice a year. Application documents are accepted from May 1st to June 15th for the enrolment in September, and from September 1st to October 15th for the enrolment in January. Applications have to contain all of the required supporting documents, as partial applications are not considered valid.

- For more details on the application procedure, please visit the RSU homepage [www.rsu.lv](http://www.rsu.lv)

## **Tuition Fee**

The tuition fee is regulated by the individual agreement between the student and the Riga Stradiņš University. Enrolled students have to pay the tuition fee in advance for the entire academic year (except for the students whose tuition is covered by their home country grants).

- For more information on tuition fees, please contact the Dean of the International Study Department either by calling +371 **67409128** or +371 **67409212**, or by writing an e-mail to [foreign@rsu.lv](mailto:foreign@rsu.lv)

## **Visiting and Open Days**

Open days is a great way to learn more about the place you will spend a considerable amount of your life in, and decide whether RSU will be the right choice for you. We organise several opportunities for our prospective students, who are considering studying here, to visit us. Should you wish to meet with us in person, we will be happy to have you on our open days, which are held on the last Friday of every month. However, please do inform us ahead of your visit.

# Accommodation & Living Costs



Choosing a place in an unknown city, you will be able to call your home for the next 6 years can be stressful; however, Rīga Stradiņš University and the city itself offer a variety of options, which can be adjusted to the most varied personal desires and financial possibilities.

The most common accommodation choice is the **UNIVERSITY STUDENT HOSTEL**. The cost of the hostel varies depending on the size and type of room (single en suite, single, shared bathroom, etc.). The minimum cost is EUR 150.00 per month. A room with its own basic kitchen will cost you EUR 230.00. The university student hostel is equipped with a direct intranet link, which allows students to use all the options ensured by the library and e-studies directly from their rooms. However, it should be noted that due to a high demand, the University has limited possibilities of providing the university housing for all students.

Students can also choose to live off-campus in the student hostel **THE GREEN APPLE**, which offers special rates for RSU students starting from EUR 200.00 per month (full-board options ranging from EUR 350.00) The hostel is located in the Old Town and thus offers a wide range of all sorts of social benefits, e.g. the Latvian National Opera is right across the street, and it is in close proximity to major transport networks, or any other central object for that matter.

Another rather popular alternative is renting a **PRIVATE APARTMENT**, often shared by two students, and the monthly cost ranging from EUR 400.00 to EUR 1000.00 for a one-bedroom property, utility costs included, but depending on the quality and location. Note that the apartments are usually furnished.

## Living Costs

The cost of living in Riga is pretty much as in the majority of European countries. Most students coming to Latvia from other EU countries find Latvia even cheaper than their home countries; however, the cost of living mostly depends on ones individual lifestyle, desires and necessities. As a rough guide, we recommend a minimum of around EUR 500 per month (including accommodations) for expenses such as phone, food, study materials, local transport, hobbies, leisure, hygiene and other. The table below gives an overall insight in what the costs of living in Riga are.

Living Costs	Average LOW (per month)	Average HIGH (per month)
Rent	130 EUR	400 EUR
Food	200 EUR	400 EUR
Utilities & Services	100 EUR	200 EUR
Public Transport	20 EUR	30 EUR
Entertainment	50 EUR	150 EUR
Other	1 00 EUR	200 EUR
<b>Total</b>	<b>600 EUR</b>	<b>1380 EUR</b>

## Contacts

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To find out more about  
study possibilities,  
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[www.rsu.lv](http://www.rsu.lv)

