



# ARRIVAL GUIDE

**FOR INTERNATIONAL STUDENTS**

OFFICE OF FOREIGN AFFAIRS

RUSSIAN STATE SOCIAL UNIVERSITY

2017

## Dear International students,

RSSU welcomes students from all over the world to join its educational community. Here you will get a chance to meet and interact with many new friends from different countries. It's very true that different lands cultivate different people, but we believe that you'll find great interest and confidence in the Russian culture, history and people as a nation. We pledge to help you experience, explore, excel and enjoy the differences is our responsibility and great privilege. The team at the International Office will be always in touch with you to help with any kind of question you might have.

Our study begins **SPRING SEMESTR** – the first week of February

**AUTUMN SEMESTR** – the first week of September

And simultaneously you will have the orientation session during the first week. So we advise that you plan your trip diligently to arrive at RSSU earlier in order to have enough time to get to know the surrounding and settle down before your study starts. That's why, we have prepared this ARRIVAL GUIDE for you, to help get acquainted to the new conditions. We thank you in advance.

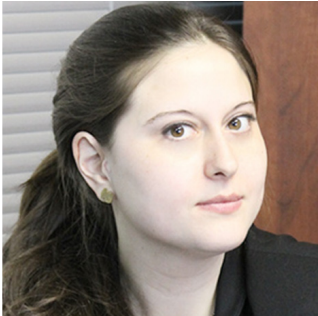
In a words, we hope this arrival guide would help you get to RSSU with no difficulty and guide you to having a pleasant time in Russia. So just get prepared, we look forward to seeing you soon!

## Have a good flight!

Sincerely,  
Office of Foreign Affairs of RSSU



# OFFICE CONTACTS



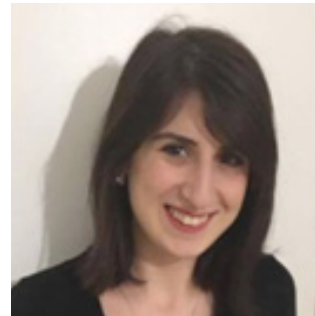
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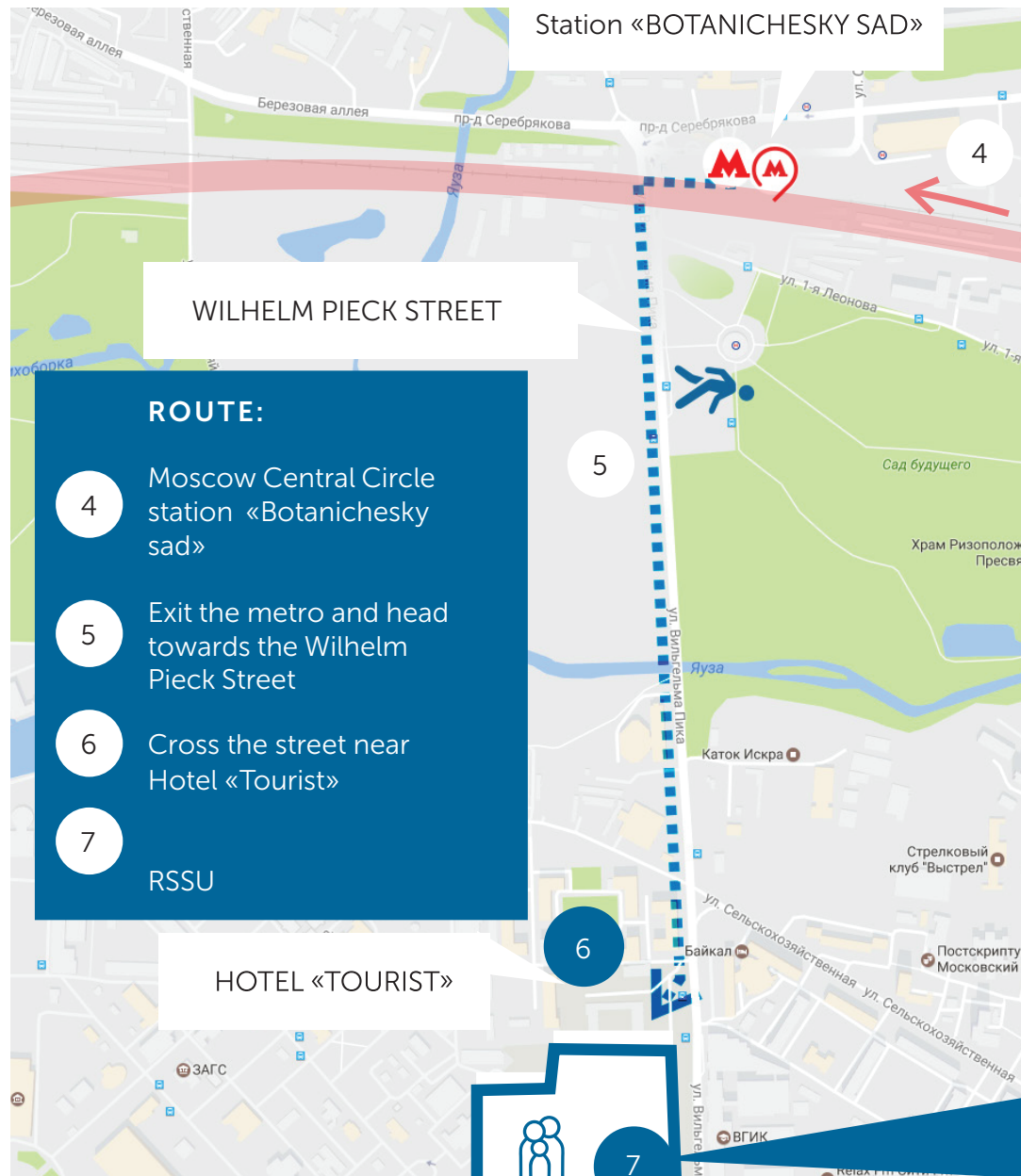


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# ON ARRIVAL



## PICKING UP

We have a great team of student volunteers ready to meet you up at the airport but you'll have to send us your detailed flight information beforehand. A coach will be arranged to pick and drop you off at the dormitory for free. Please keep your eyes open at the exit to find the welcome board with your name or the name of our university (RSSU/Russian State Social University).

## HOW TO GET TO RSSU

Our University is located at the «Botanicheskiy Sad» metro station of orange line. From there on you can go on foot or take the bus №154 which goes straight to the University.



English	Russian	Transliteration
Hello!	Привет!	Privet!
Excuse me. /I'm sorry.	Извините/Простите	Izvinite / Prostite
Do you speak English?	Вы говорите по-английски?	Vi govorite po-angliyski?
Okay!	Хорошо!	Khorosho!
Thank you.	Спасибо.	Spasibo.
You're welcome.	Пожалуйста / Не за что	Pozhaluysta / Ne za chto
No problem.	Нет проблем.	Net problem.
Can I ask you a question?	Могу я задать вам вопрос?	Mogu ya zadat' vam vopros?
How long will it take?	Сколько времени это займет?	Skol'ko vremeni eto zaymet?
Bill, please.	Пожалуйста, счет	Pozhaluysta, schet
Too expensive.	Слишком дорого.	Slishkom dorogo
I don't want it.	Я не хочу это.	Ya ne khochu eto
Can I use a credit card?	Могу я заплатить картой?	Mogu ya zaplatit' kartoy?
May I take a look?	Можно взглянуть?	Mozhno vzglyanut'?
I don't understand	Я не понимаю	Ya ne ponimayu
Please stop here.	Пожалуйста, остановите здесь	Pozhaluysta, ostanovite zdes'
I'm lost.	Я потерялся	Ya poteryalsya
Where do I get off?	Где мне нужно выходить?	Gde mne nuzhno vykhodit'?
How can I get to ...?	Как я могу добраться до..?	Kak ya mogu dobrat'sya do ..?

# MONEY ISSUE

Take care of some unverified exchange money points!

It's better to do it in official banks

The exchange rate of different banks varies a little, it's always changeable

At the moment \$1 = 60 p.



Coins



Banknotes

# NECESSARY INFORMATION

## CHECK IN & REGISTRATION

After you arrive at RSSU, you should get a registration and student card at the Office of Foreign Affairs (please bring along with you : your passport, admission letter and passport photos (3x4). If you choose to reside at the dormitory, you'll have to sign a contract at room office 105, situated on the first floor of the same building of International Affairs. To make payments, we advise that you use any ATM machine of Russia's number one bank, "Sberbank". You'll also need to check in at your dormitory in due time. There you'll have to report to the commandant (the head caretaker of the dormitory) with your required documents (your passport, passport photos and a medical certificate) to get a pass for the dormitory.

Pay attention! Finalize all visa and registration procedures IN TIME!

## INSURANCE

Before classes start, students should have a health insurance for the period of stay. The insurance can be obtained in the home country or in Moscow. RSSU has a cooperation agreement with the insurance company "MAX" which allows us to get

medical care and medical check-up in the clinic of RSSU (Stromynka street building 4) for 7500 roubles/1 year or 6100 roubles/ 6 months.

## FOOD SERVICE

On the campus of our university, there is a student canteen. Food will be basic, well prepared, and reflect the culture in which you are living – expect to try typical Russian food. You should be prepared to try new things and understand that individual preferences cannot be catered to. The complex meal (soup, main dish, salad, and drink) costs around 200 roubles.

## INTERNET ACCESS

WIFI will be available in your dormitory. Moscow metro and some parks have free WIFI as well

## SECURITY

**If police stops you the police officer must**

- state their name, rank and position
- show their warrant card

-explain the reason why you've been stopped.

**If a police officer requests you to follow them to a police station, you should:**

-ask why you've been detained

-call the Office of Foreign Affairs and friends to inform them that you've been detained and where you'll be taken.

**If you believe that some actions of a police officer are unlawful:**

Do next actions:

- Write down their badge number

-Inform them that you're going to appeal against their actions

-Follow their instructions

-Call the emergency number 102 and report the violation (you may need an assistance of someone who speaks Russian fluently)



# CULTURE SHOCK

## What is culture shock?

It's an experience a person may have when one moves to a cultural environment which is different from one's own

## Stages of culture shock



1. **Arrival/Honeymoon stage:** everything is new and exciting
2. **Culture shock stage:** starting to experience difficulties with everyday things, as they are different from home
3. **Adapting stage:** slowly starting to understand the new culture and feel more in balance, feeling an urge to belong
4. **Re-entry (Reverse) shock stage:** takes place when you return to your home country



## Culture shock breaker

**1. Language.** This is a no-brainer, but we couldn't leave it off the list! We advise you to learn at least the alphabet before coming to Russia to avoid feeling completely isolated. A lot of people don't speak foreign languages so Russian it can cause unpredictable word stress, and difficult pronunciation.

**2. Emotions.** Most people are familiar with the stereotype that "Russians don't smile". Partly it's true and Russians don't emote much. The people themselves can often appear distant and uncaring. It could be explained by climate conditions or history of the country. In any case, it is just first impression, once you get to know us better, you will experience warm, funny and sincere companionship.

**3. Weather.** The weather is often harsh and sometimes extreme. You have to be prepared to more than two months of -10 to -30. So it's true, our winters are chilly, and you have to wrap up. Still, there are a lot of ice rinks where you will find warm and cozy "pit-stops" with tasty hot teas with berries and mulled wine. Dress for the weather. In cold and/or windy weather keep your head, feet and hands warm. Mind the temperatures difference between the outside and the metro/buildings. Watch for hanging icicles on buildings. In snowy days be sure to come prepared with appropriate clothing, like a heavy coat, warm hat, scarf, gloves and

thick, weatherproof boots.

Ice-swimming on Epiphany (January 19) is quite extreme be careful.

**4. History.** Many foreigners are shocked by abiding Soviet images and symbols all around Russia. People in Russia do not see them as pure symbols of communism. For them, they represent a part of their history, and Russians see no grounds to remove such symbols. They are very proud of their history, and will often talk about it, at length and sometimes with the slightest provocation.

### 5. In Russia:

– Not everybody drinks vodka, and we do not drink all the time. Sorry if we disappointed you.

– There are no bears on the streets and we don't make friends with them.

– Russian mafia exists. In movies and in history. Not in real actual life. Now it is safe enough.

– KGB doesn't exist anymore and no one will spy on you. Of course if there is no certain reason

# CULTURE SHOCK

## Managing culture shock

- Accept that you can't know everything
- Accept that having culture shock is perfectly natural
- Keep an open mind
- Keep doing things you like doing
- Stay in touch with family and friends back home
- Get to know people from the host culture
- Talk to people
- Stay active - physical activity often helps!
- Learn from experience and be patient
- Don't forget about the 'big picture'
- Learn more about culture shock and experience of others



# OFFICE OF FOREIGN AFFAIRS OF RSSU



**Website:** <http://en.rgsu.net/international/office-of-international-affairs>

**E-mail:** [Dia@rgsu.net](mailto:Dia@rgsu.net)

**Visiting hours:** Monday-Thursday 09.00 – 18.00, on Friday 09.00-16.45,

Saturday and Sunday closed

**Address:** Wilhelm Pieck 4/1 building 5, the 3rd floor

**Phone:** +7 495 255 67 67 + extention