

## ПРОБЛЕМЫ ФОРМИРОВАНИЯ ОРИЕНТАЦИОННЫХ МАТЕРИАЛОВ ДЛЯ СТУДЕНТОВ-КРАТКОСРОЧНИКОВ В РОССИИ

Ввиду значительной культурной дистанции, сохраняющейся между Россией и странами Запада процесс адаптации студентов-краткосрочников из развитых стран в российском вузе протекает достаточно болезненно [1]. Малая длительность пребывания в России диктует необходимость подготовки различных методических материалов, способствующих смягчению условий адаптации. Прекрасное пособие [2], к сожалению, составлено на русском языке, и не подходит для предварительной ориентации студентов за рубежом. Явившийся результатом целой серии последовательных приближений справочник [3] совершенно адекватен поставленным целям, но носит несколько официальный характер. Несколько лет назад возникла идея написания небольшого по объему материала, в котором сами российские студенты на правах сверстников доводили до европейцев и американцев азы российской быденной культуры и безопасные способы существования в российском мегаполисе [4]. В связи с изменившимися российскими реалиями и накопленным опытом проведения краткосрочных программ эти материалы потребовали кардинальной переработки, и в итоге были написаны заново. Результат представлен ниже.

### **A Basic Russian Survival Guide**

Hello dear guests Since you are in Russia it's our duty to give you some advices on how to behave in here? Advice which you won't find anywhere else until you pick it up through your own experience. The following page of information will help to learn some of the various situations you will experience while in our country. It will also address the proper way you should handle such situations. After your arrival, you will most likely feel a bit of culture shock. You may also have questions about the behavior of the Russian people. Some of the most noticeable and foreign things you may notice include gloomy faces, no smiles, people staring at you, crowds, long lines, a confusing transportation system, etc. We assume some of this sounds familiar. Please carefully read this helpful guide in order to learn how to act correctly in our country.

**On the street.** You should always keep a close eye on your money and personal belongings. As in most large cities, pickpockets are an issue, especially for unsuspecting tourists. Always be careful when you are crossing any roads. Many Russian drivers do not obey driving laws and usually speed. They also will not stop even if you are in the cross walk. Do not fall victim to any scams. Do not pay an insanely large amount of rubles for some little souvenir. Even if you are told that "this is the best deal in Russia;" It most likely is not. Also, make sure you know the exchange rate between your own currency and the ruble. Do not play the Russian lottery (which promise you a lot of money and prizes. At first they will ask you to pay a small amount but then they'll ask you for more and more, and that'll continue until you have given them all your money. Don't believe them whatever they say!) or use any of the casinos. You will not make a profit.

**Police.** Always have your documents with you. The police may ask you to present them at anytime. You may sometimes be asked to pay a fine for no reason. Just pay the fine and continue on your way. Try not to be argumentative or confrontational with the officers. This will just give them a reason to arrest you. Just stay calm and if you have the right to a receipt for your fine with which you can use later to decide whether your fine was justified.

**In transport.** When you are sitting down in the metro, just minding your own business, do not be surprised if an old lady leans over to you murmuring something – she is just tired and wants to sit down. It is customary for the young to give up their seat for the elderly, especially women.

**Money.** Do not carry large sums of money on your person when you go out. Unless you are sure you will need it. 500-1000 rubles should usually be more than enough. If you must exchange

money make sure to only use official banks or transfer stations. Never give your money to someone to exchange for you. They may try to cheat you. Sometimes near the currency exchange office or a bank you can meet people offering to change your money into rubles. Remember, never agree to do this even if you think it will save your time or will be more profitable. You shouldn't trust them they may well cheat you. Never give any money to beggars or cripples on the street or in the metro. However, if you feel you would still like to throw your money away, all churches and most museums have donation boxes you can use to donate.

**Stores.** Most stores in Saint Petersburg serve a large volume of customers each day. Therefore, they may run out of small bills and change. Make sure to always pay in small bills and carry some coins with you. Most Russian stores will also charge you if you would like a plastic bag. The charge is usually around 10 rubles. It will be better to have change with you – in smaller stores they probably won't have any. When getting your change check it on the spot.

**In museums.** When purchasing a ticket to a museum make sure to present your Russian student ID card if you have been issued one. It also helps to speak in Russian if you are asked any questions. By doing this you will receive a native student price rather than have to pay a more expensive fee for tourists. And it is not polite to sit on a floor in a public place.

**Drinking.** If you decide to drink alcohol, drink responsibly. If you drink too much you can get sick or even die. Contrary to what you may have heard, not all Russians drink. Also, do not try to participate in any drinking contests. They usually end badly and can have any number of unforeseen consequences for you.

**Night clubs.** If you decide to go to the night club be careful. Don't ever go to the "Metro" or "Port" because there were cases of giving AIDS injections to random people. If you definitely decide to go for the party ask your tutors about the most safe place. Some of them are "Sfinks", "Havana", "Revolution".

Some students who have studied at our university in the past have provided us with some quotes which they think would help students of the future. We will share one with you now.

"Do not listen to your country's media and what they think all about Russia and the Russian people. Make your own observations be open-minded and don't judge the people and the country too quickly".

We hope this information will help you adapt to our unique and ever changing country. If you have any questions or any words of your own, please contact us.

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