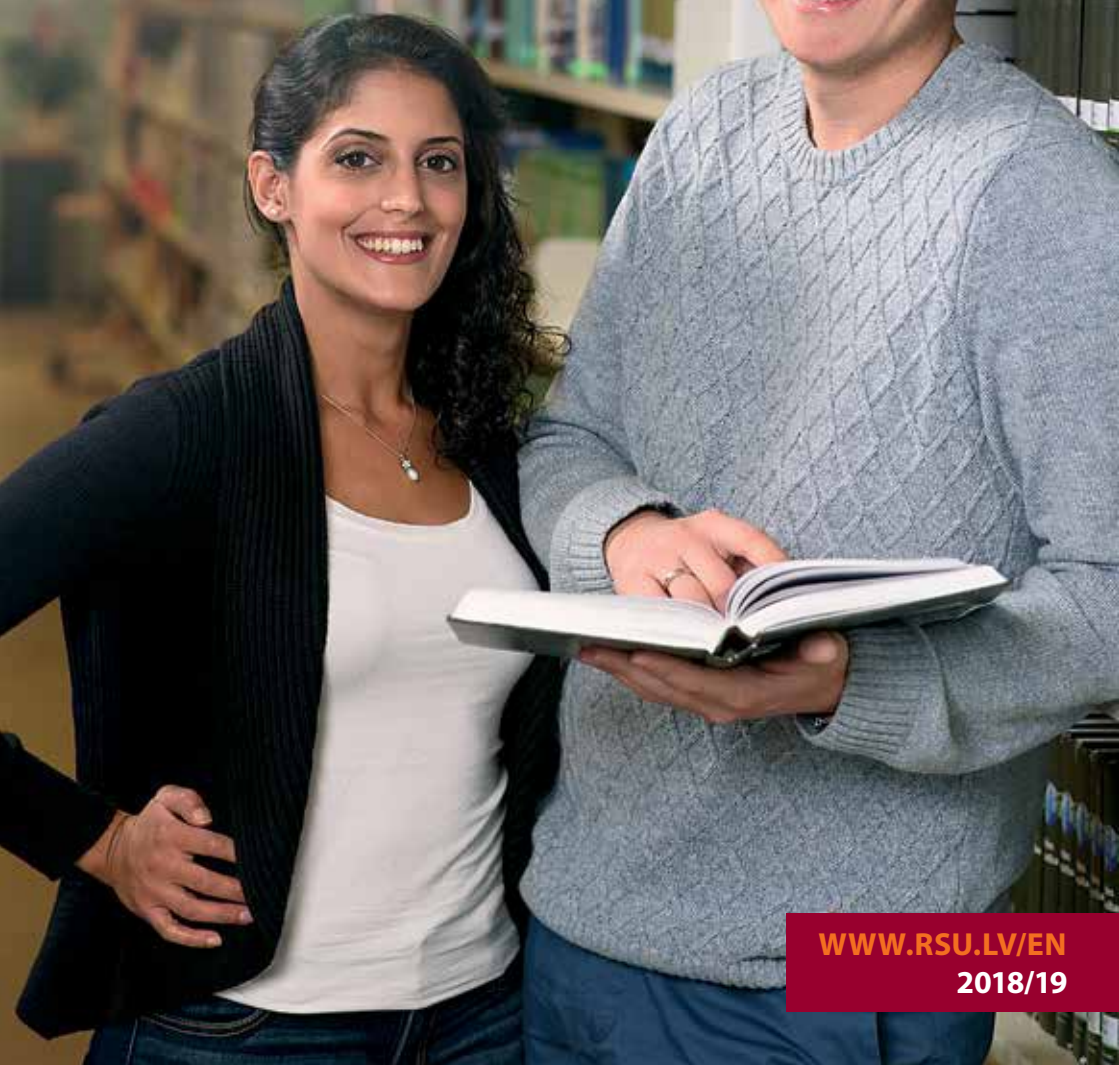


INTERNATIONAL Student Welcome Guide



RĪGA STRADIŅŠ
UNIVERSITY



WWW.RSU.LV/EN
2018/19



RĪGA STRADIŅŠ
UNIVERSITY

**International Department
Rīga Stradiņš University**

16 Dzirciema iela,

Rīga LV-1007, Latvia

Phone: +371 67409261

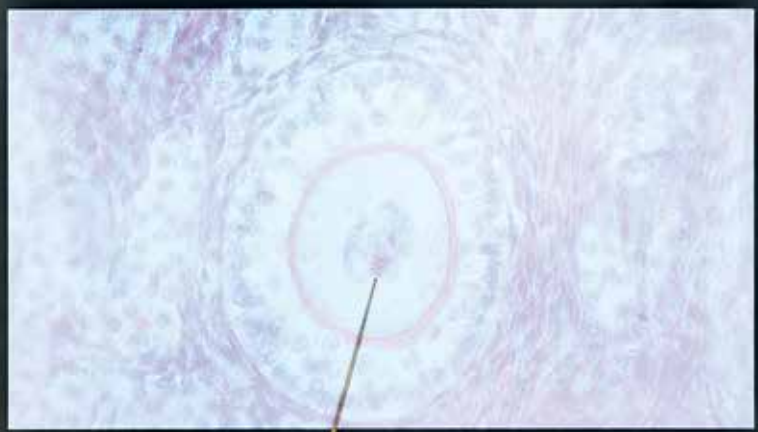
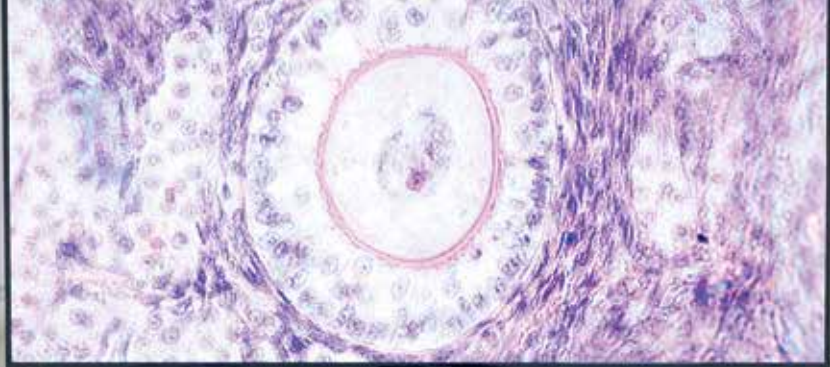
E-mail: international@rsu.lv

Website: www.rsu.lv/en

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Welcome to RSU!

For some time now, you have been making arrangements to launch your studies at RSU. We are eagerly awaiting your arrival with great pride and enthusiasm. You will be one of over 2100 international students from 55 countries attending RSU. International students contribute to the vitality of our institution by sharing their diverse cultural backgrounds and experiences.

Use the opportunity and make the best out of your study abroad experience, both from professional and social perspective. The time spent in classrooms will be just as valuable as any other experience you will encounter. Explore Latvia and take with you the best memories about it and its people!

We hope your studies at RSU will be an exciting and fulfilling experience and a true story of your professional and personal success!

Truly yours,
International Department



Professor **Pauls Stradiņš** developed medical education and the science of medicine in Latvia after World War II.



FOUNDED IN

1950

STUDENTS

FROM **>55**

DIFFERENT
COUNTRIES

25%

OF STUDENTS ARE
INTERNATIONAL

>35

STUDY BASES

3RD

LARGEST
UNIVERSITY
IN LATVIA

9 FACULTIES

HEALTH &
SOCIAL SCIENCES

11 STUDY
PROGRAMMES

IN ENGLISH

>15 INTERNATIONAL
STUDENT SOCIETIES &
ASSOCIATIONS

8400

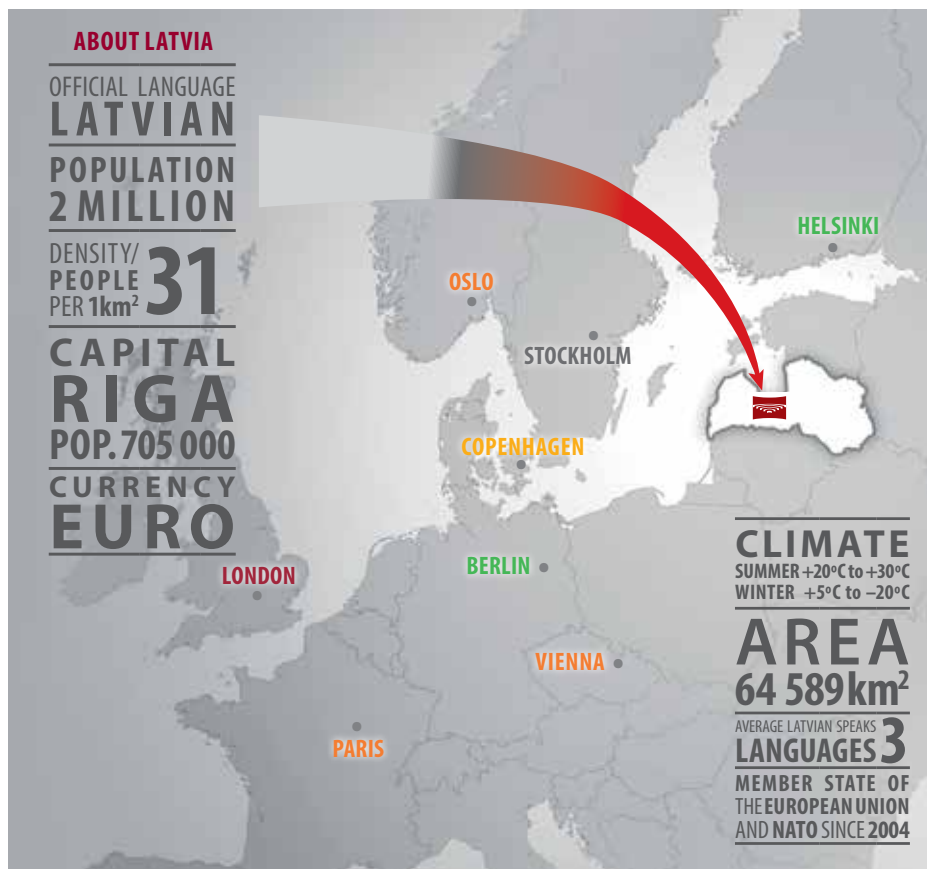
STUDENTS

>250

BILATERAL
ERASMUS+
AGREEMENTS

TOP 6 COUNTRIES
BY STUDENT NUMBER:

GERMANY
SWEDEN
FINLAND
NORWAY
PORTUGAL
ITALY



Travelling to & around Riga

Latvia is a Member State of the European Union and adheres to the Schengen Agreement. Riga can be easily reached by various means of transport – plane, ferry, train or bus. Latvia has land borders with Estonia, Lithuania, Belarus and Russia.

Travelling to Riga by aircraft is easy and fast – there are direct flights to Riga from airports in European capitals and business hubs, as well as from Russia, Israel, Turkey, etc. Alternatively, you can take a bus – there are buses travelling to Latvia from European countries, Russia, and Belarus. Travellers from Russia and Belarus can also reach Latvia by train. Additionally, there is good ferry traffic across the Baltic sea from Sweden.



Airport – City Centre

Riga International Airport (RIX) is located 10 km from the city centre. To get from the airport to the city centre, you have three options:

- 1. Take a taxi.** Price varies between EUR 15 and EUR 20. See page 12.
- 2. Take Public Bus No. 22**, which has direct services from the airport to the city centre.
 - Frequency 10-30 minutes, it will take you around 30 minutes to get to the city centre.
 - A one-day ticket is valid for an unlimited number of journeys within 24 hours from the time of its first registration; it costs EUR 5.Alternatively, you can also buy a **single ride ticket** from the bus driver and it costs EUR 2.
- 3. Take the Airport Express** minibus. The price for a ride is EUR 5. Payments are accepted in cash or by a payment card.



Public transport in Rīga is accessible, on most occasions in time, offers good connections throughout the entire city and takes you anywhere you want to go.

**(Maximiliane Trapp
RSU student)**

Public Transport

The main provider of public transport services in Riga is the municipal transport company SIA *Rīgas Satiksme*. The company runs buses, trolleybuses and trams on more than 80 routes covering the entire city. Public transport in Riga is reliable and runs according to the schedule, and in case there are no traffic jams, you will arrive on time. The schedules can be found at each public transport stop, likewise on *Rīgas Satiksme* website at www.rigassatiksme.lv. Public transport in Riga runs from 5.00 until 0.00. Special night buses are available at night hours.

Iphone/Android smart phone users can download public transport applications. The applications are run in offline mode and provide transport routes and schedules. The applications allow transport routes to be viewed on the map and can also display your location using GPS support.








City centre – RSU

Rīga Stradiņš University is located in Pārdaugava – the part of Rīga that Latvians call “the other side of the River Daugava”. The main building of RSU is located in Rīga at 16 Dzirciema Street. Although RSU is not in the centre of the city, the transport connections to the University are very good. You can get to the University by tram, bus, trolleybus or minibus.

To get **to the University**, take any of the following means of transport:

TRANSPORT OPTIONS TO GET TO THE UNIVERSITY FROM THE CITY CENTRE:

 Tram	Route	Get on at	Get off at
No. 1	<i>Jugla — Imanta</i>	Any stop on Brīvības or Barona Street	Dzirciema iela
No. 5	<i>Milgrāvis — Ilģuciems</i>	Nacionālā opera, 13. janvāra iela or Grēcinieku iela	Dārza iela
 Trolley	Route	Get on at	Get off at
No. 9	<i>Stacijas laukums — Ilģuciems</i>	13. janvāra iela or Grēcinieku iela	Botāniskais dārzs
No. 25	<i>Brīvības iela — Ilģuciems</i>	Elizabetes iela or Nacionālais teātris	Botāniskais dārzs
 Bus	Route	Get on at	Get off at
No. 30	<i>Centrālā stacija — Daugavgrīva</i>	Centrālā stacija or Nacionālais teātris	Botāniskais dārzs
No. 37 or 41	<i>Esplanāde — Imanta 5</i>	Nacionālais teātris	Botāniskais dārzs





E-ticket for public transport

Upon arrival, all RSU students are able to apply for a personalised e-ticket, which gives a 70% discount for public transport in Riga. To apply go to the nearest “Rīgas Satiksme” Client Service Centre and fill out the registration form. Please don’t forget to bring your **Passport** and **RSU Student ID card**.

Tickets can be uploaded at vending machines (at bus stops/ or on trams), ticket selling outlets (kiosks, Latvia Post offices, petrol stations) or online.

Tickets are valid on routes operated by *Rīgas Satiksme* (buses, trams, trolleybuses) as well as on minibuses.

Rīgas Satiksme offers a variety of tickets – single trip tickets, 24 hour tickets, 5-day tickets etc. We have listed some of them below so that you know what to buy for your friends or relatives when they visit you in Riga.

				
Types of ticket	PAPER TICKET Single use ticket, valid for one trip only in the vehicle where it has been bought.	SMART TICKET Ticket for a certain number of trips (1, 5, 10, 20). It cannot be reloaded. Convenient for Riga visitors.	NON-PERSONALISED E-TICKET Can be used by several passengers after paying a deposit.	PERSONALISED E-TICKET As a full-time student, you receive a 70% discount using this ticket (one holder only).
Where to buy	From the driver	Vending machines, newspaper kiosks, <i>Rīgas Satiksme</i> ticket trade outlets	Vending machines, newspaper kiosks, <i>Rīgas Satiksme</i> ticket trade outlets	Vending machines, newspaper kiosks, <i>Rīgas Satiksme</i> ticket trade outlets, and on the web (etalons.rigassatiksme.lv)
Price	EUR 2	EUR 1.15/5.75/10.90/20.70	The price of the ticket itself (EUR 2.85) and the price for one-month tickets and tickets for a certain number of trips	EUR 10 (for one type of transport on one route) to EUR 16 (for all types of transport on all routes per month)

To find out more about the types of tickets, prices, where to buy them, and advice on using the e-ticket, please visit <http://www.rigassatiksme.lv/en/tickets-and-e-ticket/>

Taxi

Another alternative is to take a taxi. Most taxis accept credit cards, but if you do not have any cash with you, ask before you embark. Be aware that Riga is no different from any other major city in the world. The drivers may often try to overcharge you, especially when they hear you are not a native speaker. Always ask them to turn on the meter.

Taxi fares are considerably cheaper if you pre-order your taxi.

Baltic Taxi: 8 500	Panda Taxi: 67 600 006	Red Cab: 8383
------------------------------	----------------------------------	-------------------------

You can also request a taxi or private driver from your smartphone by using the Taxify mobile application.

Bicycles

The number of cyclists in Riga is growing every year. Although bicycle culture is not as developed as in other major European capitals, it is improving and new bike lanes are opened every year. Overall, riding in Riga can be a pleasant experience, as long as you ride politely and carefully. There are bicycle parking lots by the University.

To find out more about bikeways in Riga (map and routes), please visit:

<http://bicycle.lv/> or

<http://stay.liveriga.com/en/3923-cycle-paths-in-riga>

You can find bikes for short and long term rental here :

<http://www.eatriga.lv/bike-tours/riga-bicycle-rental/>

Weather & Clothing



Depending on where you come from, it is relatively cold in fall, winter and even spring. You will need a good pair of winter boots and an extremely warm jacket for winter! Luckily it is warm inside most of the places (cafeterias, University) what means that you will not have to wear a woollen cardigan all the time.

(Lena Friederike Lampe
RSU student)



Rīga has a moderate maritime climate, influenced by its close proximity to the Baltic sea. This results in warm and mild summers, with an average temperature of 20°C. Winters are considered moderate as well, with snowfall (often sleet) and temperatures ranging from -5 to -20°C. All of this is frequently supplemented by high levels of humidity of 70% and more and considerable amounts of precipitation. You can check local weather at <http://www.meteo.lv/en/>.



In worst case – do the onion style: several layers of long underpants and pants, socks, long shirts, pullovers and jacket, topped with a nice scarf and hat and some warm gloves!

**(Johannes Steibl
RSU student)**

Accommodation

RSU provides student hostels in two locations. Students may choose rooms in the student hostel based on their needs and financial means. The rooms and cost may be split between two or three people.

Rooms in RSU student hostels are booked via the booking system, which can be found on RSU website. The reservations are made on a first-come, first-served basis.

For more information visit www.rsu.lv/en > Study here > Practical information > **RSU Student hostels** or contact **Student Accommodation Unit** (accommodation@rsu.lv).



RSU Student Hostel *Dzirciems*

RSU Student Hostel Dzirciems

RSU Student Hostel *Dzirciems* (5 Dārza iela) places students right next to the RSU main building. The new three-storey hostel comprises 135 rooms, four of which are adjusted to the needs of people with disabilities.

The hostel offers:

- Study and recreation facilities
- Lockable bicycle storage
- Underground and open air parking
- On-site laundry facilities
- Free Wi-Fi

The rooms are fully furnished: bed (bed linen, pillow, blanket and towels are provided), writing desk, chair, bookshelf, wardrobe, and kitchenette (containing electric stove, rangehood and refrigerator, however students must provide their own kitchenware) and a bathroom with combined shower and toilet.

Room types and prices are available on the RSU website.



RSU Student Hostel Dzirciems

RSU Student Hostel Āgenskalns

RSU Student Hostel *Āgenskalns* (17 Mārupes iela) is located about 5 min. walk from Pauls Stradiņš Clinical University Hospital and 15 min. drive from the RSU main building.



My experience of staying at RSU Student Hostel was great. From the moment I crossed the doorstep of the newly built student hostel, I began to feel at home.

It is about 2 minutes' walk to the university's central building with shops in the vicinity.

It is an excellent solution for freshmen who must adjust to the new circumstances and surroundings.

**(Sonia Gauri Nair
RSU Student Hostel tenant)**



RSU Student Hostel *Āgenskalns*

The student hostel offers:

- study area
- lockable bicycle storage
- car parking on student hostel premises
- laundry room
- gym
- rehearsal hall for dance, exercise and yoga classes and other activities (for a fee)

Each room has a bed with a pillow, blanket, bedsheets, desk, chair, shelf and a closet. Please note that students must provide their own kitchenware (utensils, pans, pots, etc.).

Room types and prices are available on the RSU website.

Contact **Student Accommodation Unit** (accommodation@rsu.lv) and ask the Project manager to help with tips on how to find your perfect accommodation.

Utilities

If you are thinking about renting an apartment, please keep in mind that the utility costs (water, electricity, central heating in winter, etc.) are mostly calculated separately and are not included in the price of rent. Utility costs can be quite high, starting from EUR 70 in summer up to EUR 200 in winter.

Utility costs for RSU Student Hostels are already included in the rental fee.

Electricity

The electrical voltage in Latvia is 220, and electrical plugs used here are the same as in the rest of continental Europe, meaning, a two-wire plug with two round horizontal prongs (sockets should accept 4.0 - 4.8 mm round contacts on 19 mm centres). Students bringing electrical appliances from countries with different plugs or electrical voltage should buy an adapter.

Planning your budget

The cost of living highly depends on your lifestyle preferences. RSU international students recommend a minimum of EUR 555 per month (including accommodation). Comparative table gives an overview of the cost of living in Riga.

	Average low per month	Average high per month
Rent	EUR 200	EUR 400
Food	EUR 150	EUR 300
Utilities and services	EUR 50	EUR 100
Public transport	EUR 15	EUR 15
Entertainment	EUR 40	EUR 150
Other	EUR 100	EUR 200
Total	EUR 555	EUR 1165

You can compare cost of living between Riga and your home town at <https://www.numbeo.com/cost-of-living/in/Riga>

Insurance

If you have not obtained an internationally recognised health insurance policy (such as the European Health Insurance Card) prior to your arrival in Latvia, you should buy a private insurance policy here.

The European Health Insurance Card is a mandatory requirement for Erasmus+ students studying at RSU.



RSU INTERNATIONAL STUDENTS RECOMMEND

**Baltijas
Apdrošināšanas
Nams**

BTA

Balta

Seesam

IF



The Orientation Week is held a week before the beginning of the academic semester and is intended for welcoming the new international students. It is designed to help students meet new classmates, settle into University life and get to know their new surroundings.

What happens during the Orientation Week?

The Orientation Week includes important activities, such as signing of the study contract and receiving student ID card, as well as general fun stuff, like getting to know new people throughout the week, going to excursions and participating in the welcome party at the end of the week.

During the Orientation Week you will:

- Meet other international students and staff of the International Office.
- Receive a Welcome Package to commence your studies at RSU.
- Have the opportunity to familiarise yourself with the University campus.
- Register for studies and sign the Study Contract (students are enrolled in RSU with Rector's Order after signing the Study Contract and fulfilling all obligations stated in it).
- Be able to participate in social and cultural activities organised by the International Department and the International Students' Association.

Note! No lectures or seminars take place during this week; however, new international students are expected to attend RSU's Orientation Week during this time.



Do take part in the Orientation Week! It is a great opportunity to learn all kind of useful stuff and get to know your peers – you will need them and they will need you!

**(Marcus Hylén
RSU student)**





Studies at RSU

The study process consists of two major parts – attending classes at the University and learning independently. The study process at the University is organized in the form of lectures, seminars and tutorials. Typically you will be expected to attend the University on a daily basis, though the number of lectures depends on each faculty, and also your specialisation.

Credit System

Latvian credit point system differs from the European Credit Transfer and Accumulation System (ECTS), and yet it is compatible with it, which means that credits earned at RSU can be transferred to other higher education institutions in the EU/EEA. The Latvian credit point is defined as a one-week, full-time study workload. An average workload of a full-time study year is 40 credit points or 60 ECTS. 1 Latvian credit point corresponds to 1,5 ECTS credit points.

Academic year

The academic year at RSU begins at the end of August or the beginning of September and ends in late June. The academic year is divided into two 20-week semesters, the autumn semester ending in mid-January, and the spring semester finishes at the end of June. Students should note that in general there are no mid-term breaks, the only holidays are Christmas and Easter.



Learn intensely, but don't over exaggerate, participate in non-academic and other social activities, get involved in student associations and do take a day off each week!

**(Christoph Schulze
RSU student)**





Frequently Asked Questions

✓ What is a study group leader?

At the beginning of the year students are divided into smaller study groups, each consisting of 8-15 students. A study group leader is an elected representative of the study group representing the interests of the group and dealing with issues relating to the group.

✓ Do I have to attend all classes?

Attendance of classes and taking tests in core subjects and optional subjects is compulsory. The academic unit registers the students' attendance.

Student must inform the Dean's office that he/she is ill and will not be able to attend scheduled University classes.

The student must submit a doctor's certificate to the Dean's office within 5 working days after returning to the University.

In the case of a planned absence, the Dean's office must be notified 2 weeks in advance by submitting an application form.

✓ What are my options if I fail a test?

Exams and tests at RSU can be divided into two groups: **final tests/ exams** and **semester tests/ colloquiums**.

Final tests/ exams are held at the end of the course and can be taken not more than twice. If a student fails on the first attempt, he/she has the opportunity to resit the exam.

Semester tests/ colloquiums are held in the middle of the semester and can be taken not more than three times. If a student fails on the first and second attempts, he/she still has the opportunity to sit it a third time.

If a student cannot attend the test for a valid reason, for example if a student is representing the university or country (scientific conference, sports events, art activities and performances, etc.), or is sick, the student does not lose one attempt to take the test. In such a case documentary evidence of absence has to be provided to the Dean's Office in due time.

A semester is considered to be successfully completed if the student has passed all tests in subjects in which he/she has been enrolled in the particular semester.

”

Start to study from day 1!!! Don't postpone anything – get everything done as soon as possible, draft a study plan – don't neglect any subject. Make USE of the offered consultations! While studying – put your phone away...You are not a president/ PM of your country...Yet.

(Stav Brodsky
RSU student)



✓ What are my rights and obligations?

Student rights and obligations, and general conduct of behaviour at RSU are set out in two important documents – RSU Academic Regulations and RSU Internal Rules of Studies. All students are advised to read these documents well in advance, prior to commencing their studies. The latest version of the two documents is available online on the RSU homepage at www.rsu.lv/en > **Students > Documents > Studies.**

✓ What is the grading system in Latvia?

In the Latvian education system all marks and grades are awarded using a ten-point marking system, 10 being the highest score. The table below shows the state standard for the ten-point marking system, and how it compares to the ECTS grades.

Achievement level	Grade	Assessment	Estimated corresponding ECTS grade
Very high	10	With distinction	A
	9	Excellent	A
High	8	Very good	B
	7	Good	C
Medium	6	Almost good	D
	5	Satisfactory	E
	4	Almost satisfactory	E/FX
Low	3 - 1	Unsatisfactory	Fail



Be open minded, help each other out, don't fret if things don't work out immediately. Take everything in your own pace and figure out your own study method. Be prepared to have intense studies but if you work hard and set your mind to it, it will work out fine.

(Beatrice Möberg
RSU student)

Immigration

Procedures regulating students' legal stay and registration in Latvia differ for EU/EEA citizens and non-EU/EEA citizens.

All non-EU/EEA citizens are obliged to undergo annual immigration procedures on a compulsory basis. International students stay in Latvia for several years and thus have to be registered in Latvia. Moreover, institutions dealing with immigration procedures in Latvia (State Border Guards, Office of Citizenship and Migration Affairs (OCMA), Security Police) do check on foreigners in Latvia in order to know if the immigration laws and procedures are being followed. You will be guided through a step-by-step immigration process. For more information see www.rsu.lv/en > [study-here](#) > [upon-arrival](#) > [immigration procedure](#).

RSU students who are citizens of EU/EEA countries have the right to move and reside freely within the territory of Latvia. Thus, immigration procedures are not compulsory as long as you leave the territory of Latvia once in every 3 months. Most RSU international students do exactly that because of summer breaks, holidays, exam periods etc. However, in some specific situations registration is necessary, for instance, when/if opening a bank account in Latvia. If this is the case, please ask the staff of the RSU International Admissions Office for further details. For more information see www.rsu.lv/en > [students](#) > [immigration procedures](#).

Healthcare

RSU Health Centre (Ambulance) is located on the ground floor of the RSU main building. Here you can receive treatment in case of illness or injury, see a GP, physiotherapist or podologist, receive various types of vaccinations (including those prior to the clinical study years), as well as find a doctor for infectious and sexual health issues.

- All preventive health check-ups are available at the RSU Health Centre, as are certificates (sanitary medical certificate) that will prepare you for clinical subjects.
- The RSU Health Centre also offers laboratory tests.
- If the student requires additional examinations, or needs to see a specialist, the GP can provide a medical referral to see the doctor-specialist.

In case of acute illness you should go directly to the RSU Ambulance, otherwise you are required to schedule an appointment prior to the visit.

RSU Ambulance

Call: +371 67409236 or +37167409178
Address: 16 Dzirciema iela, Block E
Email: rsuambulance@rsu.lv

Visit <https://www.rsu.lv/en/rsu-health-centre> for more information.

You may also look at other medical providers in Rīga, especially those closest to your place of residence. Here are two recommended medical providers:

ARS Medical Company	Health Centre 4
Call +371 67 201 006 for appointments Address: 5 Skolas iela Web: ars-med.lv/en/	Call +371 67 847 100 for appointments Address: 117 K. Barona iela Web: vc4.lv/en

For more information on health and wellbeing make sure to read the respective section on the RSU homepage > Study here > Practical information.

Dental Health

RSU Institute of Dentistry (*Stomatoloģijas institūts*) is located right next to the Main building of RSU and is the only health care institution in Latvia that covers all fields of dentistry.

Institute of Dentistry	ARS Dental Clinic
Call +371 67455586 for appointments in general dentistry Address: 20 Dzirciema iela To make appointments for other dental services check the homepage at www.stomatologijasinstitut.lv/en	Call +371 67201047 for appointments Address: 5 Skolas iela Web: arsdentalclinic.lv/en/

Physiotherapy

Over years RSU has educated many highly qualified physiotherapists who practice in different health clinics around Riga. Many of them offer consultations, taping, massages and/or training sessions. Here are a few places that RSU students have recommended:

RSU Ambulance	Fizio Centrs
Call: +371 67409236 or +37167409178 Address: 16 Dzirciema iela, block E Email: rsuambulance@rsu.lv	Call: +371 67186594 Address: 28 Bruņinieku iela Web: www.fiziocentrs.lv

Massage4you	ACB Fizio
Call: +371 26702147 Address: 38 Kr.Valdemāra iela Web: massage4you.lv	Call: +371 27834898 Address: 12 Sēļu iela, Mārupe Web: www.acbtenisaklubs.lv

Vaccination

Should the need arise for you to be vaccinated (including prior to the clinical study years), visit **RSU ambulance** or Infectology Centre of Latvia. Both institutions provide active immunoprophylaxis in the form of vaccines, and in case of emergency also passive immunoprophylaxis with immunoglobulin and serum.

In the vaccination cabinet you can receive vaccination 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, cholera, typhoid, rabies, polio, measles, rubella, and epidemic parotitis.

RSU Ambulance	Latvian Centre of Infectious Diseases
Call: +371 67409236 or +37167409178 Address: 16 Dzirciema iela, block E Email: rsuambulance@rsu.lv	Call: +371 67 014 595 Address: 3 Linezera iela Web: www.aslimnica.lv/en/saturs/latvian-centre-infectious-diseases

Should you ever be bitten by **a tick**, make sure you know how to take it out. If you don't, we suggest that you visit the Infectology Centre (free of charge). Service available 24/7.

Vaccination against tick-borne encephalitis is advised if you plan to spend some time outdoors, as approximately 15% of ticks in Latvia are disease-carriers.

Sexual Health

RSU Ambulance	Latvian Centre of Infectious Diseases
Call: +371 67409236 or +37167409178 Address: 16 Dzirciema iela, block E Email: rsuambulance@rsu.lv	Call: +371 67 014 595 Address: 3 Linezera iela Web: www.aslimnica.lv/en/saturs/latvian-centre-infectious-diseases

Psychological Wellbeing & Counselling

Psychological wellbeing is extremely important, especially when under stress. Counselling services are available at RSU's Clinic of Psychosomatic Medicine and Psychotherapy where highly qualified specialists in the field of psychosomatic medicine and psychotherapy are ready to provide consultations, psychotherapy and other therapeutic activities.

RSU will cover the costs of up to 20 individual appointments for one student of RSU International Student Department or, in the event of group therapy – up to 30 group therapy appointments. To receive free appointments just present a valid student card.

Clinic of Psychosomatic Medicine and Psychotherapy

Call: +371 67625655

Address: 23 Kapseļu iela, Rīga, LV-1046

Email: info@psihosomatika.lv

Web: psihosomatika.lv/page/home

Pharmacies

There are many pharmacies (*aptieka*) in Riga, where you can buy a wide range of medicine, receive advice on the treatment of mild forms of various illnesses. Note that there are strict laws in Latvia regulating medication. Many medicines are available only with a prescription from a general practitioner. Unless the medicine you need can be substituted with other medication, you will have to go to the doctor to receive a prescription.

Should you become ill, you must inform either the Dean's Office (full-time students), or the Erasmus Coordinator (exchange students) of your illness. After you have recovered, you must immediately provide the respective office with your sick-leave certificate, issued by a local medical practitioner.

Detailed information on Sickness Absence Policy can be found at RSU homepage
> Students > Study information.



Student Organisations

There are several student organisations and associations at RSU, e.g., cultural, scientific, religious, etc. groups. You are welcome to join any of them, but there are 2 major student organisations at RSU:

RSU Student Union (SU)

The Student Union is the principal student organization that represents students. SU delegates representatives to the RSU Senate and Faculty Councils, at which they may vote on important matters affecting students' life. The Student Union participates in the RSU Constituent Assembly and other RSU Councils; it participates in the governance of the University. New members and activists are admitted every year, so if you are active and full of energy, and if you have great ideas and suggestions on how to improve life at RSU, you are welcome to join the Student Union! Visit [SP.RSU.lv](https://sp.rsu.lv) or email sp@rsu.lv.

International Students' Association (ISA)



ISA is a student organisation designed to help promote school spirit and integration among international students. It provides opportunities to apply and develop various talents, skills and interests. In short, ISA is a platform for international students to accomplish on a more enjoyable stay at RSU. ISA works in close collaboration with SU. Feel free to contact ISA at isa@rsu.lv.

For more information please visit www.rsu.lv/en > Students > Student organisations.

Student card

RSU has its own student card, which you will receive at the University after you sign the Study Contract. Students cards are issued at the Student Services. There is no fee for receiving and extending the student card. The student card will allow you to receive various benefits inside and outside the University. At all times students are obliged to carry the card with them.

*To obtain your student card, login name and password, please go to: **University's Student Services 16 Dzirciema iela Block K, Room 100.***



If you want to obtain an ISIC student card, it can be done in several places in Riga. The main ISIC office is located in the city centre at 13/15 Kr. Barona iela, 3rd floor. Price: EUR 7.10. You should take with you a valid student ID, ID card, picture (3 x 3.5 cm).



Login and password

In order to use RSU IT services (computers, Internet, WiFi, etc.) and gain access to e-studies, you have to acquire a login and a password at RSU. User details are usually accessible immediately after receiving login information.

Sports

RSU Sports Club offers RSU students functional training, individual indoor rowing training (on ergometers) and individual weight training in the gym.

Each May RSU participates in the largest running event in the Baltic region – the Lattelecom Riga marathon. If you are a passionate runner willing to represent RSU team in the annual marathon, RSU will cover 50% of your participation fee.

Each September the RSU Sport Club organises the Freshmen Sports Day. It is a great opportunity for the new incoming students to demonstrate their strength in individual sports or join in for various team activities.



RSU INTERNATIONAL STUDENTS ALSO RECOMMEND

People Fitness Club

MyFitness

Atlētika

Kolonna Sports Club

CrossFitt 4Life

Lemon gym

City Fitness

Veselības fabrika

Riga united football club



Who to contact?

There are several facilities at RSU that strive to help students and are at student's disposal to answer their questions regarding anything they might need – from logistical, study and immigration questions, to representation of student rights in various organisations at RSU.

DEAN'S OFFICE

Issues related to the study process

The International Student Department, or the Dean's Office, organises the study process for full-time international students. Here you will receive advice and suggestions regarding your studies, planning of your studies, study materials and textbooks.

LOCATION: RSU Main building, Block K, Room 221

Office hours: Monday to Thursday from 10:00 to 12:00 and 13:00 to 17:00;
Friday from 10:00 to 12:00 and 13:00 to 16:00

E-mail: foreign@rsu.lv

Phone: +371 67062777

STUDENT SERVICES

General assistance

RSU Student Services help students deal with logistical issues and provide written references. You may also apply for written references electronically by filling out a Request Form and e-mailing it to Student Services.

Student Services also provide assistance if you need:

- an RSU Student card issued/renewed (including photographs)
- an attested copy of an RSU document (e.g. Transcript of Records)
- a login name and password to access RSU Student Information Systems, wireless network and E-studies.
- to submit a student complaint.

LOCATION: RSU Main building, Block K, Room 100

E-mail: studentuserviss@rsu.lv

Phone: +371 67409075

IMMIGRATION SERVICE

The RSU Immigration Officer will provide you with information concerning entering and residing in the Republic of Latvia, and help you prepare all necessary documents to apply for a residence permit and to declare (register) your address. For more information please visit www.rsu.lv/en > [Study here](#) > [Upon arrival](#) > [Immigration procedure](#).

LOCATION: RSU Main building, Block K, Room 218

E-mail: immigration@rsu.lv

Phone: +371 67409262



ERASMUS+ OFFICE

Exchange students' issues

Exchange students can receive any assistance necessary in organising the study process and practical matters at the Erasmus+ Office. The staff will always be happy to have you at the Erasmus+ Office.

LOCATION:

RSU Main building, Block K, Room 223

E-mail: mobility@rsu.lv

Phone: +371 67409264

Living in Rīga

Shopping

As in any European city, you will find a wide variety of places to do your shopping. Many people, including RSU students, enjoy buying organic food from Latvian farmers at Centrāltirgus – the Central Market (located behind the Forum Cinemas movie theatre).

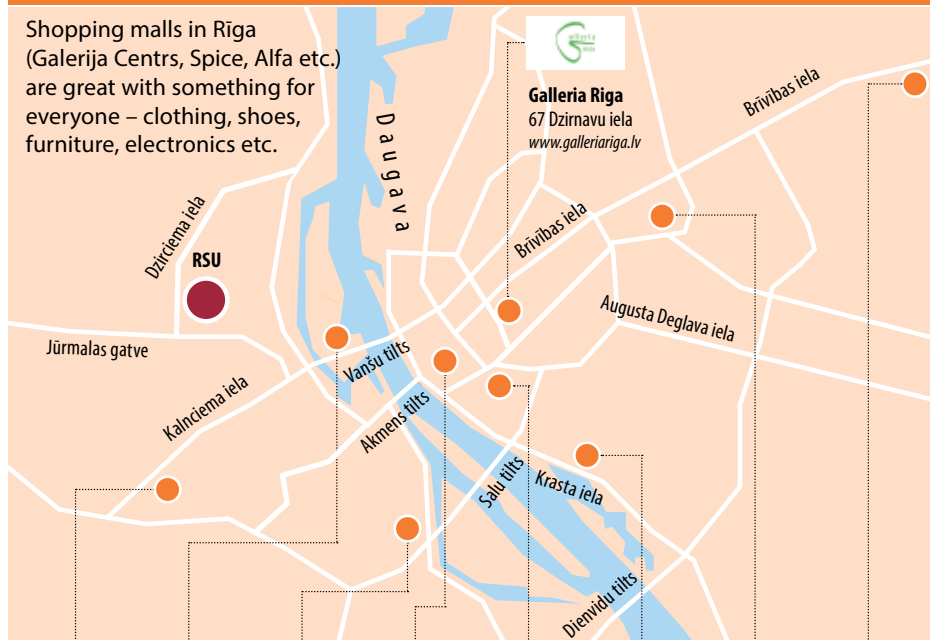
Food stores and supermarket chains are also popular. They can be divided into three major categories – expensive, average, and low cost.

MOST POPULAR FOOD STORE CHAINS				
EXPENSIVE	AVERAGE	AVERAGE / LOW-COST		
 SKY ...cas ir tā vērtē!	 Rimi RIMI is one of the leading retailers of food and fast movement goods in the Baltics. Rimi hypermarkets are usually recommended by our foreign students.	 Maxima Irrespective of the number of Xs added to the end of the name, the quality of products varies. Pay extra attention to expiry dates on food products!		
 Stockmann Goods are mainly imported from Scandinavia. The store holds special weeks dedicated to different cultures and their cuisines as well as “Mad Weeks” several times a year with discount prices for most goods.	 Elvi The Elvi company buys products from local farmers, thus ensuring good quality and reasonable prices.	 Super Netto This is similar to what many Europeans know as Aldi – basically, a discount supermarket chain.		
In addition to the abovementioned supermarkets some smaller food store chains are also available. Out of these the most popular ones are LaTS, Mego, Aibe, Top, Vesko and some others.				
				



SHOPPING MALLS

Shopping malls in Riga (Galerija Centrs, Spice, Alfa etc.) are great with something for everyone – clothing, shoes, furniture, electronics etc.



Spice
29 Lielirbes
iela
www.spice.lv



Olimpia
5 Āzenes
iela
www.olimpia.lv



Rīga Plaza
71 Mūkusalas
iela
www.rigaplaza.lv



**Galerija
Centrs**
16 Audēju
iela
www.galerijacentrs.lv



Origo
2 Stacijas
laukums
www.origo.lv



Mols
13 Krasta
iela
www.mols.lv



**Domina
Shopping**
3 Ieriķu
iela
www.domina-shopping.lv



Alfa Parks
372 Brīvības
gatve
www.alfaparks.lv

WHILE SHOPPING KEEP YOUR EYES OPEN FOR SPECIAL OFFERS



IZPĀRDOŠANA
(SALE)



ATLAIDES
(DISCOUNT)



AKCIJA
(SPECIAL (LOWER) PRICE)



ATLAIDES STUDENTIEM
(DISCOUNTS FOR STUDENTS)



ĪPAŠS PIEDĀVĀJUMS
(SPECIAL OFFER)



Bookshops

There are several bookshops where you can buy books in English and a few other languages, e.g., Russian, German and French. Below you will find a list of some bookstores, most notably Globuss, which is the exclusive distributor of Oxford University Press publications in Latvia. Globuss has a long collaboration with other foreign publisher, such as Pearson Education, Penguin, Max, Hueber, and Cambridge University Press Macmillan.

Globuss	Jāņa Rozes Bookstore	Zvaigzne ABC	Robert's Books	Valters & Rapa
 <p>26 Valņu iela www.gramatnicaglobuss.lv</p>	 <p>5 K. Barona iela www.jr.lv</p>	 <p>Galerija Centrs, 16 Audēju iela 6 K. Valdemāra iela www.zvaigzne.lv</p>	 <p>51a Dzirnau iela www.robertsbooksRiga.com</p>	 <p>24 Aspazijas bulvāris www.valtersunrapa.lv</p>



Cafes & Restaurants

Rīga offers a wide variety of places to eat out, from American fast food, to chic and expensive restaurants with contemporary Latvian and international cuisines.



RSU INTERNATIONAL STUDENTS RECOMMEND

Fast food / student cafes:	Restaurants:	Cafés:
<ul style="list-style-type: none"> Deli Snack Wok to walk Index cafe Street Burgers Coffee Inn Stock Pot Picas meistars Pelmeņi XL B burgers Bad Boy Pancakes 	<ul style="list-style-type: none"> Domini Canes Spārnos Muusu Tokyo City Bibliotēka no1 Da Sergio Folkklubs Ala Pagrabs Mio 	<ul style="list-style-type: none"> SPIIKIIZI Coffeelnn Miit Apsara Tea house Double Coffee NomNom Café BakeBerry Kuuka Kafe Rocket Bean Roastery

Tipping is generally expected in restaurants, cafés and bars, when the bill is brought to the table. It is customary to give 10%, but check whether the service has not already been included in the bill.

A number of restaurants in Rīga also offers home delivery.

Culture and Entertainment

Theatre, Opera and Cinema

Rīga offers a wide range of leisure and social activities. With its rich cultural heritage, lively art scene, concerts, annual festivals, internationally recognised National Opera, classical and modern theatres, parks, sports centres, cinemas, cafés, bars and vibrant nightlife – Rīga has something for all tastes and preferences.

Museums

There are many museums and art galleries in Rīga, e.g., **Latvian War Museum, Museum of the History of Rīga and Navigation, Latvian National Museum of Art, National History Museum of Latvia, Rīga Porcelain museum** to name a few. Some museums have been established only recently, so it's up to you to find what you like best and what you want to see, but here are a few not to be missed during your stay in Rīga: **Rīga Art Nouveau Museum, Ethnographic Open Air Museum, Museum of the Occupation of Latvia, Pauls Stradiņš Museum for History of Medicine.**



Museum Night (Muzeju nakts)

Museum Night is an all night event during which the museums of Rīga and Latvia stay open. Museum Night usually takes place in April or May, when for one night in the year entrance to museums is free. Most of the museums organise special events, parties and exhibitions especially for this night.

Web: <http://www.muzeji.lv/en/>

Theatre

Rīga boasts several theatres – showcasing nationally and internationally acclaimed professional repertoires or even amateur productions.

Unfortunately, almost all performances in the theatres are staged in Latvian with only some in Russian, and occasionally in English.

Creative Hubs

Rīga arts and culture centres are at your disposal. Some of the most interesting ones are the following: **Spīķeri, Kalnciema kvartāls, Kaņepes Kultūras centrs.**

For comprehensive information about what Riga has to offer, and to buy tickets consult the websites of two Latvia's largest Ticket Offices: <http://www.bilesuserviss.lv/eng/> and <http://www.bilesuparadize.lv/>.

Opera

Latvian National Opera and Ballet is a repertoire theatre, which performs opera and ballet in a season that runs from September until the end of May. In the course of the season, the LNO will perform approx. 200 performances. The LNO productions are of an internationally recognised artistic quality.

Operas are subtitled in English. Ticket prices vary from EUR 5 to EUR 70, depending on the seat, see www.opera.lv.

Cinema

There are several movie theatres in Rīga, and all films are shown in their original language with Latvian and Russian subtitles. The largest movie theatre is Forum Cinemas in the city centre with 14 movie halls and the recently opened most up-to-date movie hall in the Baltics “SCAPE”. There are some other cinemas in Rīga: **Multikino, Cinamon, Kinogalerija, Kino Bize.**

Splendid Palace

Built as a posh and modern cinema back in the 1930s, Splendid Palace has experienced many changes to welcome its visitors as the most magnificent cinema in Rīga. Splendid Palace usually screens independent films and hosts various international and local film festivals, e.g., the International Film Festival Baltic Pearl, Lielais Kristaps and many others.

Web: www.splendidpalace.lv.





Nightlife

Nightlife in Rīga is always vibrant. There are many bars, café-clubs and night-clubs, most of which are located in the Old Town or the surrounding area.



RSU INTERNATIONAL STUDENTS RECOMMEND BARS/CLUBS

- | | | |
|-------------------------|-----------------|---------------|
| ● Shot café | ● Donegan's Pub | ● Cuba Cafe |
| ● Piens | ● Kiwi bar | ● First dacha |
| ● Kaļķu vārti | ● Rockcafe | ● Coyote fly |
| ● Folkklubs Ala Pagrabs | ● Just Bar | |

For more information about entertainment and leisure activities visit: www.easy-get.lv, www.rigathisweek.lv, www.inyourpocket.com, www.virtualriga.com.

Smoking

In public, you are only allowed to smoke in places specially designated for this purpose. It is forbidden to smoke in parks and at bus stops, as well as closer than 10 metres from the entrance of any governmental and public building. Smoking on University premises is prohibited!

**Nesmēkēt 10 m
no ieejas**

(Do not smoke
within 10 metres
of the entrance.)

Drinking

The sale of alcoholic beverages in stores is prohibited from 22.00 until 8.00. However, if you are over 18 years of age, you can buy alcohol in bars, cafés and clubs without any limitation on time. You may be asked to present a document of identification to verify your age.



Living in Latvia



Be open minded to Latvians and Latvian culture, try and get in contact with them and other nationalities. Latvians are nice but have a hard shell. You need to get to the inner core to see how nice they are. Don't take it personally if they seem to be rough or unfriendly at first.

(Christoph Schulze
RSU student)

National holidays

During national holidays the University and other public institutions in Latvia are closed. For exact dates of all national holidays, see the Academic Calendar on RSU's homepage, as dates may vary from year to year.

NATIONAL HOLIDAYS IN LATVIA



1 January

The first day of the year



March/April

Easter (from Good Friday to Easter Monday)



1 May

Labour Day



4 May

Restoration of Independence of Latvia



23-24 June

Midsummer celebrations Līgo



18 November

Independence Day of Latvia



24-26 December

Christmas

Religion

Western, Central and Northern parts of Latvia are mostly Lutheran, whereas the Eastern part of Latvia is mostly Roman Catholic. Orthodox community can be found in all major cities in Latvia and the Eastern part of the country.

Most services in the churches are held either in Latvian or Russian; however, some churches in Rīga offer services also in English: **Evangelical Christians Mežciems**

International Baptist Church, Roman Catholic St Jacob's Cathedral, Roman Catholic St Mary Magdalene's Church, The Nativity of Christ Cathedral (Orthodox), Rīga Synagogue (Peitav Shul), Mosque in Rīga.

Personal Security

Rīga and Latvia, in general, are fairly safe. Violent street crimes are rare and most security problems are associated with petty theft, such as pick-pocketing, which is a problem in certain areas of the Rīga centre (e.g., Central Market). Take care of your personal belongings and avoid unlit streets late at night.

In an emergency situation call the toll-free number 112, as this is the general contact number for the emergency service. This number can be used to contact police, fire and rescue service, ambulance, and gas emergency services. Operators can take calls in Latvian, Russian, English, and German.

Communication

Internet

Campus-wide Wi-Fi is accessible in the entire RSU campus. However, in order to use Wi-Fi you have to obtain a username and a password. This can be done in the Student Services upon registration at the University.

High-speed wireless internet is easily accessible throughout Rīga, including parks, city squares and other open-air spaces.

Phone

Mobile phones are an important part of communication for every student. It is possible to buy different pre-payment phone cards for mobile phones – the costs vary and prices are from EUR 2 and up. You can choose from several operators listed below.

O-karte www.okarte.lv	Bite www.bite.lv	Zelta Zivtiņa www.zeltazivtina.lv	Amigo www.amigo.lv
			

Postal Services

Latvijas Pasts provides postal services, including express delivery services, Western Union services, bill payments etc. There are post offices all around Rīga, but the central post office *Sakta* is located at 32 Brīvības Street (near the Freedom Monument).

To receive packages and shipments, make sure you know your postal code (pasta indekss). If you live in Rīga it will always start with LV-10xx, so find out what the last two digits are for your address!

Working in Latvia

In order to work in Latvia, no work permit is required for the citizens of EU/EEA countries and Switzerland or their family members who have free access to the labour market in Latvia.

A third-country national has the right to request a work permit if the working hours specified in the employment contract do not exceed 20 hours per week.

For more information contact RSU Career Service (karjerascentrs@rsu.lv).

Bank services

To open a bank account, take your passport/ID card and go to any branch office of a bank of your choice. File an application and choose the type of services you would like to receive from the bank. Some of the most popular banks in Latvia are:

Swedbank www.swedbank.lv	SEB www.seb.lv	Luminor www.luminor.lv	Citadele www.citadele.lv
			

You may also choose Swedbank ISIC student card that can be used as an official student card and payment debit card.

Currency exchange

If you have a need to exchange your national currency to EUR, you can use Bank services or private currency exchange offices. Check and compare rates before undertaking any transactions. You can check the official rates at the Bank of Latvia (www.bank.lv).

ATMS and Payments

There is no shortage of ATMs (bankomāts) in Rīga – most banks have them in shopping malls, in branch offices of banks, on street corners, near office buildings and gas stations. ATMs are available 24/7.

Credit cards and debit cards are widely accepted for making payments. In addition, Internet banking is widely used for paying bills, recharging phones, topping up e-tickets, shopping on the Internet and using many other services.

EUR

The official currency of Latvia is euro. It is officially abbreviated EUR.

1 euro is divided into 100 cents, and euro banknotes are issued in denominations of 5, 10, 20, 50, 100, 200 and 500. Coins come in eight coin denominations of EUR 2, EUR 1, EUR 0.50, EUR 0.20, EUR 0.10, EUR 0.05, EUR 0.02, and EUR 0.01.





Food

Latvian national cuisine has been formed under the influence of cuisines from the neighbouring countries and the meals served today are particularly rich in other nationality dishes. Germans eat sauerkraut – Latvians eat sauerkraut, too. Swedes eat yellow pea soup – Latvians eat it, too. Russians love rye bread – and Latvians can't imagine their cuisine without it.

The traditional food can be generally characterized by 3 words: Rustic, Generous and Filling while staying low in spices except for black pepper, dill or grains/seeds, such as caraway seeds.

Meat is present in most main courses. Nevertheless fish is also commonly consumed due to Latvia's wealth of water reservoirs: smoked and raw fish are quite common. Herring (salted or marinated) is particularly popular and it is served cold.

”

Try the pastries! They're the best!

**(Priyadharshini Ravi
RSU student)**

All kinds of pickled products are also on offer at most Latvian establishments including beets, mushrooms and, of course, cucumbers. If you see the word *marinēts* on a product it means that something has been marinated (preserved) in vinegar.

Latvia is much richer in milk products than other Western countries. *Biezpiens* (cottage cheese), *skābais krējums* (sour cream), *rūgušpiens* (soured milk) and a lot of various cheeses like *Jāņu siers* (caraway cheese) is traditionally served on the Latvian Midsummer festival **Jāņi**.

Kartupeļi (potatoes) are served with nearly all Latvian food and they are usually either boiled, fried, boiled and then fried or mashed. Sometimes, traditional restaurants or canteens will also offer *griķi* (boiled buckwheat) instead of potatoes. *Pelēkie zirņi* (grey peas) is another typical side dish. Big, grey round peas are boiled and then fried with bacon and usually served with *kefīrs* (kefir) or *skābais krējums* (sour cream). Especially popular for Christmas table. *Rupjmaize* is a dark bread made from rye, and is considered a national staple. A traditional Latvian dessert is *maizes zupa* (literally "bread soup"), which is a sweet soup made from rye bread and fruit. Another typical dessert (likewise made of dark bread) is layered rye bread dessert (*rupjmaizes kārtojums*): layered substance made of rye breadcrumbs, whipped cream, and cranberry jam.

(Sources: *Live Riga* and *Riga in your pocket*)

Pīrāgi – buns filled with bacon and onion	Aukstā zupa – cold beetroot soup	Rupjmaize – dark bread	Kūpināta zivs – Smoked fish
			
Jāņu siers – caraway cheese	Pelēkie zirņi – grey peas	Kefīrs – kefir (fermented milk drink)	Rupjmaizes kārtojums – layered rye bread dessert
			



Discover Latvia



RSU INTERNATIONAL STUDENTS RECOMMEND



Mežaparks

Jūrmala



Sigulda

Liepāja



Cēsis

Rundāle Palace

Regional and Intercity transport

International trains connect Rīga mostly with the cities of Russia, Ukraine and Belarus. The Railway Station is located in the centre of Rīga. The bus terminal is close to the Central Railway Station, between Stockmann Shopping Mall and the Central Market. Direct bus routes connect Rīga to most European cities, and if you switch buses, you can reach virtually any European destination. The internal bus network is also well developed – you can conveniently reach major Latvian towns and regional centres. The Passenger Port provides ferry services from Rīga to Stockholm, Helsinki and Tallinn. Information about Intercity buses (routes, timetables, prices) can be found at http://www.1188.lv/satiksme/starppilsetu_autobusi/. You can buy a ticket online and receive it on your mobile phone or print it at www.bezrindas.lv.

Should you decide to go on longer trips to other places in Latvia with your friends, you can consult www.kodarit.lv, www.latvia.travel/en, www.celotajs.lv, www.liveriga.lv, www.latvianelement.lv. Of course you can always ask the International Department for help and suggestions.



Gauja National Park - the lonely hut somewhere in the middle of nowhere - is a great place to spend an amazing weekend/ week together with your best friends in complete silence going to sauna and jumping into lake thereafter etc.

**(Christoph Schulze
RSU student)**



USEFUL INFORMATION



*The single emergency **Hotline number 112** will provide information on what to do in certain situations, or connect you to the appropriate service – emergency medical, fire department, natural gas emergency, or the police. The number 112 is toll-free and reachable from land lines as well as from mobile phones.*

Information Hotline

The Hotline 1188 provides information about business addresses, hours, service providers, state institutions, public transport timetables, concerts and events, as well as all vital tourist information – accommodations, museums, attractions, restaurants and cafes, and medical centers. The Hotline is reachable 24 hours per day. Information is provided in Latvian, Russian, and English.

Medical help

If you are an EU citizen who requires medical attention while in Latvia, use the *European Health Insurance Card* (EHIC). It confirms your right to receive the same services as those offered to Latvian nationals. If you are not an EU citizen and do not have an EHIC card, but require emergency medical assistance, you will have to pay full cost of the services.

Twenty-four hour emergency assistance is provided by any regional hospital, for example:

Pauls Stradiņš Clinical University Hospital,
Pilsoņu iela 13, Rīga;
Rīga East University Hospital, Gaiļezers Clinic,
Hipokrāta iela 2, Rīga

PUBLIC TRANSPORT

Rīgas Satiksme	www.rigassatiksme.lv
Latvian Railway	www.ldz.lv , phone 1181
Rīga Airport	www.riga-airport.com
Coach Terminal	www.autoosta.lv



Diplomatic and Consular Representations in Rīga

We encourage you to register with your embassy or consulate, and provide them with your contact information so that you could be contacted in case of emergency. Note that embassies also organise various events for their nationals throughout the year, e.g., celebrations of national holidays. This will allow you to meet with other compatriots currently residing in Latvia. <http://www.mfa.gov.lv/en/diplomatic-missions>.

Immigration

Office of Citizenship and Migration Affairs <http://www.pmlp.gov.lv/en/>

Protection of Your Rights

The Ombudsman of the Republic of Latvia is an official elected by the Latvian Parliament, whose main tasks are the protection of human rights and promotion of a legal and expedient State authority. The Ombudsman of the Republic of Latvia <http://www.tiesibsargs.lv/en/homepage>.

English language media in Latvia

<http://www.lsm.lv/en/>, <http://www.baltictimes.com/>, <http://www.leta.lv/eng>, <https://deepbaltic.com/>.

SURVIVAL PHRASES IN LATVIAN

Please	Lūdzu! [lu:ɖzu]
Thank you	Paldies! [paldies]
You're welcome	Lūdzu! [lu:ɖzu] / Nav par ko! [nau 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 it.	Es nesaprotu [es nesapruotu]
Do you speak English?	Vai tu runā angliski? [vai tu runa: ɒŋgliski]
Excuse me!	Atvainojiet! [atvainuojiet]
My name is ...	Mani sauc ... [mani sauts]
What's your name?	Kā tevi sauc? [ka: tevi sauts]
Pleased to meet you!	Prieks iepazīties [prieks iepazi:ties]
How are you?	Kā tev iet? [ka: teu iet]
Help!	Palīgā! [pali:ga:]
Hi!	Sveiki! [sveiki] Čau! [tʃau]
Bye!	Atā! [ata:]
Hello!	Labdien! [labdien]
Good morning!	Labrīt! [labri:t]
Good evening!	Labvakar! [labvakar]
Good night!	Arlabunakti! [arlabunakti]
Goodbye!	Uz redzēšanos! (Atā) [uzredze:ʃānuos]
Yes	Jā [ja:]
No	Nē [ne:]

If you are interested in learning more phrases in Latvian, including the language used in hospitals, you may look for the English – Latvian “The Medical Translator” written by RSU student Martin Styrerud. The translator is currently available for sale at Spīkiizi on 17A Kr. Valdemāra iela.



CONTACTING US



RSU Dean's Office	(+371) 67062777
RSU Erasmus + Office	(+371) 67409264
RSU Immigration	(+371) 67409262
RSU Student Services	(+371) 67409075

Connect with Us



RigaStradinsUni

**International Department
Rīga Stradiņš University**

16 Dzirciema iela,
Rīga LV-1007, Latvia
Phone: +371 67409261
E-mail: international@rsu.lv
Website: www.rsu.lv/en



RĪGA STRADIŅŠ
UNIVERSITY