

DELEGATE BOOKLET



4th EUROPEAN REGIONAL SYMPOSIUM IN LATVIA

ROOTED IN HISTORY, GUIDED BY SCIENCE

1st to 5th May, 2026

CONTENT

1

Opening Messages

2

Event Information

3

Participating Countries

4

Event OC

5

Code of Conduct

6

Core Panel

7

About Latvia

8

Accommodation

9

What To Bring

10

Itinerary

11

Events & Activities

12

About us - IVSA Latvia

13

Sponsors & Partners

14

Contact Info



Dear Delegate,

It is with great pleasure and excitement that we welcome you to the 4th European Regional Symposium. The Regional Symposium is the annual gathering of our region, where all Member Organizations have the opportunity to meet, exchange experiences and ideas, and build strong bonds that often last a lifetime. In a region as diverse as Europe, where our daily lives and career paths differ greatly, this annual gathering brings us closer together, not only physically but also intellectually, reminding us how capable veterinary students are of achieving so much more than just excellence in veterinary medicine.

This year, the Europe Region is proud to host the Regional Symposium offline for the fourth time, and for this edition in the city of Jelgava, Latvia. The Member Organization of Latvia has been preparing for an entire year to offer everyone an exceptional experience, filled with the richness of Latvian culture and the many fascinating aspects of veterinary science. For this reason, I would like to personally thank the Organising Committee, who, despite the many challenges along the way, have managed to create an exciting event that I truly hope you will enjoy as much as we enjoyed preparing it.

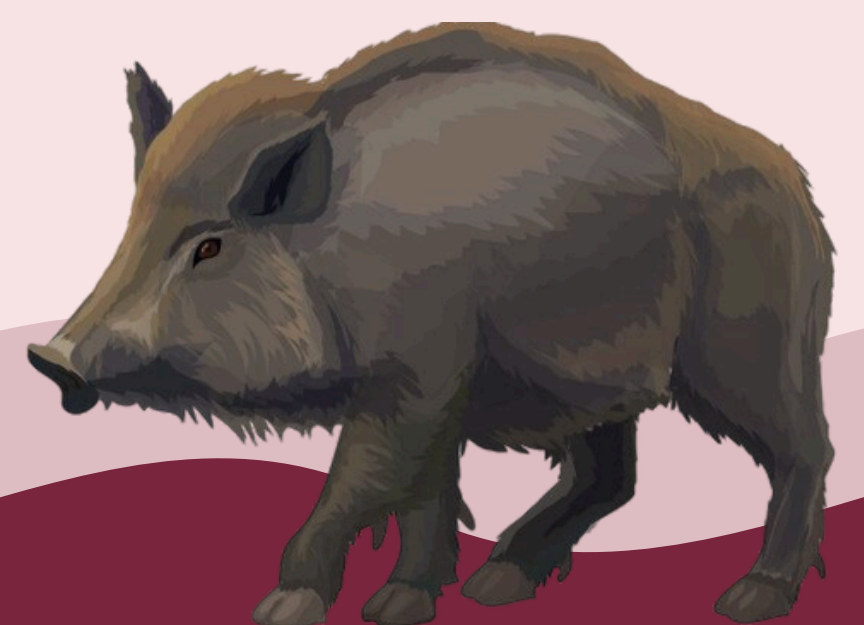
I encourage all of you to see this event as an opportunity to step outside your comfort zone, express the unique and inspiring aspects of your character, and participate actively in every part of the symposium. The true value of this gathering lies in the people who attend it, sharing ideas, learning from one another, and forming connections that will continue far beyond these few days together.

None of this would be possible without you, our members, who support this community and inspire it to grow. Your participation, feedback, and enthusiasm are what give IVSA the strength to continue developing and creating meaningful opportunities for veterinary students across the world. Thank you for being part of this journey and for helping make this symposium a truly unforgettable experience.

Be yourselves, enjoy every moment, and let's create lasting memories together.

Yours truly,

Eirini Polygerou Europe Regional Representative 2025/26



Dear Delegates,

It is with great pride and excitement that I welcome you to the 4th IVSA European Regional Symposium, hosted this year in the beautiful city of Jelgava, Latvia. Under the theme “*Rooted in History, Guided by Science*,” we gather to celebrate the powerful connection between our profession’s rich heritage and the scientific innovation that shapes its future.

This symposium marks another important milestone for our European IVSA community. Each edition strengthens the bonds between veterinary students and young professionals across the continent, and this year promises to continue that tradition in a setting that perfectly reflects our theme. Jelgava, with its deep historical roots and academic spirit, offers an inspiring environment for thoughtful discussion, discovery, and collaboration.

Over the coming days, you will engage in a dynamic academic programme designed to challenge perspectives and spark curiosity. From forward-thinking lectures to interactive workshops and meaningful exchanges, the symposium aims to bridge tradition and innovation, honoring the foundations of veterinary medicine while exploring the scientific advancements guiding us forward.

Beyond the lecture halls, we invite you to experience the cultural and historical richness of Latvia. Through social events and local experiences, you will have the chance to connect not only with the country’s heritage but also with one another. The friendships and professional relationships formed here will extend far beyond these few days.

This event is the result of months of dedication, collaboration, and enthusiasm from the Organising Committee, whose goal has been to create an experience that is both academically enriching and personally memorable. We are here to support you throughout your stay and ensure that your time in Jelgava is rewarding and enjoyable.

May this 4th edition of the IVSA European Regional Symposium inspire you to honour the past, embrace scientific progress, and continue shaping the future of veterinary medicine together.

Welcome to Jelgava where your days will be filled with knowledge, connection, and lasting memories.

Warm regards,

Violet Adeline Wierbos
OC President of the 4th IVSA European Regional Symposium



Event Information

IVSA 4th European Regional Symposium in Latvia

The event will take place from **May 1st** (arrival) to **May 5th** (departure), **2026, in Jelgava**, at the Latvia University of Life Sciences and Technologies, **Faculty of Veterinary Medicine**.

Event goal:

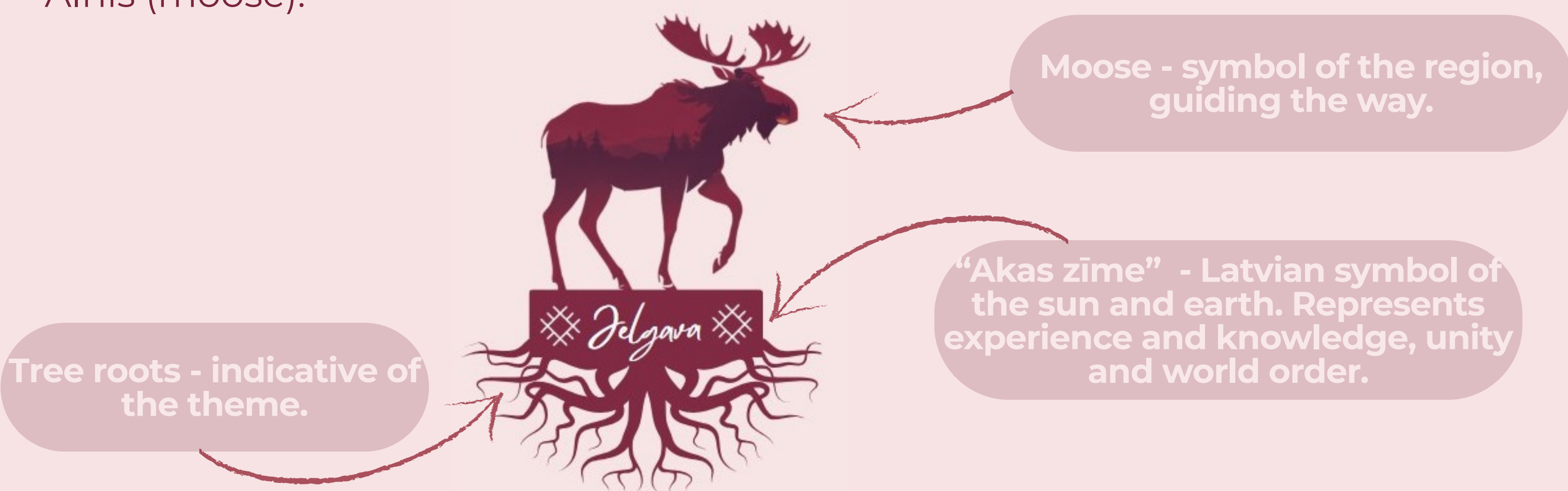
- Promote international collaboration and mutual understanding, facilitate the exchange of ideas and best practices, and deepen awareness of animal health issues across diverse cultural and environmental contexts.

Theme:

Rooted in History, Guided by Science!

Symbol:

Alnis (moose).



Delegate fee:

€145 (incl. accommodation, catering, and activities).

Participating Countries

16 IVSA National Member Organisations



Our Organising Committee



Meet the team behind the 4th IVSA European Regional Symposium!

Our priority is to ensure that your time here is both enjoyable and comfortable from start to finish. Should you have any questions or encounter any concerns during the event, please feel free to approach us at any time, we are here to support you every step of the way.



Kristīna Kalugina-Dzene
Treasurer



Violet Adeline Wierbos
OC President



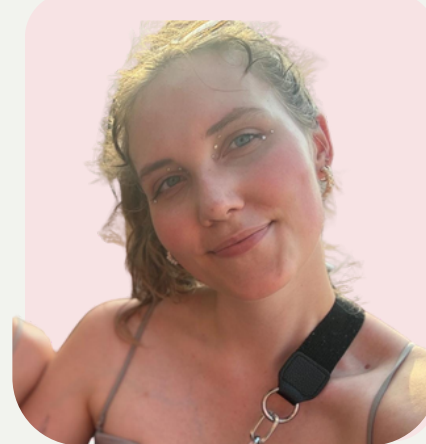
Beāte Beta Makovska
External Relations



Nikola Auzāne
Delegate Affairs



Anete Paukste
Delegate Affairs



Evija Medvedeva
Event/ Activities
Manager



Alberts Mārtiņš Grīns
Event/ Activities
Manager



Razin Rafiq
Educational Program



Anastasija Labašinska
Standing Committees
and Networks Manager



Katrīna Dzene
Graphics Manager



Diāna Jēkabsone
Public Relations
Coordinator



Valerija Brobova
Educational Program

Code of Conduct

During the event, we would like to ensure an inclusive environment conducive to discussion and exchange of views. **We expect all delegates to be tolerant and respectful** so that everyone can be part of our IVSA family.

Therefore, please **familiarise yourself with the IVSA Code of Conduct**, which applies to all IVSA events.

[Click here](#) for full text of Code of Conduct.

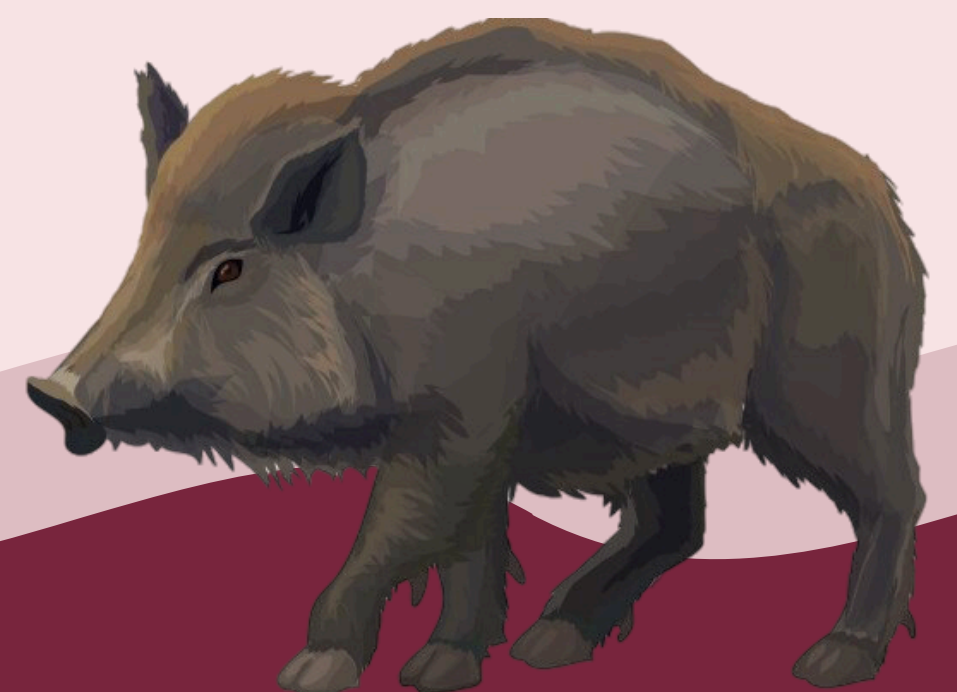


Code of Conduct

The code of conduct has been created for IVSA and all its members. It aims to formulate behaviour parameters:

- to create a comfortable, positive, and safe environment and atmosphere for all participants of every cultural background.
- to be in accordance with the principles and values of IVSA.
- to achieve the best outcomes for
 - all events organised by IVSA and its subsidiaries [e.g. congress, symposia, and exchanges)
 - all the IVSA social media platforms (e.g. Members Portal, Instagram and Facebook pages of both IVSA Global and MOs, including all other social media platforms).
 - all the opportunities financed by IVSA (e.g. Scholarships, grants, and attendance of events in which the individual is representing IVSA)

In short, each person is required and expected to take responsibility for their actions and act respectfully, with dignity, and with consideration for each other .



Core Panel

If a delegate violates the code of conduct, a core panel will assess the complaint or situation and thoroughly examine the allegations and violations. The core panel will adhere to the protocol for discussion (appendix A, appendix B). The core panel will assess the severity of the violation and give their final decision according to protocol.

Consequences of violating the code of conduct may include:

- An official warning
- Removal from the event/opportunity
- Ban from participation in future IVSA events/Opportunities
- Ban or suspension from IVSA

OFFICIALS



**Tamy Valeria
Negrón García**
IVSA President



Eirini Polygerou
Europe Regional
Representative



Ömer Faruk Deren
Secretary MOD



Ana Živković
Secretary DAD and
Treasurer

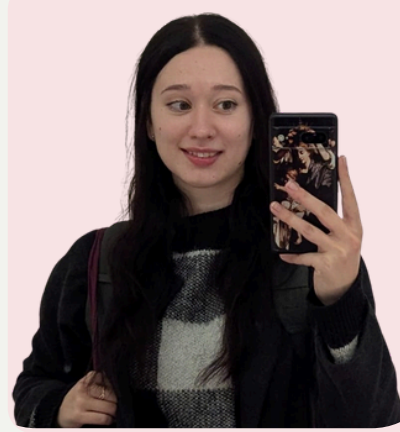
OC



**Beāte Beta
Makovska**
OC External Relations
IVSA Latvia President



Nikola Auzāne
OC Delegate Affairs
IVSA Latvia Secretary



**Kristīna Kalugina-
Dzene**
OC and IVSA
Latvia Treasurer



Alberts Mārtiņš Grīns
OC Event Manager
IVSA Latvia Vice
President



About Latvia



The hidden pearl of the Baltics

- Population: 1.8 million.
- Currency: Euro (€).
- Language: Latvian (widely spoken English).
- Time Zone: GMT +3.
- Capital city: Riga.
- Rich cultural heritage and history.
- Stunning landscapes, beaches, forests and historic sites.
- Small in size, big in charm.



University

- Latvia University of Life Sciences and Technologies (**LBTU**).
- Founded in 1863.
- Jelgava Palace, Jelgava, Latvia.
- Faculties of: Agriculture and Food technology, Veterinary Medicine, Forest and Environmental Sciences, Engineering and Information Technologies, Economics and Social Development.
- Scientific research, academic and professional education, sustainable development.



Veterinary Medicine Faculty

- Established in 1919, Jelgava.
- Only veterinary qualification programme in Latvia.
- EAEVE approved.
- Institutes:
 - LBTU Veterinary Clinic;
 - Small Animal Shelter;
 - Clinical Research Centre.





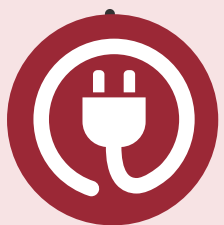
Language

- Official language: Latvian.
- English is commonly spoken in larger cities and tourist areas, especially by younger people.
- Latvian phrases can be helpful for communication in smaller towns.



Payment & Currency

- The official currency of Latvia is the Euro (€, EUR).
- Credit and debit cards are widely accepted, but it's useful to have cash for small transactions.
- ATMs are widely available, and currency exchange offices offer competitive rates.



Electrical Outlet

- Voltage: 230 V.
- Frequency: 50 Hz.
- Plug types: Type C & Type F (standard European two-pin plugs).
- If you're coming from most European countries, your plugs will work without an adapter.

Language Basics

Yes	Jā
No	Nē
Thank you	Paldies
Cheers	Priekā
How are you?	Kā iet?
Good	Labi
Good morning	Labrīt
Good day	Labdien
Good evening	Labvakar
Good night	Ar labu nakti





Public Laws

- **No-Smoking Zones:** you cannot smoke within 10 meters of government buildings (university included), at public transport stops, right in front of apartment buildings, as well as in hotels, cafes, restaurants, bars and in the dorms. Smoking on café terraces is generally only allowed in specifically designated "smoking tables".
- **Alcohol** in shops is **sold** from 10:00 to 20:00 (Mon–Sat), 10:00 to 18:00 on Sundays. When buying **alcohol** or **energy drinks**, ages **18-25 are obligated to show an identity document (ID)**.
- **Public Drinking:** It is **strictly illegal to drink in public** (parks, streets, etc.) or even to carry an opened container of alcohol. Police in Riga are quite active in enforcing this with on-the-spot fines.
- **The Blood Alcohol Content (BAC)** limit is **0.05% for experienced** drivers, but if they have held their license for less than 2 years, it is a strict 0.02%.
- You must be **20 years old** to **buy or possess tobacco products**, herbal smoking products, or **electronic cigarettes** (vapes).
- **Drugs are illegal** in Latvia, with strict penalties for possession and distribution.
- **Service and Guide dogs are allowed** in public places however they need to wear a **harness/vest** identifying them as such. Also they need **assistance documentation/certification** (e.g., ADI or IGDF) and their EU Pet Passport with up to date rabies vaccination.



Emergency numbers

- General Emergency (Police, Fire, Ambulance): 112.
- Police (non-life threatening): 110.
- Ambulance (direct line for critical medical emergencies): 113.
- Gas emergency (suspected gas leak): 114.
- Tourist police in the capital Riga: +371 67181818.



Sim cards

- Can get a digital eSIM. If you want a physical sim card you must go to any Narvesen store (they are on almost every corner), Rimi or Maxima supermarkets, or official operator (LMT, Tele2, Bite) stores in shopping malls.
- Local prepaid cards cost about €5–€10. Can usually get a "Tourist SIM" with 10GB+ of data and unlimited local calls for a week.



Transport info: car

- Good road links from neighbouring countries.
- EU driving rules apply.
- **Be alert:** pothole season, animals on the road at dusk or dawn, local drivers like to overtake or speed.
- In Jelgava free parking is possible at Hotel Zemgale. Near the veterinary medicine faculty (alongside Brīvības Bulvāris) also is free.
- In Riga parking mostly isn't free. Here is a link to free spots and general Riga guide: <https://www.riga-guide.com/maps/free-parking/>.

Don't be alarmed, but cars and buses who are driving in front of you may use hazard lights (2-3 blinks) to say thank you.



Transport info: plane

- Riga International Airport (**RIX**) connects with most European cities. Direct flights from major hubs in the EU, UK, and Turkey.
- If you are arriving by plane, easiest way to get to Jelgava is to:
 - take bus No. 22 from the airport to the city center (stop: 13. janvāra iela);
 - walk to the Riga Central Train Station or Bus Station (3-5 min walk);
 - trains and buses to Jelgava depart every 30 min - 1 h.
- There is a once-daily FlixBus (Route N1205/N1324) that picks up directly at the airport and drops off at the Jelgava Railway Station.



Transport info: international bus

- Latvia has a long-distance bus network. Two major companies, **FlixBus** and **Ecolines**, connect Jelgava to the rest of Europe.
- From Estonia, Lithuania & Poland: direct buses run from Vilnius, Kaunas, Tallinn and Warsaw.
- From Western Europe (Germany, Czechia, etc.): you can take a bus from cities like Berlin, Hamburg, or Prague. These usually require a transfer in Warsaw or Riga, but some direct "night buses" pass through Jelgava.



Transport info: train from Riga to Jelgava

The train is the most reliable and affordable way to travel.

- Station: trains depart from Riga Central Station (Rīgas Centrālā stacija) and arrive at Jelgava Station (Jelgavas stacija).
- Frequency: they run roughly every 30 to 60 minutes.
- Duration: the ride takes about 45 minutes.
- Tickets: you can buy them at the station ticket office, on the train from the conductor (for a small extra fee), or via the "Vivi Latvija" app/website. A one-way ticket usually costs €2.80.



Transport info: bus from Riga to Jelgava

(If you prefer the bus.)

- Station: buses depart from the Riga International Coach Terminal (Rīgas SAO).
- Frequency: buses are very frequent, often leaving every 15 to 20 minutes.
- Duration: approximately 50 to 55 minutes, depending on traffic leaving Riga.
- Tickets: buy them at the ticket office or directly from the driver.



Weather

- Temperatures: daytime highs usually average around 15°C to 17°C, while nights remain chilly, often dipping to 7°C or 8°C.
- Conditions: you can expect a mix of clear, sunny skies and overcast periods.
- Rain: showers are common, but often brief. There is roughly a 20% to 25% chance of rain on any given day during this period.
- Daylight: days are very long, with sunrise around 5:00 AM and sunset near 9:30 PM.

Accommodation

The **Zemgale Hotel** is a 3-star establishment in Jelgava that functions as a versatile hub for both rest and recreation. Located adjacent to the city's Olympic Sports Center, the hotel offers a straightforward, informal atmosphere with modest, but functional rooms, some of which include convenient extras like minifridges and free Wi-Fi. It is particularly well-known for its extensive on-site leisure facilities, featuring a popular bowling alley and a cafeteria that serves a reliable daily breakfast. While the decor leans toward a more traditional, functional style, it maintains a strong reputation for cleanliness and friendly service.

Location: Skautu iela 2, Jelgava.



The 9th Student Dormitory (officially 9. studentu viesnīca) is specifically known for its proximity to the Faculty of Veterinary Medicine. Renovated in 2018, the dormitory uses a "block" setup. Typically, one block consists of two double rooms (meaning two people per room) that share a single corridor, toilet and shower. There is a shared kitchen on each floor equipped with sinks, gas stoves, and ovens.

Curfew: like most LBTU dorms, the front doors are typically locked from 23:00 to 06:00. If arriving late - warn the dorm admin beforehand. If doors are locked - there is a phone number visible to call.

Location: Kristapa Helmaņa iela 2, Jelgava.



Accommodation Rules:

- **Smoking is illegal** throughout the building (including balconies and windowsills). Smoke at least 10 m away from the entrance. Using open flames (candles, incense) or high-powered unapproved electrical heaters is also prohibited.
- **Quiet hours** - after 23:00 guests are expected to keep noise down.

What to bring

Please check the local weather in Latvia before packing – May is generally mild and pleasant, but it can also be cool and rainy at times.

Travel documents:

- **Valid passport/ ID card.**
- **Travel insurance** (please have your EHIC or copy of any other insurance).
- **Student ID/ ISIC student card** (to guarantee student discounts, please make sure to get and bring an ISIC student card or student card).
- If for tVISA you need invitation letter - contact us!
- **Non Schengen zone** country delegates should check the need for **Electronic Travel Declaration**, [link here](#).



Needed items for official events:

- **Regional meeting:** at least one electronic device with internet access or Wi-Fi connectivity per MO.
- **Cultural evening:** food and drinks representing your country. National attire/clothing and flag of your country.
- **Silent auction:** items for the auction.
- **White T-shirt Party:** white T-shirt and pens for writing on clothes.



Clothes and personal items:

- Raincoat or umbrella.
- Shoes for walking.
- Comfortable clothing.
- Toiletries.
- Personal medications (provide prescription if needed).



Itinerary

Day 0 - 01.05.2026

All day

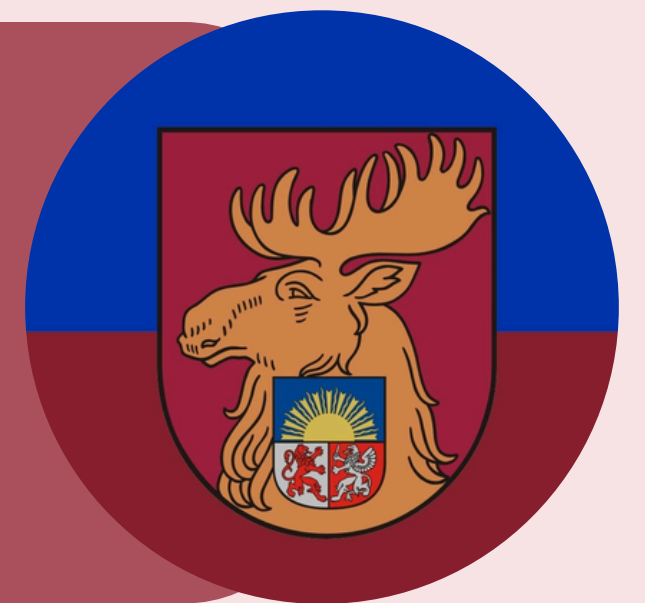
Arrival in Jelgava and check-in to accommodations

19.00-22.00

Welcome dinner and ice breakers

22.30-...

Free time



Day 1 - 02.05.2026

06.00-07.15

Breakfast

08.00-09.00

Opening Ceremony

09.15-12.00

Regional Meeting 1

12.00-13.00

Lunch

13.00-14.00

Faculty tour

14.15-17.00

Regional Meeting 2

17.00-17.30

Free time

17.30-19.00

Silent Auction

19.00-22.00

Cultural evening + international stands

22.30-...

Free time



Day 2 - 03.05.2026

06.00-08.00

Breakfast

08.00-12.00

Jelgava City Tour

Workshops

12.00-13.00

Lunch

13.45-16.30

Lectures, workshops

16.30-17.15

Sponsor talks/ exhibition

17.15-18.30

Dinner

18.30-22.00

Latvian evening programme

22.30-...

Free time



Itinerary

Day 3 - 04.05.2026

06.00-07.15	Breakfast
08.00-10.00	IVSA SC/ N workshops
10.00-12.00	Regional Meeting 3
12.00-13.00	Lunch
13.00-15.00	European MOs meeting
15.15-17.15	Lectures/ workshops
17.15-18.30	Dinner
18:30-19.00	Free time
19.00-22.00	White t-shirt party
22.30-...	Free time



Day 4 - 05.05.2026

06.00-07.15	Breakfast
08.00-10.00	Optional lecture
10.00-...	Departures
	Optional Riga city tour (not included in fee)



Events and activities

REGIONAL MEETING

IVSA delegates will have the opportunity to learn about how IVSA operates internationally and in other countries at the Regional Meeting. Delegates from various MOs will have a few minutes to introduce themselves, explain how they operate, share their experiences, and ask questions. Additionally, this year, there will be presentations from candidates for next year's symposium, followed by a vote. This meeting will also be a fantastic opportunity to expand networks and gain valuable insights into how to effectively manage their organisations.

MO MEETING

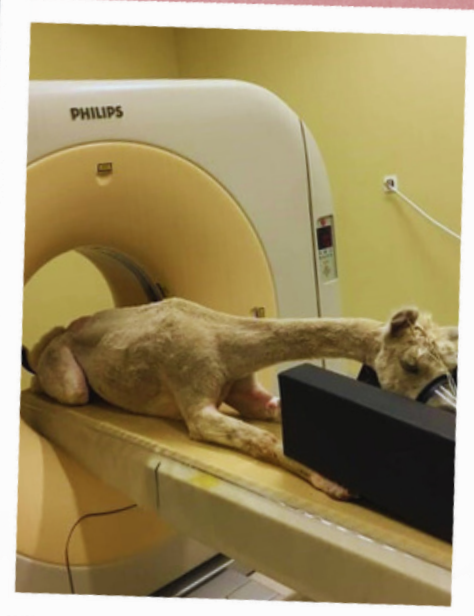
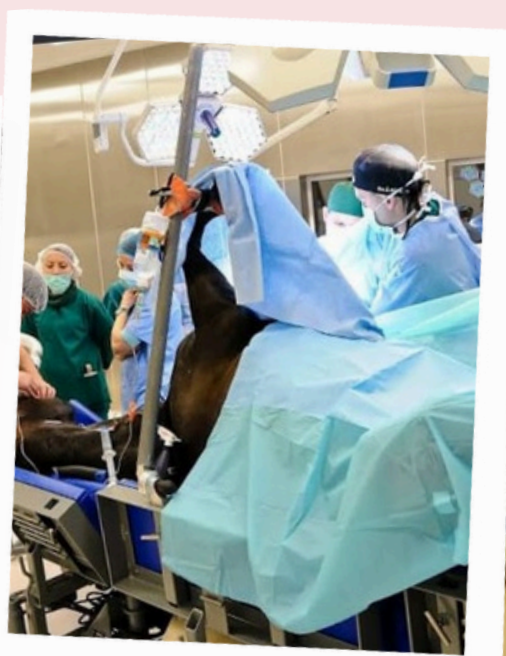
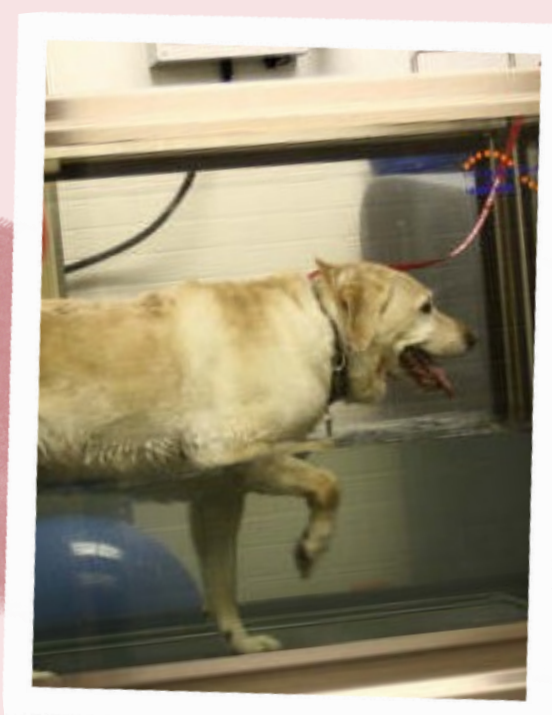
The MO Meeting aims to bring together at least one delegate from each attending MO to engage in meaningful discussions about the various challenges and topics that our MOs may be facing. The agenda is designed to foster closer connections and open dialogue, both between IVSA Global and the MOs, as well as among the MOs themselves.

CULTURAL EVENING

It's a cultural event where every nation introduces its traditions by presenting their traditional clothing, beverages, food, cultural dances, etc. It allows us to internalise different cultures and get to know them better.

FACULTY TOUR

Delegates will explore the Faculty of Veterinary Medicine at LBTU, the only institution in Latvia providing veterinary education. The tour will guide participants through the osteology and veterinary museum in the main building, the small animal clinic, large animal clinic and equine clinic (main referral clinic in the Baltics), providing a comprehensive look at modern clinical practice and veterinary research in Latvia.



Events and activities

SILENT AUCTION

Students from across the Region will donate items from their country, with all profits going to the IVSA Development Fund. To support their work, bring several items to each event. More info about DF [click here](#). During the Silent Auction, donated items will be displayed in one room. To bid - write your number and offer on the bidding paper. The highest bidder wins at the event's end. Suggested items include university or IVSA-branded merch, mugs, tote bags, local snacks, sweets, beverages, and alcohol. Feel free to bring anything unique from your country - let's make it a celebration of cultural diversity!

WHITE T-SHIRT PARTY

A White T-Shirt Party is a fun and interactive event where guests wear white t-shirts, and others sign or write messages on them throughout the night. It's a great way to create memories and connect with others. If you're not comfortable with this activity, you can always bring a notebook to collect signatures and messages instead of participating on your shirt.

SIGHTSEEING/CITY TOUR

Delegates will discover the rich history and architecture of Jelgava, once the capital of the Duchy of Courland. The tour features a visit to the magnificent Jelgava Palace, the largest Baroque-style palace in the Baltics. Delegates will explore the Pasta Island (Posta sala) recreational area and the Holy Trinity Church Tower, which offers a panoramic view of the city. The walk provides a unique opportunity to learn about the "City of Students" while visiting historical landmarks that define the city's modern identity and resilient spirit.

SCIENTIFIC PROGRAMME

Delegates will have the opportunity to participate in Committees & Networks activities, engaging lectures, and hands-on workshops covering various fields of veterinary medicine. The program is designed to enhance both theoretical knowledge and practical skills, providing a well-rounded educational experience.



About us - IVSA Latvia



IVSA Latvia is the local member organisation of **IVSA global**, actively advancing its mission and **connecting veterinary students both locally and internationally.**

Since its re-establishment in 2018, IVSA Latvia has developed into a well-recognised student organisation, supporting veterinary students from diverse backgrounds. Each year it unites approximately 40 - 50 active, talented, and innovative members, representing both Latvian and international students.



Sponsors & Partners



Contact Info

If you have any inquires, feel free to contact us at:



@4th_ivsaeuropeansymposium_lv



oc4theuroperegionalsymposium.lv@gmail.com



**We look forward to welcoming you to Jelgava
and meeting you soon!**

4th IVSA European Regional Symposium



01.-05.05.2026.

Jelgava, Latvia

**Tiksimies Jelgavā!
See you in Jelgava!**



**4th EUROPEAN REGIONAL
SYMPOSIUM IN LATVIA**
ROOTED IN HISTORY, GUIDED BY SCIENCE

4theuroperegionalsymposium.lv@gmail.com