

The background features a light gray gradient with several realistic water droplets of various sizes scattered across the surface. A faint, concentric circular pattern is visible in the upper right quadrant.

OPTOMETRISTU ONLINE RESURSI

JĀNIS DZENIS

- $MONEY = TIME$
- $KNOWLAGE = POWER$

- $MONEY * KNOWLAGE = TIME * POWER$

- $MONEY = TIME * POWER / KNOWLAGE$

LATVIJAS OPTOMETRIJAS RESURSI

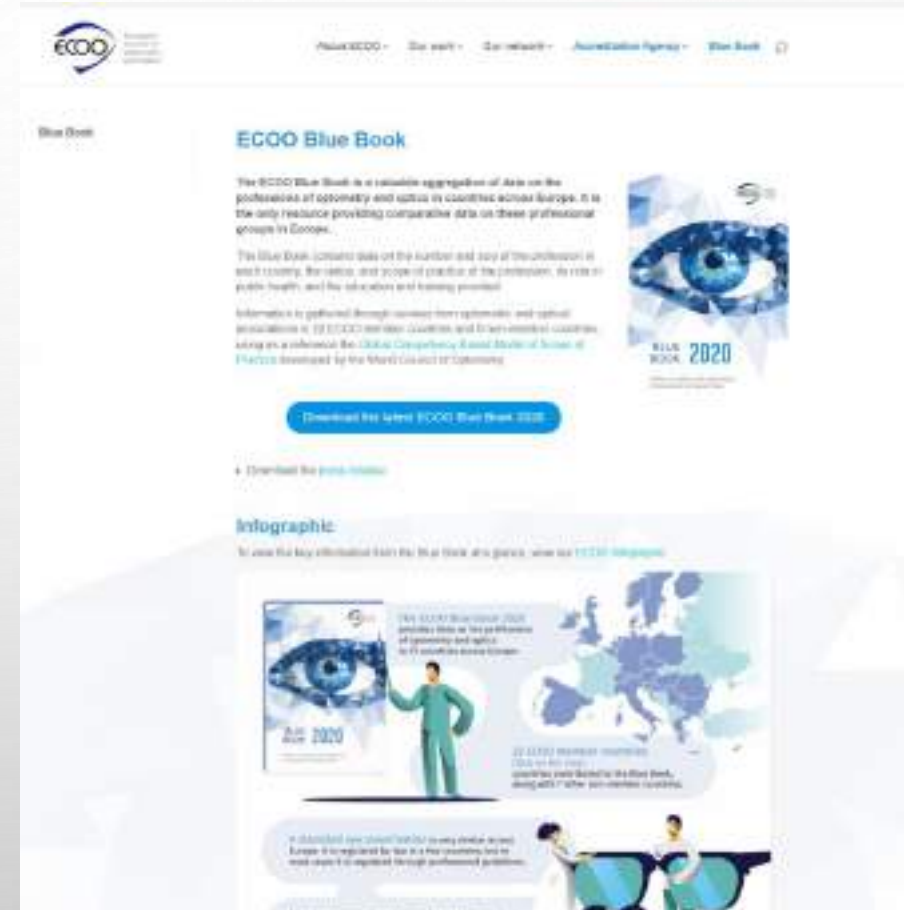
The screenshot shows the website of the Latvian Association of Optometrists and Opticians (Latvijas Optometristu un Optiķu Asociācija). The header features the organization's name and a logo of an eye. The main content area is titled "LAAC 30 gadu jubilejas konference 20.10.2023." and includes a calendar, a search bar, and a list of news items. A prominent green banner at the bottom of the main content area reads "AKTUALITĀTES OFTALMOLOĢIJĀ 20.10.2023." and features the LAAC 30 logo. The left sidebar contains a navigation menu with various links.

The screenshot shows the website of the Latvian Association of Contact Lens Fitters (acim.lv). The header features the organization's logo and name. The main content area is titled "Mūšens-Optiķi" and includes a large image of a hand holding a smartphone displaying contact lens information. Below the main image, there are several news items with titles such as "Bērni un dabas - draugi?", "Kā noskaidrot, vai kontaktlēcu nēsātājam ir nepieciešama?", "Kā noteikt, vai bērniem ir nepieciešamas kontaktlēcas?", and "Optiķi 2018". The bottom of the page features a "MĀKŠINĀKŠĪBĀ" section with the text "Kontaktlēcas, kas lasājas!" and a "MĀKŠINĀKŠĪBĀ" section with the text "Jaunā ekspertam".

EIROPAS RESURSS



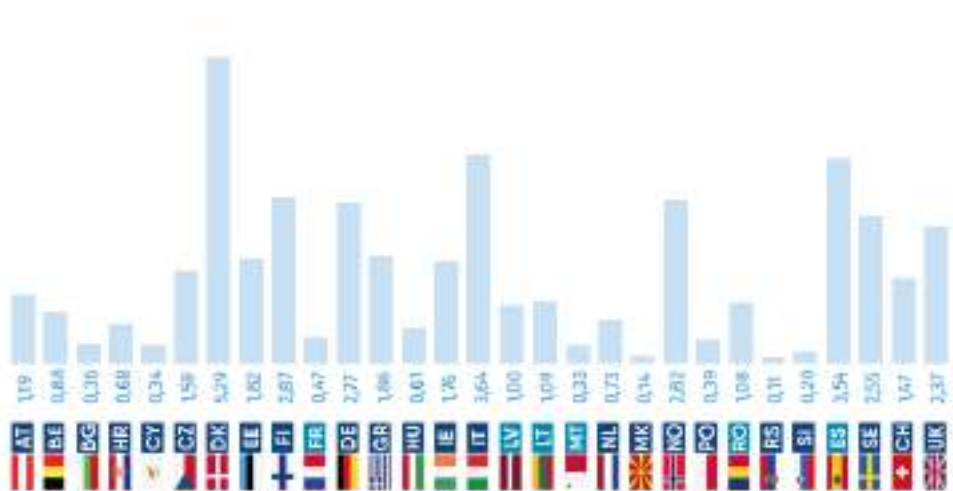
The screenshot shows the ECDO website home page. At the top left is the ECDO logo. The main header features the text "The voice of optometry and optics in Europe" and "Ensuring good vision and eye health for all". Below this are three white boxes with blue borders: "ECDO Blue Book" (describing it as an aggregation of data on the profession of optometry and optics in Europe), "ECDO Accreditation Agency" (describing its role in setting educational standards), and "Environmental sustainability" (describing its commitment to environmental friendliness). A large teal box at the bottom contains the text: "The European Council of Optometry and Optics (ECDO) represents the interests of optometrists and opticians across Europe. Our members are national professional associations from 22 countries who together represent more than 150,000 opticians and optometrists. ECDO aims to promote eye health to the public across borders and to harmonise clinical and educational standards of optometric and optical practice throughout Europe." At the very bottom are four small images: a laptop, an eye, a close-up of an eye, and two people in a clinical setting.



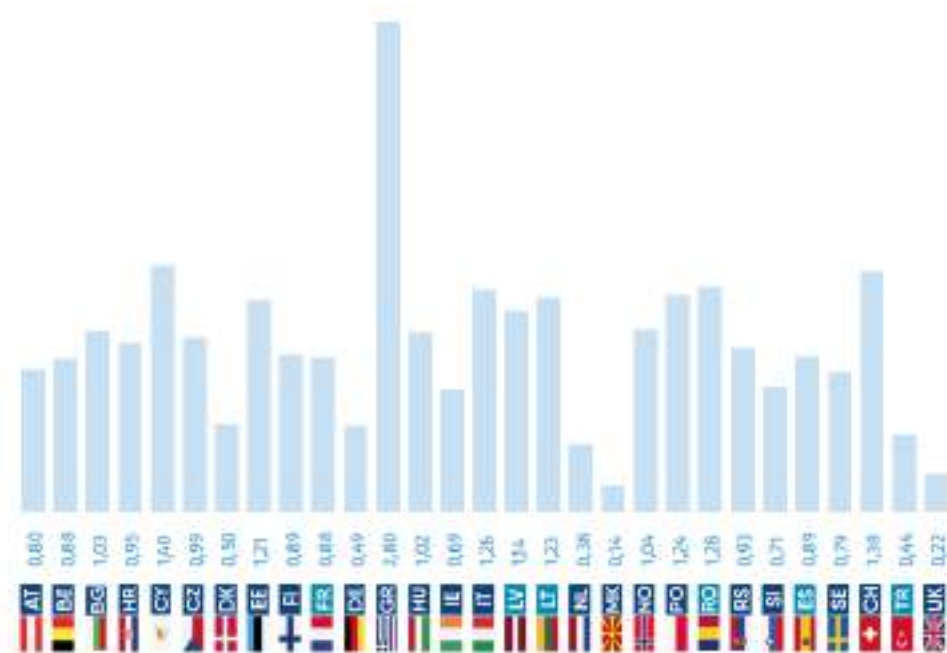
The screenshot shows the ECDO website page for the "Blue Book". The header includes the ECDO logo and navigation links. The main heading is "ECDO Blue Book". The text describes the book as a valuable aggregation of data on the profession of optometry and optics in countries across Europe, providing comparative data on these professional groups. It also mentions that the book contains data on the number and size of the profession in each country, the status and scope of practice of the profession, its role in public health, and the education and training provided. A "Download the latest ECDO Blue Book 2020" button is visible. Below this is a section for "Infographic" with a link to "View the key information from the ECDO Blue Book infographic". The infographic itself features a large eye graphic, a map of Europe, and text stating: "THE ECDO BLUE BOOK 2020 provides data on the profession of optometry and optics in 22 countries across Europe." and "22 ECDO MEMBER COUNTRIES TOGETHER WITH OVER 150,000 OPTICIANS AND OPTOMETRISTS ARE REPRESENTED IN THE BLUE BOOK, ALONG WITH 17 OTHER PROFESSIONS RELATED TO OPTICS." At the bottom of the infographic, it says: "A dedicated new 'Optical' chapter is being added to the Blue Book to be published by the end of the year, and will focus on the regulatory framework for optical practice." The page also includes a "Download the press release" button.

OPTOMETRISTI UN OFTALMOLOGI

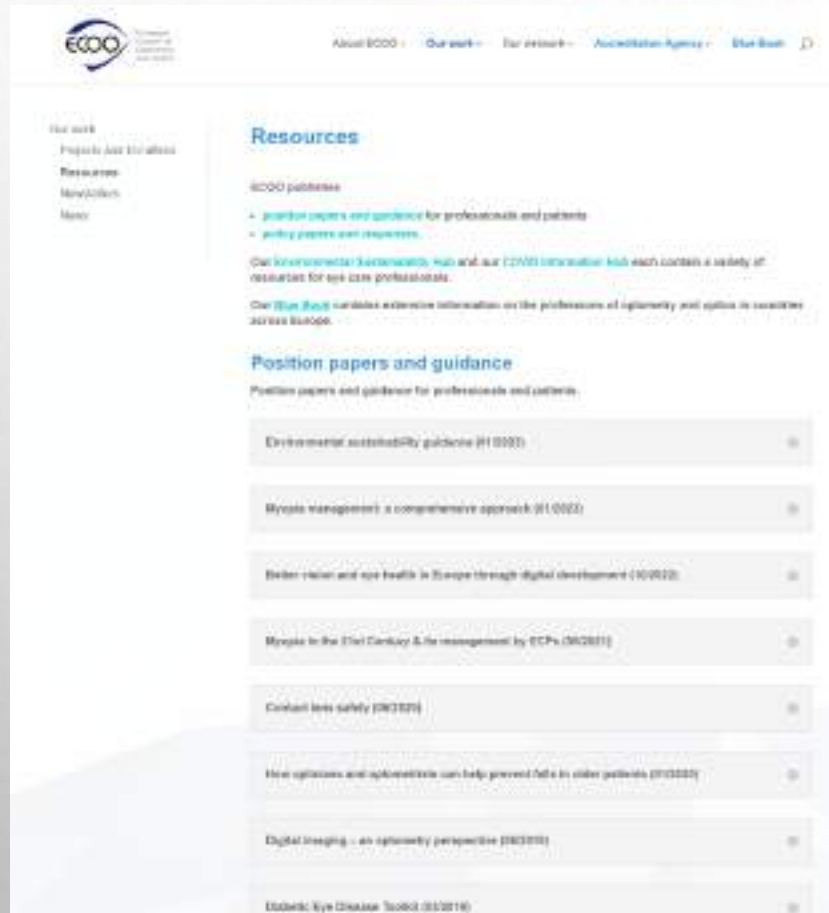
Number of all Optometrists / per 10.000 population
(Categories 2, 3 and 4)



Number of all Ophthalmologists - per 10.000 population

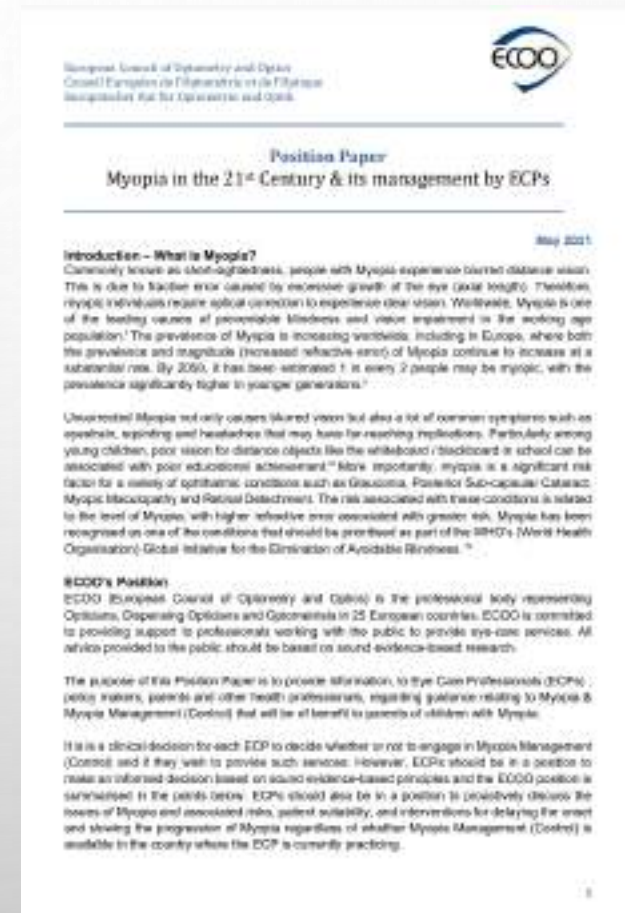


EIROPAS OPTOMETRIJAS VIRZĪBAS POLITIKA



The screenshot shows the EOCO website's 'Resources' page. At the top, there is a navigation bar with links for 'About EOCO', 'Our work', 'Our network', 'Accreditation Agency', and 'EEOC Book'. On the left, a sidebar lists 'Our work', 'Projects for the future', 'Resources', 'Newsletters', and 'More'. The main content area is titled 'Resources' and includes a sub-section 'EOCO publications' with two bullet points: 'position papers and guidance for professionals and patients' and 'policy papers and responses'. Below this, there are two paragraphs of text. The second sub-section is 'Position papers and guidance', which lists several documents with expandable arrows:

- Environmental sustainability guidance (H1000)
- Myopia management: a comprehensive approach (H1002)
- Better vision and eye health in Europe through digital development (H0012)
- Myopia in the 21st Century & its management by ECPs (M0201)
- Contact lens safety (M0202)
- New spectacles and adaptations can help prevent falls in older patients (M0203)
- Digital imaging - an optometry perspective (M0204)
- Isabelic Eye Disease (I000) (M0210)



The screenshot shows the title page of a position paper. At the top right is the EOCO logo. Below it, the text reads: 'European Council of Optometry and Optics', 'Conseil Européen de l'Optométrie et de l'Optique', and 'Europese Raad voor Optometrie en Optiek'. The title of the paper is 'Position Paper: Myopia in the 21st Century & its management by ECPs'. The date 'May 2021' is on the right. The section 'Introduction - What is Myopia?' follows, with a paragraph explaining that myopia is commonly known as short-sightedness and is caused by excessive growth of the eye. It notes that myopia is increasing worldwide, including in Europe, and is expected to affect 1 in every 2 people by 2050. A second paragraph discusses associated conditions like astigmatism, squinting, and headaches. The 'EOCO's Mission' section states that EOCO represents optometrists and opticians in 25 European countries and is committed to providing evidence-based support to the public. The final paragraph clarifies that the paper's purpose is to provide information to eye care professionals (ECPs) and that the decision to provide myopia management is a clinical one for each ECP.

LIELBRITĀNIJAS OPTOMETRISTU RESURSS

The screenshot shows the homepage of the Association of Optometrists. The header includes the logo and navigation links for 'Advice and support', 'Events and education', 'Your career', 'Membership', 'About us', and 'Department'. A main banner features the 'Sight for SEN' campaign, highlighting the importance of the Special Schools Eye Care Service. Below this, there are three featured articles: 'CPD grant claims guidance window for England', 'Summary findings from 2023 member research', and 'Tackling discrimination at work'. A 'Latest news' section lists five items, including 'New families can save money on eye care this summer' and 'Optometry Italia's new education resources for practice teams'. At the bottom, there are sections for 'OT CPD', 'Upcoming events', and 'Bespoke tools'.

The screenshot shows the homepage of the OT Optometry Today website. The header includes the logo and navigation links for 'ACP website', 'MyACP', 'Login', and 'Subscribe'. A main banner features the 'Care in the community' article, discussing the extension of electronic referrals. Below this, there are three featured articles: 'Profession reacts to "disappointing" news over National Eye Health Strategy 881', 'AAOYA Day 2023: what you missed', and 'WCO celebrates myopia management pledge milestone'. A 'Most read' section lists four articles, including 'Profession reacts to "disappointing" news over National Eye Health Strategy 881' and 'NHS performs first changes to take effect from 1st September'. At the bottom, there is a 'View all news and features' button and the Optos logo.

AUSTRĀLIJAS OPTOMETRIJAS ASOCIĀCIJA

Members are front and centre of all we do

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- Optometry Connection
- Clinical & Experimental Optometry

AMERIKAS OPTOMETRISTU ASOCIĀCIJA



PUB MED PAR REDZES PROBLĒMAM

This screenshot shows the PubMed search results for the query "clinical and experimental optometry". The page includes the NIH logo, the search bar with the query, and navigation options. A "RESULTS BY YEAR" chart shows a significant increase in publications starting around 2015, with a sharp peak in 2022. The "RESULTS BY YEAR" section shows 11,328 results. Below the chart, a list of search results is displayed, including the title "The Australian flag, *optometry* (with free)", the author "Upton J, Tennant M, David M, Mansour M, Marikawa N, Mohammed R, Kasraei M", and the journal "Optom Optician 2022 September 15; 93(10):14-21. doi: 10.1093/optom/okac004. PMID: 3592952". The page also features a sidebar with filters for full text, associated data, and other search options.

This screenshot shows the PubMed search results for the query "VISION". The page includes the PubMed logo, the search bar with the query, and navigation options. A "RESULTS BY YEAR" chart shows a steady increase in publications over time, with a notable spike in 2022. The "RESULTS BY YEAR" section shows 17,325 results. Below the chart, a list of search results is displayed, including the title "Colour vision in stomatopod crustaceans", the author "Czinn TW, Porter ML, Sok M, Caldwell RL, Marshall L", and the journal "Philos Trans R Soc Lond B Biol Sci. 2022 Oct 24;377(1942):20200781. doi: 10.1098/rstb.2021.0278. Epub 2022 Sep 5. PMID: 36052811". The page also features a sidebar with filters for abstract, free full text, full text, and associated data.

MIOPIE UN PRESBIOPIE


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miopia

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RESULTS BY YEAR 2,105 results Page 1 of 211



MY HIGH FILTERS Filters applied in the last 1 year. Clear all

Showing results for **miopia**
Your search for miopia retrieved no results.

Time Outdoors in Reducing **Myopia**: A School-Based Cluster Randomized Trial with Objective Monitoring of Outdoor Time and Light Intensity.

Cite He X, Sankaridurg P, Wang J, Chan J, Naduvilath T, He M, Zhu Z, Li W, Morgan IG, Xiong S, Zhu J, Zou H, Rose KA, Zhang S, Wang B, Ramakrishnan S, Xu X.

Show Ophthalmology. 2023 Nov;133(11):1245-1254. doi: 10.1093/ptna/pzad206. Epub 2023 Jun 28. PMID: 35779885 [Free article](#) Clinical Trial.

PURPOSE: To evaluate the efficacy of time outdoors per school day over 2 years on **myopia** onset and shift. DESIGN: A prospective, cluster-randomized, examiner-masked, 3-arm trial. RESULTS: The unadjusted 2-year cumulative incidence of **myopia** was 24.9%, 25.9%, and ...

TEXT AVAILABILITY

- Abstract
- Free full text
- Full text

ARTICLE ATTRIBUTES

- Associated data

ARTICLE TYPE

- Books and Documents


PubMed®

presbiopia

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RESULTS BY YEAR 177 results Page 1 of 18



MY HIGH FILTERS Filters applied in the last 1 year. Clear all

Showing results for **presbiopia**
Your search for presbiopia retrieved no results.

Presbyopia

1 Singh P, Tripathy K.

Cite 2023 Feb 23. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan--PMID: 32805403 [Free Books & Documents](#)

Show Among the various causes of visual impairment for near, **presbyopia** is an important and the most common cause in older adults. ...The current article discusses these surgical and non-surgical means of **presbyopia** correction. ...

TEXT AVAILABILITY

- Abstract
- Free full text
- Full text

ARTICLE ATTRIBUTES

- Associated data

ARTICLE TYPE

- Books and Documents

BRILLES UN KONTAKLECAS

PubMed search results for "CONTACT LENSES". The search bar shows "CONTACT LENSES" and the search button is labeled "Search". The results page shows 337 results, sorted by "Best match". A bar chart shows the number of results over time, with a peak in 2022-2023. The left sidebar contains filters for "TEXT AVAILABILITY" (Abstract, Free full text, Full text) and "ARTICLE ATTRIBUTE" (Associated data). The main content area shows two results:

1 Gurjani B, Kaur K. **Contact Lenses.** 2023 May 4. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023. Jan-. PMID: 35523061 [Free Books & Documents](#).

Show The **contact** lens can be of varied types. There can be soft, hard, rigid gas permeable **contact lenses**. This activity deals with the anatomy and physiology of **contact lenses**, indications, contraindications, prepartation, complication, and device ...

2 Sharma N, Sahil R, Piyadarsini K, Tripathi JS. **Contact lenses for the treatment of ocular surface diseases.** Indian J Ophthalmol. 2023 Apr;71(3):1125-1141. doi: 10.4103/IJO.IJO.17_33. PMID: 37026245 [Free PMC article](#) [Review](#).

Show Therapeutic **contact lenses** are medically used in the management of a wide variety of corneal conditions and ocular surface diseases. Drug delivery applications of **contact lenses** hold promise for improving topical therapy. The modern rigid gas permea...

PubMed search results for "spectacles". The search bar shows "spectacles" and the search button is labeled "Search". The results page shows 532 results, sorted by "Best match". A bar chart shows the number of results over time, with a peak in 2022-2023. The left sidebar contains filters for "TEXT AVAILABILITY" (Abstract, Free full text, Full text) and "ARTICLE ATTRIBUTE" (Associated data). The main content area shows two results:

1 Nucci P, Lembo A, Schiavetti L, Shan T, Edgar DF, Evans RW. **A comparison of myopia control in European children and adolescents with defocus incorporated multiple segments (DIMS) spectacles, atropine, and combined DIMS/atropine.** PLoS One. 2022 Feb 16;17(2):e0248181. doi: 10.1371/journal.pone.0248181. eCollection 2022. PMID: 35795773 [Free PMC article](#) [Clinical Trial](#).

Show Participants were allocated according to patient/parent choice, to receive 0.01% atropine eyedrops, DIMS (Ploya MyoSmart) **spectacles**, combined atropine+DIMS or single vision **spectacle** lenses (control group). **RESULTS:** Of the 140 participants (mean age 10.3y 3.2) ...

2 Kaur K, Gurjani B, Nayak S, Deol N, Kaur S, Jethani J, Singh D, Agarkar S, Hussaindeen R, Sukhija J, Mukherjee D. **Digital Eye Strain- A Comprehensive Review.** Ophthalmol Ther. 2022 Oct;11(5):1555-1588. doi: 10.1007/s40123-022-00548-9. Epub 2022 Aug 9. PMID: 35892192 [Free PMC article](#) [Review](#).

Show Further applications should focus on recommendations for digital screen optimization, novel **spectacle** lens technologies, and inbuilt filters to optimize visual comfort ...

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344 Pages | 2011 | 1.87 MB
"Gave and Take" is brimming with life-changing insights. "One of the great secrets of life is that those who
- Building Swaraj: Indigenous Wisdom, Scientific Knowledge and the Teaching**
478 Pages | 2017 | 1.00 MB
Building Swaraj... Author: Kanchanika Jha Building Swaraj...

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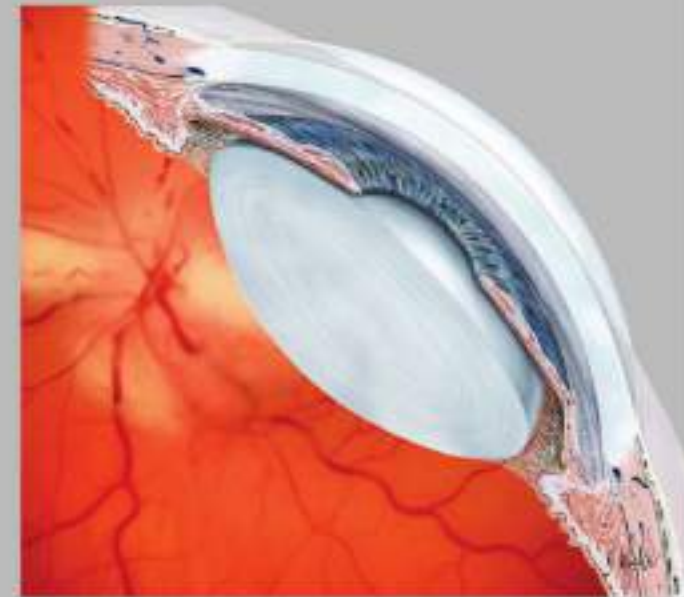
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Rumi

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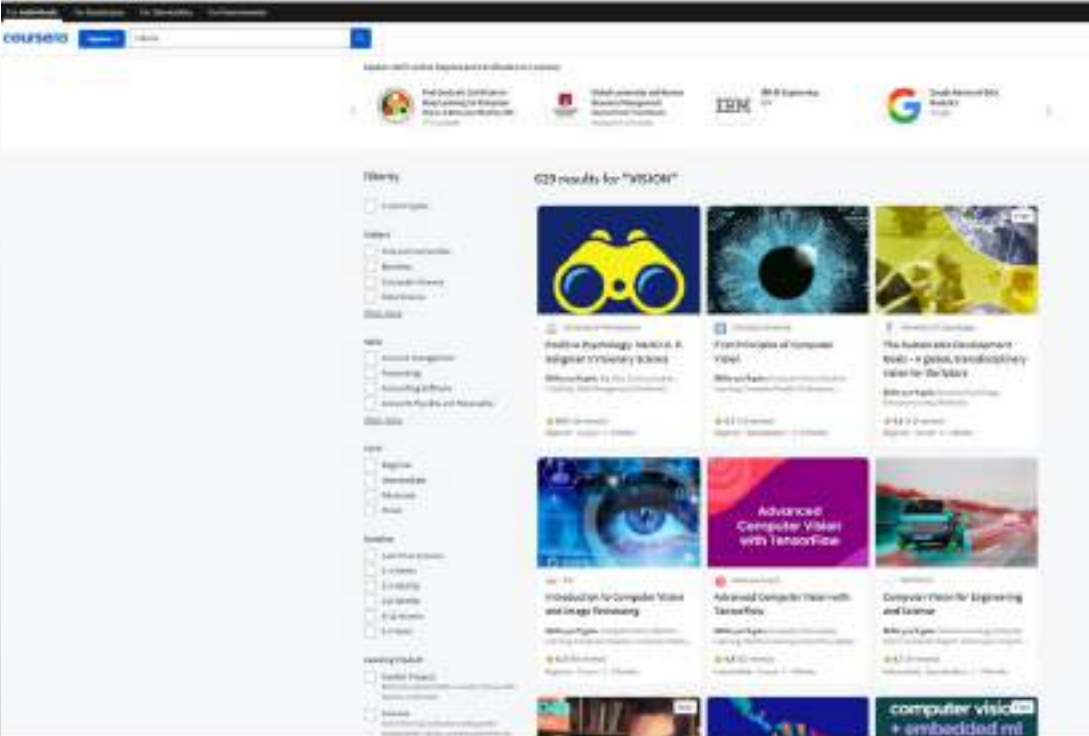
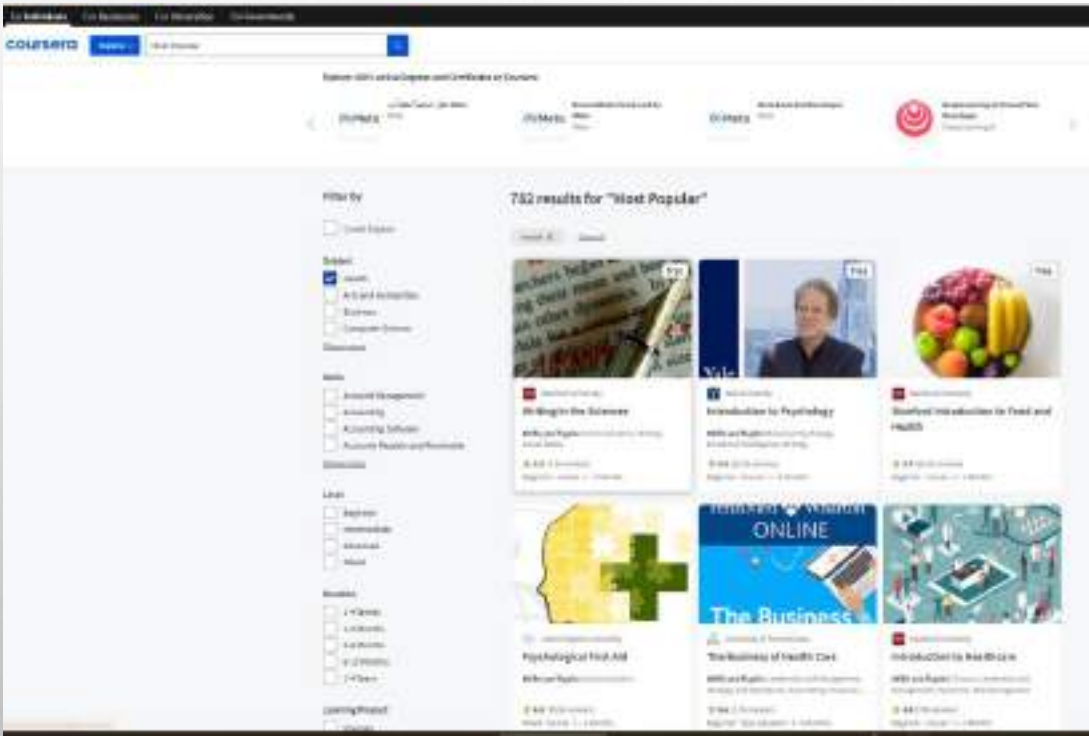
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"We must be willing to let go of the life we have planned, so as to have the life that is waiting for us." ~ ...
K. M. Hunter

Ask yourself: What are you truly grateful for in life? Next

COURSERA KURSI



NUMBEO

NUMBEO

Cost of Living · Property Prices · Quality Of Life · Premium

Cost of Living

Cost of Living

Numbeo is the world's largest cost of living database. Numbeo is also a crowd-sourced global database of quality of life data: housing indicators, perceived crime rates, healthcare quality, transport quality, and other statistics.

3,884,211 prices in **11,448** cities entered by **788,627** contributors

Select Location: Or

Your city is not here? Tell us about cost of living in your city!



Cost of Living Index (Current, By City)

City	Cost of Living Index
New York, NY	100
Chicago	~65
Sydney	~75
London	~80
Paris	~70
Beijing	~55
Dubai	~45
Hong Kong	~50
Moscow	~60

Select date: 2023 (list year)

Select display controls:

Select Region: **Eastern Europe** Northern Europe Southern Europe Western Europe [More information about these indices](#)

Rank	Country	Index of Life Index	Property Price Index	Index Index	Health Care Index	Cost of Living Index	Property Price to Income Ratio	Life Expectancy Index	Education Index	Climate Index
1	Luxembourg	280.3	113.2	88.8	77.5	71.7	90.3	35.4	31.1	82.8
2	Netherlands	280.3	106.9	73.8	78.8	67.5	6.7	23.9	21.8	88.7
3	Israel	181.1	100.4	72.8	87.2	87.7	5.8	22.3	15.7	88.8
4	Denmark	180.0	86.9	72.4	78.4	75.2	6.7	25.0	21.8	81.8
5	Finland	180.3	83.8	73.9	77.9	80.1	8.1	26.4	11.8	94.8
6	Switzerland	180.6	119.8	75.1	73.4	117.3	11.8	32.2	21.2	79.8
7	Austria	180.5	85.6	72.4	78.0	80.1	9.8	23.0	21.1	78.8
8	Norway	181.8	80.7	87.2	78.0	82.3	8.3	26.5	16.1	88.7
9	Spain	177.7	83.6	84.2	77.5	26.9	7.1	26.9	26.7	83.7
10	Estonia	176.4	82.7	75.8	75.6	89.9	9.2	22.2	17.1	84.3
11	Germany	170.0	89.2	88.8	71.8	80.0	9.2	30.7	28.8	83.3
12	Sweden	174.8	85.3	81.8	88.2	82.9	9.1	28.9	17.8	74.8
13	Slovenia	169.3	88.6	72.8	86.8	51.0	12.1	25.3	33.3	73.8
14	Portugal	166.5	48.8	88.3	72.0	40.1	11.8	27.9	28.8	87.8
15	United Kingdom	164.2	84.3	83.1	73.7	83.0	4.4	34.8	40.3	88.3
16	Czech Republic	162.3	67.9	73.2	75.2	52.6	14.1	28.4	31.2	78.4
17	Costa Rica	161.6	84.3	72.8	84.8	47.4	10.4	27.4	31.5	88.7
18	Lithuania	160.4	64.0	88.8	73.1	49.0	12.5	24.9	26.7	88.8
19	Belgium	160.4	88.1	81.1	73.2	85.8	6.4	38.0	49.7	88.0
20	Iceland	155.3	83.0	82.8	79.8	30.4	7.3	37.5	34.7	88.1
21	France	153.2	81.2	85.4	78.4	86.1	9.8	36.0	42.8	88.1
22	Latvia	152.6	82.8	82.7	80.1	51.0	8.8	28.2	38.8	74.7
23	Slovakia	148.2	81.2	88.7	88.1	47.8	10.3	27.9	37.3	78.1
24	Italy	140.3	63.6	83.7	85.9	61.0	9.2	33.0	34.8	86.8
25	Poland	139.8	58.9	79.8	88.0	44.7	11.8	32.0	34.8	75.8
26	Hungary	131.6	48.4	88.2	84.2	49.0	14.8	38.4	47.8	78.8
27	Egypt	131.4	48.2	82.8	88.8	40.3	8.7	28.2	48.8	82.8
28	Romania	129.9	47.5	87.2	88.4	38.4	11.1	32.4	38.8	77.2
29	Greece	128.0	41.4	83.5	87.2	83.2	11.7	33.7	51.7	83.1
30	Bosnia And Herzegovina	127.2	45.3	87.5	84.8	38.1	11.7	28.4	38.7	82.3
31	Mali	121.8	81.7	88.8	82.0	88.4	11.3	28.9	75.7	87.4
32	Bahrain	117.0	89.8	88.8	47.7	38.3	10.8	38.7	44.4	84.4
33	Saudi Arabia	115.1	34.8	81.5	82.2	40.3	11.8	38.0	84.7	83.2

BALTIJAS VALSTU GALVASPILSETU SALIDZINAJUMS

Quality of Life Comparison Between Riga and Vilnius



Index ⓘ Riga Vilnius
Quality of Life Index: 146.36 164.29

		Riga		Vilnius
Purchasing Power Index	Low	53.62	Moderate	61.09
Safety Index	High	61.60	High	72.72
Health Care Index	High	60.97	High	74.71
Climate Index	High	74.70	High	66.59
Cost of Living Index	Low	55.68	Low	51.60
Property Price to Income Ratio	Moderate	8.78	High	12.64
Traffic Commute Time Index	Low	31.31	Low	27.04
Pollution Index	Low	37.76	Low	25.90
Quality of Life Index	High	146.36	Very High	164.29
Minimum contributors in an underlying section:		105		88
Maximum contributors in an underlying section:		326		366
Last Update:		August 2023		August 2023

Quality of Life Comparison Between Riga and Tallinn

Index ⓘ Riga Tallinn
Quality of Life Index: 146.36 176.27

		Riga		Tallinn
Purchasing Power Index	Low	53.62	Moderate	68.74
Safety Index	High	61.60	High	76.54
Health Care Index	High	60.97	High	74.88
Climate Index	High	74.70	High	64.28
Cost of Living Index	Low	55.68	Low	58.08
Property Price to Income Ratio	Moderate	8.78	Moderate	10.06
Traffic Commute Time Index	Low	31.31	Very Low	24.67
Pollution Index	Low	37.76	Very Low	10.00
Quality of Life Index	High	146.36	Very High	176.27
Minimum contributors in an underlying section:		105		116
Maximum contributors in an underlying section:		326		310
Last Update:		August 2023		August 2023

LATVIJAS PILSĒTU SALĪDZINĀJUMS

Quality of Life Comparison Between Riga and Liepaja

Index: Riga Liepaja

Quality of Life Index: 146.36 - 169.00

		Riga		Liepaja
Purchasing Power Index	Low	53.62	Low	48.57
Safety Index	High	61.60	Moderate	55.67
Health Care Index	High	80.97	Moderate	59.03
Climate Index	High	74.70	High	74.05
Cost of Living Index	Low	55.68	Low	48.84
Property Price to Income Ratio	Moderate	8.78	Very Low	4.80
Traffic Congestion Time Index	Low	31.31	Very Low	10.00
Pollution Index	Low	37.75	Very Low	11.00
Quality of Life Index	High	146.36	Very High	169.00
Minimum contributors in an underlying sector		108		4
Median contributors in an underlying sector		326		51
Last Update:		August 2023		July 2023

Quality of Life Comparison Between Riga and Daugavpils

We need more contributors for **Daugavpils** to increase our data quality.

Nearest cities for which we have more contributors:

Riga 223.52 km

Also, consider looking into aggregate data we have for [Quality of Life in Latvia](#)

Index: Riga Daugavpils

Quality of Life Index: 146.36 - ?

		Riga		Daugavpils
Purchasing Power Index	Low	53.62		?
Safety Index	High	61.60	High	62.11
Health Care Index	High	80.97	High	75.00
Climate Index	High	74.70	High	54.34
Cost of Living Index	Low	55.68		?
Property Price to Income Ratio	Moderate	8.78	Moderate	8.57
Traffic Congestion Time Index	Low	31.31	Very Low	12.00
Pollution Index	Low	37.75	Moderate	40.34
Quality of Life Index	High	146.36		?
Minimum contributors in an underlying sector		108		?
Median contributors in an underlying sector		326		51
Last Update:		August 2023		July 2023

DZĪVOŠANAS IZMAKSU KALKULATORS

Quality of Life Comparison Between Riga and Ventspils

Index	Riga	Ventspils
Quality of Life Index	146.30	119.07
Purchasing Power Index	Low 53.62	Low 50.83
Safety Index	High 61.60	High 67.00
Health Care Index	High 60.97	Moderate 56.07
Climate Index	High 74.70	High 78.64
Cost of Living Index	Low 55.60	Low 46.05
Property Price to Income Ratio	Moderate 8.79	Very Low 4.24
Traffic Commute Time Index	Low 31.31	Very Low 21.67
Pollution Index	Low 37.76	Very Low 6.90
Quality of Life Index	High 146.30	Very High 119.07
Minimum contributors in an underlying sector	165	9
Maximum contributors in an underlying sector	126	14
Last Update:	August 2023	July 2023

Cost Of Living - Property Prices - Quality Of Life - Premium -

Cost of Living - Latvia - Riga - Estimator

Cost of Living Estimator in Riga, Latvia

Use this tool to calculate allowance or adjustment if relocating to Riga, Latvia. To get more information about prices of on this page, please visit [Cost of Living in Riga](#).

Currency: Sticky Currency

Members of your household:

Eating lunch or dinner in restaurants: of the time

When eating in restaurants, you are choosing inexpensive restaurants: of the time

Drinking Coffee outside of your home:

Going out (cinema, nightlife, etc.):

Smoking (household overall): packs of cigarettes per day

Alcoholic beverages (consume):

At home, we are eating: food

Driving car:

Taking Taxi:

Paying for public transport tickets:

Sport Memberships:

Vacation and Travel:

Buying Clothing and Shoes:

Rent:

Number of your children going to kindergarten:

Number of your children going to the private school:

RIGAS UN VIĻNAS SALIDZINAJUMS

 Markets	Vilnius Edit	Riga Edit	
Milk (regular), (1 liter)	1.34 €	1.31 €	-2.0%
Loaf of Fresh White Bread (500g)	1.45 €	1.28 €	-10.0%
Rice (white), (1kg)	2.21 €	2.29 €	+3.9%
Eggs (regular) (12)	2.32 €	2.58 €	+11.0%
Local Cheese (1kg)	10.68 €	10.26 €	-4.0%
Chicken Fillets (1kg)	7.15 €	6.04 €	-15.0%
Beef Round (1kg) (or Equivalent Back Leg Red Meat)	10.00 €	10.62 €	+6.2%
Apples (1kg)	1.32 €	1.39 €	+5.7%
Banana (1kg)	1.56 €	1.90 €	+21.4%
Oranges (1kg)	1.78 €	1.87 €	+5.2%
Tomato (1kg)	2.78 €	2.51 €	-9.6%
Potato (1kg)	0.79 €	0.86 €	+8.5%
Onion (1kg)	0.73 €	0.77 €	+5.3%
Lettuce (1 head)	1.39 €	1.41 €	+1.7%
Water (1.5 liter bottle)	0.75 €	0.74 €	-0.7%
Bottle of Wine (Mid-Range)	8.00 €	7.00 €	-12.5%
Domestic Beer (0.5 liter bottle)	1.39 €	1.51 €	+8.4%
Imported Beer (0.33 liter bottle)	1.67 €	1.70 €	+1.4%
Cigarettes 20 Pack (Marlboro)	4.67 €	4.50 €	-3.7%
 Transportation	Vilnius Edit	Riga Edit	
One-way Ticket (Local Transport)	0.80 €	1.50 €	+86.7%
Monthly Pass (Regular Price)	29.00 €	30.00 €	+3.4%
Taxi Start (Normal Tariff)	1.35 €	2.50 €	+85.2%
Taxi 1km (Normal Tariff)	0.85 €	0.96 €	+12.9%
Taxi 1hour Waiting (Normal Tariff)	9.60 €	9.80 €	+2.1%
Gasoline (1 liter)	1.57 €	1.73 €	+10.1%

 Utilities (Monthly)	Vilnius Edit	Riga Edit	
Basic (Electricity, Heating, Cooling, Water, Garbage) for 65sqm Apartment	199.53 €	345.08 €	+72.7%
Mobile Phone Monthly Plan with Calls and 1000+ Data	13.92 €	16.00 €	+21.6%
Internet 60 Mbps or More, Unlimited Data, Cable/ADSL	13.86 €	17.91 €	+29.2%
 Sports And Leisure	Vilnius Edit	Riga Edit	
Fitness Club, Monthly Fee for 1 Adult	31.09 €	40.00 €	+28.5%
Tennis Court Rent (1-Hour on Weekend)	20.80 €	23.89 €	+14.9%
Cinema, International Release, 1 Seat	9.00 €	9.10 €	+1.1%
 Childcare	Vilnius Edit	Riga Edit	
Preschool (or Kindergarten), Full Day, Private, Monthly for 1 Child	453.90 €	377.22 €	-16.7%
International Primary School, Yearly for 1 Child	7,864.54 €	11,796.92 €	+48.1%
 Clothing And Shoes	Vilnius Edit	Riga Edit	
1 Pair of Jeans (Levis 501 Or Similar)	69.72 €	67.19 €	-3.6%
1 Summer Dress in a Chain Store (Zara, H&M, ...)	33.00 €	41.79 €	+26.6%
1 Pair of Nike Running Shoes (Mid-Range)	79.18 €	73.11 €	-7.7%
1 Pair of Men Leather Business Shoes	97.96 €	102.07 €	+4.6%
 Rent Per Month	Vilnius Edit	Riga Edit	
Apartment (1 bedroom) in City Centre	740.99 €	442.05 €	-40.2%
Apartment (1 bedroom) Outside of Centre	492.79 €	288.71 €	-41.3%
Apartment (3 bedrooms) in City Centre	1,358.85 €	819.74 €	-39.7%
Apartment (3 bedrooms) Outside of Centre	891.54 €	541.43 €	-39.2%
 Buy Apartment Price	Vilnius Edit	Riga Edit	
Price per Square Meter to Buy Apartment in City Centre	4,150.50 €	2,420.43 €	-41.7%
Price per Square Meter to Buy Apartment Outside of Centre	2,541.20 €	1,467.43 €	-42.3%
 Salaries And Financing	Vilnius Edit	Riga Edit	
Average Monthly Net Salary (After Tax)	1,323.06 €	1,106.50 €	-16.4%
Mortgage Interest Rate in Percentage (%), Yearly, for 20 Years Fixed Rate	3.43	3.33	-3.7%

CHATGPT

ChatGPT

Raksts **Debata** Skatīt Lielā formātā Labot pārrakstu Hestija Rda

Vēlējies lasīt

ChatGPT (Chat Generative Pre-trained Transformer) ir OpenAI izstrādāts sistēma, kas ir aprīkota, lai saprastu cilvēku valodu — īpaši lietotāja ievadītu vārdjumu vai uzdevni un atbildē izstrādātu izmērītas atbildes. Tas ir izveidots, pamatojoties uz OpenAI GPT-3 lielajiem valodas modeļiem, un ir izstrādāts, izmantojot dažādas **uzrunāšanas aprīkojuma** un **atbildes aprīkojuma** metodes. ChatGPT pamatā esošie modeļi ir optimizēti tīklārunai angļu valodā, taču tie ir spējīgi izprast un sniegt atbildes arī citās valodās, tostarp **latviski**.

ChatGPT prototips tika palaists 2022. gada 30. novembrī, un ātri ieguva **interneta** lietotāju uzmanību, pateicoties ChatGPT spējam sniegt detalizētas atbildes par plašu tēmatu klāstu. Tomēr, par spīti tā popularitātei, ir neskaidrs, ka ChatGPT sniegtās atbildes tieši ir faktiski kļūdainas, kas ir identificēts kā būtisks trūkums sistēmas darbībā.

Funkcijas un ierobežojumi

Irakstvaloda	OpenAI
Sniegšanas termiņš	2022. gada 30. novembris
Valoda	latviski
Licence	OpenAI koda
Tīmekļa vietne	chat.openai.com/chat/

Kādas ir optometrijas perspektīvas

Optometrijas perspektīvas ir atkarīgas no vairākiem faktoriem, tostarp medicīniskās attīstības, sabiedrības veselības prioritāšu un tehnoloģiju progresu. Šeit ir dažas no galvenajām perspektīvām, kas var ietekmēt optometrijas lauku nākotnē:

- Palielināta veselības aprūpe:** Sabiedrības pieaugošā apziņa par acu veselību var novest pie palielināta pieprasījuma pēc optometrijas pakalpojumiem. Šis pieaugošais pieprasījums iedzīvo optometri var sagādāt stabili vai pat pieaugošu darba iespēju klāstu.
- Iztīrības attīstība:** Optometrijas prakses un tehnoloģijas pastāvīgi attīstās. Jaunākie pilnījumi un tehnoloģijas, piemēram, digitālā redzes testi un attālinātā konsultācija, var atvērt jaunas iespējas optometriem, kā arī ietekmēt to, kā tie veic uzdevumus un sniegt padomus pacientiem.
- Vecāka populācijas pieaugums:** Vecuma pieaugums sabiedrībā var palielināt vecuma saistīto redzes problēmu gadījumu skaitu, piemēram, makulas degenerāciju un glaukoma. Optometriem var būt svarīga loma šo slimību agrīnā atpazīšanā un pārvaldībā.
- Digitālās tehnoloģijas un acu veselība:** Pieaugošā digitālo ierīču lietošana var veicināt digitālo acu noguruma un sausuma problēmas. Optometriem būs jāattīsta stratēģijas un risinājumi šīm problēmām, sniedzot padomus un piedāvājot piemērotus aizsardzības līdzekļus.
- Multidisciplināra sadarbība:** Optometri arvien vairāk var iesaistīties veselības aprūpes komandās kopā ar oftalmologiem un citiem medicīniskajiem speciālistiem, lai nodrošinātu pilnīgu un saskaņotu aprūpi pacientiem ar acu problēmām.
- Globalizācija un jaunas tirgus iespējas:** Optometrijas prakses var piedāvāt iespējamu arī globālā mēroga, jo acu veselība ir nepieciešama visur pasaulē. Jauno tirgu var parādīties pieaugošs pieprasījums pēc optometrijas pakalpojumiem un produktiem.

Tai gan ir dažādi faktori, kas var ietekmēt optometrijas perspektīvas, kopumā šis ir nozīmīgs veselības aprūpes sektors, un tas var piedāvāt daudzveidīgas karjeras un izaugsmes iespējas tiem, kas interesējas par acu veselību un redzes aprūpi.