



the guide-book
KRASNOYARSK

2015



WELCOME TO KRASNOYARSK



Krasnoyarsk State Medical University

Department of Latin and Foreign Languages

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***KRASNOYARSK:
THE GUIDE-BOOK
FOR FOREIGN STUDENTS***

Krasnoyarsk,

2015

ようこそクラスノヤルスクにお越しくださいました。
遠路クラスノヤルスク国立医科大学においでいただき
ありがとうございます。今回の訪問で新なる医
療的な知識と経験を得られると期待を表明していま
す。文化交流がよりいっそう発展することを願うも
のであります。

このガイドブックに医科大学の学生達でクラスノヤ
ルスクについての様々な情報とアドバイスが集めて
あります。このガイドブックは日本の留学生方がク
ラスノヤルスクで困らないように使うものです。

日露の友好と協力万歳。

Krasnoyarsk State Medical University

Krasnoyarsk State Medical University named after Professor V. F. Voyno-Yasenetsky is one of the largest medical universities of Siberia and the Far East of Russia.



Now, the number of students is about 4,000. They are trained in such departments as General Medicine Department, Pediatric Department, Pharmaceutical Department, Social Work Department, the Institute of Dentistry, Department of Clinical Psychology, Department of Medical Cybernetics and Healthcare Management, Department of Pre-University and Lifelong Education and Department Post-Diploma Education. For the first three years the KrasSMU students study at the general faculty called the Faculty of Fundamental Medical Education. Not long ago, a Pharmaceutical College was affiliated to the University. Krasnoyarsk State Medical University has students not only from Russia but also from other countries.

The structure of the University

The main building of the Krasnoyarsk State Medical University is located at 1, Partizan Zheleznyak St. The building has been remodeled and today it looks new and modern. The dome was built for the 70th anniversary of the University.

The top of the dome is decorated with a symbol of medicine – the snake. The space under the dome is used as a lecture hall. The dome houses a museum that is dedicated to the life and activities of a great Russian surgeon Valentin Feliksovich Voyno-Yasenetsky.

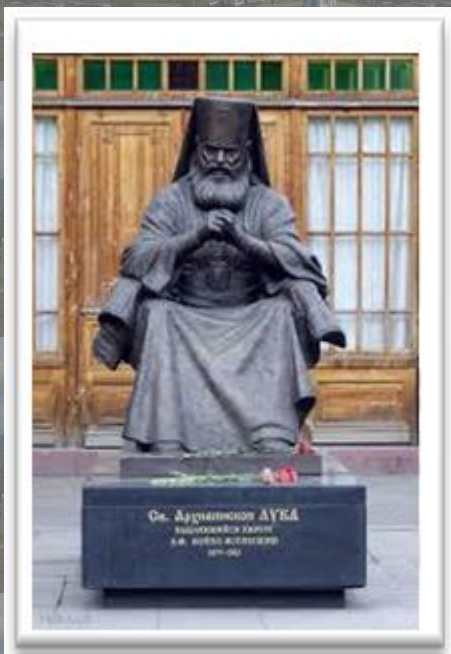


The Museum collection has very rare and valuable documents related to the famous Professor and doctor in whose honor the University was named.

Valentin Feliksovich Voyno-Yasenetsky's name is respected by all the inhabitants of the city.



On July 24, 1937 the surgeon and the priest was falsely accused of espionage, in December he was condemned and exiled to Krasnoyarsk Territory, to the village of Big Murta for 5 years. When the Great Patriotic War began Valentin Feliksovich offered «his experience, his knowledge and skill for the treatment of Soviet army soldiers». The statement came to the end with tremendous words: «upon termination of the war I am ready to return to the exile». Voyno-Yasenetsky was nominated to a post of the main surgeon of a huge base hospital No. 1515 of Krasnoyarsk and the adviser of all hospitals of Krasnoyarsk Territory. Besides round-the-clock work and the most difficult operations, he gave lectures to students at the newly founded medical institute.



Valentin Feliksovich Voyno-Yasenetsky was awarded a Stalin Prize in 1944 for scientific research results in new surgical methods of treatment of purulent diseases and the wounds stated in works «Sketches of Purulent Surgery», «Late Resections at the Infected Gunshot Wounds of Joints». These unique grants are still important in modern medical practice. In 1961 V.F. Voyno-Yasenetsky died in Simferopol in holy order of the Crimean and Simferopol Archbishop. In the center of Krasnoyarsk in front of the John Precursor Church (Gorkogo St., 27) where during the Great Patriotic War one of the evacuation hospitals was housed, monument to V.F. Voyno-Yasenetsky was set up in 2002.

Near the bus stop there is **the morphological building** of the University №3. It is located at 1ж, Partizan Zheleznvsk St. It is an interesting and important building because there students can enhance their knowledge of human anatomy by working with cadaver material. The morphological department has both whole bodies and individual organs and systems of organs.

Behind the morphological building there is a **laboratory building** of Medical University №4 located at 1з, Partizan Zheleznvsk St. There are well equipped laboratories with the most modern facilities. All this encourages the research activity at the university.

Sports stadium "Medic" is located near the main building of the Krasnoyarsk State Medical University. It has a football field with artificial turf, a basketball court, a squash court, a jogging track and a seating area of 1,000 seats.

University campus



The oldest of the buildings is located at 124, Karl Marks St. The Department of Biology which is located in this building has a rich illustrative material. It consists of a variety of biological specimen from the simplest organisms to representatives of mammals.



Students and their professors contribute to the expansion of this collection.

Pharmaceutical College, affiliated to the University, is located at Prospect Mira,70. The Department of Latin and Foreign Languages is located in the same building.

Dormitories

1st dormitory, Mira Ave. 1

2nd dormitory, Partizan Zheleznyak St. 1E

3rd dormitory, Partizan Zheleznyak St. 1B

4th dormitory, Partizan Zheleznyak St. 1A

5th dormitory, Kradnodarskaya St. 19

6th dormitory, Nikitin St. 3A



Clinical practice

Clinical practice is provided by different Medical Institutions in the city: hospitals, clinics etc. Often it takes much time to reach them because of their different locations in the city. So you should be more patient and prepare for a long journey to your classes.



Dental clinics



The University prepares dentists of all specialties in its special clinics. They are equipped with state-of-the-art equipment. Dental treatment is free for the university students and staff.

Academic year

The academic year starts on September, 1. It is divided into two terms (semesters). The first one (autumn semester) runs from September 1 to January. The second one (spring semester) runs from February to June. There are winter (10 days) and summer holidays (1,5-2 months). After each semester there is an exam period for students called “session”. It usually lasts for 2 weeks.



Food Services



You will never feel hungry in KrasSMU, because of the developed system of canteens and cafeterias. Among the dormitory buildings on campus you can find a university canteen called “Askorbinka”. Moreover, in each university building there are vending machines and snack bars to grab a bite.

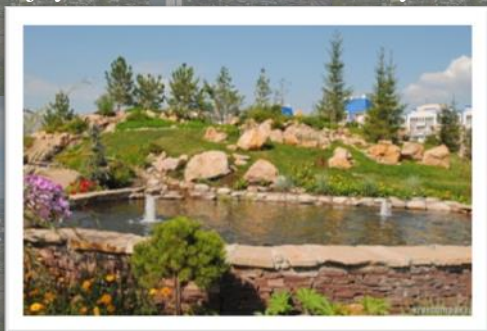
City of Krasnoyarsk

Krasnoyarsk is the largest industrial and cultural centre of Eastern Siberia, and the capital of Krasnoyarsk Territory, the second largest region in Russia by area. It is situated in the centre of Russia at the confluence of the small river Kacha and mighty Yenisei. The town was founded in 1628 by Cossacks under troop leader Andrey Dubenskiy's command and was originally named "Krasniy Yar". Today, Krasnoyarsk is a modern industrial city with unique architecture, a capital of artistic and talented people of Siberia and one of the most beautiful cities in Russia.

City walks

AcademGorodok

It's a special complex of research institutions and homes of their employees. It's located on top of the Sayan Mountains. Visiting this wonderful place you can enjoy the local nature: in summer time you can take a walk by the Yenisei river and enjoy the sunny day and in winter you can go cross-country skiing in the nearby woods or and enjoy the view of the winter city and the river.



Dream Gardens

In the center of Vzletka, on the Dobrovolcheskoy brigady street, 14a a park was opened. It's an extraordinary place among the gray apartment complexes of Krasnoyarsk. The park is divided into several theme areas:

formal garden, fountains, kid's playground (with free kid rides) and the Japanese garden. Also there are two zones of street cafes, one of which is a blini place.

Work hours: daily from 9am to 10pm

Entrance free : Adult ticket – 220rub

Student ticket – 100rub

Central Park

Central Park named after M. Gorky is located in the historic centre of Krasnoyarsk. It's an amazing place. The main alley of the park takes us to one of the most impressive city overlooks, which offers an unforgettable view of the Yenisei and the mountains.

In the Central Park you can find a lot of amusement rides for all ages: for the smallest and for fans to scream loudly. Specially for them, there are several extreme rides.

But the heart of Gorky Park is a children's railway. These railroad tracks surround the park and when the train is filled, it begins its movement.

The Theatre Square

One of the most beautiful squares in Krasnoyarsk located on the left bank of the city. The architectural ensemble of the square consists of the Opera and Ballet theatre, the restaurant complex "Krasnoyarsk", light and music fountain, and the fountain complex "Rivers of Siberia". Also the area is decorated with sculptures of lions and a statue of Apollo. In the summer public events take place here and traditionally the New Year tree and snow town are put here in the winter.



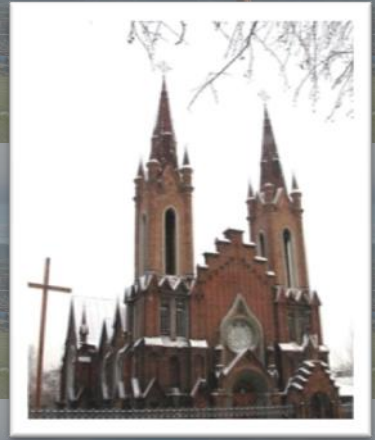
River walk

It's a wonderful place for walking. You can enjoy beautiful views of the city from the river, and of the mighty Yenisei from the city. Nearby you will see "Kommunalny" bridge which connects the two river banks and offers an amazing view of the Yenisei and the island. Also there is a river station where in summer you can buy a ticket to a motor boat trip on the Yenisei.

Arts and Museums

The Organ Hall

The building was originally constructed as the Roman Catholic Church in 1910 and it has become one of the unique concert halls in Krasnoyarsk. The building hosts performers from many countries as well as the local ones, including Andrey Bardin, a famous organ performer from Krasnoyarsk. If you like original organ music and gothic atmosphere don't miss the chance to visit this place!



The Krasnoyarsk Music Theatre



For theatre lovers, the Music theatre will be a good opportunity to discover the Russian culture through various performances. The repertoire has different genres, but you have to keep in mind that all the performances are in Russian, so the

minimum knowledge of this language would be helpful or if possible, take an English speaking friend with you!

Surikov Art Museum

It is the only large art museum in Krasnoyarsk which has substantial collections of famous Russian artists. The museum was named after a famous artist born in Krasnoyarsk – V. Surikov, whose works are displayed in a separate room.



The Krasnoyarsk Museum of Regional Studies (Local Lore)

The museum was founded in 1885. Its collection (about 450 thousand items of archeology, ethnography, paleontology and natural sciences) represents the region's history from the ancient times to the present. The architect is L. Chernyshev. You may be surprised with an unusual architectural solution of the museum's main building, which embodies an architect's interest in ancient culture of Egypt.



Krasnoyarsk Opera and Ballet Theatre



Krasnoyarsk Opera House, one of the newest music theatres in Russia, began its history in 1978. Nowadays The Opera and Ballet Theatre is one of the most beloved place among residents and guests of the city and Krasnoyarsk Region. The opera singers and ballet dancers present a magnificent fairy tale each time you visit this theater.

Annual events

Guests and resident of the city can really enjoy the events annually held in Krasnoyarsk. Below there are some of them.

- **International Festival of snow and ice sculptures "MAGIC ICE OF SIBERIA" (January)**
- **Parade on Victory Day (the 9th of May)**
- **Summer Festival "Green" on the grass in one of the parks (June)**
- **City Day Carnival (June)**
- **Krasnoyarsk International Music Festival of Asian-Pacific region (June –July)**
- **Museum Night (several times during the year).**

Active and Outdoors

Bobrov Log

Bobrov Log is a ski resort. If you like active pastime, you should visit one of the best places in Krasnoyarsk. There you can find a lot of interesting things to do in all seasons.

Winter:

- Alpine skiing complex
- Ice skating rink
- Extreme rides (“Rodelban”)
- Café, bar, restaurant
- Instructors



Summer:

- Extreme rides (“Rodelban”, “Ziprider”, “Rock climbing wall”)
- Beach complex “Mirage”
- Cable-car rides with awesome views
- Eco-tourism: horse walks and gazebos for picnics



Web-site: www.bobrovlog.ru

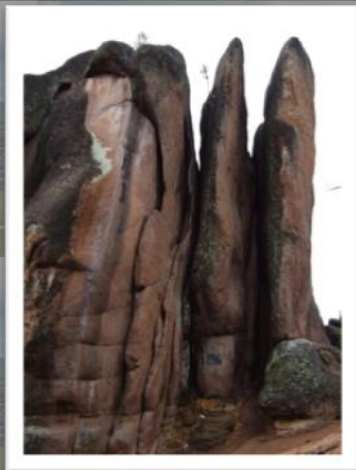
Natural Reserve Stolby

Stolby is a unique phenomenon. There are a lot of books, articles, and films about this place.

Many events happened in Stolby. The place was discovered in 1624 by Russian Kazaks.

Objects:

- Reserve
- Different rocks, every has its own names: “Grandfather”, “Manskaya Baba”, “Feathers”



What to do:

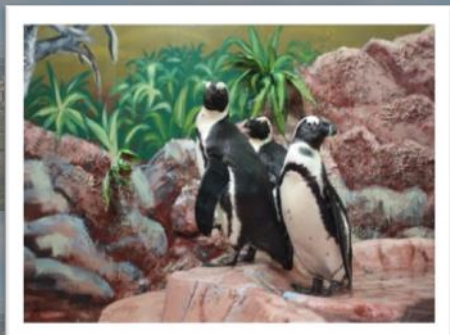
- Sport
- Rock-climbing
- Nature walks
- Excursions

Web-site: www.stolby.ru/eng/



Roev Ruchej

Roev Ruchej – one of the best and biggest zoos in Russia. If you love animals, this place is a must to visit while in Krasnoyarsk. There are lot of different animals, fishes, birds and reptiles. Here you can also find not plants and flowers.



Web-site: www.roev.ru

Tatyshev Island

Tatyshev Island is one of the most favorite places of Krasnoyarsk residents. If you are going to come to our town and don't know what to do, don't hesitate to come here. It is better than anything else to just walk the paths of this seemingly endless island, feed the ducks and play with gophers.



Eating out and Shopping

You shouldn't worry about being hungry in your home stay because Russian people are very hospitable and like cooking for guests. However, if you want something new, here we'd like to suggest the best places for you to feel the taste of Siberia.

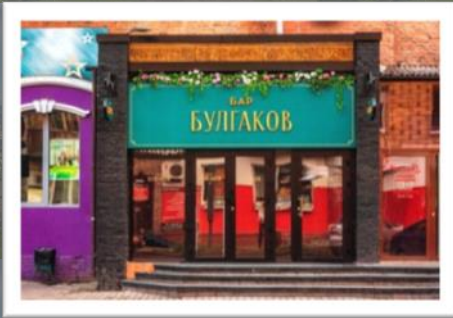
“Izba” (Cottage)

Izba”- looks like a Russian wooden house with a furnace, and stuffed animals on the walls. Here you will taste real Russian national food. Average check: 500-1000 rubles



“Bulgakov”

Here you will see a combination of 19th and 20th century of Russian culture. Average check: 1000-1500 rubles



“Pertsy” (Peppers)

It's one of the cheapest Italian restaurants in the city.

Average check: 300-500 rubles

“Los' i losos” (Elk and salmon)

It's a cheap bar with diverse cuisine.

Average check: 300 rubles

“Yurta” (Yurt)

Here you can enjoy a variety of delicious teas and sweets. Guests here are sitting on the floor.



Average check: 200-480 rubles



Here are some large **shopping centers** where you can not only buy all the necessary things, but also relax, entertain and spend a wonderful time with your family and friends:



- «Planeta» Address: 77 May 9 St.
- «KomsoMOLL» Address: 8 Belinsky St.
- «Torgoviy Kvartal» Address: 1 Televizornaya St.
- «Iyun» Address: 23 Partyazan Jeleznyak st.

City lifestyle

Climate and weather

Krasnoyarsk experiences a continental climate with long and very cold winters and short but warm summers. Winter in Krasnoyarsk is dry and frosty, it begins at the end of October and lasts till the end of April. Conversely, summers are wet and warm.



Transport

Public transportation system consists mostly of buses, streetcars and trolleybuses, the latter usually cost less. Bus tickets cost 19 rubles, streetcars and trolleybus tickets cost 16 rubles. However, the bus routes cover the entire city, unlike other means of transportation. Every stop has a sign with routes that are connected to it. Taxi is also available, but it is advisable to take one with someone who speaks Russian and knows the city.



For a better orientation, you may use apps, such as 2GIS, YandexMaps or Google Maps. They offer a map of the city with bus routes, places to eat, banks, and other useful locations all in English or Russian.

Emergencies

In case of emergency you can dial 112 (emergency services) on your mobile phone and explain your situation in English.

Mobile connection



There is a number of mobile phone operators throughout the city, where you can get your SIM-card, such as Beeline, MTS, Megafon, Rostelecom and Yota. Unfortunately, you can only register your card on a Russian passport, thus ask your Russian friends or university staff for assistance.

Banking system

If you want to cash local currency (rubles), you should go to “Sberbank”, a major, trustworthy company, where they offer services in English. Most of the stores that use card-payment system accept visas and MasterCards as well. However, many smaller shops only accept cash, so be sure to have some on you.



Traffic



During rush hours the city is riddled with traffic. Car accidents are not rare for Krasnoyarsk as well. That is why it's wise to plan ahead your trip through the city. Use our previously mentioned apps to find the fastest route to your destination and see the busiest roads at any given time.

Supermarkets and drugstores

Krasnoyarsk has its local supermarket chains. The most popular are “Komandor”, “Krasny Yar” and “Rosa”. There you can buy fresh and sometimes their own cooked food. Also there are a lot of drugstore chains in the city such as “Lekar”, “Rosa”, “Raduga” and “Gubernskie apteki”.



Outside the City

Krasnoyarsk is not only one of the most beautiful cities in Siberia; if you go out of the city limits, you would find a number of magnificent places. We strongly recommend these particular sights.

Pyramid Mountain

Perhaps, this is the most mysterious place in Krasnoyarsk region. If you look at it from the space, you would see, that the mountain has shape of right pyramid. Pyramid Mountain is believed to have magical properties and origin/

Location: 20 kilometers from the city, Petryashino village.



Krasnoyarsk Hydro Power Station

The very first HPS, built on the Yenisei, one of the most powerful systems in Russia and the pride of the whole region. You can find its image on a ten rubles note.

Location: 27 kilometres from the city, in the town of Divnogorsk.

Dendrogarden in Old Skete

This gorgeous nature miracle is located on the Yenisei banks. There are several centuries year old trees, unusual for cold regions plants, such as roses, lilies, corkwoods and others, which, as you might think, should be dead in tough conditions of the Russian North.

Location: 40 kilometres from the city, in the town of Divnogorsk

Birch Formic Grove

More than thousand anthills of all shapes and sizes are located in the enormous birch grove (10 hectares). The biggest anthill is about 2 metres in height.

Location: 42 kilometres from the city, Ploskoe village, Emelyanovsky region.

May Cave

May Cave is called an “underground castle” due to its unique beauty. Here you can find a lot of stalactites, wonderful grottos and rare calcium deposits.

Location: 42 kilometres from the city, Shumiha village.

Karaulnaya Cave

There are three grottos in this subterranean: the Charm, the Wet and the Dirty. Also you will visit a bizarre place, where your heartbeat is amplified and sounds like a huge hammer.

Location: 25 kilometres from the city, Udachny village.



Cuba Cave

The deepest cave of the region (about 200 metres) has three grottos, a field with stalactites, intricate reliefs and beautiful walls' ornaments – plus two small lakes.

Location: 60 kilometres from the city, Shumikha village.

Viewpoint “Tsar-Fish” (King Fish)





A sacred place and symbolic image of the region, the most scenic view of the powerful Yenesei.

Location: 25 kilometres from the city, Ovsyanka village.

Code of Conduct

As all universities, ours also has some rules and regulations for the students to follow. Once you become a part of our community, you undertake to follow the rules given below:

- students must wear white coats while they are in classes;
- students must attend all mandatory classes on their study plan;
- students must follow the Charter, internal regulations and rules of living in the dormitory.

Phrasebook

To help you get around in the city, here is the most common vocabulary.

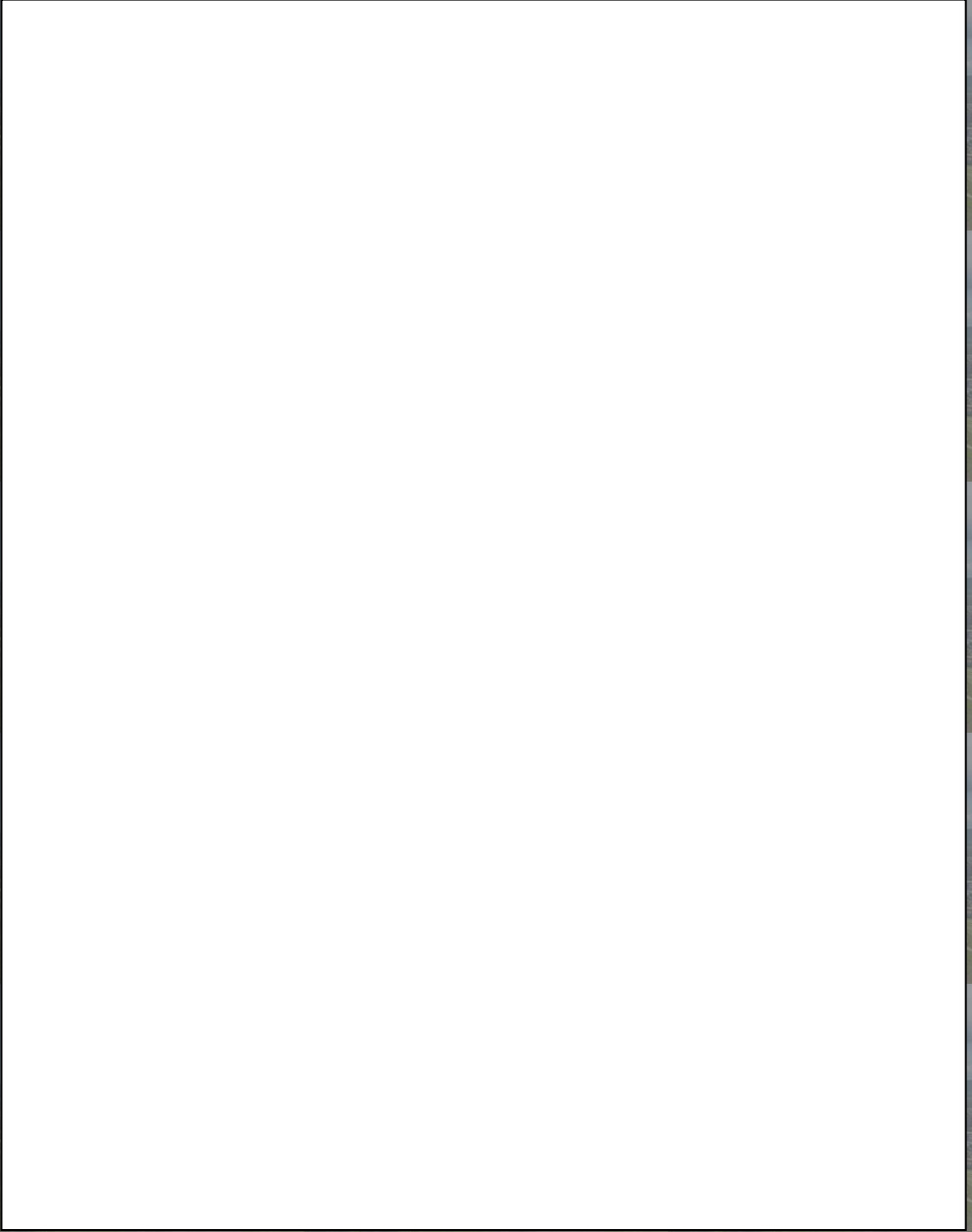
| 日本語 | English | Russian | How to spell |
|---------------------|---------------------------------------|---|---|
| こんにちは。 | Hello! | Здравствуйте! | [zdr,avstvuyte] |
| ありがとう。 | Thank you! | Спасибо! | [spas,iba] |
| こちらにどんな観光地がありますか。 | What special sights are there? | Какие достопримечательности здесь есть? | [kak,ie dostoprimech,atel'nosti zdes' est'] |
| どんな観光ができますか。 | What sightseeing tours are available? | Какие экскурсии предлагаются? | [kak,ie eksk,ursii predlag,autsya] |
| 最も近いバス停はどちらですか。 | Where is the nearest bus station? | Где ближайшая автобусная остановка? | [gde blizh,ayshaya avt,obusnaya ostan,ovka] |
| タクシーパーキングはどちらですか。 | Where is the taxi stand? | Где стоянка такси? | [gde sto,yanka taks,i] |
| 町の地図を頂けませんか。 | Please give me a map of the city. | Дайте мне, пожалуйста, карту города. | [d,ayte mne, pozh,alyasta, k,artu g,orada] |
| どこで町の地図を買うことができますか。 | Where can I buy the map of the city? | Где я могу купить карту города? | [gde ya mag,u kup,it' k,artu g,orada] |
| 英語が話せる方はいますか。 | Can anyone here speak English? | Здесь кто-нибудь говорит по-английски? | [zdes' kto-nib,ud' gavar,it pa angl,iysky] |
| 英語を話すガイドを希望します。 | I want an English-speaking guide. | Мне нужен англоязычный гид. | [mne n,uzhen ,angloyaz,uchy gid] |
| あそこまでどう | Excuse me. How can I get to this | Простите, как я могу добраться | [prast.ite, kak ya mag,u dabr,atza] |

| | | | |
|---------------------------|--|--|---|
| やって行けますか。 | place? | до этого места? | do ,etogo m,esta] |
| この大学までどうやって行けますか。教えてください。 | Would you tell me how to get to this university? | Скажите пожалуйста, как мне пройти к этому университету? | [skazh,ite, pozh,alyista, kak mne prayt,i k ,etomy universit,ety] |
| ～はどのくらいかかりますか。 | How long does it take? | Сколько времени это займет? | [sk,ol'ko vr,emeni eto zaym,et] |
| ～はこちら側ですか。 | Is that on this side? | Это на этой стороне улицы? | [eto na ,etoy staran,e ,ulitsy] |
| 町の中心までどうやって行きますか。 | Which way is downtown? | Как пройти к центру города? | [kak proit,i k ts,entru g.roda] |
| ここはどこですか。 | Where are we now? | Где мы сейчас? | [gde my seich,as] |
| この通りの名前は何ですか。 | What's the name of this street? | Как называется эта улица? | [kak nazuv.aetsa eta ,ulitsa] |
| まっすぐ行かなければなりませんか。 | Should I go straight? | Я должен идти прямо? | [ya d,olzhen idt,i pr,yamo] |
| 次の乗り場で降ります。 | I get off at the next stop. | Я выхожу на следующей остановке. | [ya vuhozh,y na sl,edushey astan,ovke] |
| ここで降りしてください。 | Let me off here, please. | Высадите меня здесь, пожалуйста. | [v,usadite men,ya zdes', pozh,aluysta] |
| ここで止めてください。 | Stop here, please. | Остановите здесь, пожалуйста. | [astanav,ite zdes', pozh,aluysta] |
| ここで写真を撮ってもいいですか。 | May I take pictures here? | Могу я снимать фото здесь? | [mag,u ya snim,at' f,oto zdes'] |

| | | | |
|------------------------------|---|---|--|
| ここでフラッシュ ユを使ってもい いですか。 | May I use a flash? | Могу я использовать вспышку? | [mag.u ya isp,olzovat' vsp,ushky] |
| 私の写真を撮っ ていただけませ んか。 | Would you mind taking a picture for me? | Можете сделать фото со мной? | [m,ozhete sd,elat' f,oto so mn,oy] |
| 一緒に写真を撮 りませんか。 | Please pose with me. | Попозировать со мной, пожалуйста. | [popoz,iruyte so mn,oy, poz,aluysta] |
| 失礼します。 さようなら。 | Goodbye! | До свидания! | [da svid,anya] |

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G-MedEX