Kārlis Vērdiņš was born in 1979 in Riga and graduated in cultural theory from the Latvian Academy of Culture. Vērdiņš has a PhD in Literature from the University of Latvia (2009). Since 2007, he has been working at the Institute of Literature, Folklore and Art of the University of Latvia. He is the author of four poetry collections – Ledlauži (The Icebreakers, 2001), Biezpiens ar krējumu (Cottage Cheese with Cream, 2004), Es (I, 2008) and Pieaugušie (Adults, 2015).

His collected poems under the title Mēs (We) were published in 2012. He is the author of children verse books Burtiņu zupa (Alphabet Soup, 2007) and Tētis (Dad, 2016).

Vērdiņš’ poetry has been translated into several languages and included in several British anthologies. Translations of his poems have been collected in separate books in Russian (2003), Polish (2009), Czech (2013). Vērdiņš’ selected poems in English translation, Come to Me, was published by Arc Publications in 2015.

Vērdiņš’ poem "Come to Me" was included in Fifty Greatest Modern Love Poems list, chosen by poetry specialists at the London’s Southbank Centre in 2014. In 2001, 2008, and 2015, he received the newspaper Diena Culture Award. Vērdiņš’ is also a recipient of the Poetry Day’s Prize 2008 for the Best Poetry Collection of the year and the Latvian Annual Literary Award in 2007 and 2015.

Vērdiņš has translated the works of T.S. Eliot, Walt Whitman, Emily Dickinson, Georg Trakl, Joseph Brodsky, Konstantin Biebl, Lev Rubinstein, and other European and American poets, including Russian poets of Latvia. His publications on literature includes monographs, The Social and Political Dimensions of the Latvian Prose Poem (in English, Pisa University Press, 2010), and Bastarda forma (in Latvian, ILFA, 2011).