

*University of Pittsburgh Pitt/Moscow Program
Summer Language Institute 2007*

June 4-July 6 –5 weeks of classes in Pittsburgh
July 7 – group flies to Moscow; arrival July 8
August 10 – group departs from Moscow

IMPORTANT INSTRUCTIONS FOR MOSCOW 5+5 STUDENTS

DUE TO CHANGES IN RUSSIAN VISA LAWS, WE MUST SUBMIT A COPY OF YOUR PASSPORT VERY EARLY IN ORDER TO OBTAIN YOUR INVITATION FOR A RUSSIAN VISA.

HIV test results are required for obtaining a Russian visa. Please submit your test results no later than June 9.

IF YOU ARE APPLYING TO THE MOSCOW PROGRAM:

Check your passport immediately. It must be valid **21 months** after the date you leave Moscow, that is, until MAY 11, 2008. If you do not have a passport please apply for one immediately. If your passport expires before May 11, 2008, please send it in for renewal. We will need the copy of it no later than April 10. Use expedited service if necessary. **No extensions on the stated deadline can be made.**

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. You will have experienced Moscow State University Russian instructors. Your program head will be Dr. Valery Belyanin, a native of Moscow whom you will meet together with his assistants during the first five weeks in our Pittsburgh segment. **Student evaluations of our program are excellent.**

- PITT student applicants: DO NOT pay the study abroad fee. We pay it for you and you participate in a GROUP orientation.

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. 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. There are washing machines in your dorm rooms.
- 3) The dorm provides sheets, pillow and pillowcase, blankets, and a towel. All of these things are refreshed once a week. I, personally, would not bother packing linens. If you are extraordinarily particular and must have a special something in order to sleep, then bring that too! I find the towels that the dorm provides a little skimpy. Depending on your size, the towel might not keep you covered. What I tend to do is to bring a good, but old towel with me, which I end up just throwing away at the end of the month.
- 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 possible 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).

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 to lug home 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

Xerox copies of passport, visa, insurance information

Some sort of messenger bag/briefcase/attaché

Moscow and St. Petersburg Travel Books; small pocket dictionary