



JOINING INSTRUCTIONS 2015/16

Welcome to the «Russian International Olympic University» (RIOU). We have designed this document to provide you with all the information you will need to successfully join the University and to make your stay in Sochi comfortable and pleasant. It is a unique Russian city where the lush subtropical vegetation and the warm sea are close neighbors to snow-capped mountains. Sochi is called the summer capital of Russia. We look forward to meeting you and wish you all the best with your studies.

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add Russia (+7) and Sochi (862) codes
miya@olympicuniversity.ru

Recommendations. Practical tips.

(Please find more information at www.en.russia.edu.ru)

1. ID and other documents

Russian and international students are required to present their documents to the University to be enrolled for the MSA course. Please make sure to bring master copies (originals) of your:

- Passport (valid for at least two years), student visa;
- Migration card (issued during the flight in an airplane or at the airport; must be filled out by the student, stamped by frontier guard at the airport immediately upon arrival in Russia);
- It's better to translate into Russian and notarize your passport and educational documents in Sochi. The cost of the notarized translation of the passport in Russia is about 40 USD, educational documents - 60 USD;
- Legalized Diploma (certificate of Higher Education) and supplements;
- 4 photos of size 3x4.

2. Migration Regulations. (Sample of the Migration Card attached)

The migration card is a document which contains the data about a foreign citizen arriving in the Russian Federation, and also serves for the control of his temporary sojourn in the Russian Federation. It is a mandatory document for further registration of the student and, consequently, is an important document. It is important to carefully preserve the migration card before leaving Russian Federation.

Migration card forms are issued free of charge to the foreign citizens entering the Russian Federation by representatives of transport organizations (operating personnel of long-distance trains, airliners, sea and river vessels, etc.)

The migration card is completed in Russian. It can also be completed in Latin letters corresponding to the data contained in the passport or another identification document. Both parts of the migration card should be filled in.

Migration card consist of two parts: «A» and «B». While passing through the state border checkpoint, Part «A» of the migration card is left with the Frontier Service officials and Part «B» is returned to the foreign citizen. On the reverse side of Part «B» of the migration card the border checkpoint officials must put a mark of entry to the Russian Federation.

In case of a damage or a loss of a migration card you are obliged within 3 days to notify the nearest office of Federal Migration Service. On presentation of the documents, on the basis of which you have entered Russia, you'll be given a duplicate of a migration card.

3. What Is Registration?

Registration grants the foreign citizen legal right to stay in the territory of the Russian Federation for the registration period. Usually the registration period covers one year. On arrival to the University students must present the required documents for registration within 3 days, including the day of arrival. Duration of registration makes 10-15 days (in RIOU campus apartment – 1 day).

4. How Much Baggage You Can Bring? What Things Should Be Taken to Stay in Sochi?

Please check your airline baggage policy before leaving your country. There may be some size and weight limitations that you need to be aware of to avoid additional expenses. We recommend taking only the most necessary things. Everything else you can buy here.

5. Dress Code for Classes and University Ceremonies.

Dress code for classes is smart casual and smart ties for University ceremonies.

6. Some Important Rules of Residence of Foreign Citizens in the Russian Federation:

- Medical insurance

Foreign citizens temporarily residing in the Russian Federation are obliged to have health insurance. For more information, please see the Health care and Safety paragraph below.

- If you lose your passport

If you lose your passport, a foreign student must immediately inform the administration of the University and the Embassy of his country in Russia.

- If you need to travel abroad

If you need to travel abroad (to your home country during the holidays, for family reasons) foreign citizens must apply to the administration of the University for getting visa.

- After graduation

After graduation from the University foreign citizens must leave the Russian Federation within the period specified by the administration, i.e. before 4 July 2016.

7. Accommodation on campus.

Here we provide answers to the frequently asked questions regarding campus accommodation.

- Price for accommodation (**The scholarship covers living expenses**)

The special price for the Vladimir Potanin Foundation scholars is 750 USD per person per month (in an apartment shared by 2 students). Please note, that you are expected to stay at the campus apartment hotel for all the period once you arrive in Sochi, otherwise the University won't be able to provide you with official registration with local migration authorities. All international visitors need to be registered with the migration authorities according to the Russian Legal Regulations. The rooms in the apartment hotel will be booked for you from September, 13.

Earlier booking is possible starting from September, 11. International students who need visa to enter Russia will not be able to arrive in Sochi before September, 10 as your visa is valid from this date.

Please contact Iya Macharadze at RIOU (miya@olympicuniversity.ru) to confirm about your arrival date.

- **With whom will I stay in the student apartment?**

If you choose campus accommodation you will be sharing a room with another student. Please find the room photos here: <http://brevis-apartments.ru/> and in attached files (1- 6).

- **Does the apartment have a complete kitchen? Will it be possible to cook?**

Yes, there is a kitchen and you can cook there.

- **Does the apartment have a washing machine?**

Yes, there is a washing machine. It can be used free of charge.

- **Do I have to take linen?**

Linen will be provided for you.

- **How far are the apartments from the University?**

Apartments are really very close to the University, in the adjacent building.

8. Useful contacts at RIOU:

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9. The MSA Course Calendar (please find attached).

Your course starts with the Induction week. Students are expected to arrive in Sochi between 12 and 13 September to be able to participate in the induction week starting 14 September. Please note that participation is compulsory for all students. You will receive the induction week program later in a separate message.

Classes will normally start at 9.00 am and finish not later than 6.30 pm. Duration of one class is two academic hours of forty-five minutes each. Please be aware that there will be regular attendance checks.

10. How to get from the airport / railway station to the campus?

By Lastochka Train

From Airport to Sochi:

12:40, 13:50, 15:30, 17:40, 19:00, 21:00

For more information please visit the website <http://eng.rzd.ru>

The train arrives at the railway station in Sochi. To get to the University from the station you can either take taxi or use marshrutka (public mini vans) No. 1, 3, 19, 37, 41, 43, 83, 86, 92, 95. Bus stop for the University is «Organniy Zal» (previous name «Stereo»).

By Taxi

On the territory of the airport you can find some official taxi companies working 24/7. You can order a taxi directly from the front, located in the baggage claim terminal of the domestic flights or in advance by phone:

- Red taxi Tel.: +7(862) 290-00-00
- Voyage Tel.: +7(862) 240-44-44
- Troika Tel.: +7(862) 233-33-33
- Kopeika Tel.: +7(862) 200-20-20

Sochi Car Rentals

- Avtoprokat-Yug Tel.: +7 (918) 509-10-10
- Avtodar Tel.: +7 (918) 903-09-09
- Arenda avto Tel.: +7 (938) 440-99-4
- Tropicana Tel.: +7 (918) 905-58-68 www.avto.tropicana-sochi.ru
- Aton Tel.: +7 (862) 296-00-20

There is a company which can communicate with you in English and arrange transfers from Airport to campus. It is called «Riviera Sochi», Tel/Fax: +7(862) 269-44-20 (multiline), 264-53-54, 264-58-59. If you want to book a transfer please write an e-mail request to galina@rivsochi.ru with the details of your flight: flight number, date and time of arrival, your First Name and Last Name. It is advisable to check their service prices before you make your booking.

By public transport

Buses No. 105 or No. 105c run between Sochi and Adler (Airport) stations. Bus stop for the University is «Hotel Sochi».

The University will not be arranging transfers from the airport. However, we will need to know your arrival details. Please make sure you inform Iya Macharadze about your arrival details at miya@olympicuniversity.ru

11. The University address.

Sochi, Ordzhonikidze St., 11. (Location map attached)

12. Climate, religions, cuisine.

Sochi has a subtropical climate. In summer, the weather is hot. In winter, the weather is humid and rainy. To stay in September-October it is worth to take a light jacket, jeans, socks, sport shoes. In November-December-January you will need a warm coat, a sweater, trousers, boots, hat and gloves. In March-April, a light jacket, jeans, boots.

Sochi is a multicultural area inhabited by Russians, Armenians, Ukrainians, Circassians, Georgians, Greeks and other ethnicities. Russian is the official state language but you may overhear people speaking other ethnic languages too. English is not widely spoken; you may find it useful to learn some basic Russian therefore. Please find contact details of some language schools below in the Useful Information Section.

Caucasian cuisine is very popular in the city. Caucasian cuisine is, first of all, meat, vegetables, herbs, spices and red wine. There are different restaurants serving Mediterranean, Russian, Caucasian, Japanese and other food.

For more information please visit the official webpage of the city of Sochi www.english.sochiru.ru
Some panoramic photos of Sochi can be found at www.pangorod.ru/?lang=en

Financial Information

• About the currency. Where to change money?

The only currency accepted in Russia is the Russian ruble. So we recommend bringing cash in rubles or bringing cards/credit cards to withdraw money from ATMs. It is also advisable to bring cash in US Dollars/Euro which can be exchanged at exchange points all over the city.

Exchange rates can be found on the website of the Central Bank of Russia <http://www.cbr.ru/eng/>

• Banks

If required you can open a bank account after the completion of the registration process. It usually takes about 10-15 days. Here we give you details of some banks located near the University:

Raiffeisen Bank International - Kurortniy Avenue 73, www.raiffeisen.ru

Rosbank - Konstituciya St., 18, www.rosbank.ru/en

Alfabank - Uchitelskaya St., 3, www.alfabank.com

Sberbank – Voikova St., 2, www.sberbank.ru/en

There are many more banks in Sochi. Their contact details are available in Internet.

• What are the average monthly expenses of a student in Sochi?

Expenses in the first month of stay in Russia as in any other country are usually higher than in the subsequent months.

We estimate that you will need between 200 000-280 000 RUB (that makes about 3500 – 5000 U.S. dollars) to cover your living costs for the period of your study. **RIOU does not provide meals.**

Health Care and Safety

• **Medical Insurance. Rules for the provision of medical assistance to foreign citizens on the territory of the Russian Federation.**

Emergency for the foreign citizens is rendered free of charge and without delay. Planned medical assistance is provided on paid basis.

International students **will need to buy Medical Insurance in Sochi**. The most convenient and much more cost-efficient form of access to the paid medical assistance is to buy a policy of Voluntary Medical Insurance (VMI). According to the law foreign students have to pass additional medical examinations for the registration purposes. These are covered by the VMI. On the average a one-year Insurance costs about 20 000 rubles (nearly 360 U.S. dollars). It includes mandatory medical examination: an HIV test, an examination by a psychiatrist, a drug test, and get a chest X-Ray.

Please note, that you will be required to have a medical insurance. This is obligatory and this is general practice for absolutely all international students in Russia.

Once you arrive in Sochi you are required to contact the insurance company and to buy your VMI covering life and health insurances. The University staff member will arrange the communication process with the insurance agents. Please make sure to submit a copy of your VMI certificate to Iya Macharadze before 20 September.

For information of Russian students

Russian students are required to submit copies of their existing medical insurance certificates to Iya Machradze before 16 September. Upon your arrival to the University you are also required to submit a valid chest X-ray result.

• **Is there a disease with which a foreign student cannot come to study in Russia?**

Yes, there are such diseases. List of communicable diseases that constitute a danger to others and are the basis for denial or annulment of temporary residence permits to foreign citizens in the Russian Federation can be found at www.en.russia.edu.ru/faq/2579

• **Personal safety of foreign students**

By international standards Russia is a safe country with low levels of violence and street crime. However, as a visitor, you need to be aware of the types of situations that may put you at risk and what you can do to avoid them. Should you have the misfortune to be involved in any incident involving theft or personal attack, report it as soon as possible to the police. The police have a duty to protect all citizens and can be safely approached.

Some general safety rules for your attention:

- Try not to leave the territory of campus late in the evening. If you are late back to the campus, it is better to get a taxi.
- Women are advised not to walk alone after 11 pm.
- Do not bring large amounts of cash.

- Do not contact with suspicious people.
- The main thing is to observe the laws of the Russian Federation and the rules of conduct in public places.
- Do not drink alcoholic drinks or smoke in public places (beer drinking and smoking in public places is punishable by a fine).
- Observe the rules of dwelling in a campus during stay.
- Avoid street lotteries, slot machines, casinos.

• **Police**

If against you there was committed a theft or aggression, first of all it is necessary to inform the law-enforcement bodies about the incident. It is necessary to draw up a report, in case of a theft the report should contain the list of stolen belongings and their approximate value. While driving you have got into a traffic accident, it is necessary to wait till officials of the State Inspection of Road Traffic (Gosudarstvennaya inspektsiya bezopasnosti dorozhnogo dvizheniya) or GIBDD will arrive to draw up a report at the occurrence location.

In the case of a contingency, concerned with a threat or aggression on you from other persons, a traffic accident, an arrest by local law-enforcement bodies, you should inform about it embassy or consulate of your country in Russia without delay. You have a right to demand from the law-enforcement bodies to afford an opportunity to contact with the nearest consulate or to send an advice note about the fact of an accident.

• **Emergency phones**

- 01 Fire
- 02 Police
- 03 Ambulance
- By dialing 112 from your mobile phone. This call is free of charge but should be used only in an emergency.

Ambulance service on paid basis

- Medline Tel.: 233-36-03, working 24/7
- SMG-Medical (Sochi Medical Group) Tel.: 261-03-06, working 24/7

• **Is it necessary to always have documents at hand?**

Yes, you must always carry a copy of your passport, visa and registration.

Useful Information

Map of Sochi.

Map of Sochi can be downloaded from: www.bing.com/maps

Department of Culture in Sochi: www.kulturasochi.ru

Nearest pharmacy «Doctor «S», Sokolova St., 1, Tel.: 262-35-06 or 262-44-78.

You can use the computer with Internet access in the University library on the fourth floor.

Wi-Fi is free and available in the academic building.

Central post office of Sochi, Vorovskiy St., 12
Tel.: 264-43-66, 264-23-49 / Fax: 264-20-57.

Buy food and hygiene products:

Nearest shops

- «Spaice» Sokolova St., 1
- «Minimarket» Ordzhonikidze St., 6

Nearest supermarkets

- «Perekriostok», Uchitelskaya St., 6
- Gipermarket «Magnit», Transportnaya St., 2a
- Central Sochi grocery market of Roz St., 95/3

Tasty and inexpensive food:

- «Varenichnaya hata», Morskoy lane, 9, Tel.: 295-68-38;
- Italian pizzeria «Adriano», Sokolova St., 2/1 Tel.: +7 (918) 408-69-02
- Café and karaoke «Capricci» Morskoy lane, 2, Tel.: +7 (988) 233-23-21
- Café «Beliye nochi» Ordzhonikidze St., 9, Tel.: 262-52-88
- Coffee-room of Marins Park Hotel, Morskoy lane 2, Tel.: 271-30-64

Shopping:

Shopping centers

- «MoreMall», Novaya zarya St., 7,
- «Aleksandriya», Moskovskaya St., 22
- «Torgovaya galereya», Navaginskaya St., 7

Buy a SIM card

There are some offices of the most popular mobile operators:

- «MTS», Ordzhonikidze St., 6, Tel.: +7 (800) 250-08-90
- «Beeline», Konstitusiya St., 4, Tel.: 296-70-00
- «Megafon», Primorskaya St., 3/12, Tel.: +7 (800) 550-05-00
- «Svyaznoy», Primorskaya St., 11; Uchitelskaya St., 6; Tel.: +7 (800) 700-50-00

Translation services. Language schools.

- Akm Translations Tel.: 296-74-99
- Language center G8 Tel.: +7 (988) 146-12-59
- Sochi League of translators Tel.: +7 (918) 307-13-32
- Perevod Sochi Tel.: +7 (952) 230-24-45

Language schools teaching Russian to speakers of other languages:

- Language center G8 Tel.: +7 (988) 146-12-59
- School of Language Training «Career» Tel.: 268-21-02

Places to Visit

- City beaches of Sochi within walking distance from the campus are always open to the public.
 - «Riviera», Egorova St., 1 (opposite the Park Riviera)
 - «Mayak», Primorskaya St., 3/7 (central embankment)
 - «Primorskiy», central embankment
- Dolphinarium and aquarium in the Park Riviera. Address: Egorova St., 1, Tel.: 255-55-66. www.delfin-riviera.ru.
- The Dolphinarium in the Adler district. Address: Lenina St., 219/2. Tel.: 246-33-03 or 246-33-02. www.sochi.delfinary.com
- Aquarium "Sochi Discovery World" is the largest aquarium in Russia. Address: Lenina St., 219a/4. www.en.sochiaquarium.ru
- Cinema «Sochi». Address: Abrikosovaya St. 12, www.sochi-sputnik.ru Tel.: 268-10-10.

- Cinema «Luxor IMAX» (Shop Centre «Moremall»). Address: Novaya zarya St., 7. www.luxorfilm.ru/english
- Cinema «City Stars» (Shop centre «Olymp»). Address: Transportnaya St., 28. www.kinomonitor.ru
- Aqua Park «Mayak». Address: Primorskaya st. 3/7, beach «Mayak». Opposite the campus. Tickets and Prices: 800 rubles. Opening hours: from 10:00 am to 6:00 pm. www.akwapark-mayak.ru
- Aqua park «Amfibius» (Hotel Vesna). Address: Lenina St., 219-a. Tel.: 246-33-55
- Park Dendrarium. Address: Kurortniy Avenue 74. www.dendrarium.ru
- Park «Riviera»: Attraction Park, www.park-riviera.ru
- Bar «London»: restaurant, bar, nightclub. Address: Neseberskaya St., 6. www.barlondon.ru
- «Museum of Sochi Sport Honour», Sovetskaya St., 26, Tel.: 264-68-30
- «Sochi Art museum», Kurortniy Avenue, 51, Tel.: 262-29-47
- «Museum of History of Sochi», Vorovskogo St., 54/11, Tel.: 264-23-26
- «Ostrovskiy's literary Memorial Museum», P. Korchagina St.,4 Tel.: 262-20-85
- Hall of organ and chamber music. Address: Teatralnaya St., 32 *Ticket office Tel.: 262-33-99.*
- Winter theatre. Address: Kurortniy Avenue 32. www.uvidite.ru *Ticket office Tel.: 262-20-06.*

Sport activities

Sport is very popular in Sochi. There are many open sports grounds and sports buildings. Sochi is a hometown of worldwide known athletes like Vladimir Kondra, Vladimir Nemshilov, Dmitriy Ilinikh, Aleksey Voevoda, Evgeniy Kafelnikov, Elena Vesnina etc. Here is a list of places you can use for sport activities.

- River quay used for jogging (along the Konstitutsiya street)
- Yew-box grove: hiking trail on the Small ring (1.6 km) or Big ring (5 km). Getting there: bus stop Hosta Bridge (buses № № 122, 125). Then walk along the river Hosta to the entrance of the grove.
- Akhun Mountain. It is the top of the watershed between the valleys of the Agura and the Khosta Rivers. 663m above the sea level. There is a 30-m high observation tower on top of the mountain.
- Workshop adventure/Day tours/Hiking (Krasnaya Polyana, Ridge Aibga, Stone pillar (2 509 m); rock climbing; canyoning; the via ferrata caves. Trainer's guides have high sport qualification in related sports. www.snowsports.ru Tel.: +7 (928) 292-05-96
- Horseback riding tours in the Sochi national Park; the foothills of Sochi; Lake of Baranovski; waterfalls; a walk to the sea; tea houses www.konivsochi.ru Tel.: +7 (918) 302-43-59

Modern sports halls and swimming pools:

- Fitness club «Ultramarin», Kurortniy Avenue, 50 Tel.: 266-67-00; <http://ultramarin-sochi.ru>
- Fitness center «Valentin», Uchitelskaya St., 3 Tel.: 262-38-46 www.valentin-sport.ru
- Pool, beach and gym of the hotel «Zhemchuzhina», Chernomorskaya St., 3 Tel.: 266-19-87; www.zhem.ru/services/beach_and_pool
- Fitness center «Forms», Transportnaya St., 2, Tel.: 233-63-38; <http://norma-forma.ru>

Appendices

Sample of the Migration Card Pictures of Students' Apartment (1-6) Location Map