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Welcome to the Moscow Program!

Dear Moscow Program Participant**:**

This **Moscow Orientation Handbook** has been prepared to make your transition to Moscow and the Russian educational system a little smoother.

If you have any questions, contact the Center for Global Study and Engagement (CGSE) at (717) 245-1341 or global@dickinson.edu . The Center for Global Study and Engagement is open Monday through Friday from 8:30 am to 4:30 pm (EST).

IMPORTANT CONTACT INFORMATION

On-site Program Contacts:

To dial Moscow directly from the U.S., dial (011-7-495/499) and then the local number.

Irina Filippova, Program Coordinator
Tel: (011-7-499) 250-6511 (work)
(011-7-495) 935-2762 (home)
(011-7) 925-298-56-76 (mobile)
E-mail: filippoi@dickinson.edu

Russian State University for the Humanities
I.V. Eliseev, I.I., Director
125267 Moskva
Miusskaia Ploshad, dom 6, korp.6
Tel: 011 - 7 -499 - 250-65-11
Fax: 011-7-499-251-10-70
Email: welcome@rsuh.ru

On-Campus Coordinator:
Prof. Elena Duzs
Department of Russian
Dickinson College
P.O. Box 1773
Carlisle, PA 17013-2896
Tel: 717-245- 1276
E-mail: duzs@dickinson.edu

The Center for Global Study and Engagement:

Samantha Brandauer, Director of Study Abroad
The Center for Global Study and Engagement
Dickinson College
P.O. Box 1773
Carlisle, PA 17013
Tel: 717-245-1341
FAX: 717-245-1688
E-mail: brandaus@dickinson.edu

CGSE's Travel Agency:
Advantage Travel
313 East Willow Street, Syracuse, NY 13203
TEL: 1-800-788-1980 or 315-471-2222
FAX: 315-471-6264
Contact: Mary Anne Clarke
maclark@advantagecny.com

Russian Embassy in the U.S./Consular Section: T
There are also Russian consulates in New York, San Francisco, and Seattle
2641 Tunlaw Rd. N.W. Washington, DC 20007
Tel: (202) 939-8907, 939-8913, 939-8918
FAX: (202) 483-7579
Web site: http://www.russianembassy.org

Major Emergency Protocol:
If you need to contact the Center for Global Study and Engagement after hours for emergency assistance in a very serious situation, call the Dickinson College Public Safety 24-Hour Hotline (**001-717-245-1111**), identify yourself and the program, describe the emergency briefly, and give a number for call back. The operator will locate the proper CGSE staff member, who will return the call.

PROGRAM PREPARATIONS

Program Fees/Financial Aid Information

Program Fees:
The program fee for the 2015-2016 academic year is 61,376.00; for a single semester the fee is 30,688.00. Students at Dickinson College will receive invoices from the Student Accounts Office that show credit for the $300 confirmation fee and any applicable amounts from your financial aid package.

The program fee includes the following: tuition and fees, room and board, scheduled group excursions. **Not included in the above charges are:** transportation to/from Russia, required primary health and accident insurance, visa costs, clothing, individual travel, books, entertainment, and other personal expenses.

Arrangements for any type of monthly payment plan options should be made as soon as possible through Tuition Management Systems (1-800-722-4867, x 775, or www.afford.com). If the balance due on your account is not paid by the deadline noted on the billing, or if special arrangements have not been made with Student Accounts (Tel. 717-245-1953 or email: stuaccts@dickinson.edu), you will not be allowed to participate in the program.

Financial Aid Information:
Dickinson grant money and endowed scholarships are available only to Dickinson College students on Dickinson programs. Students from other colleges and universities should check with their own financial aid office to determine eligibility.

TRAVEL PREPARATIONS

Passport and Visa Information

The responsibility for ensuring that you have a valid passport and visa in time for your program is ultimately yours.

Passport Information:

A valid passport **that does not expire for 6 months beyond the end date of the program** is required to enter any country. If your passport expires before the required validity, you will have to acquire a new passport before departure and/or before applying for a visa. **If you have not applied for your passport, you must do so immediately.** You can find more information and the passport application at the Center for Global Study and Engagement, or you can contact the Prothonotary's Office at the Cumberland County Courthouse at 717-240-6195.

Before sending your passport through the mail to apply for a visa, sign in the signature line provided with an ink pen, and also write in pencil your current address and daytime telephone number in the blank space provided opposite your photo page. This will help the U.S. Postal Service return it to you, if it should become separated from the envelope during processing. Be sure to use some traceable form of mail.

Visa Information:

A visa is a stamped endorsement placed in your passport by the embassy or consulate of a foreign government that allows you to enter that country for a specific period of time**. A visa is required to enter Russia.** Please make sure you have the following:

a. one (1) completed, signed visa form and one (1) copy. This form can be found on the Russian Consulate website at http://www.russianembassy.org (use the form listed under business visas). An answer instruction sheet was enclosed with your acceptance letter. If you do not know the answer to a question on the form, CGSE can help you with this.

b. one (1) passport-size visa photo.

c. your original, signed passport – make sure it is valid six months beyond the end date of the program.

d. copy of your airline ticket or travel agent itinerary.

e. copy of an HIV test, which must be completed and dated within 3 months of the departure date.

f. Letter of Invitation from Russian State University of the Humanities (RGGU)

You will need passport sized photos for registering with the authorities when you arrive in Moscow. However, rather than bringing them with you, it is best you get them when you arrive in Moscow since they have particular guidelines of how they should look. You can take them in Moscow at almost any Metro station.

Visa applications cannot be processed until The Center for Global Study and Engagement receives

the "Letter of Invitation" from the Russian Foreign Ministry.

A "Letter of Invitation" is for a single entry-exit visa and will be extended upon your arrival to Moscow. The Russian Foreign Ministry issues different categories of visas to Russia based upon the purpose of the trip and the duration of stay in Russia. The type of your visa will be "obyknovennaya uchebnaya (OU)". It includes some numbers of "tsel" purposes of one's visit:

- training "stazhirovka" (if you come to study in Russia up to one year)
- studying (from 1 to 5 years)
- short-term courses
- graduate school

The purpose of your visit is "stazhirovka".

The Center for Global Study and Engagement can work to assist you with getting the Russian visa. Please comply with all requests for information and completed forms.

Information for International Students

If you are not a U.S. citizen, it is your responsibility to research your status, and whether or not you need to obtain a visa, obtain any special entry papers, or other documentation that may be required for entry. Contact the host country embassy in your country of citizenship for assistance. Depending on the country's requirements, you may have to apply in person at that Embassy/Consulate.

SEVIS Information for International Students at Dickinson:

Since you will still be a Dickinson Student while abroad, you are required to pursue a course of study that is considered a full course load at your abroad institution in order to maintain your F-1 status. You will be registered in SEVIS each semester, just as you are while on-campus at Dickinson.

Also, please remember to have your I-20 endorsed for travel prior to your departure from campus this semester.

Visa for Studying on another Program:

In many cases, students studying in another foreign country during the 2nd semester will have to obtain their entry documents in the U.S. if they are U.S. citizens. Students in this situation may have to return to the U.S. in order to obtain a visa from the foreign country's embassy or consulate in the U.S. You need to consider in advance and plan ahead the timeframe in which you will need between programs to complete this process.

Packing and Travel Information

Packing Tips:

When planning what to take with you, the first rule is to take the minimum amount of clothes possible. You will accumulate things while abroad, so when in doubt-leave it at home! Be practical and focus on the essentials of a wardrobe. Choose clothes that can be mixed and matched and layered to serve different seasons and temperatures.

Travel with no more baggage than you can carry! Keep in mind that airlines have cut back on the number of checked baggage allowed and the weight limit. Check with your airline to confirm baggage allowances in order to avoid extra charges. See more details below on TSA and airline requirements.

Here are some wardrobe suggestions:

- Work around a basic scheme of coordinated colors to minimize the number of major clothing items. Black or dark-colored clothing is advisable. Limit the number of light-colored pants; khakis get dirty easily and stay that way.
- To avoid complications with laundry access, it is recommended to take wash-and-wear or fast-drying clothes. Dry cleaning services should be avoided.
- For winter, plan to dress in layers. Bring long underwear, turtlenecks, flannel or woolen shirts, warm socks and gloves, warm down vest, down jacket or coat in a dark color, woolen hat and gloves, and, perhaps most importantly, good-quality, waterproof winter boots with a warm lining.
- scarves, a compact umbrella, raincoat, (duck) boots--with removable liners-- for rain and mud
- 15-18 socks and underwear
- In the summer and in early fall/late spring, temperatures can be pleasantly warm or even hot on occasion.
- Bring one or two pairs of sturdy, comfortable walking shoes that have been BROKEN IN. You will walk much more than what you may be accustomed to. Also, bring a nice pair of shoes and hiking boots are optional.
- Suggested wardrobe for men: 3-5 pairs of jeans, dress slacks, a sport jacket and tie, 2-4 sweaters, shirts (at least one of them woolen), 10-14 pairs of socks, a down vest.
- Suggested wardrobe for women: 3-5 pairs of jeans/slacks, 2-3 dresses and/or skirts, 3-5 sweaters (1 heavy/wool), head scarf (for churches).
- Pair of sweats and long underwear for studying in your room and sleeping (it gets chilly in the evening).
- Slippers/house shoes
- Extra pair of contact lenses, glasses, and prescription.

Other packing suggestions (some can be purchased in Moscow):

- If you already have one, a laptop with wireless capabilities. Most recent laptops come with converters built in the AC adaptor, but make sure you check this. If you do not have the proper converter (i.e. one that can convert 220 volt current), then you will ruin your hard drive.
- Tube of Neosporin or other antibiotic cream
- Travel alarm clock with extra batteries
- Luggage ID tags inside and out of your luggage
- International phone numbers for computer and credit cards
- Address book
- Pocket calculator for currency conversions
- A money belt or neck pouch to secure valuables
- A small supply of toiletries
- Hand warmers (found in the hunting section of stores)
- Rubber or plastic flip-flops for the shower (a must!)
- Swiss army knife with corkscrew, bottle opener, and scissors (packed in your suitcase you are checking in)
- A portable music device with extra batteries
- Travel Sewing kit complete with scissors

- A small first aid kit
- all medications (both non-prescription and prescription) need to be in their original, labeled containers. Take copies of all prescriptions with you.
- Umbrella
- Collapsible mesh hamper
- Collapsible sports bag for short trips
- Backpack and sleeping bag for traveling and hostels
- Camera with extra batteries
- Playing cards
- A few plastic hangers
- Ziploc baggies
- Washcloth, wash-and-drys, 1-2 sponges
- Stain remover
- Sunscreen and Chapstick
- Sunglasses
- Strong combination locks for your luggage
- Space/Vacuum bags (can be found at Wal-mart or Target and condense the amount of space clothing uses in your luggage)
- Notebooks, index cards, specific school supplies
- Russian-English dictionary
- A USB memory stick for transferring work and photos between computers
- 2 converters and adapters for US electronics (Tip for women: buy hairdryers there!)
- Favorite photos of your family, friends, hometown and school for decorating your room or showing to friends
- A few token gifts, something typically American or representative of the area in which you live in the U.S., or from Dickinson College. This is especially a good gift for your host family.

For the first few days, pack basic toiletries, toothbrush and toothpaste, and a washcloth in case you are not able to get to a store right away. **If you have a particular type of toiletry that you like to use, you may want to bring it with you.**

Packing tips from the Transportation Security Administration (TSA):

- Do not pack oversized electronics (laptops, full-size video game consoles, DVD players and video cameras that use cassettes) in your checked baggage when possible. However, please be advised that you will be required to remove these items from your carry-on bag and submit them separately for x-ray screening. Small electronics, such as iPods, can remain in your carry-on.
- Prepare your 1 quart-sized, clear, plastic, zip-top bag of liquids before arriving at the airport, following the 3-1-1 guideline (place liquids into 3.4 ounce bottle or less (by volume); all bottles should be carried in one 1 quart-sized, clear, plastic, zip-top bag)
- Pack all your coats and jackets in your checked baggage when possible. All coats and jackets must go through the X-ray machine for inspection.
- Do not wrap gifts. If a security officer needs to inspect a package, they may have to unwrap your gift. Please wait until you've reached your final destination to wrap gifts.
- Undeveloped film should go in your carry-on bag. You will be able to declare film that is faster than 800-speed to a transportation security officer for physical inspection to avoid being X-rayed.
- You are required to remove footwear for X-ray screening so wear shoes that are easy to take off and put back on.
- Double check the contents of your pockets, bags, and carry-on luggage to ensure no prohibited items were inadvertently packed.

- When in doubt, leave it out. If you're not sure about whether you can bring an item through the checkpoint, put it in your checked bag or leave it at home.
- For more information, visit www.tsa.gov.

Carry-on and Checked Luggage:

BAGGAGE REGULATIONS: Call the airline directly or go online to inquire about baggage regulations. A backpack with a frame must be checked as one of these allowed pieces. (It should be noted that backpacks have been found to be useful by past participants due to the amount of traveling you will be doing). Attach a label on the outside of your luggage and place a name and address label inside.

In most cases, you are allowed one piece of carry-on luggage not to exceed 45 total inches, which must fit under the seat in front of you or in an overhead bin. Make sure that your luggage follows TSA regulations. Weigh your luggage before you arrive at the airport to ensure that it is not overweight. Remember that bags should be small enough to go up narrow stairways, go down crowded train aisles, and fit on luggage racks. A coat and a handbag, briefcase, or laptop may also be carried on. In case your luggage is delayed for a few days, be sure to pack a change of clothes and any medicine or toiletries you would need in your carry-on bag.

LAPTOP: If you bring a laptop, it will be considered one of your carry-on items. You should purchase insurance to cover it in case it is stolen or damaged.

VALUABLES: Carry extra cash and travelers checks in a money belt or neck pouch. Do not carry all your cash in one place. Never pack money, valuables, or important documents in your checked luggage!

LOST LUGGAGE: Make a list of everything you pack, then bring a copy of the list with you and leave a copy at home. This will be helpful if your luggage is lost and you need to identify the items and cost of your luggage. If your luggage is lost or mishandled, you must file a claim with airline personnel immediately. Do not leave the airport thinking it will be easier to do so at a later time. It won't be.

Travel Documents:

Before departure you should make copies of all of your important documents. Leave one set of copies with your family and take one with you to keep in a safe place separate from your original documents.

- The information page of your passport
- Any entrance visas
- Insurance policies and contact information
- Your airline ticket
- Front and back of credit cards and phone numbers for credit card replacement (you cannot dial an 800-number from overseas so you will need a direct number).
- Travelers check numbers
- Contents of your wallet
- Prescription medications
- Rail passes

Immediate Cash/Travel Funds:
When you first arrive in Moscow, you will be taken from the airport to your Russian home and will not need money immediately. You can take some U.S. dollars to exchange, about $100 or so in fairly crisp, newish ten- or twenty-dollar bills. You must make sure there are no ink spots or marks on the bills or they will be refused. You can find more information in the Financial Information section of the handbook (p. 29).

Flight and Arrival Information

Travel Arrangements:
You will have the option of using the CGSE's travel agent, Advantage Travel, or booking your flight independently. Students must ensure that they arrive at their location on the specified date. Students who arrive earlier than the specified date will be responsible for their lodging; likewise, students who remain after the end of the program will also be responsible for their accommodations.

If you would like the assistance of a travel agent, you can contact our CGSE's travel agent, Advantage Travel. When you have booked your flight, please send a copy of your itinerary to Professor Elena Duzs (duzs@dickinson.edu) and complete the flight itinerary questionnaire found on the online application system at http://dickinson.studioabroad.com and the Center for Global Study and Engagement at global@dickinson.edu.

In general, passengers on international flights need to be at the airport at least 3 hours before departure. Be sure to leave yourself plenty of time for potential delays due to increased security measures. You will need your passport to check in and when you land, so have it readily available.

Make a note of the Program Coordinator's cell phone number and carry it in your wallet so that you will be able to get in touch with her in case you miss your connection or your flight is delayed. Once you have cleared customs, you will be met by the Program Coordinator, who will take you to your host family. You will get a folder with information that will make your transition easier: city map, contact information (all the students' telephone numbers and addresses, RSUH's and American embassy's contact information, metro-pass for the first week, long-distance telephone card, meal allowance for the first month).

Clearing Immigration and Customs:
Upon arrival in Moscow, you will fill out a **Russian customs declaration**. This form is extremely important, and should be guarded as carefully as your passport and visa; you need to copy it and carry the original with your visa at all times. Remember to keep all receipts (always ask for a **kvitantsiya** after every transaction) for money exchanges and purchases because you will have to fill out another customs declaration form when you leave the country. Occasionally, the two forms are compared and travelers are asked to account for money changed or spent.

Registering with the Authorities:
You will need to register your visa within the first 72 hours (excluding weekends and holidays) after your arrival in Moscow. Failure either to register in due time or to register at all can involve fines and troubles when leaving Russia. Students should submit their documents (passport, visa, migration card with a stamp of entering to Russia and 8 passport photos) for passport registration to the RSUH International Office no later than the next working day after arrival. It will usually take about

3 weeks to register your documents. During this period of time, you will have an ID certificate or "spravka" to be carried with you.

The inviting organization then issues you with a separate sheet of paper, known as a "talon," which you keep with you. Instead of your registration stamp appearing on your migration card, the stamp now appears on this talon. When leaving the country, the immigration official should (technically speaking) not need to see it, just the migration card and passport.

In the first week, if possible, you must register with the U.S. Embassy. Registration makes it possible for the Embassy to assist in replacing a lost or stolen passport, to pass along emergency messages, or to locate you in an emergency. Instructions for registration are available at the website.

The address is:

The U.S. Embassy in Moscow
Bolshoy Deviatinsky Pereulok No
Moscow 121099 Russia
Tel: (7) (495) 728-5000
Tel: (7) (495) 728-5000 (after hours emergency--ask for duty officer)
Fax: (7) (495) 728-5084
Email: consulMo@state.gov
Website: http://moscow.usembassy.gov/index.html

THE PROGRAM

Russia:
Russia is a young country with very old roots. Since the fall of the Soviet Union, Russia has enjoyed new opportunities for cooperation with the West in business, science, technology, and the arts. A new creative spirit and the energy of the younger generation are visible everywhere -- in the opening of cities and regions once cut off from the outside world, in bold, radical theater productions, and in the dynamic rhythms that have replaced the sound of official Soviet music. No longer an empire, Russia is seeking to redefine itself.

The City of Moscow:
Moscow has been a major cultural and political center for more than 800 years. The political slogans and Lenin posters of the Soviet period have been replaced by billboards promoting Nike and McDonald's, and Moscow is now a major international trade and shopping center. American and European firms, many with Russian partners, have made Moscow their headquarters for operations. Moscow is also a regular stop for performers on the international circuit.

Yet alongside the new commercial enterprises, Moscow has preserved the best of its old traditions. The Bolshoi Opera and Ballet are among the worlds finest. The collections of Russian icons and paintings in the Tret'yakov Gallery and other museums are unrivaled. Russia's rich literary heritage is preserved in the houses of Tolstoy, Dostoevsky, Chekhov, Bulgakov, and many other famous writers. Moscow lies in the heart of the Golden Ring, a circle of medieval museum cities including Vladimir, Suzdal, and Novgorod.

Climate:
Below are some of the average "high/low" temperatures (Fahrenheit) in Moscow. The numbers in parentheses indicate the average number of days per month with measurable precipitation, either snow or rain:

January	16/4	(18)
March	32/18	(15)
May	67/47	(13)
July	74/56	(15)
December	23/14	(22)

The Moscow Program Coordinator:
Dickinson College employs a Program Coordinator as a full-time administrator for the Moscow program. As the principal on-site contact, she works closely with the Associate Director of Study Abroad at the Center for Global Study and Engagement and the Russian Department faculty at Dickinson. She oversees all aspects of the academic program, home stays, the cultural program, and planned group travel in Russia. **She is the first person students should contact in the event of a problem.**

Higher Education in Russia:
Russia's higher education system started with the founding of the universities in Moscow and St.

Petersburg in the middle of the 18th century. In Soviet times, all of the population in Russia had at least a secondary education. The pursuit of higher education was and still is considered to be very prestigious. More than 50% of people have a higher education.

Due in great part to demands of the international educational organizations, the system of education in Russia has begun to change over the past four or five years. Universities began transitioning to a system similar to that of Britain and the USA: 4 years for the Bachelor's degree and 2 years for a Master's degree. The universities are still in the process of these changes; some of them follow the new system and others still work according to the previous 5-year system, particularly in programs such as law.

The students typically have three to four classes a day during five or six days a week; the duration of one class is generally an hour and a half, or two academic hours (in Russian it is called "para.") The "academic hour" in Russia is generally 45 minutes.

Russian State University for the Humanities

All courses will be taught at the Russian State University for the Humanities in Moscow. Advanced students may audit additional classes of their choice. These courses are taught by the faculty of RSUH and are conducted in Russian. However, they are specially designed for students studying Russian as a foreign language.

The Russian State University for the Humanities (RSUH) is devoted to actively developing those principles of humanitarian education which are the legacy of its predecessors, the National Moscow University founded in 1908 and the Moscow Historical Archive Institute created in 1930. The University prepares specialists in all branches of the humanities, while students carry out extensive scientific research in institutes and laboratories. RSUH has formed international partnerships with such organizations as UNESCO and UNIDO and with the universities of Sorbonne, Geneva, Rome, Bologna, Berlin, Freiburg, Uppsala, Gothenburg, Quebec, and Tokyo. RSUH's library boasts around 1.5 million publications, including 30,000 rare books and material published between the 15th and 19th centuries.

RSUH occupies a series of buildings, the majority of which are situated in the center of Moscow and are usually in close proximity to shopping centers, cafés and restaurants, parks and public gardens, museums, theaters and cinemas. The main complex is at Miusskaya Sq., only a five minute walk from the Novoslobodskaya metro station (circle line), and 10 minutes from Tverskaya, one of the central streets of the city. The Historical-Archive Institute is located in the heart of Moscow, not far from the Kremlin and Red Square.

Students will have access to the University campus, library, Internet Café, theatre performances, museum, choir, other student clubs and activities, and cultural programming provided for international students

ACADEMIC INFORMATION

The Russian Language:
The language of classroom instruction is Russian. Students are encouraged to communicate in Russian at all times with the teaching faculty. Living accommodations with the home stay family afford a unique opportunity to practice language skills. In addition, each student should make an effort to get out and explore the city to help with language acquisition.

Academic Culture:
Students are expected to be in residence while classes are in session and to maintain a full course load. Regular class participation and attendance in credit bearing courses is required. In addition, students are expected to participate in excursions that are offered as an integral part of the program and to take full advantage of the cultural offerings in Moscow.

Due to the intensive language-learning focus of the program, students will find that they spend significantly more time in class than they would on the Dickinson campus. Furthermore, language learning is consciously extended to common activities in the community with language teachers. On the other hand, homework tends to require less time than you may be used to.

Course Offerings:
Equivalencies for the following Dickinson courses may be offered on the Moscow program. The On-Site Coordinator, Irina Filippova, will be able to advise you on which RSUH courses are equivalent to the following Dickinson courses. Courses listed as "1st semester" will be available to academic year and fall students during the fall 2013 semester and to spring-only students in the spring 2014 semester. If you have specific questions about the course content, please consult with Professor Elena Duzs.

The courses listed below are examples from the 2010-2011 academic year.

250 (1st semester) 251 (2nd semester) Russian Language in Context: This is an intensive language laboratory on location in Moscow. Designed to improve students' comprehension and command of spoken Russian, this course initiates the students in everyday verbal and cultural communication prevalent in Russia. A variety of topics, including students' first-hand experience with contemporary Russian culture, will be used to improve comprehension oral skills. A workshop on phonetics is an important component of this course. *Prerequisite: 200.*

255 (1st semester) 256 (2nd semester) Writing Workshop: These courses are designed to further develop the students' written skills through practice in lexical expansion, idiomatic expression and syntactical patterns. Grammar review is a significant component of these courses. Topics will consist of a variety of cultural themes chosen by a professor. *Prerequisite: 200.*

265 Topics in Russian Studies This is an advanced language course which will help students develop linguistic tools necessary for critical analysis in a particular area of Russian Studies: history, politics, literature or film. Based on their academic focus, students will choose a topic from a list of offerings. "Readings in Russian History" will teach students how to read and analyze scholarly texts on Russian history; "Understanding Contemporary Russian Politics" will focus on the language of Russian mass media; "Russian Short Story" will give students linguistic and critical skills necessary

for analyzing literature and "Russian Through Film" will introduce students to the main controversies of contemporary Russian society as they are portrayed in post-Soviet films. Oral and written presentations are important components of this course. *Prerequisite: 200.*

270 (spring-possibly) Intellectual, Historical, and Cultural Aspects of Russian Orthodoxy This course focuses on the specific Russian way of being Christian and examines the reverberations of the Eastern Orthodoxy in different cultural, intellectual and political spheres of the Russian life, both past and present. *Taught in English.*

271 (spring 2011) Visual and Performing Arts in Russia: This multi-media survey course introduces students to masterpieces of Russian architecture, painting, theater, and cinematography. It is designed to enhance students' knowledge of the artistic and spiritual aspects of Russian culture, as well as to provide insights to traditions, lifestyle, and the psychology of Russian people. Visits to art museums and theater performances are required. *Taught in English.*

273 (fall 2010) Russia Today: The course first presents an overview of major social, political, and economic developments in Russia in the second half of the twentieth century. Then the attention turns to Russia's transition from Soviet totalitarianism to post-Soviet democracy and from the Soviet planned economy to the post-Soviet free market. Finally, the presentation focuses on the challenges which the Russian state faces in the twenty-first century. *Taught in English.*

280 (spring 2011, exceptions possible based on language skill) Research Project in Russian History or Politics The independent research project is carried out in conjunction with a course on Russian history or politics taught at RSUH in Russian, for Russian students. Dickinson-in-Moscow participants will audit one such course during their second semester in Moscow. Students will choose a topic for their research, appropriate to the focus of the course and have it approved by the professor who teaches the course. Students will regularly meet with the professor who will serve as the project's advisor. The project will be overseen by the Program Coordinator of the Dickinson-in-Moscow program.

Internships:

Internships may be arranged in a variety of areas. Students interested in pursuing an internship in Moscow should inform the Program Coordinator before arriving in Russia. The Program Coordinator will try to find an opportunity that meets the student's interests. Internships generally do not receive credit. Please note that there is no guarantee that an internship will be available.

Grades and Transfer Credits:

- Students must take a normal full load as defined by their program. Students may not under-enroll under any circumstances.
- A maximum of four and one-half (4.5) course credits can be transferred for each semester, or nine (9) for the academic year. To take more than 4.5 credits per semester, a student must petition the Academic Program and Standards Committee. If a student registers for more than the maximum courses allowed without permission from the committee, the Program Coordinator, their academic advisor at Dickinson, and the Center for Global Study and Engagement, the course credit will not transfer. Students will also be responsible for any additional fees for doing this.
- Only **liberal arts classes** will qualify for transfer credit.

- Generally speaking, courses must have an equivalent at Dickinson. Exceptions include classes that focus on the culture and/or history of the country in which the student is studying.
- Transfer credit will not be awarded for coursework that duplicates what a student has already completed at Dickinson.
- All coursework completed will be recorded on the Dickinson transcript with a course title and letter grade. Grades for the Core Language Courses are assigned by the RSUH faculty. The Russian Department at Dickinson College will assign appropriate credit based on the level of instruction.
- Transfer credit is awarded only for classes in which a student earns a grade of "C" or better. However, *all* courses and grades will appear on the transcript.
- Must be taken for a grade; pass/fail courses are not allowed.

Physical Education Activities*:*
Students who take formal instruction in physical education or play on an organized university team in Moscow and have written proof of successful completion of the program may receive credit from the physical education department on the Dickinson campus. Official standards regarding credit from the physical education activities abroad are as follows: 1) the activity is currently offered; 2) the student secures the approval of the Program Coordinator; 3) the student participates in an activity for a length of time equivalent to (or greater than) that of a similar activity at Dickinson (as a guideline, 20-22 hours of supervised instruction = 1 block); 4) the student chooses an activity which does not duplicate an physical education course already completed at Dickinson; and 5) the student's participation is documented by the instructor of the class or by the Program Coordinator. Credit for self-paced activities will not be permitted.

Upon return to campus, the student should present to the chair of the Physical Education Department the appropriate documentation of participation. Alternatively, the Program Coordinator may verify to the department chair that the student has participated in a supervised, structured program of physical activity for which credit should be given. In either case, the department chair will notify the Registrar's Office of those persons who are to receive physical education credit.

Accessing College Library Resources from Off-Campus:
If the libraries at your abroad site do not have the resources you need, or if you have trouble getting the assistance you need for your research projects, please remember that you can access all the resources and services from Dickinson College Library no matter where you are. All you need to do is to go to the Dickinson Global Library page (http://lis.dickinson.edu/Library/Research/Global_Library/LibraryResourcePage.htm).
You can access the page on the library website under "For Students," or "For Faculty," or "Doing Research."

From the Dickinson Global Library page, you will find detailed information on

- How to find journal articles through the online databases
- How to find books and have them sent to you
- Research resources available online such as subject guides and online reference works
- And most important of all, how to get in touch with a Dickinson College librarian via phone, email, and instant messaging and get the assistance you need.

THE HOST FAMILY

Host families are selected based on their experience and flexibility. Most of them have hosted students in the past and they are used to hosting foreign students. You are expected to spend time with your host family members, using the Russian language to talk about Russian culture, American culture, current events, etc., at mealtime and other times. This is an integral part of the program. Students may eat breakfast, lunch, and the evening meal with the host family[1] in addition to receiving a food allowance for occasional noon meals in town or at the University.

Please read the section below about getting along with a host family. This will help prepare you to be a thoughtful guest in your Russian home and to prevent some typical blunders you might otherwise make. It is helpful to treat differences and difficulties encountered day-to-day in the family as learning experiences and opportunities for cultural growth. Consider yourself a learner and listener, avoid making ethnocentric judgments, and cultivate habits of tolerance and patience.

Getting Along with your Host Family:

Living with a host family overseas can be an intensely rewarding experience, but students need to be prepared for a period of challenging inter-cultural adjustment. Your host family has a different way of life (and a different set of rules) from what you are used to at home or on campus. Naturally, it will take you a while to feel 'at home' in this new environment. In the beginning, you may act like and be treated like a boarder. Whether you remain that way or whether you eventually integrate yourself into the life of the household will depend upon your initiative, adaptability, and acceptance of traditional habits and attitudes toward life in general. As you interact, you will notice differences. Some of these will be easy to accept and adjust to, while others may at first feel uncomfortable. Flexibility and openness to learning the family's ways of doing things will increase your success in learning about your new culture.

Although each host family is different, be aware that host families generally expect to have an adult relationship with the students they house. They will respect your independence while remaining open to exchanging ideas and conversation. Mutual trust and open communication is essential for a successful relationship. There is no infallible recipe for the success of your home stay, but the tips below may help you to adjust more smoothly and quickly.

In the beginning...tips for daily life:

1. Do not hesitate to ask your host family questions or to start conversations with them. Remember, your host family is there to help you. Hiding away in your room will communicate to the family that you do not wish to interact with them. By starting conversations, you are initiating an immediate rapport. Communication is the key to a successful relationship with your host family.
2. The first few weeks are very important in establishing a "base" with your host family. Therefore, try to avoid planning long trips the first few weekends. If you really want to travel right away, day trips are a lot of fun and still leave you with free time for your family.

[1] If you are a vegetarian, need a special diet, or have food allergies, let the program coordinator know, so that this information can be shared with the host family ahead of time! Please not that specialized diets may not be as common overseas. For example, some families may not think of chicken and fish as "meat."

The key here is to settle in before you start moving around.

3. Although you might feel awkward at first, it is very important to communicate openly with your host family. A problem that seems complicated for you to solve (the heat is not working correctly in your bedroom) may be very easy for your host family to fix (the radiator works differently than what you're used to and your host family can show you how to use it). Your host family would surely prefer that you ask for their help rather than be unhappy in their home!
4. We suggest keeping your schedule as flexible as possible in order to take advantage of family activities. By joining your family when invited, you will get to know each other better while improving your language acquisition at the same time.
5. Be yourself with your family, and be polite. Remember, although you are living with them and would like to be a part of the family, you are still a guest in their home. Do not assume immediately that you are afforded certain privileges just because you live with them. When you take meals with your family, ask if you can help set the table, clean up, etc. Be sure to ask to watch TV and to use the family phone. Also, always ask about inviting friends over, <u>especially</u> at night. If you do not want your host family to clean your room, tell them that you will clean it yourself and ask them for what you need (vacuum cleaner, dust cloths, etc.). Be sure to leave the bathroom clean after each use.
6. Do your best not to betray your host family's trust. Respect their rules, and always ask their permission before inviting anyone into their home. If you feel the rules of the host family are unreasonable, talk to your Program Director.
7. Be open-minded and flexible; there will be differences, so accept them. Adopt your family's patterns, such as keeping doors closed at all times and being careful not to waste hot water and electricity.

The following categories are frequent causes of friction between students and their host families:

<u>Telephone:</u>
Before using the telephone, you should ask permission and determine if there are any rules or restrictions. Generally, telephone use is more expensive overseas than in the U.S. and long, wide-ranging telephone calls are not the custom. Be aware that there may be a charge for local calls, not just for long distance. Most families have only one line and no call waiting. Therefore, be considerate, learn the family's expectations, and go by them. To avoid any inconvenience to the family, students should use prepaid phone cards for long-distance calls.

If you receive permission to use the home telephone for incoming calls, you should discuss with your host family when it is appropriate for your family and friends to call. Then you should inform your family and friends of these times as well as the time difference between the U.S. and your location. Friends should be asked not to call during mealtimes. Other means of communication, such as Skype, can be more convenient.

<u>Electricity/Water:</u>
The cost of electricity overseas is much higher than it is in the U.S. Your hosts will most likely be energy conscious and want to conserve energy because of a general belief in conservation. Be respectful of this in your behavior. Switch off lights and other electrical devices when you leave a

room. If you come in late at night, do not leave the lights on in the corridor or hallway. Do not be impatient or annoyed when reminded about leaving lights on or about energy consumption in general. Open your curtains during the day to make use of the sun's rays.

Similarly, you may notice greater concern for water conservation as well. In most families, you may be allowed to shower (or bathe) every day, but you will soon notice that they may not do so, nor are they in the habit of taking extended showers. You should try to follow the example of those around you and remain flexible and understanding as you adjust. NOTE: Do not let friends shower at your place unless
you have been given permission first.

Visiting Hours:
Before inviting friends over, always ask permission from your host family and check for their plans and expectations. Consideration for others is always a good rule to follow. During the week, visitors should not remain past 9 or 10 p.m. unless your host family has given you special permission. The people you are living with have to get up early and must consider their neighbors living close by or small children in the house or building. You can expect restrictions in the number of visitors you may have at one time. Moreover, you cannot assume you will be permitted to invite friends of the opposite sex. Be sure to discuss these things with your family first so that you understand what is expected. Do not invite guests to your host family's home without their permission when your host family is absent.

Another frequent source of tension is when friends or family members arrive on visits from the U.S. Your host family is not required to accept these visitors in their (or your) rooms. Permission to have someone stay overnight would normally be an exceptional occurrence, not generally or lightly given. Do not make the mistake of regarding your room as a hotel.

Kitchen Privileges:
Kitchen privileges are usually not included in the home stay agreement, even if you are eating meals with the family. You might want to wait awhile and observe family customs and practices in the kitchen before you ask permission to use it. In any case, you should not expect more than very limited use. If you are granted permission, be appreciative and remember the following useful hints:

- Restrict yourself to light cooking. If allowed to use the oven, make sure you know how it works and how to convert the temperature settings (if necessary).
- Cook at reasonable (what your family considers reasonable, of course) hours and always ask permission so that you do not interfere with the normal household cooking.
- All pans and cooking utensils should be washed and put back. Stove, oven, and other areas of the kitchen should be left spotlessly clean.
- Do not use household cooking supplies (e.g., sugar, butter, oil), unless you have first asked and received permission to do so.
- Turn off lights and appliances when you are done.

Laundry:
Ask the family about laundry arrangements.

Personal Liability Insurance:
The program does not cover personal liability. So, when using appliances in your home stay, take care. Accidents happen and you will be held personally responsible for damage whether negligence

was a factor or not.

Final Remarks:
This section reviews only some aspects of life with a host family, so be aware that this new experience will require adjustment in many ways. One could say that adjustment is the primary vehicle of cross-cultural learning. The homestay experience will reward you richly if you remain flexible, keep an open mind, and maintain a sense of humor. Your family will be ready to help you, but both sides must share in making your stay a success, and both must realize that it takes time to establish a routine and achieve integration.

PLEASE LET THE PROGRAM COORDINATOR IN THE PROGRAM KNOW IF YOU FEEL THE TERMS OF THE ARRANGEMENT ARE NOT BEING FULFILLED. If there are difficulties, the Program Coordinator will serve as mediator between you and your host family.

FINANCIAL INFORMATION

ATMs:
Automatic teller machines (ATMs) are a convenient way to transfer money and exchange currency. ATMs are widely available in Moscow. Inquire at your bank to be sure that your ATM card will allow cash withdrawals abroad. ATMs overseas will only accept cards that access checking accounts in your name. Also, you shouldn't rely exclusively on ATMs because you may not be able to find an ATM as easily as you would in the U.S. Choose an ATM in a well-lit, populated place and avoid "stand-alone" machines on street corners and in metro stations. ATM users should also monitor their bank accounts on a regular basis. Any unauthorized withdrawals should be reported immediately to the bank.

Credit Cards:
Credit card acceptance, while not universal, is rapidly spreading in Moscow and to a lesser extent in other larger cities. Travelers should check in advance whether a specific store, restaurant, or hotel accepts credit cards. Russian credit card machines will sometimes decline a valid credit card. When you use a credit card it should be in your name, and you should verify your credit limit before you depart the US.

Check on Fees with Bank and Credit Card Companies:
Before leaving the U.S., check with your local bank and credit card companies about fees for using your card overseas. Many banks and credit card issuers impose additional charges on foreign transactions; others such as Capitol One (at least at print time) do not. If the fees are hefty, consider withdrawing larger amounts of cash from the ATM and taking only what you need and keeping the rest in a safe place. Only use credit cards with high fees for big purchases or in emergencies.

You should notify your bank and credit card companies that you are going abroad for an extended period of time, and inform them as to which countries you intend on traveling. Otherwise, when they see charges on your card from a foreign country, they may assume that your card has been stolen and suspend your account. Keep a separate record of your credit card numbers and phone numbers of the companies so you can report theft or loss of your card quickly.

Shopping for Gifts:
The easiest way to shop for gifts is to visit a large souvenir store or art salon (**Khudozhestvenny salon**), where credit cards are normally accepted. Open-air markets, like the flea market at Izmailovski Park, have attractive goods at reasonable prices, as do the many consignment shops selling used books and other items. Take time to shop around and don't be afraid to bargain for the best price! Guard your money and do not flash it around when you are paying.

Russian folk crafts make unique souvenirs: fairytale-like miniature boxes made of lacquered papier-mâché that originate from the villages of Palekh or Fedoskino; black-red-gold (**Khokhloma**) spoons, bowls, and children's furniture made of lacquered wood; wooden toys, such as carved bears and the famous nesting dolls (**matryoshki**); (**Zhostovo**) trays, decorated with bright clusters of flowers against sparkling black backgrounds; blue and white teapots, vases and serving pieces, and decorative knick-knacks made of high-quality porcelain from Gzhel; fine china teapots and tea and coffee servers manufactured in the Lomonosov factory (the former Imperial China Factory); light-hearted, brightly-painted clay figures of people and animals from Dymkovo; woolen shawls with

brightly-colored floral patterns; *balalaikas* (triangular-shaped musical instruments). Other popular souvenirs include fur hats, military watches, jewelry, tea-glass holders, salt bowls, and silver Nielo work; art books, tapes and CDs; black and red caviar; embroidered shirts and blouses or table cloths; and T-shirts and sweatshirts (with logos from Russian universities).

Receipts:

Keep all receipts from credit card purchases to show to Russian and U.S. Customs officials when you leave Russia.

Spending Money:

Students sometimes ask how much spending money they should plan to have during their time abroad. This amount depends, of course, on the lifestyle you adopt and how much you plan to travel. In general, you should plan on a **minimum** of a $2,000 a semester. Many students get by on much less.

COMMUNICATION INFORMATION

Students sometimes tell family/friends that they will phone home "the minute they arrive." However, plans often go awry because of plane or train delays, unavailability of an international phone line, etc. To save parents and loved ones worry, we suggest an agreement to call at the earliest convenient time, rather than promising to call at once.

E-mail, cell phones, and Skype allow students to keep in closer touch with family and friends back home than ever before. There is a good side to this, but it is possible to overdo it so that you focus too much on home to the detriment of your abroad experience. Consider writing frequent letters, postcards or a blog instead. These can be reread and kept as a record of your time abroad.

Mail:
The address and phone number of your host family in Moscow will be available to you before you leave for Russia. You will be able to receive mail at the host family's address and can be reached by telephone at that number. It is not necessary that your host family's address be written in Cyrillic, as long as it is written phonetically in Latin letters. Most students chose to receive mail through the international office at RSUH.

Telephone:
Moscow has two area codes: 495 and 499. To dial between 495 and 499 codes:

- when calling within the area code 499: 499-XXX-XXXX
- when calling within the area code 495: XXX-XXXX
- when calling from a 495 number to a 499 number: 8 (499) XXX-XXXX
- when calling from a 499 number to a 495 number: 8 (495) XXX-XXXX

Calls between area codes 495 and 499 are local connections and are not charged as long-distance calls. When asking or giving your phone number, be sure to specify the area code.

To make international calls, you should buy phone cards, which are relatively inexpensive. The time is eight hours later in Moscow than in the U.S. (EST). Students have found it convenient to pre-arrange times when their parents or friends would call them, as long-distance phone cards in the United States are generally less expensive. Another option is having your parents arrange for a low cost international calling service and arrange for a time for your parents to call you. Keep in mind that phone cards require tone dialing mode. If your phone works in the pulse dialing mode you can use the operator. The operator's phone number can be found on every calling card.

To make an international telephone call dial "8"; when you hear the dial tone, dial "10," then the country code – "1" for U.S., the area code and the number you are calling.

Skype (International calls through the internet):
One of the most inexpensive ways to make international phone calls is through the Internet. Skype is one of the most common programs for this type of phone service. All that is required is access to

a computer with an Internet connection and a headset or external microphone. For more information, visit the website at www.skype.com.

Computers and Internet Access:

Russian State University provides computer access to students for a small fee, but the availability will be limited at times. However, wireless internet is available in the main building of the university (1, 2 and 4, 5 floors). If you want to bring a laptop, insure it adequately and inquire about special adaptations needed for Russia. Also Internet cafes are common in Moscow and reasonably priced. In any case, you are encouraged to limit your Internet use to create a healthy balance between staying in touch with your friends and family in the U.S. and taking advantage of the time you spend.

E-mail:

Remember that official communications from Dickinson College (for example, instructions from the Registrar, Campus Life, or the Center for Global Study and Engagement) will be sent to your Dickinson e-mail account. If you ordinarily use another e-mail account, remember to check your Dickinson account occasionally for messages. Also, be sure to clear your Dickinson Inbox regularly so that messages can reach you. Make sure you empty your Sent and Deleted messages box regularly.

TRAVELING WHILE ABROAD

Excursions and Exploring:
A rich cultural program will be arranged by the International Department office of RSUH and the Program Coordinator. Excursions and trips to museums, historical sites, and exhibitions as well as theatre, opera and ballet performances are included in the program. Students can also join activities and events arranged for international students at RSUH. Students are encouraged to explore the city and attend cultural events on their own. Reasonably priced tickets for cultural events can be reimbursed if you present the receipt/stub to the Program Coordinator. Metro-passes can be used for Metro transportation throughout Moscow.

Personal Travel:
Generally speaking, travel is restricted to areas around Moscow. With few exceptions, personal travel within and outside Russia may be undertaken only during the break between semesters or after the semester ends. Discuss any travel plans away from Moscow ahead of time with the Program Coordinator so that she can advise you. You may not travel outside Moscow without the Program Coordinator's approval. You are also asked to give the Program Coordinator as complete a travel itinerary as possible for safety reasons.

If you are interested in traveling to other parts of Russia and the Newly-Independent States (NIS), you must inquire whether you need a **visa**; you will also need to check whether the State Department has issued a **travel advisory** or **health warning** for the country (call the U.S. Embassy for travel and health information).

In St. Petersburg you are advised not to drink the tap water. Tap water is safe for washing and showering, but not for consumption because of the parasite **giardia lamblia**. It is best to drink only bottled water, other bottled beverages (make sure the seal has not been broken), or water that has been boiled for approximately 20 minutes. Avoid ice cubes, salads, uncooked vegetables, and fruits that cannot be peeled. You should use bottled water when you brush your teeth.

Travel Guides:
There are many travel guides that are geared towards the student traveler, especially *Let's Go* or *Lonely Planet*. To save money, check www.amazon.com or www.half.com for used travel books.

Safety while Traveling:
Whenever you travel, take care of your belongings and safeguard your credit cards, mobile phone, and cash at all times. One of the safer places to carry your passport and money is in a breast pouch tied at your neck or in a money belt strapped at the waist, under your shirt. A word to the wise: keep a small amount of money easily accessible so you do not have to dig into your hidden money in public.

HEALTH, INSURANCE & SAFETY

Health Care in Russia

Personal Care/Health Culture:
Living and traveling in Russia can be very strenuous. Be prepared for sore throats, colds, and upset stomachs. You may want to take some of the following with you: aspirin (or aspirin alternatives), throat lozenges, cold/allergy/sinus medicine, antacid tablets or liquid, an anti-diarrheal compound (such as Immodium), first-aid cream or ointment, and Band-Aids. Alternatives for most of these are available in Moscow, though some students report that the medication works differently or has unusual side effects. Bring a supply of any medications that you take regularly, such as cold medicine or painkillers, so that you don't have to rely solely on local options. Take an extra pair of prescription eyeglasses or contact lenses plus cleaning solution. If you wear a medical tag or bracelet, take that with you as well. Women prone to gynecological infections should take a supply of their usual remedy.

Although **giardia lamblia** is not a problem in Moscow, it is strongly advised that you drink only bottled water or water that has been boiled for 20 minutes to kill germs effectively. For the same reason, you should not drink anything containing ice cubes.

If you require **prescription drugs,** take enough for your entire stay as well as a list of their generic names. Prescription drugs must be **in their original, labeled containers,** and be packed in your carry-on luggage. It is recommended that you carry a **letter from your physician explaining your need for any prescription drugs**. Certain prescription and over the counter drugs that are common in the United States may be prohibited in Russia, and large quantities of any medicine will receive scrutiny. You may want to contact the Russian embassy or one of Russia's consulates for specific information regarding this.

AIDS and STDs Overseas:
You are at the same risk for AIDS and STDs while abroad as you would be at home since your risk of infection depends on your behavior. Therefore, if you are sexually active, use good judgment and common sense. It is also highly recommended that you carry a personal supply of condoms and birth control, especially if traveling to underdeveloped regions of the world.

Medical Clinics and Pharmacies in Moscow:
Generally speaking, medical care in Russia is different from and, some say, below western standards. The medical situation in Moscow constantly changes, and major improvements have taken place in the last several years. There is now, for example, much improved access to quality western pharmaceuticals. Many medical treatment and diagnostic facilities have been upgraded.

If you need medical attention/care, the Program Coordinator can assist you in finding a suitable clinic. Be prepared to pay for all medical care in cash or by credit card and keep receipts to submit to your U.S. insurance company for reimbursement. In the event of an emergency, the U.S. Embassy will try to assist in arranging medical care for U.S. citizens. For assistance during working hours, please call (495)728-55-77; after 6 pm, call the Embassy duty officer at (495)728-50-00.

There are now several medical clinics in Moscow that provide medical services at a western standard.

International SOS Clinic in Moscow:
Tel.: +7 (495) 937 5760 In an emergency Call: +7 (495) 937 6477 (24 houres)
Address: 129010, Moscow, on Grokholsky Per., 31. 10 floor
Regular Clinic Hours:
08.00-20.00 Monday-Friday 09.00-17.00 on Saturday.
Email: mow.clinic@Internationalsos.com http://www.sosclinic.ru/priem-1.htm

European Medical Center:
Tel.: +7 (495) 933 6655 multi-channel
Address: Spiridonievsky per. 5, Moscow 123104, Russia (near the Patriarshy Ponds in downtown Moscow) metro Pushkinskaya, Tverskaya, Mayakovskaya.
Regular Clinic Hours:
24 hours/7 days a week
Email: emcinfo@emcmos.ru
http://www.emcmos.ru/en/

American Clinik - InterMedCenter
Tel.: +7 (495) 937-57-57
Address:. Russia, **Moscow**
4th Monetchikovsky per., 1/6 Building 3
Regular Clinic Hours:
24 hours/7 days a week
http://www.intac.ru/en/

Pharmacies are plentiful, and many stay open around the clock in the city center. One highly recommended pharmacy is 36.6, which has many branches, including one near RSUH and a 24-hour branch near the Pushkin metro. Medications may not be recognizable to you in their Russian packaging; however, you often can buy medicine over the counter that requires a prescription in the United States. For prescriptions, you can contact one of the foreign clinics' pharmacies, though prices will be high. Remember that not everything available in the United States is available in Moscow, so bring a supply of any prescriptions you will need. "Western pharmacies" (which carry prescription medications) can be found at:

- Pharmakon, Ul. Tverskaja 4, Tel 292 08 43, 292 03 01 (Most central)
- Drug Store House, 4th Dobrininsky pereulok, 4 Tel 237 40 34 (same building as Unimed Labs - see "Doctors")
- Litpharm, Ul Tschernjachovskogo 4, Tel: 155 87 88, 155 70 80
- Sana, Ul. Nischn. Pervomaiskaja 65, Tel 464 12 54

Insurance FAQs

Planning for your health and safety while abroad is particularly important. You want to be prepared to make the most of this opportunity and the time to ask questions is not when you are in

immediate need of health care services. Take a few minutes to read over these frequently asked questions and feel free to contact the Center for Global Study and Engagement if you have additional concerns.

Do I need health insurance abroad?

Yes. Check your current policy to see if your policy covers you outside your home country. Even if your current policy covers you abroad, you may have to pay for medical treatment upfront and submit receipts for reimbursement within a certain time-frame.

What if my insurance doesn't cover me abroad?

Dickinson also covers all students studying abroad through a policy with ACE Insurance Company. This policy is a secondary policy to your primary insurance policy; however, if your standard policy doesn't cover you abroad, ACE becomes your primary policy. Students are automatically signed up for coverage and the cost is included in the program fee.

What happens if I get sick abroad?

During on-site orientation you will be given information about local doctors, clinics, and hospitals. Be sure you talk with your program director and let them know about any health issues you are experiencing; they are there to help.

Is insurance included in the cost of the program?

Yes, basic insurance is included in the cost of the program. However, you must maintain your primary policy, whether that is purchased through Dickinson or independently.

Can I take prescription medication with me?

It depends; you need to make sure it is legal. Check the consulate website of the country you are visiting—they may be able to direct you to resources advising on what drugs are accepted. If it is legal, carry the doctor's prescription and a letter stating the reason you are taking the medication and, of course, keep the medication in the original container!

What if my prescription medication is illegal?

You should talk to your doctor about changing your medication, if possible. In extreme cases, you may have to consider choosing another country to study abroad. Please investigate this early on in your process; the more time you and your doctor have to explore options the less stressful this aspect of your preparation will be!

What if I need to refill a prescription abroad?

It is illegal to mail prescription medication. Arrange with your doctor and insurance company to take enough medication with you for the duration of your studies. It can take many months to arrange this so start the process early.

Am I covered if I travel outside the host country?

You are covered by the ACE policy as long as you are outside the United States, for the duration of the program. If you travel before or after the program you should make sure your personal insurance provides adequate coverage.

Am I covered by the ACE policy if I travel before the program or after the program ends?

You are only covered by the ACE policy during the program dates. In the event you elect to extend your travel beyond the policy term you can purchase additional insurance at the link posted below. If you have any questions please contact Tim Cummons at tcummons@rcmd.com or (800) 346-4075 ext 1452. http://www.rcmd.com/solutions-students-and-faculty

If my laptop is stolen when I'm on the program, am I covered by Dickinson insurance?

Students are not covered by Dickinson for personal liability, including the loss or theft of personal property. It is the responsibility of each program participant to purchase liability insurance, if needed. Students who bring laptops are advised to purchase adequate coverage. Check first to see whether the homeowner's insurance of your parents/guardian will cover personal liability while overseas. Normally, a copy of the police report filed at the time of loss or theft will be required by the insurer before any claim will be considered.

I am studying in a developing country, does the Dickinson ACE insurance policy cover emergency medical evacuation?

Yes, the policy covers emergency medical evacuation. However, students and their families should be aware that ACE will be responsible for when an emergency medical evacuation is necessary. If the procedure can be performed in-country (or in a neighboring country) this coverage will not pay for the student to return to their home country for the procedure.

What if I need accommodations?

Accommodations available to students with disabilities in the United States may not be available to students studying abroad. It is unlikely that you will find the same medications, medical and/or psychological care, or support services at your study abroad site that you would at home. It is also possible that some host sites abroad may not be adequately equipped for students with physical disabilities.

For you to fully assess whether you will be able to successfully complete a study abroad program, we encourage any student with special needs to review the program descriptions and to visit websites about the community in which you will be living and learning. If you wish to have assistance from Dickinson College in helping you to assess your ability to succeed in studying in a particular program or in identifying programs where more support may be available, you are encouraged to come talk to the Center for Global Study and Engagement. It is important to ask questions and do your research before you apply.

Once you determine the right program for you and, if accepted, you will be invited to self-disclose your personal needs on a medical questionnaire open to you through the on-line application system.

Disclosure is completely voluntary. However, on-site staff will have a better chance to advise you of accommodations that may be possible if they are aware of your needs before you arrive on site. If you choose to study on a program and travel to an abroad site, you will be expected to fully participate in the program. Therefore, you need to inform yourself about the demands of the program in order to plan ahead and to prepare to cope with your health needs in a new environment.

I suffer from depression and/or anxiety, am I still able to study abroad?

It is strongly recommended that you consult your counselor or psychiatrist when considering study abroad. When abroad, most students experience various states of excitement and frustration as a result of the opportunities and differences presented by the new culture. These alternating emotions are usually related to the natural phenomenon of culture shock, which occurs when people adapt to a new culture and surroundings. As you become accustomed to your new surroundings and establish a routine, these feelings will begin to subside. If homesickness, depression, or eating disorders persist, seek professional assistance and inform your program director. If you are currently seeking treatment from a mental health care provider, remember that English-speaking counseling services abroad may be limited and the terms of care will likely be different from here in the U.S.

What if I am a non-Dickinson student, do I still need coverage? Am I covered under Dickinson's health insurance?

Like Dickinson students, guest students attending Dickinson programs from other colleges and universities must have health insurance coverage. However, non-Dickinson students are not covered under Dickinson's ACE insurance policy. Health Insurance

Health Matters

Medical Check-ups:
Before leaving the United States, you should visit your physician, gynecologist, eye care specialist, and dentist. Make sure you are in good health before going abroad so that you can avoid any potential problems.

Immunizations/Inoculations:
Even though Russia does not require any specific immunizations, please consult with the Health Center or your personal physician to make sure that all of your routine inoculations, e.g., measles, mumps, rubella (MMR) and diphtheria, pertussis, and tetanus (DPT), as well as Hepatitis A and B, are up-to-date. Travelers to Russia are specifically at risk for cholera, HIV, Hepatitis B and Hepatitis C. It is strongly recommended that you consult with your personal doctor and/or the College Health Center in regard to inoculations or medicines that are advisable. **Please review the precautions listed for Russia on the CDC website** at http://wwwn.cdc.gov/travel/destinationRussia.aspx. **Print out the information and take it with you when you visit your physician.**

Medications:
Prescription/non-prescription medication(s) should be in the original container from the pharmacy

and labeled with your physician's name, your name, and the medication name and dosage. **Do not transfer any medication into an unmarked container.** You should also carry a written letter or prescription from your physician verifying that this medication was prescribed by a licensed practitioner and is necessary for medical reasons. If you are on prescription medications or take particular over the counter medications, such as a certain painkiller, you should take enough with you to last the duration of your stay. It is neither advisable nor legal in some circumstances to ship medications by mail. It is your responsibility to make sure that your medications are legal in your host country. You can find this out by consulting the consulate website of the country you will be visiting. You may also want to take along some cold/flu medication, anti-diarrhea, and anti-fungal medicine. Women prone to gynecological infections should take a supply of medication. Be aware of recent changes in airport security regulations limiting the type of liquids or gels that can be transported in carry-on luggage.

The Center for Disease Control recommends that students with diabetes or health situations that require routine or frequent injections should carry a supply of syringes sufficient to last their stay abroad. If you carry narcotics or syringes, you should also bring a copy of the prescription and a statement from the prescribing physician.

Mental Health, Stability, and Stress:
For students under the care of a counselor or psychiatrist, please be sure that you see him/her before you depart from the US. Participating in a study abroad program in another country will not lessen any emotional issues that you may presently be experiencing. When you are abroad, you will probably experience various states of excitement and frustration as a result of the opportunities and differences presented by the new culture. These alternating emotions are usually related to the natural phenomenon of culture shock, which occurs when people adapt to a new culture and surroundings. As you become accustomed to your new surroundings and establish a routine, these feelings will begin to subside. If homesickness, depression, or eating disorders persist, consider seeking out professional assistance.

Special Accommodations:
The accommodations available to students with disabilities in the United States may not be available to students studying abroad. It is unlikely that you will find the same medications, medical and/or psychological care, or support services at your study abroad site that you would at home. For you to fully assess whether you will be able to successfully complete a study abroad program, we encourage any student with special needs to review the program descriptions and to visit websites about the community in which you will be living and learning. If you wish to have assistance in assessing your ability to succeed in studying in a particular program or in identifying programs where more support may be available, you are encouraged to disclose your situation on the medical forms you completed during the application process or to come talk to the Center for Global Study and Engagement. Such disclosure is completely voluntary**.** If you travel to an abroad site, you will be expected to fully participate in the program. Therefore, you need to inform yourself about the demands of the program in order to plan ahead and to prepare to cope with your health needs in a new environment.

Health and Safety in Flight:
For safety and comfort, wear loose-fitting, natural-fiber clothing during your flight. Do not wear snug-fitting or heeled footwear! If possible, avoid wearing contact lenses. Low humidity in flight tends to remove the moisture from the eye's surface. It is helpful to do seat exercises or to walk in

the aisles in order to maintain good circulation. One easy exercise you can do is to tap your toes while keeping your heels on the floor. This pushes blood up your legs and reduces swelling. Tap for several minutes every hour or so.

It is always advisable to sleep during long flights. You should avoid alcoholic beverages in flight because they cause dehydration. Recycled air also has a drying effect, so you should stay hydrated with non-alcoholic beverages. If you require a special diet, be sure to notify the airline at least 72 hours before departure.

The most common difficulty or problem that can result from flying is known as jet lag, which is the sudden sense of fatigue or wakefulness at the "wrong" time. Jet lag is more pronounced flying east than flying west. Veteran international flyers recommend going to bed and getting up at the customary local time from the beginning. This helps the body adjust quickly. Avoid naps until fully adjusted to the new time zone; the body confuses naps with night sleep.

Safety

Personal Security/Emergencies in Russia:

- **IN RUSSIA:** A general deterioration of living standards due to inflation, unemployment, and economic instability has resulted in an increase in street crime. Major Russian cities, such as Moscow and St. Petersburg, can be dangerous, just as large U.S. and European cities can be; crime against foreigners is a problem, especially pick pocketing. Appropriate caution must be taken on public transportation (especially on the Moscow/St. Petersburg overnight train), in train stations, in underground walkways, on the metro, or in crowded areas, such as tourist attractions, department stores, or outdoor markets. Take appropriate precautions to protect your money, your vital documents, and above all yourself at all times. When traveling, never leave your baggage unattended. On a train, never store your luggage or backpack near the door, and, if you must sleep, secure your luggage.

- In recent years there have been several serious terrorist attacks and bombings in Moscow. You need to be alert to suspicious activity and take reasonable and necessary precautions. In case of such an event, you should be in touch with the Program Coordinator as soon as possible.

- **PASSPORT THEFT:** The loss or theft of your passport should be reported immediately to the local police and to the nearest U.S. Embassy or Consulate. If you have to replace your lost or stolen passport, your exit visa must also be replaced with assistance from your sponsor (RSUH) so that the passport number written on the visa matches your new passport. To do this you must have a Russian police report.

- **WHILE TRAVELING:** If you become ill while traveling, inform the Program Coordinator as soon as possible about your condition, preferably prior to treatment, unless emergency treatment is necessary. A call to the nearest U.S. Embassy or Consulate can also provide you with information about proper medical treatment.

CULTURAL PERSPECTIVES

Being Informed about the Host Country and World Affairs

What do you know about your host country?

1. Can you name the capital city and the head of state?
2. Can you name the major political parties and what they stand for?
3. How is the government organized in your host country as compared to the U.S.?
4. Name five large cities, identify their location and a feature they are famous for.
5. What are the key historical events of the 20th and 21st century in your host country?
6. What are the major religions in your host country and what role do they play?
7. Who are the major literary and/or cultural figures of the last two centuries?
8. What is the state of the economy? What are its problems, successes, and how is it organized?
9. Can you identify on a map the major rivers, mountain ranges, and other significant geographical features?
10. Can you identify on a map the states, provinces, or other political subdivisions of the country?
11. How is the educational system organized and funded?
12. What is the predominant view in your host country regarding current U.S. foreign policy?

Without researching the answers, most of us would do poorly on this little quiz. However, most local people at your study abroad destinations could probably answer most of these questions about the U.S. Think about it!

Before you leave, do some serious research to educate yourself about your host country. Travel guidebooks and encyclopedias offer a respectable starting point. Read books, magazine articles, and newspapers about host country history, literature, geography, cuisine, etc. However, we strongly recommend you to also consult The Moscow Times (www.themoscowtimes.com), The New York Times, or The Washington Post. Foreign films are also a good resource. Take the initiative and get acquainted with international students on Dickinson's campus before going abroad.

No matter where you go, you will be asked hard questions about U.S. foreign policy. It is crucial that you have an understanding of what is going on internationally. Read newspapers and magazines that cover international affairs in depth. Include foreign news sources to expose yourself to other perspectives and a different set of facts abroad. The point is: you do not want to arrive abroad poorly informed or be caught off-guard by an encounter with viewpoints sharply different from your own. You especially need to be knowledgeable about the situation in Iraq and the Middle East, and how your host country and the United States stand in relation to those areas. People will have strong opinions and want to engage you in dialogue. Prepare for these situations and recognize their value as learning opportunities.

New York Times e-delivery:
The New York Times runs an email service that provides daily delivery of the International section of the New York Times to your email box! You receive a brief overview of the article and a link

that takes you to the full article.

> To subscribe to the service, go to http://www.nytimes.com/.
> Down the left side of the page, there is a MEMBER CENTER, where E-Mail Preferences are listed. You have to "sign-up" with the NYT, which is free. Once you sign up, you can click on a box that says "International" and you will receive an email with headlines from the NYT every day.

The People:

In contrast to an often restrained public appearance, in private Russians are a very friendly, warm and generous people, who do not hesitate to display their emotions. They enjoy jokes, and political jokes are particularly popular.

Attitudes toward Americans are generally very positive. What many Russians learn about Americans, however, comes from US television programs. Because most average Russians cannot afford international travel, they will likely be eager to learn about you and your culture. Russians have historically been eager for contact with people from other cultures, contact which was severely restricted during the Cold War.

National consciousness is on the rise, and people who interact with Russians and other ethnic groups should appreciate its significance. Russians are as proud of their ethnicity as they are curious about the nationality of others they meet.

Local Customs ("Do's and Taboos"):

- When meeting someone new, a Russian will offer to shake hands and simply state his or her name. Hello's and goodbye's among relatives and good friends often include hugging and kissing. The traditional greeting is three kisses on the cheek.
- Chivalry is not dead in Russia; men still open doors for women and help them with their coats.
- Until Russians know one another well, they will use the first name and *patronymic*.
- Russians show respect for older people and people of status.
- It is polite to give up your seat in public transportation to an older person.
- Russians have less need for personal space than Americans do, but physical contact in public is generally limited. People stand very close when conversing; do not back away since it is perceived as a rejection.
- While it is considered rude to reject a drink (usually vodka), do not let yourself be pressured if you do not drink alcohol or are allergic to it. Once you have accepted a drink, be insistent when you feel you have had enough.
- When eating in a restaurant or other public place, it is not unusual to have strangers join you at your table. It is polite to ask if a seat is free when joining others.
- Do not whistle in public; it is considered rude. Do not laugh or make loud noises in public or on public transportation; you will be looked at disapprovingly if you do.
- Do not chew gum in public or in class.
- Do not put your feet on the table in class or in public.

- It is considered bad luck to whistle indoors, light a cigarette from a candle, and spill salt on the table. It is also considered bad luck to go back into a house/apartment after having said good-bye.
- Use the European style of eating with the fork in the left hand and knife in the right (reverse if you are left-handed). Hands are kept above the table.
- When entering a museum, theater, restaurant, or other such building, it is an unspoken rule that coats and umbrellas must be checked at the cloakroom. Sew a fabric or chain loop inside the collar of your coat or jacket so that checkroom attendants will be able to hang them up easily. If your outerwear has no loop, you will receive glares or a rebuke from the *garderob* personnel.
- When in the theater, always **face** the persons you pass going to or coming from your seat. **Do not turn your back**; it is considered rude.
- Approval is expressed by the "thumbs up" sign, but one should avoid shaking a raised fist.
- It is not appropriate to sit with your ankle on your knee or with legs apart.
- When visiting a Russian church, do not talk loudly or stand with your hands in your pockets. Women should avoid wearing slacks. Instead they should wear blouses or dresses with sleeves and cover their heads. There are no pews in Russian churches.
- Always ask people's permission before you photograph them.

When invited to someone's home, consider it an honor. It is polite to arrive on time. You may be ten minutes late, but never ten minutes early. Be sure to take a gift, such as a bottle of wine, champagne or whiskey; a nice box of chocolates or other sweets are also appropriate. If you take flowers, make sure there is an uneven number other than 13, which signifies bad luck. Most Russian apartments have only two rooms so you will usually go right to the table. Drinking vodka and toasting are part of the meal (if you do not drink alcoholic beverages, inform your host at the beginning). Never drink or eat anything before the host does! Eat slowly because your plate will be filled each time it is empty; you must state firmly that you are full. To show that you are finished, set your knife and fork horizontally on your plate. Tea and coffee are traditionally drunk very sweet; let the host/hostess know if you prefer it without sugar. It is considered impolite to eat and run; be prepared to stay after the meal to chat.

Gift items appropriate for occasions when you are invited include English- language paperback books (fiction, non-fiction, etc.), pens, inexpensive quartz watches (with extra batteries), pocket calculators, and items from your college, your state or area of the country (ties, T-shirts, baseball caps, picture books, etc.). You will probably want to give your professors a gift of appreciation, such as a nice scarf, cosmetics, a book, a CD with American music, or a nice pen and pencil set.

You might also want to take some token gifts for casual contacts such as children, friendly chambermaids (**dezhurnye)**, bus drivers, and the like. These gifts could include such items as small lapel pins (**znachki**) in the form of state flags, campaign buttons, etc., chewing or bubble gum, ballpoint pens, postcards from the U.S., candy bars, comic books, etc. Any thoughtful gift (but <u>not your old clothes</u> or other items you intend to leave behind) will be appreciated.

Racial/Gender/Sexuality Issues:

RACIAL ISSUES: Any evidence of racism is usually directed against gypsies and Muslims from the former republics of the South and is typically overt. If you are identified as an American, you will generally be fine.

GENDER ISSUES: Crime is on the increase, but it is usually petty theft or burglary, not the harassment of women. Except in small pockets of academia, there is nothing comparable to a feminist movement in Russia. With or without a feminist revolution, however, patterns of sexuality have changed. Young people often live together before getting married and contraception is widely used (condoms are more popular than the pill), though abortion remains the primary means of birth control.

SEXUALITY ISSUES: There are reportedly a few bars, clubs, and cafés in Moscow that cater to gays and lesbians. Public display of gay sexuality is risky and not met with approval by the general population.

Keep an eye out for current events regarding these issues before you go. For instance, see news articles relating to the punk-rock bands, Pussy Riots, and the demonstration in the Moscow Cathedral.

Suggested Reading/Websites:

It is important that you increase your familiarity with Russian culture, political events, history, and literature before you arrive. The following are suggestions for pre-departure reading and information gathering.

NEWSPAPERS: All students should keep up-to-date on recent events (and in the Newly-Independent States) by reading The Moscow Times (www.themoscowtimes.com), The New York Times, or The Washington Post (preferably daily).*

* You may want to see if you can subscribe to the newspapers on-line service so that the news is sent to your e-mail daily; see p. 36 for information about the New York Times email subscription.

GENERAL READING: The following books provide broad introductions to Russia:

- *From Nyet to Da: Understanding the Russians*, by Yale Richmond (Yarmouth, Maine, 2003)
- *The Russian's World: Life and Language*, by Genevra Gerhart (Holt, Rinehart and Winston, 1994)
- *Lonely Planet Survival Guide* (excellent)
- *An Explorer's Guide to Moscow* (Zephyr, 1997) – a must!

TEXTBOOKS/DICTIONARIES: For writing papers in Russian, take a favorite grammar textbook and a Russian/English dictionary with you (Pocket Oxford Russian Dictionary is recommended).

SUGGESTED LITERARY WORKS: Students who wish to familiarize themselves with Russian Literature should read selections from the following:

An Anthology of Russian Literature from Earliest Writings to Modern Fiction, by Nicholas Rzhevsky, ed. (M.E. Sharpe, 1996)

The Portable Twentieth Century Russian Reader, Clarence Brown, ed. (Viking Penguiin, 1993):

WEB SITES

Dickinson-in-Moscow: www.dickinson.edu/academics/global-campus/content/Dickinson-in-Russia/
Russian State University for the Humanities: http://www.rsuh.ru/
Guide to the "New Russia": http://www.geographia.com/russia/
Official Tourist Site of the Moscow government: http://www.moscow-city.ru/
Official Website of the Moscow government: http://www.mos.ru
Lonely Planet: http://www.lonelyplanet.com/destinations/europe/russia/
Entertainment Afisha (schedule) of Moscow: http://www.afisha.ru