

*University of Pittsburgh Pitt/Moscow Program  
Summer Language Institute 2010*

June 7-July 9 –5 weeks of classes in Pittsburgh  
July 10 – group flies to Moscow; arrival July 11  
August 13 – group departs from Moscow

***IMPORTANT INSTRUCTIONS FOR MOSCOW 5+5 STUDENTS***

**SLI must receive a copy of the photo page of applicant's passport (make sure the passport is signed) and a \$1000 airfare deposit no later than April 9. The passport copies may be mailed or scanned and sent via email. Faxed copies are not acceptable. Airfare deposit must be in the form of a check or money order only, payable to University of Pittsburgh and sent to the SLI office.**

**If you do not have a passport, apply immediately. If you have a passport, check to be sure that it is valid 21 months after the date you will be leaving Moscow, that is, until MAY 13, 2012. If it expires before that date, please renew your passport immediately, using expedited service if necessary. SLI must have your passport copy by April 19. No exceptions nor extensions are possible. It is needed to apply for an invitation from Moscow State University.**

**HIV test results (blood test) are required for students studying in Russia, even for a short period of time. Please make sure you bring your HIV test results on the first day of classes (June 7). SLI applies for your visa; the cost of your visa is included in the program fees.**

**Things you should know about our Moscow Program:** The group (maximum 32 students) flies to and from Moscow together; rarely can exceptions be made. You will have many opportunities to see the sights in Moscow, both in organized tours and on your own, and you will travel to St. Petersburg for four days near the end of the program. You will visit other places of interest, possibly including Vladimir and Suzdal and Yaroslavl, among others. You will live in the dormitory of the Lomonosov Moscow State University Center for International Education at Shabolovskaya ulica dom 36 in a double room, OR in the main building of Moscow State University. You will have experienced Moscow State University Russian instructors. A program head and resident assistant will accompany you and be in charge of the program in Moscow. Your instructors in Moscow are affiliates of Moscow State University. **Student evaluations of our program are excellent.**

## PACKING LIST

Moscow has everything you could possibly need. There is no need to over pack. You're going for 5 weeks, not a lifetime.

- 1) Moscow is often hot and humid, but temperatures can fluctuate. A raincoat and umbrella will be a boon.
- 2) Though most students do, you do not need to pack 30 pairs of underwear and socks or 30 outfits. You will have access to washers.
- 3) The dorm provides sheets, pillow and pillowcase, blankets, and a towel. All of these things are refreshed once a week. Don't bother packing linens. If you are extraordinarily particular and must have a special something in order to sleep, then bring it! The towels that the dorm provides a little skimpy. Depending on your size, the towel might not keep you covered. You could bring an older towel with you, and throw it away when leaving Russia to make room for your souvenirs.
- 4) Moscow, like all of Europe is somewhat less approving of shorts and sneakers, especially for women. This is not to say that you won't see it, but the dress is somewhat more formal than here. Women: You will need to bring at least one skirt that covers your knees in order to enter a couple of the monasteries that we'll visit. If you have a headscarf, bring that too so you can enter Orthodox churches. Men: Be sure to have at least one pair of pants that are not jeans. Otherwise, bring clothes that you're comfortable in, but preferably nothing with lots of American flags...to be inconspicuous is a plus.
- 5) In terms of toiletries. You will have roommates. Last year, some of the students simply waited to buy shampoo et. al. until they got to Moscow. The roommates all shared the same bottle of shampoo, conditioner, the same tube of toothpaste, etc. Of course, bringing your own of everything is fine too. You will be able to buy anything you might possibly need/forget in Moscow. If there's a brand (esp. a somewhat more obscure own like Tom's of Maine toothpaste) that you can't live without, then be sure to bring that with you.
- 6) Be certain to pack any prescription medications that you are taking. If these medicines are essential for your survival, you should also ask your doctor to write down the actual "ingredient" list in addition to the brand name, in case we find ourselves in the situation of needing to get you more medicine while in Moscow. ALSO: if you tend to take any over-the counter medicines regularly (allergy meds., headache meds., alka seltzer etc. etc., bring these with you. You'll be more comfortable taking brands you know. That said, should you need any of these things, we will be able to buy them easily). If you have a medical problem such as diabetes and need access to a refrigerator, or have other considerations you are concerned about, call Christine Metil at the SLI office to make special arrangements.

7) As far as technology is concerned: bring what you want at your own risk. We had NO problems last year with theft, but that doesn't mean that we won't this year. There's no reason to bring a computer, unless you feel strongly about completing your homework on the computer (which will necessitate always finding a place to print it out etc.). There are plenty of Internet cafes around the city where you'll be able to email friends and family. If you plan on bringing an iPod, I would suggest buying a wall adapter to charge it. Remember that in addition to the adapter, you'll also need the adapter for the plug--you can get these at any Brookstone or probably even at Target. (This is obviously true of all electronics.)

8) This is a big one! You must be able to handle your suitcases by yourself. There will be a bus to pick us up at the airport in Moscow and bring us to the dorm, but as you'll soon find out, nothing is easy and seamless in Russia. We might be required to lug our bags a short (or not so short) distance, so be sure that you can manage all of your bags and suitcases yourself. There will not be any extra hands available to help. Most students grossly over pack, which is typical and fine. But remember, you can buy anything that you might need in Moscow. It might even be fun to plan on doing a little clothes shopping while your there to diversify your wardrobe!

\*\* ALSO: leave some room in your suitcase for souvenirs, books, gifts etc. that you acquire in Russia.

9) Comfortable shoes that you can walk in ALL DAY! Moscow is BEAUTIFUL! It's a fascinating city to see on foot. Be sure to be ready to explore.

**In short:**

Umbrella

Raincoat

Clothes

Towel (optional)

Toiletries (or buy upon arrival in Moscow)

All prescription medicines; be sure to have enough for the entire 5 weeks

\*\* If you take medicines administered by shot, bring syringes with you accompanied by a doctor's note. If you are diabetic, please bring additional batteries for your blood-sugar testing monitor.

Medicines you regularly take (vitamins, Tylenol, Advil, Alka-seltzer, Uristat, etc.)

Camera

Walkman

Electronic adapters

Comfortable shoes

Money, ATM card (call your bank before going to alert them of your trip)

Xerox copies of passport, visa, insurance information

Some sort of messenger bag/briefcase/attaché

Moscow and St. Petersburg Travel Books; small pocket dictionary