



RĪGA STRADIŅŠ
UNIVERSITY

RSU

Welcome guide



RĪGA STRADIŅŠ
UNIVERSITY

CONTENTS

CONTACT INFORMATION	4	Blended learning	8
RĪGA STRADIŅŠ UNIVERSITY	4	Practical learning	8
FACULTIES	4	Lectures	8
Faculty of Medicine	4	Classes	8
Faculty of Dentistry	4	GRADING METHODS AND PROCESSES	9
Faculty of European Studies	4	Evaluation methods	9
ADMINISTRATIVE SUPPORT	4	Grading processes	9
RSU International Department	4	ACADEMIC APPEALS	10
Erasmus+ Mobility Office	4	OTHER USEFUL INFORMATION	10
International Admissions Office	4	Absence because of illness	10
RSU Student Services	4	Academic leave & exclusion	10
STUDENT ORGANISATIONS	4	Scholarships	11
RSU Student Union	4	Tuition discounts	11
International Student Association	4	RSU LIBRARY	12
ORIENTATION WEEK	5	E-book databases	12
RSU STUDY BASES	6	Popular databases	12
RSU Main Building (campus)	6	Printing	13
Institute of Anatomy and Anthropology (<i>Theatrum Anatomicum</i>)	6	Library opening hours	13
Medical Education Technology Centre	6	Library at RSU main building	13
Pharmaceutical Education and Research Centre	6	RSU Information Centre for Health Care Professionals	13
Pauls Stradiņš Clinical University Hospital	6	Library branch at the RSU Medical Education Technology Centre	13
Riga East University Hospital, Gaiļezers Clinical Centre	6	RESEARCH AT RSU	14
RSU Institute of Stomatology	6	Funding for scientific projects	14
STUDENT HOSTELS	6	Study research and innovation grants	14
RSU student hostel Dzirciems	6	Useful links	14
RSU student hostel Āgenskalns	6	INTERNATIONAL STUDENT CONFERENCE (ISC)	15
RSU student hostel Mežciems	6	RSU SU & ISA	15
STUDIES AT RSU	7	RSU Student Union (RSU SU)	15
Student ID	7	International Student Association (ISA)	15
Student Portal: MyRSU	7	National societies	16
STUDY PROCESSES AT RSU	7	Academic societies	16
Study organisation	8	Sports societies	16
Remote learning	8	RSU Info Fair	16
		PUBLIC TRANSPORT	17
		Monthly tickets	17
		90-minute ticket	17

Purchasing a ticket on a smartphone	18	RSU Health Centre (outpatient)	32
Shops	18	Clinics	32
Taxi services	18	ARS Medical Centre	32
Driving	18	Veselības Centrs 4 (Health Centre 4)	32
Bikes and scooters	18	Hospitals	32
LIVING IN RIGA	19	Pauls Stradiņš Clinical	
National holidays	19	University Hospital	32
Religion	19	Riga East University Hospital,	
Personal safety	19	Gaiļezers Clinical Centre	32
PLACES TO STAY	20	Dental care	32
RSU student hostels	20	RSU Institute of Stomatology	32
WEATHER IN RIGA	22	ARS Dental Clinic	32
BUDGET PLANNING	22	Physical Therapy	33
SUPERMARKETS	23	Fizio Centrs	33
The most common shops	23	Massage4you	33
Smaller chains	23	ACB Fizio	33
Stores with international products	23	Vaccines	33
Online grocery shopping	24	Latvian Centre of Infectious Diseases	33
CELLULAR SERVICE PROVIDERS	24	Sexual health	33
BANKING	24	Latvian Centre of Infectious Diseases	33
Currency	24	Psychological care	33
Student discounts	25	RSU Clinic of Psychosomatic	
Additional discounts	25	Medicine and Psychotherapy	33
PLACES TO STUDY	26	Pharmacies	34
CAFÉS & RESTAURANTS	27	Health insurance	34
Fast food	27	USEFUL INFORMATION	35
Restaurants	27	Emergency phone numbers	35
Pizzerias	27	Phone numbers for various emergencies	35
Cafés	28	Information line	35
Delivery services	28	EMBASSIES AND CONSULATES IN RIGA	35
CULTURE AND ENTERTAINMENT	29	Immigration	36
Museums	29	EU/EEA citizens	36
Museum Night (<i>Muzeju nakts</i>)	29	Non-EU/EEA citizens	36
Theatre	29	Annual immigration procedures	
Creative hubs	29	for non-EU/EEA citizens	37
Opera and ballet	30	Protecting your rights	37
Cinema	30	ENGLISH LANGUAGE MEDIA IN LATVIA	37
FITNESS	30	BASIC PHRASES IN LATVIAN // GLOSSARY	38
NIGHTLIFE	31		
HEALTHCARE	32		

CONTACT INFORMATION



RĪGA STRADIŅŠ UNIVERSITY



Dzirčiema Street 16, Rīga, LV-1007, Latvia

READ MORE

Faculties

Faculty of Medicine Office for International Students



RSU Main Building, Block K, 2nd Floor, Room K-221
Dzirčiema Street 16, Rīga



+371 67 062 777,
+371 6706 2778



foreign@rsu.lv

Faculty of Dentistry



RSU Main Building, Block K, 1st Floor, Room K-103
Dzirčiema Street 16, Rīga



+371 67 062 741



sf@rsu.lv

Faculty of European Studies



RSU Main Building, Block C, 2nd Floor,
Room 2A/B/C; Room 2D, Dzirčiema Street 16, Rīga



+371 67 409 161,
+371 67 409 184



esf@rsu.lv

Administrative support

RSU International Department



RSU Main Building, Block K, 2nd Floor,
rooms K-218, K-223, K-224, K-225



+371 67 409 261



international@rsu.lv

Erasmus+ Mobility Office



RSU International Department
Room K-223



+371 67 409 264,
+371 67 062 650



mobility@rsu.lv

International Admissions Office



RSU International Department
Room K-218



+371 67 409 094,
+371 67 409 262



admissions@rsu.lv

RSU Student Services



RSU Main Building, Block K,
1st Floor, Room K-100



+371 6732 1321



studentuserviss@rsu.lv

Student organisations

RSU Student Union (RSU SU)



RSU Main Building, Block C, 2nd Floor,
Room C-213, Dzirčiema Street 16, Rīga



+371 67 409 159,
+371 27 750 555



sp@rsu.lv

International Student Association (RSU ISA)



Dzirčiems student hostel
Dārza Street 5, Rīga, ISA Office



+371 22 720 750



isa@rsu.lv

ORIENTATION WEEK



WHAT IS IT?

Orientation Week is meant to introduce new students to RSU. There are various activities which help incoming students to prepare for their studies. You will meet representatives from the various faculties, administrative support units and student organisations. Incoming students will tour RSU premises, learn about the practical aspects of their studies, and receive answers to their questions. Important activities during Orientation Week include receiving your student ID card. For non-EU students, there are immigration procedures which must be addressed. Individual visits to the RSU International Department are possible to discuss study contracts, educational documents, student ID, etc. Orientation Week also features fun and exciting events that are organised by the International Student Association. These include bowling, excursions, exploration of safe and attractive establishments for socialisation, as well as a welcome party at the end of Orientation Week.

Orientation Week is held one week before the academic semester starts, and it provides participants with the following opportunities:

- ✓ Meet your classmates – other international students, as well as staff at the [International Department](#), the [International Admissions Office](#) and [Student Services](#);
- ✓ Meet representatives of the various faculties, [RSU Student Union](#) and [International Student Association \(ISA\)](#);
- ✓ Deal with frequently asked questions related to immigration procedures for EU/EEA students and for non-EU/EEA students;
- ✓ Familiarise yourself with the university's study processes, study platforms, internal IT systems, grading systems, class settings and the best way to approach one's studies;
- ✓ Get to know the campus of the university by taking part in a guided tour;
- ✓ Learn about the opportunities which are offered by various RSU societies, including the national, sports and academic societies;
- ✓ Receive information about health care at RSU, as well as safety in Riga;
- ✓ Gain your first impressions about Latvia, taking a trip to discover its essence, its wealth of traditions and its culture; discover a country which cherishes its past while embracing modernity and offering a great deal of hospitality;
- ✓ Take part in fun and exciting activities organised by the ISA so that international students start to feel right at home in Riga.



There are no classes during Orientation Week, but international students are expected to attend Orientation Week during the scheduled period of time.



RSU STUDY BASES



Institute of Anatomy and Anthropology (*Theatrum Anatomicum*)

Kronvalda Boulevard 9, Rīga



Medical Education Technology Centre

Anņīgmuižas Boulevard 26a, Rīga



Pauls Stradiņš Clinical University Hospital

Pilsonu Street 13, Rīga



RSU Main Building (campus)

Dzirčiema Street 16, Rīga



RSU Institute of Stomatology

Dzirčiema Street 20, Rīga



Pharmaceutical Education and Research Centre

Konsula Street 21, Rīga



Riga East University Hospital, Gailezers Clinical Centre

Hipokrāta Street 2, Rīga

Student Hostels



RSU student hostel Dzirciems



RSU student hostel Āgenskalns



RSU student hostel Mežciems



DĀRZA STREET 5, RĪGA



MĀRUPES STREET 17, RĪGA



HIPOKRĀTA STREET 3 RĪGA

STUDIES AT RSU

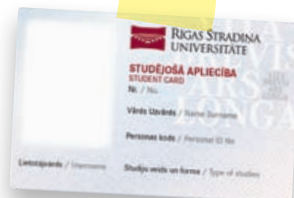


As a new student, you will find that many things are different than was the case when you were a student in your own country. We will explain the most important aspects of this so that your start and your first semester at RSU proceed as smoothly as possible.

Student ID

Your RSU Student ID is a valid document which allows you to:

- Access RSU buildings;
- Purchase public transport tickets in Riga with a student discount;
- Pay for printing and copying services at RSU buildings;
- Access the Student Services;
- Receive a student discount at shops, cafés, etc.;
- Borrow books from the RSU Library.



The MyRSU student portal

The MyRSU platform offers you access to your student data, as well as information and resources which you will need during your academic journey. You can access the portal on your browser or your device, making use of your student ID number to do so.



MyRSU offers the following information and services:

- Applications for scholarships, the ISIC (International Student Identity Card), transportation subsidy and others;
- Academic information such as your class schedule, study materials, free online databases, grades, contact information for faculty members, etc.;
- Financial information about your tuition, student hostel fees, etc.

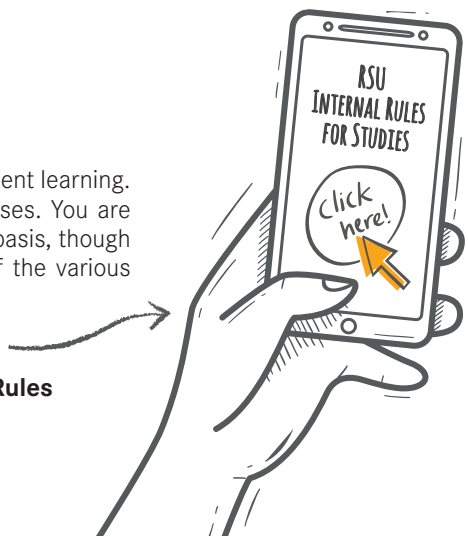


STUDY PROCESS AT RSU

Studies at the RSU involve classes and independent learning. There are lectures, seminars and practical classes. You are generally expected to attend classes on a daily basis, though the number of lectures will depend on each of the various faculties.



You can find more information about this in terms of Academic Regulations, as well as Internal Rules and Regulations for Studies.





STUDY ORGANISATION

Remote learning

The use of information and communications technologies which enable studies without your physical presence in the room or study area of your faculty member. Such remote classes are usually organised on Zoom.

Blended learning

Face-to-face, as well as online activities to ensure a seamless and complementary learning flow. A flipped online classroom activity is introduced before a face-to-face class in the form of reading materials, for instance.

Practical learning

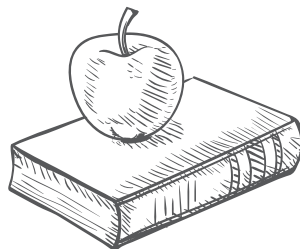
Also known as experimental learning, this is a process whereby students learn by doing things and then reflecting upon their experience. Before an anatomy class, for instance, you will be expected to read up about the topic. On the day of the practical class, you will have access to models and real bones.

Lectures

Lecturers present the theoretical materials of a course, and you should use this to prepare for your classes. Lectures can be held onsite or via the E-studies platform.

Classes

This is an opportunity to strengthen the theoretical and practical knowledge which you have acquired independently and at lectures. This also helps you to develop skills and competence under the guidance of faculty members. These, too, can be held online or onsite.





EVALUATION METHODS

Tests:

Tests can be mandatory and influence the final grade that you receive. Faculty members can assign tests to be completed before you go to class, during class or after the class is over. You will find information about each test on the E-studies platform. Tests can involve multiple choice questions, open-ended questions, or oral questions during classes.

Mid-semester examination:

An exam offered in written (colloquia) or oral (seminar) terms.

Final (end-of-course) examinations:

An exam offered during the examination period to cover all of the material from the entire semester or semesters (some courses last for two semesters or more).

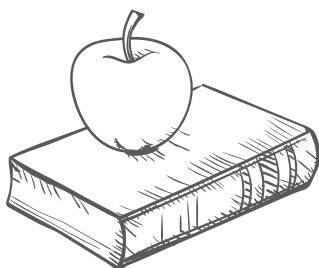
GRADING PROCESSES

You can take part in each colloquium up to three times. If you fail on your first attempt, you have two more chances, and you require a minimum grade of 4 (55-59%) to pass. The same is true for examinations, though you are only allowed to take those twice. The retake will not necessarily involve the same examination method as was the case for your first try. This will be decided by the relevant academic department. If it is your last attempt, you may face a committee that has been established by the Head of the relevant academic department. It will involve at least two faculty members.



If you wish, you may request a different faculty member for the retaken examination, and the Head of the relevant academic department will try to accommodate such a request.

Grading



96 - 100%	With distinction (10)
85 - 95%	Excellent (9)
75 - 84%	Very good (8)
70 - 74%	Good (7)
65 - 69%	Almost good (6)
60 - 64%	Satisfactory (5)
55 - 59%	Almost satisfactory (4)
40 - 54%	Weak (3)
20 - 39%	Poor (2)
0 - 19%	Very poor (1)



ACADEMIC APPEALS



You have the right to appeal the grades that you have been given for an examination. First you should ask the lecturer or professor to review the grade, and he or she must do so within three working days after your request. If you are still not satisfied, you will have to fill out an appeal form and submit it to Student Services within three weekdays (not including the date when you were given the grade) for a mid-semester or final examination, and within 24 hours for the National Examination that is given at the end of your studies. Please note that if you do not submit the appeal within the stated timeframe, it will not be taken into consideration.

The Appeals Commission will contact you about the date and time of its next meeting at least 24 hours in advance. You may attend the meeting if you wish, or you can ask a representative of the Student Union to participate on your behalf as observer. The Commission will announce its decision within five weekdays from the moment that the appeals form has been submitted to Student Services.



Please note also that if you have violated the university's code of ethics, no academic appeal will be accepted.

OTHER USEFUL INFORMATION

Absence because of illness

If you are sick and cannot attend class, there are several steps that you should take.

- First, contact the relevant faculty ([see contact information](#)) and tell it that you are ill and will not be able to attend classes. You should also send a written E-mail to your lecturer or professor to state the same.
- Make an appointment with a doctor and get a note in English or Latvian. You may use the RSU Health Centre for this purpose.
- Submit the note from the doctor directly on the [MyRSU](#) platform or to the Student Services within five days after you have returned to the university. Consult with your lecturer to see whether you can make up for lost time. Should you miss a colloquium or exam, you can take it later.
- Settle the time and date with your lecturer. Please keep in mind that if you hand your note in later than five days after getting better, you will not be allowed to take colloquia or exams on an individual basis.

Academic leave and exclusion

An academic leave is granted upon your motivated application for a valid reason such as a medical indication, social or family reasons, pregnancy, etc. On the other hand, exclusion and withdrawal is your exclusion from the list of students for reasons such as a breach of academic integrity, nonfulfillment of financial obligations, if you do not resume your studies upon the expiry of the academic leave, or simply because you do not wish to continue your studies at Rīga Stradiņš University, etc.

In both cases, you can apply to resume your studies, under some conditions, and continue in the semester you left off, if you have passed all the required examinations.



You can learn more about this in the RSU Internal Rules and Regulations for Studies here:



Please note that academic leave will only be granted if your academic standing is good and you have fulfilled all of your financial obligations towards the university.

Scholarships

All study programmes that are taught in English at higher education institutions in Latvia are fee-based. Latvia has bilateral agreements on co-operation in the fields of education and science with a few other countries, and scholarships may be available to foreign students who pursue their higher education in Latvia. If you are from one of these countries or if your country offers scholarships to citizens of Latvia, then you can apply for a scholarship to study in Latvia.

RSU

VIAA

Applications to enter the bachelor's degree study programme are accepted from students who have completed at least one academic year of studies at the time of their application. This applies to higher education institutions in the student's home country or at an institution of higher education in Latvia if the student has been attending one. Scholarships for bachelor's and master's degree studies are granted for one academic year at a sum of EUR 500/month and a period of time lasting up to 10 months. For doctoral students, the scholarship is EUR 700/month for up to 11 months. If a student wishes to continue studies for another year, then he or she must reapply for the relevant scholarship. The Latvian scholarship can be awarded to one individual for no more than two consecutive terms of study. The scholarship can be used to pay tuition fees or to pay for accommodation and meals. The Latvian scholarship cannot be awarded concurrently with other scholarships.



For more information about applications, deadlines, procedures and the documents which are necessary, and to locate the online application form.

READ MORE

Tuition discounts

There are several categories of tuition fees for students who are studying in the Medicine and Dentistry programmes in English. The aim is to promote academic excellence and to expand diversity in the community of students at the RSU.

Applications for tuition discounts are accepted only during the application period, which is announced every semester on [MyRSU](#). Applications will only be considered if accompanied by an official application form (including supporting documents as required) that is submitted electronically on the [MyRSU](#) portal. An exception here applies to discounts that are given for academic excellence, because these are granted automatically and with no need for the student to submit an application.



Tuition discounts are only available to international students in the Medicine or Dentistry study programme. For more information about the discounts and how to apply for them.

READ MORE



The Riga Stradiņš University Library offers a welcoming and supportive environment with a wealth of information and resources to support the academic studies and personal growth of our students. Whether you are looking for a quiet place to study or wanting to conduct research for a paper, our library will provide you with everything that you need.

RSU Library offers the following services:

- Consultations and reference services;
- Lending of information resources;
- Extension of loans of borrowed information resources if requested;
- Inter-library loan services;
- Computers with Internet access;
- Access to electronic catalogues and local databases;
- Access to subscribed E-resources;
- Overnight loans;
- Printing services.



E-book databases

All students at the RSU can access the databases to which the library subscribes. This can be done remotely via the [MyRSU](#) student portal. Click on “E-databases and tools” and enter your user name and password.



Popular databases

ACCESS MEDICINE

CLINICALKEY

PUBMED

EBOOK CENTRAL

EBSCO

AMBOSS



Printing

Students can print documents at any printer on university premises and at student hostels, making use of their student ID cards for this purpose. To do so:

- Top up your student ID on the [MyRSU](#) portal under “Print service”;
- Upload the documents which you wish to print under “Web Print”;
- At the printer, tap your student ID to log in, and look on the screen under “Print release” to see which documents you have uploaded;
- Collect your documents;
- Do not forget to sign out of the printer!

Opening hours of the library

READ MORE



Library at RSU main building, Block G, 1st and 2nd floors

Dzirčiema Street 16, Riga

MON - FRI: 08:30 AM - 07:00 PM

SAT: 10:00 AM - 05:00 PM

Self services: MON - SAT 24/7



+371 67 409 192



biblioteka@rsu.lv



RSU Information Centre for Health Care Professionals

J. Asara Street 5, Riga

MON - TUE: 09:00 AM - 05:00 PM

WEN: - FRI: 11:00 AM - 06:00 PM



+371 67 270 790



icarstiem@rsu.lv



Library branch at RSU Medical Education Technology Centre

Anninmuižas Boulevard 26A, Riga

MON - FRI: 09:00 AM - 05:00 PM



+371 67 061 562



bibl.mitc@rsu.lv





The best way to organise research is to contact your RSU department directly. When contacting your professors always use your official RSU student E-mail address (XXX@rsu.edu.lv), because all university communications involve such E-mails. Departments are not obliged to reply to E-mails that you have sent from a different address. Once you find an academic advisor for your research, he or she will guide you along the next steps that are to be taken.

The RSU organises many conferences throughout the year. Students can present their scholarly work orally or on posters. Financing may be available to present work outside of the RSU. Apply for such funding if you are interested in presenting your work at an international conference. During your last year of studies, you will be expected to write a thesis.



Various information on research topics is available at RSU Research Portal:

READ MORE

Funding for scientific projects

If you want to attend a conference, take courses at other universities or publish a scholarly article, the RSU SU can provide funding in support of such processes – transport, accommodations, participation fees, etc. – up to EUR 300. If you are planning to submit a scholarly article to a peer-reviewed international journal, the university can provide you with as much as EUR 600 in support. Please note that you can apply for such funding only once per semester. For more information, see:

READ MORE

Study research and innovation grants

Student research and innovation grants are aimed at supporting and motivating students who wish to conduct research, develop their entrepreneurial abilities, and undergo further training. Funding may be available for your research idea. Applications are sought twice during each academic year. For more, see:

READ MORE

Useful links

- 🕒 [Research platform](#)
- 🕒 [Research support](#)
- 🕒 [Other research links](#)

Videos in which professors discuss their research experiences and offer practical advice on how to conduct your own research:



INTERNATIONAL STUDENT CONFERENCE (ISC)



The International Student Conference is a two-day event that is organised each year in March. The conference is organised by the Student Union in partnership with an internal organising team, and the aim is to encourage local and international students to present their research from various areas of medicine and the social sciences. The first ISC in English was organised in 2014, and since then it has grown into one of the largest conferences in the Baltic States. You will learn about the research and discoveries of other young researchers and have access to various workshops where you can learn practical skills, as well as go on field trips and to other exciting events.

READ MORE

RSU SU and ISA

There are several student organisations and associations at the RSU. Any student is welcome to join any of them. The two largest ones are described below, but there are many more than that.



RSU STUDENT UNION (RSU SU)

The RSU Student Union is the main representative body for students at the university. The RSU SU Student Council and the RSU SU Board are part of it. The council is elected each October and has members who are local and international students at the RSU. This is the highest-ranking decision-making authority in the Student Union. It amends documents and regulations and elects the RSU SU Board. The Student Union is associated with the Latvian Student Union, which means advocating on behalf of student interests at the national and the international level while also offering students a chance to become involved in various events and roles such as activists, organisers and/or members of the RSU SU board or council.



INTERNATIONAL STUDENT ASSOCIATION (ISA)

The mission of the International Student Association is to represent, provide services and to improve the lives of international students at the RSU. In collaboration with the RSU SU, the International Department and the various faculties of the university, the ISA helps students to handle questions or queries that may arise during their time at the RSU. The ISA focuses on promoting integration and school spirit among international and local students alike. It offers a chance to explore talents, skills and interests via academic, social and national societies and programmes. Stay active and find likeminded individuals through various sports organisations. You can join the ISA by taking part in events such as Orientation Week. You can also assume new roles as activists or board members.

For more information about, visit the [RSU SU](https://rsu.lv)



sp@rsu.lv



For more information about, visit the [ISA](https://isa.rsu.lv)



isa@rsu.lv





National societies



Students at the RSU can join together in representing different cultures, languages and countries. The aim of each national society is to promote diversity and to allow students to learn about various cultures. The RSU has national societies for German, Dutch, Italian, Portuguese, British and Irish, American, African, Syrian, Asian and other students.

Academic societies

Academic societies offer a great way to spend time off whether you are already familiar with the field of medicine in which you are planning to specialise or you just want to shop around to see what is on offer. The number of academic societies has increased over the course of time, and there are 13 active academic societies under the auspices of the ISA at this time.



Both active and passive members can acquire practical and theoretical skills, as well as a chance to perform research in the chosen field of medicine. Successful active members receive a certificate to acknowledge their participation in the relevant society.

All meetings are guided by a mentor who is a qualified doctor so as to ensure the quality of the information that is transferred.

For more information and for existing academic societies

READ MORE

Sports societies



RSU students who like to train in a specific area of sport and to take part in competitions can join sports societies at the university. Training sessions are regularly scheduled in areas such as volleyball, women's basketball, men's basketball, swimming, paddle tennis, chess, running, tennis, field hockey, yoga and men's football.

For more information about the possibilities at RSU Sports Club

READ MORE

RSU Info Fair

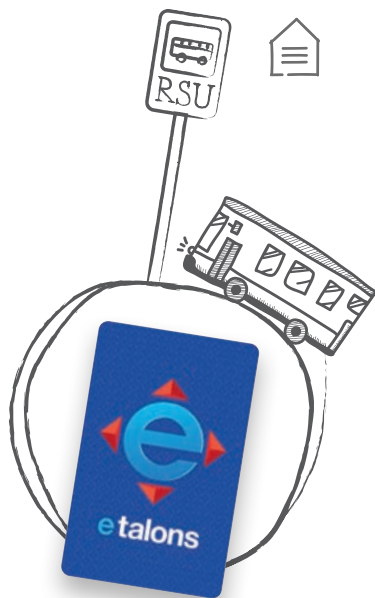
The RSU Info Fair is a place to meet members of all of the university's academic, social, national and sports societies. The fair is organised at the beginning of each semester, bringing together all of the societies to demonstrate the extracurricular activities which these organisations offer to students at the RSU. The event is focused on new students who have just begun their journey at the university, as well as for students at higher levels who have not yet taken part in any of the societies.



PUBLIC TRANSPORT

Public transport is widely available throughout Riga and is organised by the municipal enterprise Rīgas Satiksme. Trams, trolleybuses and buses are the main forms of public transport in the city. There are five tram routes, 21 trolleybus routes and 51 bus routes at this time. Schedules can be found on the [Rīgas Satiksme Website](#), on Google Maps and at public transportation stops. The No 22 bus links the city centre of Riga to the Riga International Airport. Buses depart every 15 minutes.

The Riga Stradiņš University is located in the Pārdaugava neighbourhood of Riga. This refers to the area that is across the Daugava River from the city centre. The main building of the RSU is at [Dzirnciema Street 16](#). This is not the city centre, but the RSU is easily accessible by public transportation. From the city centre, the main building can be accessed on tram lines 1 and 5, trolleybus lines 9 and 25, and bus lines 4, 21, 30, 37, 41 and 63. The stops for these public transportation services are a two to five-minute walk from the main building of the RSU.



READ MORE



RSU students can apply for a personalised E-ticket which offers a 70% discount on public transportation in Riga.

It is necessary to re-register these tickets once per semester to preserve the discount, and this can be done at Rīgas Satiksme offices throughout the city. We suggest getting a monthly ticket, because you will be commuting among various RSU buildings on a daily basis. Go to the nearest vendor to top up your ticket, and you can also do that online. Tickets are valid on all routes operated by Rīgas Satiksme (buses, trams, trolleybuses).

Monthly tickets

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These cost EUR 15 per month for students and are valid from the day upon which they are registered. The number of bus, tram and trolleybus trips is unlimited during the course of the month, though this does not apply to intercity buses.

90-minute ticket

This ticket allows the holder to ride on buses, trams and trolleybuses for 90 minutes after the ticket is registered in the first form of transport. Please note that you are required to register your E-ticket each time that you board a public transport vehicle. Hold your ticket up to the meter to do this. This applies even if you have a monthly ticket, and regardless of how far you will be travelling.

PURCHASING A TICKET



On a smartphone (apps)



Shops

- Narvesen stores & other ticket offices
- Rīgas Satiksme ticket machines
- Circle K store and fuel stations

TAXI

Taxis are an alternative to public transportation, but use the apps to avoid overcharging.

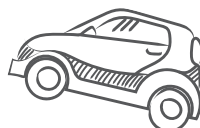


DRIVING

You can drive your car if you have a valid license from anywhere in the EU. If you have one, you can use it in Latvia. If, however, your license is from a non-EU country, you will need to replace it with a Latvian one.

READ MORE

Apps to rent a car:



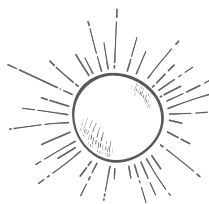
BIKES AND SCOOTERS

Scooters and bicycles to rent are widely available in Riga throughout spring, summer and autumn. Use the apps to locate them and then use them. At the end of your journey, please make sure to park the vehicle safely and in the area of operation of the relevant company/app.

Apps for scooters:

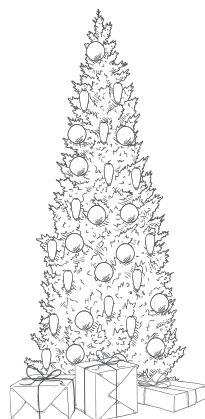


LIVING IN RIGA



National holidays

Easter:	Between March 22 and April 25
Labour Day:	May 1
Restoration of Independence Day:	May 4
Summer Solstice:	June 23-24
Independence Day:	November 18
Christmas:	December 24-26
New Year's:	December 31-January 1



Religion

Latvia's western, central and northern parts are mostly Lutheran, while the eastern regions of Latvia are mostly Roman Catholic. Orthodox communities can be found in major towns and cities, as well as the eastern regions of the country.

Most church services are held in Latvian, but some offer worship services in English. These include St Saviour's Anglican Church in Riga (Anglikāņu Street 2), Evangelical Christians Mežciems, the International Baptist Church, the Roman Catholic Cathedral of St Jacob, the Roman Catholic Church of St Mary Magdalene, the Nativity of Christ Cathedral (Orthodox), and the Riga Synagogue (Peitavas Street 6/8). A Muslim mosque is located at Brīvības Street 104. For more information on the Jewish community of Latvia, visit its [homepage](#). Information that is relevant to Muslim students can be found on the [homepage](#) of the Latvian Islamic Culture Centre.

Personal safety

Riga and Latvia are, generally speaking, a fairly safe place to live. Violent street crime is rare, and most crimes relate to petty theft such as pick-pocketing. This can be a problem in certain areas of Riga such as the Central Market. Take care of your personal belongings, and avoid dark streets late in the evening. In an emergency situation, dial 112, which is a toll-free number for Latvia's emergency services. You can use it to contact the police, fire-fighters, ambulance services and emergency services. Operators at 112 speak Latvian, Russian and English.

PLACES TO STAY



RSU student hostels:

The RSU has student hostels at three locations, and you can choose the right one on the basis of your needs, your financial means and the availability of housing. Rooms at the student hostels are for two or three people. These rooms are booked via the system that is found on the [RSU Website](#), and they are made on a first-come, first-served basis. See [RSU student hostels](#) or contact Student Accommodations at accommodation@rsu.lv.

Contact Student Accommodations at
[**accommodation@rsu.lv**](mailto:accommodation@rsu.lv)

READ MORE

RSU STUDENT HOSTEL DZIRCIEMS

The RSU student hostel Dzirciems at Dārza Street 5 is right next to the main building of the RSU. The three-story house has 135 rooms, four of which are meant for people with special needs. The student hostel offers:

- Study and recreational facilities;
- Lockable bicycle storage;
- Underground and open-air parking;
- On-site laundry facilities;
- A gym;
- Free Wi-Fi.

All rooms are furnished with a bed (linens, pillows, blankets and towels are provided), a desk, a chair, a bookshelf, a wardrobe and a kitchenette with an electric stove, a rangehood and a refrigerator. You must provide your own kitchenware. Each room also has a bathroom with a combined shower and loo. To learn about types of rooms and the prices that are on offer, see:



READ MORE



RSU STUDENT HOSTEL ĀGENSKALNS

Located at Mārupes Street 17, the Āgenskalns student hostel is about a five-minute walk from the Pauls Stradiņš Clinical University Hospital and a 15-minute drive from the main building of the RSU. The student hostel offers:

- A study area;
- Lockable bicycle storage;
- Parking on the premises;
- A laundry room;
- A gym;
- A rehearsal hall for dance, exercise, yoga classes and other activities (for a separate fee).

Each room has a bed (linens, pillows, blankets and towels are provided), a desk, a chair, a shelf, a closet and a refrigerator. You must provide your own kitchenware (utensils, pans, pots, etc.). Room types and prices can be found at:



READ MORE

RSU STUDENT HOSTEL MEŽCIEMS

The RSU Mežciems student hostel is at Hipokrāta Street 3, and it is right next door to the Gaīļezers Clinical Centre of the Riga East University Hospital. It offers:

- Study and recreational facilities;
- Lockable bike storage;
- On-site laundry facilities;
- Free Wi-Fi.

Each room has a bed (linens, pillows, blankets and towels are provided), a desk, a chair, a shelf and a closet. You must provide your own kitchenware (utensils, pans, pots, etc.). Find out more about room types and prices at:



READ MORE



Weather in Riga

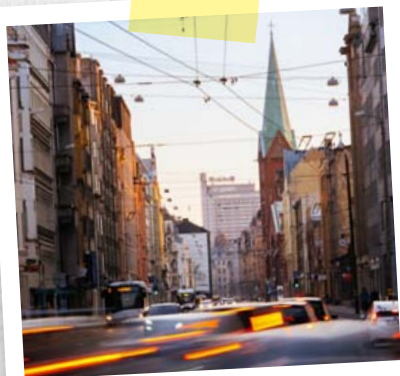
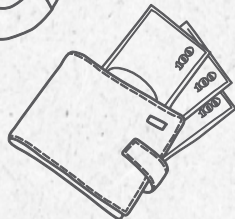
Temperatures vary substantially between the seasons in Latvia. During the summer, the average temperature is between 20 and 25°C (68-77°F). Temperatures can reach 30°C (86°F) or more. Snow is most common in December, January and February, when temperatures can vary from 0°C (32°F) and -10°C (14°F). Sometimes temperatures can fall to -20 to 30°C (-4 to -22° F), particularly at night. Make sure that you bring gloves, scarves, caps and a very warm jacket or coat that is windproof and waterproof.



Budget planning

Your cost of living will very much depend on your lifestyle preferences. You can compare the cost of living in your hometown to that in Riga at:

[READ MORE](#)



SUPERMARKETS



RIMI

Rimi supermarkets are found throughout the Baltic States and are known for a wide range of products including dairy, fresh fruits and vegetables, meat, seafood, beverages and all sorts of other things. The Rimi shops differ in terms of size and variety of offer. Rimi advertises itself as a store right by your doorstep which offers everything that you need.

MAXIMA

Maxima stores are also found all over Latvia. It is a leading retail chain that advertises itself as one that sells high-quality products at affordable prices. The number of X's after the word Maxima speak to how large each store is. Maxima XXX are the largest Maxima stores in Riga. Check out their offer!

MEGO

Mego is a locally owned chain which offers a wide range of Latvian products.

Other, smaller grocery stores can be found to buy household staples:

- Lats
- Top
- Elvi

Specialised stores focused on organic and eco-friendly products include:

- Dabas Stacija
- Medus Veikals
- IDille
- Bunas

STORES WITH INTERNATIONAL PRODUCTS

- **Lidl** is a German supermarket which sells produce, fresh meat and seafood, a wide variety of imported cheeses, European pastries, weekly surprises and more. This is a good shop to find the best deals at affordable prices.
- **Sky** strives to offer customers the best of the best and provides wide choice, high quality products and professional and friendly attitude. You can find Sky supermarkets at several places in Riga, one of them is Sky & More at Dunties street 19a.
- **Stockman** mostly sells imports from Scandinavia, with special weeks devoted to various cultures and their cuisines, as well as “Mad Weeks” several times a year when most goods are sold at a discount.
- **Musk** at Aleksandra Čaka Street 39 is an Indian store that sells spices and Indian household items such as snacks, sauces, beverages etc.
- **Asian Alley** at Krišjāņa Barona Street 96/98 sells East Asian products such as ramen noodles, sauces, MSG and much more.

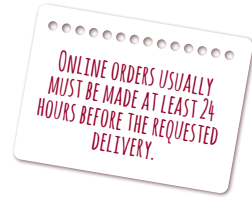


Online grocery shopping

Online shopping in Riga became particularly common during the Covid-19 pandemic. These services offer cash on delivery or payment card payments:

RIMI ONLINE

BARBORA (MAXIMA)



There are delivery services which use Google Play or Apple Store apps, and they will deliver what you order on the same day that you do so:



CELLULAR SERVICE PROVIDERS

Communication is a key aspect of student life, and these are Latvia's most common data providers:

- LMT
- BITE
- Tele2

Pre- and post-aid services are available, starting around EUR 3 per week or so. Visit the Websites of the service providers to learn more.

BANKING

To open a bank account, you will need to present your passport or ID card at any branch of the bank of your choice. You will fill out an application and choose the services that you would like to receive from the bank. These are some of Latvia's most popular banks:

- **Swedbank** (the ISIC student card is available here)
- **Citadele**
- **SEB**

Currency

Latvia uses the euro, with 5, 10, 20, 50, 200 and 500 euro banknotes and 2, 1, 0.50, 0.20, 0.10, 0.05, 0.02 and 0.01 euro cent coins.



Student discounts

International Student Identity Card (ISIC) will get you discounts and benefits at different places. Please follow information at the vending places!

ISIC will get you 15% off stationery & foreign language textbooks at Globuss bookshop, which is the destination for those seeking literature in foreign languages. A fine assortment of international titles is always available, and the booksellers will readily help you to find a book that you are seeking. A special order service is available for books that are not readily available on store shelves. See eglobuss.lv/en/shops.

Find out more about ISIC discounts at

READ MORE

ADDITIONAL DISCOUNTS

Jānis Roze

is one of Latvia's largest bookstore chains with a wide variety of books, gifts and souvenirs. Students get a **10% discount** on all items sold.

Narvesen

A cup of coffee costs only **EUR 1.40** for students.

Copy Pro

The printing shop offers **10% off** for all students.



PLACES TO STUDY



You will be spending lots of time studying, and there are some great spots in Riga to do so. Some are a bit livelier, while others are more traditional library-type venues. These are some of the more popular places to study among our students:

- The library at the main building of the RSU, Dzirciema Street 16, Rīga, Block G
- Open workspaces at the main building of the RSU, Dzirciema Street 16, Rīga, Block C
- Special quiet areas at [different RSU study locations](#)
- The Medical Education Technology Centre of the RSU at Anņņmuižas Boulevard 26A, Rīga
- The RSU Institute of Anatomy and Anthropology (mostly for students in the fields of anatomy and histology), Kronvalda Boulevard 9, Rīga
- Study areas at RSU student hostels (Dzirciems at Dārza Street 5, Āgenskalns at Mārupes Street 17). You can use these facilities if you are a resident of the student hostels or have a friend who lives there
- The National Library of Latvia, Mūkusalas Street 3, Rīga
- Various coffee venues
- Various parks around Riga if the weather is nice (Vērmanģdārzs, Bastion Hill (Bastejkalns), Kronvalda Park)
- Your study desk at home



CAFÉS & RESTAURANTS



Whether you are looking for a place to have a cosy dinner with your friends after a long study session, or a place where you can grab a quick cup of coffee between classes, the fact is that Riga has lots of popular restaurants and cafés which are popular among many students. Coffee shops are a great place to study, because all of them offer free Wi-Fi. You can charge up your laptop or tablet, or engage in a bit of relaxation.

Fast food:

- Kost, Aristīda Briāna Street 9A, Rīga
- Wok to Walk, Aspazijas Boulevard 30, Rīga
- Street Burgers, Blaumaņa Street 10, Rīga
- Caffeine, multiple locations, Rīga
- Stock Pot, Krišjāņa Valdemāra Street 36, Rīga
- Big Bad Bagels, Bāzņīcas Street 8, Rīga
- McDonald's, multiple locations, Rīga
- Subway, Merķeļa Street 6-3, Rīga
- Burger King, multiple locations, Rīga
- Hesburger, multiple locations, Rīga
- KFC, multiple locations, Rīga
- Ezītis Miglā, multiple locations, Rīga



Restaurants

- Restaurant/Café Mio, Blaumaņa Street 15, Rīga
- Folkklubs ALA Pagrabs, Peldu Street 19, Rīga
- Casa Nostra, Elizabetes Street 10B, Rīga
- Garage, Elizabetes Street 83/85, Rīga
- Rione Pizza & cocktails, Krišjāņa Barona Street 21, Rīga
- Gan Beī, Ieriķu Street 15, Rīga
- D'Arte, Dzirnau Street 67 and Mūkusalas Street 71A, Rīga
- Mañana, Stabu Street 10, Rīga
- Vapiano, Stacijas Square 2, Rīga
- Riviera, Dzirnau Street 31, Rīga
- Gutenbergs terase, Doma square 1



Pizzerias

- Lulu Pizza, Tērbatas Street 2, Blaumaņa Street 8, multiple locations, Rīga
- Chili Pizza, Galerija Rīga shopping centre, Origo shopping centre, multiple locations, Rīga



Cafés

- Costa Coffee, Krišjāņa Barona Street 11, Kungu Street 1, Blaumaņa Street 5, Rīga
- Ezītis Coffee, Krišjāņa Barona Street 3, Rīga
- Caffeine, multiple locations, Rīga
- Cofyz, Krišjāņa Barona Street 28, Pulkveža Brieža Street 2, Aleksandra Čaka Street 52, Rīga
- Kurts Coffee, on the corner of Kr. Barona Street and Elizabetes Street
- Rocket Bean, Dzirnavu Street 39, Miera Street 29/31, Rīga
- Kukotava, Tērbatas Street 10/12, Rīga
- Miit Coffee, Lāčplēša Street 10, Rīga
- Mikla, Dzirnavu Street 42, Rīga
- Junge.lv, Blaumaņa Street 17, Marijas Street 21, Rīga
- Mārtiņa Bekereja, Vaļņu Street 28, Marijas Street 19, Brīvības Street 80, Rīga



Delivery services

You've just come home from a late class. You're in the middle of a long study session outside. Maybe you're just feeling too lazy to cook. Delivery services offer a great alternative to regain your nutritional energy. It is popular among students to get together to have a good time and to order some food to be delivered. Delivery services are easily accessible. Download one of the apps mentioned below, or ring the restaurant that is of interest to you.

- Wolt
- Bolt Food
- Many restaurants which provide individual delivery



Tipping is generally expected in restaurants, cafés and bars when the bill is brought to the table. 10% is customary, but make sure that the service charge has not already been included in the bill. Nearly all restaurants in Riga offer home delivery.



Riga offers a wide range of leisure and social activities. The city has a rich heritage of culture and a lively arts scene with concerts, annual festivals, the internationally recognized Latvian National Opera, classical and modern theatre, parks, sports centres, cinemas, cafés, bars and a vibrant nightlife. Riga has something for every taste and preference.



Museums

There are lots of museums and art galleries in Riga, including the Latvian National Museum of Art, the Latvian War Museum, the Museum of the History of Riga and Navigation, the National History Museum and the Riga Porcelain Museum, to name a few. Some of these museums have been established quite recently. It's up to you to determine what you like the best, but there are a few venues that you simply must not miss while you are in Riga: The Riga Art Nouveau Centre, the Ethnographic Open-Air Museum of Latvia, the Museum of the Occupation of Latvia, and the Pauls Stradiņš Medicine History Museum.

READ MORE

READ MORE

MUSEUM NIGHT (MUZEJU NAKTS)

Museum Night in Latvia takes place in the frameworks of the international European Museum night and is an all-night event during the course of which museums in Riga and throughout Latvia keep their doors open. The event is usually held in May, and for one night in the year, admission to all museums is free of charge. Most museums organise special events, parties and exhibitions for Museum Night.



Theatre

Theatres in Riga showcase nationally and internationally acclaimed professional repertoires, as well as amateur productions. You will find that most of these performances are staged in Latvian. A few may be presented in Russian, and a very few may be staged in English.



Creative hubs

Riga has several centres for the arts and culture that are at your disposal. Among them are Spiķeri, Kalnciema kvartāls, Kaņepes Kultūras centrs and Tallinas ielas kvartāls. Latvia's two leading ticket vendors offer comprehensive information about what's on offer in Riga. To learn about this and to buy tickets, visit:

BILESUSERVISS

BILESUPARADIZE



Opera and ballet

The Latvian National Opera and Ballet (LNO) is a repertory theatre which stages opera and ballet performances during seasons which run from September until the end of May. Over the course of each season, the LNO will perform approximately 200 performances. These are of internationally recognised artistic quality. All operas are subtitled in English. Ticket prices vary depending on where you are seated in the auditorium.

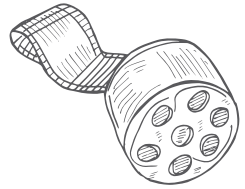
READ MORE

Cinema

There are several cinemas in Riga, and all films are shown in the original language with Latvian subtitles, though some movies, particularly those meant for children are dubbed into Latvian, as well. The largest of these is **Forum Cinemas**, which has 14 auditoria in the city centre, including the state-of-the-art ISENSE auditorium, which is the largest in the Baltic States. Other cinemas in Riga include Multikino, Cinamon, K.Suns/Kinogalerija and Kino Bize.

Splendid Palace

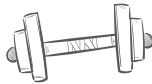
Splendid Palace was built in 1923 as a very posh and modern cinema. Over the subsequent century, the theatre has undergone many changes, but today it welcomes visitors as the most magnificent cinema in Riga. Splendid Palace usually presents independent films, and it also hosts various international and local film festivals such as the International Baltic Film Festival Pearl, Lielais Kristaps and others.



READ MORE

FITNESS

Keeping fit is important for students with busy schedules. Several options are available in Riga.



READ MORE



RSU SPORTA KLUBS (RSU SPORTS CLUB)

Cigoriņu Street 3, Riga

Free gym offered by the RSU

MON - FRI: 09:00 AM - 07:00 PM

GYM!

- EUR 19 per month
- Three locations in Riga

My Fitness

- Prices vary, with monthly packages starting around EUR 30
- Group sessions available
- Personal trainers available
- A sauna
- An ice bath

Lemon Gym

- Comfort membership EUR 23.99 per month
- Premium membership EUR 33.99 per month
- Group sessions available
- An ice bath
- A sauna

NIGHTLIFE

Nightlife in Riga is always vibrant, with many bars, café-clubs and nightclubs, mostly in Old Riga and the surrounding area.

RSU international students have recommended the following bars and clubs:

- Shot café, Torņa Street 4, Rīga
- Skapis, Aristida Briāna Street 9a-2, Rīga
- Kaļķu vārti, Jauniela 20, Rīga
- Folkklubs ALA Pagrabs, Peldu Street 19, Rīga
- Kiwi Bar, Skārņu Street 7, Rīga
- Latvijas1. Rokkafejnica/Reiterna Nams, Mārstaļu Street 2/4, Rīga
- Cuba Café, Jauniela Street 15, Rīga
- Coyote Fly, Tērbatas Street 2, Rīga

For more information about entertainment and leisure opportunities, see:

• [RigaThisWeek](#)

• [InYourPocket](#)

• [LiveRiga](#)



Smoking

Smoking in Latvia is only allowed at locations which are specifically designated for this purpose. Smoking is banned at parks and public transportation stops, as well as inside or 10 metres away from the entrance of any public or governmental building. Smoking is strictly prohibited at all of the premises of the Riga Stradiņš University.

Drinking

The sale of alcoholic beverages at stores is prohibited between 10:00 PM and 8:00 AM, but if you are 18 years old or older, you can purchase drinks at bars, cafés and clubs without any time limitation. Carry ID with you, because it is quite possible that you will get carded.





Latvia's healthcare system features both public and private care specialists and facilities, including general physicians, hospitals and specialised doctors. In this section, you will find the list of the most commonly used public and private health care institutions in Riga. Let's start with the RSU Health Centre, which is in the university's main building. You can make an appointment by phone or E-mail, or you can approach the reception desk. If you are seriously sick and need a note, E-mail the centre on the day when you get sick and miss classes. Once you are better, come in on the day before or the morning of the day when you plan to return to classes to get the note from the doctor. Please note that the RSU Health Centre will not be able to give you a note if you have not contacted it in advance and when you are ill.

Online Doctor consultation is also available, for more information, see

READ MORE

RSU Health Centre (outpatient)




 Dzirciema Street 16, Block E, Riga
www.rsu.lv/en/rsu-health-centre

 +371 67 409 236,
+371 67 409 178
for appointments
 rsuambulance@rsu.lv




The centre has only one general practitioner, so we recommend that you look for other providers of medical services, particularly those which are close to where you live. Here are a few recommended healthcare providers:

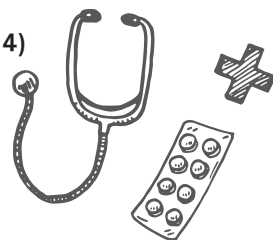
Clinics

ARS Medical Centre

 Skolas Street 5, Riga
 +371 67 201 007
 arsmed.lv/en/



Veselības Centrs 4 (Health Centre 4)

 Krišjāņa Barona Street 117, Riga
 +371 67 847 100
 vc4.lv/en





Hospitals

Pauls Stradiņš Clinical University Hospital

 Pilsoņu Street 13, Riga
 www.stradini.lv/lv




Riga East University Hospital, Gaiļezers Clinical Centre

 Hipokrāta Street 2, Riga
 aslimnica.lv/en/



Dental Care

The RSU Institute of Stomatology (Stomatoloģijas institūts) is right next to the main building of the RSU, and it is the only health care institution in Latvia to cover all fields of dentistry.

RSU Institute of Stomatology

 Dzirciema Street 20, Riga
 +371 67 455 586
 www.stomatologijasinstituts.lv/en

ARS Dental Clinic

 Skolas Street 5, Riga
 +371 67 201 047
 https://arsdentalclinic.lv/en/





Physical therapy

The RSU has trained many highly qualified physiotherapists who work for various health care clinics in Riga. Many offer consultations, taping, massage and/or training sessions. Here are a few which are recommended by your fellow RSU students:

FIZIO CENTRS



Bruņinieku Street 49K-2, Rīga
+371 25 445 537,



+371 66 966 642



www.fiziocentrs.lv

MASSAGE4YOU



Bruņinieku Street 36,
2nd floor, Rīga



+371 26 702 147



<https://massage4you.lv/>

ACB FIZIO



Sēļu Street 12, Mārupe
+371 28 374 374,



+371 67 677 370



<https://acbfizio.lv/en>

Vaccination

Vaccines are available at the Latvian Centre of Infectious Diseases. They provide immunological protection for people against various diseases, and in case of emergencies there can be passive immunological protection with immunoglobulin and serum. The centre can vaccinate you against diphtheria and tetanus (free of charge), tick-borne encephalitis, hepatitis B, hepatitis A, influenza, meningococcal A and C infections, streptococcus (pneumococcus) infection, yellow fever, chicken pox, typhoid, rabies, polio, measles, rubella, epidemic parotitis and Covid-19.

LATVIAN CENTRE OF INFECTIOUS DISEASES



Linezera Street 3, Rīga



+371 67 000 610



<https://aslimnica.lv/en/>

Sexual health

LATVIAN CENTRE OF INFECTIOUS DISEASES



Linezera Street 3, Rīga



+371 67 014 723



<https://aslimnica.lv/en/>

Psychological care

Your psychological wellbeing is of critical importance, particularly in stressful situations. Counselling is available at the RSU Clinic of Psychosomatic Medicine and Psychotherapy. Highly qualified specialists in the fields of psychosomatic medication and psychotherapy are prepared to provide consultations, psychotherapy and other therapeutic activities

RSU CLINIC OF PSYCHOSOMATIC MEDICINE AND PSYCHOTHERAPY



Kristapa Street 30, Rīga



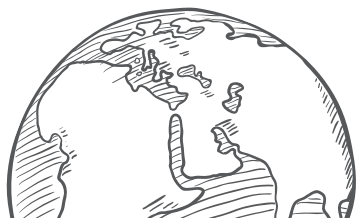
+371 67 625 655



info@psihosomatika.lv



<https://psihosomatika.lv>





Pharmacies

A pharmacy is called an *aptieka* in Latvian, and there are lots of them in Riga. You'll find a wide range of medications there, and pharmacists can offer advice on how to treat mild forms of various illnesses or other problems. There are strict laws in Latvia about medication, and many medicines are available only with a prescription from a doctor. Unless there is an effective alternative to the medicine that you are seeking, you will have to visit the doctor to get the prescription.

Health insurance

You should buy health insurance before you come to Latvia. You need a policy that is valid for at least one year in Latvia and the Schengen Zone. Ensure compensation of at least EUR 43,000 for health-related expenses, as well as repatriation expenses to your home country if that becomes necessary.

If you are a resident of a member state of the European Union, the European Economic Area (Iceland, Norway, Lichtenstein), or the Confederation of Switzerland and require medical attention in Latvia, you can make use of the European Health Insurance Card (EHIC). It affirms your right to receive the same services that are offered to Latvian nationals, but please note that this only applies to emergency and first aid care, not to long-term usage or treatment of non-acute situations. If you are not from a member state and do not have an EHIC card, you will have to pay the full cost of services which you receive when you require medical care.

If you have not obtained an internationally recognised health insurance policy prior to your arrival in Latvia, you should buy a private insurance policy here.

READ MORE



USEFUL INFORMATION



Emergency phone numbers

In any emergency situation, ring the toll-free emergency hotline number 112. The person who picks up the call will tell you on what to do in the situation that you are facing and will link you to emergency medical care, fire-fighters, natural gas emergency service providers or the police when human life, health and safety, or the environment or property are endangered.

EMERGENCY HOTLINE
NUMBER 112

Phone numbers for various emergencies

FIRE AND RESCUE: 112
POLICE: 110 OR 112
MEDICAL SERVICE: 113 OR 112
GAS EMERGENCIES: 114

The Riga Municipal Police Department is responsible for public order and security in the city and can be reached **24/7 on +371 67 037 555**. You can report a violation, ask for help or simply ask a question on the mobile app of the Municipal Police. That gives you an opportunity to attach photographs or videos. Download the app at the App Store or Google Play.



Information line

1188 (a fee-based service) offers information about phone numbers, business addresses, opening hours, service providers, state institutions, public transport timetables, concerts and events, accommodations, museums, attractions, restaurants and cafés, as well as medical centres. **The number can be reached 24/7, and operators speak Latvian, Russian and English.** You can find information on www.1188.lv and its mobile version, as well as on the 1188 app for iOS and Android smartphones.

EMBASSIES AND CONSULATES IN RIGA

We encourage you to register yourself at your country's embassy or consulate, providing it with your contact information so that you can be contacted in the case of an emergency. Embassies often organise events for their nationals throughout the year, including on national holidays. This can be a chance to meet compatriots who are living in Latvia.

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Immigration

All international students at RSU are obliged to go through certain immigration procedures in Latvia. This is because such students spend several years here, and that means that they must be registered. Institutions which deal with immigration procedures (border guards, the Office of Citizenship and Migration Affairs and the Security Police) may occasionally check foreigners in Latvia for security purposes. Registration in Latvia requires the acquisition of a Latvian personal code, and that is a compulsory requirement for those who wish to receive an RSU diploma.

Visit to learn about steps that you can take to avoid unnecessary difficulties.

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EU/EEA citizens

Immigration procedures are different for EU/EEA citizens than for others. EU/EEA citizens can acquire a Latvian E-ID card, and the RSU immigration officer will help you to deal with this during the first three months that you are in Riga.

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Non-EU/EEA citizens

If you are not a citizen of an EU or EEA member state, immigration procedures will be more complex and will take a bit more time. There are steps which you must take before you come to Latvia and others that you must take once you get here. Many students can travel to Latvia without an entry visa. If so, then there are no specific immigration procedures that are required before your arrival, but you should bring along relevant documents such as a bank statement which speaks to the financial means that are at your disposal.

Should you need a visa to enter Latvia, the process prior to your arrival will be organised via the Latvian embassy in your country or in the country which has territorial competence over your country when it comes to residence and citizenship issues. There are additional entry requirements for people from certain countries.

Once you are in Latvia, you will have to get a Temporary Residence Permit (TRP) which will allow you to live legally in Latvia for a defined period of time (usually one year). The TRP is a plastic card which resembles an ID. It contains your photo and your personal data, as well as the expiration date of the permit. The first time you seek a TRP, you will have to submit several documents to the Office of Citizenship and Migration Affairs. Make sure that you know in advance what you will need to do to come to Latvia and to remain here during your studies.

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Annual immigration procedures for non-EU/EEA citizens

While you are a student at the RSU, you will have to renew your temporary residence permit once a year. You should apply for a renewal at least three months before the expiration date of your current permit, but no later than 45 days before the expiration. To get your TRP, you will have to submit certain documents to the Office of Citizenship and Migration Affairs before you receive a new plastic card for the subsequent calendar year. Please be aware of the fact that these annual procedures are your own responsibility, though the RSU immigration officer will contact you with a reminder that the procedures are upcoming. Should you miss the deadline, the Office of Citizenship and Migration Affairs will charge you a penalty fee.

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Protecting your rights

The Ombudsman of the Republic of Latvia is elected by the Latvian parliament, and his or her main job is to protect human rights and to promote a legal and expedient state authority.

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BASIC PHRASES IN LATVIAN//GLOSSARY



One basic thing to know about Latvian is that all words are stressed on the first syllable. In the examples given below, the word “pulkstenis” is pronounced “PULK-stenis”.

Please	Lūdzu! [lu:dzu]
Thank you	Paldies!
You're welcome	Lūdzu! [lu:dzu] Nav par ko! [nav par kuo]
Where is ... ?	Kur atrodas...? [kur atruodas]
What time is it?	Cik ir pulkstenis? [tsik ir pulkstenis]
How much does this cost?	Cik tas maksā? [tsik tas maksa:]
Cheers!	Priekā! [prieka:]
I don't speak Latvian	Es nerunāju latviski. [es neruna:ju latviski]
I don't understand	Nesaprotu. [nesapruotu]
Do you speak English	Vai tu runā angļiski? [vai tu runa: angļiski]
Excuse me!	Atvainojiet! [atvainuojiet]
My name is ...	Mani sauc [mani sauts] or Mans vārds ir... [mans va:rds ir]
What's your name?	Kā tevi sauc? [ka: tevi sauts]
Pleased to meet you	Prieks iepazīties! [prieks iepazī:ties]
How are you?	Kā tev iet? [ka: teu iet]
Help!	Palīgā! [pali:ga:]
Hi	Sveiki! [sveiki] Čau! [ciao]
Bye	Atā! [ata]
Hello	Labdien! [labdien]
Good morning	Labrīt! [labri:t]
Good evening	Labvakar! [labvakar]
Good night	Arlabunakti! [arlabunakti]
Goodbye	Uz redzēšanos! [uz redze:shanos]
Yes	Jā [ja:]
No	Nē [ne:]

If you are interested in learning more Latvian and particularly the language that is spoken by medical professionals, you can look for the English-Latvian “Medical Translator” that was written by former RSU student Martin Styrrerud. You can buy it at the Language House:

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