

st. petersburg

russia

russian language / fall 2012



cīee

program handbook

CIEE Study Center at St. Petersburg State University

St. Petersburg, Russia

Part I: The CIEE Program in St. Petersburg	4
WELCOME TO YOUR ADVENTURE IN RUSSIA	4
Your Host: St. Petersburg State University	4
Academic Program	4
Faculty	5
Academic Culture.....	5
Class Locations.....	5
Class Hours	5
Field Trips	5
Continued Study	5
Meeting Other Students.....	5
THE CIEE PROGRAM	6
Departure and Arrival.....	6
Discount on Airfare	6
Online Pre-Departure Orientation	7
On Site Orientation in Russia	7
CIEE's Office.....	7
CIEE Program Staff	7
Program Mailing Address	8
HOUSING AND MEALS	8
Homestay Housing.....	8
Part II: Before You Leave Home	10
A LOT TO LEARN	10
Get a Good Guidebook.....	10
Keep Up To Date	11
Tap Other Resources.....	11
Brush Up Your Russian	11
Check Travel Advisories	11
Be Informed about Home, Too	11
ESSENTIAL DOCUMENTS.....	11
Passports	11
Visas	12
Documents for non-U.S. Citizens	13
Immunization Records	13
Student Identity Cards	13
Hostelling International Card	13
HEALTH.....	13
INSURANCE	15
Accident and Sickness Insurance.....	15
Personal Finances	16
Cost of Living	16
CIEE Program Cost and Billing.....	17
Financial Arrangements.....	17
PACKING AND BAGGAGE.....	17
PREPARING FOR CULTURAL ADAPTATION.....	20
Part III: Living in St. Petersburg	20
MEETING RUSSIANS.....	21
Special Note to Women	22
Special Note to Minorities	22
SAFETY PRECAUTIONS.....	22
COMMUNICATIONS AND MAIL	23
Telephone	23
Fax	23
Computers and Internet.....	23
Post Office and Mailing Procedures	23
MONEY AND BANKING.....	24
Money	24

ATM & Debit Cards	24
Cash	24
Traveler's Checks	25
Currency Exchange	25
Credit Cards	25
Personal Checks	25
Transferring Money	25
MEDICAL FACILITIES	26
GETTING AROUND	26
Local Transportation	26
Independent Travel	26
Modes of Travel for Long Distance	27
Hotels and Hostels	27
DISMISSAL FROM THE PROGRAM	27
VOTING WHILE ABROAD	27
INCOME TAX	27
EMERGENCY CONTACT INFORMATION	27
Part IV: Policies and Procedures.....	28
A NOTE FROM CIEE	28
Credits and Grades	28
CONCLUSION: THE CHALLENGE IS UP TO YOU	30
Part V: Additional Resources.....	31
RECOMMENDED READING	31
Books On Russian Culture and History	31
Books on Cultural Adaptation	31
USEFUL WEBSITES	32
Website	32
Description	32
SUGGESTED PACKING CHECKLIST	33
Important Documents.....	33
Clothing.....	33

Part I: The CIEE Program in St. Petersburg

WELCOME TO YOUR ADVENTURE IN RUSSIA

You are about to embark on a great adventure, being in Russia at a time of historic change. This is an exhilarating time, but also a very challenging time. The Soviet Union is nearly twenty years gone, and Russia is dramatically different than it was more than a decade ago. St. Petersburg has benefited enormously. Although it still has some "Leningrad" left in it, Russia's northern capital has regained much of its 19th century imperial splendor.

Unlike many Americans who visit Russia, you have the added advantage of knowing the Russian language, which will help you assimilate and adapt to Russian society. You will be studying Russian at a Russian institution of higher learning and living among Russians. During your stay in St. Petersburg you will gain a real sense of what life is like for the average Russian, something few Americans will ever know.

Participants say...

Bring pictures; they are a good way to break the ice. Also, be prepared to accept that things are largely different from America.

Be open-minded, have fun, and don't drink the tap water!

Your Host: St. Petersburg State University

Like the city of Leningrad, Leningrad State University was given back its old name of St. Petersburg State University in 1991. Founded in 1724, St. Petersburg State University (Санкт-Петербургский Государственный Университет – СПбГУ) (SPbGU) is one of oldest, largest and most prestigious institutions of higher education in Russia. The campus has expanded from its original site on the Neva River to include over 400 buildings located at various sites around the old city center and the suburb of Peterhof. The university's 20 schools provide instruction for over 32,000 students from the former Soviet republics and around the world.

CIEE programs are housed at the Center of International Educational Programs within the School of Political Science at St. Petersburg State University which is located at the Smolny campus, right behind the architectural masterpiece of Smolny Cathedral. The majestic

buildings of the Smolny ensemble were commissioned by the Empress Elizabeth in 1744 as a nunnery to house orphans, and eventually grew to include Catherine the Great's Institute for the Education of Well-born Young Ladies. However, the Smolny complex is perhaps best remembered as the site from which Lenin and the Bolsheviks directed the October Revolution, serving as the seat of Soviet power until Lenin moved the government to Moscow in 1918.

Academic Program

Language Study: You will receive language instruction from professors of the Center of International Educational Programs within the School of Political Science of St. Petersburg State University. Your level of language training is determined by a language proficiency test administered at the beginning of the program.

CIEE monitors your progress throughout the program, ensuring that your homework is graded and that you take regular tests, including final exams.

Classes: Students take Russian Grammar, Phonetics, and Conversation, and two additional elective courses. There are three levels available in the Grammar, Phonetics, and Conversation courses. All courses are taught in Russian and your fellow students are participants in the CIEE Russian Language program. **You will not be in class with Russian students. The Center of International Educational Programs provides courses in Russian language and culture for foreign students.**

The Building: CIEE's Study Center (main office, student library, and classrooms) are located at the 7th entrance of the Smolny complex, surrounding the Smolny Cathedral. The CIEE Study Center is part of the Center of International Programs of the School of Political Science, St. Petersburg State University. Some classrooms of the School of International Relations are also located at the 7th entrance of the Smolny complex. The halls of the CIEE Study Center are filled with Russian students from both "fakultety" and opportunities to interact with Russian students on a daily basis abound.

Russian-only Guideline: You should be prepared to speak only Russian at all times during the course of the program. Russian-only is absolutely essential when there are Russians present, and at such times the rule is easier to maintain. When only Americans are present, it is harder to stick to the Russian-only rule. But you

can do it. Make the maximum possible effort to speak only Russian at all times and reinforce the efforts of others in the group. The resident staff will not police you, but they will encourage you and will expect you to speak Russian at shared meals, in the hallways and on excursions and field trips. The more you use the Russian language the more your proficiency with it will improve.

Faculty

The highly qualified faculty comes from St. Petersburg State University. They are very experienced at teaching Russian to foreign students.

Academic Culture

You'll hear this more than once: Teaching methods will be quite different from what you are used to. There tends to be less discussion and more memorization, a typical approach in most European universities. Relationships between students and teachers are more formal. Behavior that is taken for granted as normal in the United States may be considered quite rude in Russia. For example, students do not eat, or chew gum in class; nor do they wear baseball caps or talk out of turn. The student/teacher ratio is usually under 7:1 and there is less changing of classrooms than you may be used to.

One thing that American students may find hard to get used to is greeting their teachers every morning. It is part of Russian etiquette to greet professors in the morning. The word "здравствуйте" ("zdravstvuite") is used as a greeting only once a day, but should be said to those passing by in the hall in the morning and to teachers in the classroom.

Class Locations

All instruction is offered through the Center of International Educational Programs within the School of Political Science at St. Petersburg State University which is located at the Smolny campus.

To get to classes you can take free university-owned shuttle busses from the Chernyshevskaya metro station. Note that for the majority of students who do not live within walking distance of the university, you will need to use public transportation daily as well. You will need to pay for public transportation daily.

Class Hours

The Russian academic day consists of ninety-minute periods called "para" (as in "pair" of 45

minute lessons). The actual schedule may vary, but based on the schedule during the previous academic year, note the following:

Classes will be held Monday through Friday from 10:00 a.m. to 5:00 p.m with one short day a week (usually Wednesday) from 10:00 a.m. till 1:10 p.m. Individual course choices will determine what hours a student spends at the CIEE Study Center.

Participants say...

You are expected to go to classes every morning, so be prepared.

Take your own initiative because it's over before you know it.

Field Trips

Field trips typically include the following: one trip to Moscow, one weekend trip to Novgorod and one weekend trip to either the Pskov region or Kiev, Ukraine. The schedule of excursions and field trips is handed out at orientation.

Continued Study

If you want to continue your studies in St. Petersburg for a second semester, or decide to do a continuing program at one of the other CIEE Study Centers, remember that the deadline is November 1 for most spring programs and April 1 for most summer, fall, and academic year programs.

If you would like to spend another semester in St. Petersburg with CIEE, here are the guidelines:

- Students must first get approval for enrollment from their home school study abroad advisor.
- Getting one's visa extended takes over five weeks, so students need to plan accordingly.
- During the period of extension, the student will be left WITHOUT A PASSPORT so he/she should plan to make sure that the five week extension period does not overlap with any planned trips. A passport is necessary for travelling on train and airplane within Russia.

See the resident staff for the appropriate enrollment extension form.

Meeting Other Students

Taking part in student activities is a great way to meet Russian students. Signs announcing student activities (teaching English, parties,

conversation partners, internships etc.) are posted at the CIEE office and the Resident Staff can assist you in contacting a particular club, group or organization.

Participants say...

I had a chance to teach English in a university setting. It was wonderful for getting to know Russians and it was a lot of fun to work with them. I also had an opportunity to participate in the University Russian Choir, which was absolutely amazing! I got to meet and make friends with Russians.

I think in Russia, it is really what you make of it. Only the students can push themselves out into the community. The administration was there for us if we needed help, but the student needs to take the incentive to go out and learn.

THE CIEE PROGRAM

Departure and Arrival

How do I get there?

The cost of transportation to and from the program is not included in the CIEE program fee. You will need to provide CIEE with your travel itinerary as soon as you purchase your ticket. Please submit this information using the **Flight Arrival Information** online survey, available on your online CIEE account.

Note that due to the potential for major immigration complications, CIEE does not permit students to enter Russia by train at the start of the program. All students must arrive in Russia by air.

Both of the CIEE Russian programs have a required two week orientation. **Students must plan to arrive at the St. Petersburg Pulkovo Airport (LED) by 5:00pm on the start date of their program.** Please refer to the **Program Dates, Details and Updates** document, located on your online CIEE account for arrival information.

Students cannot arrive earlier than their visa start date, which will be the start date of the program.

Participants say...

Our professors were impressive, knowledgeable people.

Listen to the radio if you can get one, it's a good way to pick up the language.

What happens when I arrive?

Students should make their flight reservation to arrive on the date and time indicated in the **Program Dates, Details & Arrival Information**

document, located on your online CIEE online account. Those students whose arrival coincides with the stated times will be greeted by the CIEE staff at the St. Petersburg Pulkovo 2 International Airport (airport code: LED).

St. Petersburg's airport is split into two separate airports: Pulkovo 1 for domestic flights and Pulkovo 2 for international flights. There are no free or paid shuttles between the two airports, only overpriced taxis. Students should plan to arrive at PULKOVO 2 AIRPORT. If the final leg of your flight has you flying from Moscow to St. Petersburg, you will be arriving at Pulkovo 1 airport and *it is your responsibility to get yourself to Pulkovo 2* to meet the group.

Whatever your travel plans, you are responsible for getting to the hotel on time for the first orientation session in the evening of the arrival day.

You may change money for rubles at the airport. You may also get rubles from ATMs at the airport (see the Money and Banking section later in this handbook for more details regarding handling money while in Russia).

Students will be shuttled to the Park Inn "Pulkovskaya" hotel, located near the Pulkovo airport in the southern part of the city.

All students will get the chance to call home using a CIEE calling card before going to bed the first night in Russia to let loved ones know they've arrived safely. WiFi is also available for a fee at the orientation hotel.

Detailed arrival and orientation information will be emailed to students in the Final Details email sent out within a month prior to departure.

Discount on Airfare

As a part of your program fees you will receive an iNext (www.iNext.com) insurance card/student ID that allows a \$15.00 discount on flights costing \$100.01 to \$249.99 and a \$25.00 discount on flights costing \$250.00 or more when you purchase your airfare through Student Universe (www.studentuniverse.com). To take advantage of the discount, type "iNext" in the Promo Code text box when you finalize your reservation. Student Universe is a travel agency that offers plane tickets at a reduced student rate. Aside from Student Universe's already discounted student fares and the iNext discount, most Student Universe tickets allow changes to the ticket for as little as \$50. If you have one of these tickets, you can make your plans to travel independently even after you have already arrived on-site. Your iNext card is valid for 365 days and the code can be applied towards any

two airfares purchased while you are covered by iNext.

Online Pre-Departure Orientation

You will begin your study abroad experience in St. Petersburg before even leaving home—by participating in a CIEE Online Pre-Departure Orientation. Meeting with students online, the student services staff in St. Petersburg will share information about the program and city, highlighting issues that alumni have said are important and giving students time to ask any questions before leaving home. The online orientation allows you to connect with others in the group, reflect on what you want to get out of the program, and learn what others in the group would like to accomplish. The CIEE goal for the pre-departure orientation is simple: to help students understand more about the program and site, as well as their goals for the program, so that they arrive to the program well-informed and return home having made significant progress toward their goals.

On Site Orientation in Russia

All students must attend the intensive training at the beginning of the orientation period conducted in St. Petersburg. If you are delayed en route to the orientation site, you must contact the Resident Staff as soon as you realize you will be late.

Fellow participants of the Language program as well as participants in the Russian Area Studies program will be at orientation together.

During orientation, the resident staff will provide a structured introduction to the country, the culture, and the academic program. They'll also give you lots of practical information about living in St. Petersburg, including:

- A review of emergency procedures
- Detailed information on health, well-being, and safety issues
- Academic information relating to the program and the university
- Local tours and guided visits in order to help with adjustment
- Housing information and assistance
- Practice with city public transportation, familiarizing students with places and routes around the city

Individual orientation continues throughout the program.

Tip: Phone home

When you arrive, it is a good idea to call or email your parents. A brief phone call telling them that you have arrived and are fine will relieve them of any worries. At this time you can also pass along exact information on how they may reach you.

CIEE's Office

The CIEE office in St. Petersburg is located at the Center of International Educational Programs within the School of Political Science on the Smolny campus of St. Petersburg State University, ulitsa Smolnogo 1/3, St. Petersburg, Russia.

Office Phone/Fax: +7 (812) 576-4494

CIEE Program Staff

The Resident Director, appointed by CIEE in consultation with the academic consortium, supervises and administers the program. The members of the resident staff have extensive experience in the former USSR and Russia. They can assist you with academic, administrative, and personal matters.

The Russian Area Studies Program runs concurrently with the Russian Language Program in which you are enrolled. Participants in the Area Studies program take courses taught in English, and have had up to 4 semesters of Russian.

Resident Director

A native of Moscow, Irina Makoveeva received her Masters Degree in Russian Philology and Comparative Linguistics from the Moscow Lomonosov State University and her Doctoral Degree in Slavic and Film Studies from the University of Pittsburgh. Her dissertation *Visualizing Lev Tolstoi's Anna Karenina* reveals her interest in popular-culture adaptations of canonical literary texts. While her first publications focus on problems of translation and methodology of teaching Russian as a foreign language, her recent articles explore various aspects of Soviet and post-Soviet culture. Throughout her long academic career, she has taught various courses on Russian literature, culture, cinema, and all levels of Russian language at such schools as Moscow State Mining University, the Moscow Lomonosov State University, Virginia Tech, the University of Pittsburgh, and Vanderbilt University. While at Moscow State Mining University, she also served as a Vice Dean of the International Office. Her desire to expand American students' classroom experience culminated in her directing the Virginia Tech Summer Study Abroad Program in Russia for five years.

Student Services Manager

A native of Maine, Jarlath McGuckin has traveled widely in Eastern/Central Europe, primarily as a participant on the CIEE study abroad programs in St. Petersburg and Prague. Jarlath speaks Russian and received his degree in Russian and Political Science from the University of Rochester in 2002 and his Masters in Russian Area Studies from the European University at St. Petersburg in 2009. Jarlath has served CIEE as Assistant for External Relations and Campus Relations Coordinator in the Portland, Maine office. Jarlath moved to St. Petersburg in June of 2006. In his free time, Jarlath can be found playing in the local rock band The Dudes, or DJing at clubs in St. Petersburg.

Student Services Assistant

Student Services Assistant Katya Rubtsova joined the CIEE Study Center in 2009. A graduate from the Tula Lev Tolstoy State Pedagogical University with the major in teaching foreign languages, she has quickly become an indispensable member of the team aptly assisting CIEE students in their everyday endeavors. Twice she travelled to the USA as a participant of CIEE Summer Program. Her unflinching enthusiasm and energy allow her to successfully fulfill her life goal to serve people.

Program Mailing Address

Student's Name, CIEE
School of Political Science
St. Petersburg State University
Ulitsa Smolnogo 1/3, Sedmoj Podezd
St. Petersburg 191124
RUSSIA

Participants say...

Definitely make the effort to speak as much Russian as possible. Make the effort to get to know Russians. Have a good attitude during the long winter months when you almost never see the sun.

HOUSING AND MEALS

You will find out your housing assignment during orientation in Russia, but not before. **Thus you will not know your housing address before you depart for Russia.** Have your mail sent to the program address as it is the most reliable address. Even after you find out your homestay's address, you should still have mail sent to the program address.

Students live with a Russian family. CIEE will place students in families based on your answers in the housing survey you will be asked to complete on your online CIEE account. CIEE

has a few host families with limited English. If you would like to stay with a Russian family that speaks some English, please note that clearly on your housing survey.

The homestay families are pre-screened by CIEE and matches are made according to information provided by you in the online housing survey. It is therefore critical that you fill out the online housing survey.

Homestay Housing

In the homestay you'll have a single room in a comfortable Russian urban apartment. Living in private homes is considered the best of the housing possibilities in St. Petersburg because of its practicality and its contribution to the program objectives.

Participants say...

From my experience, it is only possible to understand Russians from living here personally with them in their homes for a semester or more. I've been to Russia 2 times already and thought I knew everything.... What a surprise!

The houses are comfortable, but expect differences from what you are used to. Homes are generally smaller or more crowded and the shower may be hand-held. Soviet-era apartment buildings sometimes look rather shabby on the outside but are usually warm and cozy (and very modern) on the inside. The old adage should be used: "Don't judge a book by its cover!"

Though St. Petersburg lies astride rivers and canals and is built on a swamp, many apartments are not fitted with modern window screens to keep out the plentiful mosquitos. Students combat this as all other Petersburgers do: with plug-in mosquito repellent "fumigators".

How can I best get along with my host?

During the orientation, you will receive housing guidelines; the host family will be given the same guidelines before you move in with them. It is very important that you respect these guidelines.

Host families take part in an orientation at the beginning of the semester as well, albeit much shorter than your comprehensive off-site orientation. They sign an agreement with CIEE to hold up their end of the housing bargain. Make sure to speak with CIEE staff if you feel your host family is not fulfilling their commitment.

Of course you want to be well received by your host family. It is important to remember that although you will most likely be treated as

another member of the family, you will also be treated to some extent as a guest in their home. Be considerate of your host family and respect their concerns. The following will help you to avoid problems:

- Bring a small introductory gift for your host family (picture book, region specific souvenirs, and candies). Throughout the semester you might occasionally bring flowers, fruits, a small cake or candies for your hosts.
- Phone ahead or leave a note if you will be absent or late for a meal or if you will be coming home late at night. Families usually expect you to be home at a reasonable hour, especially on weeknights. Please respect their concerns. It may make your host parents uncomfortable to have you coming and going at all hours of the night.
- Respect your host family's belongings. Remember to ask permission to use stereos, kitchen appliances and other equipment or to go into the rooms of members of your host families.
- Be aware that it is not appropriate to enter the rooms of members of the opposite sex, even if they are brothers or sisters in your host family.
- Don't leave things in the bathroom unless advised to do so. Your host family will show you where to leave them.
- Laundry expenses are included into the compensation paid to the hosts. However, you are only allotted two to three loads of presorted laundry per week. The majority of the hostesses won't allow you to use their washing machine on your own.
- If you smoke, ask where it's permissible. All the University's buildings are smoke free.
- To feel secure in your new home, put your valuables (money, passport, etc.) in a safe place. Your host family cannot be held responsible for theft and neither can CIEE. Please bring luggage locks so you can lock valuables in your suitcase or your closet. CIEE will also hold your valuables in its office safe if you ask.

- Never lend money to or borrow money from your host family.

Moving in will involve some adjustments that may be hard at first. Imagine yourself moving back with your own family to live, particularly after having had independence to do things without your family's immediate influence. You must be prepared to live by your hosts' rules. Try to handle difficulties that come up on your own. Your hosts may not intuitively understand your needs (for example, you may have trouble finding space to store all you bring with you), so communicate your concerns and work things out with them. Only after attempting to resolve any problems by yourself, should you ask help of the resident staff.

One discussion that is difficult to have, but which students have said helps a lot, is to talk about the hosts' expectations in having you stay with them, and yours in wanting to stay there. Watch out for a tendency to immediately criticize what is different from your own standards. You may find some things you have trouble accepting, but at least try to understand and interpret in terms of societal and cultural differences. One example is the attitude toward bread, especially, but to food in general. There are still thousands of elderly residents of St. Petersburg who lived through the World War II Siege of Leningrad, military history's longest, during which millions starved to death or barely survived on a few ounces of bread a day. While the memory is fading, that trauma has influenced attitudes toward food. Bread in many ways represents food in general, and Russians tend to be much more sensitive about throwing away food and bread in particular, than many Americans. These sorts of questions are dealt with during orientation, but it is good to remember that all sorts of things can come up that require tact and patience.

Can I have guests?

Overnight guests are not allowed in homestays. If you are planning to have friends or family visit during your stay in Russia they may **not** stay with you in your family housing. CIEE staff can help you with hotel and hostel recommendations.

Ask your host family upon arrival about bringing friends over, until what time they can stay, and if they permit friends of the opposite sex to come over. (This does not mean sleeping over, which is never permitted.) Don't abuse their home by having a constant parade of friends come through. Always ask your host's permission before bringing a friend over, and if you do have

a friend over, be sure to bring something (a kilo or so of fruit is a nice touch).

What if I'm not happy with my housing?

Living with Russians is one of the most important parts of your learning experience in Russia. You have to adapt on a day-to-day basis to another culture, another mentality, another way of facing problems and making decisions. You will be exposed to other points of view and be closely involved with people from a different culture. We believe that if you are happy in your living situation, your studies will progress faster and your adjustment to living in St. Petersburg will be easier. It will also add to your understanding of Russia and greatly enhance your overall experience.

If you are uncomfortable with your housing arrangements, please discuss the situation with the resident staff immediately. Cultural differences and misunderstandings arise. Each house has been rated by the students who lived there before you. Please be aware that simply because a prior student has recommended a particular house does not necessarily mean it is the best place for you. If you have a problem that you haven't been able to work through with your host family, do not hesitate to talk to the Resident Staff. The Resident Staff are there to help, and will help you move to other housing if necessary.

Participants say...

In a homestay you'll have your own room, and a break from the group; also you'll speak more Russian. Be prepared for a major culture shock and any kind of weather. Be sure to bring cold/cough medicine; most of us were sick at least once.

Tip: Try it!

Have an open mind and taste everything you are offered before you decide whether or not you like it. Russian cuisine is quite delicious, and you may miss out on a wonderful culinary experience if you reject something because you've never had it before.

What if I follow a special diet?

For participants with special dietary needs CIEE staff will make every effort to find a suitable situation. Homestays for most vegetarians are not difficult to arrange.

Vegetarians will, however, have to be especially flexible while traveling in Russia. It is certainly possible to eat strictly vegetarian meals, but most Russians do not fully understand this concept, and vegetarians often do not have a large variety to choose from in cafes and

restaurants. The same goes for vegans and students with intense food allergies.

Part II: Before You Leave Home

A LOT TO LEARN

Preparing for study abroad entails a lot more than just packing a suitcase. In fact, the thought and effort you put into preparing yourself will largely determine the success of the program you are embarking upon. At CIEE, we will do everything we can to provide you with the information you require prior to departure. But there is only so much we can do, and it is important for you to recognize your own responsibilities, which include:

- Thoroughly discussing your study and travel plans with your financial aid office, study abroad office, and academic advisor.
- Making any necessary arrangements for the following academic year, including housing, registration, and graduate school application. If you are a senior, be sure to make necessary arrangements for graduation.
- Reading all of the materials that CIEE has made available to you, including this handbook. Many of the questions that students ask are answered in this handbook.
- Doing additional reading about the region/country you will be visiting and the customs of the host culture. While you couldn't possibly be prepared for every new experience that awaits you, reading about the host country will give you a base of knowledge that will serve you well in the early weeks of the program. (Refer to the Reading List at the back of this handbook for required and recommended reading.)
- Arriving at the program site with an open mind, a sense of adventure, and a positive attitude toward what lies ahead.

In addition to these required steps, there is a lot more we recommend you do to inform yourself before you go.

Get a Good Guidebook

Past participants recommend that you purchase a good guidebook and read a lot of it before you go. Guidebooks include the *Lonely Planet*, *Let's Go*, *DK Eyewitness Travel* and *Real/Rough Guide* series. Pay particular attention to sections

on obtaining maps and other information from tourist offices, customs of the host country, currency exchange, telephoning home, safety, transportation, and general travel advice. If you plan on travelling during vacation, get a guidebook for that region of the world.

Keep Up To Date

One of the most important things that you can do to prepare yourself for your upcoming semester in St. Petersburg is to read up on current events and keep yourself up to date on all the changes. Read articles pertaining to Russia and the former Soviet republics on a regular basis up until your departure. As for preparing yourself for what to expect, the best advice is to expect the unexpected.

Participants say...

To enjoy your time here do background reading before coming.

Tap Other Resources

Other good ways to learn about your new home:

- Check your college or university study abroad office for useful services and information.
- Seek out Russians through cultural organizations, international student organizations, and Russian or European area studies departments or centers at your college or university.
- Surf the Web. Many web sites, such as www.lonelyplanet.com and www.wikitravel.org, offer travel information, slide shows, and tips from other travelers. Find out what's going on in Petersburg today at www.sptimes.ru or www.afisha.ru.
- Check libraries for detailed information and keep yourself informed of current events through the news media.
- Consult the list of past program participants on the Program Dates, Details and Arrival Information document, available on your CIEE online account. They have agreed to be contacted about their experience. Some of their comments are interspersed throughout this book.

Brush Up Your Russian

It is a good idea to sharpen your Russian skills before departing. Listening to Russian music, watching films, reading newspapers, and talking

to native speakers or fellow students are excellent ways to do this.

Frequently, students who have studied Russian for several years are surprised to find that they have difficulty understanding the language as spoken by native speakers. This is quite normal. In your foreign language class at home, you can quickly catch your instructor's accent and other personal speech characteristics. However, this may not be possible once you go abroad and are surrounded by native speakers. Don't worry: it gets easier.

Check Travel Advisories

The U.S. government issues travel advisories and consular information sheets for most countries. You should check these travel advisories if you are planning to travel outside of Russia during your semester. To receive updated information or advisories for other countries you may be traveling to, visit the State Department website at <http://travel.state.gov>.

Travel to the North Caucasus region of Russia as well as current "closed cities" is prohibited during your semester in Russia and will result in automatic dismissal from the program. Students should also be aware that travel to Uzbekistan is not allowed as it is currently on the U.S. State Department Travel Warning list.

Be Informed about Home, Too

It is important that you be well informed about your own country, region, and hometown. New friends and acquaintances in your host country will be just as curious about you as you are about them. Be prepared to discuss your home political system, culture, traditions, history, holidays, geography, and social structures.

ESSENTIAL DOCUMENTS

When preparing to travel and live abroad, it is essential that you obtain all the proper documents prior to your departure. CIEE cannot accept responsibility, financial or otherwise, for a student who travels without the proper documents.

Passports

Each participant is responsible for obtaining a valid passport and **uploading a color scan of the signature and photo pages to their online CIEE account with their application**. CIEE requires this in order to request an invitation letter which you will need in order to apply for a visa. You must have a signed passport, **valid for a minimum of 6 months after the date you depart from Russia**. If you do not have a

passport, apply for one immediately and expedite your application as the process can take several weeks or even months. If you already have a passport, be sure that it is valid for the required period. **If you lose or someone steals the passport listed in your application, please let CIEE know immediately—the passport you apply for your visa with must be the same passport you travel on to Russia.** According to the U.S. State Department, routine processing for passports may take as long as six to eight weeks. This is due to the Western Hemisphere Travel Initiative, a law requiring airline passengers entering the U.S. from within the Western Hemisphere to possess a valid passport.

U.S. citizens applying for their **first passports must apply in person at a passport agency or at one of the several thousand federal or state courts or U.S. post offices** authorized to accept passport applications.

Applicants should research the requirements through the US Department of State website at http://travel.state.gov/passport/passport_173_8.html.

Trap: Passport pitfalls

Under no circumstances should your passport be altered. Guard it carefully against loss or theft. Your passport must be in good condition. If it is waterlogged (e.g. accidentally laundered) or ripped, you will most likely be refused entry to Russia. Do not forget to sign your passport. Never pack your passport in luggage while traveling; it should be easily accessible at all times.

Tip: Take a lost passport kit

It happens. So save yourself a major headache. Take with you two U.S.-produced passport photos, a certified copy of your birth certificate (which you can shrink to wallet size), and the face page of your passport. Keep this "lost passport kit" separate from your actual passport. Also leave a copy of the passport face page with your parents or guardian.

Visas

A visa is an endorsement by a foreign government allowing you to enter and stay in that country for a specified period of time. A Russian visa is a piece of paper about the size of one passport page, pasted into your passport.

All participants in the program will need a single-entry student visa to enter Russia. Your initial visa will not be valid for the entire semester; it will need to be extended on-site in St. Petersburg. The Resident Staff will work with all

students during Orientation to compile the necessary materials to extend students' single-entry student visas into multiple-entry student visas that will be valid for the entire semester.

Students will be working directly with a visa company called **Travisa** to obtain their visa. You will be in communication with Travisa's Washington, DC office where they will work with the Russian embassy to complete visa processing on your behalf. The cost of this service is included in the program fee.

Instructions for completing the Russian Visa Application are located in under the "Readings" section of your online CIEE account.

HIV test and visa extension

Foreign visitors are required to have an HIV test both as a part of their visa application and to extend their visas; HIV tests will also be done in Russia.

Please note that the first visa support letter ("invitation") that CIEE will provide will be for single-entry visas valid for only 90 days.

After arrival in Russia, CIEE will apply for extended, multi-entry visas for you. At this time all students will be required to submit a "Form 50" which indicates the result of an HIV test. This HIV test is conducted by staff from an official clinic in St. Petersburg. The cost is covered by CIEE. The HIV tests you have conducted in the United States will not be honored in Russia.

Because you will apply for your extended visa after you enter Russia, you will not be able to travel outside of the country or the St. Petersburg region during the first six weeks of the program.

Documents that must be carried around on a daily basis

The police in Russia have the right to ask any person on the street to show them their ID. Russians show the police their internal passport. Foreigners show the police their passport, visa, migration card and registration ("uvedomlenie"). Document checks can happen often in Russia. Most of the time the police are looking for draft dodgers and illegal immigrants. You will have to carry a photocopy of your documents with you to use as identification while your passport (with visa inside) and migration card are being registered with the local authorities. You will receive official documents, an "uvedomlenie" and a "spravka", stating that your passport is on visa extension. While in Petersburg you must have this uvedomlenie and spravka with you

any time you are not carrying your passport, visa and migration card.

The Russian student visa is sponsored by St. Petersburg State University only through the last day of the program. **CIEE CANNOT EXTEND STUDENTS' VISAS AFTER THE END DATE OF THE PROGRAM. ALL STUDENTS MUST PLAN TO LEAVE RUSSIA ON THE END DATE OF THE PROGRAM AS POSTED ON THE CIEE.ORG WEBSITE.**

If you plan on studying on a different program in Russia after spending a semester with CIEE, be aware that you must get a new visa and therefore, must travel back to the US to have that visa processed.

Please note that you will be responsible for any expenses incurred in case you lose your passport or visa or migration card.

Documents for non-U.S. Citizens

If you are not a U.S. citizen, check with your consulate for regulations regarding your stay in Russia and reentry into the United States. Failure to do this may result in your being refused permission to enter the country; or not even being allowed to board the aircraft at the point of departure. Also, you should call the nearest district office of the INS, the U.S. Immigration and Naturalization Service, for information on the documents necessary for you to leave and re-enter the United States. If you plan to travel to Russia on a non-U.S. passport, please let CIEE know immediately. All students on non-U.S. passports must secure all necessary visas for field trips planned during the semester (for example, visas to the Ukraine) either before the semester begins or in Russia. It is the sole responsibility of the student to apply and pay for such visas.

Before departure from the United States, non-U.S. citizens must also obtain a Certificate of Compliance—often referred to as a Tax Clearance or a Sailing Permit—from the local IRS (Internal Revenue Service) office. This will certify that you do not owe taxes to the U.S. government. Contact your local IRS office for information on documents required to procure this permit.

What documents do I need as a permanent resident?

Permanent residents need to apply for a Re-entry Permit, which serves as a passport while overseas. Being out of the United States for more than one year may jeopardize your permanent resident status. Check with the nearest INS office for information regarding

documentation and procedures for return to the United States.

What documents do I need as a stateless person?

If you do not have a country of citizenship, contact the nearest INS office and the appropriate consulate or embassy to determine the procedures you must follow to obtain the proper travel documents and visas. In addition, be sure to check with the consulate of any country where you may be spending a night or more in transit to the country of your study program. Failure to do this may result in refusal of permission to enter that country or even to board the aircraft at the point of departure.

Immunization Records

You are not required to get any vaccinations for travel in Russia unless you are a citizen of, or arriving from, one of a number of less-developed countries or sites of disease outbreak. But, if you enter countries where immunizations are required, you must present a record of vaccinations. The most widely recognized document for this purpose is the yellow World Health Organization booklet, International Certificates of Vaccination, which is available from most doctors and health centers.

Student Identity Cards

In Russia, you will receive a student ID from the University. This will be needed for all available discounts, and should be carried at all times. If you fail to have your Russian Student ID you may be asked to make up the difference between a discounted and regular ticket on program excursions.

Hostelling International Card

If you plan to travel on your own while you are abroad, you may want to purchase a Hostelling International card at <http://www.hiayh.org/>. The card allows you to stay at hostels in many countries around the world at a discount rate.

HEALTH

What health-related steps should I take before I leave?

You are required to complete a medical report in order to participate in the program; please be sure it indicates any allergies you have, in particular to medications. This information is confidential and has no bearing on your participation in the program. If you have a chronic illness that needs medical attention, have your doctor write a clinical report that can be given to a specialist in Russia if necessary. In addition, we strongly urge you to have a

complete physical and dental checkup before departing. Any required dental work should be done at home. Women should also have a checkup by a gynecologist.

Vaccinations: Although no vaccinations are required to enter Russia, the CDC, the Centers for Disease Control, recommends that travelers to Russia be current on routine vaccinations, and also recommends several others, such as Hepatitis A. To view current recommendations, please visit the CDC's website: <http://wwwnc.cdc.gov/travel/destinations/russia.htm>. Students can get a flu shot safely in Russia that protects them from the Russian strain of influenza.

What medical supplies should I take with me?

If you take prescription drugs, take a sufficient supply with you for your time abroad as **it is currently impossible to mail medicine to Russia**. Be sure that medicine that you travel with is in its package and with the original prescription. Students who wear glasses or contact lenses should be sure to take an extra pair as well as a copy of their prescription, but good eyewear is readily available at Western prices in Petersburg, should you need to purchase glasses. If you use contraceptives, please take an adequate supply with you, since your particular brand may not be available in Russia.

Although you may enjoy excellent health, you may find yourself susceptible to colds, diarrhea, and other types of traveler's maladies once you arrive in Russia. You may want to discuss the situation with your doctor, pointing out differences in diet, the severe weather conditions during the fall, winter, and spring and the hectic pace of the program. Your doctor can advise you what medicines to take and how much of each to pack. While Russia now has a reliable supply of remedies for all conditions, the brands may not be ones you recognize. If there are particular brands of medicine that you are fond of, you might want to bring your own supply of medications for the following conditions: headaches, sore muscles, diarrhea, constipation, upset stomach, colds, sore throats, coughs, and other conditions that normally arise during inclement weather.

Again, while medicines for all these conditions are now available in Russia, and are probably not the brands you are used to. Also, you may want to pack band-aids, antiseptic cream, and vitamins. Be sure to take medicine for any recent or chronic ailment, which might pop up again in Russia. This might be anything from

insomnia to athlete's foot. Women prone to bladder and yeast infections should definitely bring along medication to treat these infections. Many drugs can be bought without a prescription in Russia but you need to know the name of the drug you want. When talking to your doctor, keep in mind that though most prescription medications are available, in Russia they are labeled in Cyrillic and Latin script. In addition to bringing your own medicine, ask your health care provider to give you a clearly written prescription with the chemical name of the medicine in Latin script, if possible, in addition to the most common brand names. Most people seriously underestimate the amount of medicine they will need.

What other precautions should I take?

Inform the resident staff of any existing health problems, including mental health, or any potential problems you anticipate arising throughout the course of the program. **This includes any allergies to medications.** CIEE staff will use this information to ensure that appropriate accommodations are made. Please make sure to fill out the Student Medical Information online survey, available on your online CIEE account.

You should bring all medical problems, no matter how insignificant they may seem, to the attention of the resident staff. Proper medical attention at the outset of an illness may go a long way toward avoiding more serious consequences.

Drinking Water:

The resident staff drinks bottled water but brushes their teeth with regular tap water.

In the past, Giardiasis was a health problem in St. Petersburg, though it is less common these days. Giardia lamblia is a parasite present in unpurified water. It can be killed by boiling the water for 3-5 minutes and most Russians keep a pitcher of boiled water in the refrigerator or on the kitchen counter. Many host families have high-tech filters that make the tap water potable. You should not drink tap water that has not been boiled. It is fine to brush ones teeth with tap water.

Giardia symptoms include diarrhea, loss of appetite, a bloated feeling, and gas. There is usually no fever, unless some other infection is also present. The incubation period is long-2 to 3 weeks. It is not usually a dangerous parasite, but it can lead to weakness, weight loss, and fatigue. The medications for curing giardiasis are available in Russia. Giardia symptoms are very similar to those of Traveller's Diarrhea, so it

is always better to consult with a doctor before taking any anti-Giardia medication (e.g. Flagyl) since such medication has serious side effects and is carcinogenic.

It is also good to keep in mind that although it may be safe to drink the tap water in most of the cities you may visit, you should not do so in large amounts. Although parasites may not be present, the Russian water system is heavy with minerals and the chemical composition of the water will be different from what you are used to, and it may upset your stomach.

Alcohol: Inordinate use of alcohol is a national problem in Russia. While some people are conscious about liquor consumption, liquor still flows excessively at many parties and family gatherings. Know your limitations and don't try to keep up with the hosts, especially if you rarely drink. Remember that Russians almost always eat when they drink—"zakuski" (snacks) are eaten to lessen the effects of alcohol. It is seen as poor etiquette to drink on an empty stomach, drink alone or binge drink in Russia—these are signs of alcoholism and are very much looked down upon in Russian society. Unlike the open free-for-all of American parties and bars, Russians prefer toasts with small groups of friends and zakuski from the bar's kitchen.

If you do not care to drink at all, say that you had a bad experience with that particular type of alcohol or that you are currently taking antibiotics; people usually don't try to argue with this. Alcohol related deaths are a reality in Russia and visitors are not immune. Be very wary of moonshine or "samogon" (homemade hard liquor) which is usually only offered in the countryside at one's "dacha". It can be lethal because it is very strong and often impure. Use caution with all alcohol. If it smells like gasoline or turpentine, just leave it alone, no matter what the Russians around you might say. Also be aware that much Russian beer is stronger than what is sold in America, though some very good non-alcoholic beers are now readily available.

Don't take bottles to the beach with you. It is illegal to consume alcoholic beverages in public places, such as parks or beaches. It is also illegal to appear drunk in public or to ride public transportation while drunk. Public drunkenness is punishable by up to 15 days in jail plus a heavy fine. Regulations against public drinking and the purchase of beer have gotten much more severe since 2011 and foreigners can easily be targeted by policemen for violating these laws. The fact that you see Russians doing it does not mean that it is legal.

Participants say...

To future participants that don't drink: Realize that a lot of the social entertainment in Russia revolves around drinking and toasts. It's possible to go through your term here without drinking a lot, but there will be times when you may feel isolated or out of place.

AIDS: The HIV virus is now an epidemic in Russia with 100 new cases per day, as of 2005. Take the appropriate precautions. In the past, many U.S. doctors were concerned about needle re-use in Russia. This is no longer a problem in St. Petersburg. Should you need an injection while in Russia you will get a fresh new needle.

Smoking: Note that smoking is much more common in Russia than in the United States. Though newer restaurants are offering non-smoking areas, the anti-smoking regulations that are common in the United States and Western Europe do not usually exist in Russia and if they do, they are not strictly enforced. Therefore, if you are allergic to or easily bothered by smoke, be aware that it will be more difficult to avoid in Russia than it is in the United States. The University facilities are smoke free. If you frequent restaurants and clubs and don't like the smell of smoke lingering on your clothing, bring some Febreze.

CDC Recommendations: Consult the Centers for Disease Control for recommendations for American citizens preparing to go to Russia. If you plan to travel after the program to other countries, you may want to consult the CDC's information specific to these countries. The CDC web site is www.cdc.gov.

INSURANCE

If you are covered by a personal or parental insurance plan, CIEE recommends that you continue this coverage while abroad. Prior to departure, you should contact your current insurance carrier concerning coverage for accidents, illnesses, and liability cases that occur outside the United States. Check your policy's limitations before making any assumptions about coverage. Most U.S. based insurance companies will not cover property lost or stolen overseas.

Accident and Sickness Insurance

Each participant is covered by the iNext Platinum Plan designed to help cover the cost of unforeseen illnesses or accidents that occur while abroad. Additionally, the policy offers Emergency Medical Evacuation coverage,

together with 24-hour Emergency Assistance Services. The policy also offers coverage for travel document replacement and limited travel delay and lost/stolen personal effects coverage. Coverage begins two weeks before the program start date and continues for 364 days.

A complete description of the iNext Platinum Plan is available on your online CIEE account under "Readings." It is important that you read the plan carefully and note exactly what coverage it provides, and note items that are excluded from coverage.

The iNext Insurance is designed as a supplemental or secondary plan only, and does not cover liability. It also does not include routine physical, dental examinations or preventive medicine. Students are not covered for injuries resulting from acts of war or other political unrest such as riots and demonstrations.

Please note that CIEE does not cover medical expenses on-site. Students pay for any medical costs incurred and then file a claim directly with the insurance company for reimbursement. CIEE does not act as an intermediary between participants and the insurance company, though receipts and documentation from clinics/hospitals can be scanned by CIEE staff and e-mailed to program participants.

Personal Finances

Cost of Living

The *New York Times* and similar publications publish exchange rates daily. You may also reference www.x-rates.com or www.oanda.com for up to the minute exchange rates. You should keep abreast of how a rate fluctuates leading up to departure. The exchange rate between the ruble and the US dollar has been hovering around 30 rubles to the dollar since 2009.

The cost of living in St. Petersburg for Americans has increased considerably over the past few years. Students must keep in mind that Russia is no longer as cheap as it used to be.

Remember that as a university student in the US, many of your expenses have been paid for (gym, pool, activities, subsidized outings etc.) Also keep in mind that you may use a "student ID" card daily that acts as a debit card on your campus. Students will need to get used to the cash economy of Russia where credit cards are not always accepted (and if they are, your credit card company will most likely charge a "Foreign Transaction Fee" for each transaction), goods

are more expensive, and budgeting is that much more important.

VAT: A Value Added Tax or VAT of 18% is levied on all goods and services in Russia. Most of the time the tax is figured into the total price, but this is not always the case.

What costs are included in my CIEE fee?

CIEE Study Center fees include pre-departure information and services, on-site support services, tuition, housing and most meals, orientation, daily morning shuttle from metro "Chernyshevskaya" to the CIEE Study Center, cultural activities, local excursions & field trips, and travel insurance. CIEE does not cover local transportation from your homestay to the morning shuttle or your transportation home after school. CIEE does not cover the cost of any textbooks.

What expenses should I budget for?

You will need money for entertainment, toiletries, cosmetics, clothes, gifts, local transportation (including commuting to and from class each day), school supplies, independent travel, probably bottled water, and some meals (especially week day lunches at school). Please refer to the cost breakdown online www.ciee.org/study to assist in your budget planning.

Wait until the end of the program before buying gifts. You'll have a better idea of what is available and for how much, and most important, you'll know how much you have left to spend.

Besides inflation and currency exchange, another variable that will affect your spending abroad is your individual taste requirements. When creating a budget, it may be helpful to consider how much you normally spend in a semester and inflate it a bit. Although the cost of living for a student in Russia is comparable or a little lower than that of a student in the United States, the added cost of independent travel along with the impulse to splurge makes careful budgeting imperative. Former students have saved considerably by limiting restaurant meals and limiting vacation travel to the general area around St. Petersburg. We suggest you take extra money, if possible, for unforeseeable expenses.

Participants say...

Don't spend all your money on souvenirs right away, because by the end you will have a better idea of what to buy.

Bring enough money or have money accessible in a checking account at home. It's your one shot at getting cool Russian stuff. And factor in presents!

CIEE Program Cost and Billing

For general FAQ about CIEE fees and billing, see our website at

<http://www.ciee.org/study/apply/faq.aspx>. Also, information on CIEE billing procedures can be found at <http://www.ciee.org/study/apply/billing-procedures.aspx>. For more specific billing inquiries, contact CIEE Customer Service at 1-800-40-STUDY or studyinfo@ciee.org.

Financial Arrangements

You will need to make arrangements regarding personal finances before leaving home. See the section Money and Banking in Part III for details.

PACKING AND BAGGAGE

Though airlines have various company limits regarding baggage weight, bear in mind that there is a law on the books that says that visitors to Russia may bring in only 35 kilograms of luggage duty-free (about 80 pounds) per person. In practical terms this means that people arriving by air will be charged for luggage over 35 kilos. The fee is about 4 Euros per kilo payable in cash in euros, dollars or rubles.

Try to organize and pack a day or two prior to departure so that you can judge if you'll be able to carry your bags (you must be able to carry your bags up the stairs as some homestay apartments do not have elevators). Also, by packing early you'll have time to rest before the long trip.

Consider using a backpack or duffel bag, especially if you are planning to travel on your own upon completion of the program; suitcases can be quite heavy even when empty. A knapsack or flight bag is great for carry-on luggage and for field trips. On your flight to St. Petersburg, keep your essential medication, toiletries, and documents in this carry-on bag so that you will have them in the event luggage is lost or delayed in transit. Don't forget to check with your airline for any carry-on baggage restrictions. If possible, lock your luggage.

What are the baggage limits?

Read the above note first. If you choose to bring more than the duty free limit of 35 kilograms, note that airline limits vary. Read the weight limitation and baggage allowance information provided by your international airline carrier. Generally flights overseas permit two

pieces of checked baggage and one carry-on piece. Usually, each checked bag must weigh less than 50 pounds. Total dimensions (length + width + height) of the first piece must be less than 62 inches, and the second piece less than 52 inches. Total dimensions of the carry-on must not exceed 45 inches and must be able to fit below the seat in front of you or in the overhead compartment. If your baggage exceeds any of these standards you may be charged for excess baggage. Check with your airline regarding any items that are oversized.

What should I pack?

For a complete list of what to take, please see the Suggested Packing Checklist at the end of this handbook. Experienced travelers agree: take as little as possible. You can get almost everything you need in St. Petersburg.

Climate and clothing: St. Petersburg has very changeable and unpleasant weather. A rule of thumb in St. Petersburg is to always carry both an umbrella and sunglasses because the weather can change in a split second. Winters are long, cold, and unpleasantly damp, and much of your time during the semester is spent out of doors walking from buses to classes. In a typical year, the weather begins getting cold around the beginning of October and remains cold until the end of April. Even in May it can be very cool. Summers however can be very warm and humid, even hot, but more often than not, they are cool.

St. Petersburg was built on a marsh so there are problems with mosquitoes. This can affect students in the summer, fall and even end of spring semester. Most families do not have screens on their windows and instead use plug-in anti-mosquito "fumigators" to ward away mosquitoes. Please take this into consideration when packing.

All students should pack a winter coat, preferably one that is waterproof. Clothing, as with most goods in Russia, is much more expensive than in the US, so don't plan on "buying it in Russia." We recommend packing lots of versatile layers: t-shirts, long-sleeved shirts, sweaters, raincoat, warm winter coat.

St. Petersburg does not get much snow and the little snow that does fall melts within a few days into very inconvenient puddles. St. Petersburg is much more like the Pacific Northwest than North Dakota weather-wise. Think "rainy, damp, slushy, sleety" rather than the stereotypical "Dr. Zhivago"-like deep-snow in winter. The temperature never really gets that cold (it rarely dips below zero degrees Fahrenheit), but with an

average humidity level around 90 percent, the cold can be felt in your bones. Petersburg is not a city for flip-flops!

Choose warm, comfortable, and practical clothing that wears well. Choose each type of clothing carefully. Versatility is the key, and a layered approach works well. You can save packing space by coordinating your clothing so that shirts and sweaters can be worn with different skirts and pants. While you do need to pack for cold weather, you'll be surprised at how little is really necessary. You will spend a lot more time walking around outdoors than Americans usually do, so choose comfortable shoes. For winter wear, resident staff recommend a weather-proof shoe, perhaps ankle-high (or higher for women), that is comfortable but also dressy. A good winter jacket is also recommended—preferably a layered one with a waterproof shell and down liner. These types of jackets are more expensive to buy in Russia than in the US.

Every student coming on the Petersburg program, whether fall or spring, should bring with them, either galoshes or waterproof shoes (such as ankle-high dress shoes or women's boots). Other than style (which is usually understated business-like black shoes for men and boots for women), the most important thing is that students' footwear be waterproof.

Additionally, students should consider bringing ice creepers (one common brand is YakTrax). These are bands of rubber with metal spikes or spirals that can be slipped on shoes to allow the person to walk more easily on ice. This will keep you from falling when the slush freezes and there's a layer of ice on the sidewalk and it's raining.

We recommend that you purchase these items in the US as they will cost much more in Russia.

It is customary in Russia to take one's shoes off when entering an apartment and put on slippers ("*tapochki*"). Students should bring a pair of slippers with them to Russia and wear them daily in their homestay. Flip-flops or "shower shoes" also come in handy if a student decides to join the gym, a sports team, or go to the Russian "banya" (bathhouse).

Remember that dark clothing is easiest to keep clean. You will have to weigh your dislike for frequently washing socks, stockings, and underclothing against the space and weight limitations involved in bringing many changes. More frequent laundering will allow space for more variety in exterior clothing, so decide

which is more important to you. Dark clothing is not very visible during the dark wintertime, when the sun goes down at 4pm and rises at 10am, so consider packing reflective strips to apply to your jacket.

Dry cleaning is inconvenient, less reliable, and more expensive than in the United States. Thus, choose machine and hand-washable, permanent press, and drip-dry materials. Almost all our host families have washing machines but dryers are virtually non-existent in Russia so your clothes will be ironed-soft, but not dryer-soft. While traveling, you may be hand washing your clothes quite frequently. Laundry detergent is readily available for reasonable prices; however, you may want to pack a small stain remover stick.

U.S. students have often said they have taken too much clothing. Don't forget that nothing ruins traveling abroad more than having too much luggage, especially when you have to carry it yourself. You should keep in mind that if you don't have a carry-on, you should bring a duffel bag for overnight field trips.

Dressing Up: Recent participants suggest bringing a dressy outfit to wear to cultural events like the theater, an opera or ballet. Russians dress up when they go out, and in comparison many Americans feel under-dressed. On the other hand, some male students feel they could have managed just fine without a sport coat or blazer, which is bulky to pack. Some of the field trips include visits to historically important monasteries where women are expected to wear long skirts and a head scarf. Often the monastery will provide these, but it is a good idea to bring your own in any event.

Overall, Russians dress up more than Americans—not just at the opera, Russians dress up for class, going to bars or even just walking on the street. Black dress shoes are much more the norm than sneakers in Petersburg and dressy leather boots are popular in the winter for women. Russian women tend to wear more makeup than their American counterparts and cosmetics and perfume stores are ubiquitous. Female students are usually surprised by the style of Russian women. The comfortable, baggy, "sweatshirt" look is not as popular in Russia as it is in the US. Most Russian women (and some men) wear calf-high (or higher) leather boots in the wintertime. If you are planning on buying this sort of boots, they will probably be cheaper to purchase in the US.

As stated previously, clothing is more expensive to buy in Russia than in the US. Discount

outlets, inexpensive stores to buy basics, and conveniently located shopping malls don't really exist in St. Petersburg.

Participants say...

Russians dress very stylishly; forget the stereotype. Bring a few nice things; some of my teachers wanted to know why Americans dress so badly, always in T-shirts and jeans.

Jewelry: Do not take expensive or elaborate jewelry with you to Russia. Not only might it be lost or stolen, such jewelry will rarely be appropriate.

Toilet Articles: For both men and women, most common toiletries are readily available in St. Petersburg. Bring your own supply only if you are particular about a certain brand. You will find that liquid hand sanitizer will come in very handy as will Febreze since restaurants and bars can be rather smoky.

Prescriptions: If you take prescription drugs, bring enough of your medication for the semester. In addition, ask your doctor to give you a copy of the prescription with the name of the generic drug, not a brand name, in case you need to try to have your prescription filled in Russia.

Birth Control: If you are sexually active and use a particular brand, bring your own contraceptives. Contraceptives are available without prescription in Russia, but note that STDs (sexually transmitted diseases) are quite common, so it is important to be protected. Condoms can be found at the check-out counter at most small grocery stores in the city.

Contact Lenses: If you wear contacts, while lens solution is available, you may want to bring some for the time in transit. We discourage long-wear contact lenses because of the likelihood of eye irritation from pollution.

Cameras and Film: For film cameras, fast, sensitive film (400 speed or higher) is a must since flashes are prohibited in many museums and other buildings. Film is widely available. Digital photo developing is ubiquitous as are internet cafes for uploading digital photos to the Internet.

Books: Russian books are still relatively inexpensive in Russia and almost all English language books are more expensive than in the United States. Past participants have found that they bought more books than they had expected. CIEE has a library of English and Russian language books available, built up over the years by student donations. CIEE staff will

also assist students if they wish to ship their books and extra clothing home at the end of the semester.

Linens: Bedding is provided, but you should bring your own towel(s) for daily showering. If you plan to travel before or after the program, you may also want to bring a twin-size flat sheet or hosteller's sleep-sack. Most Russian pillows are stuffed with down; so if you're allergic, bring your own pillow.

Electrical Appliances: The current in St. Petersburg, as in nearly all of Europe, is 220 volts, 50-cycle AC. Russian plugs are the standard European type with two round prongs. Electric converters and plug adapters must be used to connect North American equipment running at 120 volts.

Adapters can be found at most major department stores as well as travel shops and many hardware or electronics stores in the United States. We recommend that you take several to Russia as they are needed to plug in laptops and can be easily misplaced. They are not easy to find in Russia.

A converter is a device that converts the 220-volt currency coming out of a Russian power socket into the 120-volts that a US appliance is designed to use. If you plan to bring any electrical appliance (hair straightener, for instance) from home, check the voltage. Most travel appliances (including laptop computers), almost all electric razors, and many travel hair dryers are dual voltage, meaning that they are designed to be used with a variety of voltages and therefore do not require a converter (on the plug look for "INPUT: 100-240V"). Note that even if your item is dual voltage, it will still require a plug adapter to plug into a Russian wall outlet.

If you are taking devices that are not dual voltage, be sure that you pack at least one power converter. These can be found in US department and travel stores as well as many hardware and electronics stores, and are not easily purchased in Russia. Note that converters are only meant to be used for short periods of time (usually 45-60 minutes) and should be unplugged when not in use. A converter must be used in conjunction with an adapter in order to plug a US appliance into a Russian wall outlet.

If you are buying any new electrical items to bring with you, try to get dual-voltage models so you won't need a converter at all, though you will still need the adapter plug.

Laptop: A laptop is not required, but if you do have one, you will find it very handy to have with you.

If you plan to take a laptop, be sure you have the appropriate electrical adapter. Additionally, we recommend that any students taking a laptop consider installing security/theft recovery software. One example of this software is Computrace LoJack for laptops, made by Absolute software.

Tape recorder: You may want to bring a small portable tape or digital recorder to record your voice for Russian courses and to record lectures in content courses. Important: you must always ask the permission of professors before using a recorder in class.

Mementos from home: Bring things from home that you can share with your Russian family and friends. This includes pictures of yourself and your family in the United States, recipes you like to cook, typical items from your community, college, or region of the United States, and items related to talents you have and wish to share.

Participants say...

Bring English-language material if you want to read any English. Bring a good dictionary and textbook.

Waterproof shoes and lots of socks are a must.

Theater tickets are about \$10 and you'll need something nice to wear.

Bring peanut butter and silk long underwear. Bring more dress clothes than you think you will need; people dress up to go out.

Gifts: Russians customarily give gifts to their guests, even those of short acquaintance. It is appropriate to reciprocate. When visiting someone's home for the first time, e.g., for dinner, you may show courtesy by bringing a modest bouquet of flowers, a bottle of wine, or a box of chocolates. Before leaving the States, consider bringing a small supply of typically American items that you can give as gifts to special friends and teachers. For your homestay Russian family, one nice gift for the family will suffice no need to bring individual gifts for each family member. Some good choices:

- Books and printed matter: Art or photograph books, a pictorial guide to your region/state, calendars, day planners are usually appreciated. A few Russians read English and a current novel or poetry anthologies can be good, but in general English is not read broadly.

- Other suggestions: American regional items, e.g., Vermont Maple Syrup, gourmet coffee beans, teas, scarves; T-shirts, key chains, magnets and other memorabilia from your university and hometown.

***Tip: Passport and credit card numbers**

Remember: leave a copy of your passport and a list of credit card numbers at home.

PREPARING FOR CULTURAL ADAPTATION

Although cultural adaptation is highly individual, research indicates that most people go through similar stages in adapting to a new environment. Any travel you've done abroad, and perhaps even within your own country, has exposed you to culture shock. But if you've never had to overcome culture shock, you might want to read about it before you depart. You'll find books relating to cultural adaptation and culture shock on the recommended reading list at the back of this handbook.

During your on-site orientation, the resident staff will discuss details about culture shock and give strategies for adapting to your new surroundings. Near the end of the program, they will also provide information on reverse culture shock and suggest ways of coping with returning home.

Participants say...

If you come with an open mind it is an incredible experience, but if you expect it to be like what you are used to, it will be disappointing.

The sad truth is that many people overseas have a terrible impression of us Americans, so I tried my best in a lot of ways to change their perception. I would hope that others would do the same and know that it does make a difference.

Participants say...

You can never be prepared for life in Russia. A sense of humor and a boatload of patience are the best things to bring.

Take everything in stride. It might take all afternoon to get one errand done, but you will acclimate to it and survive.

Part III: Living in St. Petersburg

Sometimes living in a university environment abroad makes it easy to forget you're not home. Remember, you are in another country with its own laws and customs, and they are different

from the ones you're used to. Be aware of this and conduct yourself accordingly. Also, be sure to attend classes regularly and participate in program activities.

The orientation described in Part I will also cover practical aspects of living in a new place, Russian laws, proper social conduct, and cultural differences, including race, gender, and class. For example, some past participants have found that many Russian nationals had a distorted and stereotyped image of U.S. women, often acquired through advertising, television, and movies. The resident staff will provide insights into the local culture's view of women and suggest ways to reduce anxiety and to ensure personal safety.

While some aspects of Russian life may look Western on the outside, many things still operate by the Soviet method; and Russian bureaucracy can be extremely frustrating. Russia has a long way to go before it becomes a completely efficient democracy, so patience, flexibility, and understanding are crucial to a positive experience. Schedules will change at the last minute, there may be times when there is no hot water, and the food can get repetitive. The more you can go with the flow, the better off you and the rest of the group will be.

Participants say...

If you don't have a good sense of humor, be prepared for a rough time. Cold showers and overcrowded buses can be very frustrating.

Be prepared for the unexpected-anything can happen and probably will.

Keep in mind that you may not always be comfortable during your stay. Also remember that Russians have their own values and their own customs, and often these differ greatly from the Western values and customs with which you are familiar. Understanding this intellectually and actually living within a foreign cultural and political system are two very different things. You may often feel frustrated with the Russian way of doing things and think that your way is superior. As much as is possible, approach situations with an open mind-set. If you keep a sense of humor, you'll end up learning a great deal, both about your host country and about yourself.

Russian society is going through many changes, not all of them pleasant. Ethnic tensions and prejudices -some of them centuries old, others a legacy of the Soviet years, and still others of more recent origin, are emerging. At times this stress shows up as resentment toward Africans, Americans, Asians, Jews, or people from the

Caucasus region. You may encounter some people with these prejudices, but most Russians are open-minded. There is a small extremist element in Russian society, and in recent years Petersburg, like other Russian cities, has witnessed ethnic violence - including some murders. Again, this is not common, but Resident staff is very aware of the phenomenon, and the topic will be covered in orientation and during safety meetings throughout your stay in Russia.

MEETING RUSSIANS

Just as it is impossible to define a typical American, it is equally impossible to define a typical Russian. You will meet many types of people in Russia who have different opinions, attitudes, and habits. The more you interact with Russian people, the better chance you'll have of forming relationships and understanding the culture. During these interactions use common sense, intelligence, and a sense of objectivity. Be prepared to discuss your views freely and openly, and try to listen with an open mind.

You may arrive in Russia with some preconceptions about Russians and may encounter some Russians with preconceptions about people from the United States. Try to put aside stereotypes and make judgments based on real experiences. If you are confronted with what you feel is a false stereotype about the United States, be frank and truthful, yet tactful in your response. Avoid refuting arguments with odious comparisons to Russia. This type of response will only create bad feelings. A positive and serious response from you will help dispel myths about the United States.

One of the best ways for you to meet Russians will be by participating in extra-curricular activities. CIEE has staff specifically dedicated to helping you get involved in sports, volunteer activities, non-credit internships, teaching and almost any activity that you might be interested in.

Participants say...

Be prepared to be outgoing and forward. Russians can be difficult to meet.

If you are going to come to Russia, you have to come with a positive attitude and a laid back mindset. Those who were least happy dwelled on inconveniences, were easily frustrated and did not come prepared for a completely different experience.

Making friends with the other American students is an integral part of the program, especially due to how much time you will spend together.

Get everyone's address before you leave Russia; you'll want to contact friends when you get home.

Special Note to Women

Since women do not have the same status or role in Russia as in the United States, some female students may experience difficulties. Many Russians do not understand that the U.S.-style familiar manner with strangers is merely a gesture of friendliness. Outgoing behavior may be misconstrued as something more. A smile at a stranger could possibly be misunderstood as an invitation to spend the evening together. Some female participants have reported harassment by men on the streets. The Housing Coordinator creates an online map every semester for the CIEE students showing where all the students live so students have a sense of who lives nearby them. Onsite staff encourages students to use the "buddy" system if returning home late at night to avoid potentially dangerous situations.

Special Note to Minorities

Students that are members of ethnic minorities, students with disabilities, gay and lesbian students, or overweight students may face particular difficulties studying abroad in Russia. Russian society is very homogeneous, and Russians often stare at people who look different. CIEE's resident staff is sensitive to these issues and will provide as much information and support as possible. Feel free to contact CIEE before your semester starts to discuss any concerns you may have with regard to this issue.

SAFETY PRECAUTIONS

The health and safety of program participants abroad is understandably an important issue for all concerned. CIEE was a founding member of the Inter-Organization Task Force on Safety and Responsibility in Study Abroad. The following website contains information about the Task Force and study abroad safety issues – http://www.nafsa.org/knowledge_community_network_sec/education_abroad_1/developing_and_managing_practice_resources_36/policies/guidelines_for_health

CIEE's approach to safety is fourfold. First, we conduct a careful safety evaluation of every program we run. Next we provide comprehensive and realistic information to prospective applicants so that they may make informed decisions as to participation. Then, when the students arrive on site, we conduct a thorough orientation that includes tips on reducing risk and handling difficult situations should they arise. Finally, program staff

continuously monitors local conditions in order to provide guidance to participants throughout their stay.

Experience has shown that the single most important factor in assuring a safe study abroad experience is the sensible and cautious behavior of the participants themselves. When traveling abroad, you should exercise additional caution as you become familiar with your new surroundings. Always remain alert to what is going on around you, especially in crowded tourist areas and on public transportation.

Crime in St. Petersburg is, as for many large cities, a major topic. Purse snatching, pick pocketing, and other forms of theft occur frequently. As a Westerner, you will be a natural target for "petty" street crime, especially pick pocketing. Follow these general rules:

- The more Russian you speak on the street, even with your American classmates, the less visible you will be for thieves on the lookout for foreigners. Even Russian with an accent is much less noticeable than English. Besides, it's good practice.
- Take precautions not to walk alone at night. Visit or explore in groups of two or three to avoid provocation or harassment, and to reduce the chances of assault. Don't walk around the streets wearing headphones, especially at night, as this prevents you from hearing someone approaching. Always order taxis and never take "gypsy cabs."
- Tourists are common targets for pickpockets. Always be aware of your backpacks and cameras especially on crowded transportation. Sling backpacks on one shoulder and grasp when riding public transportation. A backpack in a stranger's face is considered rude and makes for an easy target. Don't carry large amounts of cash with you. Never leave belongings in a parked car.
- Keep a suitcase that can be locked under your bed and leave your money, passport, camera, and other valuables secured in it.
- When you carry your passport, wear it around your neck in a thin pouch inside your shirt or around your waist. If you must carry it in a bag, use one that can be slung diagonally across your chest and that has a sturdy strap that cannot be easily ripped.

- As noted earlier, keep a photocopy of your passport in a separate place. This will speed up the process of replacing your documents should they be lost or stolen.
- Be especially cautious in areas frequented by tourists, such as airports, train stations, museums, and U.S.-style restaurants such as McDonald's. Nevsky Prospekt is St. Petersburg's main street and the most frequent scene of pick pocketing.

One final note: In the former Soviet Union, the police were used to repress dissent as well as to fight crime. Re-educating and retraining the police force is a long and delicate process that is nowhere near completion. While it happens rarely, students have been harassed by the police, often in hopes of getting money. This aspect of life will be covered thoroughly in orientation.

***Trap: Letting down your guard**

When visiting a foreign country, you may well be enchanted by your surroundings and engage in behavior that is not typical of you. This may cause you to let your guard down and be susceptible to crime. Practice common sense and exercise good judgment. Remember that you are more likely to be a victim of crime if you have been drinking alcohol.

COMMUNICATIONS AND MAIL

Telephone

Calls to Russia can be expensive, although you can sign up for an inexpensive long distance plan. There is no need to bring a calling card from home to use in Russia. Russian calling cards are easy to buy, have instructions in English and are not expensive. A US calling card, no matter what they tell you, will be considerably more difficult to use in Petersburg than local cards, and you will be able to buy a card during orientation. You will also be able to call from the orientation site soon after you arrive.

St. Petersburg lies in the same time zone as Moscow. As of 2011, Russia does not change its clocks for Daylight Savings Time. Therefore, from fall until spring, St. Petersburg is 9 hours ahead of Eastern Standard Time and from spring until fall, St. Petersburg is 8 hours ahead of Eastern Standard Time.

Fax

The CIEE Office will scan and e-mail you course approval forms to send on to your home school in order to guarantee semester credit.

Otherwise, faxes can be sent from any internet cafe.

Computers and Internet

The School of Political Science, SPbGU has a computer lab that can be used for Internet access on a fee for service basis (current rate: 1 ruble per minute). The CIEE office at Smolny offers a free Wi-Fi internet connection for laptop owners, though the connection is nowhere near as fast as students typically expect from their university networks. St. Petersburg also has many internet cafes with various prices and services. The CIEE office computer and email are for business purposes only, and are not accessible to participants. Some students have bought 3-G and 4-G USB modems from cell phone providers like Beeline, Megafon and MTC in the past or from Yota.

Students from previous semesters have recommended bringing a laptop because of the convenient Wi-Fi access available at the CIEE Study Center.

Laptops: While you will not be required to type or word process for class work, you may wish to bring a laptop. There are many places in Petersburg that offer Wi-Fi access. Most of these cafes, restaurants and movie theaters offer Wi-Fi through a service provider (such as Quantum Wi-Fi) and you need to buy a card to access their network, while some spots offer free Wi-Fi as long as the customer buys a coffee or snack.

If you do plan to take a laptop, note that many insurance policies will not cover laptop servicing overseas. Bringing a laptop to Russia does bring with it some risk as computers are a highly coveted item and, as elsewhere, are stolen with some frequency. Your iNext travel insurance covers baggage and personal effects but only to a limited amount which will not cover the full amount of laptop replacement. We recommend that you contact your current insurance provider to ask about additional coverage for your laptop and/or other expensive electronic items.

Post Office and Mailing Procedures

Mail service to and from Russia is unpredictable but getting better. Allow 2-3 weeks for letters to and from the United States. Letters often take longer than postcards, and sometimes they never arrive.

Do not plan on having packages mailed to you. It is costly (custom duty can be 100% of the declared value or value as determined by Russian customs) and there is a chance they will never reach you.

The U.S. Postal Service Express Mail, UPS, and Federal Express all deliver to St. Petersburg. The U.S. Postal Service is the least expensive, but you may want to register the letter in order to ensure delivery. You need also to understand that a courier service's advertised delivery date almost always means to the Russian border. All these services are at the mercy of Russian Customs, so in reality "overnight" usually means ten days. Keeping all that in mind, DHL, UPS and FedEx are expensive yet reliable (and trackable) ways to get important and time-sensitive items to St. Petersburg (for example, replacement ATM cards). CIEE staff in St. Petersburg does not recommend sending replacement ATM cards by U.S. Postal Service Express Mail since that service is not trackable within Russia. **All replacement ATM cards must be sent by trackable service (FedEX, UPS or DHL).**

The Grand Hotel Europe offers a mail service. At the post office window located to the right of the main desk in the lobby, you may send letters home by purchasing Finnish stamps and having the letter sent through the hotel's mail courier service. Your mail will reach the United States, though this service is quite expensive (\$4.00 to send one letter).

***Trap: Don't mail cigarettes or alcohol**

It is illegal to send cigarettes, medicine, money (including credit cards) or alcohol through the mail.

MONEY AND BANKING

Money

Arrive in Russia with several ways to obtain cash, so that in the event one method fails or is inconvenient, a back-up option is available. The best options are ATM cards, cash and credit cards as described below.

The national currency is the ruble, broken down into one hundred kopeks. The current exchange rate is about 30 rubles to the dollar, but it changes by the day. You'll hear more about currency at orientation.

Participants say...

Bring more money than you think you'll need, and arrange an understanding with your parent regarding credit card charging, etc. before you leave.

ATM's are the way to go. It was much less of a hassle than traveler's checks or credit cards.

Money and banking in Russia can be complicated. In general, individual students prefer different forms of access to money based on tradeoffs between safety, service charges,

ease of use, availability and arrangements made back home before departure. Often students don't know what forms of money work best for them until they actually try it in St. Petersburg. So again, it's advised that you leave with many different ways to obtain money.

ATM & Debit Cards

Check with your bank to find out if they serve ATMs in Russia. Recently some US banks have discontinued service for ATMs in Russia. However, ATMs have become the most convenient best way to get money in St. Petersburg, so if your bank doesn't allow access from Russia, you should consider other options. Usually, if you bring your bank debit card (with Cirrus or Plus access), you will be able to get cash easily. There are ATMs all around the city, and more popping up by the day.

Consider opening a second bank account just in case one ATM card doesn't work. It is always a good idea to have more than one source of cash flow.

However, don't rely on ATMs as your only source of money. Make sure you know what you will be charged by your bank for getting cash from the machine. A three dollar charge on thirty dollars withdrawn is a lot more than three dollars on a three hundred dollar withdrawal.

Again, be aware that cash machines can be targets for thieves. Be aware of your surroundings when you take money from an ATM and always cover your hand when inputting your PIN code at an ATM.

Debit cards are becoming more prevalent in St. Petersburg for point-of-sale transactions. To use at a large department store or supermarket, simply give the cashier your card and say "Пин код" ("pin kod") ("PIN code"). Check with your bank on the fees associated with using your debit card in Russia. If you wish to use your debit card as a credit card (e.g. "Debit or Credit?") you need to show I.D. which is, first and foremost, your passport. If you don't have your passport, you can show your "spravka" (copy of your passport/visa/migration card + stamp of the University) and/or your US drivers license.

Cash

Make sure your bills are crisp and in mid to large denominations (\$20s are fine, \$50s and \$100s are better); banks, and change counters tend to be wary of even slightly dirty or wrinkled banknotes, and often refuse to change them. Also make sure your bills are the most recent series (e.g. new colors, larger faces and

numbers) since banks in Russia keep track of new U.S. currency as soon as it is released and tend to be suspicious of older styled dollars. It can be difficult to cash traveler's checks for rubles, and there is usually a charge of three to five percent for every check cashed. Shop around for the lowest fee. It is obviously riskier to carry cash than traveler's checks, so you will have to decide what amount you feel comfortable carrying. Carry your cash in a neck pouch or money belt.

Traveler's Checks

Traveler's checks are safe and widely recognized; they can be converted in any country you may visit. As long as you have a record of your traveler's check numbers, you can recover stolen or lost amounts.

They are, however, most inconvenient in Russia. If you decide to go for them, the best bet is American Express travelers' checks, as American Express has an office in St. Petersburg, which means that lost American Express traveler's checks can be replaced there. Traveler's checks are cashed into local currency (rubles in Russia).

Past participants nearly all suggest that traveler's checks are not worth the hassle at all. They do serve as a good backup or if you are planning to travel before or after the program to other countries. Not all exchange places in Russia will cash your traveler's checks, and even the American Express people won't if you don't have your passport, which you won't while it is being registered at the beginning of the program (which can take up to one month).

Currency Exchange

You can exchange your dollars (cash or traveler's checks) for rubles at exchange counters in many places in St. Petersburg and other Russian cities. Most of the time you will be asked for identification (which is your passport in Russia) but there are some exchange counters that do not require a passport to change money.

When you change traveler's checks you will have to have your passport. Since your passport will be held for registration for some time at the beginning of the program, you will need another source of money besides traveler's checks for the first month or so. The resident staff will explain more about this at orientation.

You can also change dollars, as well as get cash advances on Visa cards at some banks in the city. For both of these services the bank

usually charges a 3-5% service fee/commission. They also have the worst exchange rates.

Participants say...

It's not hard to change money, but accessing foreign accounts is not always easy. Start frugal so you have money left at the end.

When you change money, ask for smaller ruble bills because most establishments are not keen on giving a lot of change back.

Credit Cards

Credit cards are becoming more and more popular, but still nothing like in the United States or Western Europe. Your best bet is to bring a Visa or MasterCard. Neither has offices in St. Petersburg, but they are useful both as credit cards and as ways to get cash advances from major banks and some hotels. Credit cards are not used widely. They are sometimes accepted in tourist areas (i.e. more expensive restaurants, hotels and around Nevsky Prospekt).

When using your credit card, you must show your passport. If you don't have your passport with you, you can show your "spravka" (copy of your passport/visa/migration card + stamp of the University) and/or your US driver's license.

If you wish to get a cash advance on your credit card, check if the card has a PIN number for such a transaction.

*Trap: PIN numbers

For both credit cards and bank cards, inquire with the issuer to verify that the card is valid for an international banking system. And memorize your PIN in numbers not letters; foreign number pads are often configured differently.

Personal Checks

You should not plan to use personal checks while travelling in Europe.

Transferring Money

Western Union is a widespread way to send money to Russia. Whoever is sending the money must call the 800 number of Western Union and find out the code number of the bank. You must then call the person sending the money to find out the transaction number in order to pick up the funds. You must have your ORIGINAL passport to get a Western Union money transfer. Banks in St. Petersburg charge a 3% receiver's fee, which is taken out of the funds being transferred. This is in addition to the fee for sending it from the United States. Ask at Western Union for more information.

Tip: Credit card and traveler's check numbers

Remember to keep a list of your credit card numbers and traveler's check numbers separate from the cards and checks.

MEDICAL FACILITIES

CIEE uses the international medical clinic, MEDEM, for health care issues and resident staff always accompany students to the clinic.. MEDEM (www.medem.ru) can handle all levels of medical ailments: from routine checkups to surgeries. The facilities and staff are good and the staff speaks English, though their services are expensive and must be paid in cash or credit card. They do, however, provide all the documentation needed for reimbursement from US insurance providers and some insurance providers (such as HTH Worldwide or Aetna Worldwide) can be directly billed for doctor's visits so a student will not need to pay out of pocket for the visit.

CIEE's iNext Travel Card provides insurance through Travel Guard®. Details on insurance coverage can be found on your CIEE online account.

Your iNext travel insurance is only supplemental insurance. All health insurance claims must first be submitted to your primary insurance provider and if rejected, to iNext.

GETTING AROUND**Local Transportation**

You will be given detailed information on navigating St. Petersburg's public transportation system during orientation and upon arrival in St. Petersburg. CIEE staff will conduct several activities during the first two weeks of the program ("orientation") in which students will learn how to take public transportation. Here is a list of different forms of public transportation:

City Public Transport (government-subsidized):

Metro, bus, trolleybus, and tram lines for St. Petersburg can be found on Google Maps.

Bus, Tram, Trolleybus:

As of January 2012, the price for one ride on a bus, tram or trolleybus was 21 rubles. The network of busses and trolleybuses is extensive. Trams are seldom used, known to be rather slow and many are being decommissioned.

Metro:

As of January 2012, the price of one ride on the metro was 25 rubles. Students may buy

multiple-use cards which allow a certain number of rides within a certain period of time. Another option is the "ediny billet" a monthly pass which can be used on the metro, bus, tram or trolleybus. Most students will take the metro in the morning to get to university as it is the fastest mode of transportation in the city.

Elektrichka (Suburban train):

All students will take a ride on an elektrichka during orientation. Rides to/from a Petersburg suburb cost under 100 rubles. Though not the most comfortable form of public transport (many elektrichkas have wooden benches for seats) elektrichkas are inexpensive and can get you out of town quickly.

City Private Transportation (Commercial):**Marshrutka:**

A marshrutka is a communal route taxi. As with a bus, the passenger pays upon entering, but unlike a bus, the passenger can flag down a marshrutka anywhere along its route and can ask it to stop anywhere along that route.

As of January 2012, the price for one ride in a marshrutka is 30 rubles. Marshrutkas can be either 15-passenger vans or small mini-busses. Students will receive a "marshrutka cheat sheet" at orientation giving them a few helpful phrases for using the marshrutka system.

Transportation maps listing the routes of busses, trolleybuses, trams, and marshrutkas are available throughout the city. It is highly recommended that students buy one.

Participants say..

I found that the ediny billet (monthly transport pass), while convenient, actually costs more than paying as you go.

Independent Travel

You will no doubt want to explore the city of St. Petersburg, particularly on weekends. You can also plan longer vacations exploring other regions of Russia during Travel Week or after the program. Before leaving the United States, gather as much information as possible about places you may want to visit. Of course, this may require additional funds.

Look online for locations of National Tourism Board of Russia offices. Other sources, which may be helpful, are the various *Michelin Guides* and the *Lonely Planet* series.

If you plan to travel independently in Russia on weekends or holidays, bear in mind that while

resident staff will try to help you, you are responsible for making the arrangements. But before traveling outside St. Petersburg, you must submit an Independent Travel Form to the Resident staff. The form is available in the program office. Independent travel must not interfere with class time.

Remember that you will not be able to travel outside of Russia during the early weeks of the program while your visa extension is being processed.

Entering and Exiting Russia:

Remember, you cannot enter Russia any earlier than the start date of the program and CIEE CANNOT EXTEND STUDENTS' VISAS AFTER THE END DATE OF THE PROGRAM.

Trap: Wherever you go...

You must inform the Resident Staff and your host family of any travel involving an overnight stay outside St. Petersburg. Failure to do this may result in your dismissal from the program.

Modes of Travel for Long Distance

Railroad: If you decide to do some independent travel in Russia, you will most likely take a train. Resident Staff can advise you further on train travel within Russia.

Air Travel: During the Russian travel week students have often flown to distant parts of the Russian Federation. Flights from St. Petersburg can be arranged through local travel agents.

Hotels and Hostels

Many hostels are not considered official and therefore do not require Hostelling International Membership Cards. Many throughout Europe and Russia are listed in travel books and offer comfortable and clean accommodations.

DISMISSAL FROM THE PROGRAM

You must comply with any regulations established by your home university as well as those of St. Petersburg State University. The resident staff may establish additional requirements, which they consider essential either to achieving your educational goals or to continuing good relations with the university or community. The resident staff may dismiss from the program any student who does not comply with the regulations and requirements as outlined in the Participant Contract which all students must sign before being allowed to participate in the program.

If a Resident Director warns you that you are not complying with program regulations, you must

take responsibility for changing your behavior as requested, or risk early dismissal and consequent loss of time, money, and academic credit. CIEE does not refund program fees to students who are dismissed from their programs.

VOTING WHILE ABROAD

U.S. citizens, who expect to be away from home on Election Day, may request absentee ballots in person or by mail from their local election offices. Procedures vary by state but are usually quite simple if you have already registered to vote.

If you have not arranged this before leaving home, you may use the provisions of the Overseas Voting Rights Act of 1975, which requires states to establish a means for citizens residing overseas to apply for voter registration. Some states permit you to use an FPCA (Federal Post Card Application) to register. Others use an SF76, which serves as both an application for registration and as an absentee ballot. You can get a list of states' voting requirements from a U.S. Embassy or consular office.

Tip: Notarize your ballot

FPCA forms used to register or obtain a ballot must be notarized.

If you are a citizen of another country, consult the authorities governing elections in your own country for similar instructions before you leave.

INCOME TAX

Most U.S. citizens and residents must file U.S. income tax returns even if their earned income is exempt from taxes. State requirements vary; call or write to the appropriate state office.

Internal Revenue Service income tax information and forms are available at U.S. Embassies and Consulates and on the internet. Since tax laws change from year to year, direct any questions to the U.S. Consulate. Non-U.S. citizens should contact the appropriate authorities in their own countries for taxation information.

EMERGENCY CONTACT INFORMATION

In case of an emergency, parents or family can reach you by calling CIEE. The CIEE home office is in daily contact with our St. Petersburg office.

Contact information for the CIEE home office will be included in a final details email sent to

both you and the emergency contact designated in your application materials within a month prior to the program start.

Part IV: Policies and Procedures

Please click on the following link to view CIEE's Policies and Procedures:

<http://www.ciee.org/study-abroad/apply/terms.aspx>.

This website includes:

General Policies

- Admissions
- Late Arrival and Early Departure
- Exceptions
- Drug and Alcohol Violations
- Alcohol Policy
- Dismissal from the Program

Academic Policies

- Student Academic Orientation
- Course Loads, Credits, Equivalencies and Grades
- Academic Records
- Attendance
- Pass/Fail and Audit
- Drop/Add Period
- Incompletes
- Withdrawal from a Course
- Academic Honesty
- Appeals

Program Fees and Payment Policies

- Confirmation of Participation
- Payment of CIEE Program Fees
- Due Dates, Late Fees and Interest
- Exclusion from Participation
- Late Fees and Interest
- Withdrawal and Deferral Policy
- Program Cancellation

Please make sure to review this website. Your signature on the "Program Participant Contract" indicates that you have read and agree to comply with all of the policies provided to you on that website.

A NOTE FROM CIEE

Credits and Grades

Most students who choose to go abroad for a term or a year report that the experience is one of the most powerful and enjoyable parts of their undergraduate education. We hope that when you return home, you will have had an equally memorable experience.

Many students report that study abroad is also challenging, and that coming to terms with the challenges is one of the things that make it so

powerful and memorable. Some students, however, report that the challenges of dealing with another country's academic culture are sometimes more frustrating than enjoyable.

The academic programs that CIEE provides are to varying degrees integrated into another culture's academic framework, and are often governed by rules that are unfamiliar to U.S. students. At CIEE we want you to experience the challenges of adapting to a new culture, of accepting different teaching styles, and embracing forms of learning that may be different from what you are used to.

But we are sure you will agree that problems associated with your credits and your grades should be avoided—that these should not turn out to be "opportunities for growth." We want to help you avoid these problems, and with some careful planning and attention to detail, you can:

1. Managing Your Registration.

You are probably going to sign up for five classes during your session overseas. Although it's surprising, one problem faced by some students when they return home is that the Course Registration Record we have for them doesn't match what the student actually took. You can avoid this. Read on.

Make it your responsibility to keep your Course Registration Record accurate and up to date.

Students select a preliminary course schedule, either in the U.S. before going abroad or after arrival at the Center. The courses selected constitute your Preliminary Registration, which will be sent to your home or sending school. There will be an opportunity to change courses during the first days of the regular semester (the "drop-add" period). Once this add-drop period ends, all courses for which you are registered will remain final, and will be permanently listed on your Course Registration Record. These will be the courses that will appear on the credit and grades report that we will send to your home or sending school after the session ends (called the "CIEE Academic Record").

Although CIEE staff, both in the U.S. and at your site, will make every effort to ensure that your Course Registration Record is accurate, we cannot do this unless you correctly follow all the formal procedures for making changes. **You must fill out a form to drop or add a course.** It is not sufficient to tell your professor, the CIEE Resident Director, or another staff person that you are changing courses—you must complete all required paperwork or the change is not

official. In some cases you will also be required to obtain permission from your home institution.

To sum up, **make it your responsibility** to ensure that your Course Registration Record is accurate. If at any time you are not sure, ask to see a copy of it.

There's a difference between DROPPING a course and WITHDRAWING from one.

As noted above, once the drop-add period is over, all the courses for which you are registered will remain permanently on your record. However, if you realize, *after the end of the drop-add period but before the middle of the session*, that special circumstances will prevent you from completing a course successfully, it may be possible to "Withdraw" from the course. Please also be aware that it is not possible to add a course after the add-drop period. If you do withdraw from a course, it will remain on your CIEE Academic Record with a "W" grade.

Permission to Withdraw from a course is not automatically granted just because a student is not doing well; it is only granted when there are circumstances that the Resident Director believes *prevented* a student from doing well, and *only before the program's withdrawal deadline*. There is also required paperwork to complete if you are withdrawing from a course.

After the withdrawal deadline, all courses that remain on your Course Registration Record will be posted on your CIEE Academic Record with a letter grade. If you stop going to a course, fail to take the final examination, or fail to turn in required coursework, you will receive an F.

2. Getting Good Grades.

The time to think about your grades is at the beginning of each course, not at the end.

Make sure you understand the basis on which the professor will be assessing your work. Practices vary from country to country. Often a single final paper or examination will be the most important (perhaps the only) opportunity to demonstrate what you have learned and/or achieved in the course. In some courses, the basis for grades may have been explained during orientation or during the registration process. An explanation may appear on the course syllabus, and/or the professor may announce grading policies. In some cases, you may not be sure how the professor will be calculating the grade. In this case as well, **make it your responsibility to be sure you understand the basis for grading in each course**. If you're not sure, ask the professor or the Resident Director.

How am I doing?

Although grading differs from country to country, there are general guidelines that we can offer.

In the U.S., a student usually forms an idea of how he/she is doing as the semester progresses based on a self-appraisal of participation in class and a general sense of what the professor cares about. In most overseas situations, it is much more difficult and often not possible at all, for a student to determine this. Although we ask our teachers to give students ongoing feedback, their own academic cultures are often very different in this regard, and many teachers do not always offer feedback in a way that enables a student to form a reliable opinion of his/her progress. We strongly recommend that you ask your professor how you are doing, perhaps two weeks after the semester has started and again two or three times during the session. Don't wait until mid-term time to do this.

"Demanding" doesn't mean the same thing in most overseas academic cultures.

U.S. students are accustomed to forming an idea of how demanding a teacher is based on the pressure that is applied on a day-to-day basis. In the U.S., if a professor repeatedly challenges students to show they have read and understood the assignments, and then chastises those who can't answer, students will conclude that this is a demanding teacher. This doesn't always happen overseas. "*Demanding*" in an overseas context may mean simply that the grades awarded at the end of the course are lower than those awarded by other professors.

Because of these differences, you need to take stock of your situation early and often. If the regular clues are not present, you should ask, "How am I doing?" If there isn't yet any basis for the professor to answer that question, you should ask, "What is important in this class? What should I be doing in order to succeed?" Make it your responsibility to actively seek confirmation of how well you are doing in each course.

All the CIEE staff, both in the U.S. and at your program site, want you to have an enjoyable and successful session overseas. We are committed to offering top-quality assistance to help you understand the host culture and its constraints. Please do not hesitate to contact any staff member if we can advise you on how best to manage your overseas experience.

Have a great year, learn all that you can about your temporary home, and try to bring back an excellent and accurate academic record.

CONCLUSION: THE CHALLENGE IS UP TO YOU

Your stay abroad may be one of the most vital and rewarding times of your life. Don't worry about what you are going to miss at school by going overseas. You will learn so much abroad! The people you meet and the situations you experience may be invaluable in the years to come.

We hope you will arrive prepared to adjust to a way of living that is different from your own; to a way of thinking that may be, in some cases, more traditional, more conventional, and more conservative than your own. You will also most likely encounter new and different views about the U.S. and its people. Take the opportunity to learn from these and to clarify misconceptions about the U.S. when you can.

Remember that each person you meet will see you as a representative of the United States. If you can accept differences cheerfully and with an open mind rather than attempting to alter the environment around you, you can contribute to a positive relationship between the country and the United States.

CIEE wishes you every success during the coming months.

Participants say...

Overall my experience abroad is something that I would not trade for anything. Being abroad gave me the opportunity to push myself beyond my comfort zone thus increasing my abilities to deal with more confidence. My only advice to those coming abroad is to constantly push yourself. Venture out on your own and don't let your fears deprive you of the opportunity to try something new.

Part V: Additional Resources

RECOMMENDED READING

We urge you to read several of these publications to expand your knowledge of Russia and ease your adjustment to Russian culture. Many of these books can be purchased at your local bookstore or may be available for reference at your campus study abroad office or local library.

Books On Russian Culture and History

- Baker, Peter and Glasser, Susan. Kremlin Rising
- Berlin, Isaiah. Russian Thinkers
- Darbas, Zita. The Russian Way. Figes, Orlando, A People's Tragedy: The Russian Revolution
- Figes, Orlando, Natasha's Dance
- Levin, Anatol, Chechnya, Tombstone of Russian Power
- Gerhart, Geneva Life and Language. (2nd edition) Harcourt, Brace and Co.
- Hoffman, David The Oligarchs
- Massie, Robert. Peter the Great.
- Nelson, Lynn and Kuzes, Irina. Radical Reform in Yelstin's Russia. M.E. Sharpe (Armonk, NY), 1995.
- Remnick, David. Lenin's Tomb: The Last Days of the Soviet Empire. Vintage Books, 1993-94.
- Rice, Tamara. A Concise History of Russian Art.
- Shipler, David. Russia: Broken Idols. Solemn Dreams.
- Smith, Hedrick. The New Russians. Random House, 1990.
- Ware, Timothy. The Orthodox Church. Penguin.

Some past participants have found it useful to take a copy of Khavronina's Russian As We Speak It and Muravyova's Verbs of Motion with them, as they are good sources of vocabulary for everyday situations. A good reference grammar (though a bit pricey) is Blackwell's Russian Grammar (look for a good used copy on the internet).

The Blue Guide to Moscow and Leningrad, published by W.W. Norton, is available in the United States and is a great source of cultural and historical information. An additional guide book that past participants have recommended as being particularly useful is the Rough Guide to St. Petersburg.

Jarlath, the Student Services Manager, recommends the Russian émigré writer Gary Shteyngart's The Russian Debutante's Handbook and Absurdistan for fiction, in the vein of Gogol, that will only make sense once your semester is underway in Russia.

Books on Cultural Adaptation

Adaptation to a new culture can be difficult. The following reading list contains publications that deal specifically with issues of culture shock and the difficulties associated with living overseas. Many of these books can be purchased at your local bookstore or may be available for reference at your campus study abroad office or local library.

- Citron, James. Short-Term Study Abroad: Integration, Third Culture Formation and Reentry, NAFSA: Association for International Educators, 1996.
- Kepets, Dawn. Back in the USA: Reflecting on Your Study Abroad Experience, NAFSA: Association for International Educators, 1999.
- Kohls, Robert. Survival Kit for Overseas Living: For Americans Planning to Live and Work Abroad, Intercultural Press, 2001.
- Storti, Craig. The Art of Crossing Cultures (Second Edition), Intercultural Press, 2001.
- Storti, Craig. The Art of Coming Home, Intercultural Press, 2001.
- Wolfgang, Aaron. Everybody's Guide to People Watching, Intercultural Press, 1995.

USEFUL WEBSITES

Website

www.ciee.org

www.travel.state.gov

www.xe.net/ucc

www.cdc.gov

www.russiatoday.com

www.interknowledge.com/russia

www.lonelyplanet.com/dest/eur/stp.htm

<http://www.sptimes.ru/>

<http://www.afisha.ru>

<http://www.fontanka.ru>

<http://www.spb.timeout.ru>

Description

CIEE's web site. If you haven't already, take a look and find out about other CIEE activities around the world.

The U.S. State Department Bureau of Consular Affairs home page providing Consular Information Sheets, Travel Warnings, U.S. Passport Information and Application Procedures, U.S. Consulate and Embassy Addresses Abroad, and U.S. Customs Information.

Current exchange rates.

U.S. Centers for Disease Control and Prevention. Provides updated information on required immunization and regional health advisories for travelers.

Web based daily news magazine covering Russia and the CIS that includes daily press reviews, television reports, business news, and original articles.

Official web site of the Russian National Tourist Office. Offers an overview of Russia today and helpful travel tips.

On-line travel guide to St. Petersburg from the very respected Lonely Planet series of travel guides.

St. Petersburg Times on-line (English language newspaper).

A listing of local happenings in St. Petersburg.

Local news from St. Petersburg updated daily.

St. Petersburg's Time Out Magazine on-line. Shopping, style, movies, music, opera, ballet, art, gay & lesbian life, and sports in St. Petersburg. Updated bi-weekly.

SUGGESTED PACKING CHECKLIST

Naturally you'll want to pack what best reflects your own life style and taste, but CIEE recommends the following. Note that practically everything from the general list below is available in Russia, though probably more expensive than in the US. You can save a lot of space by planning to buy things like soap, batteries, contact lens solution and tissues in Russia.

*Many of these items are optional and depend on your own preferences. Nearly all are available in Petersburg. If you have any questions about packing please feel free to contact us.

Important Documents

- Airline ticket (including return ticket)
- Printed copy of CIEE final details email (sent 3-4 weeks prior to the program start date)
- Credit (and/or ATM) card
- Home Advisor's (both academic and study abroad) address, fax, email
- Passport (with Visa glued inside)
- Photocopy of passport and visa (keep separate from passport)
- Traveler's checks (if desired)/List of traveler's check numbers (keep separate)
- US Driver's License (can be used as backup form of I.D.)

Clothing

- Boots, sturdy, water-resistant, good for walking
- Pajamas
- Pants including at least one dressy pair (men)
- Robe
- Shirts
- Shoes (including a dress pair)
- Shower sandals/"flip-flops" and/or slippers (1 pair)
- Skirts or dresses including one dressy, with slip if necessary
 - A below-knee length skirt + head scarf for visits to Russian Orthodox churches or monasteries
- Socks
- Sport coat/blazer and tie
- Sweaters/sweatshirt/fleece
- Underwear
 - Long underwear (silk is most comfortable)
- Winter coat (waterproof)
- (optional) Dress winter coat
- gloves/hat/scarf
- (optional) YakTrax or other ice creepers for shoes or boots

General*

- 110/220 volt current converter with European outlet adapter if needed
- Address book, including email
- Backpack/Overnight bag for traveling
- Batteries
- Battery operated CO detector
- Camera, charger, film, batteries, memory cards
- Contact lens solution
- Contraceptives
- Flashlight
- Gifts/Photos from home
- Glasses or contact lenses, extra pair, prescription
- Guidebook
- Gynecological supplies
- Hair dryer
- Laptop (optional) with electrical adapter and security/theft recovery software
- Medication you are taking and a copy of the prescriptions
- Medicine kit, small: antacid/anti-diarrhea medicine/aspirin/band-aids/antibacterial ointment/cold medicine
- Money belt/neck pouch
- MP3/music Player
- Pocket and/or normal-sized Russian-English dictionary
- Reading materials: books, magazines
- Sewing kit
- Sheets and towels (optional)
- Sunglasses, good pair
- Travel alarm clock
- Umbrella (it rains frequently!)