Global Health Program

RUSSIA

PARTICIPANT GUIDE

April 2018
Table of Contents
Welcome Message .................................................................................................................. 3
Key list of Contacts ............................................................................................................. 4
History and Cultural ............................................................................................................ 5
Language ............................................................................................................................... 6
Climate ................................................................................................................................. 7
Cuisine ................................................................................................................................. 7
Sightseeing ............................................................................................................................. 8
TIPS ....................................................................................................................................... 9
General Information ........................................................................................................... 10
  About the Program ........................................................................................................... 10
  Site specific Preparation for Your Elective ...................................................................... 10
  How to Obtain a Visa ........................................................................................................ 11
Personal Health and Safety .................................................................................................. 12
  Medical License and Health Insurance ......................................................................... 12
  Site Specific Personal Health and Safety ...................................................................... 13
About the Hospital ............................................................................................................... 13
  Educational Center and Healthcare Facility .................................................................... 13
Accommodations .................................................................................................................. 17
Transportation ....................................................................................................................... 17
Financial ................................................................................................................................. 18
Additional Tips ...................................................................................................................... 19
Appendix 2: The Cyrillic Alphabet .................................................................................... 27
Welcome Message

Dear Participants,

On behalf of the Global Health Office of Kazan State Medical University, I have the pleasure to welcome you to our beautiful city of Kazan! As a participant of a clinical exchange program you will be exposed to the Healthcare System and the system of Medical Education of the Russian Federation. We strive to provide you with the best possible educational experience enriched with cultural traditions of our region.

We hope that you will enjoy your 6-week long clinical rotation here at Kazan State Medical University and return home with great memories and knowledge.

In this Guide you will find all the needed information regarding your future exchange program rotation in Kazan. Please take your time to read through it carefully. Should you have any questions or concerns – the local Global Health Office members are always at your disposal for assistance.

Marat A. Mukhamedyarov, MD, PhD
Director of Global Health at KSMU,
Head of the Office of International Affairs,
Associate Professor of Physiology,
Kazan State Medical University
Key list of Contacts

U.S. Embassy Moscow
American Citizen Services
21 Novinskiy Bulvar
123242 Moscow, Russia
Tel: +7 (495) 728-5577
Fax: +7 (495) 728-5084
Email: MoscowWarden@state.gov
Website: https://moscow.usembassy.gov

Majid Sadigh, MD
Global Health Program Director; WCHN/UVMLCOM
Mobile phone: 203-885-8895
Email: msadigh@gmail.com

Mariah McNamara, MD
Global Health Associate Program Director; UVMLCOM
Mobile phone: 617-921-0739
Email: Mariah.McNamara1@uvmhealth.org

Audree Frey
Global Health Program Coordinator; UVMLCOM
Mobile phone: 802-310-3156
Email: Audree.Frey@med.uvm.edu

Joanna Conklin
Global Health Program Coordinator; WCHN
GlobalHealth@wchn.org

Laura Smith
Global Health Program Coordinator; WCHN
Mobile phone: GlobalHealth@wchn.org

Bulat Ziganshin, MD
Global Health Program Director, RUSM/AUC
Email: bazign@gmail.com

Dilyara Nurkhametova, MD
Global Health Program Coordinator; RUSM/AUC
Email: d_nurkhametova@gmail.com

Marina Zakharova
Office of International Affairs of Kazan State Medical University
E-Mail: marina.zakharova@kazangmu.ru
Tel.: +7(843)2367744
www.kgmu.kcn.ru/international

Elina Gizatullina
Global Health Coordinator; KSMU
Senior officer of International Affairs
E-mail: Elina.safina@gmail.com

Elina Mukhametshina
Global Health Officer; KSMU
President of Tatarstan Association of Medical Students
E-mail: mei.ellina@gmail.com

Adelya Maksudova, MD, PhD
Director of Residency Program in Internal Medicine,
Associate Professor of Therapy; KSMU
(Dr. Maksudova is responsible for clinical rotations)
E-mail: delyamaksudova@gmail.com

International SOS Assistance Center
Moscow Office
16/1 Dokukina str., 4th floor
Moscow 129 226
Local Tel: +7 495 937 6450 (local).
International Tel: +1 215 942 8226
Fax: +7 495 937 6470

Global Health Office
Kazan State Medical University
4th Floor of KMSU main building
Rooms 422 & 408
Bultlerov str. 49, Kazan, 420012, Russia
All initial correspondence should be sent to maratm80@list.ru

Marat Mukhamedyarov, MD, PhD,
Director of Global Health Office; KSMU
Head of the Office of International Affairs,
Associate Professor of Physiology
+7 906 328-63-01
E-mail: maratm80@list.ru

Elina Gizatullina
Global Health Coordinator; KSMU
Senior officer of International Affairs
E-mail: Elina.safina@gmail.com

Elina Mukhametshina
Global Health Officer; KSMU
President of Tatarstan Association of Medical Students
E-mail: mei.ellina@gmail.com

Adelya Maksudova, MD, PhD
Director of Residency Program in Internal Medicine,
Associate Professor of Therapy; KSMU
(Dr. Maksudova is responsible for clinical rotations)
E-mail: delyamaksudova@gmail.com
**History and Cultural**

**Tatarstan** is a Federal Subject of the Russian Federation in the Volga region with Kazan as the capital. The population of Tatarstan was 3,786,488 as of the 2010 Census and the population of Kazan was 1,143,546 inhabitants. The official languages are Russian and Tatar. Republic of Tatarstan is one of the most economically developed states of Russia. 36% of the Russian manufacture of polyethylene, 44% of isoprene rubber, 33% of tires and almost half (48%) of Russian truck tires are produced by the Republic’s petrochemical enterprises. The leading branches of the mechanical engineering are the motor industry (KAMAZ), aircraft engineering and instrument making. Tatarstan is also one of the leaders on volume of agricultural production in Russia.

Up to date information on Russia can be found in the CIA World Factbook: [https://www.cia.gov/library/publications/the-world-factbook/geos/rs.html](https://www.cia.gov/library/publications/the-world-factbook/geos/rs.html)

**Brief History of Kazan**

**Middle Ages:** Kazan was founded by the Muslim Volga Bulgars in the early Middle Ages in a range from the early 11th century to the late 13th century. Kazan existed as a stop on a Volga trade route from Scandinavia to Baghdad and was a trade center.

**Legend about Kazan foundation:** One of the legends tells that before the city foundation Khan (king) asked the advice of where to lay the city. One of the elders advised to pour the water into the cauldron (Kazan), put it into the cart, set the fire under the cauldron and ride the horses. The city will be founded on the place where the cauldron boils. The cauldron started boiling on the place where present Kazan is situated.

After the Mongols of the Golden Horde devastated the neighboring areas in the 13th century, migrants resettled Kazan. Kazan became a center of a duchy, which was a dependency of the Golden Horde. Two centuries later, in the 1430's, Hordian Tatars usurped power from its Bolghar dynasty. In 1438, after the destruction of the Golden Horde, Kazan became the capital of the powerful Khanate of Kazan. The city bazaar, Taş Ayaq became the most important trade center in the region, especially for furniture. The Russians managed to occupy the city briefly, several times.

**Russian Tsardom Period:** As a result of the Siege of Kazan (1552) Russia under Ivan the Terrible conquered the city for good and the majority of the population was massacred. Most of the khanates's Tatar residents were killed or forcibly Christianized. Mosques and palaces were ruined. The surviving Tatar population was moved to a place 50 kilometers (31 mi) away from the city and this place was forcibly settled by Russian farmers and soldiers. Tatars in the Russian service were settled in the Tatar Bistäse settlement near the city's wall. During this period, Kazan was largely destroyed as a result of several great fires. After one fire in 1579, the icon Our Lady of Kazan was discovered in the city.
**Russian Empire Period:** In 1708, the Tsardom of Kazan was abolished, and Kazan became the seat of Kazan Governorate. After Peter the Great’s visit, the city became a center of shipbuilding for the Caspian fleet. Kazan was largely destroyed in 1774 as a result of the Pugachev revolt, a revolt by border troops and peasants led by the Don Cossack Yemelyan Pugachev, but was rebuilt soon afterwards, during the reign of Catherine the Great. Catherine also decreed that mosques could again be built in Kazan. In the beginning of the 19th century Kazan State University and printing press were founded by Alexander I. After the Russian Revolution of 1905, Tatars were allowed to revive Kazan as a Tatar cultural center. The first Tatar Theater and the first Tatar Newspaper appeared.

**Soviet Period:** In 1917 Kazan became one of the revolution centers. In 1920 (after the October Revolution), Kazan became the center of Tatar Autonomous Soviet Socialist Republic. In the 1920s and 1930s, most of the city's mosques and churches were destroyed, as occurred elsewhere in the USSR. During World War II, many industrial plants and factories to the west were relocated in Kazan, making the city a center of the military industry. In 1979, the city's population reached one million.

**Modern Period:** In the late 1980’s and 1990’s, after the dissolution of the Soviet Union, Kazan again became the center of Tatar culture. With the return of capitalism Kazan became one the most important centers of the Russian Federation. Since 2000, the city has been undergoing a total renovation. The historical center, including its Kremlin, has been rebuilt. Kazan celebrated its millennium in 2005, after a city-organized historical commission settled on 1005 as the official year of the city's founding.

**The People of Kazan**

The population of Tatarstan is one of the most multinational in Russia: the representatives of over 115 nationalities live here. Along with the Tatars who comprise 52.9 % from the population total number, and the Russians comprising 39.5 % of the population. The traditional faiths are Sunni Islam and Christianity.

**Language**

State Languages are Russian and Tatar. Try to learn at least the Cyrillic alphabet prior to your arrival! (See Appendix 3).

A few young people that you meet in the streets might speak English or even some German, BUT 99% of the people in supermarkets, shops, post-offices, train-counters, police etc. will not understand English.

On the other hand, plenty of Russian words are really easy to understand, when you are able to read the Cyrillic letters. e.g. PECTOPAH does not make sense at 1st sight, but when reading it you will find out that it means a Restaurant and for Cafe and pizzeria this applies as well.
Climate
The climate of Kazan is moderate-continental with warm summer and frosty winter. Make sure that you take warm winter clothes if you are going to stay in Kazan between November and April. The swimming season starts in May or early June.

Winter – Spring: The average temperature in January is -14°C (7°F). Frosts can reach -30°C (-22°F), but it happens very seldom. The winter lasts about five months and sets approximately in mid-November. Usually spring lasts for two months. By the end of spring the temperature reaches +5-10°C (40-50°F).

Summer – Autumn: Average temperature in summer is +18°C (65°F). In the hottest summer days the temperature rises to 30-35°C (85-95°F) in the shade, sometimes temperature keeps the whole weeks. It tends to become cold at the end of October when the temperature gradually reaches 0°C (32°F), and first snow appears at the end of November.

Cuisine
The original Tatar national cuisine was developed in the course of centuries-long history. Tatar cuisine, which took in the culinary traditions of the Bulgars, Tatars, Russians, the influence of East and Europe, is rich with various dishes of daily and celebratory dinner. Long since Tatars were engaged in farming and animal breeding, and it contributed to the domination of flour, meat and milk dishes in food.

Soups and broths (shulpa) had a primary importance for Tatars. Meat, cereal dishes and potato appear in the traditional Tatar cuisine as seconds. Meat boiled in a broth, cut into small flat slices, sometimes with onion, carrot and pepper, is often served for seconds.

Tatars always gave a great importance to a batch, skillfully baked pies from sour, fresh, simple and fancy dough. The most traditional and simple pie is kystyby, it is a combination of fresh dough with a couscous and potato mash. Balish, made from fresh dough with mincemeat from slices of rich meat (mutton, beef, goose meat, duck meat) with potato is considered to be the most favorite and not less traditional. It can be made both big and small sizes. Echpochmak (triangle, shown above left), peremyach with mincemeat from hash meat with onions refer to the same category of food. The most known Tatar sweet is chak-chak (honey nuts). It serves with tea "po-kazanski".
Sightseeing

Some sites in Kazan recommended by other visitors include:

- Kazan Kremlin: The ‘heart of Kazan’ is located on the hill over the Kazanka River and the chief historic citadel of the city. It was built on behest of Ivan the Terrible on the ruins of the former castle of Kazan khans. There is a whole range of architectural monuments on the territory of the Kazan Kremlin, among them are the Suyumbike Tower, Governor’ Palace (current residence of the President of the Republic of Tatarstan), archeological remains of one of the most representative buildings of the complex of the khan’s court that were turned into museums, khan’s mosque and tombs of Kazan khans dating back to the 15th-16th centuries.
- Suyumbike Tower: The brightest architectural jewel standing out from the whole ensemble of Kremlin, seven storey’s and 58 meters high. It takes its name from the last queen of Kazan, Suyumbika.
- The Old Tatar Settlement and the Church of the Exaltation of the Cross
- Raifa Monastery: masterpieces of XVII century Russian architecture.
- Kazan has many museums including: State Museum of Fine Arts, the Kremlin’s Museums (Khazine National Art Gallery, Museum of Natural History of the Republic of Tatarstan, Great Patriotic War Memorial Museum, Hermitage Kazan Centre, Museum of Islamic Culture).
- Kazan is proud of its cultural activity. There are famous Opera & Ballet Theatres, the second largest Russian Concert Hall in Kazan, Philharmonic Hall and six drama theatres. Annual festivals include the Fedor Chaliapin International opera festival, Rudolf Nuriev International ballet festival, and the international music and literature festival “Aksenov-fest”.
- Kazan is known in Russia and Europe for its sports infrastructure. The city became the host for numerous international and all-Russian tournaments. Kazan hosted Summer Universiade in 2013, Aquatic sports world championship in 2015 and will host FIFA Football World Championship in 2018.

Experiencing Moscow

During stay in Russia, GH participants are welcomed to visit Moscow and/or Saint-Petersburg. GH participants cover their own expenses, whereas the Kazan Global Health Office covers travel expenses of a member who accompanies the participants as a guide. Accompanied by a member of the Global Health Office, the participants will have a brief tour of the main historical sites of Moscow, such

**TIPS**

**Things Not to Do in Russia!**

- Smoking in a city and suburban transport, in covered sports constructions, in all organizations of public health services, education and culture, and also in buildings of state authorities outside designated smoking areas is prohibited. For any rules violation the administrative penalty is imposed.
- Drinking of alcoholic beverages (with the alcohol content more than 9 %) in public places: squares, parks, city transport, in the yards of dwelling houses, in places not intended for it is prohibited. For rules violation the administrative penalty is imposed.
- Breaking the silence at night (from 23:00 till 7:00 o'clock) is prohibited. Loud speech, shouts, whistle, singing, use of sound-reproducing devices, use of loud-speaking devices, remodeling, construction and unloading-loading works are the actions of breaking the silence and rest of citizens. For rules violation the administrative penalty is imposed.
General Information

About the Program

Kazan State Medical University is an active participant of international projects, the organizer of international congresses and conferences as well as a partner of many American, European and Asian Universities. More than 18% of the students of KSMU are citizens of foreign countries. The University has students from Afghanistan, Azerbaijan, Bangladesh, Vietnam, Germany, India, Jordan, Iraq, Canada, Congo, Lebanon, Morocco, Mozambique, Pakistan, Palestine, Syria, Sudan, Sweden, Uzbekistan, the Republic of Chad, etc. KSMU graduates work as doctors in the United States of America, France, Germany, India, Pakistan and many other countries.

Main Activities of the Global Health Office of KSMU:

• Realizes close collaboration between Kazan State Medical University and its partner medical schools;
• Develops new contacts with Medical Universities from all over the world;
• Organizes student exchange programs;
• Renders assistance to the staff and the students of KSMU in every aspect of international cooperation.
• Arranges clerkships, trainings, and study in foreign Medical Universities for students, residents, doctors and faculty members.
• Promotes and enhances the prestige of KSMU on the All-Russian and Worldwide medical arena;
• Arranges visits of professors, academics, lecturers and instructors from foreign Universities to conduct seminars, deliver lectures, and share experience.
• Adopts new technologies, methods, and innovations to everyday work of KSMU.
• KSMU-Makerere University (Uganda) collaboration (since 2010)

Site specific Preparation for Your Elective

You will need to complete the following activities prior to your departure in addition to the tasks listed in the general elective guide.

☐ Obtain a visa. (See details in the next section of the guide on the necessary steps including how you obtain an invitation letter). The process can take a significant amount of time and it is recommended that participants begin the process no later than 3 months prior to departure.

☐ Completion of the Health Certificate for Exchange Program Participants in order to rotate at KSMU. All individuals coming to Kazan for clinical rotations must undergo a series of medical examination and obtain a certificate indicating that their health permits them to participate in the clerkship. Each participant has to present proof of the following tests and vaccinations: Hepatitis B – test and vaccination record, HIV – test, Syphilis – blood test, Tuberculosis – Chest X-ray, MRSA – results of nasal swab (required mainly for surgical departments and Ob&GYN), Diphtheria – vaccination record, Tetanus – vaccination record, Whooping cough – vaccination record, Poliomyelitis – vaccination record, Measles, Mumps, Rubella – vaccination record, Chicken Pox – vaccination record. The Hepatitis B, HIV and Syphilis tests should be completed no earlier than 30 days before the start of the clinical rotation. Each participant needs to fill out the Health Certificate and have certified by the General Practitioner at an official medical institution of the visitor’s country of residence. Please see Appendix 2 for the Health Certificate.
How to Obtain a Visa

The most up to date information for U.S. citizens on obtaining a visa to Russia can be found on the embassy website (http://www.russianembassy.org/page/important-visa-information) and on the website for the Consulate General of Russia in New York (https://newyork.mid.ru/web/newyork_en/important-visa-information). Please note that per the U.S. government “the Russian government maintains a restrictive and complicated visa regime for foreigners who visit, transit, or reside in the Russian Federation. A U.S. citizen who does not comply with Russian visa laws can be subject to arrest, fines, and/or deportation. Russian authorities will not allow a U.S. citizen traveler with an expired visa to depart the country, effectively stranding the person for up to 20 days, until local authorities grant an exit visa. The Government of Russia does not recognize the standing of the U.S. diplomatic mission to intervene in visa matters, including situations in which an American is stranded because of an expired visa. U.S. citizens should also be aware that Russian immigration and visa laws change regularly, and the implementation of new regulations has not always been transparent or predictable.”

General information on entry visas
All foreign citizens need a valid entry Visa in order to cross the Russian border. The Visas are issued by a Russian embassy or consulate in your country of residence. Visa application can be sent by post or submitted personally. The Visa processing times vary in each individual case, but usually are processed within 2 weeks after the application documents have been submitted in full.

Each participant will be applying for a visa with an Official Invitation Letter (see detailed information below) provided by the Global Health Office of KSMU. With this invitation letter the participant will be eligible for a business visa (please select this type of visa in your application). We strongly discourage participants from applying for tourist visas, as this will create problems with registering at KSMU.

Invitation Letter

Each participant will receive a required Invitation letter from the Global Health Office of KSMU to apply for the entry visa at an Embassy/Consulate. It is important to know that the Invitation Letter is issued by the Federal Migration Service of Russian Federation (FMSRF) and not by KSMU. The members of the Global Health Office of KSMU will apply to FMSRF to have each individual invitation letter issued. However, this procedure is complex and requires time. The processing time required by the Federal Migration Service is approximately 32-35 days from the date of submission of the application. Keeping in consideration all of these time consuming processes we strongly encourage all participants to submit all the required documents (please see list below) to the Global Health Office of KSMU no later than 3 months before the anticipated start date of the rotation.

Please remember that the Invitation Letter is NOT a Visa and is not sufficient to enter Russia, you need to have Russian Visa sticker in your passport!

Required documents for the Invitation Letter:

- A color high-resolution scan of the front page (with photo) of the passport. The passport scan must be of good quality and all the fields must be readable. The expiration date of the passport can be no earlier than 6 months after the anticipated departure from Russia.
- Additional information forms (see Appendix 2 of this Guide. This will also be sent out to the participants and available through the KSMU website)
Passport Control Procedures

In order to cross the Russian border you need to have a valid Passport and a visa. If the visa or the Passport have expired when crossing the border, you will not be permitted to enter the country. All the documents are checked when crossing the border in special passport control booths. Border authority officers have a right to ask for additional documents (plane ticket, boarding pass, voucher, etc.) or ask more questions for clarification before granting the traveler to cross the border.

Migration Cards

At the time of crossing the Russian border you need to present a filled out migration card. This card contains information about the arrival and departure of the individual to and from Russia, as well as the period of his/her stay in Russia. This document is freely available to each foreign citizen through the Russian border control authorities. Usually the airline crew distributes these forms just before arrival to Russia so that they can be filled out in advance. The information should be written in Russian or English alphabet and correspond to the information contained in your documents.

The immigration officer will keep one part of the migration card and will return the second one to you. This second part of the migration card should be kept safe throughout your whole stay in Russia. A copy is issued if the card is lost or stolen, but this is not easily done. Upon departure from Russia, the foreign national should return his part of the immigration card to the Russian border control officers. A copy can be obtained on the border-crossing station on the way back. If the migration card is damaged or lost, the foreign national should notify the local immigration authorities within three days, and they may further issue a duplicate upon presenting the documents based on which the individual entered Russia (passport and visa, if applicable). Failure to return the migration card is considered to be a violation and may lead to the formal deportation of a foreign individual from Russia. The migration card should be carefully kept throughout the duration of the stay in Russia and handed in to the border officer on departure.

Registering your Migration Card:

Visitors to the Russian Federation after arriving to their final destination have to register with the local immigration office. The registration procedure will be handled by the members of the Global Health Office of KSMU. For registration we need the following documents upon your arrival to Kazan:

- Passport with Visa
- Migration card
- Arrival and return tickets (both airplane and train tickets)

Personal Health and Safety

Medical License and Health Insurance

Before the trip you need to contact your health insurance to verify that your plan has international coverage including Russia. It is your responsibility to acquire proper medical coverage in case of disease and accidents.
Site Specific Personal Health and Safety
Your well-being and safety are very important to us! However, participation in an elective outside the U.S. increases your exposure not only to minor inconveniences, but could expose you to serious threats to your personal health and safety. Please review the Code of Conduct regarding how to reduce risk when traveling abroad and the general elective guide for health and safety information. The information below relates specifically to Russia. As always, your travel health provider and the CDC are the best and most up to date resources for health information.

☐ Wear your N95 mask in any situation where you might be exposed to TB.
☐ In case of illness or injury while in Kazan, you must inform the KSMU Global Health Office immediately. The staff member will help orient you and find the proper hospital and doctor. In case of emergency or Global Health staff members are not available you need to call 03 from any telephone to reach the ambulance. The ambulance will bring you to the hospital that is on duty that day. For admitting to the hospital you need to have your passport, migration card and medical insurance. Be aware of the language barrier. It is better to have an interpreter with you.

About the Hospital

Educational Center and Healthcare Facility
Kazan State Medical University is one of the most famous and most respected centers of medical education, science, and culture in the Russian Federation. Faculties include: General Medicine, Pediatrics, Dental, Preventive Medicine, Pharmaceutical, Management and Graduate Nursing Education, Social Workers, and Biomedicine.

KMSU was founded in 1814. The founders of the Medical Faculty and of the first departments were anatomists, therapists, surgeons and an obstetrician. The opening of the Anatomical Theater (1837), the University's "old" clinic (1840) and of the Physiological Building (1890) played an important role in the development of Medical Faculty. The first editions of the “Kazan Medical Journal” were published in 1901.

Throughout the 19th century the Medical Faculty of Kazan University remained the only institution of higher education that trained doctors for the Volga, Ural and Siberian regions. In the year 1900 a clinical campus of the Medical Faculty was built, it included 4 similarly designed buildings. This event gave an impulse to the development of new Scientific-Clinical Schools: dermatovenereologic, pediatric, obstetric-gynecologic and surgical.

Many prominent healthcare administrators and Ministers of Health of the USSR, Russian Federation and the Republic of Tatarstan are graduates of KSMU.

More information of KSMU can be found on its website: http://kgmu.kcn.ru/en

Clinical Rotation Sites
Kazan State Medical University is the “academic heart and brain” of the medical environment of Kazan and Tatarstan. It has its representation in almost every medical unit in Kazan and connected with many hospitals in Tatarstan. But only 6 hospitals in Kazan are considered to be the main teaching sites of Kazan Medical University. They are Republican Clinical Hospital (RCH), Interregional Clinical & Diagnostic Center (ICDC), Republican Infectious Diseases Hospital (RIDH),
Republican Clinical Pediatric Hospital (RCPH), Republican Ophthalmologic Hospital (ROH) and Kazan Emergency Hospital (KEH).

Republican Clinical Hospital is the largest hospital in the region. It has the widest variety of departments and almost every department has University faculty. Hospital is has 1155 beds and serves for treating patients from all over the region. Annually 30,000 patients are treated in this hospital. RCH is famous for its internal medicine and surgery teams.

Interregional Clinical & Diagnostic Center (bottom right photo) is one of the youngest and most modern medical centers in Tatarstan designed for 350 beds. It is unique for cardiovascular and neuro directions of medical treatment. ICDC is the only one center of heart surgery and most advanced brain surgery in the region. Moreover, this hospital is well organized for treating stroke and myocardial infarction patients.

Republican Clinical Pediatric Hospital is the principal hospital for treating children from all over the region. RCPH is in 5 top largest pediatric hospitals in Russia. This is multidisciplinary center for every kind of pediatric medical problem and it works as an emergency hospital seven days a week.

The up-to-date Emergency Hospital is established in 2014. It is a world-class medical center, equipped with the latest technology. The clinic will provide a high quality medical care to the visitors of the "Zarechye" area, which unites 4 districts of the city with total population of 550,000 people.

Clinical/Scientific Advisors

The Clinical/Scientific Advisor is the main contact person for participants. All Clinical Advisors and preceptors participating with the Global Health Office:

- Are fluent in English language
- Are faculty members of Kazan State Medical University with significant teaching and research experiences
- Have been trained for 4-6 months at Yale University School of Medicine or another world-wide recognized institution
- Are familiar with the peculiarities of medical education, supervision and standards of clinical practice, biomedical research in US, Europe and other countries

List of Clinical Advisors/Preceptors:

- Diana Abdulganieva, MD, PhD, Professor, Head of the Department of Internal Disease. Specialty – Internal Medicine, Gastroenterology.
- Adelya Maksudova, MD, PhD, Professor at the Department of Internal Disease. Specialty – Internal Medicine, Nephrology.
- Arsen Kurbangaliev, MD, PhD, Associate Professor at the Department of Surgical Disease. Specialty – General Surgery, Endoscopic Surgery.
- Alfiya Fazulzyanova, MD, PhD, Associate Professor at the Department of Infectious Disease. Specialty – Infectious Diseases, Liver Infections, HIV.
- Elvira Manapova, MD, PhD, Associate Professor at the Department of Infectious Disease. Specialty – Infectious Diseases, Tropical Medicine, HIV.
- Nikita Yakovlev, MD, PhD, Associate Professor at the Department of Obstetrics and Gynecology. Specialty – Obstetrics and Gynecology.
- Alexander Samoilov, MD, PhD, Head of the Department of Ophthalmology. Specialty – Vitreoretinal Surgery.
• Gulshat Khasanova, MD, PhD, Associate Professor at the Department of Pediatric Infectious Disease. Specialty – Pediatric Infectious Diseases.
• Tatyana Afanasyeva – PhD student, Specialty – Internal Medicine.
• Arseniy Pichugin, MD, Specialty – Neurosurgery
• Murat Muharyamov, MD, Speciality – Cardiac Surgery
• Galeeva Zulfiya, MD, PhD, Associate Professor, Specialty-Cardiology.

List of Scientific Advisors/Preceptors:
• Sergey Boichuk, MD, PhD, Professor, Head of Department of Pathology
• Airat Ziganshin, MD, PhD, Professor, Head of Department of Pharmacology of Pharmaceutical Faculty
• Rustem Islamov, MD, PhD, Professor, Head of Department of Medical Biology
• Rustem Moustafine, MD, PhD, Professor, Head of Department of Pharmaceutical Chemistry
• Marat Mukhamedyarov, MD, PhD, Associate Professor of Physiology

Clinical Rotation Attendance Requirements, Duties and Expectations

Example of Weekly Schedule

• Monday to Friday: 8 AM to 5 PM – clinical work
  o Two half days: Outpatient medicine
  o Remaining time: Inpatient medicine
  o Clinical lectures
• Saturday: Sociopolitical Lectures, Language Class, Sightseeing
• Sunday: Field trips (full day or half-day activities)

Didactic Teaching Sessions

As a part of the Global Health Elective curriculum, participants will be expected to participate in didactic teaching sessions organized by the Faculty of Kazan State Medical University and members of the Global Health Office. All didactic sessions will be held on Saturdays.

There will be 3 types of didactic sessions organized for participants:

1) Medical Topics – 2 lectures per week, 2 hours duration (12 lectures, 24 hours in total). These didactic lectures will mainly focus on teaching the participants about the most prevalent diseases and healthcare challenges in Russia and the Republic of Tatarstan, including specifics of diagnostic approaches and management. These lectures will be delivered by Faculty members who are experts in the field and who possess extensive teaching and clinical experience. The final list of lectures will vary for each group of participants depending on the availability of Faculty members. The lectures will include some of the topics listed below, but are not be limited to them:
• Medical Education and Healthcare system in Russia: An Introduction
• Hemorrhagic fever with renal syndrome
• Tuberculosis – epidemiology, regional specifics, treatment
• HIV/AIDS – local criteria for antiretroviral treatment
• Endemic tick-borne diseases
• Acute coronary syndrome and other cardiovascular emergencies
• Alimentary disorders and Metabolic syndrome
• Rheumatic heart disease
• Diabetes
• Essential Medicines list and the Formulary system in Russia
• Rheumatoid arthritis and other joint pathology
• Maternity care in Russia
• Renal diseases
• Smoking and alcohol abuse – serious healthcare challenge in Russia
• Rehabilitation after major illness
• Evidence-based medicine – the Russian perspective
• Neuroscience and neurological disorders
• Oncology

2) Russian language classes – 1 class per week, 1 hour in duration (6 classes, 6 hours in total). These classes will be organized and led by members of the Global Health Office and will allow participants to learn about the Cyrillic alphabet and to develop basic reading skills. Attention will also be devoted to basic pronunciation skills.

3) Socio-political lectures – 1 class per week, 2 hours in duration (6 classes, 12 hours in total). Socio-political classes will focus on a broad understanding of Russian and Tatar history of the culture and traditions of the peoples of Tatarstan. These classes will be organized and led by members of the Global Health Office. Effort will be made to link topics of these classes to field trips organized for participants on Sundays. Lectures will include the following topics:
• Overview of Russian and Tatar History
• Modern Russia – territorial division, governmental system.
• Republic of Tatarstan – demographics of the population, including national and religious groups, major sources of income, problems and challenges
• Kazan, the third capital of Russia – a 1000-year-old city on the bank of the Volga river
• Differences and commonalities in Russian and Tatar cultures and traditions
• Famous Russian and Tatar writers/poets
• Diversity of Russian ecosystems
• Russian and Tatar cuisine

Field Trips

Every Sunday participants will have the opportunity to take part in field trips in order to explore Kazan and its surroundings and to gain a deeper understanding of the Russian and Tatar people, culture and traditions. Field trips may include short walking visits to museums around Kazan, and also may include all-day trips to nearby towns and villages. The field trips will be closely linked to socio-political classes. Depending on the time of year, field trips may include:
• Kazan Kremlin – where East meets West; National Museum of the Republic of Tatarstan
• Raifa Monastery
• Town of Elabuga
• Historical Bolgar site
• House-museum of Lenin, Gorky's bakery, Art Gallery
• Anatomy Theatre museum and Museum of Kazan State Medical University

Educational (teaching) activities of participants:

As part of the Global Health Elective curriculum, participants will also be asked to share some of their knowledge and culture with the locals. This will be a requirement for which the participants will be expected to prepare in advance. Each participant will be asked to deliver 6 lectures at Kazan State Medical University:
• 5 lectures for medical students; the list of the lectures shall be forwarded to KSMU GHO several weeks in advance for their visit.
• 1 lecture for a more diverse audience about participants' background, including information on place of birth, specifics of culture and tradition.

Feedback sessions:

Throughout the duration of the Global Health Elective, there will be two formal feedback sessions: Mid-term assessment 3 weeks after arrival and End of placement assessment upon completion of 6 weeks.

The Clinical Advisor (and scientific advisor) and a member of the Global Health Office will conduct feedback sessions. The evaluation form will be signed by the Clinical Advisor and submitted to the Global Health Office. During the feedback session, participants will be required to evaluate different components of their rotation.

Successful Completion:

Once a participant has fulfilled all requirements of the curriculum successfully, then he/she receives an official certificate with the final signed evaluation form to present to the Global Health Office of University of Vermont.

Accommodations

Accommodations of program participants will be arranged in a Student House (Dormitory) in the center of Kazan State Medical University’s campus. All participants will be housed in 1 or 2 person occupancy rooms.

Other accommodation options include renting an apartment. However finding an apartment for rent for a 6-week period of time is extremely difficult and time consuming, thus we strongly discourage participants from seeking alternative housing options. The rent amount for off-campus apartments depends on the location, size and condition of the apartment. As a rule, apartments offered for rent are supplied with furniture and basic household appliances (refrigerator, TV, telephone). Current average prices start at 16,000 RUB for one-room apartments and 25,000 RUB for two-room apartments. Telephone, electricity, utility charges are usually included in the rent.

Transportation

Participants can enter Russia arriving at one of the three Moscow airports – Sheremetyevo, Vnukovo, Domodedovo. The suggested airlines for direct flights from the US would be Aeroflot and Delta. Arriving with any other airline with connections via cities in Europe is also acceptable. Connecting flight from Moscow to Kazan lasts about 1.5 hour, another option – overnight train.

Kazan's modern transport system includes a network of bus, tram and trolley bus routes, and an underground line composed of 10 stations. Kazan has introduced e-ticketing into public transport system. Buses, trams and trolley buses are equipped with card readers. An electronic transport card is a prototype of a travel pass. Electronic cards are available for all modes of public transport. They can be purchased at the Express Pechat (Express Press) newsstands, post offices and underground ticket offices.
Taxi: There are more than 20 taxi services in Kazan. Taxi can be ordered to any place 24/7. You can catch a taxi on streets by raising your hand. A trip from one city district to another may cost 200-300 RUB. A ride to the airport may be 500–1,000 RUB.

List of taxi services:

- Taxi Tatarstan +7 (843) 567-1-567 – you can also order this taxi using mobile app “TapTaxi”
- Motor-Service +7 (843) 22-11-111
- Soyuz Taxi +7 (843) 5-170-170
- Ladies’ Club +7 (843) 240-40-47, +7 (843) 294-60-55 OOO
- Taxi Comfort +7 (843) 5-57-80-04
- Your Favourite Taxi +7 (843) 250-77-05

There are thousands of cars in the city on a daily basis. Recent years have seen a significant growth in the number of cars, which has led to traffic jams and unavailability of parking space. Traffic accidents are more numerous than in North America and most European countries despite the fact that there still are fewer cars. Russian drivers regularly ignore traffic lights, road signs and traffic regulations as well as pedestrians, so you have to be very careful and walk defensively at all times.

Financial

**Currency:** Russian ruble. Payment in stores is accepted in rubles only and it is not legal to use USD for transactions in Russia. One ruble = 100 kopeek. Please check online at the Central Bank of the Russian Federation for current exchange rates ([http://www.cbr.ru/eng/](http://www.cbr.ru/eng/)). It's better to have some cash with you (10 000-12 000 RUB - just enough for initial expenses – transportation, food, accessories, etc.) when you come to Kazan. Cash is used much more often than credit/debit cards. Also keep in mind that when you will be travelling outside of Kazan (i.e. for field trips) only cash will be accepted as a form of payment.

Average prices in Russia: The following prices are for Kazan; the prices in the other Tatarstan cities are slightly different. All prices are in RUB: A taxi ride: about 150-200 RUB, otherwise it's about 9 RUB per kilometer. 1 public transportation trip: 25 RUB. A lunch in a restaurant for 1 person: 700 – 1200 RUB. A loaf of bread: 30 RUB. A liter of milk: 60 RUB

ATMs: There are many ATMs in Kazan and major Tatarstan cities. However, as soon as you go to smaller towns, you'll find it hard to use your credit card. Also please check with your bank about the possible fees that you will be charged for using your credit/debit card in Russia and for the currency conversion. Be safe when using local ATMs – watch for pickpockets, cover the keypad when entering your PIN, and make sure you get your card back when finished.

Credit Cards: Some larger supermarkets, restaurants and banks will accept credit cards and usually they will ask for some photo-ID document. Visa and Master Card are accepted almost in any ATM. AMEX and Diners Club owners might have issues using the cards.
Additional Tips

Communication: Wi-Fi and Mobile Telephones

Important Phone numbers: FIRE – 01, POLICE – 02, AMBULANCE – 03, Paid medical aid at home – 050 (112 from mobile phone).

Mobile Phones: You can purchase a SIM card, which can be inserted into any unlocked phone. When you purchase your SIM card and phone, be sure to keep all of the paper work that you are given in a safe place. If you lose your phone, call your service provider immediately so that they can freeze your account. In most cases, they can reissue you a new SIM card and you can retain your old number, service package and account balance. Mobile phones are available from numerous stores and shops all over town. At most of them you can get your new phone connected on the spot through the provider of your choice. There are 3 major phone operators in Kazan: Beeline, Megafon and MTC. They all offer a wide range of services and payment plans.

Making Calls to Other Countries: It is fairly easy to make an international phone call from a standard Russian telephone line, and normally you will get through even to remote locations. To access an outside line from a landline, dial 8 and wait for the tone. Then dial 10, followed by the country code, the city code and the local phone number you want to reach. For example, to call a number in the US, dial 8, wait for the tone, then dial 10 followed by 1 (the country code for the US) followed by the area code and local number.

Internet: There are many Internet service providers in Kazan offering high-speed broadband Internet access, as well as ADSL high-speed access. Prices for internet access are moderate compared to Europe and USA with the cheapest tariff rates starting from about 250 RUB. Kazan features lots of free Wi-Fi hotspots available in restaurant, cafes, clubs, hotels and other public places, though internet cafes with wired internet access are also at your service.

What to Bring With You

Please see the section on “What to Bring with You” in the general elective guide regarding clothing and items we suggest all students considering bringing to the elective.

Clothing

- Professional clothes you would wear to work in the hospital in the U.S. – button-down shirts, slacks, dresses and skirts at knee length or below. No low cut blouses or shirts. Men should wear ties.
- White coat.
- Note that in Russia, doctors change outdoor and indoor shoes.
- Please see the section on climate for information on temperatures so that you can dress appropriately for the weather.

Other Suggested Items

- Multi-purpose plug adaptor (voltage converter): Electrical circuit voltage in Russia is 220 volt, 50Hz. Please see picture on right of the typical Russian plug.
Majid Sadigh: Project Manager
Mitra Sadigh: Writer and Editor
Anton Gryaznov: Technical Designer

Special thanks to many participants and leaders of Global Health Program for thoughtful comments and contributions and Anton Gryaznov for reviewing the Russia Participant Guide.
Dear Participant of the Global Health Exchange program in Kazan, Russia,

We are looking forward to welcoming you in the city of Kazan for your clinical rotation in the upcoming months, thank you for your interest in doing your rotation in Kazan, Russia!

Please be aware that the process of obtaining an entry visa to Russia is very formal and at the Russian Embassy you will be asked to present an Official Invitation Letter, which is issued by the Federal Migration Service of Russian Federation. We will be responsible for preparing and sending you this Invitation Letter. However in order to apply for your Invitation Letter we need some additional information about you.

Thus we ask you to complete the following simple form and send it back to us as soon as possible with a scan copy of your passport (the passport has to be valid for 6 months from the expected date of departure from Russia).

Please keep in mind that the whole process of issuing an Invitation Letter at the Embassy takes approximately 32-35 days!

Thank you for your cooperation! Looking forward to hearing from you very soon!

List of additional data required for issuing an Official Invitation Letter:

1. First Name: 
2. Surname (Last name): 
3. Given names: 
4. Date of birth: dd/mm/19yy 
5. Place of birth (country and city/town): 
6. Current citizenship (nationality): 
7. Passport Number: 
8. Passport is valid until: dd/mm/20yy 
9. Name of the University, where you study: 
10. Full address of your University: 
   a. Street address: 
   b. City: 
   c. Postal code: 
   d. Country: 
11. Full address of current residence: (Please make sure that this address is correct, as this will be the address where we will mail the Invitation Letter) 
   a. Street address: 
   b. City: 
   c. Postal code: 
   d. Country:
12. Your phone number:
13. Fax number (optional):
14. City and country, where you will be applying for an entrance Visa to the Russian Federation:

www.kazangmu.ru, tel. +7(843)-236-77-44
# Health Certificate for Clinical Rotations

Медицинская справка о здоровье для прохождения клинической стажировки

<table>
<thead>
<tr>
<th>1. Full name (Last, First) /Фамилия и имя:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td>2. Sex / Пол: Male / М ☐ Female / Ж ☐</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>3. Blood group and Rh / Группа крови и резус-фактор:</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>4. Date of birth (dd/mm/yyyy) / Дата рождения: / /</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>5. Please indicate any serious medical conditions, allergies etc. / Пожалуйста, укажите имеющиеся заболевания, аллергии и т.д.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hepatitis B / Гепатит B (test has to be taken within 30 days prior to start of rotation)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Results of HBV Antibody Level and/or HBV Surface Antigen tests / Результаты анализов на антитела к HBV и/или его поверхностный антиген</td>
</tr>
<tr>
<td>Vaccination results: / Результаты прививок:</td>
</tr>
<tr>
<td>☐ Was vaccinated / Вакцинирован(а)</td>
</tr>
<tr>
<td>☐ Was NOT vaccinated / Не вакцинирован(а)</td>
</tr>
<tr>
<td>Vaccination series / Серия вакцин:</td>
</tr>
<tr>
<td>Vaccine 1: Vaccine 2: Vaccine 3:</td>
</tr>
<tr>
<td>Test Date/Дата (dd/mm/yyyy) / /</td>
</tr>
<tr>
<td>Vaccination Dates / Дата (dd/mm/yyyy):</td>
</tr>
<tr>
<td>Vaccine 1 / /</td>
</tr>
<tr>
<td>Vaccine 2 / /</td>
</tr>
<tr>
<td>Vaccine 3 / /</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HIV/ВИЧ (test has to be taken within 30 days prior to start of rotation)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Results of: HIV Antibody serological test/Результаты серологической пробы на антитела к ВИЧ</td>
</tr>
<tr>
<td>☐ Positive / Положительно ☐ Negative / Отрицательно</td>
</tr>
<tr>
<td>Test Date/Дата (dd/mm/yyyy) / /</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Syphilis / Сифилис (test has to be taken within 30 days prior to start of rotation)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Results of RPR or EIA-tests/Результат реагинового или ИФА-теста</td>
</tr>
<tr>
<td>☐ Positive / Положительно ☐ Negative / Отрицательно</td>
</tr>
<tr>
<td>Test Date/Дата (dd/mm/yyyy) / /</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuberculosis /</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest X-ray examination results/Рентгенография органов грудной клетки</td>
</tr>
<tr>
<td>Test Date/Дата (dd/mm/yyyy)</td>
</tr>
</tbody>
</table>

Annex 4
<table>
<thead>
<tr>
<th>Туберкулез</th>
<th>Positive / Положительно</th>
<th>Negative / Отрицательно</th>
<th>/ /</th>
</tr>
</thead>
<tbody>
<tr>
<td>MRSA / Метициллин- резистентный золотистый стафилококк</td>
<td>Results of nasal swab/Результаты посева из носоглотки</td>
<td>Test Date/Дата (dd/mm/yyyy)</td>
<td>/ /</td>
</tr>
<tr>
<td>Positive / Положительно</td>
<td>Negative / Отрицательно</td>
<td>/ /</td>
<td></td>
</tr>
</tbody>
</table>

www.kazangmu.ru, tel. +7(843)-236-77-44
<table>
<thead>
<tr>
<th>Vaccination Category</th>
<th>Vaccination Dates and Vaccine Series</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diphteria / Дифтерия</td>
<td>Даты проведения вакцинации и серии вакцин</td>
</tr>
<tr>
<td>Tetanus / Столбняк</td>
<td>Даты проведения вакцинации и серии вакцин</td>
</tr>
<tr>
<td>Whooping cough / Коклюш</td>
<td>Даты проведения вакцинации и серии вакцин</td>
</tr>
<tr>
<td>Poliomyelitis / Полиомиелит</td>
<td>Даты проведения вакцинации и серии вакцин</td>
</tr>
<tr>
<td>Measles / Копь</td>
<td>Даты проведения вакцинации и серии вакцин</td>
</tr>
<tr>
<td>Mumps / Паротит</td>
<td>Даты проведения вакцинации и серии вакцин</td>
</tr>
<tr>
<td>Rubella / краснуха</td>
<td>Даты проведения вакцинации и серии вакцин</td>
</tr>
<tr>
<td>Chicken pox / Ветряная оспа</td>
<td>Даты проведения вакцинации и серии вакцин</td>
</tr>
</tbody>
</table>

I certify that the information presented above is correct / Я подтверждаю, что указанная информация верна.

I confirm that the applicant has no contraindications for study abroad / Я подтверждаю, что у участника нет противопоказаний к обучению за рубежом.

Physician’s Signature / Подпись врача:__________________________

Physician’s Full Name / Полное имя врача:

Healthcare Institution name / Название учреждения здравоохранения:

Healthcare Institution address / Адрес учреждения здравоохранения:
www.kazangmu.ru, tel. +7(843)-236-77-44
Appendix 2: The Cyrillic Alphabet

<table>
<thead>
<tr>
<th>Letter</th>
<th>Handwritten</th>
<th>Name of Letter</th>
<th>English Equivalent</th>
<th>Examples of Sound</th>
</tr>
</thead>
<tbody>
<tr>
<td>Аа</td>
<td>Аа</td>
<td>&quot;oh&quot;</td>
<td>(ə)</td>
<td>Above, Car</td>
</tr>
<tr>
<td>Бб</td>
<td>Бб</td>
<td>&quot;beh&quot;</td>
<td>(b)</td>
<td>Beautiful, Belarus</td>
</tr>
<tr>
<td>Вв</td>
<td>Вв</td>
<td>&quot;veh&quot;</td>
<td>(v)</td>
<td>Very, Valuable</td>
</tr>
<tr>
<td>Гг</td>
<td>Гг</td>
<td>&quot;geh&quot;</td>
<td>(g)</td>
<td>Good, Gift</td>
</tr>
<tr>
<td>Дд</td>
<td>Дд</td>
<td>&quot;doh&quot;</td>
<td>(d)</td>
<td>Delicious, Delicate</td>
</tr>
<tr>
<td>Ее</td>
<td>Ее</td>
<td>&quot;yeh&quot;</td>
<td>(ye)</td>
<td>Yellow, Yes</td>
</tr>
<tr>
<td>Ёё</td>
<td>Ёё</td>
<td>&quot;yo&quot;</td>
<td>(yo)</td>
<td>Your, Yacht</td>
</tr>
<tr>
<td>Жж</td>
<td>Жж</td>
<td>&quot;zheh&quot;</td>
<td>(zh) / (j)</td>
<td>Pleasure, Measure</td>
</tr>
<tr>
<td>Зз</td>
<td>Зз</td>
<td>&quot;zeh&quot;</td>
<td>(z)</td>
<td>Prize, Zoo</td>
</tr>
<tr>
<td>Ии</td>
<td>Ии</td>
<td>&quot;ee&quot;</td>
<td>(i) / (eu)</td>
<td>Eagle, Easy, Hawaii</td>
</tr>
<tr>
<td>Йй</td>
<td>Йй</td>
<td>&quot;ee kratkoyeh&quot;</td>
<td>(iy)</td>
<td>Bouy</td>
</tr>
<tr>
<td>Кк</td>
<td>Кк</td>
<td>&quot;kah&quot;</td>
<td>(k)</td>
<td>King, Keep</td>
</tr>
<tr>
<td>Лл</td>
<td>Лл</td>
<td>&quot;el&quot;</td>
<td>(l)</td>
<td>Like, Love</td>
</tr>
<tr>
<td>Мм</td>
<td>Мм</td>
<td>&quot;em&quot;</td>
<td>(m)</td>
<td>Moscow, Minsk</td>
</tr>
<tr>
<td>Нн</td>
<td>Нн</td>
<td>&quot;en&quot;</td>
<td>(n)</td>
<td>New York, No</td>
</tr>
<tr>
<td>Оо</td>
<td>Оо</td>
<td>&quot;o&quot;</td>
<td>(o)</td>
<td>Or, More</td>
</tr>
<tr>
<td>Пп</td>
<td>Пп</td>
<td>&quot;poh&quot;</td>
<td>(p)</td>
<td>Perfect, St Petersburg</td>
</tr>
<tr>
<td>Рр</td>
<td>Рр</td>
<td>&quot;er&quot;</td>
<td>(r) - trilled</td>
<td>Rare, Relax (trilled)</td>
</tr>
<tr>
<td>Сс</td>
<td>Сс</td>
<td>&quot;es&quot;</td>
<td>(s)</td>
<td>See, Svetlana</td>
</tr>
<tr>
<td>Тт</td>
<td>Тт</td>
<td>&quot;teh&quot;</td>
<td>(t)</td>
<td>Team, Topic</td>
</tr>
<tr>
<td>Уу</td>
<td>Уу</td>
<td>&quot;oo&quot;</td>
<td>(u) / (oo)</td>
<td>Cartoon, Balloon</td>
</tr>
<tr>
<td>Фф</td>
<td>Фф</td>
<td>&quot;uf&quot;</td>
<td>(f)</td>
<td>Fancy, Phone</td>
</tr>
<tr>
<td>Хх</td>
<td>Хх</td>
<td>&quot;ha&quot;</td>
<td>(h) / (kh)</td>
<td>Hot, Loch</td>
</tr>
<tr>
<td>Цц</td>
<td>Цц</td>
<td>&quot;tsheh&quot;</td>
<td>(ts)</td>
<td>Boots, Hats (soft)</td>
</tr>
<tr>
<td>Чч</td>
<td>Чч</td>
<td>&quot;cheh&quot;</td>
<td>(ch)</td>
<td>Chair, Chin (soft)</td>
</tr>
<tr>
<td>Шш</td>
<td>Шш</td>
<td>&quot;sha&quot;</td>
<td>(sh)</td>
<td>She, Dish (soft)</td>
</tr>
<tr>
<td>Щщ</td>
<td>Щщ</td>
<td>&quot;shche&quot;</td>
<td>(shch)</td>
<td>Scottish, cheese (soft)</td>
</tr>
<tr>
<td>Ъъ</td>
<td>Ъъ</td>
<td>&quot;byordiy znok&quot;</td>
<td>-</td>
<td>No sound - indicates hardness of previous letter</td>
</tr>
<tr>
<td>Ьы</td>
<td>Ьы</td>
<td>&quot;y&quot;</td>
<td>(i) / (ay)</td>
<td>No similar English sound</td>
</tr>
<tr>
<td>Ьъ</td>
<td>Ьъ</td>
<td>&quot;myagkvey znok&quot;</td>
<td>-</td>
<td>No sound - indicates softness of previous letter</td>
</tr>
<tr>
<td>Ээ</td>
<td>Ээ</td>
<td>&quot;eh&quot;</td>
<td>(e)</td>
<td>Egg, Men</td>
</tr>
<tr>
<td>Юю</td>
<td>Юю</td>
<td>&quot;yoo&quot;</td>
<td>(yu) / (you)</td>
<td>You</td>
</tr>
<tr>
<td>Яя</td>
<td>Яя</td>
<td>&quot;ya&quot;</td>
<td>(ya)</td>
<td>Yam</td>
</tr>
</tbody>
</table>