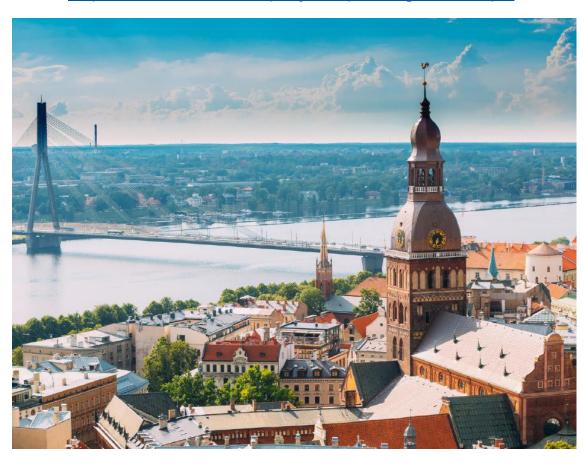


Latvia Handbook

Military Family Services Europe (MFS[E])

https://cfmws.ca/europe/your-posting-to-europe



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This guide is an ongoing work in progress, and we need your help.

- Please let us know if you see any errors or omissions, and we will update them in the next edition.
- If there is a topic you'd like added that is applicable to Riga, do not hesitate to let us know. **DISCLAIMER:** As rules and regulations frequently change, please research and consult the resources provided for the most up-to-date information before making any assumptions or relying solely on the information provided here. This document is a guide rather than your definitive source for the most up-to-date policies and procedures.

1

GREETINGS FROM YOUR CFMWS RIGA TEAM

Welcome to Riga, Latvia!

We're excited to welcome you to OUTCAN! Know that we are here to help you transition into your new posting. We serve all CAF families from single members to blended families, so please make sure to reach out to find out services that can help during your posting.

You can expect quarterly contact from us by email or in-person, monthly calendars and mid-month bulletins with virtual and in-person service and program information. This handbook is meant to be used in conjunction with DET Riga Welcome Guide and MFS Europe Handbook.

Oue website <u>CFMWS | MFS | OUTCAN Europe | CFMWS</u> is a useful resource for your transition overseas, with location and country specific information, links to current MFS(E) resources, and programming.

Current MFS(E) Riga - In person programs

- Coffee Meet ups
- Adult Programing
- Quarterly Child and Youth Activities
- Community Events such as Welcome BBQ, Kids Halloween Party, Christmas Activities, Park Meet Ups,
 Walking tours and more.

This is your opportunity to connect with other Canadian families going through a similar transition to Europe. A great way to meet other Canadians and build peer support is to attend MFS(E), PSP and RCCF (Unit Fund) events!

Once you have arrived, MFS(E) Riga will provide you with a welcome package containing information specific to Riga and to your unique family dynamic. You will meet with the Community Services Manager (CSM) or one of our Community Services Provider (CSP) at our MFS Centre at CFSU(E) Det Riga to receive your welcome bag. We also have a Welcome Coffee Basket program, facilitated by MFS(E) volunteers or one of our CSPs! We can meet you after your move in date to provide your family with coffee, tea, and some local treats. If you are interested in this program, please connect with us at mfse.riga@cfmws.com

If you have any questions about living in Europe or if you wish to know what your MFS(E) Riga Team can do to assist and support you and your family, email us directly at: MFSE.Riga@cfmws.com. We are here to support you throughout your OUTCAN experience!

We look forward to meeting you and hearing about your adventures and new experiences. Don't be a stranger, the coffee is always on!

Best Regards, Your MFS(E) Riga Team



General Information / Life in Riga

POPULATION

Latvia: 1.88 million. Riga: 621,369 people (2023).

POLITICS

Latvia declared independence in 1990 and has operated with an elected parliament since the Soviet Union pulled out in 1994. Latvia joined the EU in 2004 and has been a Schengen member since 2007.

CLIMATE

Latvia has a temperate climate zone with four pronounced seasons similar to the Canadian Maritimes. Summer enjoys almost 18 hours of daylight and winter only sees 6.5 hours. Thick cloud cover in the winter can last for weeks at a time. As a result, many people suffer from varying degrees of Seasonal Affective Disorder (SAD).

LANGUAGES

Official language: Latvian (spoken by 60.8%) Others: Russian (36%)

Latvians will be impressed and more helpful when an attempt is made to speak their language.

Latvian is one of the oldest languages in Europe and is related to Sanskrit. It is a difficult language to learn, and the pronunciation of some sounds takes practice.

Prevalence of English: Most people under the age of 35 speak limited English, although older people are less likely. Latvians do not overly use pleasantries such as "please", "thank you", "you're welcome" like Canadians. They are very direct and succinct in communication.

RELIGION

Latvia is a multi-denominational Christian nation with 64% identifying as Christian, most Lutheran or Roman Catholic, though only about 7% regularly attend religious services (2019). The largest non-Christian faiths are Jewish and Muslim as well as neo-Pagan Dievturi (each less than 0.05% of the population).

Under Soviet occupation, state-imposed atheism. Churches and synagogues were converted into secular buildings. This affected some religious communities more than it affected others and significantly reduced religious followings. Roughly, 20% of Latvians now consider themselves unaffiliated with a religion.

COST OF LIVING

Communication (e.g. Quality of Internet connection):

Cell phones and Internet are reasonably priced and reliable. Access to high-speed internet in Latvia is among the best in the EU (Eurostat, 2022).

Many locally made items and services are quite reasonable. However, imported or extravagant luxuries (foreign clothing brands or electronics) may be priced higher. Gas prices can also be higher in the Baltics.

For more general information on the cost of living see: https://www.expatistan.com/cost-of-living/riga

CANADIAN/EXPAT COMMUNITY

There is an increasing population of Latvian-born Canadians, Brits and Americans who have moved back to Latvia. North Americans in Riga report that it is not very difficult to meet other expats or to make Latvian friends. There are Facebook groups for expats, and they hold social events regularly.

NEWS

LSM, Latvia's unified news portal, is also accessible in English via https://eng.lsm.lv.They also have an Instagram account in Latvian (but some content translates to English): @lsm.lv

CULTURAL NUANCES, ETIQUETTE AND TRADITIONS

Living in a foreign country brings new cultural experiences. Latvia is just like any other country in that it has cultural nuances, etiquette, and traditions that are very important to the local people.

- Latvia has little ethnic diversity compared to Canada; and there are more social challenges and discrimination
 towards Black/Indigenous/People of Colour (BIPOC) and 2SLGBTQIA+ individuals in Latvia. Some Latvians may
 make inappropriate comments that includes racist slurs or homophobic/transphobic language. Riga has at least
 six universities that draw international students from around the world, and there is a growing expat community,
 so it is becoming more common to see diversity in the downtown core. Latvia elected the EU's first openly gay
 head of state in 2023, so progress is visible here!
- Latvians can have a stoic public demeanor and do not invite unsolicited conversation. While walking down the street locals will not often smile at others or make eye contact unless they know the other person. If you approach a local with a broad smile, they may be cautious or assume that you are perhaps trying to trick them. Do not take this to imply that they are unfriendly as once you get to know some locals you will see they are very lovely people.
- If taking public transportation, you will quickly notice that it is almost always completely silent to the point where groups of people traveling together will often pause their conversation for the duration of their ride. Latvians enjoy the silent atmosphere of public transport and it's not uncommon to see people getting visibly annoyed at loud phone conversations or even confront any disturber of the peace.
- If invited to visit a local's home, you should not arrive empty handed. Flowers are always appreciated; however, unwrap them before giving them over, always give odd number of flowers and avoid even-numbered flowers and red roses (these are given at funerals or memorials, so it is seen as bad luck to give these for other occasions). Wine, chocolate, or homemade treats and preserves (such as jam) are also acceptable gifts.
- Customer service standards are very different from Canada. They don't go out of their way to help customers. It is
 also rude by many to take money from the hand so many shops have little trays for exchanging money at the
 register. Do not be surprised if a shopkeeper refuses to take cash from your hand. Purchases aren't always
 returnable or exchangeable so be sure to ask if you are not clear on the shop's policy.
- In parks it is not common for people to sit or walk on the grass (and in some parks it is explicitly not permitted); even in playground areas you may be asked to get off the grass and sit on the park benches instead. Be aware dogs are not allowed at all parks and from 10pm to 7am children under 16 are forbidden to be in public places (including parks) unaccompanied by a parent or legal guardian. Children can be unsupervised by an adult at 8 years old.
- For more information regarding protection of minors please see Children and Youth Protection in Latvia.

PUBLIC SAFETY AND SECURITY

Canadians overall report feeling very safe in Riga, but as anywhere, general precautions should be taken. It is a walkable city, and it is common to see children out without their parents on public transportation on their way to school.

Operational Security is always a serious matter, and we never know who may be listening to our conversations. Be aware of the conversations you are having and if they might be of interest to someone attempting to collect intelligence or information about our whereabouts, operations and places that Canadians or expats gather. People will be very curious about why you are living in Latvia, and it is not advised to discuss CAF matters where conversations may be overheard.

Canadians will always be viewed as tourists. Beware of pickpocketing or scams. Services like taxis should only be hired from reputable companies or via the app Bolt (like Uber). Should you have an issue where the local police have been contacted, please inform the CFSU(E) MP Det. If you experience a break and entry to your home or car, it is important to contact local police and then the CFSU(E) MP Det afterwards.



THINGS TO CONSIDER/BRING

- Immunization Records (for school registration Do NOT pack in the sea-can!)
- Long form birth certificates, marriage certificate (this may be required for entry to school to prove dependents are "yours", a Canadian posting message may not be enough. Do NOT pack in the sea-can!) Children in middle school
- and higher (grades 6 and up) will need a laptop for school. Check with the school before you arrive in Latvia and purchase it in Canada. Electronic prices are significantly higher in Latvia. Also, note that you cannot get three-ringed binders in Latvia and paper sizes also differ for notebooks.
- Tick-borne encephalitis is a risk in Latvia. Military Members can get the vaccine while in Canada from their base
 medical unit. However, dependents if they choose to get vaccinated need to wait until they arrive in Latvia as it is
 not available in Canada. For more information see https://travel.gc.ca/destinations/latvia#health
- Most Canadians stay at one of the many Radisson Blu hotels in Riga during their HHT and while waiting their F&E. For more information, visit Radisson Hotels in Riga.
- You may want blackout curtains for the summer, as Latvia has over 17 hours of daylight on the longest day of the year!
- Christmas decorations are available in Latvia, but decorations for other holidays are not, so if you like to decorate for each holiday that we would typically celebrate in Canada you might want to bring some of these items with you. Flying Tiger will be a great shop in Riga for Halloween decorations and other items
- Some people really miss Canadian items such as Kraft Peanut Butter, Tim Horton's coffee, Kraft Dinner, Miracle Whip, ketchup chips, brown sugar, vanilla, chocolate chips, graham crackers, and other Canadian food items, so they prefer to mail themselves a package BEFORE they leave Canada or to shop from Amazon Canada once they arrive
- PRO TIP If you are currently living near an MFRC you can mail food items to yourself right BEFORE you leave.
 Just make sure to review the rules of what is allowed to be mailed. The package can be address to the CAF
 member you are being posted with. For mailing address information see the Postal Service section of this
 document.

3

Administration

BANKING

Local Currency

Latvia uses Euros. It is not recommended to bring Canadian currency since it may be difficult to exchange it at any bank in Latvia or in the Baltics.

Bank Accounts and Financial Considerations

It is recommended that you maintain a chequing account in a Canadian financial institution during your time in Latvia, where the account is accessible by mail, telephone, or internet.

Banking in Latvia is very similar to banking elsewhere once you have the account set up. Each bank will have differences in fees and account options, but they all provide very similar services.

During your HHT Brief you will be given directions by DET Riga about how to proceed with opening an account. Any type of in person banking in Latvia requires you to make an appointment. It is recommended that you set up a bank appointment BEFORE you arrive on your HHT.

Online banking is available and widely used. Joint bank accounts do not exist, but you can sign power-of-attorney forms that allow a spouse to have nearly full access to the account. Note, you will get a bankcard but there is a small fee. Your bankcard will act as a credit and debit card, but any purchase made on this card will be like a debit card. You will also receive a code calculator (an electronic authorization device that generates secure codes) for online purchasing and bank transfers – you will also pay a small fee for this item.

Pro Tip – To make online purchases for parking, transit and event tickets you must allow your debit card to do so. For example, if you have a SWED account, sign into your account online and click the cards tab, then my cards and then you can allow online shopping.

Main banks CAF members use and that are recommended:

- SEB (Swedish)
- Swedbank (Swedish)

Bank Cards & Credit Cards

VISA, MASTERCARD and debit cards are widely accepted. AMEX is NOT widely accepted in Latvia.

You are advised to keep Canadian credit cards while in Latvia. Canadian credit cards are useful for travel to Canada, as well as for maintaining credit history for your return to Canada

Pro Tip: Visit your bank BEFORE you leave Canada and request to receive your credit card verifications via email or consider purchasing a VoIP phone app to port your current Canadian phone number. See the Around the House section of this document for more information

Online Banking Payments – IBANs, BICs

Bank accounts in Europe have an "IBAN" (International Bank Account Number) and a "BIC" (Bank Identifier Code). You will use these for making payments and receiving money. If you are paying a bill, you will typically find their IBAN on the bill and you can use it to make the payment. You will also provide your IBAN to companies to pay your bills (insurance, gym payments, cell phone, etc). The orderly room and claims section at CFSU(E) will use your IBAN to deposit pay and claims into your bank account.

Pro Tip: You can use <u>WISE app</u> for international money transfers, otherwise you can transfer funds from your Canadian account to your European account via your Latvian bank account.

Religious Services

ENGLISH LANGUAGE SERVICES IN THE AREA

Some churches that actively advertise services in English are:

- St. Saviour's Anglican Church,
- Communitas International Baptist Church of Riga
- St Mary Magdeline Catholic Church

English services may be available in other churches as well.

The Jewish population is very small in Latvia and there are only two Synagogues in all of Latvia. One of which is in Riga's Old Town.

Pets

Dog Parks

In Riga, it is forbidden to take a dog for a walk without a leash in public places, including parks, play and entertainment areas and sports fields.

List of Riga forest-parks where it is allowed to walk a dog off the leash:

- · Bolderāja forest-park;
- · Kleistu forest-park;
- · Imanta forest-park;
- · Anninmuižas forest-park;
- · Mežaparks;
- · Bikernieki forest-park;
- · Šmerla forest-park;
- · Ulbrokas forest-park;
- · Jugla forest-park;
- · Bābelītes forest-park. Lucavsala
- Dog Training Park <u>Lucavsala</u>

Information

See end of document for more information about Pet Care and Hotel Services.

Second Language Training

While in Latvia, dependents will be able to assess three different types of Second Language training.

- Host Language Training The MFS(E) Riga Community Services Manager can help you source in-person Latvian Language Classes available in Riga Spouses can utilize a one-time reimbursement for introductory level host nation language classes. To receive reimbursement, you must notify your local MFS(E) centre before you register and provide proof of attendance for 80% of the classes. Please content with mfse.riga@cfwms.com for more information.
- Rosetta Stone This online training can be accessed by contacting the Employment, Education and Training Coordinator at <a href="mailto:mfssecondlanguage-languag
- <u>Language Research Development Group (LRDG)</u> Second language training for English and French is available for Self-Directed Learning.

OTHER LATVIAN LANUAGE RESOURCES

Here are a couple of basic language guides or self-learning links:

• http://wikitravel.org/en/Latvian_phrasebook • www.loecsen.com/en/learn-latvian (There is an APP as well as the website.)

(Thore is all 7 if I do well do the website.)

https://www.languagehelpers.com/words/latvian/alphabet.html

- http://tilde.lv/ is a better guide and translation tool than Google.
- https://utalk.com/en (There is also an app [free and paid versions] as well as the website.)
- CDs are available to be borrowed via the MFS(E) Riga loan closet at CFSUE Det Riga to learn Russian.

Pro Tip It is useful to have a smartphone with an application like tilde.lv or Google Translate.

for everyday activities, such as purchasing groceries and banking. <u>Tilde.lv</u> is sometimes better than Google Translate for Latvian translation.



Education and Child Care

SCHOOLS

CEM Europe's role is to manage the education-related compensation and benefits programs. CEM manages the payment of school tuition fees. CEM also facilitates access to education allowances such as (but not limited to) tutoring, family reunion travel, special education programs and the post-secondary shelter allowance.

For queries with CEM Europe, for assistance with your allowances and claims, or for an updated List of Compatible Schools for this posting location, please contact the team at P-SFK.76ECEM@forces.gc.ca.

CEM CANADA

CEM's Ottawa team offers guidance counselling services to all CAF families serving outside Canada. CEM's guidance counsellors can provide feedback regarding schooling at post, eLearning courses, high school graduation requirements and special education.

Understanding and applying Children's Education Management policies can be complex. Both CEM's Europe and Ottawa offices may be involved in supporting your children's education journey. To speak about your educational options with a guidance counsellor, please contact the team at CEMGEE@forces.gc.ca.

Please access CEM's website at:

<u>Children's Education Management - Canada.ca</u> Gestion de l'éducation des enfants - Canada.ca

CHILDCARE AND SUMMER CAMPS

Unlike MFRCs and PSP in Canada, MFS(E)/PSP Riga does not provide childcare or Summer Camp Programs. Traditional Before and After school Childcare is not common

- Local childcare is available, but there are no guarantees that staff will speak English or French. An exception to this MAY be International School Preschool Programs. It is worth noting that many Latvians under the age of 35 speak English. For information about how to a find childcare service in Riga see end of document.
- Summer Camp Programs in English are provided by the International School during June and July. These camps are themed and tend to be expensive. Weekly Public Summer Camps tend to run through the summer and are more affordable, but you should expect that most will be provided in either Latvian or Russian. For information about how to a find Summer Camps in Riga see end of document.

Additional Childcare Resources

Did you know that MFS(E) provides funding for short-term emergency or respite childcare? To learn more, visit: https://cfmws.ca/europe/emergency-child-care-services-in-europe



GENERAL

You must be 18+ to drive a private motor vehicle in Latvia. It is essential you sufficiently familiarize yourself with Latvian and EU regulations (including the standard traffic control signs) before you drive. You are subject to Latvian law for traffic violations and in the case of accidents.

Traffic Signs in Latvia Road Signs

Road and Traffic Regulations Traffic Regulations

- Driving in Latvia will take some getting used to, especially with narrow streets and cobbled roads. Latvia has a
 poorer record of driving safety; you must be extra attentive and assertive on the road. Local drivers can be
 aggressive, and many treat the rules of the road as suggestions rather than laws. Road quality varies greatly
 across Riga and Latvia.
- It is NOT allowed to make a right turn on a red traffic light.

Pro Tip – The <u>WAZE</u> app is commonly used when driving in Latvia instead Google Maps. The WAZE app will alert you on the many speed cameras and provides the most update to date traffic information. Note: This information is based upon the information provided by the users of the app.

DRIVER'S LICENCE

If you plan on driving in Latvia, arrive with a Canadian provincial driver's license that will be valid for the longest possible period. For more information, see the DET Riga Welcome Book.

INTERNATIONAL DRIVER'S LICENCE

Latvia DOES NOT require you to have an International Driver's License (IDP) but if you plan to rent a car during your travels throughout Europe some countries require you to have one to rent a car. It is recommended that you obtain an International Driving Permit (IDP) prior to your arrival in Latvia. IDP can be obtained through CAA. Keep in mind they are only good for one year. This can be renewed, see the link for more information <u>CAA</u>

VEHICLE REGISTRATION

Vehicle registration is done by the Road Traffic Safety Directorate (RTSD). csdd@csdd.gov.lv

The vehicle registration fee depends on the vehicle type and includes registration certificate and registration number plates – more specific information can be viewed at RTSD.

Pro Tip This process can go a lot smoother if a fellow Canadian who has been through the process can go with you after your vehicle arrives. If you do go alone look for the service in English button. You should except that your first visit to CSDD to take most of the day. See end of this document for more information.

CAR INSURANCE

There are two types of car insurance:

- OCTA (compulsory third-party motor vehicle insurance), which is obligatory for all vehicles participating in traffic; and
- KASKO, a voluntary land vehicle insurance, which is intended to compensate losses that occur when a vehicle
 has been damaged, stolen or robbed.

IF INVOLVED IN A CAR ACCIDENT

Act according to road traffic safety rules. Check the medical condition of all people involved. If necessary, call medical emergency (112 or 113 – medical specific). Warn others about the accident – turn on emergency lights, put on a safety vest and place an emergency triangle on the road. Contact police and do not change vehicle(s) position(s) due to a car crash without police officer's permission.

PARKING

Parking in the city center can be expensive and difficult to find during busy times but is generally OK. You can install the app called <u>Mobilly</u> or <u>Europark</u> on your phone to pay for street parking with your phone/credit card and get notifications of time left. This free app is convenient and there is no service charge to use it.

Parking disks are cards with a moveable wheel that you can set to indicate what time you parked. They must be put
in view on your dashboard. These are used where you do not need to purchase a ticket for parking so that parking
enforcement knows how long you have been parked.

SPEED CAMERAS

Speed cameras and average-rate speed cameras are common in Latvia, and often are announced by road signs. Photo radar is very common and radar detectors are illegal. More information is available on the website of the State Police: http://www.vp.gov.lv/?id=634&said=634

SAFETY BELTS AND CHILD SEATS

Seat belts must be worn by the driver and all passengers in both the front and back seats. Children under 1.5 meters must be transported in appropriate child seats or on an appropriate support device in the back seat.

MOBILE PHONES

Drivers are not allowed to use mobile phones while driving unless a hands-free system is used.

WINTER TIRES

Winter must be used from December 1st until March 1st on all vehicles. Use of studded tires is prohibited from May 1st to October 1st. As of Oct 2024, All Seasons tires will no longer be considered acceptable for winter driving in Latvia.

ALCOHOL AND DRUGS

- Police are permitted to pull drivers over and test for alcohol and drugs at their discretion.
- Penalties for drinking and driving are severe. The legal blood alcohol limit is 0.02 percent for drivers with less than two years of driving experience and 0.50 percent for others.
- If a police officer suspects you of drinking and driving, they could confiscate your driver's license on the spot.
- Cannabis is illegal for all purposes in Latvia.

BIKING/MOPEDS/MOTORCYCLES

Bicycles

- Biking is an increasingly popular mode of transportation and anyone over the age of 10 needs a bicycle license (see: <u>csnt.csdd.lv</u>).
- When there are no bike lanes it is OK to use pedestrian walkways, if you do not interfere with pedestrians.
- You must ride on the right-hand side of the road.
- Children under 12 must wear a helmet by law.

Mopeds and Electric Scooters

Mopeds and electric scooters are required to be registered with Road Traffic Safety Directorate (RTSD)

Motorcycles

The law requires helmets to be worn while operating motorcycles.

PUBLIC TRANSIT

- Riga's public transportation is very reliable and inexpensive. You can purchase your trolleybus, tram or bus tickets at all Narvesen locations (the most common Latvian corner store) or download the Mobilly app to purchase a ticket via QR code when on the tram, trolley or bus.
- Riga intercity transport: <a href="https://www.rigassatiksme.lv/en/for-riga-guests/public-transport-in-riga-guests/public-tr
- International Coach buses: https://www.virail.com/, https://www.virail.com/, https://www.omio.com/
- Train: https://www.pv.lv/en/ or Mobilly App

TAXIS, CAR SHARE, FOOD DELIVERY SERVICE

- <u>Bolt</u> is commonly used car share service within Latvia and much cheaper than Taxis. Bolt works much the same
 way as Uber
 you can select to pay by cash or card linked to your account on the app. <u>Bolt</u> offers food delivery
- · and scooter rentals.
- · Wolt offers food delivery
- If you prefer a taxi service, it is recommended to use: <u>BalticTaxi</u> (8500 or +371 20008500)
- It is highly recommended not to use REDCAB TAXI SERVICES.

SUBSIDIZED TRAVEL

The Chalet Program offers members of the European fund (EF) accommodation options in various parts of Europe at a subsidy by the European Fund. The Chalet Program also offers Full-Flex vouchers providing EF members the flexibility to choose their holiday destination at a time that is convenient to them. It is open to all European Fund (EF) members and chalets are awarded by draw. For more information please visit:

<u>Chalet Program</u> *Note: You will also receive emails about this program once we have your Family File and you are added to our D-lists.

TRAVEL ADVISORIES

This is a great tool to use when traveling around Europe. For the most updated information please visit: https://travel.gc.ca/travelling/advisories Their Facebook page is also a great way to stay informed while traveling. Also, the Registration of Canadians Abroad is a free service that allows the Government of Canada to notify you in case of an emergency abroad or a personal emergency at home. https://travel.gc.ca/travelling/registration



Postal Services

PERSONAL MAIL

Two options are available to the CAF member and dependents to receive mail in Latvia.

- Mail is delivered directly to your new Latvian home address without any involvement from the DET OR
- The Canadian Forces Post Office will redirect mail free from Canada to your posted location. Shipments or mail should be addressed below and will arrive at Det Riga, and you will need to go pick it up in Det Riga's mailroom.
- If you work out of Adazi, you can pick up your mail there.

Canadian Forces Post Office

Your postal address in Belleville will be:

- Name and Initials
- Unit/Section
- PO Box 5004 Stn Forces
- Belleville, ON K8N 5W6

If you need a physical address, either for banking or for a signature on delivery or for Canadian Amazon deliveries, the address is:

- Name and Initials
- Unit/Section
- CFPO 5004
- 15 Westwin Ave Bldg 348
- CFB Trenton
- Astra, Ontario K0K 3W0

Pro Tip- If you are ordering from Amazon Canada, delivery must be made during regular working hours CFB Trenton to ensure that the Postal Unit is open. * Parcels should not be bigger than a barrack box and cannot weight more than 20kg. If they exceed these limits, the parcels will be refused.

Sending Mail back to Canada

Members can send mail back to Canada through Det Riga's mailroom. The mail is sent to Trenton for free and then the cost from Trenten to your intended location will be taken off the members' pay. For more information contact Det Riga OR.

Morale Mail Services

Family members and friends who live close to a MFRC in Canada can bring mail and parcels to that centre and send it to you in Latvia for free using the Belleville PO. Box address list above.

For the last several years, Canada Post has offered free parcel and letter delivery from any Canada Post location during the holiday session. This service is usually offered between October and January. It is not a guaranteed service and does not cover the cost of parcels sent from Latvia to a Canadian address. Announcement of the service being offered will be emailed to Riga Community Members and is announced on the CFMWS Europe Facebook page.

Latvian Postal Services

<u>Latvijas Pasts</u> is Latvia's Postal Service. While at the post office, there are separate desks for picking up or mailing items. You will need to take a number and wait. You may not be able to process different transactions at the same desk (picking up and mailing a package for example). Have patience and give yourself plenty of time.

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Around the House

INTERNET/TELEVISION/MOBILE PHONE

Mobile Phones, Numbers and things to consider: How to Keep your Canadian Cell Phone Number:

- Bring your cellphone from Canada, as cell phones are expensive in Latvia. (It is recommended to use a VPN while in Europe as well.) However, the cost for internet and phone coverage packages is far more affordable in Latvia than in Canada.
- If you want to keep your Canadian cell phone number and add it to your Latvian phone this is possible via services like <u>Line2</u>, <u>MagicJack</u> or you can get a digital Candian number via an app like <u>Text Me</u>. This will allow friends and family in Canada to call you for free, and you can make free phone calls as well including calling toll-free numbers that normally cannot be accessed in Europe. *You must port your old number when you cancel your plan in Canada.

Mobile Phone Plans in Latvia:

- Monthly plans average 24 Euros per month for unlimited plans. You will need to go into the provider's location and sign a contract. Most Canadians opt for this type of plan.
- Pay- as –you go: SIM cards such as Zelta Zivtina and LMT Karte can be bought at stores such as Narvesen and Rimi.

The three largest mobile phone service providers are

- LMT Used by most Canadians
- Tele2
- Bite

Internet Providers

- LMT Used by most Canadians
- Tet
- Baltcom

Billing and Deposit Caution

Customers of LMT (cell phones) caution that you are required to pay a deposit (generally about €30) to open your account. This amount must be maintained for the length of your contract – however if you are not careful, the company will apply it against your current bill. In fact, every month, your account statement will show them deducting the deposit paid against your amount owing. ALWAYS pay the full amount. Otherwise, you will find that your account is frozen later in the month, once the system identifies that your deposit has been used up.

VPNs

A virtual private network (VPN) is a mechanism for creating a secure connection between a computing device and a computer network, or between two networks (such as your mobile network), using an insecure communication medium such as the public Internet. It is recommended to use <u>NORD VPN</u> or <u>Proton VPN</u> for extra protection while in Europe.

Television

There are three types of TV services in Latvia – digital terrestrial TV, internet TV and satellite TV. Most TV providers offer a service package that includes TV, internet and local phone services. The most common TV service providers are:

- BaltCom
- Viasat

You can also get TV services via LMT and TET (linked above).

Pro Tip: Canadians also use Amazon Firestick, Apple TV, Chromecast, and cinemaHD with NORD VPN to access Canadian shows and channels.

ELECTRICITY

- See Europe guide for further information on dual voltage and electricity in Europe The
- Latvian electric system operates on 230 V.
- Ordinary transformers designated for 110V distribution system can't be used on 230V. Electronic power
- adapters can be used, if the maximum allowed input voltage is at least 230V.

If a device is dual voltage/hertz it only requires a simple plug adapter. If your device is dual voltage/hertz, its power source will be labeled: "110-240V, 50-60Hz".

WATER QUALITY

- CAF Health Services recommends not consuming Riga's municipal water supply because the water is not
 consistently treated with fluoride.
- You can rent a water distributor and get water delivered to your house (ex: Venden, Eden Springs).
- The cost of water is approximately 5 Euros for an 18L bottle (+ consign). Delivery is free of charge and the bill is often paid by bank transfer.
- You are eligible to be reimbursed for the cost of drinking water whether delivery to your home, or purchasing bottles in a store.
- The cost of renting a water cooler is **NOT reimbursable**, but the water is.
- Some homes or apartments may have full system water filtration, allowing for safe drinking of the tap water. Ensure filters are replaced regularly (generally at least 1x month).
- Keep invoices and receipts. More information can be obtained through the Orderly Room or during your welcome brief.

GARBAGE AND RECYCLING

- Garbage and recycling collection are very different than Canada. Some items we recycle at home cannot be recycled here. Make sure to do your research.
- Garbage is collected (unless you are living in an apartment building), but recycling is not (unless your building
 pays extra for this). Recycling areas are easy to find and are labelled with brightly coloured bins. See
 http://www.zalais.lv/en/
- MFS(E) has also created an ECO Guide with a lot of resources. Reach out to us for more info via: MFSE.Riga@cfmws.com



Entertainment & Shopping

Latvia, in general, is a family-focused culture with lots of activities, recreational and park spaces for children. Outdoor recreational activities are a part of life in Riga and widely enjoyed. Forested areas are common, safe, peaceful and open to explore. Festivals are very common and held in Riga and in the smaller towns in the country. There is always something cultural to do. For more info, <u>Latvia Travel</u> or <u>Live</u> Riga

Cinemas

- Forum Cinemas Cinamon Multikino, Kinogalerija, Kino bize.
- Most cinemas have movies in English, but if taking smaller children to an animated feature ensure that it is not dubbed into Latvian or Russian before buying tickets.
- Theater websites often include the movie language beside the movie title.

Hobbies & Clubs

There is an International Women's Club in Riga which hosts coffee mornings, lunches, clubs, and volunteering events for all members. http://www.iwcr.lv/

There is also a large Expat community in Riga that meets regularly and has many members of wide variety of interests. There are a variety of groups to be found on social media. It is somewhat difficult to find an English-speaking piano teacher or ice-skating lessons, but there are lots of activities to choose from that are taught in Latvian or Russian. Some Canadians have found recreational activities for their children with instruction given in English. Check out our Canadians Recommend Booklet for more information.

Performing Arts

- Latvian National Opera and Ballet
- Latvian National Theatre
- Dailes Theatre

Sports & Athletics

While hockey is the most popular sport, ice skating, basketball and soccer are also very popular. Recreational Sports can be expensive, so it is recommended that parents request a trial session (of at least 3-4 practices and/or games) before paying fees. Latvians take sports seriously and are highly competitive and have high expectations when it comes to commitments to attendance to practices and games.

Pro Sports

- <u>Latvian Hockey Higher League (LHH)</u> serves as the top ice hockey league in the country. The <u>Latvian Estonian</u> League is the premier basketball competition in the country.
- Latvian hockey and basketball national teams played usually their home match at Arena Riga. Latvian
- Higher League (Virslīga) is the country's top soccer league

Recreation Centres & Parks

Some popular fitness centers used by CAF members and their families;

- My Fitness (13 locations in Riga)
- GYM! (several locations in Riga)
- <u>Lemon Gym</u> (several locations in Riga)

Almost 50% of Latvia is forested so there is no shortage of parks. Latvia has 41 nature parks and 4 national parks for nature lovers to roam. Many parks also have playgrounds for children.

Dining Out

- Dining out is affordable and there are plenty of high-quality restaurants in a wide variety of styles and ethnicities. Expect to pay much higher prices in and near Old Town than you will in the rest of the city/country. Watch events like Riga Restaurant Week, where special offers make dining out even more attractive, www.liveriga.com/en/
- Service is generally good for Europe, but don't expect the very attentive standard of North America. If you're planning on splitting the bill, be sure to ask in advance of ordering. Bill splitting is not a common practice, and they prefer not to, in fact, in some establishments, it is not allowed.

Tipping

Tipping for services is not expected although it is appreciated. If you do decide to tip, cash is best as sometimes the terminal does not allow you to add a tip.

Shopping

TIPS

Local Store Hours/Sunday/Holiday Shopping

Stores rarely close and many are even open on Christmas or New Year's Day; however, if it is a small shop sometimes the store will close during the staff's break and a notice will be posted on the door. Banks are closed on Sundays and holidays. It is worthwhile asking for a membership card to various stores as they offer discounts and can make shopping easier.

Public Washrooms

Washrooms in Latvia are referred to as water closets and are commonly marked with a "WC" sign. Many public washrooms are not free to use and can cost up to €1.

Shopping Bags and Carts

Latvia has no regulations or laws against plastic bags. Both plastic, paper bags and reusable are available at grocery stores for a fee. To use a shopping cart, insert a euro or 50 cent coin,

Groceries

Canadians report generally very good grocery shopping in Riga with a modest selection of lactose and gluten-free products.

- A very popular and economical place to purchase groceries is the Riga Central Market. Rimi and
- Maxima are the most popular grocery stores.
- <u>Stockmann</u> and <u>Sky and More</u> are more expensive, but you will find many imported and specialty products or produce here.
- Orange and Promo are grocery stores that require memberships but are good for large families.
- Food quality and diversity at the grocery stores are variable. It is usually good, but it might be difficult to get specific North American items or quality imported fruits like avocados.
- For grocery items that you cannot find in Latvia, you can shop online at <u>amazon.ca</u> and have it shipped to you via the Belleville address.
- All fresh produce as well as milk and meat products in Latvia will spoil faster as pesticide and chemical preservatives are not widely used. Plan to visit the grocery store, market, or specialty shops 2-3 times a week.

Pro Tip- Produce and loose items need to be weighed on a scale before taking them to the cash.

GENERAL SHOPPING

- An IKEA opened in autumn 2018.
- <u>Depo</u> and K-Senukai are two large home improvement stores similar to Home Depot.
- <u>Drogas</u> is similar to a Shoppers Drug Mart as it carries beauty supplies, cleaning supplies and similar items but it is not a drug store and carries no medications.
- For prescriptions or over-the-counter medication, you must go to a pharmacy such as <u>Benu aptieka</u>, <u>Meness aptieka</u> or <u>Saules aptieka</u>
- There are many shopping centers in Riga with a wide variety of stores. Click the link for a full list of malls and their locations. Shopping Centers in Riga
- Families often purchase children's clothes online due to the limited selection of sizes and brands. Children's clothes in Riga are expensive and often of poor quality.

Useful Resouces

- CFMWS Europe https://cfmws.ca/europe
- Employment Opportunities while OUTCAN https://cfmws.ca/europe/civilian-employment-in-europe
- CFMWS Employment https://cfmws.ca/about-us/cfmws-careers
- Family Information Line (FIL) FIL-LIF@cfmws.com
- MFS(E) Facebook Page https://www.facebook.com/MFSEurope/
- MFS(E) Social Workers <u>mfssocialwork@cfmws.com</u>
- MFS(E) Riga mfse.riga@cfmws.com
- 122 Latvia App https://eng.lsm.lv/article/society/society/12.02.2024-112-latvia-app-launched-to-easily-reach-emergency-services.a542611/
- Recycling https://www.ecobaltiavide.lv/en/?

How to Access the Latvian National Education Information System Childcare Portal

In Home Care

Visit the Latvian National Education Information System Portal - https://www.viis.gov.lv

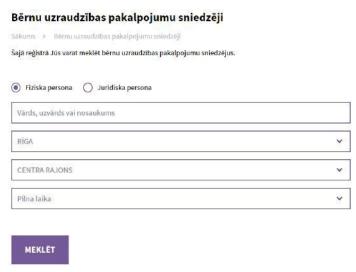
Step 1

Click on "REGISTRI" – In the drop-down box click "Bērnu uzraudzības pakalpojumu sniedzēji" (Child monitoring service providers)

Step 2

If you are looking for an individual ("Fiziska persona" bubble) to come into your home, complete the drop-down menus as per the screen capture below.

- First box leave at default text
- Second box select "Riga"
- Third Box select "Centre Rajons" (as this where most families live)
- Fourth box Select "Pilna laika" (Full-time), as the other choice is "Islaicigs" (Timely or Part time)



Step 3

Click the "**MEKLET**" button. This will bring you to a list of individuals that are part of the Latvian government registry that provide childcare.

Step 4

Click on the person's name and it will bring up the person's information and contact info.

Note: MFS(E) has not vetted any person, Childcare Centre, or company on this list. It is up to the family to inquire about each individual or Centre's qualifications, language of service, etc.

Childcare Centres

Visit the Latvian National Education Information System Portal - https://www.viis.gov.lv

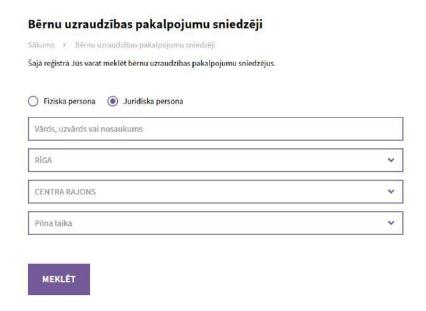
Step 1

Click on "REGISTRI" – In the drop-down box click "Bērnu uzraudzības pakalpojumu sniedzēji" (Child monitoring service providers)

Step 2

If you are looking for a childcare centre ("Juridiska persona" bubble), complete the drop-down menus as per the screen capture below.

- First box leave at default text
- Second box select "Riga"
- Third Box select "Centre Rajons" (as this where most families live)
- Fourth box Select "Pilna laika" (Full-time), as the other choice is "Islaicigs" (Timely or Part time)
- "Islaicigs" list Make sure that your choice is not a service that is offered in a mall that is meant as child minding while parents shop



Step 3

Click the "**MEKLET**" button. This will bring you to a list of Childcare Centres that are part of the Latvian government registry that provide childcare.

Step 4

Click on the Centre's name and it will bring up their information and contact info.

Note: MFS(E) has not vetted any person, Childcare Centre, or company on this list. It is up to the family to inquire about each individual or Centre's qualifications, language of service, etc.

Searching for Nannies / Babysitters in Latvia

The child supervision service can be provided by a babysitter who is registered in the register of child supervision service providers as a service provider in accordance with the procedures specified in the Cabinet of Ministers' Regulations No. 404 of 16 July 2013 - Requirements for Providers of Child Supervision Services and Procedures for Registration of Providers of Child Supervision Services.

<u>E-aukle.lv - nanny database - nanny for your baby!</u> is a unique portal that allows you to find Nannies/babysitters quickly and easily. It was created in a way that families would be able to obtain as much information as possible about nannies and nannies about families. **Specifics such as babysitter's surname, reviews and contacts are visible to registered users only**. Below you will find screenshots of the home page and search box with translation for your convenience.

Home page

Aukles Nannies Gimenes Register Piestégties Log-in

Auklīšu datu bāze

Apskati auklīšu un ģimeņu ankstas vai urf sveido savu.

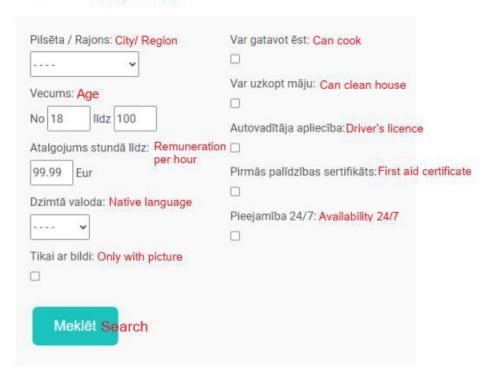
Meklēt Aukli



Search Box



Aukles Babysitters



Few Things to Note:

- The child supervision service can be provided by a babysitter, Nanny, Childcare Centre that has
 registered in the register of child supervision service providers as a service provider in
 accordance with the procedures specified in the Cabinet of Ministers Regulations No. 404 of
 16 July 2013. See this link to understand what the Government of Latvia requires:
 Requirements for Providers of Child Supervision Services and Procedures for Registration of
 Providers of Child Supervision Services
- It can be difficult to find care for children under the age of 18 months. Most children begin Day Care (AKA SCHOOL) at age 2.
- In Latvia, some childcare centres only care for children up to the age of 8. It will be important to make sure when contacting the centres that you indicate your child's age.
- You can expect that childcare centres will operate in either Latvian or Russian, therefore it will be important to ask if they have staff that speak English (most of the younger population have English language skills)
- Most Centre's websites are in Latvian and Google Translate will be your friend. Translations work best used on your laptop and select the translate page or when you use the camera in the Google Translate app and take a photo.

Childcare Centres - Riga - Ages 2 to 6

MFS(E) has not vetted any person, camp, or company on this list. It is up to the family to inquire about the qualifications of each individual service provider or camp's qualifications, language of service, etc.

Notes: Unless otherwise indicated, the yearly price is for 10 months.

All t	the information is changing ev	very year and depend	s on the school. See their website for update data.				
Daycare	Address	Phone Number	Website	Tuitions	After	Food/ meals	Notes
Centre	Address	Filolie Nullibei	Website	(more details on website, second link)	school	svc	Notes
École Française Jules Verne	Patversmes iela 30 k3, Riga, LV-1005	371 29 141 791	ecolejulesverne.lv Tuition fees - École Française Jules Verne	Fixed fees: 1465€ once for the year Tuition: 830€ per month (school months) Summer break: 200€ per week	Until 18:30	Mandatory by school catering at extra cost	2 weeks off every 6 weeks covered by daycare or you; 3 weeks of summer camp (weeks changing every year)
International School of Riga	Kalnciema iela 118, Riga, LV-1046	371 67 624 622	isriga.lv Tuition & Fees Admissions International School of Riga	*23-24 rates* Fixed fees: •One time membership fee for new students 1600€ •Yearly Capital fee (first year) 2000€ Pre-school: •Tuition 9 300€ Kindergarten: •Tuition 11 000€	Yes	Not mandatory	3 weeks of summer camp (weeks changing every year); Preschool: 2-3 years old Kindergarten: 4 years old
International School of Latvia	Meistaru iela 2, Piņķi, Babītes pag., Mārupes novads, LV-2107	371 67 755 146	isl.edu.lv https://isl.edu.lv/admissions/financial- information/	Pre-K (2-4) first year: •9325€ Kindergarten first year: •18 150€	Not mentioned	Not mandatory	3 weeks of summer camp (weeks changing every year)
King's College	Turaidas iela 1, Pinki, Babites novads, LV- 2107	371 25 759 043	latvia@kingscollegeschools.org https://www.latvia.kingscollegeschools.org/information-fees	*23-24 rates* Fixed fees: 1758€ Deposit 1000€ Pre-Nursery and nursery (2-4): •Tuition in 3 payments of 4552€, 3414€, 3414€ Reception (4-5): •Tuition in 3 payments of 5978€, 4483€	Yes	Not mandatory	Not mentioned
St- Exupery	Jaunā iela 8, Piņķi, Babītes pagasts, Mārupes nov. LV-2107	371 26 622 777	exupery.lv Admission Exupery.lv	Fixed fees: •One time membership fee for new students 1500€ •Enrolment fee once a year 1500€ Nursery (<1), 1 child, 1st year: •Tuition 11 900€ in 1 to 4 payments (monthly with extra fee) K 1-2, 1 child, 1st year: •Tuition 12 800€ in 1 to 4 payments (monthly with extra fee) K 3, 1 child, 1st year: •Tuition 15 500€ in 1 to 4 payments (monthly with extra fee)	Yes	Mandatory by school catering at extra cost	Preschool (nursery, K1, K2, K3) from 18 months - 6 years old; 3 blocks of 2 weeks in July of summer camp (weeks changing every year)
Montessori	Mastu iela 1, Riga, LV- 1045	371 26 398 797	imsol.edu.lv Tuition 2024-25 – International Montessori School of Latvia	Fixed fees: one time Capital fee for new students 300€ Tuition: 9 000€ or 750€ per month year-round (12 months)	Until 17:00	Not mandatory	Year-round program

Summer Camp Programs 2024

The following is a list of Summer Camp Programs available in Riga. This list includes both day camps and overnight camps. Services may be provided in English, while others operate solely in Latvian. It is important to note that in some schools, the first day occurs around mid-August. When using some of the camps websites google translate will be a good tool to have on hand.

MFS(E) has not vetted any person, camp, or company on this list. It is up to the family to inquire about the qualifications of each individual service provider or camp's qualifications, language of service, etc.

Day Camps Provided by International Schools

International School of Riga (ISR)

Website: https://isriga.lv/wp-content/uploads/2024/02/ISR-Summer-Camp-2024.pdf

Contact Person: Madara Pole, Head of Admissions

Phone: +371 2511 9337

Email address: admissions@isriga.lv summercamp@isriga.lv

Ages Accepted: 4-12

Language: English

Programs: Day Camp

Location: Kalnciema iela 118

Operating Hours: Mon.-Fri. 8:30 AM-6:30 PM

Operating Months: June 25-July 12

Weekly Cost: Current ISR students: 450€, Non-ISR student 500€

Kings College

Contact Person: <u>marija.stefanovica@kings.education</u>

Phone: + 37125759043

Email: https://www.latvia.kingscollegeschools.org/summer-camps

Ages Accepted: 5-10

Language: English

Programs: Day Camp

Location: Turaidas iela 1, Pinki, Babites novads

Operating Hours: Mon.-Fri. 8:30 AM-4:30 PM

Operating Months: July 1 to July 19

Weekly Cost: 600€

International School of Latvia (ISL)

Website: https://isl.edu.lv/learning/summer-school-adventure/

Contact Person: Frontdesk@isl.edu.lv

Phone: +371 67755146

Email address: communications@isl.edu.lv

Ages Accepted: 3-12

Language: English

Programs: Day Camp

Location: Meistary iela 2 Pinki

Operating Hours: Mon.-Fri. 8:30 AM-6:30 PM

Operating Months: June 25-July 12

Weekly Cost: Current ISL students: 350€ - 600€, Non-ISL student 550€ to 700€

École Française Jules Verne De Riga

Website: Camp Sign up Information

Phone: +371 27850334

Email address: garderie@ecolejulesverne.lv

Ages Accepted: 4-12

Languages: French, English, Latvian

Programs: Day Camp

Location: Patversmes iela 20, Riga

Operating Hours: Mon.-Fri. 8:30 AM-6:30 PM

Operating Month(s): July 1-5, July 8-12

Weekly Cost: 250 € for 1 week / 450 € for 2 weeks

Mix of Day and Overnight Camps

Aktivist Summer Camps

Website: https://incamp.me/camps/latvia/

Several Summer Camps options are listed on this website.

Language of service is most likely Latvian.

Exupery Summer Camp

Website: https://exupery.lv/summer-camp

Phone: +371 20232121

Ages Accepted: 4-17

Language: English

Programs: Day Camp, Overnight and weekend extensions available as well

Location: Jauna Iela 8, Pinki, Babites, Riga

Operating Hours: Email directly for more information

Operating Months: July and August

Weekly Cost: Day Camps 1600€ for 10 days, Over night 2450€ for 12days & 11 nights

Roditeljam

Website https://roditeljam.lv/en/

Contact Person:

Phone: +371 20 460 606

Email address: roditeljam.lv@gmail.com

Ages Accepted: 6-14 years old

Language(s) of Instruction: English/Latvian

Programs: Day Camp

Location: Viestura iela 6 K-1, Jurmala

Operating Hours: Email directly for more information

Operating Months: July -Aug

Weekly Cost Email directly for more information

Smart Wave

Website: campstogo.com/smart-wave Email address: Go directly to wesite

Ages Accepted: 9-16

Language(s) of Instruction: English /Russian

Programs: Day Camp Location: Jurmala

Operating Hours: Email directly for more information

Operating Months: July & Aug

Weekly Cost Email directly for more information

My Gym Latvia

Website https://www.mygym.com/latvia/

Contact Person:

Phone: + 371 29 428 555 Email address: see website Ages Accepted: 6-14 year olds

Language(s) of Instruction: Latvian/English

Programs: Day Camp

Location: Dzelzavas 78, LV-1082, Riga

Operating Hours: Contact Company Directly Operating Months: Contact Company Directly

Weekly Cost Contact Company Directly

Ozo Golf Club

Website bernuklubs@ozogolf.lv

Contact Person:

Phone: +37120295851

Email address: bernuklubs@ozogolf.lv

Ages Accepted: See Website Language(s) of Instruction: English

Programs: Day Camp

Location: Mīlgrāvja iela 16, Ziemeļu rajons, Rīga, LV-1034, Latvia

Operating Hours: Email directly for more information Operating Months: Email directly for more information **Weekly Cost** Email directly for more information

Camps sourced from the National Centre for Education of the Republic of Latvia

This is the <u>website</u> to find numerous camps in Riga. Camps on this list mean that the organizers of the camps have fulfilled all the requirements stipulated by the law, for example, received opinions from the State Fire and Rescue Service, the Health Inspector, and the municipality.

The website (https://nometnes.gov.lv/camps/mapbig is in Latvian - use your desktop to translate to English.

Some camps run more than once in the summer (this information has not been included on this list). Use the below website link to search for other weeks that may be available.

On the webpage you will see the statuses of the camps:

- In grey uncoordinated camps have not coordinated their activities.
- In yellow partially coordinated camps not bad; it means that the process on the part of the camp organizers has started they have submitted required paperwork.
- In green coordinated camps this means that the camp is already safe, approvals have been received and this camp is good to go.

The list below shows you a snapshot of the translated information.

ArterA Kids Studio- For children 3-12 years

Staff is Trilingual speaking - Latvian, Russian and English

Phone:

Registration: Registration

Ages Accepted: 6 to 12 years

Languages: Latvian, Russian English

Programs: Day camps

Location: Riga, Ūnijas street 53

Operating Hours: Monday to Friday 8:30 to 7pm

Operating: June & July

Weekly Cost: 200€ per week, 360€ for 2 weeks

Cooking Camp

June 3^{rd to} 7th

June 10th to 14th

At this camp children will get to know the author of the book "Tasty fairytales of Riga" – every day they will read one fairytale, visit some sights of Riga related to the fairytale and make Latvian national sweets.

Language & Sports

June 17th to June 17th

June 25 to June 28th

Get to know different sport games, and to practice Latvian and English languages.

Little Ladies and Lords

July 8th to 12th

July 15th to 19th

Every day is dedicated to some good manners. Children will get to know how to use fork and knife and behave in a restaurant, They will take part in a master class of high cuisine. They will have a master class of a model walk and posing etc.

ENGLISH KID – English language camp for 4–6-year-old children

Website: ENGLISH KID – English language camp for 4–6-year-old children

Phone: +371 80007272

Email address: nometnes@skrivanek.lv

Ages Accepted: 4-6

Languages: Latvian, English

Programs: Day camps

Location: Lāčplēša street 87C, Riga, LV 10

Operating Hours: Email directly for more information

Operating: July & August

Weekly Cost: 160€

BACK

activities for themselves

ENGLISH KID - English language camp for children aged 4-6 years

We invite you to join us to make the great adventure of summer together an unforgettable and eventful time, where laughter, joy and song are intertwined with various interesting creative

The camp is designed for children to explore themselves and their immediate surroundings on the move, using the opportunity to see, hear, ask and answer, analyze and collaborate on various

Basic camp data Camp Manager Camp reconciliations First Name Last Name Health Inspectorate, Health Inspectorate Camp type Klijanu street 7, Riga, LV-1012, 67081600 vi@vi.gov.lv Camp begins 2024-07-22 Certificate No. 116-01547 2024-07-26 Email nometnes@skrivanek.lv VUGD, Riga Region Administration Camp ends Jaunpils street 13, Riga, 67209650 rrp@vuqd.gov.lv 80007272 Accommodation of participants camp indoors Municipalities, Riga City Municipality Camp organizer Ratslaukums 1, Riga, LV - 1539, 67026101 riga@riga.lv Recruitment of participants closed camp Age of participants (from - to) 4 years - 6 years PVD, Riga City Administration Skrivanek Baltic, Ltd. Lubānas street 49, Riga, LV - 1073, 67039702; 67039700 riga@pv Maximum number of participants Registration number / personal identity 40003626172 Agreement with a medical treatment institution Medical staff Children with special needs Lacplesa street 87C, Riga, LV 1011 Legal address Comments for children with special needs Lacplesa street 87C, Riga, LV 1011 County/City Riga Lacplesa street 87C, Riga, LV 1011 Location Phone 80007272 Camp cost per participant Number of vacant seats 10 Camp description It has been scientifically proven that pre-school children are able to learn a new language naturally and with amazing ease. We offer children to enjoy unprecedented adventures and get acquainted with new, attractive and knowledgeable friends, learning English together at a day camp.

7

ENGLISH CHALLENGE – English Language Camp

Website: ENGLISH CHALLENGE - English Language Camp

Phone: +371 80007272

Email address: nometnes@skrivanek.lv

Ages Accepted: 10-12

Languages: Latvian, English

Programs: Daycamp

Location: Lāčplēša street 87C, Riga, LV 1011

Operating Hours: Email directly for more

information Operating Months: July & August

Weekly Cost 160€

BACK

ENGLISH CHALLENGE - English language camp

Basic camp data

Camp type training/educational camp
Camp begins 2024-07-08
Camp ends 2024-07-12
Working hours day camp

Accommodation of participants camp indoors
Recruitment of participants closed camp

Age of participants (from - to) 4th grade/10 years - 6th grade/12 years

Maximum number of participants 10

Medical staff Agreement with a medical treatment institution

Children with special needs

Comments for children with special needs

County/City R

Location Lacplesa street 87C, Riga, LV 1011

Camp cost per participant 160.00
Number of vacant seats 10

Camp Manager

First Name Last Name Abramova Agnese
Certificate No. 116-01547

Email nometnes@skrivanek.lv

Phone 80007272

Camp organizer

Name Skrivanek Baltic, Ltd.

Registration number / personal identity 40003626172

number

Legal address Lacplesa street 87C, Riga, LV 1011
Address Lacplesa street 87C, Riga, LV 1011

Email

Phone 80007272

Camp description

During the summer holidays, we invite students to attend an English day camp so as not to forget the knowledge gained at school. It's a great way to spend time refreshing your English language skills and developing your skills in interactive games, presentations, role-playing games, productions, competitions and many other activities in a relaxed and relaxed atmosphere.

The camp's English teachers will make sure that students enjoy the summer holidays and at the same time improve their knowledge. The camp will benefit those parents who want their offspring to engage in entertaining educational activities in the summer and spend the night at home.

Discover Riga – active recreation day camp in Riga

Website: Discover Riga – active recreation day camp in Riga

Phone: +371 80007272

Email address: nometnes@skrivanek.lv

Ages Accepted: 7-9

Languages: Latvian, English

Programs: Day Camp

Location: Lāčplēša street 87C, Riga, LV 1011

Operating Hours: Email directly for more information

Operating Months: July & August

Weekly Cost 290.00€

Discover Riga - active recreation day camp in Riga < BACK Basic camp data Camp Manager First Name Last Name Camp type training/educational camp Abramova Agnese 2024-07-22 Certificate No. 116-01547 Camp begins 2024-07-26 Email nometnes@skrivanek.lv Camp ends 80007272 Phone Working hours day camp Accommodation of participants camp indoors and outdoors Camp organizer Recruitment of participants closed camp Age of participants (from - to) 1st class/7 years - 3rd grade/9 years Skrivanek Baltic, Ltd. Maximum number of participants Registration number / personal identity 40003626172 Medical staff Agreement with a medical treatment institution Children with special needs Legal address Lacplesa street 87C, Riga, LV 1011 Comments for children with special needs Address Lacplesa street 87C, Riga, LV 1011 County/City Riga Email Lacplesa street 87C, Riga, LV 1011 80007272 Phone Camp cost per participant 290.00 Number of vacant seats Camp description We offer students to enjoy exciting adventures by participating in active recreation day camps. This is a great opportunity to take a break from school, while testing the accumulated knowledge of English in an interactive and engaging way. In the camp, classes are planned in such a way that students explore themselves and their immediate surroundings on the move, using the opportunity to see, hear, ask and answer, evaluate and collaborate in outdoor activities, creative workshops and interactive English classes. The active recreation camp together with the friendly teachers of the Skrivanek Baltic language school will allow you to spend your free time in an exciting and useful way. The camp is a benefit not only for the student, but also for parents who want to engage their offspring in entertaining educational activities during the summer holidays. The duration of the active rest day camp - five days. Planned activities at the day camp: · various creative workshops; · creative play and playing board games; preparation of presentations: visit to the cinema; A mishibito muse binds and land Market Mar

Painting Camp

Website: Painting Camp

Phone: +371 80007272

Email address: nometnes@skrivanek.lv

Ages Accepted: 7-9

Language: Latvian

Programs: Day Camp

Location: Lāčplēša street 87C, Riga, LV 1011

Operating Hours: Email directly for more information

Operating Months: July & August

Weekly Cost:160€

BACK

Painting camp

Basic camp data

Camp type training/educational camp 2024-07-15 Camp begins Camp ends 2024-07-19 Working hours day camp

Accommodation of participants camp indoors Recruitment of participants closed camp

Age of participants (from - to) 1st class/7 years - 3rd grade/9 years 10

Maximum number of participants

Medical staff Agreement with a medical treatment institution Children with special needs

Lacplesa street 87C, Riga, LV 1011

Comments for children with special needs

County/City Riga

Camp cost per participant 160.00 Number of vacant seats 10

Camp Manager

First Name Last Name Abramova Agnese Certificate No. 116-01547

Email nometnes@skrivanek.lv

Phone 80007272

Camp organizer

Skrivanek Baltic, Ltd. Registration number / personal identity 40003626172

number

Legal address Lacplesa street 87C, Riga, LV 1011 Lacplesa street 87C, Riga, LV 1011 Address

Email

80007272 Phone

Camp description

Location

Just as the art of expressing oneself, speaking correctly, knowing languages, creative expressions develop the world of children and the ability to communicate with the environment. If you have noticed that your offspring is perfectly good at drawing and painting, then we will be waiting for you at painting summer camps.

These camps will be designed for children and adolescents of all ages with or without prior knowledge. During the classes, we will get acquainted with the world of colors, various painting techniques - watercolor, pastel, oil painting.

Our tutors will share their knowledge, introduce the masters of painting the world.

Classes will be held in a free and relaxed atmosphere, acting both individually and in groups. During the classes, the painted works will be evaluated, the tutors will give advice and motivate your offspring to develop their talents.

Well, what, young artist, see you in the summer?

MANA VASARA – active recreation and Latvian language camp

Website: MANA VASARA – active recreation and Latvian language camp

Phone: +371 80007272

Email address: nometnes@skrivanek.lv

Ages Accepted: 7-9

Language(s): Latvian, English? - Email directly for more information

Programs: Day camp

Location: Lāčplēša street 87C, Riga, LV 1011

Operating Hours: Email directly for more information

Operating Month: July 15-19

Weekly Cost 290.00€

BACK

MY SUMMER - active recreation and Latvian language camp

Basic camp data		Camp Manager		
Camp type	training/educational camp	First Name Last Name	Abramova Agnese	
Camp begins	2024-07-15	Certificate No.	116-01547	
Camp ends	2024-07-19	Email	nometnes@skrivanek.lv	
Working hours	day camp	Phone	80007272	
Accommodation of participants	camp indoors			
Recruitment of participants closed camp		Camp organizer		
Age of participants (from - to) 1st grade/7 years - 3rd grade/9 years		Name	Skrivanek Baltic, Ltd. 40003626172	
Maximum number of participants	um number of participants 10			
Medical staff Agreement with a medical treatment institution Children with special needs		Registration number / personal identity number		
		Legal address	Lacplesa street 87C, Riga, LV 1011	
Comments for children with special needs		Address	Lacplesa street 87C, Riga, LV 1011	
County/City	Riga	Email	Laspissa strott of o, ruga, Et 1011	
Location Lacplesa street 87C, Riga, LV 1011 Camp cost per participant 290.00		Phone	80007272	
Number of vacant seats	10			

Camp description

We invite students to learn and improve their knowledge of Latvian by attending an exciting day camp!

In the camp, classes are planned in such a way that students explore themselves and their immediate surroundings on the move, using the opportunity to see, hear, ask and answer, evaluate and cooperate in outdoor activities, creative workshops and interactive Latvian language classes.

It is intended for schoolchildren who do not speak Latvian in their family, as well as for those children who are studying basic education abroad.

Planned activities at the day camp:

- various creative workshops
- creative play and playing board games;
- preparation of presentations;
- visit to the cinema
- · visits to museums;
- · interactive Latvian language classes.

Experience technology with Roblox and Minecraft

Website: Experience technology with Roblox and Minecraft

Phone: +371 29246114

Email address: info@inovacijuskola.lv

Ages Accepted: 6-13

Language: Latvian

Programs: Day Camp

Location: 15 Nīcgales Street, Vidzeme suburb, Riga, LV-1035

Operating Hours: Email directly for more information

Operating Month: July

Weekly Cost: Email directly for more information

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"Experiencing technology with Roblox and Minecraft"

Basic camp data		Camp Manager		
Camp type	training/educational camp	First Name Last Name	LAZAREVA ANNA MARIA	
Camp begins	2024-07-08	Certificate No.	116-01330	
Camp ends	2024-07-12	Email	info@inovacijuskola.lv	
Working hours	day camp	Phone	29246114	
Accommodation of participants	camp indoors and outdoors			
Recruitment of participants	open camp	Camp organizer		
Age of participants (from - to)	6 - 13	N	011 1-1	
Maximum number of participants	40	Name	SIA International School of Innovations	
Medical staff	Contract with a medical person	Registration number / personal identity number	40203116990	
Children with special needs	Yes	Legal address	Augsiela 1, Riga LV-1009, Latvia	
Comments for children with special needs		Address	Augsiela 1, Riga LV-1009, Latvia	
County/City	Riga	Email		
Location	Nicgales street 15, Vidzeme suburb, Riga, LV- 1035	Phone	28779480	
Camp cost per participant				
Number of vacant seats	20			

Camp description

Which child is not interested in computer games? Let's be honest – there are very few of them! Where computer games are, there's also fun and challenges, but... There is also anxiety about the safety of the child, concerns about the long time spent in front of the screens.

This will be an exciting camp for little computer game lovers, during which you will get to know computer games from a different point of view! Children's favorite computer games ROBLOX and MINECRAFT will experience a new version – they can be experienced outside the computer screens! Participants themselves will have to be ready to get into the roles of computer game characters! We will develop the ability to work in a team, work creative and logical thinking in interesting both interactive and real-world classes.

Other technological activities such as LEGO robotics and programming will not be missed. Various experiments and workshops in which we will build amazing things from simple household items! Let's educate ourselves on such topical topics of our time, such as cybersecurity and mobbing on the Internet.

In our free time, we will enjoy ice cream and being with other enthusiastic and active participants, forming new friendships!

Creative camp for children of the movement field in Teika

Website: Creative camp for children of the movement field in Teika

Phone: +371 29454455

Email address: andris@kustibulauks.lv

Ages Accepted: 7-12

Language: Latvian

Programs: Day Camp

Location: Burtnieku street 34, Riga, LV-1084

Operating Hours: Email directly for more information

Operating Month: August

Weekly Cost 200€

BACK

Movement field Creative camp for children in Teika

Basic camp data

Camp type creative classes camp First Name Last Name 2024-08-05 Certificate No. Camp begins Camp ends 2024-08-16 Email Working hours day camp Phone Accommodation of participants camp indoors

Recruitment of participants open camp 7 - 12 Age of participants (from - to)

30 Medical staff Agreement with a medical treatment institution

Children with special needs

County/City

Location Burtnieku street 34, Riga, LV-1084

Camp cost per participant One week 200 Eur (5 working days, including

Number of vacant seats 30

Camp Manager

RUDE ANDRIS SP-00035

andris@kustibulauks.lv

29454455

Camp organizer

Field of movement Name Registration number / personal identity 40008167191

number

Legal address Lielvardes street 34 - 1, Riga, LV-1006 Lielvardes street 34 - 4, Riga, LV-1006 Address

Phone 29454455

Camp description

Maximum number of participants

Comments for children with special needs

The camp is intended for children's useful and joyful leisure time. Participants are offered a multifaceted program with an orientation of exploration, creation, entertainment and active recreation. Including painting workshop, creative classes - painting, creation, creation, music workshop, etc. Sports activities outdoors, active leisure activities - board games, etc. Registration for the camp and more info: https://http://www.kustibulauks.lv/lv/citi-pakalpojumi/3

Sports camp for children in Teika

Website: Sports camp for children in Teika

Phone: +371 29454455

Email address: andris@kustibulauks.lv

Ages Accepted: 7-12

Language: Latvian

Programs: Day Camp

Location: Burtnieku street 34, Riga, LV-1084

Operating Hours: Email directly for more information

Operating Month: August

Weekly Cost 180€

BACK

Movement field Sports camp for children in Teika

Basic camp data

Camp type sports camp 2024-08-05 Camp begins 2024-08-16 Camp ends Working hours day camp camp indoors Accommodation of participants Recruitment of participants open camp 7 - 12 Age of participants (from - to) Maximum number of participants

Medical staff

Agreement with a medical treatment institution

Children with special needs

Comments for children with special needs

County/City

Burtnieku street 34, Riga, LV-1084

One week 180 Eur (5 working days, including

Number of vacant seats 45

Camp Manager

First Name Last Name RUDE ANDRIS Certificate No. SP-00035

Email andris@kustibulauks.lv

Phone 29454455

Camp organizer

Field of movement Name 40008167191 Registration number / personal identity

number

Legal address Lielvardes street 34 - 1, Riga, LV-1006 Lielvardes street 34 - 4, Riga, LV-1006 Address

Email

Phone 29454455

Camp description

Camp cost per participant

The camp is intended for children's healthy, useful and joyful leisure time. Content - comprehensive indoor and outdoor sports activities, including general physical fitness exercises, competitions by stations, agility and fun relays, photo orientation, mini-tournaments of various sports games, etc. Hike to the forest with elements of tourism and orienteering forest crosscountry, active leisure time - table tennis, novus, etc. Registration for the camp and more info: https://http://www.kustibulauks.lv/lv/citi-pakalpojumi/2

BACK2SCHOOL - English language day camp ages 7-9

Website: BACK2SCHOOL – English language day camp 7-9

Phone: +371 80007272

Email address: nometnes@skrivanek.lv

Ages Accepted: 7-9

Languages: English, Latvian

Programs: Day camp

Location: Lāčplēša street 87C, Riga, LV 1011

Operating Hours: Email directly for more information

Operating Month: August

Weekly Cost 160€

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BACK2SCHOOL - English Day Camp

Basic camp data

Camp type training/educational camp
Camp begins 2024-08-26
Camp ends 2024-08-30

Working hours day camp

Accommodation of participants camp indoors

Recruitment of participants closed camp

Age of participants (from - to) 1st grade/7 years - 3rd grade/9 years

Maximum number of participants 10

Medical staff Agreement with a medical treatment institution

Children with special needs

Comments for children with special needs

County/City Riga

Location Lacplesa street 87C, Riga, LV 1011

Camp cost per participant 160.00

Number of vacant seats 10

Camp Manager

First Name Last Name Abramova Agnese
Certificate No. 116-01547

Email nometnes@skrivanek.lv

Phone 80007272

Camp organizer

Name Skrivanek Baltic, Ltd.
Registration number / personal identity 40003626172

number

Legal address Lacplesa street 87C, Riga, LV 1011
Address Lacplesa street 87C, Riga, LV 1011

Email

Phone 80007272

Camp description

At the end of the summer, we invite students to get into the school atmosphere in time and refresh their English language skills acquired during the previous school year by attending a day campl

This is a great way to devote time to restoring your English language skills and developing your skills in a free and relaxed atmosphere.

In addition, it is a great opportunity to brighten up the impressions of the summer holidays, make new friends and prepare for English lessons at school.

BACK2SCHOOL - English language day camp ages 10-12

Website: BACK2SCHOOL – English language day camp ages 10-12

Phone: +371 80007272

Email address: nometnes@skrivanek.lv

Ages Accepted: 10-12

Languages: English, Latvian

Programs: Day camp

Location: Lāčplēša street 87C, Riga, LV 1011

Operating Hours: Email directly for more information

Operating Month: August

Weekly Cost 160€

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BACK2SCHOOL - English Day Camp

2024-08-30

Basic	camp	data

Camp ends

Camp type training/educational camp
Camp begins 2024-08-26

Working hours day camp

Accommodation of participants camp indoors
Recruitment of participants closed camp

Age of participants (from - to) 4th grade/10 years - 6th grade/12 years

Maximum number of participants 10

Medical staff Agreement with a medical treatment institution

Children with special needs

Comments for children with special needs

County/City Riga

Location Lacplesa street 87C, Riga, LV 1011

Camp cost per participant 160.00
Number of vacant seats 10

Camp Manager

First Name Last Name Abramova Agnese
Certificate No. 116-01547

Email nometnes@skrivanek.lv

Phone 80007272

Camp organizer

Name Skrivanek Baltic, Ltd
Registration number / personal identity 40003626172

number

Legal address Lacplesa street 87C, Riga, LV 1011
Address Lacplesa street 87C, Riga, LV 1011

Email

Phone 80007272

Camp description

At the end of the summer, we invite students to get into the school atmosphere in time and refresh their English language skills acquired during the previous school year by attending a day camp!

This is a great way to devote time to restoring your English language skills and developing your skills in a free and relaxed atmosphere.

In addition, it is a great opportunity to brighten up the impressions of the summer holidays, make new friends and prepare for English lessons at school.

French Summer Camp Program

Phone +31 25 676 368

Location Jurmala **Programs** Day Camp

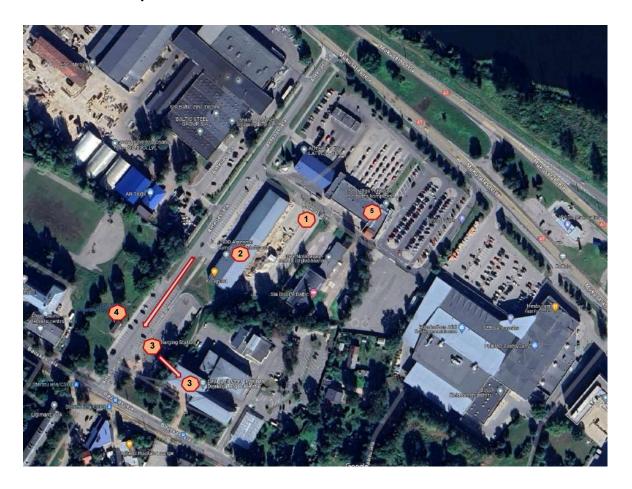
Languages: French/English

Operating Hours 10-3:30pm, June 24-28. July 22-26, July 29 –August 2

Weekly Cost 279 €

Vehicle Inspection And the CSDD experience

- 1. This will be the location of where the mover's will deliver your vehicle and conduct a thorough inspection of potential damages before you sign off on receipt. They'll of course call, in advance to schedule a time.
- 2. Next, you'll line up and await to be waved into country / EU vehicle inspection, here they are just giving you the overall and will provide you with applicable paperwork for registration and plating.
- 3. Here you can park, recommend having some euro change (one's or two's)
- i. Here you'll want to remove your Canadian plates, will need them along with vehicle registration (original no copies) to turn in at registration, they'll hold them till you depart country.
- ii. Once you have everything together, proceed into registration and plating (take a number). It's relatively quick, provided you have all your paperwork in order.
- iii. Back to your vehicle and place on your Euro plate before proceeding down the hill to 5



Pet Care Services In Latvia.





Veterinaries

Little Brother's Hospital Animal Health Center Dr. Beinerts







Home page: dvc @ fl.lv

Fridiiho Cahdera iela 4; Zomgales priokspilsēta, Rīga. LV-1046 Phone; 67500494 E-mail: dve@tl.iv



Gentrides iela 101, Latgales priekspilseta, Rīga, LV-1009 Phone: 67-288-539 Website: http://www.vet.lv



Comes Highly recommend among the expat Community



Comes Highly recommend among the expat Community



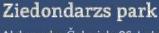
Open 24 hours



Dog Parks







Aleksandra Čaka iela 88, Latgales priekšpilsēta, Rīga, LV-1011



Eksporta iela 6, Centra rajons, Rīga, LV-1010

Grīziņkalns park

Pērnavas iela 54, Latgales priekšpilsēta, Rīga, LV-1009



64 Matisa street, Riga, Latvia, LV-1009 Telephone: (+371) 20:238:238 e-mail: info@birma.lv

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Will groom all your furry freinds





Dog and Cat Hotel in Riga



Akaciju ien 6, Riga Phone, 28123019 Email: dodmankepu@inbox.lv HTTPS://WWW.ZOODRAUGSLV/EN/

Services Available in English

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Offers full service pet sitting in Riga, Jūrmala, and Ādaži

Long term or short term care at a "Pet Hotel" Or at your own home

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Private consultations and trainings available in Riga, Jurmala and other cities.

Group trainings held at Riga, Fridriha Candera st., 4 https://www.dogslatvia.com/kopiya-na-glavnuyu Telephone: +371 26051462 Email: dogschoolly@gmail.com



Animal Shelters



Juglas dzīvnieku patversme "Labās Mājas"

Rigā, Mežapurva ielā 2, LV 1064 Phono: 26617636 Email: info@patversme.lv



Ulubele

Ulubele, Stophiu novads, Liči, "Ozolaines" letilorija Phone: 20 203 333 Websi ethtp://www.ulubele.org



Thinking of adoption?

All new members of the family come with all of their vaccinations. Adult pets are already sterilised.
Adoption fees are by donation!



Want to walk some acgs? Shelter's are always locking for volunteers and donations of any kind!