

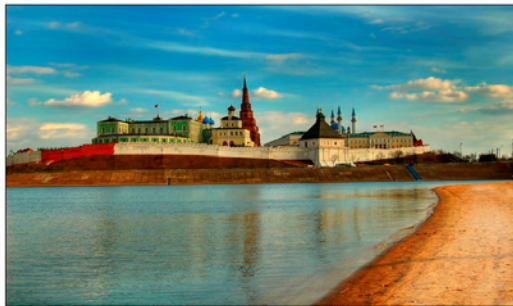
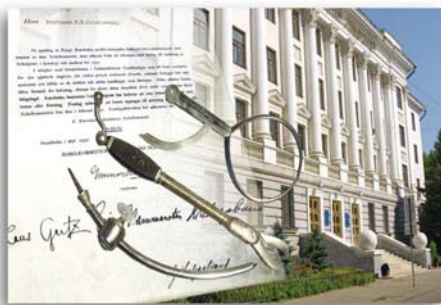


Kazan State Medical University –

– Western Connecticut Health Network / University of Vermont

## Global Health Exchange Program

# PARTICIPANT'S GUIDE



Academic Year – 2016/2017

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## 1. Welcome note to participants

Dear Participant,

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.

Sincerely yours,

Marat A. Mukhamedyarov, MD, PhD

Director of Global Health Office,  
Head of the Office of International Affairs,  
Associate Professor of Physiology,  
Kazan State Medical University

## 2. General Information – Kazan and the Republic of Tatarstan

### REPUBLIC OF TATARSTAN



**Tatarstan** is a Federal Subject of the Russian Federation

**Area:** 67,837 sq.km (26,254.9 sq.mi). Territory extends 290 km from N to S & 460 km from W to E.

**Capital:** Kazan. Kazan is located 793 km E from Moscow

**Location:** At the center of Russia on the East European plain, at the junction of the Volga and Kama rivers and confluence of the major highways connecting E, W, N, S of Russia.

**Relief:** Flat, 9/10 of its territory is at height no more than 200 m above the sea level.

**There are 43 districts and 14 cities in Tatarstan.**

**Established:** May 27, 1920

**Political status:** Federative Republic

**Federal district & Economic region:** Volga Region

**Population** - 3,786,488 (as of the 2010 Census)

**Official languages** - Russian, Tatar

**The Head of the Republic of Tatarstan is the President** – Rustam Minnikhanov.

**Natural resources:** mineral raw material and considerable mineral stock (petroleum, natural bitumen, coal, firm nonmetallic minerals, fresh and mineral underground waters).

**Economy:** 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.

### KAZAN



**City Day:** August 30

**Capital of the Republic of Tatarstan**

**Area:** 425.2 sq.km (164.2 sq.mi)

**Location:** in the northwest of Tatarstan in the place of junction of Volga and Kazanka rivers.

**Distance from Moscow:** 1h 20min by plane, 11 hours by train or 5 days by ship. Approximately 800 km (500 mi)

**Time zone:** Moscow time (GMT+03:00).

**Population:** 1,143,546 inhabitants (as of the 2010 Census)

**Founded:** 1005

**Historical dates:** Mentioned in chronicle 1177

Capital of Khanate since 1438

Conquered by Russia 1552

Capital of Tatarstan since 1920

**Postal code:** 420xxx

**Dialing code:** +7-843-.....

Kazan is included into the **UNESCO World Heritage** Cities list.



### 3. 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 11<sup>th</sup> century to the late 13<sup>th</sup> century. It was a border post between Volga and two Finnic tribes, the Mari and the Udmurt. Kazan existed as a stop on a Volga trade route from Scandinavia to Baghdad. It was a trade center, and possibly a major city for Bulgar settlers in the Kazan region, although their capital was further south at the city of Bolgar.



**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 Bolğar and **Bilär** areas in the 13<sup>th</sup> 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. Some Tatars also went to **Lithuania**, brought by **Vytautas the Great**.

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 Citadel (Kremlin) and **Bolaq** channel were reconstructed, giving the city a strong defensive capacity. 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. Later Tatar merchants and handicraft masters also settled there. 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 ataman (captain) 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, producing tanks and planes. After the war Kazan consolidated as an industrial and scientific center. 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. During the millennium celebrations, one of the largest mosque in Russia, Kul-sharif, was dedicated in the Kazan Kremlin, the holiest copy of Our Lady of Kazan was returned to the city, the "Millennium Bridge" was inaugurated that year and the Kazan Metro began operation.



#### 4. Weather and climate specifics

The climate of Kazan is moderate-continental with warm summer and frosty winter. The Kazan city landscapes are attractive all four seasons. 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. In September you will enjoy a marvellous "golden autumn".

**Winter – Spring:** The average temperature in January is  $-14^{\circ}\text{C}$  ( $7^{\circ}\text{F}$ ). Frosts can reach  $-30^{\circ}\text{C}$  ( $-22^{\circ}\text{F}$ ), 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  $+5-10^{\circ}\text{C}$  ( $40-50^{\circ}\text{F}$ ).

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



## 5. Main historic and touristic sites to visit

**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. In the first half of the 16<sup>th</sup> century the Kazan Kremlin was a white-stone fortress, before that the massive oak walls had defended the outpost.

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 15<sup>th</sup>-16<sup>th</sup> centuries. The Kul Sharif Mosque and Annunciation Cathedral stand side by side inside the Kazan Kremlin and represent a perfect example of a peaceful coexistence between two religious confessions.



**Suyumbike Tower:** The brightest architectural jewel standing out from the whole ensemble of Kremlin, seven storey's and 58 meters high – the spiritual symbol and pride of Kazan. It takes its name from the last queen of Kazan, Suyumbika.

**Legend about Suyumbike:** They say, that Ivan The Terrible, found out about the fantastic beauty of the Suyumbike and made a formal proposal of marriage to her. But proud and beautiful tsarina refused him, so Ivan the Terrible decided to use the force – and with numerous troops he besieged the city. To save the city inhabitants Suyumbike agreed to marry him if he builds the highest tower in Kazan within 7 days. They set down to work. At the end of the 7<sup>th</sup> day the tower was ready. Suyumbike ascended the highest floor of the tower and threw herself on the ground. So she killed herself, not wishing to marry the odious tsar. The Tatar people named the tower in honour of its glorious daughter. Thus its only the legend, it is known for certain that Suyumbike was married Safa-Girey khan, and after his expulsion from Kazan new khan Shah-Ali took Suyumbike to the town of Kasimov where she slowly lived out her days.

**Kul-Sharif mosque** was built in the Kazan Kremlin in the 16th century. It was named after Qolşärif who served there. In 1552, during the storming of Kazan it was destroyed by Ivan The Terrible. Since 1996 construction was initiated and the mosque has been rebuilt within Kazan Kremlin by 2005, its current look is decisively modern. It can accommodate 6,000 worshipers. Kul-sharif is considered to be one of the most important symbols of Tatar aspirations. Today the mosque predominantly serves as a Museum of Islam.

**CENTER OF KAZAN:** Center of Kazan is divided into two districts by the Bolaq Canal and Lake Kaban. The first district, historically Russian, is situated on the hill, the second, historically Tatar, is situated between the Bolaq and the Volga.

**The Old Tatar Settlement** is the historical centre of Kazan. It is located on the right bank of the Low Kaban Lake. History of the Old Tatar Settlement began shortly after Kazan fell to the army of Ivan the Terrible. In this special district of Kazan one can get acquainted with the peculiarities of national wooden architecture that date back to the late 18<sup>th</sup> – early 19<sup>th</sup> centuries. Outstanding representatives of the Tatar people resided in the settlement in the 18<sup>th</sup> century.





**Bauman Street** (picture on left) is the pedestrian street in the heart of Kazan. The historical silhouette of Bauman Street is accentuated with low houses that date back to the 19<sup>th</sup>-20<sup>th</sup> centuries. There are such historic monuments as the Bell Tower of the Epiphany Church, Kachalov Drama Theatre, National Bank, Publishing House. At the very beginning of the street, there is an Arabian style clock, by which Kazan citizens like to arrange their dates and fountain representing a nix ('Su anasy' in Tatar). Visitors of Kazan enjoy the royal carriage of Catherine II, monument to Feodor Chaliapin and sculpture of the legendary Kazan Cat. The

Monument to Prime Meridian installed in Bauman Street marks the reference point from which all road distances to Moscow, New York, Mexico City, North Pole and other destinations are measured.

**The Church of the Exaltation of the Cross** (picture on right) has the greatest orthodox relic - wonder-working Kazan Icon of Our Lady, which was returned to Kazan by the Pope John Paul II in 2005.



**RAIFA MONASTERY** (picture on left): The Raifa monastery is one of the masterpieces of XVII century Russian architecture and is situated near Kazan. Here you can see wonder-working Georgian Icon of Our Lady and the church in the name of Martyrs Vera, Nadezhda, Lyubov (Faith, Hope, Love) and their mother Sophia. This church is considered to be the smallest in Europe.

## MUSEUMS

1. **State Museum of Fine Arts** (right top picture) was found in 1958 on the basis of the Picture Gallery of the State Museum of Tatarstan. The museum's collection numbers over 21,000 paintings, drawings and sculptures from Netherlands, Holland, Flanders, Italy, Germany and Russia of the late 15<sup>th</sup> – early 19<sup>th</sup> centuries.
2. **The Kremlin's Museums**, including the Khazine National Art Gallery, Museum of Natural History of the Republic of Tatarstan, Great Patriotic War Memorial Museum, Hermitage Kazan Centre (branch of St. Petersburg's Hermitage Museum), Museum of Islamic Culture.
3. **Salikh Saidashev's Museum** is the museum of outstanding tatar composer.
4. **Sviyazhsk Museum** (right middle picture) of architecture and arts.
5. **Lenin Memorial Museum**
6. **National Museum of the Republic of Tatarstan** is a treasury of the Republic's museum valuables. Museum stock numbers over 700,000 items of Tatarstan and world culture.
7. **National Culture Center "KAZAN"** (right bottom picture) incorporates a museum of national culture. The museum stock numbers over 17,000 items associated with V.I. Lenin and culture of Tatarstan.
8. **Shishkin Memorial Museum** is the only museum of the prominent Russian artist, a founder of realistic landscape painting. Opened in 1960 in the Shishkin's house where the artist spent his childhood and youth.
9. **Maksim Gorky Museum**





**THEATRES & CONCERT HALLS:** The culture of Kazan is many-sided as its multinational structure. The Heritage of the Golden Horde has gone through centuries, traditions of Bulgars were mixed with Russian, and as the result of the mutual enrichment intellectual values of the population became rather various.

Kazan is proud of its cultural activity. There are famous Opera & Ballet Theatres (picture below), the second largest Russian Concert Hall in Kazan, Philharmonic Hall and six drama theatres. Annually theatrical, music and movie festivals take place in Kazan:



- 1) Fedor Shalyapin International opera festival. It is one of the oldest and most popular festivals in Russia, named after the great singer Fedor Shalyapin, who was born in Kazan. The festival is being held annually in the opera and ballet theatre.
- 2) Rudolf Nuriev International ballet festival. The festival is held every year in commemoration of outstanding dancer Rudolf Nuriev, who began his career in Kazan opera and ballet theatre.
- 3) International festival of modern music "Europe-Asia".
- 4) International festival "Jazz crossroad". Prestige jazz forum is held in Kazan since 1984. Musicians from all over the world participate in it.
- 5) "Pianoforum" International piano music festival.
- 6) International music and literature festival "Aksenov-fest". Festival, dedicated to the dissident Russian writer Vassily Aksenov is held in Kazan since 2007.
- 7) "Golden Minbar" International Festival of Muslim movie.

**SPORTS:** Kazan is known in Russia and Europe for its sports infrastructure. The city became the host for numerous international and all-Russian tournaments. Kazan will host Summer Universiade in 2013, FIFA Football World Championship in 2018, and now it is the candidate to host Aquatic sports world championship in 2015-2017.

Kazan is famous for its sports achievements. The teams from Kazan successfully participate in Russian championships in football (Rubin football club), ice-hockey (Ak Bars hockey club), volleyball (Zenit-Kazan and Dinamo volleyball clubs), basketball (UNICS basketball club), bandy (Dinamo-Kazan bandy club), water polo (Sintez water polo club), and field hockey (Dinamo field hockey club). The best players of these teams play in Russian national teams. The visitors of Kazan can enjoy the sports shows on countless sports arenas of Kazan.



## 6. 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. Total population of Tatarstan comprises 3.8 million people. 1.2 million live in Kazan.



**Religion & language:** The traditional faiths are Sunnism Islam and Christianity. State languages are Russian and Tatar.

**National 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.

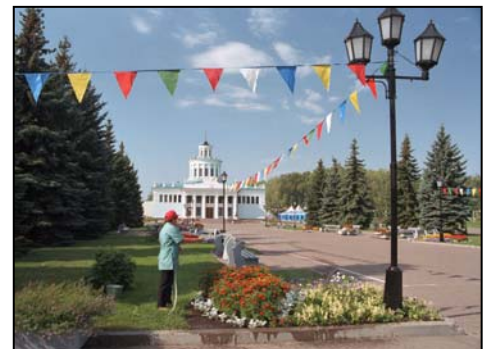


Soups and broths (shulpa) had a primary importance for Tatars. Meat, cereal dishes and potato appear in the traditional Tatar cuisine as seconds. Meat boiled in a broth, cut into small flat slices, sometimes slightly extinguished in oil with onion, carrot and pepper, is often served for seconds.

Tatars always gave a great importance to a batch, skillfully baked pies from sour, barmy, 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. Echepochmak (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 racy tea "po-kazanski".

**Holidays:** Holidays in Kazan coincide with the Russian calendar, except religious holidays and the Day of the Republic of Tatarstan and the Day of the Constitution of the Republic of Tatarstan.

- New Year's holidays last 10 days – January, 1-10.
- Defender of the Fatherland Day – February, 23.
- The International Women's Day – March, 8.
- Holiday of Spring and Labor – May, 1.
- The Victory Day – May, 9.
- The Day of Russia – June, 12.
- The Day of the Republic of Tatarstan – August, 30.
- The National Unity Day – November, 4.
- The Anniversary of October Revolution, the Day of Accord and Reconciliation - November, 7.
- The Day of the Constitution of the Republic of Tatarstan – November, 6.
- The Day of the Constitution of the Russian Federation – December, 12.



*All these mentioned holidays are non-working days. If holiday coincide with the non-working day, the non-working day is transferred on next to the holiday working day.*

**Religious holidays:**

- Russian Orthodox Christmas – January, 7.
- “Kurban-bayram” – a Muslim holy day, the exact date of which is estimated according to the lunar calendar and annually is established by the Decree of the President of the Republic of Tatarstan not later than three months before it comes.

*Religious holidays are also non-working days.*

On the occasion of finishing of the spring-field works the national holiday “Sabantuy” (photo on right). The exact date of carrying out of this holiday is annually established by the Decree of the President of the Republic of Tatarstan.



## 7. Kazan State Medical University at a glance.

**Kazan State Medical University** — One of the most famous and most respected centers of medical education, science, and culture in the Russian Federation, the roots of which go deep into its glorious history. We are proud of the teaching staff and graduates of our University, who have made a significant contribution to global and domestic medicine. We strive to be worthy of our history, are confidently working in the present, and are optimistic about the future.

### **Faculties:**

- General Medicine
- Pediatric
- Dental
- Preventive Medicine
- Pharmaceutical
- Management and Graduate Nursing Education
- Social Workers
- Biomedicine

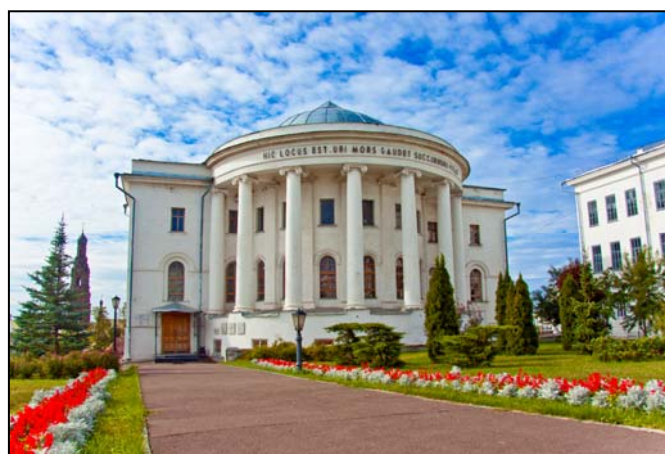


Main Administrative Building of KSMU

**History KSMU:** In the XVIII century on the territory of modern Russia medical schools were established only in Moscow and St. Petersburg. On the 14<sup>th</sup> of May (2<sup>nd</sup> of May according to the old calendar) 1814 the first meeting of the Academic Council of the "Department of Doctoral or Medical sciences" of Kazan Imperial University was held, and on this day began the two-century long history of KSMU.

The founders of the Medical Faculty and of the first departments were anatomists I.O. Braun (the first elected rector of the University) and E.F. Aristov, therapists F.Kh. Erdman (the first Dean of the Medical Faculty), K.F. Fuchs, N.A. Skandovsky, surgeons P.A. Dubovitskii, F.O. Elacic, A.A. Kitter, obstetrician A.E. Lentovsky. 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.

Throughout the XIX 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 60-90s of XIX century in Kazan, several Scientific-Medical Schools of National and European level were established.



Anatomy Theatre

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.

In the Soviet era the Scientific School of Kazan Medical University was further developed by such distinguished scientists as anatomist V.N. Ternovsky, histologists K.A. Arnshtein and A.N. Mislavsky, physiologists N.O. Kovalevsky, N.A. Mislavsky, A.F. Samoilov. Many prominent healthcare administrators and Ministers of Health of the USSR, Russian Federation and the Republic of Tatarstan are graduates of KSMU.

May 14, 2014 Kazan State Medical University celebrated its 200-year anniversary.

### ***Remarkable dates of history KSMU***

- 5<sup>th</sup> of November (according to the old calendar) 1804 The Emperor Alexander I declares in his royal command to establish a University in the city of Kazan
- 14<sup>th</sup> of May (2<sup>nd</sup> of May according to the old calendar) 1814 — Establishment of the "Department of Doctoral or Medical sciences" of Kazan University
- 1837 — The Anatomical Theatre was built (see picture on previous page)
- 1840 — The University Clinic was opened (picture on right)
- 1858 — The Physiological Laboratory is launched
- 1893 — The first editions of "The Neurology Newsletter" are published
- 1900 — The complex of University Clinics starts functioning; the Bacteriological Institute is established on the basis of the Medical Faculty
- 1901 — The first editions of "Kazan Medical Journal" are published
- 5<sup>th</sup> of November, 1930 — the Medical Faculty of Kazan State University is reorganized into Kazan State Medical Institute
- 1930 — Establishment of the Faculty of Prophylactic Medicine (Sanitary Medicine)
- 1932 — The Pediatric Faculty is created
- 1954 — Establishment of the Dental Faculty
- 1975 — Training at the Pharmaceutical Faculty is launched
- 1991 — The Faculty of Social Work is established
- 1994 — The Faculty of Management and Higher Nursing Education starts functioning
- 29<sup>th</sup> of April 1994 — Kazan State Medical Institute is reorganized and acquires the status of Kazan State Medical University
- 2011 — The Faculties of Biomedical Physics and Biomedical Chemistry are established
- 2014 — 200-year Anniversary of Kazan State Medical University



## 8. Global Health Office, vision and mission, historic perspective

One of the main activities of the University is the development of international relations, which helps establish the international status of the University, strengthen mutually beneficial relationships with academic, scientific and medical organizations of other countries, as well the integration of the University into the international system of higher medical education and medical care.

Kazan 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 10% 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. Our graduates work as doctors in the United States of America, France, Germany, India, Pakistan and many other countries.

During the recent years the University actively participated in the international projects IREX — USAID and TEMPUS. The faculty and residents from Yale University come to KSMU every year to give lectures on infectious diseases, evidence-based medicine, cardiology, tropical medicine, nephrology, biostatistics, etc.

The priority in international medical education in recent years has been the development of training programs of foreign students in English language.

### ***Main Activities of the Global Health Center 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.

### ***Projects***

- The project of development of medical education and implementation of new educational technologies in collaboration with the Yale University School of Medicine (USA, collaboration initiated in 1996).
- KSMU-Makerere University (Uganda) collaboration (since 2010)
- The project "Modernizing Russian Social Work Education and Teaching" supported by the TEMPUS IV grant program for the period 2009-2011.
- The project aimed at developing academic mobility of medical students through the programs of the International Federation of Medical Students' Associations (IFMSA). Since 1995 KSMU is a member of the IFMSA and every year our Medical Students have the opportunity to undergo their summer clinical and research electives in Europe, Asia, Africa and the Americas.
- A collaborative project on development and implementation of the "Standardized patient" teaching methodology together with Leuven Catholic University (Belgium), East Carolina University (USA), NOVA Southeastern University (USA) and most recently with Virginia Tech Carilion School of Medicine (USA).

## 9. Meet the Global Health Office in Kazan

The Global Health Office of Kazan State Medical University is a subdivision of the Office of International Affairs. The Global Health Office offers Medical Students of Kazan State Medical University the opportunity to participate in international exchange programs and is responsible for organizing clinical placements for foreign trainees, who would like to pursue a clinical elective in Kazan.

Director of the Global Health Office and Office of International Affairs is associate professor **Marat M. Mukhamedyarov**, MD, PhD.

The Global Health Office is staffed with 5 full and part-time officers, who conduct all aspects of work and are responsible for communication with the site directors, participants, faculty members, etc. and coordinate and administrate the exchange programs.

The Global Health Office is located on the 4th floor of the main building of Kazan State Medical University (rooms 422 and 408). The official address is: Bultlerov str. 49, Kazan, 420012, Russia. All initial correspondence should be sent to [maratm80@list.ru](mailto:maratm80@list.ru).

## 10. Pre-departure orientation

To further prepare participants for the global health elective, there will be monthly global health seminars at Danbury Hospital and UVMCOM to cover diverse topics in global health as well as to make the participants familiar with the diseases common in the host country. For those who have been selected to go to KSMU two Saturdays will be devoted to pre-departure orientations.

## 11. Russian visa and immigration regulations – the “need to know” material

**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 (for additional information on submitting the application documents please refer to the website of the Russian consulate in New York - [http://www.ruscon.org/main\\_ENG.html](http://www.ruscon.org/main_ENG.html)).

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 and not by KSMU. The members of the Global Health Office of KSMU apply to the in order to have each individual invitation letter issued (sample Invitation letter image presented on the right). 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!

**Documents and information required in order to apply for an Invitation Letter:**

1. 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.
2. Additional information forms (see **Annex 1** of this Guide, this will also be sent out to the participants and available through the KSMU website)

**2012 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.) as well as inquire the person crossing the border.

At the time of crossing the Russian boarder you need to present a filled out **migration card** (example on right). 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.

"А" (Выезд/Arrival)		"Б" (Выезд/Departure)	
Российская Федерация Russian Federation		Республика Беларусь Republic of Belarus	
Миграционная карта Migration Card	Серия/Serial № 2708	Миграционная карта Migration Card	Серия/Serial № 2708
№ 0030273		№ 0030273	
Фамилия/Surname (Family name)		Фамилия/Surname (Family name)	
Имя/Given name(s)		Имя/Given name(s)	
Отчество/Patronymic		Отчество/Patronymic	
Дата рождения/Date of birth		Дата рождения/Date of birth	
День/Day	Месяц/Month	Год/Year	Пол/Sex Муж/Male <input type="checkbox"/> Жен./Female <input type="checkbox"/>
Гражданство/Nationality		Гражданство/Nationality	
Документ, удостоверяющий личность Репорт or other ID		Документ, удостоверяющий личность Репорт or other ID	
Номер визы/Visa number:		Номер визы/Visa number:	
Цель визита (включая поддержку) Purpose of visit (to be completed in Russian/English, French/German/ Korean/Japanese/Business/ Yield/Exchange, Family/Relative/ Child/Parent, Travel/Tourist)		Цель визита (включая поддержку) Purpose of visit (to be completed in Russian/English, French/German/ Korean/Japanese/Business/ Yield/Exchange, Family/Relative/ Child/Parent, Travel/Tourist)	
Адрес в принимающей стране (адрес, фамилия, имя, почтовый адрес) Address of host person or company, locality.		Адрес в принимающей стране (адрес, фамилия, имя, почтовый адрес) Address of host person or company, locality.	
Срок пребывания/Duration of stay: С/From: До/To:		Срок пребывания/Duration of stay: С/From: До/To:	
Подпись/Signature:		Подпись/Signature:	
Служебные отметки/For official use only		Служебные отметки/For official use only	
Выезд в Российскую Федерацию /Republic of Belarus/ Date of arrival in the Russian Federation/Republic of Belarus	Выезд из Российской Федерации /Republic of Belarus/ Date of departure from the Russian Federation/Republic of Belarus	Выезд в Российскую Федерацию /Republic of Belarus/ Date of arrival in the Russian Federation/Republic of Belarus	Выезд из Российской Федерации /Republic of Belarus/ Date of departure from the Russian Federation/Republic of Belarus

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)

## 12. Arriving to Russia, experiencing Moscow, getting to Kazan

Exchange program 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.

During stay in Russia GH participants are welcomed to visit Moscow and/or Saint-Petersburg. GH participants cover their expenses themselves, whereas Kazan Global Health Office provide on of Global Health officers as a guide during their tour. Together with the Global Health Office member the participants will have a brief tour of the main historical sites of Moscow, such as The Moscow Kremlin, The Red Square, The Alexander Garden, The Cathedral of Christ the Savior, The Bolshoi Theatre Square.



The Moscow Kremlin



Russian overnight trains



Kazan Central Train Station

## 13. What to bring with you to Kazan?

Visitors of Kazan can easily find almost everything in the local shops and markets. However it might be helpful to think in advance and bring with you the items that will be needed on a daily basis of your exchange program in Kazan. Here is the suggested list of items that we suggest you should bring:

- 1 multi-purpose plug adaptor (Electrical circuit voltage in Russia is 220 volt, 50Hz). Please see picture on right of the typical Russian plug.
- 2 white coats
- Stethoscope
- Reflex hammer





- Professional clothes you would wear to work in the hospital in the U.S.
  - For women: slacks, dresses and skirts at knee-length or below, shirts or blouses that are not low-cut
  - For men: button-down shirts (short- or long-sleeved) with tie
- Casual clothes to wear outside of the hospital
- Backpack or large purse for carrying to and from the hospital or around the city backpack or carry-on sized bag is useful for taking weekend trips
- Umbrella
- Clean shoes for walking in the hospital (in Russia doctors change outdoor and indoor shoes)
- Personal items: Note that soap, shampoo, conditioner, toothbrushes, toothpaste, deodorant and lotion can all be purchased at local supermarkets with a wide selection available, but please note that specific personalized brands that you might be used to using might not be available.

## **14. Food and water – suggestions and precautions**

Shopping in Kazan could be done day and night and you can find anything you want. Food shopping is very easy, and the choice of supermarkets and products is huge. There are a number of shopping opportunities, ranging from small convenience stores located close to apartment blocks and bus stations to huge shopping centers found everywhere, including the city outskirts. There are also farmer's markets where you can buy fresh goods directly from the producers.

Many supermarkets are open 24 hours a day, seven days a week. Smaller food stores and food markets are also usually open seven days a week but many close around 9 or 10 p.m. Payment is accepted in rubles only, some of the larger supermarkets accept credit cards (usually they will ask for some photo-ID document). Along with food items and beverages, most supermarkets also sell a variety of other household items - from toiletries, cleaning liquids, detergents, and small selections of kitchenware to pantyhose, magazines and toys.

You should be able to find most of the items you're used to in Kazan. In addition to the locally produced goods, vast numbers of imported food products, and beverages are readily available here. Russian bread, milk products, sausage meats, salads, pancakes and frozen food (such as pelmeni, filled pancakes, vegetable patties, frozen dough, etc) are of excellent quality and taste great.

### **Things to Remember while Shopping at Markets:**

- Many vendors will offer you a sample of their product. Bear in mind that fruit and vegetables at the market have not been washed if you accept this offer.
- Make sure you understand whether the price is for a kilo (za kilogram) or for one item (za adnu shtuku).
- Be careful when purchasing meat in the summertime - it is often not refrigerated.
- Check you change - mistakes can and do happen.
- Markets tend to be crowded, so beware of pickpockets. Do not carry your keys, passports and money in a lady's purse. Stow them away in a safe place. Never put documents, keys or money in the back pocket of your pants.

## 15. Financial issues – Russian money, fees, spending advice

**Monetary unit:** Russian ruble. Please note that it's not legal to use US dollars for transactions in Russia. The official Russian currency is Rubles. One rouble consists of 100 kopeek. The exchange rate is approximately 31-32 rubles to 1 US dollar, and about 40 Rubles to 1 Euro.



It's better to have some **cash** with you (\$300-\$400 USD - just enough for initial expenses – transportation, food, accessories, etc.) when you come to Kazan and the rest – on your **credit card**. **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.

**Credit cards:** There are many ATMs in Kazan and major Tatarstan cities, and a lot of shops and restaurants accept cards in Kazan. 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.

Shops, restaurants and banks of Kazan accept for payment such credit cards as Visa, Master Card, Maestro, Cirrus, STB. Visa, MasterCard are accepted almost in any ATM, Visa Electron and Cirrus / Maestro - more rarely, and AMEX and Diners Club owners might have issues using the cards.

**Average prices in Russia:** The following prices are for Kazan; the prices in the other Tatarstan cities are slightly different. All prices are in US dollars:

- A taxi ride: about 5 USD, otherwise it's about 0.3 USD per kilometer.
- 1 public transportation trip: 0.5-1 USD
- A lunch in a restaurant for 1 person: 15-20 USD.
- A loaf of bread: 0.5 USD
- A liter of milk: 1 USD

**International banks:** Raiffeisen Bank, GE Money Bank, UniCredit Bank, Home Credit and Finance Bank

**International Money order services, operating in Kazan:** Western Union, «UNISTREAM», Web-Money

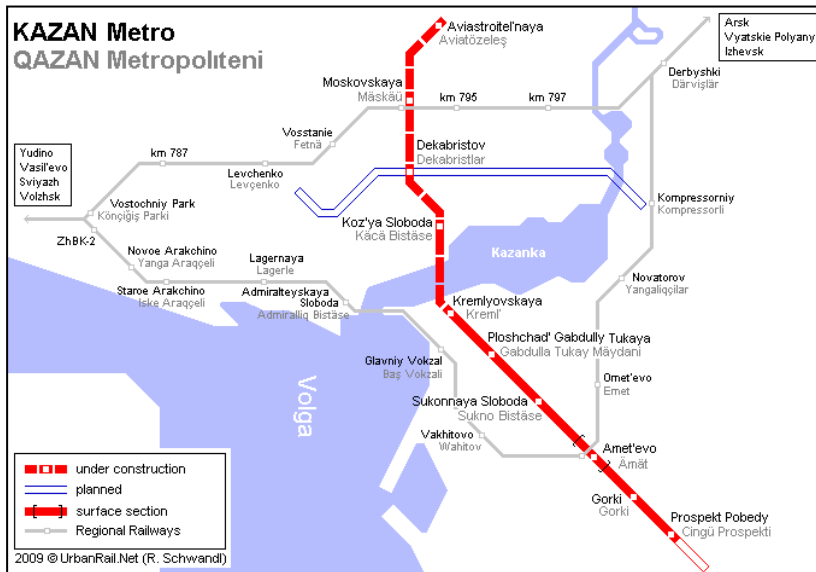
## 16. Accommodation of Participants

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 RUR 16,000 for one-room apartments and 25,000 for two-room apartments. Telephone, electricity, utility charges are usually included in the rent.

## 17. Public transportation in Kazan

Kazan's modern transport system includes a ramified 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. Moreover, you can catch a running free taxi by lifting your hand.

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) 294-60-55 000
- Taxi Comfort +7 (843) 5-57-80-04
- Your Favourite Taxi +7 (843) 250-77-05

A trip from one city district to another may cost 200-300 RUB (4-8 USD). A ride to the airport may be 500–1,000 RUB (10-20 USD).

## 18. Staying safe in Kazan

**In the city:** Kazan is considered as one of the safest cities in the world, and confirmed it not once. **In buildings:** The organization of safety system in all large trading, sports, entertaining and business centers is on a high level, these are protected by law enforcement bodies round the clock. **In public places:** Dog specialists with dogs trained to find explosives examine the places of mass walks, festivals, concerts, and also sports competitions and the territory adjoining to them.

We strongly recommend you to follow similar safety rules as you would in any other major American or European city:

- Avoid walking alone after dark and in poor-lit and unpopulated areas of Kazan
- Do not carry large amounts of money or valuables with you that might attract unwanted attention
- Always lock you dormitory room doors and windows when leaving even for a short period of time
- Avoid leaving any valuables in common areas

### General Precautions

**Language problem:** Learn at least the Cyrillic alphabet! (see insert on right)

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. ПЕТОПАН does not make sense at 1<sup>st</sup> sight, but when reading it you will find out that it means a Restaurant and for Cafe and pizzeria this applies as well.

**The Road Traffic:** 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.

**Food:** Do not eat food purchased from street vendors. Make sure food is fully cooked. Avoid dairy products, unless you know they have been pasteurized.

Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).

**Drinking water:** Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, boil water before using.

Letter	Hand-written	Name of Letter	English Equivalent	Examples of Sound
Аа	Аа	"ah"	(a)	Above, Car
Бб	Бб	"beh"	(b)	Beautiful, Belarus
Вв	Вв	"veh"	(v)	Very, Valuable
Гг	Гг	"geh"	(g)	Good, Gift
Дд	Дд	"deh"	(d)	Delicious, Delicate
Ее	Ее	"yeh"	(ye)	Yellow, Yes
Ёё	Ёё	"yo"	(yo)	Your, Yacht
Жж	Жж	"zheh"	(zh) / (j)	Pleasure, Measure
Зз	Зз	"zeh"	(z)	Prize, Zoo
Ии	Ии	"ee"	(i) / (ee)	Eagle, Easy, Hawaii
Йй	Йй	"ee kratkoyeh"	(iy)	Bouy
Кк	Кк	"kah"	(k)	King, Keep
Лл	Лл	"el"	(l)	Like, Love
Мм	Мм	"em"	(m)	Moscow, Minsk
Нн	Нн	"en"	(n)	New York, No
Оо	Оо	"o"	(o)	Or, More
Пп	Пп	"peh"	(p)	Perfect, St Petersburg
Рр	Рр	"er"	(r) - trilled	Rare, Relax (trilled)
Сс	Сс	"es"	(s)	See, Svetlana
Тт	Тт	"teh"	(t)	Team, Topic
Уу	Уу	"oo"	(u) / (oo)	Cartoon, Balloon
Фф	Фф	"ef"	(f)	Fancy, Phone
Хх	Хх	"ha"	(h) / (kh)	Hot, Loch
Цц	Цц	"tseh"	(ts)	Boots, Hats (soft)
Чч	Чч	"cheh"	(ch)	Chair, Chin (soft)
Шш	Шш	"sha"	(sh)	She, Dish (soft)
Щщ	Щщ	"shcha"	(shch)	Scottish-cheese (soft)
Ъъ	Ъъ	"tvoyordiy znak" (hard sign)	-	No sound - indicates hardness of previous letter
Ыы	Ыы	"iy"	(iy) / (ay)	No similar English sound
Ьь	Ьь	"myagkee znak" (soft sign)	-	No sound - indicates softness of previous letter
Ээ	Ээ	"eh"	(e)	Egg, Men
Юю	Юю	"yoo"	(yu) / (yoo)	You
Яя	Яя	"ya"	(ya)	Yarn

## 19. In case of emergency or illness – important sequence of actions

Your personal health is extremely important to us.

*Before leaving your home country, make sure that you have a valid medical insurance that will cover your medical needs in the Russian Federation or can be used in emergencies.*

**In Case of Illness or Injury** while in Kazan you must inform the KSMU Global Health office immediately. The member staff will help you to orient 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 about language barrier. It is better to have an interpreter with you.

**Prepare for Emergencies:** keep your insurance/assistance company card with you at all times.

### 1. Call your insurance/assistance company early in the event of a problem

Make a "check" call when you are not in trouble to ensure the phone number is valid and that you can reach someone who speaks your language. Check that they can do what you would want them to do in the event of an emergency.

If you have medical and evacuation insurance - and it is recommended that you have both - be sure that the company will agree to evacuate you or repatriate you in the event of a serious medical emergency.

### 2. In the event of an emergency, speed up the response by volunteering the minimum required information logically and clearly

Name and telephone number where you can be reached.

Brief description of the medical problem and what kind of help you need.

### 3. Location of patient and location of passport (vital for overseas medical evacuation)

### 4. To file a claim for reimbursement from your insurance company once you return home, you will need to save all receipts and details of care provided.

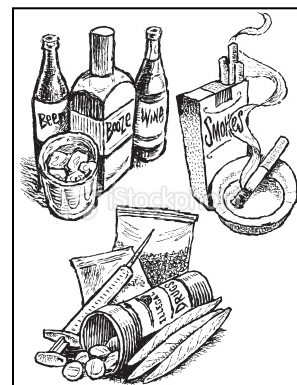
**Important Phone numbers:** FIRE – 01, POLICE – 02, AMBULANCE – 03, Paid medical aid at home – 050

**Pharmacies:** Finding a pharmacy in Kazan is definitely not a problem. In fact, quite a few number of them are open 24/7. The prices vary from one pharmacy to another, but the difference is not very significant.

## 20. Things not to do!

Following rules of behavior in a city exist in Kazan:

1. 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 rules violation the administrative penalty is imposed.
2. Drinking of alcoholic drinks (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.
3. 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.



## 21. Medical clearance requirements for working in hospitals of Kazan – vaccinations, recent blood tests, etc.

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)
- Diptheria – 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.

For simplicity and convenience of the Exchange Program participant we have developed a bilingual **Health Certificate** (English and Russia) that each participant needs to fill out and have certified by the General Practitioner at an official medical institution of the visitor's country of residence. It must be clearly indicated that the applicant has no contraindications for study abroad. The Health Certificate can be found in Annex 1 of this Guide, electronic version is available through the program website.

## 22. 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 (top right photo) is the largest hospital in the region. It has the widest variety of departments and almost every department has university faculties. Hospital is designed for 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.



## 23. Clinical Advisors

The Clinical 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
- Are familiar with the US system of medical education, supervision and standards of clinical practice

### List of Clinical Advisors/Preceptors:

1. **Diana Abdulganieva**, MD, PhD, DSc, Professor, Head of the Department of Internal Disease. Specialty – Internal Medicine, Gastroenterology.
2. **Adelya Maksudova**, MD, PhD, Associate Professor at the Department of Internal Disease. Specialty – Internal Medicine, Nephrology.
3. **Arsen Kurbangaliev**, MD, PhD, Associate Professor at the Department of Surgical Disease. Specialty – General Surgery, Endoscopic Surgery.
4. **Alfiya Fazulzyanova**, MD, PhD, Associate Professor at the Department of Infectious Disease. Specialty – Infectious Diseases, Liver Infections, HIV.
5. **Elvira Manapova**, MD, PhD, Associate Professor at the Department of Infectious Disease. Specialty – Infectious Diseases, Tropical Medicine, HIV.
6. **Nikita Yakovlev**, MD, PhD, Associate Professor at the Department of Obstetrics and Gynecology. Specialty – Obstetrics and Gynecology.
7. **Alexander Samoilov**, MD, PhD, DSci, Associate Professor at the Department of Ophthalmology. Specialty – Vitreoretinal Surgery.
8. **Gulshat Khasanova**, MD, PhD, Associate Professor at the Department of Pediatric Infectious Disease. Specialty – Pediatric Infectious Diseases.
9. **Mikhail Protopopov**, MD, PhD, Speciality – Internal Medicine, Rheumatology
10. **Liliya Yausheva**, MD, PhD student, Speciality – Neurology
11. **Arseniy Pichugin**, MD, PhD student, Speciality – Neurosurgery
12. **Murat Muharyamov**, MD, Speciality – Cardiac Surgery
13. **Aysylu Valeeva**, MD, Speciality - Neurology

## 24. Example of Weekly Schedule

### Monday to Friday:

8 AM to 5 PM – Clinical Work  
Two half days: Outpatient medicine  
Remaining time: Inpatient medicine  
Clinical lectures

### Saturday:

Sociopolitical Lectures  
Language Class  
Sightseeing

### Sunday:

Field trips (full day or half-day activities)



## 25. 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
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

## 26. 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

## 27. Attendance requirements, duties and expectations

### **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 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 Danbury Hospital / University of Vermont.

## 28. Keeping in touch with home – internet, cell phones

**Mobile Phones:** The mobile phone market works slightly differently in Russia than in other countries, particularly the US. Service companies do not throw in the handset for free as part of your sign-up package. When you sign-up for service, you will receive a SIM card, which contains all of your account information. The card can be inserted into any unlocked handset (the great majority of handsets on sale in Russia are unlocked).



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 MTS. They all offer a wide range of services and payment plans.

**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 Rbs. 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.

**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, 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.

## 29. Contact information

### ***Kazan State Medical University***

Butlerov Street 49, 420012

Kazan Republic Tatarstan, Russian Federation

Tel.: + 7 (843) 2367744

E-mail: [maratm80@list.ru](mailto:maratm80@list.ru)

Internet: [www.kazangmu.ru](http://www.kazangmu.ru)

### ***Global Health Office***

Butlerov Street 49, 420012

Kazan Republic Tatarstan, Russian Federation

Tel.: + 7 (843) 2367744

E-mail: [maratm80@list.ru](mailto:maratm80@list.ru)

## 30. List of References

- [www.kazangmu.ru](http://www.kazangmu.ru)
- [www.wikipedia.org](http://www.wikipedia.org)
- [www.kzn.ru](http://www.kzn.ru)
- [www.gokazan.ru](http://www.gokazan.ru)
- [www.kazan2013.ru](http://www.kazan2013.ru)
- [www.photokzn.ru](http://www.photokzn.ru)
- [www.istockphoto.com](http://www.istockphoto.com)
- [www.mts.ru](http://www.mts.ru)
- [www.beeline.ru](http://www.beeline.ru)
- [www.megafon.ru](http://www.megafon.ru)



# Global Health Office

## KAZAN STATE MEDICAL UNIVERSITY

*Butlerov str. 49, Kazan, 420012, Russian Federation*

**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:



## Health Certificate for Clinical Rotations /

### Медицинская справка о здоровье для прохождения клинической стажировки

1. Full name (Last, First) / Фамилия и имя:	
2. Sex / Пол: Male / М <input type="checkbox"/> Female / Ж <input type="checkbox"/>	3. Blood group and Rh / Группа крови и резус-фактор:
4. Date of birth (dd/mm/yyyy) / Дата рождения: / /	
5. Please indicate any serious medical conditions, allergies etc. / Пожалуйста, укажите имеющиеся заболевания, аллергии и Т.Д.	

## Blood tests and vaccination records /

### Результаты анализов крови и информация о вакцинациях

<b>Hepatitis B / Гепатит В</b> (test has to be taken within 30 days prior to start of rotation)	Results of HBV Antibody Level and/or HBV Surface Antigen tests / Результаты анализов на антитела к HBV и/или его поверхностный антиген	Test Date/Дата (dd/mm/yyyy) / /
	Vaccination results: / Результаты прививок: <input type="checkbox"/> Was vaccinated / Вакцинирован(а) <input type="checkbox"/> Was NOT vaccinated / Не вакцинирован(а) Vaccination series / Серия вакцин: Vaccine 1:            Vaccine 2:            Vaccine 3:	Vaccination Dates / Дата (dd/mm/yyyy): Vaccine 1 / / Vaccine 2 / / Vaccine 3 / /
<b>HIV/ВИЧ</b> (test has to be taken within 30 days prior to start of rotation)	Results of: HIV Antibody serological test/Результаты серологической пробы на антитела к ВИЧ <input type="checkbox"/> Positive / Положительно <input type="checkbox"/> Negative / Отрицательно	Test Date/Дата (dd/mm/yyyy) / /
<b>Syphilis / Сифилис</b> (test has to be taken within 30 days prior to start of rotation)	Results of RPR or EIA-tests/Результат реактивного или ИФА-теста <input type="checkbox"/> Positive / Положительно <input type="checkbox"/> Negative / Отрицательно	Test Date/Дата (dd/mm/yyyy) / /
<b>Tuberculosis / Туберкулез</b>	Chest X-ray examination results/Рентгенография органов грудной клетки <input type="checkbox"/> Positive / Положительно <input type="checkbox"/> Negative / Отрицательно	Test Date/Дата (dd/mm/yyyy) / /
<b>MRSA / Метициллин- резистантный золотистый стафилококк</b>	Results of nasal swab/Результаты посева из носоглотки <input type="checkbox"/> Positive / Положительно <input type="checkbox"/> Negative / Отрицательно	Test Date/Дата (dd/mm/yyyy) / /

**Previous vaccination records / информация о ранее проведенных вакцинациях**

<b>Diphtheria / Дифтерия</b>	Vaccination dates and vaccine series / Даты проведения вакцинаций и серии вакцин
<b>Tetanus / Столбняк</b>	Vaccination dates and vaccine series / Даты проведения вакцинаций и серии вакцин
<b>Whooping cough / Коклюш</b>	Vaccination dates and vaccine series / Даты проведения вакцинаций и серии вакцин
<b>Poliomyelitis / Полиомиелит</b>	Vaccination dates and vaccine series / Даты проведения вакцинаций и серии вакцин
<b>Measles / Корь</b>	Vaccination dates and vaccine series / Даты проведения вакцинаций и серии вакцин
<b>Mumps / Паротит</b>	Vaccination dates and vaccine series / Даты проведения вакцинаций и серии вакцин
<b>Rubella / краснуха</b>	Vaccination dates and vaccine series / Даты проведения вакцинаций и серии вакцин
<b>Chicken pox / Ветряная оспа</b>	Vaccination dates and vaccine series / Даты проведения вакцинаций и серии вакцин

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

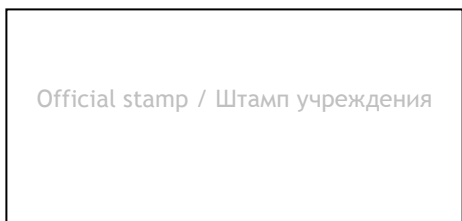
I confirm that the applicant has no contraindications for study abroad / Я подтверждаю, что у участника нет противопоказаний к обучению за рубежом.

Physician's Signature / Подпись врача: \_\_\_\_\_

Physician's Full Name / Полное имя врача:

Healthcare Institution name / Название учреждения здравоохранения:

Healthcare Institution address / Адрес учреждения здравоохранения:



Date/Дата: / /