
Global Education Office
Reves Center for International Studies
The College of William & Mary



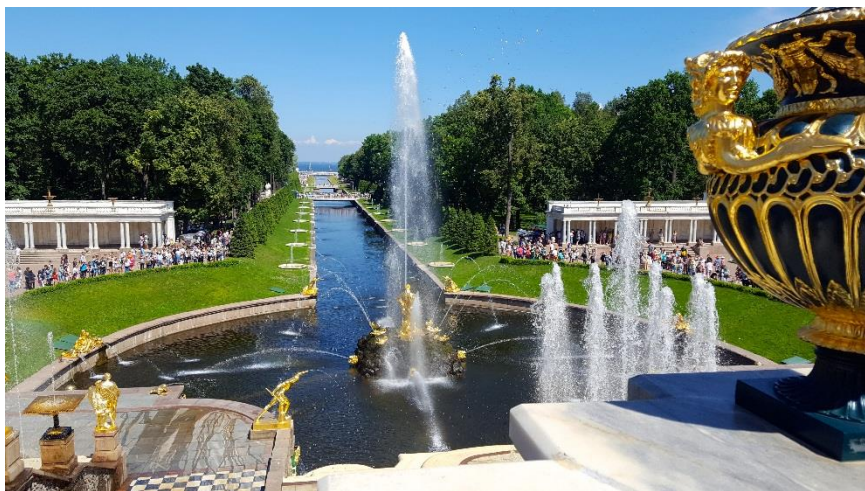
PHOTO COURTESY OF SASHA PROKHOROV

ST. PETERSBURG SUMMER HANDBOOK

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William & Mary St. Petersburg



Visa Information and Budgeting

TRAVEL DOCUMENTS

Passport

- You should apply as early as possible before departure to secure your passport through a Passport Agency (found in major cities), a local issuing office, a Federal or State Court House, or a Class I Post Office. Start the process early so that there will be plenty of time to resolve any problems that may arise. If you will be using your current passport, make sure that it is good for six months after your return to the U.S. If it is not, you will need to renew it.
- Guidelines on renewing your passport or applying for a new one can be found at:
<https://travel.state.gov/content/passports/en/passports.html>



Visa

- The PD will provide guidance on the visa application process in the one-credit preparatory course during the spring semester prior to the program. Please familiarize yourselves with the official process outlined below, but do not begin the application process until instructed to do so by the PD.
- For a description of the visa application process, go to the Russian Embassy web site: <http://www.russianembassy.org/>. Hover over Consular Issues, Visas, and then click on “business visas.” Please visit <http://www.russianembassy.org/page/important-visa-information> for more information on Russian visas. **Applying for your visa is the most stressful part of planning a trip to Russia, so the sooner you familiarize yourself with the process, the better.**

Health Notice

- An HIV Test (AIDS) Certificate (an HIV test) will be required. You must present a recent (less than a six months old) AIDS-certificate stating that you are HIV negative. Such certificates can be obtained at your local hospital/doctor, or from the student health center on campus.

Staying in Russia for another program in the fall?

- Students planning on participating in another study abroad program in the fall semester AFTER the St. Petersburg summer program will need to leave Russia to apply for a new visa to cover the period of study for the second program. Please discuss options with the program provider for the fall program.

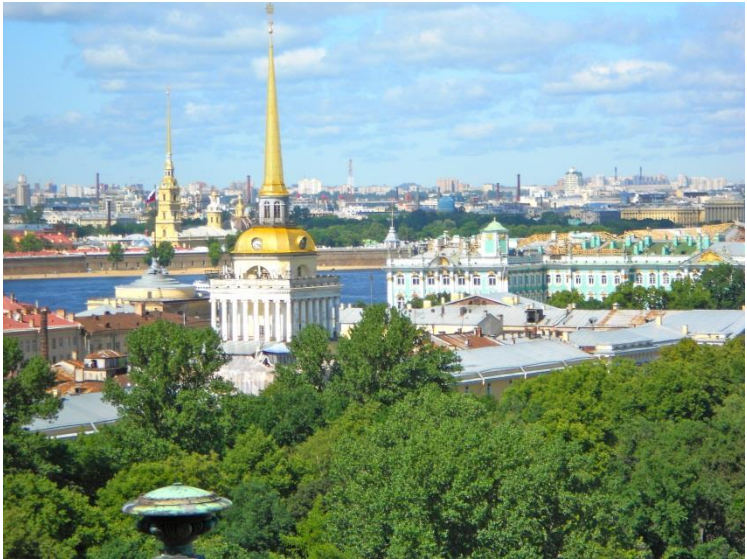
BUDGET

- Your budget for incidental expenses will depend on your personal taste/extravagance and the amount of independent travel you intend to do before or after the program. Judging from the experience of past participants, unless you are planning to stay after the end of the program, or you plan to spend most evenings at clubs, \$750-\$1000 should be sufficient for your basic personal expenses. Most 2012 participants stated that they used roughly \$1,000 while in Russia, and that the cost of food added up quickly. Most everyday expenses (e.g., lunch, snacks, public transportation, books, etc.) will be appreciably cheaper in St. Petersburg than in Williamsburg. But evening entertainment can be approximately as expensive as it is in a big city in the US.
- If your pre- or post-program travel plans include travel in Russia, you should notify the Program Director as soon as possible before you apply for your invitation and visa. Study your guidebooks carefully to get a sense of the cost of intercity transportation, reasonably priced hotels and restaurants in the cities you plan to visit. Check with your student travel agency for good prices on rail travel passes to use for personal travel.

How will you fund your program?

Sources:	Amount:	When Available:
Scholarship(s)		Varies by deadline, Reves scholarships will reduce your total balance due. You will find out if you've been awarded a Reves scholarship by the end of February. Please apply separately for the Tepper Funds that are available for Russian and East European summer programs.
Financial Aid (Loans, grants, through W&M)		First day of classes on campus or the first day of the summer program, whichever is LATER .

Savings		
Parental/Guardian support		
Other		
Total		



Traveling to St. Petersburg

NOTE: You are responsible for your own travel arrangements to and from Russia. It is advised that students travel in pairs, if not larger groups. Use the Blackboard site and share flight information, or plan travel arrangements during the one-credit course.

AIRPORT PICK-UP

Airport transfers are arrangements to and from St. Petersburg

All students will be met at the airport by a Herzen University representative in St. Petersburg and taken to individual host families. The Director will announce his travel plans as soon as possible to facilitate coordinating travel. Please inform the Program Director of your travel plans as soon as you purchase the tickets.

Please schedule your travel so as to arrive in St. Petersburg on June 17. **As flights from the U.S. to Europe are overnight, this means leaving the U.S. on June 16.** The program officially ends July 29 (i.e. you will need to leave by July 29 or make arrangements for your own housing for that night and beyond). If you plan to stay in St. Petersburg after the program ends you will be responsible for organizing and incurring all additional housing and food costs.

After you arrive, remember to call or email your family to let them know you have arrived safely. This will not only save them from worry, but also will help the Global Education Office and St. Petersburg State University from receiving panicked phone calls regarding your whereabouts. Students should email the program director once they arrive.

Coursework

A list of textbook requirements and syllabi will be distributed in advance of the program. For more information, contact the program director.

During your stay in St. Petersburg, you will study at:

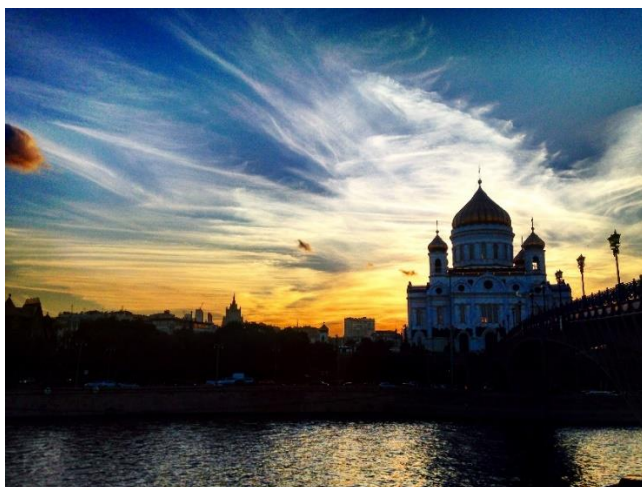
Herzen University

Moyka embankment, 48 Saint Petersburg Russia 191186

Tel: +7-812-314-76076

[HTTPS://WWW.HERZEN.SPB.RU/EN/](https://www.herzen.spb.ru/en/)

Welcome to the Herzen State Pedagogical University of Russia, St. Petersburg. We shall be glad to see you in one of the oldest and largest universities in Russia, which combines features of the classical Russian education with all the dynamism of the ever-developing world educational continuum. **In 2018 the Herzen State Pedagogical University of Russia entered the Top 50 of the first ranking of the best Russian universities for the quality of graduate education according to the Forbes magazine.**



Today the University comprises 5 institutes, 21 faculties, 3 affiliations in the towns of Volkhov, Vyborg, and Makhachkala, over 130 departments, 3 research centers, 27

educational and cultural centers including the Linguistic Center, the DAAD Resource Center, and the St. Petersburg School of Conference Interpreting and Translation. All departments work in close cooperation with the University's over 25 research centers and laboratories, including: the Physics Research Institute, the Continuing Education Research Institute, and the General Education Research Institute.

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Alongside the training of highly qualified teachers for universities and secondary schools, Herzen University offers a broad range of non-teaching specializations, allowing it to fit into the category of traditional universities. The university admits students to 57 educational programs integrated in 10 groups (32 Bachelor's programs, 2 Specialist programs and 23 Master's programs). The university offers programs in Arts & Humanities, Engineering & Technology, Life Sciences, Natural Sciences, and Social Sciences. The latest achievements in the spheres of education management and economics, juvenile justice, etc. form the foundation of the training programs for psychologists, economists, lawyers, managers, IT specialists and quality control managers. Still, the teacher-training programs remain the priority for Herzen University. Through its history the university has been and remains the largest innovative teacher-training center in Russia, turning out highly professional educators.

Website: <http://eng.spbu.ru/>

CLASSES AT HERZEN UNIVERSITY

Courses on this program focus on understanding modern Russia and include:

One semester of college-level Russian is required for this program. We strongly recommend students to complete at least two semesters of college-level Russian by the time the program begins. Students are required to register for the 1 credit RUSN 393 course "Study Abroad and Research in Russia" in the spring.

Excursions & Activities

OFFICIAL AND PERSONAL TRAVEL OPTIONS

Excursions are an integral part of the summer abroad program in St. Petersburg. In the past, the program has gone on excursions to areas such as the Kremlin and the Armory, Peterhof, and the Hermitage. Your Program Director will know the specifics as to the excursions for this year. Please note that there will be a week-long excursion to Moscow. The PD will also arrange some evening visits to a number of special events, such as concerts, ballet, operas, etc., depending on ticket prices. Students should apprise themselves of the offerings at local theaters, such as the Mariinsky Theatre, and take advantage of their offerings on their own as well.



THE MARIINSKY THEATRE (PHOTO BY ALBERT KNUTSSON)

Housing and Meals

HOUSING

Student accommodation will be in homestays with local Russian families. Most homestays provide students their own rooms. Homestays offer multiple opportunities to speak and hear Russian and to learn about Russian life and culture. Generally, each family accepts a single student, although in very large groups students might be asked to double up. Laundry will be included in the homestay price.

MEALS

Homestays guarantee breakfast and dinner (lunch may be purchased at the university cafeteria or at local cafes). We will ask you to indicate your preferences regarding smoking, pets, children, roommates, etc., and every effort will be made to find housing that suits your individual needs. If you will not be home for an evening dinner at your homestay, please be sure to let your host-family know in advance.

Note: In keeping with the policy of the W&M Office of Residence Life, the Reves Center does not offer housing for the family of any students participating in W&M-sponsored study abroad programs. Also, family members or friends may not participate in any program activities or excursions. If you have family or friends who want to visit you while abroad it is recommended they do so after the completion of the program.

Communication

The GEO provides local cell phones for all students on William & Mary summer programs with *homestays*. Students that are not participating in a program with a homestay are responsible for researching and arranging their communication plan.

PLACING INTERNATIONAL PHONE CALLS

See the “Handy Information” section for a time zone conversion chart before you call!

Calling Galway from the United States: Dial 011 +-353-91 + Local Number

Calling the United States from Galway: Dial 00-1+area code + phone number.

Emergency Numbers

Police: 112 or 999

Medical Emergencies: 112 or 999

Fire: 112 or 999

Health & Safety

IMMUNIZATION

Before traveling to Russia, students are advised to get booster shots for diphtheria, polio and tetanus. To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect. Students are also required to get an HIV blood test and provide an original HIV certificate with their visa application (although this is subject to change by the Russian government). This should be taken within 3 months of submitting the visa application. The main health concern for visitors to St. Petersburg, however, is *giardia lamblia*, which can be contracted from tap water. To avoid *giardia*, you should use only bottled or boiled water to drink or brush your teeth. Symptoms of *giardia* are diarrhea, stomach cramps and gas, and it is treated with Metronidazole (called Trikhapol (Триханол) in Russian), 200 mg three times a day for 14 days.

For current information concerning recommended protection against communicable diseases for those planning to travel abroad, you may check the Center for Disease Control's website at: <http://wwwnc.cdc.gov/travel/destinations/russia.htm> If you prefer to talk to someone in person about the currently recommended immunizations, you can call Travel Health of Williamsburg at 757-220-9008 (located at 287 McLaws Circle), or consult with a physician in your area who has some expertise concerning immunizations for international travel.

Travel & Country Information

We encourage all students to research their study abroad destination. The State Department has important information available online. Be sure to read up on Russian history, culture, and current events before your arrival, as well. Knowing as much as possible about where you are going will not only make you more comfortable during your time in the country, but will also allow you to talk more knowledgeably with your host family and new friends.

We strongly recommend that you register your travel plans with the U.S. State Department at this website:

<https://step.state.gov/step/>

This will help the State Department contact you if there is a family emergency in the U.S., or if there is a crisis where you are traveling. On this website you can find information ranging from geographic and political descriptions of the country, to special health and safety announcements.

St. Petersburg



Photo Credit: Tucker Cole ('11)- The Winter Palace

ST. PETERSBURG is a city and a federal subject located on the Neva River at the head of the Gulf of Finland on the Baltic Sea. The city's other names were Petrograd (1914–1924) and Leningrad (1924–1991). It is often called just *Petersburg* and is informally known as Piter.

Founded by Tsar Peter I of Russia on May 27, 1703, it was the capital of the Russian Empire for more than two hundred years (1713–1728, 1732–1918). Saint Petersburg ceased being the capital in 1918 after the Russian Revolution of 1917. It is Russia's second largest city after Moscow with 5.132 million inhabitants, and sixth in Europe after Moscow (15m), London (12.875m), Paris (9.638m), Istanbul (9.413m), and The Ruhr, (7.3m). Saint Petersburg is a major European cultural centre, and an important port on the Baltic Sea.

Saint Petersburg is often described as the most Western city of Russia. Among cities of the world with over one million people, Saint Petersburg is the northernmost. The Historic Centre of Saint Petersburg and Related Groups of Monuments constitute a UNESCO World Heritage Site. Saint Petersburg is also home to The Hermitage, the largest art museum in the entire world. Russia's political and cultural center for 200

years, the city is sometimes referred to in Russia as the *Northern Capital*. Over its history it has also been referenced as "the Venice of the north" and the "Northern Palmyra". A large number of foreign consulates, international corporations, banks and other businesses are located in Saint Petersburg.



Reflections from a Past Student

Describe your arrival at the airport and your means of transportation to your home stay, apartment or institution. If your arrival and transport was not typical for the rest of the group, explain that as well.

Upon my arrival at Pulkovo Airport, a representative from St. Petersburg State University picked me up. The man was holding a sign with my name on it. He helped me carry my luggage to the University's van and drove me to my homestay.

Where did you eat most often, and what was the food like? If you ate with host family; write about the customs of the family meal, and foods that were typically served.

For breakfast and dinner students typically ate at their home stays. For lunch, students ate at the cafeteria in the building of the university, where our classes were held. On the weekends, students still ate breakfast and dinner with their host families, but often got lunch at local restaurants, while out exploring St. Petersburg. Host families serve typical Russian foods like blini, pirogis (varenyky), meat, rice, mayonnaise-based salads. However, you can tell your host family what food you can or cannot eat. Most host mothers were very good about adhering to our preferences. Sometimes we would eat as a family, other times my host mother would serve us without her eating. Meal customs are very similar to those in the United States.

Did you have a budget, ways to get cash and approximately how much did you spend?

My budget or spending money was \$1500. Many students spent below this, while I spent roughly \$1200 on transportation, some food, souvenirs, shopping, going out, etc. Credit cards are extremely difficult to use in St. Petersburg. It is much easier to pay in cash. I recommend taking a Debit Card and withdrawing cash at ATMs that have good withdrawal rates, like Sberbank.

How did you do laundry?

Some host mothers did laundry for their students. However, most of the homestays are located near dorms for St. Petersburg State University, where there is a Laundromat. You take a bag of laundry and there is someone who does the laundry for you. You come back in an hour or two, depending if you want your laundry dried, and pick up your laundry. For a load of laundry it costs roughly \$8-\$10.

Describe any academic differences or similarities to your regular classes at W&M. Describe any classes taught by the host university instructors: what criteria were used for grading (exams only? class participation?, etc.), attendance policy, course difficulty, were professors accessible outside of class time, typical class size, etc.

The classes taught at St. Petersburg State University were very similar to those taught at William & Mary. In the classes taught by the Russian professors attendance was mandatory and expected. We were graded based on attendance, participation, and a final oral exam. The classes were similar in difficulty to those taught in the Russian Department at William & Mary.

Describe your access to the internet and computers. Did most students bring laptops? Did you use any electrical adaptors, and if so, from where did you acquire them?

Every student on our program brought a laptop. We purchased internet modems from a cell phone company called "Megafon". We bought an amount of gigabytes of high speed internet that allowed us to use internet anywhere we went. The modems are reloadable.

We also used electric adaptors. I purchased mine at RadioShack.

Describe excursions organized by the program, including places visited, their frequency, and your interest in them.

While in St. Petersburg we had daily excursions to different sites in the city. We toured the Hermitage Museum, the Kunstkamera Museum, Alexander Nevsky Monastery, and many other places.

We also traveled to Moscow for an overnight weekend trip, a day trip to Novgorod, a day trip to the Catherine Palace, and to the Summer Palace.

What was the weather like? What types of clothing did you need?

In June, upon our arrival, the weather was cooler in the 50s to 60s Fahrenheit. During this weather, we often wore jeans and needed a jacket or sweater. In July the weather was extremely hot, up into the high 80 degrees Fahrenheit. Most buildings are not air conditioned, so the month of July was extremely hot. Boys continued to wear pants, while girls wore either dresses or skirts.

What advice can you give students on packing? What do you wish you had brought from home and/or what can be purchased in country?

Pack lightly on the clothing, in order to leave room in your suitcase for souvenirs. Jeans, a jacket, short and long sleeves are a must. Matroshka, vodka, and postcards are interesting souvenirs to bring home.

What things did you do during your free time?

During our free time, students relaxed on the canals near our homestays. We often toured other places in the city. We also shopped and some went to the movies.

Describe your everyday life during the program or typical schedule during the week.

We began every day around 9 am with breakfast. We took the bus to class, which began at 10 am. We had class until 1 pm, when we took a break for lunch at the university's cafeteria. At 2pm we again had class until 3:30 pm. After class students explored St. Petersburg or took the chance to relax. On the weekends, days were filled with excursions and field trips.

Describe any opportunities you had to meet locals or immerse yourself in culture outside of program activities.

While studying at St. Petersburg State University, we wrote papers on a "Cultural or Historical Site of Memory". This project gave us the opportunity to interview locals and collaborate with journalism students of St. Petersburg State University. We also interacted with locals at restaurants and clubs.

How did you stay in touch with family and friends back home?

Our internet modems and computers enabled us to Skype family and friends back home. It was also possible to use an international calling card on our Russian cell phones.

What else is helpful for someone to know if they go on this program?

I believe these questions and the St. Petersburg Student Handbook cover the basics and more about studying abroad in St. Petersburg.



Contact Information

GLOBAL EDUCATION OFFICE CONTACTS

You may call the Reves Center and its advisors at the numbers below between 8am and 5pm (Virginia time), Monday through Friday. In case of an emergency that falls outside of these times, please call William & Mary Campus Police at + 001(757) 221-4596. Campus police will then forward your call to the correct person or office.

GEO Advisor: Laura McDonald (lbmcdonald@wm.edu) +001 (757)221-2003
Reves Center for International Studies
College of William and Mary
P. O. Box 8795
Williamsburg, VA 23187-8795
Fax – (757) 221-3597

*To call the U.S. from abroad: 001+ (Area Code) + phone number

HERZEN UNIVERSITY

Host Institution – contact

Centre for International Education,
Herzen University

Moyka emb., 48 Saint Petersburg Russia 191186
Tel: +7-812-314-76076

U.S. Consulate General in St. Petersburg

15 Ulitsa Furshtatskaya
St. Petersburg 191028, Russia
Tel: +7 (812) 331-2600, fax: +7 (812) 331-2852
(Saint Petersburg is 8 hours ahead of Washington)

American Citizen Services

15 Ulitsa Furshtatskaya
St. Petersburg 191028, Russia
Tel.: +7 (812) 331-2600, fax: +7 (812) 331-2646
Emergency telephone: +7 (812) 331-2600 (24 hours)
E-mail:
StPetersburgACS@state.gov