

# Practical Information for Summer School and Seminar Participants

## Venue



The training workshop “Quantitative Research Methods in Human Dimensions of Environmental Change within Eastern Europe” will be held at the Vidzeme University of Applied Sciences, which is located in the [Valmiera](#) city centre, Cēsu Street 4.

Valmiera is the largest city in the historical [Vidzeme](#) region on Latvia (the north-east region of Latvia); the population is approximately 27 thousand.

## When You Arrive in Valmiera

There will be someone waiting to greet you at the university between the hours of 9:00 and 17:00 on August 20 at the information desk in the entrance hall.

There will also be someone waiting to greet you at the student hostel between the hours of 9:00 and 23:00 on August 20.

If you have any troubles arriving, feel free to call any of the organizers:

Greg Taff (phone: +371 2915-7024)

Liga Tuča (phone: +371 2910-3554)

## PAYMENT

The workshop and lodging will be free for students, however a fee is required for food that will be catered during the workshop. Within the first 2 days of the workshop, someone from Vidzeme University will collect food money from you, which will cost between 30 and 35 Latvian Lats (LVL) for the whole workshop. This is approximately 45 Euros.

## MOSQUITO and TICK ALERT!!

The mosquitoes are particularly bad this year in the Baltics!!! It is essential that you pack some mosquito spray/lotion to use here. Of course, it's possible to purchase it here, but much easier if you bring it with you.

In addition, tick-borne encephalitis is a problem in Latvia – while uncommon, it is possible to contract this disease if you are bitten by a tick. If, while you're here, you find a tick that has bitten you, you must let someone know, and we'll bring you to a doctor to test if the

tick carried this disease – if the test is positive, you'll be treated immediately, which will prevent long-term problems. If you are not treated, encephalitis can become very serious. Ticks are generally found in tall grasses and forests.

## Getting to Valmiera



**By plane:** The easiest way to come to Latvia is by air to [Riga International Airport \(RIX\)](#). The national airline AirBaltic and other airlines such as Lufthansa, Finnair, Czech Airlines, LOT, Aeroflot, SAS, Norwegian, Ryanair, and others offer direct flights from many cities in Europe to Riga International Airport. AirBaltic and Ryanair sometimes offer very inexpensive flights, though may charge extra for some baggage costs.

### **International coach lines:**

A number of international coach lines offer bus service to Riga's Central Bus Station.:

[Information in Riga International Coach terminal](#)

[Eurolines](#)

[Ecolines](#)

### **Getting from the Riga airport to the central Riga train and bus terminals:**

A taxi is recommended, particularly if you plan to stay overnight in Riga. Taxis are available just outside the front entrance of the airport. The taxis charge 1.50 Latvian Lats (LVL) for embarkation plus 0.50 per kilometre. A taxi ride to the city centre (this is where you will find hotels, the bus station, and the train station) will cost approximately 10 LVL and take approximately 15 minutes. You may want to change a small amount of money at the airport into Lats, and then change the rest of the money at a bank either in Riga or Valmiera for a better exchange rate.

By public transport, [Bus No.22](#) will take you from the airport to the city bus and train terminals. The bus stop you'll want is *Stockmann centrs* or *Central tirgus* (market). Frequency 10 - 30 minutes, journey time about 30 minutes. Fare – 0.70 LVL (paid to the bus driver). You can take a look at the Riga map to check the exact routes to find these bus and train stations [here](#).

### **Getting from Riga to Valmiera**

We recommend taking a **bus** to Valmiera because the bus will drop you off very near Vidzeme University.

**By bus to Valmiera:** [Inter-city bus schedules](#): the trip from **Riga to Valmiera** takes approximately 2 – 2.5 hours. Fare -3.10 LVL

To find schedules, enter in the website (<http://www.1188.lv/traffic/>):

- From (No) Rīgas SAO, Rīga
- To (uz): Valmiera

When taking the bus, make sure to have the driver or another passenger guide you to get off at the correct bus station. The student hostel is located 3 km from the University - if you want to go directly to the student hostel, see instructions below. If you want to go directly to the University, go to the Valmiera *Central* bus station (In Latvian, the Central Bus station is “Centra autoosta”, pronounced “Tsentra ow-toe oo-aw-stuh”). The Valmiera central bus terminal is located only 2 minutes walking distance from Vidzeme University of Applied Sciences main building (Cēsu Street 4). You can take a look here to see the main building of Vidzeme University and the bus station across the street opposite the parking lot: <http://latvija360.lv/via/> .

**By train to Valmiera:** Follow this link to the [train schedule for Riga-Valmiera](#), which takes approximately 2 – 2.5 hours. Fare - 2.80 LVL

To find schedules, enter in the website (<http://www.1188.lv/traffic/trains/>):

- From (No) Rīga
- To (uz): Valmiera (find in list)

The Valmiera train station is located 15 minutes walking distance from the town centre where Vidzeme University is located. You can use public transport buses No. 5, No 6, No 10 for getting to the city centre.

### **How to find student hostel in Valmiera?**



The student hostel is located at Ausekļa Street 25a on the southern outskirts of the city of Valmiera - approximately 3 kilometers from downtown Valmiera and the university lecture halls. Find its location on the map here: <http://www.va.lv/en/map>

If you come from Riga by bus and want to go directly to the student hostel, you have to get out of the bus at the bus stop „**Tornis**” which is one of the first stops in Valmiera city, right after entering the city and passing the big sports hall and football field. You are always welcome to ask the bus driver to inform when you have arrived at this bus stop. If the driver does not speak English and you do not speak Russian or Latvian, simply tell the bus driver “Tornis” (pronounced “Tor-niss” with a rolled ‘r’ and an accent on the first syllable). The hostel (pictured above) is right next to the bus stop. When you get off the bus, walk on the road to the right (this is Ausekļa Street) and the hostel is on your left after walking just a few meters.