



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

- Contact details, school location map
- Your arrival in Moscow
- Your course
- Visas and registration
- Accommodation
- Safety information
- What to do in an emergency
- Life in Yaroslavl: 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,
P.G. Demidov Yaroslavl State University
Ul. Sovetskaya, 10
Yaroslavl, Russia 150000

Your RLUS representatives:

Sophie Morrow +7 (977) 822 62-08
Bethany Rickus +7 (985) 009-37-24
rlus.moscow@gmail.com

Send your post to:

RLUS student (your name), International Office, P.G. Demidov Yaroslavl State University, ul. Sovetskaya, 14, Yaroslavl, Russia 150000.



Your Arrival in Moscow

If you arrive **on the group flight**, you will be met at the airport by the RLUS representatives and a staff member or students from the university in Yaroslavl. There may be many students coming through all at once, so please be patient! Once everyone has come through, you will be taken to a minibus, organized by the university in Yaroslavl, and will be taken to the city and dropped off at your homestay address in Yaroslavl. You will be accompanied on the journey by the staff member/students from Yaroslavl. The journey takes around 4 hours but traffic may make the journey longer.

If you **don't arrive on the group flight**, you will be expected to make your own way to Yaroslavl. Once you arrive there, you will be met by a member of the university staff. However, if your flight arrives before the group flight, you may wait in the airport until the group flight arrives and then be taken to Yaroslavl by minibus. Please inform the RLUS representatives in advance if this is the case.



Public transport from the airport is easy to navigate. All Moscow airports have a train service to the city, called Aeroexpress. The train costs 500 roubles and takes 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. If you did not get the train ticket that includes one metro ride, you can buy tickets at the cash desk when you enter the metro. Once you get into Moscow, you can take a train to Yaroslavl. They leave from Я р о с л а в с к и й в о к з а л, which is located at Metro Komsomolskaya, and take about 4 hours – timetables can be found here: <http://rzd.ru/>. Tickets can be bought on the internet on the RZD site in advance and you can print the tickets too once you've registered an account.

Your Course

Your course will start on the day after your arrival. On this day, **you will meet at the school in the morning at around 10 am. Do not forget to bring your passport and migration card on the first day** as you will need them for registration. You will be shown around the area, taken to have passport pictures taken and have your documents registered. You will have a briefing meeting where you will be told some important information, and introduced to the faculty of “The Centre for Intercultural Communication,” who will be conducting your course. The head of the department is Albina Valerevna Egorova, the assistant head is Yulia Vladimirovna Tarakanova and the head of academic studies is Elena Zelenkova. During your course you will study grammar, Russian conversation, reading and writing, translation, media and modern Russian culture. We will be in regular contact with you to see how your course is going as well as come to visit once a semester.

Visas and Registration



When you arrive at the airport, make sure you have filled out a migration card (see picture, left), if it has not been done for you automatically (most Moscow airports print it for you at 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 after the first month. Be aware that you may not be able to travel outside of Russia for approximately the first 7 weeks of your course, as your visa will be with the authorities undergoing extension. This timescale is out of the

control of the university and RLUS, sometimes it takes even longer than this so **PLEASE DO NOT MAKE ANY TRAVEL ARRANGEMENTS THAT CANNOT BE REFUNDED OR RESCHEDULED UNTIL YOU HAVE YOUR PASSPORT AND EXTENDED VISA IN YOUR HANDS.**

Once you've received your visa extension, please check with your school what the process for booking trips in and out of Russia entails in terms of registration. This is because the laws are constantly changing. You must inform Yulia and the RLUS reps via email of any travel plans you make during your stay.

If you are staying in one place for more than seven working days then you must be registered at that address according to a law which came into effect in July 2018. Hotels and hostels should automatically carry out registration for their guests, but it is best to check when making your booking that they do register foreign citizens. As for privately rented flats, the owner is legally responsible for your registration, so make sure to tell them when you are making your booking.

Accommodation

Most RLUS students will stay in homestay accommodation, never too far from the university. The hosts are generally women of an older age. Within the first couple of days of arrival, you will be expected to pay your rent directly to your landlady. They may also ask for a deposit from you, which will be returned at the end of the course, if nothing has been broken or damaged. You may only have limited use of the kitchen, so it is best to ask your landlady directly if you can use her kitchen facilities. 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 let one of us know. If you wish to move out of university arranged accommodation, then speak to one of the staff members at the university and make the RLUS representatives aware. If you wish to rent a flat privately, RLUS cannot legally assist you with looking for alternative accommodation. If you move out, you are responsible for dealing with the landlord, paperwork, rent and other related issues. Securing a flat for a short period of time is rather difficult in Yaroslavl too as landlords prefer a longer commitment from tenants.

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.



Please be aware that facilities differ from homestay to homestay; some will have wireless internet installed and a washing machine etc., whereas some addresses will not. Unfortunately RLUS cannot guarantee that the standard of homestays will be the same across the board. Firstly, RLUS is not responsible for organizing accommodation, it is the university's responsibility. And secondly, hosts are selected primarily on their experience hosting foreign students, not necessarily on the facilities available in their homes.

Safety in Russia

You must have a **copy of your documents** (passport, visa, migration card and registration slip) with you at all times. If you are stopped by the police and you don't have your documents, they can detain you for up to three hours to establish your identity and you will have to pay a fine. You should also carry your student card with you, as the police may ask to see it.

If you believe the risk of losing your documents is higher than the risk of being stopped and fined, then you may choose to carry photocopies of them instead. Strictly speaking, the law requires you to have the originals with you, but you can often get away with copies as long as they are clear. Make sure you have copies of your passport information page, your visa, migration card, and registration slip. Double check that your passport number matches the one quoted in your visa.

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. Nightclubs and bars in Yaroslavl occasionally refuse entry to large English-speaking groups, especially if under the age of 21.
- To make a claim, you will need to obtain a police report (с п р а в к а) within 24 hours of the crime. A member of the university staff can accompany you to the police station. Do not tell the police something was stolen; your RLUS representatives will know how to deal with the police better, so always contact us as this will make things much easier for you.
- 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.
- If you are out at night, where possible, try to make sure girls are accompanied home.
- If you engage in sexual activity, **always practice safe sex** and use a condom as STIs are not uncommon.
- Stay away from Gypsy cabs (unlicensed private cabs). Use a reputable cab company such as Yandex Taxi (using the app) or Maxim Taxi: +7 485 266 66 66. Gypsy cabs can often lead to trouble.
- Minimize your losses! Avoid carrying too much cash on you or unnecessary cards. **Carry a maximum of one** credit or debit card, and keep driving licenses, British student cards etc., at home.
- If you lose your documents, inform the representatives immediately. Along with the relevant departments at the university, we will help you sort everything out.
- Do not drink the tap water – it is better to boil the water first, or buy bottled water. Water filters are cheap in Russia so buying one and filtering your own water may be the best and most economic alternative.

If in doubt, always feel free to contact your RLUS representatives. **Please email us** with any questions and we will reply as soon as possible. If you decide to call and we do not answer, it is likely that we are teaching – that is another part of our jobs – and we will call you back as soon as possible. If it is a general query, it is better to email, but please call in an urgent situation.

If Something Goes Wrong...

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

British Embassy Moscow: +7 495 956 72 00 (if you cannot get through in an emergency situation, let us know 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 Yaroslavl. 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.

Our preferred clinic is Ч а с т н а я п о л и к л и н и к а о н у л . Н е к р а с о в а , 37. See Albina Valerevna Egorova or Yulia Vladimirovna Tarakanova at the university to book an appointment. Both Albina and Yulia should be able to advise according to the nature of the health complaint.

If you do not feel well or have been involved in a dangerous situation, always **tell one of us**. Please **read your insurance policy** before you have any medical treatment, because if you have any treatment which is not covered then you may have to foot the bill (e.g. treatment on problems which existed before you came to Russia are normally not included).

Please be aware that even for issues covered by your policy, you may have to pay all charges directly to the clinic where you are treated and make an insurance claim afterwards.

We recommend avoiding contact with the **police** (п о л и ц и я) as much as possible. This, of course, is a general rule and the necessity depends on the nature and severity of the issue. If in doubt, ring your RLUS representative first. If the police visit you at your home 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**. 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 of more help in this kind of situation.

Finally, be wary of food poisoning; in particular, avoid buying fast food from street kiosks.

Life in Yaroslavl

While not as big and happening as the capital cities in Russia, Yaroslavl 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, theatres, cinemas, music and nightlife to keep you occupied. People are generally friendlier and more helpful in Yaroslavl compared with a bigger city like Moscow. And if you run out of inspiration, you are only a train ride from Moscow for a bit of variety.

Mobile phones and internet

There are some internet cafes in Yaroslavl. Internet access is cheaper than at home, and is fairly simple to set up using a portable modem (a dongle which allows you to connect wirelessly to the internet), this can be purchased from almost any phone or electric shop. It is possible to get WiFi connection almost everywhere, especially in chains of coffee shops and



cafes, and it is usually free as long as you make a purchase. There is also a WiFi signal in the university lobby.



You will be taken on your first day to a telephone shop where you will be able

to purchase a SIM card, and a phone at a good price, if you need one. If you want to get one yourself, good networks include Beeline, MTS, and Megafon. 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. Before coming to Russia you might like to consider getting your UK phone unlocked so you are able to insert a Russian SIM into it. Another alternative would be to buy a cheap, basic phone from a shop and use that while you are in Russia.



Money

There are plenty of currency exchange points (о б м е н в а л ю т ы) in Yaroslavl where you can **change cash**. It is generally better to change money in a bank, such as Sberbank, VTB, RBS, CitiBank or other big banks. We do not recommend bringing traveller's cheques as they are very difficult to change. **Cash machines** (б а н к о м а т ы) are easy to locate. 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's a good idea to let your bank know that you will be in Russia for a certain period of time so that they don't think your card has been stolen and block access to your money. There are cards which you can sign up for in the UK such as Caxton FX or Halifax Clarity which charge no fee when you take out roubles from an ATM.

Entertainment

The university staff will give you a briefing on events that go on around Yaroslavl and at the university during your initial briefing meeting. There is an events board in the building where you study so look out for any exhibitions or excursions. The teachers will also recommend events that you may wish to consider. The

university organizes a 'language club' event once a month where students from the university wanting to speak and practice a foreign language meet to converse. It has been popular in the past amongst RLUS students and an excellent opportunity to speak Russian and meet people. You can find listings for many interesting events such as concerts, plays and classes in a variety of local newspapers and on adverts around the city, including on public transport.

Yaroslavl was once the ancient capital of Russia, and there is a lot of history here. There are lots of museums along the river bank, of which the Museum of Music and Time and the Museum of the History of Yaroslavl both deserve a mention. The Transfiguration Monastery (often known as the Kremlin), with its fairytale skyline, is situated right in the centre of the city. It contains some of the city's oldest buildings and museums of the city's history, and old Russian art. Yaroslavl also has a Catholic Church, located at `п р о с п е к т Т о л б у х и н а 43`, and a mosque not far from `у л . Н е к р а с о в а`, where they sometimes even offer Arabic lessons. The Exhibition Hall (`В ы с т а в о ч н ы й з а л`) on `у л . М а к с и м о в а` often has work by local, contemporary artists. The largest western-style cinema you will find in Yaroslavl is `К и н о м а к с` in 'Aura' shopping centre. There is also `Р о д и н а` on `у л . Р е с п у б л и к а н с к а я`. Tickets are always cheaper on Wednesday evening.

Sport and Leisure

The stadium of the local football team, `Ш и н н и к Я р о с л а в л ь`, is situated on `п л о щ а д ь Т р у д а . Ш и н н и к` is consistently one of the worst teams in Russia, but going to matches can be a fun way to spend some time outdoors. The local ice hockey team, `Л о к о м о т и в Я р о с л а в л ь`, is one of the best in Russia. They have regular games at Arena 2000 on `у л . Г а г а р и н а` and are well supported by locals. For swimming, situated on `п р о с п е к т Т о л б у х и н а` (turn left at the top of `у л . Н е к р а с о в а`) is SportLine. There is also a good swimming pool right next to `Ц е н т р а л ь н ы й б у ф е т`, off `у л . С в о б о д ы`, «В К а з а р м а х» and one on `п л о щ а д ь Ю б и л е й н а я` (near the internet club). There is a very good and cheap banya located at `Б о л ь ш а я О к т я б р ь с к а я , 85`.

Gyms are easily located. The `С т а р ы й г о р о д` complex is located opposite McDonalds through a small arch. The `Д в о р е ц к у л ь т у р ы` on `Ю б и л е й н а я п л о щ а д ь` has a gym inside and offers some classes like martial arts. There is also a gym on `у л . С в е р д л о в а` opposite the outdoor market. 10-pin bowling, billiards and roller-blading enthusiasts can try out the facilities in Aura. You can ice skate at Arena 2000. For tennis there are five very high-quality tennis courts situated on the Volga embankment, about five minutes' walk from `С о в е т с к а я п л о щ а д ь`. There is a nice little cafe that serves refreshments on the pavilion overlooking the tennis courts. Unfortunately, you cannot hire tennis rackets, you have to bring your own.

There are activities which you can do in the university itself, such as singing in the choir and balalaika lessons. The teachers will come and introduce themselves in your first week. Belkino, outside of central Yaroslavl, is a winter sports site for sledging, skiing, etc., that has been mentioned by students in the past.

Shopping

Western style **supermarkets** are now common in Russia. The main chains include `П е р е к р ё с т о к` and `П я т ё р о ч к а`. There is bound to be at least one small `п р о д у к т ы` shop within 5 minutes' walk of your home-stay, where you can buy basics like bread, cheese and frozen food. In such small shops, the products are stored behind counters so you have to explain to the attendant exactly what you want. The prices tend to be a little higher than in the supermarkets. Most fruit and vegetables can be bought from small kiosks on the street. There is a smaller variety of fruit and vegetables in Russia than in the West, and availability depends greatly on the season. There is a 'hypermarket' called Globus, which has a free bus service from the centre. This has everything from pick n mix to well-priced electronics. The shopping mall 'Aura' is a

good place to buy clothes, electronics, food etc. Media-Markt is a good shop for electronics. Pull & Bear, O'Stin, Reserved, Bershka are all clothes shops similar to River Island, Next, Topshop etc. Also there is McDonalds, KFC, Burger King and other kinds of cuisine as part of the food court; not just fast food.

A large market that you may want to visit is the **Центральный рынок**, situated off ул. Депутатская, one street towards the Kremlin from ул. Кирова, with another entrance on ул. Андропова. It has a large covered food hall, as well as outdoor stalls selling clothing, bags, shoes, sunglasses, kitchenware, cosmetics, etc. Note, good-quality clothes are not cheap in Russia.

When you are unwilling to attempt haggling in Russian at a market, catch a bus to Vernisazh (ул. Дорожная, д. 6а), just out of town off Московский Проспект. There is a sufficient choice of shops selling more European choices of clothes, and a food court. For a more upmarket shopping centre with slightly less reasonable prices you can also try Altair shopping centre north of the city (Ленинградский пр-т, д. 123).

Transport

The city is served by an extensive system of trams, trolleybuses, buses and marshrutkas, which look like transit vans and carry around sixteen people. They differ from buses in that they tend to travel more quickly and only stop on the request of passengers. To get out, say: "Остановите [на остановке], пожалуйста". They cost around 23 roubles per journey. Trams, buses and trolleybuses stop automatically and have a fixed rate of 23 roubles. You buy tickets from a conductor who will come round and issue you a ticket (if there is no conductor, you should get a ticket from the driver), so just board the tram, bus or trolleybus at the stop.



Travel within Russia

Train travel within Russia is still very cheap in comparison with the West.



Train tickets can be bought in advance from any major station. The RZD website is a good place to buy tickets. Just create an account on their website and you can play your route and buy tickets. You will have to print off an electronic ticket to board the train in this case. You can also buy tickets from the new ticket machines located in and around stations, if you do not want to queue or speak Russian. Since you will need your **original passport** to travel on any long distance train and to stay in any hotel or hostel in Russia, we

must advise that you **DO NOT MAKE ANY TRAVEL PLANS THAT CANNOT BE REFUNDED OR RESCHEDULED UNTIL YOU HAVE YOUR PASSPORT AND EXTENDED VISA IN YOUR HANDS.**

Yaroslavl has 2 railway stations; however, if you are in Moscow there are **nine railway stations**. If you are coming to Moscow from Yaroslavl, the train will terminate at Yaroslavskiy Vokzal (Ярославский вокзал). But if you are coming from Moscow and heading elsewhere in Russia, you may depart from another station. 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**

For contacting airlines directly: BA operate from Домодедово airport (where the group flight arrives); you can contact them on 8 (495) 363 2525. Аэрофлот also offers good deals: For details of your nearest office and information on prices and flight times, visit www.aeroflot.ru. Аэрофлот fly from Шереметьево airport. Keep an eye out for the increasing number of other budget airlines, such as Pobeda and S7, flying to various locations across Russia. Some other Russian websites such as anywayanyday.com or ozon.travel can also be helpful in identifying flights to and from Russia. Skyscanner can also be used.

Additionally, many Russians prefer travelling in groups with their friends and families through package holidays where they often stay in hotels with other Russians and pay for most expenses up front. Travelling with packages like these can offer good deals as they organize travel to places like Thailand or Egypt for flat rates that are often cheaper than standard plane tickets. Additionally, travelling with a big group of Russians is a prime opportunity to improve your language abilities and make friends. Visit these websites for more information: www.bgoperator.ru or www.meridian.travel.

Yaroslavl is also part of the 'Golden Ring'; a group of historical cities instrumental in shaping Russia culturally and religiously. These towns are famous for their beauty and for landmarks such as cathedrals, monasteries, churches and museums. The other 'Golden Ring' towns such as Rostov, Suzdal and Vladimir are very accessible from Yaroslavl and not too far. You can purchase tickets from the 'Avtovokzal' which is situated on Московский проспект, 80. The buses depart from here too. Furthermore you can buy long distance bus tickets from here as well. Buses tend to be cheaper than trains and you are also entitled to a student discount. Small villages such as Karabikha and Vyatskoe are also worth a visit. Vyatskoe is known as one of the most beautiful villages in Russia.

Before you plan any trips, we recommend you check the British foreign office website (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/>

Advice about travel to Russia

- <https://www.gov.uk/foreign-travel-advice/russia>

General information about Russia

- www.moscowtimes.ru - English Language newspaper providing up-to-date news on Russia and entertainment listings for Moscow
- www.expats.ru - The Moscow Expat Site – a virtual community for English speaking expats and Russians
- www.rbc.ru - news and information site

Travel in Russia

- www.agent.ru (Russian) – search engine for flights/air tickets
- www.tutu.ru (Russian) – elektrichka timetable for Moscow and Moscow region

Information about Moscow

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

Final note: All information in this orientation pack is correct at time of going to press, but as things in Russia change almost daily (restaurants open and close, new registration laws are passed), it is very likely that information will change during your stay here. Please let us know if you notice any changes. Thank you!