Survival Survival

for International Students in Latvia

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The Study in Latvia team is delighted to welcome you to our vibrant and opportunity-rich country! We are thrilled that you have chosen Latvia as your study abroad destination.

Make the most of this incredible opportunity and maximize your study abroad experience. Discover the beauty of Latvia, enjoy every moment, and create lifelong memories!

Key Facts and Figures:

• Founded: 1918

- Location: Northern Europe, on the eastern shore of the Baltic Sea
- Landscape: A green country with half of its territory covered by forests and a rich cultural heritage

Latvia is a safe and welcoming nation, offering ample space and opportunities for everyone. Whether you seek a balance of studies and entertainment in bustling cities or the tranquil embrace of nature in smaller towns, Latvia has it all.

Official name:	Republic of Latvia
Political system:	Parliamentary Republic, represented by an unicameral parliament (Saeima), with 100 members elected once every 4 years
Country code:	LV
Capital city:	Riga, the biggest city in the Baltic states
Other major cities:	Daugavpils, Liepaja, Jelgava, Ventspils, Rēzekne
Time zone:	GMT+2; GMT+3 (Summer)
Membership:	European Union, Schengen Area, Eurozone, United Nations, Council of Europe, NATO, OECD, WTO

Currency:	Euro (EUR)
Official language:	Latvian
Most used foreign languages:	Russian, English, German
Border countries:	Estonia, Lithuania, Russia, Belarus
Coastline:	496km (Baltic Sea and Gulf of Riga)
Surface Area:	total: 64,573 sq km
International dialling code:	+371
Internet domain:	.lv
Population:	1,9 million

Weather:

Latvia, situated in the temperate climate zone, offers a unique opportunity to distinctly experience all four seasons. You will enjoy a real winter with sub-zero temperatures and snow, spring floods, warm summers, and colourful autumns. Remember to bring a sturdy umbrella for year-round use, warm clothes, and durable, waterproof boots.

Winter – Latvia, as a northern country, experiences fairly long, dark winters from November to February. The average temperature is around -10°C, but it can drop to -20°C. While it is not extremely cold or snowy, there are a few days each year with significant snowfall.

Spring – from March to May, is often marked by significant flooding due to rivers overflowing. However, it also brings beautifully blooming flowers, fruit trees, and shrubs. Average temperatures range from 0°C to +15°C, occasionally reaching +25°C by the end of May.

Summer – the favourite season for many Latvians, features long 'white' nights and warm temperatures. From June to August, temperatures average a pleasant +20°C, occasionally reaching around +30°C.

Autumn – popular among nature lovers due to the colourful leaves and abundant wild mushrooms in the forests. Latvia, a lush green country, experiences considerable rainfall. The average temperature drops from +15°C in September to 0°C by November.



Language:

Latvian is the official state language of Latvia, belonging to the Baltic branch of the Indo-European language family. While Latvian serves as the primary language, many people in Latvia also speak Russian and English, facilitating communication in these languages as well.

In public higher education institutions, the primary language of instruction is Latvian. However, there are numerous programmes specifically designed for foreign students that are taught in English.

Typical Latvian DNA:

Introvert: Latvians value personal space, often standing a few feet apart. They avoid small talk, are comfortable with silence, and form deep, lifelong friendships.

Nature Lover: With forests covering half of Latvia and plentiful lakes and rivers, Latvians are deeply connected to nature. They enjoy gardening, foraging, and appreciate the natural beauty.

Hardworking: Historically peasants, Latvians have a strong work ethic rooted in their past.





How to apply step by step

STEP 1

FIND YOUR STUDY PROGRAMME AND CHOOSE A HIGHER EDUCATION INSTITUTION

STEP 2

SUBMIT YOUR APPLICATION

STEP 3

 WAIT FOR THE RECOGNITION OF YOUR DOCUMENTS

STEP 4

▼ PREPARE FOR THE EXAMS AND INTERVIEW

STEP 5

▼ RECEIVE YOUR STUDY AGREEMENT AND PAY THE TUITION FEE

STEP 6

MANAGE YOUR VISA OR RESIDENCE PERMIT



Find detailed instructions here:

Getting Visa and Residence Permit for Studies

Visa and residence permit procedures vary depending on your citizenship. Please find below a brief overview of applicable procedures based on your country of citizenship.

For assistance with visas and residence permits, please contact the international office of the higher education institution (HEI) where you intend to study.

EU, EEA/Switzerland Citizens:

EU, EEA, and Swiss citizens do not need to register with the Office of Citizenship and Migration Affairs (OCMA). They only require a valid travel document (passport or ID card) to enter Latvia under the following conditions:

- Admission to a HEI registered with the Register of Education Institutions of the Republic of Latvia.
- Intended residence period does not exceed one year (refer to OCMA → Residence permits).

Please note that in certain cases, such as opening a bank account, having a residence permit can be advantageous. For details on applying for a student residence permit as an EU citizen, please refer to OCMA information \rightarrow Registration cards for students.

Non-EU Nationals:

Non-EU nationals must determine if they require a visa to enter Latvia. Visa validity depends on individual circumstances. Detailed information is provided below.

Non-Visa Countries:

Certain non-EU nationals can enter Latvia without a visa and stay for up to 90 days within any 180-day period. Please refer to the full list of countries whose citizens do not require a visa.

Non-visa country citizens intending to stay in Latvia for more than 90 days must apply for a residence permit. Those enrolled in full-time studies at a registered HEI in Latvia can apply for residence based on their student status.

For information on applying for a student residence permit, please visit the OCMA website → Residence permits. Note that visa or residence permit applications may take several weeks, so it's advisable to start the application process early.

Visa Countries:

Citizens of countries requiring a visa to enter Latvia must apply at Latvian consular missions abroad or at consulates of other Schengen Member States authorised to process Schengen visa applications for Latvia. Please refer to the Ministry of Foreign Affairs website for relevant information and to locate Latvian Embassies.

For visa and residence permit applications, you can consult the international office of your HEI for details on procedures and required documents. The international office will guide you through the application process and provide information on study application requirements.

Countries Subject to Prior Consultation:

According to Article 22 of the Visa Code, certain countries or specific categories of citizens require prior consultation before a visa can be issued. For a list of these countries, please visit the relevant section on the Ministry of Foreign Affairs website. www.mfa.gov.lv/en



Things to do before departure

Make a financial plan:

- Ensure you have sufficient funds.
- Apply for grants and/or scholarships.
- Ensure you have enough cash to cover your expenses for your initial stay.
- Make sure your passport is valid for the duration of your stay in Latvia. Check with the authorities in your home country to determine how many months your passport needs to be valid to travel.
- Arrange your healthcare and other insurance.
- Arrange accommodation in Latvia, at least for your first few nights.
- Inquire how you will get to your accommodation and chosen HEI.

Things to pack before departure

Essential:

- Your passport
- Healthcare insurance
- Tickets and journey details
- Credit card
- Some money in the form of cash (euros)
- Clothing for temperatures between -20°C and +25°C
- Toiletries bag
- Medications (if applicable)
- Emergency phone number

Optional:

- Your (international) driver's licence
- Passport photos (you will need a few during your first few days here)
- Mobile phone
- Laptop/tablet
- Travel adapter (check if you need one for Latvia)
- Umbrella or rain jacket (it rains quite often in Latvia)
- First Aid kit

Finding Accommodation

Finding a room that fits your budget and all your preferences can be challenging, so we recommend starting your search for accommodation as early as possible. As a student living in Latvia, you have two options – higher education institution's (HEI's) accommodation or private accommodation.

HEI-provided accommodation:

The Studyinlatvia.lv database offers information on accommodation options provided by each HEI. These can range from dormitories and hotels with shared or private rooms to apartments and student residences with private rooms. Contact the international student advisor at your chosen HEI for more detailed information about the accommodation options available.

Private accommodation:

It's advisable to seek advice from the international student advisor at your chosen HEI, as navigating the housing market in Latvia can be difficult even for locals. Some HEI may have official partnerships with real estate agencies that can assist with private housing. Here are some additional places to search for private housing:

Housing or international student groups on Facebook – caution: potential scams!

Facebook Marketplace - caution: potential scams!

Erasmus network -



Booking.com - tends to be more expensive.

Airbnb - tends to be more expensive.

The Latvian Student Union has published a "Student Housing Guide," which provides detailed information about the accommodation process and offers valuable tips! You can access the guide here:





Arrival and Getting Around

By plane:

Quite a number of different airline companies serve Riga Airport, including budget airlines, so it should not be too difficult to find a reasonable



ticket. Most international students usually choose to travel by plane, in which case you will arrive at Riga International Airport (RIX).

After arriving at Riga International Airport, to get to your new home in Riga or any other city in Latvia, you first need to get to the city centre. There are several transport options available.

Public transport – The public transport stop is right across the parking lot from the Arrivals Terminal. Follow the Public Transport signs. There is one designated city bus route, bus No.22, which departs from RIX and arrives in Riga city centre. A single ticket costs 1.50 EUR and can be bought at the Airport's Information Office (Arrivals E), "Narvesen" shops (on the 1st and 2nd floor), the ticket vending machine at the bus stop, or on the "Mobilly" mobile app.

Useful apps:





Taxi – You can pick any taxi at the airport, and you will pay at the end of the ride according to the tariff set by the carrier. The fare consists of a boarding fee, a distance fee, and a travel time fee. We recommend Baltic Taxi, which is the taxi company of our national airline AirBaltic.

For taxi services (like Uber) – Bolt Taxi, which will also be useful during the rest of your stay in Latvia.

Useful apps:





Rental car – If you have an international driving license, you have the option to rent a car. The offices of globally known car rental companies are located in the Arrivals sector E and will be open at the pick-up time of your rental. Their business hours are adjusted to incoming flights.

The car fleets of the rental companies are parked in Car Park P4. There are also car sharing apps available such as BOLT Drive, CityBee, and CarGuru that let you rent cars parked around the city. Find the closest car on the app of your choice, follow the instructions, and you're off. Prices depend on duration, kilometres driven, and other factors; petrol is included.

Useful apps:







By Ferry:

Stena Line offers regular ferry services from Liepaja and Ventspils. There are direct routes from Liepaja to the German city of Travemünde and from Ventspils to Nynäshamn in Sweden.

By Train:

LTG Link offers a daily train service between Riga and Vilnius, Lithuania. The journey takes approximately 4 hours with six stops between the two cities. A regular ticket costs 24 euros.

By Bus:

Riga is well connected by extensive bus routes, offering connections to various countries including Austria, Belgium, Belarus, Bulgaria, Czechia, Estonia, Germany, France, Hungary, Ireland, Italy, Lithuania, Moldova, Netherlands, Norway, Poland, Slovakia, Sweden, Russia,

Switzerland, the UK, and Ukraine. Tickets for domestic and international buses can be purchased online through service providers' websites and Ticketto.eu.

All buses arrive at Riga International Bus Terminal, located in the heart of Riga next to the Central Railway Station and Central Market. The Bus Terminal is just a 5-minute walk from the Old Town.

By Car:

Major highways connect Riga with Tallinn, St. Petersburg, Moscow, Kaunas, and Vilnius. Recent upgrades have improved northern and southern road links. Speed limits are 50 km/h in urban areas and 90 km/h on rural roads, unless otherwise indicated. On certain highways, speed limits may reach 100-110 km/h during summertime. Headlights must be on at all times.

Latvia shares land borders with Estonia, Lithuania, Russia, and Belarus. Travellers from Sweden and Germany can take ferries to Latvia, bypassing long road trips. When entering Latvia from Lithuania and Estonia, no border control is required due to adherence to the Schengen Agreement.

Foreign drivers may operate vehicles in Latvia if they possess:

- A driving licence issued in an EU Member State or European Free Trade Association country.
- A driving licence conforming to the categories defined by the 1968 Vienna Convention on Road Traffic.

• A driving licence with non-Latin lettering must be accompanied by a notarized translation into Latvian.

Residents of Latvia for over one year must exchange their driving licence according to established procedures, except for licences issued in EU Member States or European Free Trade Association countries, and for those with diplomatic or consular immunity.

Driving in Latvia is done on the right side of the road. The default speed limits are 50 km/h in urban areas and 90 km/h on highways. Speeding is monitored both by stationary speed cameras and by the police.

Other important rules:

- · The minimum age for driving a car is 18
- Everyone in the car has to fasten their seatbelt (including the passengers in the back seat)
- Winter tires are compulsory between December 1 and March 1

Driving under the influence of alcohol is strictly prohibited and carries severe penalties. This applies to all modes of transport, including cars, bikes, electric scooters, etc. Offenders face substantial fines, loss of their driving licence for up to five years, severe administrative penalties, criminal liability, and even vehicle confiscation.

Useful apps:







Getting around Riga:

- Riga boasts 6 tram lines, 22 trolleybus routes, and 50 bus routes that run from as early as 05:00 to as late as 01:00, depending on the route. You can purchase tickets for €1.50 at designated Riga Transport (Rīgas Satiksme) ticket offices, public transport ticket machines, Narvesen newsstands, post offices, Rimi supermarkets, or via the Mobilly mobile app.
- As a student, upon arrival in Latvia, you will receive
 a notification from the higher education institution
 confirming your student status. With this notification,
 you should visit the Riga Transport (Rīgas
 Satiksme) office to obtain an "e-talons"
 card. For €12 a month, this card offers
 unlimited rides on all forms of transport
 in Riga.
- Both tickets and cards are valid for trams, trolleybuses, and city buses. Simply touch your ticket or card against the electronic reader upon boarding the bus, trolleybus, or tram. A green light will flash, and the display will indicate how many rides remain on your card (e.g. Balance: 9) or how many days are left until you need to renew your monthly pass.



Cycling as a means of transport for commuting in Latvia is becoming increasingly popular, thanks to well-developed and improving infrastructure in Riga and regionally. Bicycle parking is easily accessible, and there are numerous opportunities to purchase both new and used bicycles. This supportive environment makes commuting by bike a convenient and sustainable option for many residents.

Getting from Riga to Other Student Cities:

By Bus:

Latvia boasts excellent and regular bus connections, making it one of the most convenient transportation options for anyone travelling to other cities and towns. All domestic buses operate from Riga International Bus Terminal, situated in the heart of Riga near the Central Railway Station and Central Market. The Bus Terminal is just a 5-minute walk from the Old Town. Information regarding buses in Latvia, including timetables, journey durations, routes, ticket prices, and other details, is available on information boards at the bus station. This information is also accessible online in Latvian, Russian, and English through websites like Autoosta.lv, 1188, and the Mobilly app. Tickets for domestic and international routes can be purchased from the following locations:

- Ticket desks at the bus station during office hours
- From the hus driver
- At the 24/7 ticket sales terminal or ticket machine at Riga International Bus Station

- Online via Bezrindas.lv for domestic routes and Buseurope.eu for international routes
- ☐ Through the Mobilly app

By Train:

Latvia's railway network connects the capital with six lines leading to various destinations: Tukums, Liepāja, Daugavpils, Indra, Aglona, Zilupe, Gulbene, Valga, and Skulte. Timetables can be found at each station and online at vivi.lv and 1188.lv. Rail tickets can be purchased with cash or card at station ticket offices. If a ticket office is closed or unavailable at a certain station, tickets can be purchased on board from the conductor. Alternatively, travellers can check schedules and purchase tickets using the ViVi or Mobilly mobile apps.

Useful apps:





Opening a Bank Account

If you use a debit card from a non-Latvian bank at a Latvian ATM, you are likely to incur a foreign ATM fee, along with a percentage charge on the amount withdrawn. This fee comprises a flat rate set by the ATM, plus a percentage of your transaction returned to your home bank. Moreover, ATMs may offer less competitive exchange rates

compared to those available at local banks. Therefore, you might consider opening a bank account in Latvia.

To open an account, you have two options:

- Make an appointment (recommended for non-native speakers to ensure an English-speaking clerk is available or to arrange for a translator).
- Visit a bank branch of your choice. Larger offices are generally preferable, as smaller ones may not always have English-speaking staff.

Ensure you have all required documentation when visiting the bank to open your account. Once there, present your documents to the banker and complete an application form. Account opening typically takes minutes to hours, though it may extend to days or weeks in some cases, especially if proof of income or deposit source is required by the bank.

Required documents:

The specific documentation needed varies among banks, so it's advisable to call ahead to confirm the necessary paperwork for your appointment. Typically, the following documents are requested:

- Passport
- Proof of residence/foreign resident card/residence permit
- Proof of address
- Employment contract/agreement

While many accounts can be opened online, visiting the bank in person is recommended for a smoother process. In most cases, a visit to the bank is necessary to collect your card and complete final documentation.

Choosing a bank:

Popular banks in Latvia include Swedbank, SEB banka, Citadele, Luminor, and others. Swedbank also offers the ISIC (International Student Identity Card), which combines a globally recognized student identity card with Swedbank debit card features and provides discounts in Latvia and abroad. Check with your higher education institution, as they may have a special arrangement with Swedbank ISIC or another bank.

It's prudent to gather and compare information from several banks to find the most competitive rates and desirable services.

Phones, Internet, Currency Exchange and Student Cards

Mobile Network Operators:

Like other European countries, Latvia operates a GSM network. Clients of Latvian cellular service providers also benefit from significantly reduced mobile roaming rates across the EU.

The main cellular service providers:





Prepaid Cards:

Prepaid cards are popular and provide a simple way to make calls within Latvia and internationally, send SMS messages, and use mobile internet. They can be purchased and topped up at most stores, kiosks, post offices, and gas stations.

The most popular prepaid cards in Latvia are:







Internet Service Providers:

Over the past decade, Latvia has consistently ranked among the world's top 10 countries for Internet speed. Optical internet lines are widely available in major cities, offering easily accessible, affordable, and fast Internet connections.

The speed and price of Internet connections depend on the infrastructure available at your address. Usually, the price of a router is included in the contract, but you can choose to purchase your own.

Top internet providers include:





WiFi in Riga:

Free wireless internet is available in almost every café and restaurant; look out for "Free Wi-Fi" signs. In many cafes, Wi-Fi networks are password-protected, so it's best to ask the staff.

Tet offers a service with over 4000 Wi-Fi access points throughout Latvia, most of which are free of charge. An up-todate map can be found on the Tet website or by calling 177.

Many higher education institutions (HEIs) in Riga and Latvia offer the possibility to connect to the internet using "Eduroam" which provides simple, easy, secure connectivity.

Currency Exchange:

Since January 1st, 2014, the official currency of Latvia is the Euro. Money can be exchanged at banks or currency exchange offices. Some banks offer the option to exchange money at multiple currency ATMs.

Currency exchange rates can vary considerably by location, so it's advisable to compare rates before making a transaction. While Latvia has a good network of accessible ATMs, it's recommended to withdraw cash before travelling outside of cities.

Student Cards:



All international students receive an International Student Identification Card (ISIC) from their HEI upon arrival in Latvia. The card offers various discounts at theatres, cinemas, and more. It also provides discounts for bus and train travel within the country and sometimes

abroad. The ISIC student card may also be required for accessing HEI services such as libraries and sports centres. For more information on obtaining the card, contact the international student advisor at your chosen HEI.



Students studying at HEI in Riga, whether full-time or part-time, can apply for a Personalised E-ticket/Card with a Student Discount on public transport (bus, tram, and trolleybus). To obtain this, visit one of the "Rīgas Satiksme" customer service centres, bringing the following documents:

- Passport or ID card
- Reference from your university's Student Service
- Student card provided by your university

Shopping, Postal and Delivery Services

Shopping:

In Riga, as in other European cities, there are numerous shopping options. In Latvia, bakeries and butcher's shops are less common; instead, supermarkets are the primary source for food and general goods. Fresh produce is available at local markets, often in city centres, with competitive prices.

Shops typically open from 8 am to 10 pm daily, though some may close earlier on weekends, and a few may not open on Sundays. Stores in shopping centres usually have consistent hours, and most food stores stay open until 10 or 11 pm, including Sundays.

Grocery stores like Rimi, Maxima (Barbora), and others offer delivery services, as does Bolt Market.

For traditional Latvian items:

- www.svaigi.lv Latvia-grown produce.
- www.latvijaradits.lv Products made in Latvia, including clothing, accessories, and gifts.

Note that these traditional shops often operate only in Latvian.

Thrift Shops:

Latvia hosts several popular thrift shop brands with stores scattered throughout Riga and in various Latvian towns. Some of the most well-known thrift shops include:

- Humana
- · Humana Vintage (exclusive to Riga, offering curated
- vintage clothing and accessories)
- RDA
- Kilomax

Postal and Delivery Services:

Latvijas Pasts is the national postal service, offering postal, express delivery, Western Union, and bill payment services. Post offices are spread across Riga, and major offices in other cities are typically near central transport hubs. Mailboxes in Latvia are yellow with "Pasts" on them, and stamps can be bought at post offices, kiosks (like Narvesen), and some bookstores. Besides Latvijas Pasts, other postal and delivery services in Latvia include DPD, Omniva, Venipak, FedEx, UPS, and Itella. Latvijas Pasts, DPD, Omniva, and Venipak have parcel machines throughout Latvia for easy parcel pickup and drop-off.

Emergency Services

In the event of an emergency, dial 112, the general emergency number in Latvia. Specific emergency services can also be contacted directly by dialling:

- 113 for Emergency medical assistance
- 110 for Police
- 112 for Fire and rescue service
- 114 for Gas emergency service

For 24-hour assistance with blocking credit cards, call 67092555.

Information Hotline:

The hotline 1188 provides information on business addresses, operating hours, service providers, state institutions, public transport timetables, concerts and events, the nearest service providers, as well as essential tourism information including accommodations, museums, attractions, restaurants, cafes, and medical centres. The hotline operates 24 hours a day and provides information in Latvian, Russian, and English.

Medical Care & Insurance Policy

Medical Care:

Foreigners have the right to urgent healthcare, defined as treatment for sudden medical conditions requiring immediate attention while in Latvia. In emergencies, individuals can visit hospital emergency departments or call an ambulance. A doctor will determine if urgent treatment is necessary.

Family Doctor Advisory Phone Line- + 371 66016001. This service offers medical advice to residents outside of regular family doctor working hours for acute health issues that do not require emergency medical assistance. The operating hours for this advisory line are from 5:00 PM to 8:00



European Health Insurance Card (EHIC):

on weekends and public holidays.

AM on weekdays, and it is available 24 hours

EU citizens and foreigners with permanent residence permits can apply for the EHIC to get access to statefunded healthcare while temporarily in the EU, EEA countries. Switzerland and United Kingdom, at the same costs of locals. More details are available on the The National Health Service (NHS) website www.vmnvd.gov.lv/en/european-health-insurance-cardehic-0.

Hospitals:

In Riga:

- Pauls Stradiņš Clinical University Hospital -Pilsonu iela 13, Rīga, (+371) 67069601. www.stradini.lv
- 🔯 Rīga East University Hospital, Gailezers Clinic Hipokrāta iela 2, Rīga, (+371) 67041001, 67041002; www.aslimnica.lv

In Jelgava:

🤨 Jelgava City Hospital -Brīvības bulvāris 6. Jelgava. (+371) 63030120. www.jpslimnica.lv

In Liepāja:

Liepaja Regional Hospital -Slimnīcas iela 25, Liepāja, (+371) 63422122, www.liepajasslimnica.lv

In Ventspils:

North Kurzeme Regional Hospital -Inženieru iela 60, Ventspils, (+371) 63624665, www. ziemelkurzemesslimnica.lv

In Valmiera:

Vidzemes hospital -Jumaras iela 195, Valmiera, (+371) 64202603, www.vidzemesslimnica.lv

In Rēzekne:

Rezekne hospital –

18. novembra iela 41, Rēzekne, (+371) 68 805050,

www.rslimnica.lv

In Daugavpils:

Daugavpils Regional Hospital –
Vasarnīcu iela 20, Daugavpils, (+371) 654 22 419,
www.slimnica.daugavpils.lv

Insurance:

Health insurance is a mandatory document in order to obtain a visa and temporary residence permit. As a minimum, this will give you access to emergency medical care, treatment for critical conditions, and transportation either to a different health institution or back to your country of origin in the event of severe illness or death.

Most major insurance companies will offer this basic package, but you can definitely upgrade to increase your healthcare coverage Students must ensure coverage for their entire stay in Latvia, including emergency medical care, critical inpatient treatment, and repatriation expenses. Minimum coverage of €42,600 over the insurance period is mandatory for long-stay visas.

Insurance companies in Latvia offering foreign travel policies include:





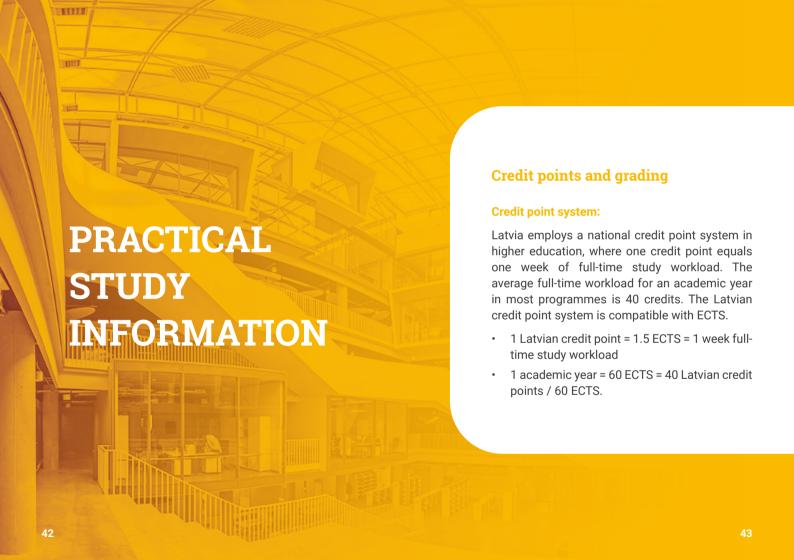






For comprehensive insurance advice, consult your higher education institution's international office.





Grading system:

Examinations may be written or oral. Successful completion of all examinations during an exam session allows students to continue their studies in the following semester. Final examinations are conducted by an examination board chaired by an academic or professional from outside the higher education institution (HEI). The Latvian higher education system uses a ten-point grading scale, with 10 as the maximum grade and 4 as the lowest passing grade, but the grading system may vary depending on the HEI

Grade	Meaning	Estimated corresponding ECTS grade
10	with distinction	А
9	excellent	А
8	very good	В
7	good	С
6	almost good	D
5	satisfactory	E
4	almost satisfactory	E/FX
3-1	unsatisfactory	Fail

Attendance

Attendance is mandatory in all Latvian HEIs. Note that attendance may also contribute to your final grade. Therefore, if you cannot attend your classes due to illness, please inform the academic teaching staff of the classes you will miss via your course mates or by email. In case of a prolonged absence (longer than three days), you should also see a doctor to obtain a doctor's note.

Orientation Week

A week before the start of the academic semester, every higher education institution (HEI) holds an Orientation Week, sometimes referred to as Welcome Week, to welcome new international students. This week is designed to help students meet their new classmates, settle into HEI life, and familiarise themselves with their new surroundings.

Orientation Week is also the time to complete all necessary documentation for your stay in Latvia, such as signing the study agreement, obtaining your temporary residence permit, receiving your student ID card, and getting your public transport pass. In addition to these administrative tasks, there are various fun activities, including meeting other international students both within and outside your HEI, going on excursions, and attending student parties



Detailed International Student Calendar:



1 September -

Knowledge Day

First week of September -

The Aristotle Festival

11 November -

Lāčplēsis Day

18 November -

Independence Day

Last Sunday of November -

All Souls' Day

24-26 December -

Christmas

31 December - 1 January -

New Year's Eve and New Year's Day

January -

Exam Season

1 February -

Start of the Spring Semester

1 February - 1 April -

Annual Call for Latvian State Scholarships

8 March -

International Women's Day

1 May -

Convocation of the Constituent Assembly of Latvia and Labour Day

9 May -

Europe Day

Second Sunday in September -

Father's Day

23-24 June -

Midsummer Festival (Līgo Day and Jāņi/ John's Day)

March or April -

Easter Holidays

4 May -

Independence Restoration Day

Second Sunday in May -

Mother's Day

June -

Exam and Graduation Season

July and August -

Summer Schools

Extracurricular Activities

Higher education institutions (HEIs) offer a wide range of extracurricular activities, including sports teams, various student clubs, fraternities and sororities, dance troupes, choirs, and theatre groups. Students are encouraged to apply for activities that interest them. For information on the extracurricular activities available, please consult the faculty or international office at your chosen HEI.

Student Organisations

The Student Union of Latvia (LSA)

The Student Union of Latvia (LSA) advocates for the interests of all students in Latvia (including international students) nationally and internationally, playing a crucial role in higher education policy discussions. LSA performs the following functions:

- Provides feedback on student interests regarding legislative projects.
- Nominates student representatives to the Council of Higher Education and other relevant bodies as per established regulations.
- Ensures representation of local student councils in foreign settings.
- Addresses other issues concerning student representation within its jurisdiction.

LSA operates as a union comprising student councils from higher education institutions (HEIs) across Latvia. These councils uphold the union's activities by representing their HEI's student body at the LSA Congress and Council, the decision-making organs. The executive body of LSA, the LSA Board, is elected by these student councils.

Student Council

The Student Council, an independent organisation funded by HEI and elected by students, focuses on safeguarding student rights and representing their interests in academic, social, and cultural matters at both faculty and institutional levels. The most active students in each faculty convene within the Student Council, where any student can join as a volunteer activist at any time. Participation offers opportunities for enhancing management skills through event organisation and gaining insights into various aspects of academic administration.

Erasmus Student Network Latvia (ESN Latvia)

Erasmus Student Network Latvia is part of the larger Erasmus Student Network (ESN AISBL), Europe's largest student association operating in over 500 HEIs across 42 countries. In Latvia, ESN Latvia connects ESN Riga, ESN Jelgava, and ESN Valmiera with ESN AISBL, fulfilling the following objectives:

- Facilitating the academic and social integration of international students and reintegration of local students post-academic exchange.
- Advocating for the interests of international students and those participating in exchange programmes in Latvia.
- Fostering cross-cultural understanding among different nationalities through informal education methods.
- Promoting study and traineeship mobility as integral parts of the Latvian study process.
- Internationalising Latvian higher education and enhancing its visibility and attractiveness to international students.
- Supporting and promoting collaboration among ESN Latvia's member sections.

These organisations play vital roles in enhancing student life and fostering internationalisation within Latvian higher education.

Career and Business Incubators

Career centres

Most higher education institutions (HEIs) in Latvia operate Career Consultation Centres dedicated to supporting students and graduates in advancing their careers. These centres provide a variety of services and support measures:

- Individual Career Counselling: Personalised sessions offering guidance on career paths, CV writing, and application letters.
- Interactive Workshops and Seminars: Practical sessions aimed at developing essential professional skills.
- Collaborative Events: Organised in partnership with potential employers, including Career Days and other networking opportunities.

Business incubators

Several of Latvia's major HEIs host Business Incubators, which foster innovation, leadership, and entrepreneurial opportunities. These incubators serve to:

- Inspire and Educate: Provide resources and guidance to students and graduates to develop and accelerate business ideas.
- Support Early-Stage Ventures: Offer facilities for prototyping, mentorship, team-building, and networking.
- Networking and Events: Facilitate participation in networking events and other activities to enhance entrepreneurial skills and opportunities.

Contact the Business Incubator at your chosen HEI to explore how you can transform your ideas into successful ventures.



Scholarships and Study Loans

Scholarships

In accordance with bilateral agreements on cooperation in education and science concluded between the Latvian government and a number of states world wide, and based on parity principles, Latvia offers scholarships to foreign students for studies and participation in summer schools at Latvian higher education institutions (HEIs).

Eligible applicants:

- Latvian state scholarships are available for studies and summer schools.
- A scholarship can be received by Bachelor's, Master's, and PhD students for studies, and additionally by academic and research staff for summer schools.
- Bachelor's students who have already successfully completed at least 1 academic year at any HEI
- Citizens from over 30 countries can apply (see if your country is eligible here: https://www.studyinlatvia.lv/scholarships).
- Each applicant can submit only one application during an open call.

Financial provisions:

- Average tuition fees range from €2,800 to €15,000 per year. For medical or executive business programmes, costs may be up to €15,000 per year.
- Scholarships cannot be awarded concurrently with other grants.
- Scholarship holders are required to arrange their own insurance coverage.
- Scholarships do not fully cover all expenses related to studies.
- Tuition fees, living costs, and other expenses must be personally covered.
- Travel expenses from the home country to Latvia and return are not covered by Latvian state scholarships.
- If a student is present in Latvia for fewer than 15 calendar days, no scholarship is provided.
- The call for applications is open every year from 1st February to 1st April.

Loans

Citizens of the European Union can utilise study loans and student loans from credit institutions with a state guarantee (state-owned development finance institution ALTUM) for studies at Latvian HEIs.

- A Study loan is meant for covering tuition fees at accredited HEIs.
- A Student loan is meant for covering the day-to-day needs of the student.

Credit can be applied for and received by students who are citizens of the Republic of Latvia, individuals with a foreign passport, as well as other citizens of the European Union who possess a valid permanent residence permit, provided they are enrolled in an accredited and licensed study programme at a Latvian HEI and have signed an agreement with the HEI.

Terms of the study loan:

- The amount of the study loan will not exceed the HEI's tuition fee.
- Can be granted for acquiring one study programme at a time.
- The loan amount is transferred to the account of the HEI two times a year.

The guarantee (state surety) is provided by the financial institution ALTUM.

Terms of the student loan:

- The maximum amount of loan for one student per month is 350 euros.
- Only one student loan may be granted during acquisition of one study programme at a time.
- Student loan transferred to the borrower's bank account 10 months a year (except July and August) on a monthly basis (on the 15th date).

The guarantee (state surety) is provided by the financial institution ALTUM.





Average monthly expenses



Rent

85-400 EUR



Utilities and services

35-250 EUR



Food

200-300 EUR



Public transport (with student discount)

12-30 EUR



Leisure and entertainment

7-100 EUR



Other

50 EUR

These figures illustrate the typical range of costs, which can fluctuate based on individual circumstances and choices.

Working in Latvia

As an international Bachelor student in Latvia, you are permitted to work part-time – up to 20 hours per week while studying. During holidays, you can work full-time, which is 40 hours per week. Master's and PhD students are allowed to work full-time

International students often secure employment in sectors such as information and communication technologies, professional and scientific services, technical services, accommodation and food services, transportation and storage, as well as health and social work.

Part-time opportunities include internships and student training placements, offering valuable hands-on experience relevant to your studies.

Finding a job in Latvia involves proactive networking and using online tools to discover opportunities near you. While knowledge of Latvian can be advantageous, it is not always a strict requirement for employers.

Securing a good job in Latvia is rewarding as the salary typically covers living expenses and sometimes even tuition fees, with addition of other incentives.

Salary in Latvia

The current gross minimum salary in Latvia is €700 as of 2024. The average gross wage in Riga is significantly higher, amounting to €1623 per month as of the first quarter of 2024.

Average monthly gross salaries per profession in Latvia:

- Accommodation and food services: €1071
- Information and communication services: €2675
- Professional and scientific technical services: €2092
- Health and social work: €1680
- Finance and insurance: €2956

What to know about taxes

If you are employed by a company registered in Latvia, it will be your employer's responsibility to register you with the State Revenue Service as a taxpayer. Income and social taxes will automatically be deducted from your paycheck, so you will not have to complete any yearly tax returns.

However, if you have income from sources other than a local employer (for example, if you are self-employed), it will be your responsibility to register yourself. In this case, we recommend contacting the State Revenue Service for assistance.

Useful sites to look for job offers:

Useful sites for job offers:



Latvia.eu



CV Market



CV Online



Working Day



Visi Darbi

You can also check with your higher education institution's (HEI's) international office or career centre, as they may have job opportunities from partner companies or within the HEI itself.

Cultural Events, Leisure Activities and Nightlife

The average cost of leisure activities in Latvia:



Cinema ticket:

€5-€12



Opera ticket:

€11-€50



Music concerts:

€5-€100



One visit to a swimming pool:

€10



One-month gym membership:

€19-€45

Cinemas: Riga:

Forum Cinemas - forumcinemas.lv/eng
Cinamon Alfa -

cinamonkino.com/alfa/offers/en

Apollo -

apollokino.lv/eng/home Splendid Palace splendidpalace.lv/en



Museums:

Latvia's museums offer a fascinating mix of history, art, and culture, showcasing the nation's rich heritage. Visitors can explore historic sites, art collections, and traditional crafts while learning about Latvia's past and present. From medieval history to modern innovations, Latvia's diverse museums offer an engaging and educational experience.

Music Festivals:

Festival season, offering exciting concerts, is one of the highlights of summer in Latvia. These festivals are held in some of the most beautiful locations, such as the beach in Liepāja, picturesque Sigulda, and other historical towns. Of course, many events also take place in the concert halls and outdoor venues of the Latvian capital, Riga.

Nightlife:

Nightlife in Riga is always vibrant. There are many bars, café-clubs, and nightclubs, most of which are located in the Old Town or the surrounding area. Similarly, in other cities, most bars and clubs will be found in the city centres, with some exceptions in alternative quarters.



For more information about entertainment and leisure activities, visit:

www.latvia.travel/en.

Outdoors, Sports and Travel

Latvia features a long coastline, numerous lakes, forests, and expansive green spaces, offering a myriad of outdoor activities. One of the most remarkable aspects of Latvia is its four distinct seasons, allowing for enjoyable pursuits in both summer and winter.

Here is a list of some of the numerous outdoor activities available in Latvia:

- · Jurmala Beach
- Nature Trails: Barefoot Trail, Ligatne National Park, Gauja National Park, Cenas Tirelis, Kemeri National Park
- Riga Zoo (Riga)
- Bobsleigh (Sigulda)
- · Riga Bike Tours
- · Adventure Parks: Tarzans, Mezakakis
- · Aerodium Vertical Wind Tunnel
- Hunting
- Yachting
- Husky Dog Sledding Tour (during winter)
- Wakeboarding

Sports:

Latvians are passionate about sports. You will always have the opportunity to join amateur teams in almost any popular team sport, practice individual sports, learn new sports, or visit various gyms to stay in shape.

Here is a list of useful sites where you can find information about sports that interest you:

- Basketball: Ghetto Games, Latvian Alternative Basketball League, Ķeizarmežs Sports Centre, Olybet League
- Volleyball: Brazil Beach Volleyball Court, BeachBox Volleyball Court
- Ice Hockey/In-line: Ozo Halle, Volvo Ice Arena, Inbox Ice Arena
- Tennis: Private Tennis Club
- Swimming: Riga Technical University Swimming Pool, Olympic Centre Swimming Pool, Ķeizarmežs Sports Centre
- · Gyms: Gym!, MyFitness, Lemon Gym

Spectator Sports:

Despite having fewer than 2 million inhabitants, Latvia ranks among the top 10 in the world in ice hockey and beach volleyball, and in the top 20 in basketball. Enjoy the electrifying atmosphere at Arena Riga, where top-level ice hockey and basketball games take place.



Travel in Latvia

From the sophistication of big cities to the heartfelt hospitality of the countryside, Latvia warmly welcomes every visitor. Discover ancient castles, wander through stunning valleys, or laze on miles of beaches in this Baltic gem.

Top 10 attractions in Latvia:

#1 Riga

The largest and most exciting metropolis in the Baltics, Riga will inspire you. From Gothic cathedrals to world-class Art Nouveau architecture, buzzing cafes and bars, and delicious dining from haute cuisine to local market produce, Riga offers it all for a price that will add to your pleasure.

#2 Gauja National Park

The Gauja National Park is the perfect place to destress. Wander miles of stunning hiking trails, explore fascinating medieval castles, or thrill to bungee jumping, bobsleighing, and other adventurous activities.

#3 Jurmala

Just a 20-minute drive from Riga, Jurmala (Jūrmala) is a seaside resort like no other. For those seeking fun, there's vibrant life on the beach and unique spas offering a tempting menu of mud packs and massages. Jurmala is also a great place to reconnect with nature, stroll along miles of pine-fringed shore, or admire beautiful timber summer cottages.

#4 Kuldiga

Drift back to a gentler age in Kuldiga (Kuldīga), an ideal destination for a romantic weekend or family vacation. This beautiful town offers a mixture of Baroque splendour and soulful timber houses, Europe's widest waterfall, and enchanting restaurants and guesthouses to ensure a magical stay.

#5 Rundale Palace and Museum

Nicknamed the Baltic Versailles, Rundale Palace (Rundāles pils) will transport you to an age of splendour. Designed by Francesco Rastrelli, the architect of St. Petersburg's Hermitage, Rundale is a superbly restored Baroque and Rococo masterpiece, packed with art treasures and surrounded by a delightful rose garden.

#6 Turaida Museum Reserve

Latvia is a land of ancient traditions, and the best place to experience them is the Turaida Museum Reserve near Sigulda. Explore the medieval castle and its intriguing museum, connect with Latvia's musical heritage on Folk Song Hill, and take in sweeping views of the lovely Gauja River Valley.

#7 Cesis

Cesis (Cēsis) is a town with an intriguing mixture of hipness and history. Savour the timeless ambience of the old town, experience medieval life at the ancient castle, enjoy cute cafes, and soak up diverse artistic and musical events.

#8Liepaja

Known as the "city where the wind is born," Liepaja (Liepāja) is a port with uncommon attractions. From Art Nouveau pearls to historic churches, the Soviet brutalist Karosta military port district, a magnificent beach, and rich musical traditions, Liepaja offers much to savour.

#9 Ventspils

The port of Ventspils is a town with the sea in its veins, as well as being a delightful destination for the whole family. Enjoy street sculpture, let the kids run wild in the city's fun parks, discover the interactive medieval castle, or relax on the Blue Flag beach.

#10 Latgale

Latgale is an off-the-beaten-track gem that deeply rewards visitors. From a museum dedicated to legendary artist Mark Rothko to the awe-inspiring Aglona Basilica, Latvia's eastern region is packed with surprises. Stunning lakes, fascinating traditions, timeless handicrafts, and heartfelt hospitality make this a place you will never forget.



Travel abroad

Latvia is geographically situated at the heart of the Baltic region, bridging the West and East. This central location facilitates easy access to various modes of transport, making it an ideal starting point for travel adventures across the continent. With numerous European and Asian destinations within reach, Latvia offers a gateway to countless discoveries.

Travel by bus:

- · Ecolines www.ecolines.net/international/en
- LuxExpress www.luxexpress.eu/lv
- FlixBus <u>www.global.flixbus.com/</u>
- Eurolines www.eurolines.lt/en

Travel by plane:

- · airBaltic www.airbaltic.com/en-LV/index
- · Ryanair www.ryanair.com/lv/en
- WizzAir www.wizzair.com/lv-lv#/
- Lufhansa www.lufthansa.com/lv/en/homepage

Travel by train:

Vivi - https://www.vivi.lv/lv

Other useful links to plan your travel:

- ESN Latvia www.esn.lv/events
- · Travel Free www.travelfree.info
- Momondo www.momondo.com
- Kiwi www.kiwi.com/en

Eating Out

Latvia boasts a wide range of dining options, from world-class restaurants offering exquisite local and international cuisine to well-known fast-food chains such as McDonald's, KFC, Burger King, Hesburger, Domino's and other. Whether you prefer a high-end dining experience or a quick meal, you'll find plenty of choices.

Cafés are particularly popular in Latvia, serving coffee, a variety of cakes and snacks, and providing a pleasant atmosphere for socialising with friends or classmates.

Traditional Latvian restaurants are typically found in city centres, while smaller towns usually have just a few establishments offering local cuisine.

Most restaurants accept both cash and credit/debit cards, but in smaller towns, cash may be the only option. It is advisable to check with the waiter beforehand.

Tipping is generally expected in restaurants, cafés, and bars when the bill is presented. A customary tip is 10%, though it is worth verifying if service has already been included in the bill

For food delivery, note that the following apps are primarily available in Riga and other major cities:

Useful apps:







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Important!

Alcohol Consumption:

Alcoholic beverages can be purchased at supermarkets, grocery stores, specialised shops, cafés, bars, and other entertainment venues. The sale of alcohol is permitted only to individuals aged 18 and over, who must present an identity document. Alcoholic beverages are not available for purchase from 10:00 pm to 8:00 am.

Please be aware that it is illegal to carry an open bottle of alcohol in public streets or outdoor spaces (except for specifically designated areas such as festivals). Violation of this law will result in a fine.

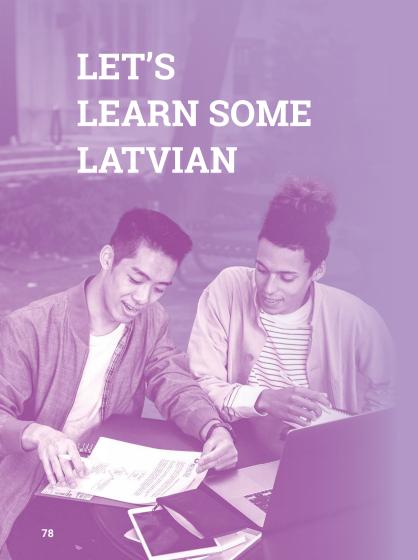
Driving under the influence of alcohol is strictly prohibited and carries severe penalties. This applies to all modes of transport, including cars, bikes, electric scooters, etc. Offenders face substantial fines, loss of their driving licence for up to five years, severe administrative penalties, criminal liability, and even vehicle confiscation.

Smoking Restrictions:

In accordance with the anti-smoking legislation, smoking is prohibited in the following areas:

- Workplaces, unless designated smoking areas are provided
- Public transport stops
- Cinemas, theatres, concert halls, museums, and sports halls, unless designated smoking areas are available
- Banks, post offices, and similar institutions, unless designated smoking areas are provided
- All public transport
- Parks, squares, and beaches, unless specifically designated smoking areas are provided
- Cafés and restaurants, where smoking is only allowed in designated smoking areas
- Offices, firms, and other public places, where smoking is only allowed in designated smoking areas
- · Children's playgrounds
- Within 10 metres of any building entrance

Individuals under the age of 18 are prohibited from purchasing cigarettes.



The official national language of Latvia is Latvian. Latvian has its roots in Sanskrit and an Indo-European heritage. It is one of Europe's most ancient languages and shares a unique bond exclusively with Lithuanian. Together, these two languages constitute a distinct branch within the broader European language classification.

When compared to other European languages—be they Germanic, Romance, or Slavic—it becomes evident that Latvian is quite different and unique, with few, if any, similarities to languages other than Lithuanian.

Expressions of politeness:

Thank you - Paldies

Please/you're welcome - Lūdzu

Good morning - Labrīt

Good day/afternoon - Labdien

Good evening - Labvakar

Hello/greetings - Sveicināti

Good-bye/see you again - Uz redzēšanos

Good night - Ar labu nakti

Cheers! - Priekā!

Useful words:

Yes - Jā

No - Nē

Taxi - Taksis

Bus/coach - Autobuss

Shop - Veikals

Police - Policija

Currency exchange - Valūtas maiņa

Hotel - Viesnīca

Introductions:

Hello, I'm ...- Labdien, es esmu ...

My name is ... - Mani sauc ...

Pleased to meet you - Ļoti patīkami

I'd like to introduce you to some of my friends - Es gribētu jūs iepazīstināt ar dažiem saviem draugiem

Finding out information:

Do you speak English? - Vai jūs runājat angliski?

Where are you from? - No kurienes jūs esat?

I am from ... - Es esmu no ...

How long are you here for? - Cik ilgi jūs šeit paliksiet?

Few years - Dažus gadus

Where are you staying? - Kur jūs esat apmeties?

I'm staying at the dorms - Es dzīvoju kojās

How old are you? - Cik jums gadu?

I am twenty years old - Man ir divdesmit gadi

Loecsen is an excellent app for learning Latvian. A modest effort can significantly advance your progress or help you make friends with locals. Loecsen offers pronunciation guides and brief quizzes. It covers practical language skills essential for navigating and living in Latvia, including greetings, numbers, taxi vocabulary, and phrases for restaurants and bars. Exercise caution with Google Translate, as it has yielded some rather curious translations!



Useful links

1. Public broadcasting of Latvia



Latvia"s united news portal of Latvia"s public television and radio services, with a mission to deliver informative, accurate and engaging content. It provide content in the English language in addition to the existing Latvian and Russian language sites.

2. Academic Information Centre (AIC)



www.aic.lv/portal/en/

AIC is the Latvian representative of the European diploma recognition network ENIC/NARIC. Academic Information Centre deals with recognition of foreign diploma in Latvia.

3. Office of Citizenship and Migration Affairs



www.pmlp.gov.lv/en/

Information on receiving residence permits in Latvia.

4. Foreign embassies in Latvia



www.mfa.gov.lv/en/diplomatic-missions

This section of the website of Ministry of Foreign Affairs provides the list of diplomatic and consular representations in Latvia.

5. Latvia.eu



www.latvia.eu

The website offers news, background information, publications and useful resources about Latvia. The website is maintained by the Latvian Institute.

6. Magnetic Latvia



www.latvia.travel/en

Official Latvian tourism portal maintained by Latvian Tourism Development Agency.

7. Live Rīga



www.liveriga.com/en/

Look, Feel, Stay, Meet and Work in Riga! Riga Tourism promotion website.

About "Study in Latvia"

Study in Latvia is a public national body in charge of promoting Latvia's higher education to international students, managed by the State Education Development Agency of Latvia in partnership with the Ministry of Education and Science

www.studyinlatvia.lv is an official information resource which provides essential information about the higher education in Latvia, a searchable database of study programmes and practical information about student life in Latvia for current and prospective international students.

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