RUSSIAN LANGUAGE & CULTURE
5/6/20 – 6/17/20
MOSCOW, RUSSIA
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# TABLE OF CONTENTS

**IMPORTANT CONTACTS**

1

**ACADEMICS**

ACADEMIC MATTERS
FSU ENHANCEMENT PROGRAMS RELATED TO STUDY ABROAD
TUTORING RESOURCES
STUDENT DISABILITY RESOURCE CENTER

2

**BEFORE DEPARTURE AND PROGRAM SPECIFICS**

3-6

PASSPORT
VISA REQUIREMENTS
FLIGHT INFORMATION
IN TRANSIT
ARRIVING IN RUSSIA
HOUSING
TRANSPORTATION
PERSONAL TRAVEL
CLIMATE AND PACKING

**COMMUNICATION AND ELECTRONICS**

7

MAIL
CELL PHONES AND COMMUNICATION
COMPUTERS

**CURRENCY AND BANKING**

8 EXPENSES
CURRENCY
BANKING

**HEALTH**

9 INOCULATIONS/MEDICAL CONCERNS
ALCOHOL AWARENESS AND ILLEGAL DRUGS

**POLICIES AND SAFETY**

10 RULES, POLICIES AND PROCEDURES
SAFETY AND SECURITY

**TIPS AND RESOURCES**

11 TIPS FROM STUDENTS ON WHAT YOU SHOULD KNOW
ONLINE RESOURCES
SUGGESTED READING
IMPORTANT CONTACTS

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P.O. Box 3062420
Florida State University
Tallahassee, Florida 32306-2420

PHONE 850.644.3272
1.800.374.8581
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850.645.4659
EMAIL IP-Info@fsu.edu
WEBSITE international.fsu.edu

HOURS 8:00a.m. to 5:00p.m. EST, Monday - Friday

HOUSING
Higher School of Economics (HSE) Dormitory

Program Leader/SRAS Staff Information
Dr. Nina Efimov, Program Leader
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U.S.A. HOME PHONE: 850 - 893-0927
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EMERGENCY PHONE NUMBER
Police/Fire/Ambulance: 112

U.S. EMBASSY
Bolshoy Devyatinsky Pereulok 8.
Moscow 121099, Russian Federation
PHONE: 011-7-495-728-5000
FAX 011-7-495-728-5090
WEBSITE: http://moscow.usembassy.gov/

INTERNATIONAL CALLS
Making international calls from the U.S. to Russia: First
dial “011” (for international call), followed by “7095” (the
country code), then the specific area code (dropping the first
zero) and location number.

Time Differences: MSK - Moscow Standard Time is ahead if
EST - Eastern Standard Time by eight hours. Daylight Savings
Time changes often occur on different dates in Europe than
in the U.S.
ACADEMIC MATTERS
This program is first and foremost an academic one, so you should be prepared to invest as much time, effort and thought into your coursework as you do at your home campus. Since classes are small, you will have more interaction with your fellow students and with faculty than you have on main campus. There will be a greater emphasis on participation in class discussions. This means you must be prepared to maintain a high level of performance by being an active and committed participant in your classes.

FSU ENHANCEMENT PROGRAMS RELATED TO STUDY ABROAD
FSU students are encouraged to get involved with the Garnet and Gold Scholar Society and the Global Citizenship Certificate program. These two resources provide special recognition as global-ready graduates.

The Garnet and Gold Scholar Society program facilitates involvement and recognizes the engaged, well-rounded student who excels within and beyond the classroom in the areas of Leadership, Internship, Service, International, and Research. A student who has met the criteria in three of the five areas is eligible for consideration. All study abroad programs organized through the International Programs Office qualify for the international experience portion of the International Area. Visit http://garnetandgoldscholar.fsu.edu/ or email GarnetandGoldProgram@fsu.edu to learn more.

The Global Citizenship Certificate program helps undergraduate students develop invaluable cross-cultural skills and global competencies needed to be a global-ready graduate. Students who enroll in the certificate take 1 required course, Global Perspectives, and 3 electives. The required course counts toward FSU Liberal Studies X, E-series, and writing requirements. Students can choose from 500+ courses to fulfill the elective course requirement. In addition, students participate in 8 intercultural events on campus and a sustained international experience abroad, which you have already done! Enroll in the Global Citizenship Certificate to ensure your study abroad experience counts toward the certificate. Visit cge.fsu.edu/globalcitizen to learn more about the benefits, criteria, and requirements. You can also email us at globalcitizen@fsu.edu with questions.

TUTORING RESOURCES
There are a number of tutoring resources available at Florida State University to assist you academically, both in Tallahassee and abroad. Online tutors are available through the following programs:

- **Reading & Writing Center (RWC)**
  http://wr.english.fsu.edu/Reading-Writing-Center/RWC-Online

- **Academic Center for Excellence (ACE)**
  [http://ace.fsu.edu/](http://ace.fsu.edu/) ACE provides free tutoring in many subject areas, including accounting, biology, chemistry, economics, math, statistics, and physics.

- **University Libraries: Office of Distance Library Services**
  https://www.lib.fsu.edu/department/distance-learning

OFFICE OF ACCESSIBILITY SERVICES (OAS)
OAS provides reasonable and appropriate accommodations for students with documented disabilities. Documented disabilities and accommodations vary in nature, and though the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 do not apply extraterritorially, we do our best to accommodate our students. If you anticipate needing to request accommodations for a documented disability, please schedule an appointment with OAS by calling 850-644-9566 (Voice) or 850-644-8504 (TDD). For more information, visit http://dos.fsu.edu/sdrc.
VISA REQUIREMENTS FOR U.S. CITIZENS

• **Passport**: Participants must hold a U.S. passport that is valid for 18 months past the end date of the program.

• If you do not currently have a passport or have enough validity or visa pages, you should apply for a passport IMMEDIATELY!

• **Copy of Passport Pages**: After you receive your passport, make several photocopies of the pages that contain the issue date, your signature, and your photograph. Leave one copy at home with your family, send one copy to our Tallahassee office, and take another copy with you in case your passport is lost or stolen. Carry a copy separate from your passport when you are traveling.

• **Visa Instructions**: You will not under any circumstances be allowed into Russia if you do not have a valid passport and visa. The dates on the visa may cover only those dates indicated for the program or on your Russian government issued invitation letter.

• **Visa Process**: The first step of the student visa is obtaining an invitation from the Russian Ministry of Foreign Affairs. This requires the submission of a passport photocopy. While you wait for this invitation, you will receive instructions on the HIV test that is required to be submitted with the application. Upon receipt of the invitation, you will fill out the online application, submit physical passport to International Programs, and await the return of the visa. This will be outlined in more detail by one of our Immigration Specialists.

**Travel outside the Program**: Due to visa processing times, international travel during the months prior to the start of the program will be limited. Please contact an Immigration Specialist at [IP.Visas@fsu.edu](mailto:IP.Visas@fsu.edu) if you have international travel plans.

VISA REQUIREMENTS FOR NON U.S. CITIZENS AND U.S. CITIZENS LIVING ABROAD:

• If you are a non-U.S. citizen or U.S. citizen living abroad, contact an International Programs’ Immigration Specialist at [IP.Visas@fsu.edu](mailto:IP.Visas@fsu.edu). You may be required to apply for a visa on your own or you may have additional visa requirements and expenses.

• All visa information is correct at the time of publication, but terms, fees, and guidelines are subject to change without notice.

Migration Card
Most Russian airports have modernized passport control systems and no longer require that you fill out a migration card by hand. A migration card will be generated for you by the border guard at passport control. Passport control will keep one part of the migration card and you must keep the other half until you leave Russia. Please note that the border guard may put the migration card in your passport – check to make sure you have it before leaving passport control. Keep the migration card secured to the inside of your passport with a paperclip, so that you do not lose it. You will be asked to show the migration card by Passport Control upon your departure from Russia.

Passport Control
Be prepared for Passport control to take up to an hour. International Programs and SRAS will wait for you regardless of how long it takes to get through passport control. The border guard may ask you a few questions: where you are coming from, how long you will be in Russia, and why you are there. Sometimes they don’t ask any questions at all and just stamp your visa and migration card.

Customs
After you pick up your bags, you will go through customs. Almost all of our students walk through the green line (nothing to declare). Typically, you will walk right through the corridor without being asked any questions or to check your luggage. If you are bringing something into Russia you think may need to be declared, inquire with us about current customs regulations.

Registration
Registration of your visa must begin within 7 business days of your arrival. You will need your migration card for this. SRAS and Dr. Efimov will assist you with the registration of your visa upon your arrival.
**FLIGHT INFORMATION**

There is no group flight for this program and your Program Fee does not include airfare. As previously stated, traveling on a one-way ticket may not be allowed due to airline restrictions. Please check with your airlines before purchasing a one-way ticket.

You should make arrangements to arrive in Moscow on the **start date** of the program, **May 6, 2020**, and depart on the **end date** of your program, **June 17, 2020**, as stated on the [International Programs website](http://www.ipprograms.org) and [IP student portal](http://www.ipstudentportal.com). You may need to depart from the U.S. one day before the program’s start date in order to arrive on time. **The on-site Orientation is mandatory for all students.**

There will be two group pick-ups tentatively scheduled at 12:30pm and 6:30pm. Please check Delta and Aeroflot for possible flights arriving at the Sheremetyevo International Airport (SVO) airport on May 6. You will be notified of the confirmed time(s) of the pick-up at a later date. Please keep in mind travelers to Moscow generally have to depart the U.S. the day before the arrival date. Due to immigration regulations you will not be able to arrive in Moscow early or stay after the program. If you miss a connecting flight or your incoming flight changes for any reason, you MUST contact [International Programs](http://www.ipprograms.org) and Dr. Efimov immediately.

If you cannot make the group pick up, you will have to make arrangements for your own transportation ONLY through SRAS.

**IN TRANSIT**

- **Domestic flights.** Arrive at the airport ticket counter **two hours** before your departure time. Check with your specific airline to find out the recommended pre-flight allowance.
- **International flights.** Arrive at the airport ticket counter **three hours** before your departure time.
- **Keep your boarding pass** until you have landed, cleared immigration and customs, and have collected your luggage.
- **Have your passport and immigration letter** accessible in your carry-on luggage.
- **During your flight** make sure to drink lots of water to stay hydrated. Get up and walk around once an hour to help your circulation. Do simple stretches while in your seat. Try to sleep; it will help you combat jet lag. Wear layers, as the temperature on the plane and in airports can vary.

**ARRIVING IN RUSSIA**

Dr. Efimov or a representative of SRAS will meet you outside of Customs, in the arrival area of the airport. They will escort the group to a chartered bus, which will take you to the dormitory. While retrieving your luggage and loading it on the bus, never leave it unattended. When you leave Russia, you are obliged to take with you every item you have listed on your customs declaration, with the obvious exception of money you have spent during your trip. You must keep receipts of all large purchases.

**Due to Visa Restrictions, you cannot enter Russia before the start date of the program.** Your program housing will begin on the start date of your program and end on the end date. **IF YOU PLAN ON STAYING LATER, YOU MUST MAKE ARRANGEMENTS TO STAY IN A HOTEL.** Extending stay in Russia should be approved by FSU Program Director Dr. Nina Efimov and Higher School of Economics.

**Once you are able to purchase airfare and you finalize your travel arrangements, submit your flight itinerary through the IP student portal.** Your flight arrangements will be provided to the on-site staff to monitor student arrivals.

You may want to consider purchasing travel insurance when booking your flight. Travel insurance typically covers flight cancellation fees, lost luggage or other losses incurred while traveling, etc. Speak with your airline for more information. If your flight is canceled, delayed, or you miss a connection notify the International Programs staff via email or phone.
BEFORE DEPARTURE & PROGRAM SPECIFICS

HOUSING
HSE has several dorm locations. They are off-campus and you will commute via subway to your classes. Average commute is 45 minutes each way.

The charter bus will be taking you directly to your housing. When you arrive, you will be assisted with the registration procedures.

After you're done with the registration procedures, you need to go to the dezhurnaya. She will have you fill out the necessary paperwork, then she'll give you some information about the dorms, and issue you your key. Note that the dezhurnaya will be the go-to person for any problems you might have in your dorm (burned out light bulb, leak, etc).

HOUSING AMENITIES
You will be given an electronic pass to enter the dorm building and a key for your room. The dorms have mostly double and triple rooms with sinks and toilets on each floor. The rooms are spacious and have wardrobes, refrigerators, desks, bedside-tables and chairs. The dorm will provide linens (sheet, pillowcase, duvet cover and towel) and will launder them once a week. Some students prefer to bring their own towel.

The dorm has a small gym and study space. There are laundry facilities, which you are able to use free-of-charge. You'll just need to purchase your own detergent.

Each floor has kitchens with electric stoves. You may want to bring or purchase a plate, silverware and cup/mug that you keep in your room. Students are responsible for cleaning up after themselves and keeping the common areas clean.

All toiletries, cleaning items and other household goods can be easily found and purchased in several stores near the dorms as will be pointed out during your orientation. If there are specific brands of toiletries that you prefer, you may want to bring them with you, but generally, you will find a wide variety (including Western brands) of everything from toothpaste to shampoo. You will also be able to find small kitchen items (pots, pans, teapot, silverware, etc.) if you find your dorm's kitchen is short on something.

There is no drinking or smoking allowed in the dorms. Overnight guests are also forbidden. Non-HSE guests have to leave by 11 pm. Your guest will need to check in at the guard station with their passport (they might ask you to write a mini-invitation - all necessary paperwork should be at the guard’s desk) HSE students (who are not residents of particular dorms) can enter at any time by their electronic student passes and leave any time.

Rooming assignments will be made based on a combination of factors such as type of program, housing preference, availability and special needs as indicated in the information you provide on the Medical, Special Needs, Housing questionnaire in the IP student portal. Roommate assignments are made by our staff and cannot be changed.

During your on-site orientation, you will be advised of the Housing Rules & Regulations. Violation of any of the housing policies is grounds for dismissal. It is your responsibility to familiarize yourself with the housing rules and regulations for your specific program. Refer to the FSU International Programs Contractual Agreement and the Housing Terms and Conditions for details. You are required to read and sign the FSU International Programs Contractual Agreement in the IP student portal as it outlines your contractual obligations as a participant on our program.

At the end of the program, the housing facilities will be inspected. They should be neat, clean and in the condition in which they were found. If your housing is left in an un-fit state or if any damages are found upon your departure, additional charges may be assessed to your FSU account.

Please note that hot water is shut off annually for at least two weeks in the summer to check the integrity of the pipes. The dates change each year, and the University will be notified only a few days in advance. Be prepared for a cold shower and use this opportunity to try the Russian tradition of banya!

TRANSPORTATION
You will receive a Metro (subway) pass with sufficient funds upon arrival in Moscow. These passes are inserted into the automatic turnstiles at the entrance to each Metro station. Take some time to familiarize yourself with the Metro system, and you will find your first few experiences on the Metro will go more smoothly. For more information about the Russian Metro System, visit the following website: http://engl.mosmetro.ru/pages/page_0.php?id_page=8. For additional information check out this website (it's in Russian): www.metro.ru. The Metro, buses, trolley cars, and trams are generally very crowded. Be prepared for pushing and shoving as you get on and off. Sometimes a bus will turn up and take the place of a tram or trolley car. Exercise caution when using a taxi: always come to an agreement with the driver about the price before entering the cab. Only use official taxis. Be cautious as a pedestrian. Often drivers (for reasons known only to them) reverse against the flow of traffic! It is important to remember that in Moscow PEDESTRIANS DO NOT HAVE THE RIGHT-OF-WAY.

5
PERSONAL TRAVEL

You are no doubt eager to explore Moscow and the surrounding areas. **Please wait until you have arrived, received your class schedule,** and **received approval from the Program Leader and HSE before you book any independent trips.**

Waiting until classes have started will allow you to make your plans around the following factors:

- Academic deadlines for exams, papers and presentations. You do not want to book a once-in-a-lifetime trip only to discover that you have a major research paper due around that time.
- You will receive a finalized cultural calendar of activities upon arrival.
- The travel plans of your peers. One of the joys of studying abroad is the opportunity to build friendships through travel and shared experiences.
- There may be visa restrictions pertaining to this program.

Do not plan travel that will cause you to miss classes; strict academic standards will be maintained on the programs. Your grade may be reduced by any unauthorized absence from class.

Summer programs may have mandatory academic excursions that take place over a weekend. If you are participating in a summer program, you should be flexible with your weekend plans.

For safety purposes, you will be instructed by International Programs to fill out a mandatory online independent travel form each time you plan on traveling outside of your program. More information will be provided to you in the IP student portal prior to departure.

CLIMATE & PACKING

All airlines have different policies regarding the number, size, and weight of bags allowed on domestic and international flights. Fees for having too many bags or exceeding size and weight limits are steep, and also vary by airline. Determine the restriction on your particular airline before you pack. **You will be responsible for carrying your own bags, packs, etc.** Restrictions regarding carry-on baggage are different for each airline and sometimes vary depending on your originating, transferring and/or terminating airport. Also, requirements change based on current events. It is imperative that you check your specific requirements just prior to your departure and plan accordingly. Use the IP luggage tag you received to ensure your bag is marked in capital letters with your name, address, and final destination both on the inside and on the outside of the bag. It is recommended that you pack 1 or 2 outfits in your carry-on in case of flight delays/cancellations or lost luggage.

Make several photocopies of the pages in your passport that contain the issue date, your signature, and your photograph. Leave one copy at home with your family and take another copy with you in case your passport is lost or stolen. Carry a copy separate from your passport when you are traveling.

For most classes, you will be issued books loaned by the University library or you may be provided with photocopied materials. In some cases, you will be asked to purchase a textbook, with a maximum expenditure of about $20. If you are asked to purchase a textbook, your instructor will tell you where you can get it.

May through June the average daily minimum temperature is 35° – 50°F and the maximum is 70-80°F but there can be unusually warm weather during the summer and unusually cold weather in the first week of the program. Past participants have indicated you should be prepared for warm as well as cold weather. Bring clothing that can be layered, and don’t forget to include a warm (but not too bulky) coat, such as a pea coat. You should monitor the weather before departure to plan accordingly: [https://www.accuweather.com/en/world-weather](https://www.accuweather.com/en/world-weather).

You should not bring any valuable or sentimental items such as jewelry, expensive watches, expensive cameras, or keepsake items you would regret losing. You also don’t want to bring any electrical appliances such as hair dryers, heaters, etc. The electricity in many countries is twice as powerful as in the U.S. and will cause those items to burn out.

The electrical system in Russia is 220 volts, 50 cycles. Any plug-in appliance you bring from the U.S. must have an outlet adapter and a converter (transformer).

Russians are a gift giving society. You are not required to give any gifts while you are on the program, but you may want to bring a couple of inexpensive items that are American in nature for such purposes.

Dress in Moscow is as varied as it comes; however, darker colors are most common. In most cases, you will not need to bring dressy clothes, but Muscovites are known to dress up when out on the town. We recommend the following for most occasions: sweatshirts; jeans or pants, T-shirts; regular shirts (long sleeve and short sleeve); socks, pajamas, slippers, light robe; enough underwear to last for a few weeks; a warm sweater; a light, warm jacket (raincoat/windbreaker—preferably waterproof); shoes (comfortable and water-resistant—make sure you break in new ones); sneakers, walking shoes; one or two good dresses for semi-formal occasions; men: one or two good pairs of slacks, a jacket, and a tie for semi-formal occasions. Past participants have indicated that there are occasions where formal wear is appropriate. This is not a requirement of the program but certainly students are welcome to bring formal wear.

Sweats and other athletic gear are inappropriate in a Russian classroom as well as in public. Shorts (of modest lengths) are now acceptable wear around the dorm and for informal occasions, but Russians do not often wear shorts. In Russia, it is disrespectful to eat classroom as well as in public. Shorts (of modest lengths) are now acceptable wear around the dorm and for informal occasions, but Russians do not often wear shorts. In Russia, it is disrespectful to eat during class.

Towels and bed linens are changed every seven to ten days, but you may want to bring with you an extra bath towel (Russian bath towels are quite small compared to American towels), a washcloth, and a bathmat are also recommended for your packing list.

Reference the International Programs packing list for more packing tips!
MAIL
Many well-intending family members might like to send you a care package. However, we highly discourage this. The Russian mail system is slow and unpredictable - your package might arrive after you've left the country. If you need something essential shipped to you (a replacement credit card, for instance), contact SRAS for the best address and mailing service to use.

CELL PHONES & COMMUNICATION
As part of the program, you will be receiving a prepaid cell phone to use to make local calls while in Russia. At Orientation, staff will take you to obtain these phones.

Staying connected to your family and friends while you are abroad is extremely important. Establish a communications plan prior to departure. Whether it's setting up a Skype meeting every Sunday night, sending them messages over WhatsApp, or checking-in with them on social media, make sure you keep in touch!

Though it is not mandatory to use your cell phone abroad, consider one of the following options. Do your research to see which option is the best fit for you:

Add an international plan through your current service provider. This tends to be the most expensive option. Talk to your service provider for details. Each provider offers varying international plans.

Purchase a sim card in-country for your current phone. You will need to unlock your phone and make sure your phone is GSM-capable before departure. You can buy a prepaid SIM plan, either for phone calls only or for calls and data.

Purchase an inexpensive phone with a local plan in-country and pay for more minutes/data as needed.

We strongly suggest that you do not buy a pay-as-you-go cell phone in the U.S. to take abroad. Students who have done this in the past have frequently found the phones do not work. It is far cheaper and more efficient to buy the pay-as-you-go phone abroad.

Use the Wi-Fi available around the city while the phone is in airplane mode. Make sure to turn off roaming before you leave, just in case. Otherwise you might end up with a very large phone bill when you return to the U.S. Apps you can easily use while connected to Wi-Fi include Skype, FaceTime, Viber, and WhatsApp. If you have a smartphone, download these apps before you travel abroad so you will be able to activate the account.

COMPUTERS
Many students choose to bring their own laptops. If you want to bring your laptop, we recommend doing the following:

- Check if your computer has a built-in transformer that is capable of handling the different voltages. You will need an adapter for the plug (i.e. from flat to round prongs).
- Please note that if you take a laptop with you, it is at your own risk. Check your homeowner’s insurance to make sure that it is covered when you are away from your primary residence. If not covered by your homeowner’s insurance, you may want to check into laptop insurance through http://www.safeware.com/, a worldwide insurance provider for all electronic devices (e.g. laptop, digital camera, iPod, etc.). They also have a provision for non-electronic personal property.
- Do NOT pack your laptop or laptop charger in your checked luggage.
EXPENSES WHILE IN RUSSIA
In estimating your financial needs while you are abroad, calculate the amount of money you will need for meals for the entire period of your stay; your transportation and lodging costs for any personal trips you will be taking, and your personal entertainment and social activities costs. Do your research!

We recommend you budget at least $1,000-$2,000 for your personal expenses. However, please consider your own personal spending habits and budgeting skills and plan accordingly.

CURRENCY
Russia uses the Russian Ruble as the national currency. Exchange some dollars ($75-$100) for Rubles before you leave the U.S. Don’t exchange more than $100, you just need enough to get you to Russia and to a bank abroad. Visit http://www.xe.com/currencyconverter/ for the current exchange rate.

• You may see a few kopecks still floating around—these were worth one one-hundredth of the old rubles (similar to our penny) but are now no longer used as currency.
• IMPORTANT! Because the ruble’s exchange rate has been known to fluctuate wildly, it is best to exchange your dollars for rubles in smaller yet comfortable amounts from week to week.
• Keep all your exchange receipts in a safe place in case the tamozhnik (customs official) requests to see them when you exit Russia.
• Never get involved in any offers to exchange money on the street or in any other unofficial location. These types of informal exchanges are illegal and have the potential to be highly dangerous. The few extra rubles you may get per dollar just aren’t worth the risk.

BANKING
We recommend you set up online banking for your bank accounts prior to departure from the U.S. so you can monitor your account while overseas. The easiest way to access money is from an ATM. There are ATMs on campus and throughout the city. You can use a Debit Card at any ATM to withdraw cash whenever you need it though there will often be a withdrawal fee. Keep in mind you may encounter restaurants and shops that only accept cash during your travels.

Bring or have access to at least one credit card in the event of an emergency. If you need to visit a doctor or hospital, you will likely have to pay prior to the service, and then submit an insurance claim afterward. Credit cards are also useful for everyday purchases and offer excellent exchange rates. MasterCard and Visa are the most widely accepted credit cards overseas. Please note that Discover cards are rarely accepted. A credit card with “chip and pin” technology is recommended, as this is the standard abroad.

Before using a credit or debit card overseas, we recommend the following:

• Contact your financial institution(s) before you leave the U.S. to make sure your debit card is activated for international use. You will also need to inform them of your dates/location abroad. If you fail to contact your financial institution(s), it is not unusual for credit card companies to “freeze” an account if suspicious or fraudulent activity is suspected.

• Make sure your debit/ATM card is linked to a checking account, rather than to a savings account, so you will have access to your funds.

• If you have a pin longer than 4 digits or based on letters, you may have trouble using it abroad. You will need to change your pin before departure.

• You should also contact your financial institution for information regarding ATM transaction fees. You can limit the fees if your U.S. bank has a ‘sister’ bank in the host country and/or if you limit your withdrawals, though we do not advise keeping large sums of money on your person or stored in your residence, even if a safe is provided. If a safe is not provided, we encourage students to lock valuables in their suitcase when leaving the housing accommodation.

• Keep a record of all credit/debit/ATM card numbers and the phone numbers you would need to call, with area codes, if they are lost or stolen. Keep this record in a safe place separate from your cards, and you should provide a copy to family at home.

For those who receive financial aid, ensure that any student loans you have requested will be available for disbursement during the term you are abroad. Disbursement usually occurs after students have left the U.S., so make arrangements for your check to be deposited, if that is your chosen method of disbursement.
IMMUNIZATIONS/MEDICAL CONCERNS
Florida State University requires certain immunizations prior to your registration for classes. All newly admitted degree-seeking students (freshman and transfer) and non-FSU students must complete the required Student Immunization Form. If you fall into one of these categories, you will be required to submit this form through the IP student portal.

It is very important that you make yourself aware of specific requirements and health matters in your program location. The FSU Health and Wellness Center offers a travel clinic which provides immunizations. Additional information is available through the Centers for Disease Control and Prevention’s site: www.cdc.gov/travel/. Please note that some countries have specific requirements for inoculations based on past location(s) the traveler has visited. It is the student’s responsibility to confirm whether or not the previous travel requires additional inoculations.

Be sure to bring sufficient quantities of your prescription medication with you to last for the duration of your stay. Keep these in their original containers with copies of the prescriptions and place them in your carry-on luggage. Bring a copy of a legible prescription from your doctor and be aware that not all U.S. drugs are available elsewhere. In particular, Adderall and Concerta are not available in all countries. Don’t postpone discussing your prescription needs with your doctor. You will likely need to work with your insurance company to cover your vacation prescription. If you experience difficulty in obtaining a prescription for your time abroad, seek assistance from our office.

We also recommend doing the following:

- If you wear glasses or contact lenses, take an extra pair and/or the prescription if you wear glasses or contact lenses.
- Complete routine medical and dental care before you leave.
- A tetanus booster shot is suggested if you have not had one within the past 10 years.

The CISI insurance provided is included in your program fee and the policy is available on our website: http://international.fsu.edu/Documents/HealthSafety/CISIInsurancePolicy.pdf. You will want to familiarize yourself with the coverage details. This policy is NOT intended to replace your domestic coverage.

ALCOHOL AWARENESS & ILLEGAL DRUGS
The legal age for the drinking of alcohol in Russia is 18. This means that you will likely have the opportunity to buy and drink alcohol legally. It is in your interest to recognize that this right carries a great deal of responsibility. The International Programs has a strict code of conduct relating to the use of alcohol, violations of which will likely result in a judicial hearing with the possible outcome of being dismissed from the program. For instance, no hard liquor is permitted in all FSU residences, and no open containers are allowed on FSU-sponsored transportation and excursions. In short, know your limits and drink within moderation if you choose to do so, but not to excess.

The Russian Federation prohibits drinking on the street, you will often see people breaking this law without repercussion. As a foreigner, you are more likely to be checked and required to pay ‘fines.’

Florida State University has a zero-tolerance policy regarding the possession, use, manufacture, production, sale, exchange or distribution of illegal drugs by students participating in FSU study abroad programs. Violation of this policy may result in immediate dismissal from the program and disciplinary action onsite or upon return to campus. International Programs’ policies follow either the U.S. law or local law, whichever is more stringent with regard to drug use. For complete information on student judicial processes, victim’s rights, and appeals see the Student Conduct Code at: http://dos.fsu.edu/srr/.
Policies & Safety

Rules, Policies & Procedures
Florida State degree-seeking, transient, and special students are bound by the rules, policies, and procedures set forth in the FSU General Bulletin and Student Handbook. It is your responsibility to familiarize yourself with these before you leave. You may locate the FSU General Bulletin online at http://registrar.fsu.edu/ and The Code of Student Conduct at https://dos.fsu.edu/srr/conduct-codes/student-conduct-codes. The Office of Student Rights and Responsibilities updates any changes to the Code of Student Conduct.

Safety & Security

Our highest priority is the welfare and security of our students, faculty, staff and facilities. We have emergency plans in place for each of our locations and work closely with our insurers and 24/7 emergency response providers to monitor and respond to all situations worldwide. It is our policy to follow guidance from the respective U.S. Embassies, U.S. State Department, as well as local officials and keep students apprised of any new information. For more information on IP's security policies and procedures, please contact our Director of Risk and Emergency Management, Chris Carroll at 850.644.7823 or ccarroll@fsu.edu.

- Resources. Even though students are not on the main campus, they have access to many resources should they encounter issues while abroad. Program staff members are available to support students in a variety of ways, including connecting students with other professionals locally and/or on the main campus.
  - Victim Advocate Program. The University takes very seriously all types of victimization, including sexual violence, relationship violence, and domestic violence. Advocates are available and on-call 24 hours a day to provide confidential support services, even for students who are abroad. For more information on the Victim Advocate Program, visit http://victimadvocate.fsu.edu.
  - University Counseling Center. The Counseling Center is a welcoming and confidential place to discuss questions and concerns such as homesickness, struggles with relationships, sexual identity, cultural issues, and more. Visit https://counseling.fsu.edu/ for more information.
  - Center for Health Advocacy & Wellness. The Center for Health Advocacy & Wellness encourages students to make healthy lifestyle decisions that facilitate academic success and lead to life-long health and wellness. For more information, visit http://chaw.fsu.edu/.

- The U.S. State Department maintains a web site of information for Americans studying abroad, including current travel advisory warnings, at: http://studentsabroad.state.gov/.

- The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. We strongly recommend you register here: https://step.state.gov/step/.

- Waivers. All IP participants must sign and submit a Waiver of Liability through the IP Student Portal.

- Be aware that you are subject to the laws of the country in which you are traveling.

- Always carry a photocopy of the picture and signature pages of your passport with you. Keep another copy in your room separate from your passport. Leave one copy at home in the U.S. with your family or a relative.

- Use the buddy system—try to travel with friends as much as possible and always tell your roommates or friends where you are going and when you expect to return. Bystander intervention is a powerful opportunity and responsibility for those within our community.

- Valuables. Students should not take sentimental valuables on their program. Students should not leave cash, passports, or other items of value unattended in their rooms. If a locker or safe is provided, students are strongly encouraged to use it to store anything of value at all times. Students should plan regular visits to the cash machine rather than leaving large amounts of cash in their rooms. Students are responsible for ensuring their rooms are left secure at all times - do not prop open doors, do not leave doors and windows unlocked, do not give keys to anyone. If students notice others in the building leaving the main entrance door unsecured, they should notify the IP staff immediately, even if there are others living in the building who are not FSU program participants. Students are strongly encouraged to purchase insurance that will cover their belongings while abroad, whether a standard homeowners or renters policy. The International Programs insurance policy does not cover loss or theft of participants’ possessions.

- Pickpocketing. In most large cities throughout the world, pickpocketing is the most common crime and can happen anytime, anywhere! We caution you to always be aware of your surroundings. While traveling in some areas beware of beggars who try to distract you with papers, boxes, or excessive body movements. Coats and purses are often stolen in crowded areas. Keep them close to you and lock your pack zippers with a combo lock. Secure your valuables if you are traveling on an overnight (“sleeper”) train.

- Weapons. Students are strictly prohibited from keeping or using firearms, knives, weapons (including pellet, air guns, paintball guns or other dangerous articles or substances). Furthermore, mace and/or pepper spray may be illegal in the countries that you visit. It is your responsibility to know the laws regarding weapons in the host country if you intend to bring any item for self-defense.
TIPS & RESOURCES

TIPS FROM STUDENTS ON WHAT YOU SHOULD KNOW
These comments came from students who recently attended our study abroad program in Russia:

- Bring a small duffle bag inside of your checked bag for any souvenirs you may purchase during your program.
- It is not common for Russians to speak frequently on the metro, it is much quieter than metros in the US; the takeaway is to be cognizant of your surroundings to not cause unwanted attention to yourself.
- It is extremely easy to make Russian friends; students are always eager to practice their English and to help you learn Russian.

ADDITIONAL RESOURCES
The more information you find out about the country beforehand, the better off you will be once you get there. Here is a list of a few web sites that may be helpful as you begin your information search.

http://www.tripadvisor.com (online travel guide)
SRASstudents.org (Moscow City Guidy)
http://www.letsgo.com (on-line travel guide, check out the "HotLinks" button)
http://cnn.com/WEATHER/ (daily weather forecasts)
https://www.roughguides.com/ (travel guide)
https://nolesabroad.international.fsu.edu/ (FSU International Programs blog with articles from former program participants)

USEFUL APPS
Google Translate (instantly translates words, phrases, and web pages between English and over 100 other languages)
Dark Sky (With down-to-the-minute forecasts, you’ll know exactly when the rain will start or stop, right where you’re standing)
Mobile Passport (authorized by U.S. Government to get through customs upon your return to the U.S. Allows you to use the dedicated mobile passport line in 21 participating airports).

(Note: Florida State University is not responsible for the content of external internet sites.)

Connect with International Programs on social media
International Programs Facebook
International Programs Twitter
International Programs Instagram

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