

## Academic Calendar Fall 2018 – Spring 2019

A semester in VSUES lasts for 16 weeks.

### Fall 2018

Semester start: September 10, 2018  
Semester end: December 28, 2018

### Spring 2019 (Tentative)

Semester start: February 4, 2019  
Semester end: May 24, 2019

### National holidays

February 23  
March 8  
May 1  
May 9  
November 4  
December 31 – January 8



- 1 - main entrance, medical center  
Lotus
- 2 - international office
- 3 - students' dormitory #2
- 4 - students' dormitory #1
- 5 - dormitory administration
- 6 - School of foreign languages
- 7 - Underground theatre
- 8 - Champion sport complex
- 9 - International school, PIHMS restaurant
- 10 - Japanese stone garden
- 11 - Gogolya bus stop
- 12 - Studencheskaya bus stop

Important documents

## Visa ( Russian: Виза)

Apply for and receive a single-entry visa at a Russian Consulate or visa center in the city indicated in invitation as a “place of visa issue”. The visa is valid for 90 days only. It lets you enter Russia only once.



## Migration card (Russian: Миграционная карта)

Migration card is an identity document in for foreign nationals that you receive at the passport control on your entrance to Russia. This document has to be presented to get the registration and show at the passport control when you leave.



*Upon arrival please check, that you received the migration card at the passport control.*

## Registration (Russian: Регистрация)

Registration is a form of migration control within Russia. Every international passport holder must be registered within 3 working days after arrival to Russia.



In case of a damage or a loss of any your documents, immediately come to the Protocol, Visa and Registration Office of VSUES (office 3402) and notify your advisor.

## Medical insurance

Program coordinator will help you to issue a medical insurance on your arrival to Russia.  
Insurance for a semester: 2100 rub.  
Insurance for a semester: 3100 rub.  
Students can bring the insurances from the country they live in.



In case of medical emergency (e.g. acute pain, trauma) immediately contact your program advisor.

Your program advisor will help you to get necessary medical certificates for dormitory. It includes chest X-ray test and dermatologist medical examination. For students' convenience there's a medical center on campus.



## Steps you take before you leave

- Please check Russian customs regulations and your airline luggage regulations;
- Please refill your mobile and internet accounts in case urgent communication will be needed;
- It is highly recommended to bringing at least one credit card with which you can withdraw cash. Master Card and VISA are usually accepted across Russia. Please, inform your local bank in your home country about your plans to stay in Russia to avoid blocking the use of your cards at overseas ATMs.

### What to take with you

- Valid passport with visa.
- Medical insurance, chest X-ray (if you have).
- Enough cash for the first days. ATMs may not always work when you need them.

Russian electric outlets take round 2-pin Euro plugs with 220V current. Bring an adapter if needed.



If you take any prescription medication, be sure to bring enough of it for the entire duration of your trip.



Clothes to wear during cold period. In Vladivostok cold period starts in November and ends in March. Average temperature during winter is about -12 °C, but strong winds make it feel like -20 °C.



## Housing

Participants of the program live in a student's dormitory. The dormitory is connected to the main university buildings by way of an escalator. Each section in the dormitory includes two twin rooms, two lofted beds or two beds. The section includes a bathroom and a kitchen. The room contains the following furniture:

- 2 chairs
- 2 desks
- 2 tables
- book shelf
- 2 wardrobes

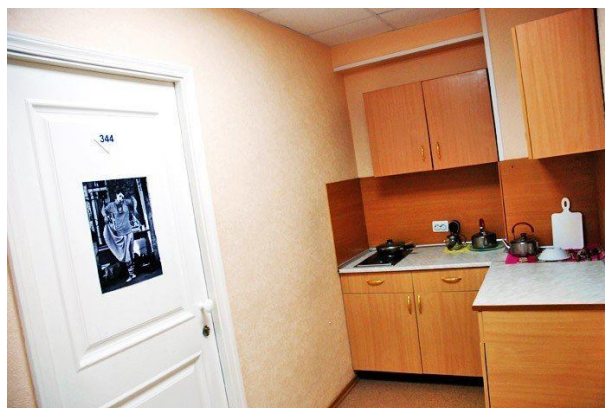
Exchange students pay for the dormitory room with card only.

The room also contains a countertop and cabinets for food and a compact refrigerator.

Laundry with washing machines and clothes dryers are located on the basement.

Blankets and linens for the beds are available to students who live in the dorms. Every Wednesday, bed linen can be exchanged for fresh one. There is also a laundry service that operates five days per week. The cost is 50 RUB per bag of laundry.

VSUES takes security rather seriously for the dorms. Only students who actually live in the dorms are allowed inside. A security turnstile at each entrance must be used for both leaving and entering, where the student ID badge can be scanned to unlock the turnstile.



**Average price list of goods**





Pack of rice ≈ 80 rub.



Noodles ≈ 50 rub.



Bread ≈ 35 rub.



Milk 1 L. ≈ 70 rub.



Tomatos 1 Kg. ≈ 120 rub.



Chocolate bar ≈ 80 rub.



Bananas 1 Kg. ≈ 90 rub.



Water 5 L. ≈ 70 rub.

## Meals on campus

Students have different options for meals. They can find different cafes and cafeterias on campus with traditional Russian and typical Asian dishes. The average cost of a proper meal, which consists of a first and second course, salad, dessert and beverage, is 200 RUB. The average cost of a proper meal may cost 400-500 RUB. Students also have an opportunity to cook in the dormitories in the shared kitchens.



Local Cuisine

Seafood, Ussuri taiga gifts and many imported goods from Asian countries are the brand identity of the region. In Vladivostok you can find restaurants specializing in serving raw and cooked seafood, Russian traditional dishes, Far Eastern food and local products.



Vladivostok has Pan-Asian cuisine restaurants where people can try dishes of every Asian cuisine at once. Korean starter kimchee, Japanese soup miso, Chinese spareribs in sweet and sour sauce can be easily in menu of numerous city cafes and restaurants. All variety of world cuisine is represented in Vladivostok: Ukrainian café, Uzbek café, Caucasus restaurant, Singaporean dumpling café, Vietnamese restaurant, Japanese sushi bars, Korean restaurants and Chinese restaurants, European pizzerias and Coffee bars, confectionaries and baker's shops.

### Off campus

Follow basic precautions that would apply to living in any big city:

- Always have a passport with registration and migration card in case if police stops you.
- Watch out for pickpockets in crowded places.
- Keep an eye on your luggage in a public transport.
- Store your valuables (money, credit cards) in a wallet in zipped pockets (on clothes or in a bag).
- Do not react to verbal abuse/invitations.



### Sending parcels

If somebody sends you a parcel, please follow some advice to avoid the parcel to be stuck at the customs office. The customs office is situated in a different city, so the student has to go and take it by him/herself.

- Do not mark on the parcel that it contains any kind of medicine (including vitamins).
- Do not value the parcel too expensive, since you are allowed to receive parcels totaling to 1000 Euro a month.



## Contacts

<b>University Address</b>	41 Gogolya str., 690014, Vladivostok, Russia Office 3403
<b>University Web Site</b>	<a href="http://eng.vvsu.ru/">http://eng.vvsu.ru/</a> <a href="http://cn.vvsu.ru/">http://cn.vvsu.ru/</a>

### International Academic Mobility Office

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