



**This guide contains the following useful information for the duration of your RLUS course in Tver:**

- Contact details, school location map
- Your arrival
- Your course
- Visas and registration
- Accommodation
- Safety information
- What to do in an emergency
- Life in Tver: mobiles, internet, food, entertainment, transport



*Russia is a wonderful and unique place, which will undoubtedly leave you with memories to treasure for the rest of your life. We hope you enjoy your stay. Please feel free to contact us if you have questions that are not covered in this document.*

**Contact Details:**

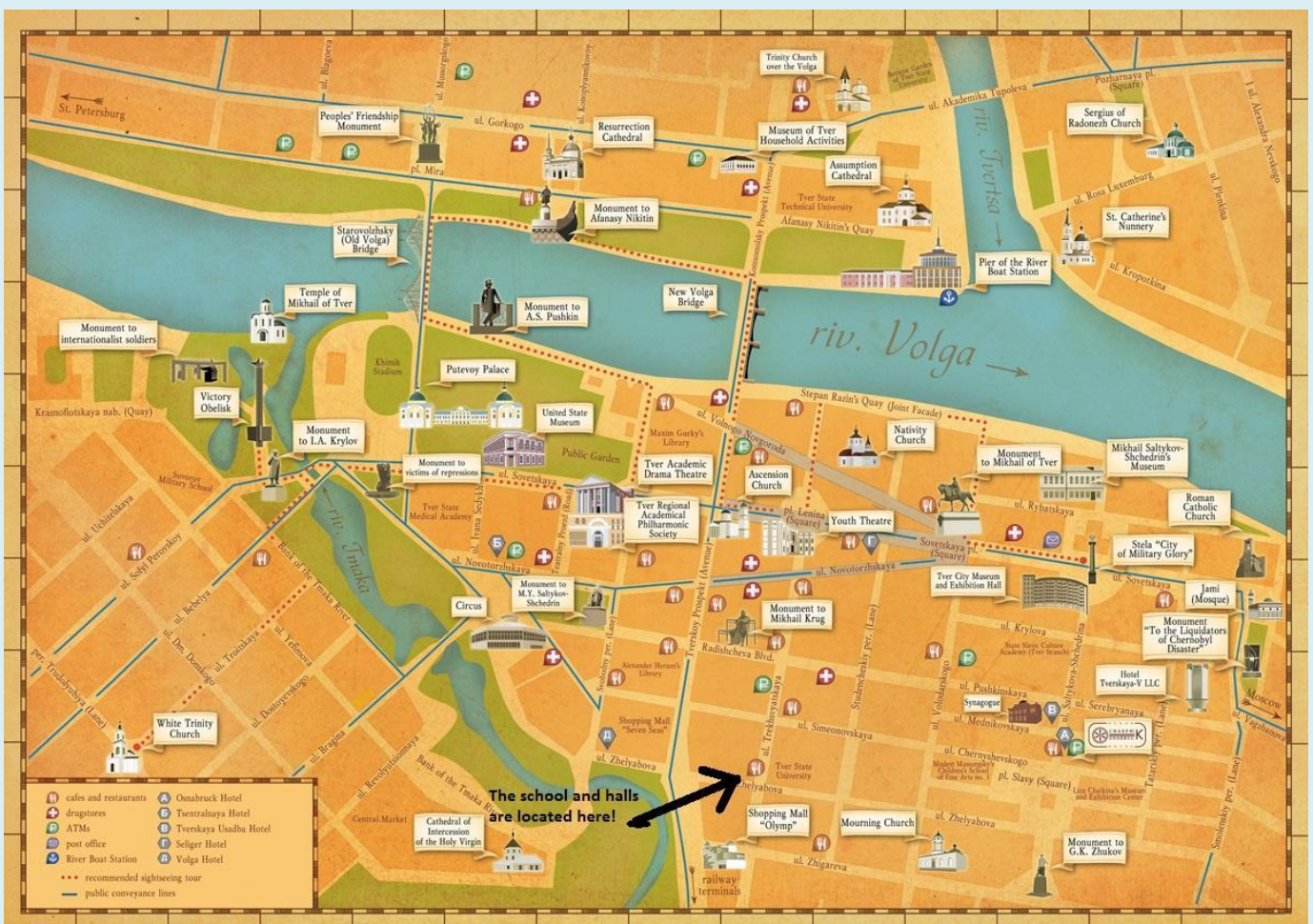
International Office, TSU  
 33 Zhelyabova Street  
 Tver  
 rlus.moscow@gmail.com  
 170100  
 Tel: 4822321195

**Your RLUS representatives:**

Sophie Morrow: +79778226208  
 Emma Booth: +79037585704  
 email:

**Send your post to:**

Russia, Tver 170100, 33 Zhelyabova street,  
 Tver State University International Office, your name





### Your Arrival in Tver

If you are on the **group flight**, you will be met at the airport by your RLUS representatives. There may be many students coming through all at once, so please be patient. You will then be taken to Tver in a minibus provided by the university, and will be taken to your accommodation. The journey to Tver is relatively short - approximately 2 hours and 30 minutes depending on traffic.

If you are not travelling with the RLUS group flight, you will be expected to make your own way to Tver and to your accommodation. We will provide you with your address and transport information in this case.



**Public transport** from the airport is reasonably-priced and easily navigable.

All Moscow airports have a train service to the city, called Aeroexpress. The train costs 420 roubles and takes approximately 45 minutes to get to the city, depending on which airport you arrive at. When you arrive at the station, follow the signs to the metro, which is characterised by a big red M. You can buy tickets from the ticket office inside. Once you arrive into central Moscow, you can take an **elektrichka** train to Tver – these are small, local trains for which you do not need to buy a ticket in advance. You can buy a ticket on the train to Tver. They cost approximately 350 roubles. You can also buy the tickets from machines at the train station. Buy the tickets from machines labelled Пригородные поезда. They leave from Ленинградский вокзал, which is located at Metro Komsomolskaya, and take between 2 and 3 hours – timetables can be found here on the RZD website <http://rzd.ru/>.

### Your Course

Your course will start on the day after your arrival. On this day, **you will meet at the university in the morning at approximately 10 am**. You will be shown around the area, and advised where you can buy SIM cards and have passport pictures taken. Having the passport photographs produced quickly is important as you will have to hand them in with your passport and migration card for visa extension in Tver. This will be explained in more detail when you have a briefing meeting and are introduced to the Russian department. The director of the Inter-University Centre for International Cooperation is Dmitriy Nikolaev, and the head of the department of Russian as a foreign language is Lyudmila Gromova. You will also be introduced to your teachers and the administrative staff who deal with issues such as passports, registration and accommodation. Dmitriy Nikolaev and the administrative staff all have offices which are located in the main university building. During your course you will study grammar, Russian conversation, reading and writing, translation and modern Russian culture. We will have regular contact with you to check how the group is faring.

### Visas and Registration



When you arrive at the airport, ensure that you sign and collect your migration card (see picture, left) as you proceed through passport control. You cannot enter the country without it. Please check it has been stamped and dated, **before you come through customs**. This is especially important if you are not arriving with the group as the RLUS representatives will not be there to check.

Most RLUS students have an initial 3-month single-entry visa which is converted into a multi-entry visa to cover the duration of their course. Be aware that you may not be able to travel for the first 6 weeks of your course, as your visa will be with the authorities undergoing extension. If you leave and re-enter the country or the city of Tver at any point during your stay, you will have to re-register your visa and new migration card in Tver. To do this, simply

take your passport and migration card to the international office on the first working day after you return. You will also need to register in any city in Russia which you visit for more than seven working days. Please make the international office in Tver aware of your travel plans in advance.

### Accommodation

Most RLUS students will stay in university accommodation, either together with other foreign students near the university, or further away in the Russian halls. There are usually students from China, Finland and France, who will be on separate courses at the same time as you. All the apartments are clean and comfortable, although the ones for Russians are more basic than the ones for foreigners. However, they are also considerably cheaper and you will have more of an opportunity to practise your Russian.

If you stay in university accommodation, you will be required to pay a 4000 rouble deposit upon arrival, which will be returned at the end of your programme provided your room has sustained no damage. The cost of rent will depend on the size of your room, as room sizes often differ, but will range between 5700 and 6000 roubles per month. All student accommodation has an Internet connection. However, connections are often very weak and do not give coverage to all rooms. If your room does not have coverage, you can always find Internet in the common area. We are currently working to improve the connection, but due to the nature of the building this has proven to be a difficult task.

For more information about university accommodation, please see:

[http://university.tversu.ru/en/foreign/housing/jeliabova\\_1.html](http://university.tversu.ru/en/foreign/housing/jeliabova_1.html)

Other students choose to stay in homestays. Within the first two or three days of arrival, you will be expected to pay your rent directly to the international office near the university. For those opting for Bed and Breakfast, you may only have limited use of the kitchen, and it is best to ask your landlady how she feels about this. You will usually be expected to pay for washing machine powder too, if you want to use the machine. If you have any problems with your host, please inform one of us. If you wish to change your accommodation, please give one month's notice.

We strongly recommend that you read the document on the RLUS website entitled 'Living in a Homestay' for more information to help you prepare for your forthcoming homestay experience. You can find the document at: <http://rlus.co.uk/homestay%20info.pdf>

You may want to contact your family to inform them that you have arrived. We suggest that you get an international calling card (see example, right), if Skype is not available. Please ask your host's permission to use the phone.



### Safety in Russia

You must have a copy of your **documents** (passport, visa, migration card and registration slip) with you at all times. Avoid carrying the real thing as if you lose your passport it can be a long and difficult process to replace it and also your visa and migration card would need replacing too. The police have the right to arrest anybody without documents. You can be detained for up to 72 hours or until your documents are produced. You should also carry your student card with you, as the police may ask to see it.

#### Common Sense Advice:

- Foreigners are particularly vulnerable to crime in tourist areas, so avoid drawing attention to yourself – do not walk in big groups speaking loudly in English.

- To make a claim, you will need to obtain a police report (справка) within 24 hours of the crime. A member of staff from the university can accompany you to the police station. Never say that something was stolen – this will lead to an investigation being opened, and you will not receive the document you need until it is closed, which can take months. Always say your belongings were lost.
- Absolutely **never touch drugs** here. The penalties are simply not worth the risk, and if you break the law we cannot help you.
- If you go out for the evening, stay in a group, and plan it so that you accompany each other home, right up to the front door. Always be aware of yourself, your belongings and your surroundings, and you should not come across any major problems.
- Stay away from Gypsy cabs (unlicensed cars). Use a reputable taxi company – ask the university staff for a recommendation about this. Gypsy cabs can often lead to trouble.
- If you are out at night, try to make sure girls are accompanied home.
- Avoid carrying too much money or too many unnecessary cards. **Carry a maximum of one credit or debit card, and keep other cards at your accommodation.**
- If you lose your documents, inform the representatives immediately. Along with the relevant departments at the university, we will help you to resolve matters.
- Do not drink the tap water – you should boil the water first, or buy bottled water. There is also a water pump just across the road from the building where your lessons will be, from which it is safe to drink.

If in any doubt, always feel free to contact your RLUS representatives. **Please email us** with any general questions and we will reply as soon as possible. Please **only call in an urgent situation**. Please **avoid text messaging us**.

### If Something Goes Wrong...

Our phone numbers and the phone number of the university are at the beginning of this document. Other useful numbers to have are:

British Embassy: +7 495 956 72 00 (if you cannot get through in an emergency situation, inform us and we will keep trying for you)

Fire: **01**      Police: **02**      Ambulance: **03**      Or, call **112** and state which service you require.

You should be able to get adequate medical treatment in Tver. Most RLUS centres will send students first to a general clinic and then to a more specific doctor, depending on the nature of the ailment and/or the diagnosis given by the doctor. A member of staff can accompany you to the doctor and help you arrange an appointment.

Tver students are usually referred to the City Hospital Poliklinika №2, located at Смоленский переулок, 34, 8 (4822) 32 18 31. If you prefer a Western-style clinic, you may prefer to travel to Moscow where there are several such facilities available. An RLUS representative will be prepared to assist in arranging this for you.

You will have to pay for medical care, but keep receipts in order to make a claim with your insurance company later. Check your policy carefully, as care for pre-existing conditions may not be covered.

Always use a condom if you have sex, as STDs in Russia are not uncommon.

Contact with the **police** (полиция) should be avoided as much as possible. If in any doubt, ring your RLUS representative. If the police visit you at your accommodation to check your documents, you are not required to open the door. In the unlikely event that you are arrested, **say nothing and sign nothing**. If you are forced to sign something, write that **you do not understand what you are signing in English**. Keep demanding to speak to your RLUS representative or the Embassy Duty Officer. You should be allowed one phone call; use it to call the embassy duty officer as they will be more accustomed to dealing with such situations.

Finally, be wary of food poisoning, and be careful when buying fast food from street kiosks.

### Life in Tver

While not as big and happening as the capital cities in Russia, Tver has plenty to offer. As it is a university city, it has a young population and you should find a selection of different activities such as sports, theatre, cinema, music and night life to keep you occupied. And if you run out of inspiration, you are only a short bus or train ride from Moscow for some variety.

### Mobile phones and internet

On your first day you will be advised on where you can purchase a SIM card, and a phone at a good price, if you need one. You may need to get your phone unlocked in the UK before coming to Russia if you want to use your UK smart phone with a Russian SIM card. The three main networks in Russia are Beeline, MTS, and Megafon. The rates are approximately the same, but Beeline tends to have discounted rates when phoning and texting others who are also on their network. Be aware that charges might increase once you go outside of the Tver region. If you want to use your landlady's phone to call home, you should ask first, and use an International calling card. You can buy these from any phone shop.

There is a weak wireless signal in the school and the adjacent halls of residence. For those living in homestay or Russian halls, you are unlikely to have internet access, but you may purchase a portable modem which you plug into the USB port of your computer. You can buy these from phone shops; the three main mobile phone networks have 3G and 4G modems available. You get a certain amount of data a month and can top up at a machine in the connected brand's phone shops. You can also make use of the free Wi-fi access in most cafes in the city. There are also several computers at the university, which you can use between and after lessons.

### Money

There are plenty of places in the city (обмен валюты) where you can **change money**. It is generally better to change money in a bank, such as Sberbank, Absolut Bank, Barclay's or other big banks. We do not recommend bringing traveller's cheques as they are very difficult to change. **Cash machines** (банкоматы) are easily located. Your bank will probably charge you 1.5% to 2% per withdrawal for roubles and some banks may make an additional charge if you withdraw dollars or euros. *It is a good idea to let your bank know that you will be in Russia for a certain period of time so that they do not think your card has been stolen and block access to your money.* Furthermore there are cards such as Caxton FX and Halifax Clarity which you can sign up for before you come to Russia. These cards do not charge a fee when you withdraw Roubles from an ATM.

### Entertainment

You can find listings for many interesting events such as concerts, plays and classes in a variety of local newspapers. A good option is Вечерняя Тверь.

### Sport and Leisure

Students have the opportunity to participate in the following sports free of charge:

- Volleyball - in the sports hall of the sports faculty (several times a week)
- Running – there is a track at the стадион.

There are many swimming pools in Tver, both indoor and outdoor. There are also some fitness centres where you can join the gym or take part in aerobics sessions. Please be aware that to swim in a public pool you will

first have to obtain a doctor's certificate, which can be arranged through the university and costs approximately £40.

At the sports palace, you can ice skate all year round, and at the recreation lodge (10 km outside of the city), you can go skiing or snowboarding.

If students have any particular sports in mind, they should refer to the director, Dmitri Nikolaev, as there are a number of unlisted, but also easily-located options in Tver.

In previous years, students have joined a dance class. It is for beginners, and they teach all kinds of dancing. It is based at Дом Офицеров, next to the drama theatre.

### Cafés, Bars and Clubs

There are many good-quality eateries in Tver. Here is a selection:

- Надежда - a popular choice for students looking to have a filling meal at a cheap price after lessons. This is found in the pedestrian district.
- Кофейная «Таун» - on ул. Волного Новгорода, offers a huge range of tea and coffee, and has excellent hot chocolate.
- Рыба - by the river on ул. Советская (near the Medical Institute), offers very reasonably-priced and tasty meals, and often has live music.
- Сити - a good club to go to at the weekend.
- Club «Культура» is located in the center of the city, Ул. Трехсвятская, 49
- Монсаfé (Монкафе) — (Свободный пер., 22)
- Саfé Параллели – ул. Желябова, 32
- Сковородка – ул. Желябова, 1 – a 24-hour fast food restaurant
- Саfé Чайная ложка – ул. Тверской пр-т, 8
- Bar Budweis – ул. Советская, 7
- Фреш Буфет – ул. Трёхсвятская, д.6, к.1 (shopping mall “Paradise”). It is one of the cheapest cafés with tasty meals.

### Culture and the Arts

Despite a difficult early history, Tver experienced something of a rebirth when Catherine the Great made it one of her stopping points between Moscow and St Petersburg. Her eighteenth-century palace now houses an art gallery. Tver has several theatres including a drama theatre, puppet theatre and the highly recommended youth theatre. There is also a concert hall, a circus, cinemas and sporting facilities.

There will be a range of excursions on offer for you organised by your department, e.g. to the Golden Ring and the local Museum of Tver Life (at ул. Горького 19/14). A river boat cruise is also recommended in the warmer months.

For students wishing to take music lessons, there is a good school on пл. Славы (the building opposite the museum). There is a wide range of musical instruments to choose from.

### Shopping

There is a big 24-hour supermarket called Perekrestok within easy walking distance of the RFL Department of the University. It is very much a western-style supermarket chain where you can buy food and other household items. A large market that you may want to visit is the covered Центральный Рынок, where everything from bargain clothes, fruit and vegetables to livestock is available after just a small amount of bartering with local shopkeepers. Previous students also found the weekend market stocked a lot of what they needed. This is probably the best place in the city to find fresh fruit and vegetables for a low price. It is located just past the shopping centre Семь Морей, off of ул. Советская. There are also plenty of small продукты shops throughout the city, where you can buy basic items such as milk and bread.



For cheap, basic household goods, it is best to look for a small хозяйственный магазин/товары для дома shops in the area where you live – there are some on ул. Трёхсвятская. The mega-market Карусель, located next to the train station, is also useful for household essentials such as kitchenware and cleaning supplies, and you will find them at a very reasonable price here.

When clothes shopping, be aware that prices in western-brand stores will probably be marked up by at least 20%.

The most popular place for a day of shopping is along the pedestrian street ул. Трёхсвятская. On this street there is a Terra Nostra, and other shops to buy clothes. The book shop at ул. Трёхсвятская 28 is a good source of books and maps; it is open 10:00-19:00 Monday to Friday, and 10:00-17:00 at the weekend. You will find DVD and music shops all over the city, and for much cheaper prices than at home (although most of these goods will be pirated!) You will find that even during the winter, stands with handmade goods are set up in the pedestrian district at ул. Трёхсвятская.

Unfortunately, shopkeepers and market stallholders often overcharge people with a foreign accent, so you should always bargain. It is advisable to go souvenir shopping with a Russian who can haggle for you, or find out beforehand what a reasonable price is for whatever you are shopping for (ask your host family, or do your own research).

### Transport

The city is served by an extensive system of trams, trolleybuses, buses and marshrutkas, which look like transit vans and carry approximately sixteen people. They differ from buses in that they tend to travel more quickly and only stop on the request of passengers. To leave the vehicle, say: “Остановите [на остановке], пожалуйста”. They cost approximately 20 roubles per journey and you pay the driver when you enter the van. Trams, buses and trolleybuses stop automatically and have a fixed rate. There will be a conductor who you pay when you get on, so there is no need to approach the driver. To get to and from the university and the main train station, you can take a tram. Get off at the stop named Желябова. You can also take marshrutkas to and from the university and train station.



### Travel within Russia and beyond

There are several towns near Tver which students have recommended as being worth a visit, including Staritsa, Seleger and Torzhok, which is the home of a beautiful old monastery. These are easily accessible by elektrichka train or bus, and are cheap to get to.

There are excellent transport links between Moscow and Tver. The электричка train runs approximately every hour from Ленинградский вокзал and costs approximately 400 roubles per ticket (although tickets can be bought half-price with a student card). Buses between Moscow and Tver leave every half an hour. Journeys take 2-3 hours, and the train and bus stations are only 300m apart. You can buy tickets for the электричка and standard trains from the main train station (4km south of the city centre). A faster (and more expensive) option is the Lastochka high-speed train which costs about 500 roubles each way. There is also the Sapsan, which runs frequently between Moscow and Saint Petersburg, stopping in Tver. It costs much more than a normal elektrichka or the Lastochka, with prices starting at approximately 3000 roubles, but the train is of a very high quality and is high-speed. There are several popular destinations you can reach directly from Tver by train, such as St. Petersburg, Helsinki and Tallinn, but for most other trips you may first have to travel to Moscow.



Train travel within Russia is still very cheap in comparison with the West. The two main classes are купе (four to a cabin, two up; two down) and плацкарт (open carriages and less luxurious, but cheaper).

**Train tickets** can be bought in advance from any major station. Also, you can buy tickets from ticket machines located in and around the stations, if you do not want to queue as long or speak Russian. You **need your passport** number to buy tickets and your passport to get on the train. If you do not want to go to the station, you can now purchase tickets online through the RZD website. All you have to do is set up an online account and then you can browse and purchase tickets online. You will be issued an electronic ticket, which you must print out and present when boarding the train.



There are **nine railway stations** in Moscow. Generally, these railway stations correspond to the following travel directions:

- Western direction (to Belarus and Poland): Белорусский вокзал
- Northern/north-western directions (St Petersburg and the Baltics): Ленинградский вокзал, Савёловский вокзал, Ярославский вокзал, Рижский вокзал (NB. If you are buying tickets to St Petersburg, the tickets will say Москва-Октябрьская as the departing station, but the trains leave from Ленинградский вокзал.)
- Eastern, north-eastern, and south-eastern directions: Казанский вокзал, Павелецкий вокзал
- Southern direction: Курский вокзал
- South-western direction: Киевский вокзал

A good place to buy **plane tickets** in Moscow is the big branch of STA travel at metro station Sokol. They have a website at [www.statravel.ru](http://www.statravel.ru). British Airways operates from Домодедово airport (where the group flight arrives); you can contact them on 8 (495) 363 2525. Pobeda and Аэрофлот also offer good deals, as well as Skyexpress and S7, which all fly to various locations across Russia. You can also buy flights online through these companies and be issued e-tickets.

Before you plan any trips, we recommend you visit the British foreign office website ([www.fco.gov.uk](http://www.fco.gov.uk)), which provides up-to-date information about where it is unsafe to travel, and what regulations there may be.

PLEASE NOTE: Absence from the course is only permitted in cases of illness or during official travel weeks. **Attendance and marks will be sent to your universities.**

### Useful Web Links

#### Processing your Russian visa

- <http://ru.vfsglobal.co.uk/> - Used by previous students to process visas
- [www.rusemblon.org/](http://www.rusemblon.org/) - Consular Section of the Embassy of Russia in the United Kingdom
- [www.great-britain.mid.ru/](http://www.great-britain.mid.ru/) - Embassy of the Russian Federation in the United Kingdom

#### Advice about travel to Russia

- [www.britemb.msk.ru/consular/index\\_ie.htm](http://www.britemb.msk.ru/consular/index_ie.htm) - Consular advice for UK citizens (see FCO travel advice: Russia)
- <http://ukinrussia.fco.gov.uk/en/> - British Embassy in Russia

#### General information about Russia

- [www.moscowtimes.ru](http://www.moscowtimes.ru) - English Language newspaper providing up-to-date news on Russia and entertainment listings for Moscow
- [www.expats.ru](http://www.expats.ru) - The Moscow Ex-pat Site: a virtual community for English-speaking ex-pats and Russians
- [www.rbcnews.com](http://www.rbcnews.com) - news and information website

**Travel in Russia**

- [www.poezdka.ru](http://www.poezdka.ru) (Russian) – search engine for flights/air tickets
- [www.polets.ru](http://www.polets.ru) (Russian) – search engine for flights/air tickets
- [www.tutu.ru](http://www.tutu.ru) (Russian) – elektrichka timetable, as well as train and flight bookings
- <http://russia.km.ru/trans/moskwa/vokzal.htm> (Russian) – train timetable for Moscow railway stations
- <http://startravel.ru/eng/index.shtml> - Star Travel (STA Russia) for cheap tickets (air/train/bus) and under-26 and ISIC discount cards
- [www.marshrutky.ru](http://www.marshrutky.ru) – useful for checking train times and routes

**Information about Tver**

- <http://university.tversu.ru/en/> - English version of the Tver State University website (you are in the Department of Russian as a Foreign Language)
- [www.tver.ru/guide.phtml](http://www.tver.ru/guide.phtml) - (Russian) useful information for visitors to Tver with addresses and phone numbers

**Information about Moscow**

- [www.afisha.ru](http://www.afisha.ru) (Russian) - Russian website providing entertainment listings for Moscow
- [www.vashdosug.ru](http://www.vashdosug.ru) (Russian) - Russian website providing entertainment listings for Moscow
- [www.waytorussia.net/Moscow/Info.html](http://www.waytorussia.net/Moscow/Info.html) - featuring 'What is Moscow', and Practicalities, Maps, Transportation, Accommodation, Eating Out, Entertainment, Sightseeing