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Welcome to Russia!



Whatever your reasons for learning Russian today, you are in good company. Interest in the language of Pushkin and Tolstoy is no longer confined to the academic world. Demand for modern and communicative Russian is on the increase, both for professional purposes and pure pleasure.

Russia's economic boom, with high growth rates for the last decade, has not only profoundly transformed the country and its infrastructure; thanks to rising purchasing power, a new and vibrant middle class has emerged, and Russian travellers are a common sight around the globe today.

St. Petersburg - the imperial capital and a Unesco World Heritage site - and Moscow - Russia's powerhouse and Europe's largest metropolis - are two fantastic places to learn Russian, to immerse yourself in Russian culture and to enjoy the legendary Russian hospitality.

Liden & Denz is the oldest private Russian language institute in the country (established in 1992) and enjoys a worldwide reputation as a first class training facility for the teaching of Russian. Both centres are regularly inspected by international accreditation bodies and operate a transparent quality assurance scheme.

We do all this because we want you to fully enjoy your language stay in Russia!

Walter Denz
Owner

Liden & Denz Language Centres 3


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Six Reasons to learn Russian

- 1 Russia is one of the biggest and fastest growing emerging markets in the world. Working with Russia or inside Russia requires a good working knowledge of the language. Without it, many doors will remain closed.
- 2 Adding Russian to any portfolio of languages is an asset today. From a career perspective, learning Russian is a very smart move.
- 3 Speaking Russian is essential for travelling from the Baltic Sea to the Pacific - one language across eleven time zones!
- 4 It's much easier than it looks. Once familiar with the Cyrillic alphabet, students will find many similarities with other European languages.
- 5 Many world-famous literary masterpieces were created by Russian writers and poets: Griboyedov, Pushkin, Lermontov, Dostoyevsky, Turgenev, Tolstoy, Chekhov, Yesenin, and Akhmatova, to name but a few.
- 6 The Russian language is the key to unlocking the mysteries of the Russian soul.

Аа [a]	Бб [b]	Вв [v]	Гг [g]	Дд [d]	Ее [je]	Ёё [jo]	Жж [zh]	
Зз [z]	Ии [i]	Йй [j] (yoga)	Кк [k]	Лл [l]	Мм [m]	Нн [n]	Оо [o]	
Пп [p]	Р [r]	Сс [s]	Тт [t]	Уу [u]	Фф [f]	Хх [h]	Цц [ts]	
Чч [ch] (chao)	Шш [sh]	Щщ [shch]	Ъ hard sign	Ы like open "i"	Ь soft sign	Ээ [e]	Юю [ju]	Яя [ja]

Russian belongs to the Eastern-Slavonic group of languages included in the Indo-European linguistic family. Today's written script has existed since 1918, but goes back to the original Cyrillic alphabet. It contains 33 letters, of which 21 represent consonant sounds, 6 are vowel sounds and 4 are combinations of "j" and a vowel sound. There is also a soft (ь) and a hard sign (ъ), which are used only in combination with a consonant sound. The Cyrillic alphabet was created in the 9th century based on the Greek written language but with additional letters.

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Why learn Russian with Liden & Denz?



We offer top locations: St. Petersburg and Moscow are both considered capitals of Russia. The beauty of one of the world's cultural treasures on the banks of the River Neva contrasts with one of the busiest and trendiest places on earth. Moscow is the economic powerhouse of Russia and, with a population of over 15 million, the largest metropolis in Europe.

You enjoy maximum flexibility and choice: we run courses at all levels, year round, with dates, programmes and prices identical for Moscow and St. Petersburg. Both destinations can be freely combined on condition that starting dates for group courses are met.

We provide attractive facilities in the historic centres of St. Petersburg and Moscow. Both schools are equipped with modern, well-lit classrooms (15 in St. Petersburg, 10 in Moscow), libraries and free Internet access (including state-of-the-art technology, such as DVD sets in most classrooms and wireless zones). There is also a ticket reservation/domestic travel desk, and a cafeteria offering cheap drinks and food (in St. Petersburg only).

We monitor the quality of our courses: a clear course syllabus, frequent host family checks, detailed entry and exit questionnaires, clear complaint and follow up procedures, and small classes with a maximum of ten students, underline our commitment to quality and quality control.

Our centres are regularly inspected: Liden & Denz is the only Russian member of the International Association of Language Centres IALC (www.ialc.org) which inspects and accredits quality language schools world-wide. Our St. Petersburg centre has also been successfully inspected by EAQUALS, the

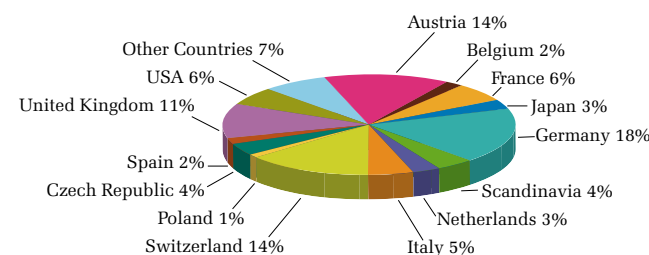
leading pan-European accrediting body for language schools (www.eaquals.org).

We are official examination centres: if you want to take the state exam for Russian as a Foreign Language you can do this at either of our centres. Liden & Denz is fully accredited by the national examination body for TRKI/TORFL.

Professionals trust us: we are proud to teach Russian to students working for Scotland Yard; British Airways; Deutsche Lufthansa; the International Committee of the Red Cross; the European Bank of Reconstruction and Development; Delegations of the European Commission; USAID; the UK Foreign and Commonwealth Office; the British Council; the Foreign Ministries of Finland and Switzerland; the embassies of Australia, New Zealand, Canada, Sweden, the Royal Norwegian Embassy, and the United States Embassy Moscow; the US Military; Ministerie van Defensie (the Netherlands); the news agency "Reuters"; "The Economist" magazine; Radio France; Swiss Television SFDRS; Neue Zürcher Zeitung NZZ; Credit Suisse; UBS; Renaissance Capital; PriceWaterhouseCoopers; Volvo; Yamaha; Suzuki; Mitsubishi Electric Europe; Toshiba; LG Electronics; Samsung Electronics; Siemens AG; BP; GE Oil & Gas; Nestlé; IKEA; Schering AG; Bayer, and many others.

You will feel at home: our language schools combine a demanding and intensive programme with a relaxed, personal and friendly atmosphere. You will be looked after, from the moment we pick you up at the airport/railway terminal.

Nationality breakdown for St.Petersburg and Moscow



Key figures

Average group course length	4 weeks
Average individual course length	3 weeks
Average age	31
Average number of students in class	4-6 (Standard Group Course)
Maximum number of students in class	10 (Standard Group Course)

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Language Centre St. Petersburg



Our school in St. Petersburg is situated in the historic city centre, close to the well-known Nevsky Prospekt and about 300 metres from the nearest metro station (Ligovsky Prospekt) in a central but quiet neighbourhood. The school occupies the top floor (4th floor, no lift) of a 19th century building. We operate 15 classrooms (11 suitable for groups, 4 for mini-groups or individuals) all year round. Facilities include a self-study centre (library, DVDs, CD-ROM course materials, etc.), a small cafeteria and students' lounge, internet workstations (free of charge) and a wireless zone for notebook users (also free). The school also features a booking desk for excursions, theatre tickets and onward travel.



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 **Trustpilot** Excellent **4.8/5**

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Language Centre Moscow



Our school in Moscow is located in the centre of the city, a short walk from Belorusskaya Railway Station, a terminus for trains from Berlin and Warsaw. Our premises are on the ground floor of a building that belongs to the Russian Ministry of Foreign Affairs. Most of the office space is used by foreign diplomats and accredited correspondents of the international press. You can walk to the nearest metro station (Belorusskaya) in less than five minutes. Our school has 10 classrooms and is equipped with the latest technology (several workstations with wireless Internet for students, and LCD TV and DVD sets in all classrooms). At school we offer hot and cold drinks. You can find reasonably-priced places for lunch just round the corner from our centre.

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Course portfolio

"I was really happy with the school in general, my teacher and my host family. Lessons were very good and interesting. We talked a lot and that was exactly what I needed."

Isabelle Guillaume, Switzerland, 2 weeks Standard Group Course

"It's just great the way everyone - not only the teachers, but the entire staff - is willing to speak Russian with the students. What a wonderful place. I only wish I could have stayed longer!"

Sara Edwards, USA, 4 weeks Standard Group Course + One-to-one module

"Everybody at the school went out of their way to help me and they were all very friendly and helpful. Excellent teachers not just of language but well-informed on history, culture, and Russian life as well. "

Carol Febry, UK, 3 weeks Standard Group Course + One-to-one module

"Liden & Denz offers a high quality of instruction, and a professional intensive language course that is good value for money."

Edward Keen, USA, 2 weeks Standard Group

"My teacher was extremely good. He adjusted the course as it went along to meet the needs of each student. "

John Hellmann, USA, 4 weeks Standard Group Course + One-to-one module

"I am totally satisfied with the quality of my individual lessons and the work of my teacher. The balance of teaching components was excellent."

Olivier Madiot, France, 4 weeks Standard Group Course + One-to-one module

"I was particularly satisfied with my teacher and also all the people I met here - they all were very nice. I am very happy with the progress I made. We learnt a lot and it was never boring because there was a great atmosphere in our class and the teacher was always very patient. It was exactly what I expected from the Intensive course - to speak a lot and not do "normal" lessons. "

Dorothee Balsan, France, 3 weeks Intensive Group Course

"I greatly enjoyed my time here; I wish I could stay longer and study. At first I didn't think the language classes were going to be very helpful since I already know Russian, but it was the exact opposite. I feel that just in this one month my knowledge of the language has grown. I really liked the teachers, the classes and hanging around with students from all over the world. I'd love to come back some time if it's possible. As for teaching English, I really loved it. It was a great feeling to know I may have made a difference in a child's life by talking sometimes and teaching them a new language. I really do believe the future of Russia has great possibilities and I am delighted to have helped this change for the better!"

Spencer Hildebrand, USA, 4 weeks Standard Group Course + Work Experience (teaching English)



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Course portfolio

Teaching Objectives

Our main goal is to develop, improve and enhance your communication, reading, and comprehension skills in Russian. We focus on mastering the language in various communicative situations depending on your level and requirements, starting from colloquial, everyday interaction up to proficiency. Additionally, we provide training in reading and analysing authentic texts and Russian newspapers. The learning objectives are based on the Common European Framework of Reference for Languages (CEFR) and are determined by the peculiarities of the Russian language.

At beginner level the objective is to establish the automatic reproduction of speech in every day situations. At elementary level the objective is to systematically approach basic grammatical forms, and to introduce a variety of communicative situations. At intermediate level we concentrate on enhancing vocabulary, developing the ability to produce spontaneous speeches and conduct negotiations in the sphere of professional interest.

At Liden & Denz Language Centres you will:

- learn how to communicate in every day situations
- develop your comprehension skills by listening first to adapted and later to authentic ways of speaking
- learn how to use vocabulary according to your language competence
- develop your reading and writing skills by doing exercises at home, reading, analysing and retelling either adapted stories and, later, authentic Russian literary texts or official paperwork
- learn how to express your opinions in open discussions with students from other countries and give presentations
- develop your awareness of various ethical, cultural and historical issues, which will give you a better understanding of modern Russia.

Teaching by aspects

If you book a group course and your level is above A1+, your class will be taught by two teachers, where - broadly speaking - one focuses on grammar and the other focuses on conversation, which makes classes more varied and interesting. This system only works with well structured study plans, so we make sure that your teachers clearly and regularly communicate the teaching objectives to you.

Our teachers

All our teachers are native Russian speakers and have a University degree either in teaching Russian to foreigners (RKI) or Linguistics. In our language centres we pay particular attention to the professional development of our teaching staff. We train them in role-play, live discussions and creative work (drawing, story-telling) on a regular basis. We constantly evaluate new teaching materials and develop our own text books.



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Course portfolio

Course Level Overview



In our group courses, we teach six levels of Russian year-round. For reasons of compatibility, we have adapted to the framework of the European Language Portfolio. Lesson numbers in the table below are averages, based on our experience with students passing through our centre. Students enrolling for a One-to-one course might find that they need less time to pass from one level to the next.

Levels according to the European Language Portfolio (Council of Europe)		Corresponding teaching levels at the Liden & Denz Language Centres			
Level	Description	Teaching level	Lessons (weeks) ¹⁾	Active Vocabulary	TRKI exam level
A1 Beginner	Can understand and use familiar everyday expressions and very basic phrases aimed at the satisfaction of needs of a concrete type. Can interact in a simple way provided the other person talks slowly and clearly and is prepared to help.	A1 (Beginner)	40 (2 weeks)	200 words or constructions	ТЭУ (TEU)
		A1+ (Beginner+)	80 (4 weeks)	600 words or constructions	
A2 Elementary	Can understand sentences and frequently used expressions related to areas of most immediate relevance (e.g. very basic personal and family information, shopping, local geography, employment). Can describe in simple terms aspects of his/her background, immediate environment and matters in areas of immediate need.	A2 (Elementary)	100 (5 weeks)	1000-1200 words or constructions	ТБУ (TBU)
		A2+ (Elementary+)	100 (5 weeks)	1300-1500 words or constructions	
B1 Intermediate	Can understand the main points of clear standard input on familiar matters regularly encountered in work, school, leisure, etc. Can deal with most situations likely to arise whilst travelling in an area where the language is spoken. Can describe experiences and events, dreams, hopes & ambitions and briefly give reasons and explanations for opinions and plans.	B1 (Lower-intermediate)	80 (4 weeks)	1800 words or constructions	ТРКИ-1 (TRKI-1)
		B1+ (Intermediate)	80 (4 weeks)	2200 words or constructions	
B2 Upper Intermediate	Can interact with a degree of fluency and spontaneity that makes regular interaction with native speakers quite possible without strain for either party. Can produce clear, detailed text on a wide range of subjects and explain a viewpoint on a topical issue giving the advantages and disadvantages of various options.	B2 ²⁾ (Upper Intermediate)	200 (10 weeks)	3500 words or constructions	ТРКИ-2 (TRKI-2)
		B2+ ²⁾ (Lower-advanced)	200 (10 weeks)	4500 words or constructions	
C1 Advanced	Can express him/herself fluently and spontaneously without much obvious searching for expressions. Can use language flexibly and effectively for social, academic and professional purposes. Can produce clear, well-structured, detailed text on complex subjects, showing controlled use of organisational patterns, connectors and cohesive devices.	C1 ³⁾ (Advanced)	160 (8 weeks)	6000 words or constructions	ТРКИ-3 (TRKI-3)

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Course portfolio

Which course?

Course type	Number of lessons per week	Start dates	Minimum duration	Levels	Offered in
Standard Group Course	20	every two weeks	2 weeks	6 (8 in summer)	St.Petersburg, Moscow
Intensive Group Course (language plus)	25	every two weeks	2 weeks	6 (8 in summer)	St.Petersburg, Moscow
Academic Year Course	20	see AYC dates	24, 36, 48 weeks	6 (8 in summer)	St.Petersburg, Moscow
	25				St.Petersburg, Moscow
One-to-one Course	15, 20, 30, 40	every week	1 week	any	St.Petersburg, Moscow
Total Immersion Course (One-to-one Course organised at place of the student's stay)	20	every week	1 week	any	St.Petersburg, Moscow
TRKI Exam Preparation Module	5 individual / module	every week	1 week	any	St.Petersburg, Moscow
Work Experience Programme	Unpaid work experience preceded by min. 4 week group course			Elementary (A2) and higher	St.Petersburg, Moscow
Closed group courses (in-house or at a place of students' stay)	any	every week	1 week	any	St.Petersburg, Moscow

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Course portfolio

Group Courses

Standard Group Courses

The teaching method in our small (maximum 10 participants) multinational groups means there is no intermediary language. We teach Russian in Russian right from day one. This will develop your ability to interact in Russian much faster and also helps to overcome any language barrier. Our communicative approach to teaching makes the educational process both an enjoyable and efficient experience. Of course you will learn grammar alongside, but you will do so using new and exciting words and language skills adapted to daily situations.

This course of twenty lessons per week is offered year-round, with a new student intake every second week, and follows a modular pattern of two-week units. The curriculum is built up like a spiral, which means that each new level of language acquisition starts with the revision of previously studied grammar constructions logically connected with different speech patterns. This has two advantages: group newcomers feel themselves involved in the learning process, while continuing students acquire new vocabulary based on previously acquired grammar material.

Groups are formed according to an assessment test, which is compulsory for everyone. Standard group courses are available for A1-B2 levels year-round. A very important minimum requirement for all group courses is passive knowledge of the Cyrillic alphabet. Group courses are held from Monday to Friday with a minimum course length of two weeks. There is no maximum course length.

Intensive Group Courses (Language Plus)

Our intensive group course runs over twenty-five lessons per week in groups with a maximum of ten participants. You will have twenty morning lessons with students who have booked the standard group course. The remaining five lessons are taught on two afternoons, offered at a minimum of three different levels:

A1 – Beginner: survival Russian tutorials, outdoor classes (shopping, eating out, getting streetwise, ordering theatre and cinema tickets) and telephone training (booking a restaurant table, making flight enquiries, etc.).

A1+/A2 – Elementary: lectures on the Russian mentality and traditions. Other topics cover a wide range of general interest subjects ranging from Russian cuisine to history.

B1 – Intermediate, B2 – Upper Intermediate: the focus is on business and the economy. Other topics include politics, Russian mass media, cultural and historical subjects.

Academic Year Courses

Academic Year Courses are moderately priced, long-term group courses, with either 25 or 20 lessons per week. The Academic Year Course with 25 lessons per week has the same structure as our Intensive Group Course with 20 standard morning lessons and 5 extra afternoon lessons designated for subjects of general interest.

Please note that there are special course start dates and fixed course lengths of 24, 36 or 48 weeks. Beginners are advised to familiarise themselves with the Cyrillic alphabet.

Standard Group Courses

Length	2 weeks +
Lessons	20/week
Group size	max. 10
Levels offered	all
Start dates (see Dates & Prices)	every two weeks (special dates for beginners)

Intensive Group Courses (Language Plus)

Length	2 weeks +
Lessons	25/week
Group size	max. 10
Levels offered	all
Start dates (see Dates & Prices)	every two weeks (special dates for beginners)

Academic Year Courses

Length	24, 36 or 48 weeks
Lessons	20 or 25/week
Group size	max. 10
Levels offered	all
Start dates (see Dates & Prices)	selected dates

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Course portfolio

One-to-One Courses, Expatriates

In the classroom

All our one-to-one courses are tailor-made; the teacher and student jointly determine the content. You are invited to specify your fields of interest by completing our needs analysis form, so that your teacher can create a draft programme: pre-select material, establish a study plan, and prepare specific vocabulary. One-to-one courses are available in varying degrees of intensity: 15, 20, 30 or 40 lessons per week. 30 classes per week or more are taught by two teachers, who constantly complement the programme and co-ordinate its fulfilment.

These courses can be booked throughout the year. The minimum course length is one week, with each course starting on a Monday and ending on a Friday. By agreement, lessons can also be held at weekends.

You can also book additional and individual 5-lesson-modules as a supplement to any One-to-one or Group Course.

In the host family (total immersion)

Total Immersion Courses are One-to-one Courses with 20 weekly lessons run outside the school. Lessons are given by one of our teachers at your place of stay (host family, apartment, hotel, etc.) and this course is ideal if you want to avoid non-Russian speakers during your stay. Course rates and dates are identical to those of our One-to-one courses taken at the Language centre.



Courses for Expatriates

If you are already living and working in Russia you will have different language needs to students who come to Russia just for a language course. We have developed specially designed courses if you need to combine work and study, both in St. Petersburg and Moscow.

We offer open group and one-to-one courses in the evenings, with flexible starting dates for all levels – perfect for expatriates ready to invest in their language skills after working hours. We also organise In-company training for individuals and small closed groups (6 participants per group maximum), which gives you the opportunity to study at work – very convenient if you are short of time.

One-to-One Courses

Length	1 week +
Lessons	15, 20, 30 or 40/week 20/week for total immersion
Group size	individual classes
Levels offered	all
Start dates (see Dates & Prices)	every week

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Course portfolio

Exam Preparation Course (TRKI/TORFL)

Liden & Denz is an official preparation and testing centre for the Test of Russian as a Foreign Language (TRKI). Our centres are certified by the Examination Board to organise the exam in-house. Among other benefits, the exam gives access to universities in Russia. Currently the TRKI examination system consists of six distinct exams, ranging from elementary to proficiency level. The most common are:

Elementary Level ТБУ(TBU): certifies that the applicant has acquired basic communicative skills in a number of daily situations. With no Russian skills to start with, it takes on average a 16 week group course and one TRKI exam module to pass this exam.

ТРКИ-1 (TRKI-1): certifies that the applicant has reached an intermediate level of communicative skills on a variety of social, cultural and professional topics. TRKI-1 allows enrolment in a Russian University. With no Russian skills to start with, it takes on average a 24 week group course and one, maybe two, TRKI exam modules to pass this exam.

ТРКИ-2 (TRKI-2): certifies a relatively high level (Upper Intermediate) of communicative competency. The certificate involved is required for obtaining Bachelors and Masters degrees on graduation from Russian higher educational institutions. It takes 400 lessons or 20 weeks in a group course to pass from TRKI-1 to TRKI-2. One or two TRKI exam modules are needed to pass this exam.

The exam lasts two days: the first day is dedicated to reading and writing. Speaking and listening are tested on the second day. Two examiners evaluate the exam. The speaking part is recorded to be assessed in a more objective and impartial way. The exam can be taken individually and there are no fixed exam dates.

How do we prepare you for the exam?

The TRKI Preparation Course is a combination of a Group Course (Standard or Intensive) or a One-to-one Course and a TRKI Preparation Module. The TRKI Preparation Module is a supplement taken just before the TRKI exam. Each module comprises 5 individual lessons. You and your teacher jointly determine the number of modules you need in order to pass a particular exam. We advise students who wish to take the exam to book one module in advance. If you and your teacher decide that this is not enough, you can book another module in our centres direct.

Why prepare the TRKI exam at Liden & Denz?

- Compared with state educational institutions, our groups are small. You also have the opportunity to book private lessons.
- Our teaching staff for the TRKI preparation modules is certified by the Examination board to run these courses.
- Liden & Denz students consistently achieve high pass rates.




Exam Preparation Course

Length	1 week +
Lessons	5/module
Group size	individual classes
Levels offered	exam levels
Start dates (see Dates & Prices)	every week

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Course portfolio

Work Experience Russia

Young people are increasingly looking at work abroad options for a number of very practical reasons, which go beyond the obvious fact that working abroad looks good on any CV. Students choose Work Experience because they want to:

- do something meaningful in a gap year
- explore career options
- develop social competence skills
- acquire proficient language skills
- immerse themselves in a different culture.

Liden & Denz is one of the first organisations to offer meaningful study and work programmes in Russia. For legal reasons, all work experience assignments in Russia are **unpaid**. You also need to be aware that you are responsible for accommodation and insurance costs. We offer low-cost rooms on a flat-share basis (shared with other Liden & Denz students) but you don't have to book your accommodation with us.

You will need a sufficient level of Russian in order to qualify for one of the places on offer. Your entry level (language competence on arrival) should be at least A2. Additionally, we require a minimum of four weeks in a standard group course (or three weeks one-to-one) in one of our centres prior to the start of the work assignment. The general minimum age for our work experience programmes is eighteen. However, some host organisations require a higher age. Work experience programmes can last from two weeks to half a year, depending on the requirements of our host organisations.

Liden & Denz offers two kinds of work experience programmes (as defined by the WYSE Work Abroad Association):

An Internship is a temporary, supervised, practical experience programme in which a young person, usually a college or university student, carries out a training experience in a temporary position at a host company. Liden & Denz provides internships in the following areas:

- Mass Media (journalism)
- Public Relations
- Sales & Marketing
- Legal and consulting firms
- Chambers of Commerce
- Medical care.

A Volunteer programme is a temporary, supervised, practical training in which a person voluntarily carries out a task which has social, environmental or cultural relevance. Liden & Denz offers volunteer programmes with the following types of host organisations:

- Orphanages
- Charity Programmes
- Children's Hospitals.

A complete list of current positions and fact sheets about the individual host organisations are available on request. Placement for both internships and voluntary work is done pre-ar-

rival, so that you know well in advance where you are going to work. In order to successfully match student and host organisation, it is important that you not only send us the necessary booking forms, but also supply us with a current CV and recent photograph. On successful completion of your assignment you will receive two documents: our graded course certificate and confirmation from the host organisation.



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Course portfolio

Closed Group Travel

We offer tailor-made Closed Group Courses for school, college or university groups, keen to come to Russia for an immersion programme. Closed groups arrive and leave at the same time and follow the same curriculum. However, there can be several levels within a closed group. The course rates are very student-friendly but depend to a large extent on the season, the number of participants, levels and group leaders coming on the trip.

Our services include visa support, transfers, accommodation of all categories and price ranges, and a tailor-made cultural and social programme. Closed groups book either one of our standard courses or a special programme, designed for the specific needs of the group. Special interest lectures can be given in a language other than Russian, as can guided excursions.



Sample programme schedules:

School Group - 18 students with group leader - 1 week stay in Moscow with 20 language lessons and cultural activities - double room accommodation with host families (half board)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings	3 lessons per day in two closed groups				
Afternoons	City-tour by bus	Writing component (2 hours in mini-groups)	Visit to the State Tretyakov Art Gallery	Presentation skills training (3 hours in mini-groups)	Visit to Gorky Park
Saturday: full day visit to Sergiev Possad					
Union of Journalists - 6 adult students - 1 week stay in St. Petersburg with 27 language lessons and special interest visits - single room accommodation with host families (breakfast only)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings	4 lessons per day in open groups				
Afternoons	City-tour by bus	Media Studies (3 hours)	Professional vocabulary development (2 hours)	Visit to the local media (TV, radio stations or publishing house)	Media Studies (2 hours)
Saturday: full day visit to Novgorod					
Hospitality Industry - 8 adult students - 2 weeks stay in St. Petersburg with 48 language lessons, intercultural seminar and hotel visits - hotel accommodation					
	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings	4 lessons per day in open groups				
Afternoons	Orientation city-tour	Cultural issues for the hotel industry (lecture 2 hours)	Walking tour – the city of the Tzars and secrets of the Romanov family	Hotel vocabulary development (2 hours)	Visit to a 5* Hotel in the city
Saturday/Sunday: weekend trip to Moscow					
Russian teacher training seminar - 16 Russian teachers - 1 week stay in Moscow with 40 hours of training, single room accommodation with host families (half-board)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings	Six hours training per day in two closed groups, focusing on changes in the educational and medicare systems of Russia, youth problems, employment issues, cultural awareness, current Russian foreign policy.				
Afternoons	Proficiency level language lessons focusing on specific grammar issues (2 per day)				

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Additional services and Pre-arrival support

"Warm and welcoming – smiles everywhere. Relaxed atmosphere balanced by high quality teaching and enthusiasm."
Iain Lunt, UK, 2 weeks One-to-one course

"The staff at the school were always gracious and helpful. My family was absolutely wonderful. They were always warm and caring. They looked after me and treated me like one of the family."

Ilona Kamila Zamojda, USA, 4 weeks Standard Group Course + One-to-one module

"My family was absolutely fantastic. I always had plenty of food, and felt comfortable and safe. My host mother was very warm and friendly."

Justin Hollis, USA, 4 weeks Standard Group Course

"Liden & Denz was very welcoming and very professional - you made me feel at home and gave me the impression that I was taken seriously."

Beat Goldstein, Switzerland, 8 weeks Standard Group Course

"The quality of instruction was excellent. My host family was friendly and the location was near the city centre. Cultural trips were well organised and there were plenty of opportunities to see the various sights."

George Richard Olufsen, USA, 4 weeks Standard Group Course

"Very organised and efficient! You seem to have thought of everything."

Andy Metcalf, UK, Standard Group Course

"Everything was well organised ("Swiss-style"): airport pick-up, accommodation, quality of lessons and the professionalism of the teachers. I felt welcomed here!"

Kati Elovaara, Finland, 8 weeks One-to-one Course

"The organisation of the school is great. Very good lesson plans, teachers able to introduce all the necessary materials in a very informal atmosphere. The staff of "Liden & Denz" did everything possible to accommodate us in every way. English words are too simple to summarise everything we should be thankful for. Thanks for being the true professionals you are! It was a pleasure to have a chance to visit Saint-Petersburg and work with you all."

Dmitri Kalinin, USA, 8 weeks closed group course




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Additional services

Accommodation

Choosing the right accommodation is an important decision, as you will typically spend more time at home than in the classroom. We understand that people have differing needs and interests. For this reason we offer several accommodation options so you can choose the best type for you.

Liden & Denz organises accommodation in host families, shared flats, hotels and apartments of all categories. While most students prefer the opportunity to experience Russian family life, our schools also offer competitive hotel rates to suit every budget, and various types of apartments mostly located in the city centre.



Homestay (host family)

What is a host family? Our host families are not always a traditional married couple with a child/children. Above all, we look for someone who is sociable, likes to meet new people and can give a warm welcome to our students. Our host families will have time to talk to you; they are patient, understanding, caring and prepared to provide help with any problem that may arise during your stay in Russia.

We offer two packages for this type of accommodation: breakfast only and half board (breakfast and dinner). We only offer single rooms, but if you travel with your family or friend, we will do our best to provide you with a double room (strictly on request).

Our language centres have approved all the accommodation offered. Families and their homes are personally known to the staff member responsible at the school. Families are regularly inspected. The standard of the families is monitored by questionnaires (entry and exit) given to our students. Even where the living conditions do not quite conform to your expectations, please try to accept the accommodation for the duration of your stay.

Given the cultural differences, misunderstandings in the host family are almost inevitable. This is completely normal and a valuable part of the overall experience. Remember that a little humour and flexibility will solve most problems. Wishes and needs such as non-smoking/smoking, allergies, vegetarian food, with/without pets, etc., are taken into account as far as possible when we place you. If you are sure you want to change your accommodation, please give one week's notice to our staff.

Shared flats

If you prefer independent living but at the same time wish to experience a student atmosphere, you can choose our shared flat option. Our flats have single bedrooms (usually 2-3), a shared bathroom and kitchen. Bed linen, cutlery and dishes are provided. The flats are all equipped with TV set, telephone, washing machine and vacuum cleaner. The shared-flat option is no more expensive than staying in a host family, but no board is provided.

Hotels

The top end of the hotel market in St. Petersburg and Moscow can easily be compared with hotels in London or New York. While there is still some shortage of inexpensive mid-range hotels, within the past few years there has been some growth in the small pensions and three-star hotel market.

Studio-Apartments

If you want to live on your own you can rent an apartment with the help of the school, selecting an apartment before you come from the information (description and pictures) sent by e-mail. Alternatively, you can stay with a host family or in a hotel for the first week to give you plenty of time to choose the right apartment when you get here. Prices for apartments are similar to mid-range hotel rates.


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Additional services

Cultural Activities in St. Petersburg

A bit of history

The young and energetic Tsar Peter I found Moscow old-fashioned, backward and stifling. He wanted to open "a window to Europe", but for this he needed a site with access to the sea. In the spring of 1703, he wrested the Neva Delta from the Swedes and immediately laid the foundations of a fortress. In the decades that followed, it blossomed into a glittering European metropolis. Architects, artists, entrepreneurs and scientists from all over Europe flocked to the city on the Neva.

In 1905, the Russian Empire lost the Russo-Japanese War, a humiliation that unleashed simmering dissatisfaction in the country. The capital city on the Neva was to be shaken by three revolutions. The last, the October Revolution of the Bolsheviks in 1917, changed not only the history of the city but of the whole world. St. Petersburg ceased to be the capital and the new Soviet government under Lenin moved to Moscow in March 1918.

The most horrific event in St. Petersburg's history was the German siege during the Second World War. Hitler's declared aim was the total destruction of the city, renamed Leningrad after Lenin's death. The blockade lasted almost 900 days, from September 1941 to January 1944, and claimed the lives of more than one million people. But in the end Leningrad triumphed and survived.

In the early 1990s, the city reverted to its original name. Today almost 5 million people live within the city boundaries. Built on 42 islands of the Neva delta, with more than 500 bridges and countless canals, the beauty of St. Petersburg lies in the unique harmony of its architecture - baroque, classicist, eclectic and art nouveau - all magnificently enhanced by the ever-present water. No other city in the world possesses an intact historic city centre on the scale of St. Petersburg. And no city strives more to hold on to its priceless inheritance.

Discover St. Petersburg

St. Petersburg today is an open-air museum on a gigantic scale, with a rich tapestry of palaces, churches, canals, boulevards and courtyards waiting to be discovered. The city is as interesting by night as it is by day. New restaurants and clubs open every week. Russians like to celebrate and frequently do so into the early hours. Restaurants often close around 2am and clubs tend to stay open as late as 6am. But if you are out and about in St Petersburg in the summer, beware! From around 2am until shortly before 5am, all the bridges are raised and the city effectively divides in two. If you find yourself in the wrong place at the wrong time, you can only watch and wait until the last freight vessel has passed through the city.

Main sights

The State Hermitage is a superlative museum in every respect. The art collection founded by Catherine II comprises more than three million exhibits, from prehistoric times until today, housed in a thousand rooms in seven stunning palaces. The roll call of artists on display is breathtaking: Dürer, da Vinci, Titian, Rembrandt, Cézanne, Monet, van Gogh and Picasso, to name just a few.

The Peter & Paul Fortress is the undisputed heart of the city. It is here that the foundation stone was laid on 27 May 1703 for the Saint Peterburgh Fortress, the Dutch name chosen by Tsar Peter I, the city's founder. Today, the fortress is an oasis of calm in the hectic metropolis. It is easy to spend a whole sunny day here. When you tire of walking or relaxing on the sandy beach you can visit the museums and numerous exhibitions in the Fortress.

If the Hermitage is a Mecca for lovers of western European and international art, the **Russian Museum** is the equivalent for admirers of Russian art. Ten decades of art history are revealed in the 400,000 exhibits housed here.

St. Isaac's Cathedral is St. Petersburg's largest church, covering more than a hectare and standing over 100 metres tall. It is hard to do justice to the sheer grandeur and splendour of the interior of this magnificent monument, which boasts the best view of the city from the colonnade under its golden dome.

The imposing **Kazan Cathedral**, with its semi-circular colonnade of 96 Corinthian pillars opening onto Nevsky Prospekt, is an architectural highlight on St. Petersburg's main boulevard.



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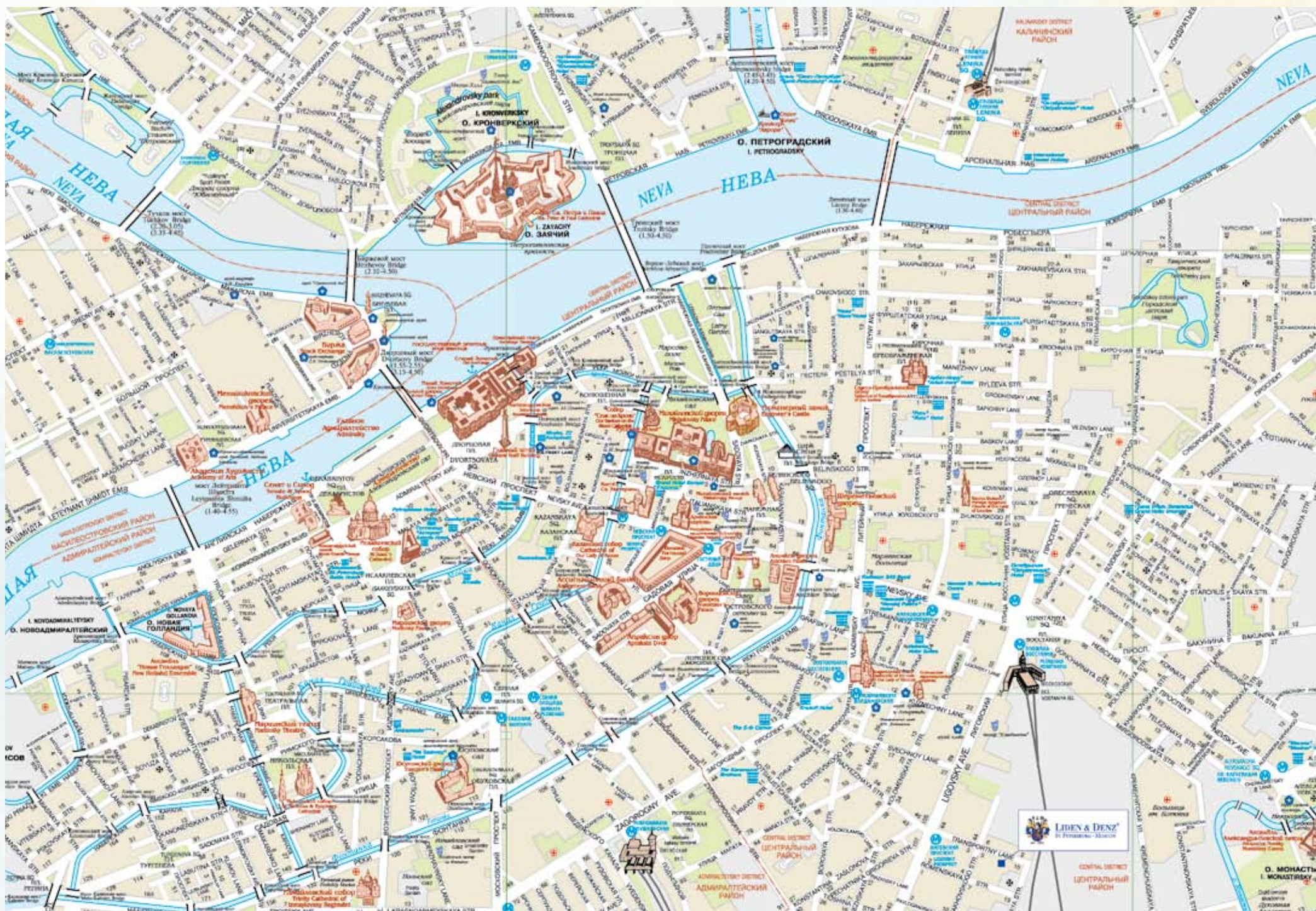
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At the very end of Nevsky Prospekt stands the [Alexander Nevsky Monastery](#), founded under Peter I. Its vast grounds, dotted with churches and cemeteries, are a haven from the hustle and bustle of the city. The official home of the city government of St. Petersburg and Ladoga is located within the grounds, which also contain a Spiritual Academy and a university where Orthodox priests are trained.

St. Petersburg's oldest park, the [Letny Sad](#) (summer garden), lies between the Neva and Moyka, Swan Canal and Fontanka. Commissioned by Peter the Great in 1704, it was the showplace for glittering parties during the reign of the tsars. The public has only had access to the park since the 19th century.



The famous [monument to Peter I](#), the founder of St. Petersburg, is a place of pilgrimage for tourists and Russian wedding parties. A masterpiece by the French sculptor Maurice Etienne Falconet, the statue only gained fame when the Russian poet laureate Pushkin made it the subject of a poem he wrote in 1833 called "The Bronze Horseman". The statue has been known by the same name ever since.

The [Mariinski Theatre](#) is venerated and visited by opera and ballet lovers from all over the world. St. Petersburg owes its international reputation as a cultural metropolis to the Hermitage and this theatre. At the beginning of the 19th century the Marinsky Troupe developed the typical Russian Ballet from Russian folklore dances. Today, the programme features mainly classical performances of Russian and foreign opera and ballets, though the splendid building on Theatre Square also showcases modern productions.

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Palaces of Pleasure

Beautiful as St. Petersburg is, there are times when you want to escape the big city. The tsars knew this and constructed magnificent palaces in the surrounding area. Their country residences are open to the public and well worth a visit.

Petrodvorets (Peterhof) – breathtaking tsarist grandeur

Fountains, pavilions, baroque extravagance and hordes of tourists: the “Russian Versailles” is the most visited of the former residences of the tsars. Peter the Great had this summer residence built 30 kilometres from St. Petersburg. The current grandeur of the palace situated on the banks of the Gulf of Finland dates from the reign of two tsarinas: Elizabeth I and Catherine II, who extended it and made it the centre of court life. The highlight is the largest fountain in the world with its marvellous cascades and golden sculptures. In the Upper, Lower and Alexandra Parks are more small palaces and countless pavilions in different styles, most of which you can visit. The view over the Gulf of Finland is unique. Please note that the fountains only operate in summer.

Pushkin (Tsarskoe Selo) – an orgy of amber and gold

The “Great Northern War” with Sweden was far from over when Tsar Peter I ordered the building of pleasure palaces around his new capital city. Work then began on the tsar’s residence in what is now the pretty town of Pushkin, named after the famous poet who attended school there. Peter’s successor Catherine the Great chose this as her principal residence. From 1752-1756, the Italian court architect Rastrelli fashioned a palace according to Catherine’s wishes, surrounded by an extensive park with pavilions, chapels, baths and summerhouses. The Catherine Palace is most famous for its legendary Amber



Room, a gift of the King of Prussia to Peter the Great in 1717. During the siege of Leningrad in the Second World War, the original disappeared without trace and has never been found. The gigantic amber casket was reproduced for the 300th anniversary of St. Petersburg and can now be seen again.

Pavlovsk – a Russian wilderness of park proportions

Pavlovsk is the most modest tsarist residence. But the park is exceptionally beautiful and a popular excursion for city dwellers who, depending on the season, come here to stroll, pick mushrooms, skate or ski. You will find no amber room or spectacular fountains, just a simple paradise for lovers on a warm summer’s evening or for children looking for snow to play in on cold winter days. Modelling the design on English gardens, the architects Charles Cameron (1782-86) and Pietro Gonganza (1803-1828) created a seemingly unspoilt natural landscape stretching over 600 hectares. It remains the biggest landscaped natural park in Europe, with woodland, hills, small lakes and bubbling streams. Dotted about are pavilions, colonnades and small temples. The main palace stands on a hill and is designed in a horseshoe in the classical style. It is worth visiting if you tire of walking in the park. Its relatively modest interior provides a contrast with the other palaces of the tsars.

Sample activity programme for language students at our St. Petersburg centre:

Date Time	Event/Description	Minimum participants
10 Aug 14:00	Walking city tour Orientation tour through the historic city centre.	2
11 Aug 17:00	Rivers and canals of St.Petersburg Northern Venice welcomes you!	10
12 Aug 14:30	Secrets of the Romanov family Walking tour, where you can learn lots of strange and interesting stories about the Romanov family.	4
13 Aug 17:30	It's Friday!!! Join us for a glass of Russian vodka.	1
14 Aug 10:00	Peterhof Peterhof - Fountains, pavilions, baroque extravagance and a sheer abundance of grandeur... Of all the former residences of the tsars, the “Russian Versailles” tops the list for visitors to Petersburg.	4
19 Aug 14:30	Dostoyevsky in St.Petersburg Our tour traces the footsteps of the heroes of Dostoyevsky’s novels around the Sennaya Ploshchad in old Petersburg. We also visit the apartment on Kuznetchni Pereulok where the writer wrote “The Brothers Karamazov” and where he lived until his death in 1881.	4

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Additional services

Cultural Activities in Moscow

A bit of history

The first settlers inhabited the area around the Kremlin in the 11th century. Yuri Dolgoruki, the Prince of Susdal, is said to have founded Moscow in 1147. Ninety years later, the wooden fortress on the Moskva River was burnt to the ground for the first time by the Tartar hordes. Its citizens were forced to pay tolls to the Tartars, until Grand Duke Ivan III came to power and drove out the invaders from the east. In 1571, the Crimean Tartars burnt the city to the ground again on one of their plundering raids. But no matter how many times Moscow has been threatened, besieged and destroyed, its inhabitants have always rebuilt their city.

When Tsar Peter the Great moved the Russian capital to the newly founded St. Petersburg in 1712, Moscow's importance declined. But it remained significant enough to be the main goal of Napoleon's Russian campaign in 1812. On the night the French entered, a great fire destroyed much of the city. Later, after the Revolution, the Bolsheviks moved the capital back to Moscow, which became the focal point of a Soviet empire. And in the 20th century Moscow finally blossomed into the undisputed centre of Russia and one of the world's largest cities.

Discover Moscow

Moscow today is the political and economic capital of Russia. With over 12 million inhabitants, it is the largest city in Europe. Moscow is the New York of Russia, a city that never sleeps and where everything is possible. It is the melting pot of a collapsed empire, a mix of European and Asian.

Skyscrapers sprout up from the ground, the city centre is being ruthlessly renovated and new temples of consumerism

open their doors daily. But there is another Moscow, away from Sadovoye Koltso (Garden Ring) and the Kremlin. Cosy cafes, narrow alleys, hidden artists' studios and idyllic parks are as much a part of the cityscape as the gigantic wedding-cake buildings of Stalin's era, the expensive fashion stores and McDonalds. Moscow is a monster, but a lovable monster that is always worth visiting.

There is always something happening in Moscow. The club scene has developed rapidly in the last few years, establishing Moscow as one of Europe's party capitals. And Moscow can stand proud with other metropolises in terms of bars, pubs and chic restaurants too. Going out in Moscow is fun – if sometimes expensive.

Main Sights

A Tsarist castle, the administrative headquarters of the Soviet Union and now the presidential residence – for centuries the **Kremlin** has been the symbol of Russia's power. It was built as a fortification in the 12th century and today it is Moscow's oldest quarter. It was completely rebuilt after its destruction in Napoleon's 1812 Russian campaign. After the Revolution, it became the seat of the Soviet government and was closed to the public. In addition to the government buildings, the Kremlin contains palaces and cathedrals, a gigantic conference hall, the largest cannon and the heaviest bell in the world.

It was in **Red Square** where executions of famous rebels like the Cossack leader, Stepan Razin, used to take place. The square separates the Kremlin from an historic merchant quarter known as Kitay-gorod (literally "Chinatown"). The name Red Square derives neither from the colour of the bricks around it nor from the link between the colour red and com-

munist. Rather, the name came about because the Russian word красная (krasnaya) could mean either "red" or "beautiful" (the latter meaning is very old).

St. Basil's Cathedral was commissioned in the 16th century by Ivan IV (also known as Ivan the Terrible) to commemorate the capture of Kazan. The nine onion towers rising up from Red Square are often used as a backdrop for Western TV reports from Moscow. Today the cathedral is no longer in use. There haven't been any services in St. Basil's for a long time.

The Old Arbat is a picturesque pedestrian street in Moscow, running from Arbat Square (which is part of the Boulevard Ring) towards Smolenskaya Square (which is part of the Garden Ring). The Old Arbat has the reputation of being Moscow's most touristy street, with lots of entertainment and souvenir shops. Parallel to it runs the New Arbat, a busy road full of Soviet era skyscrapers.



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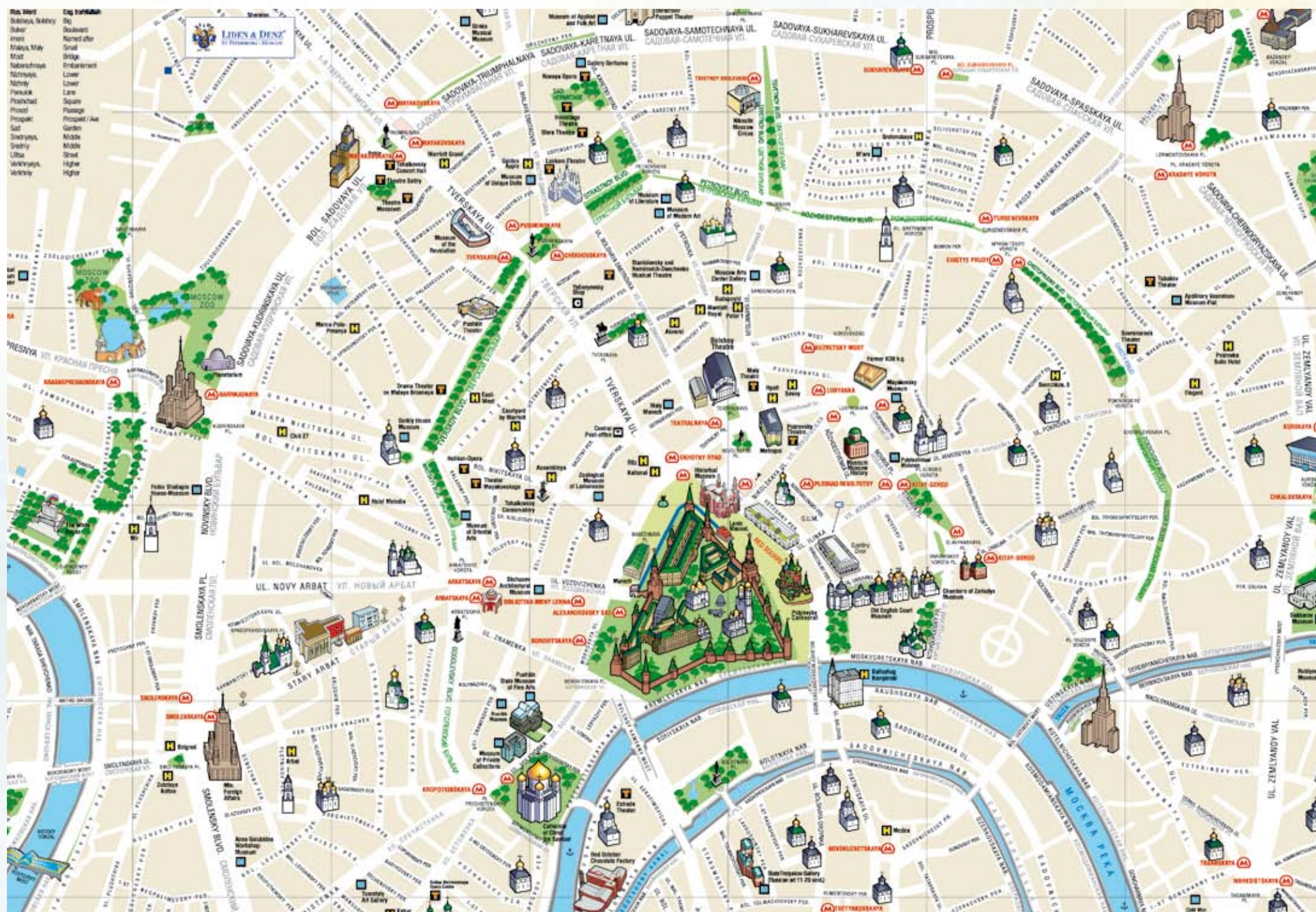
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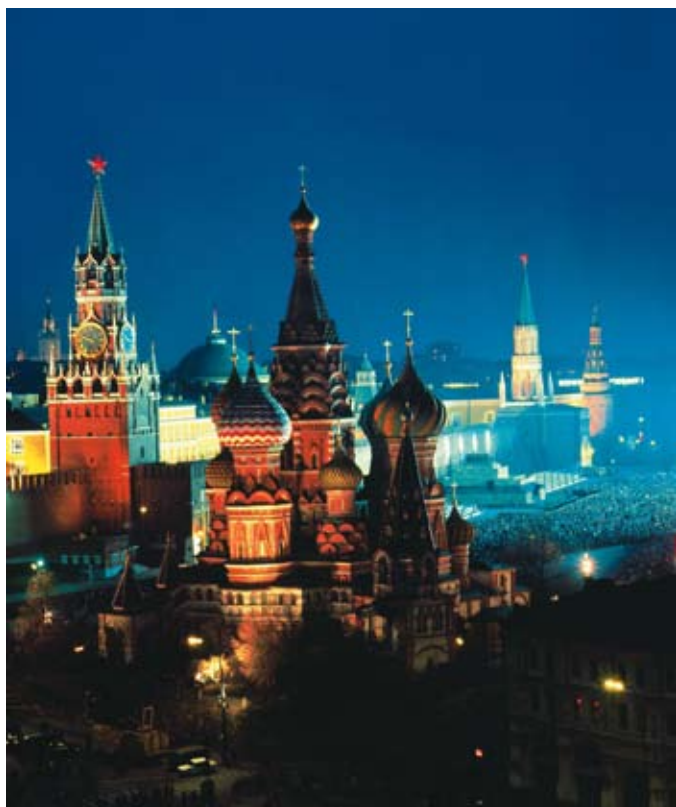
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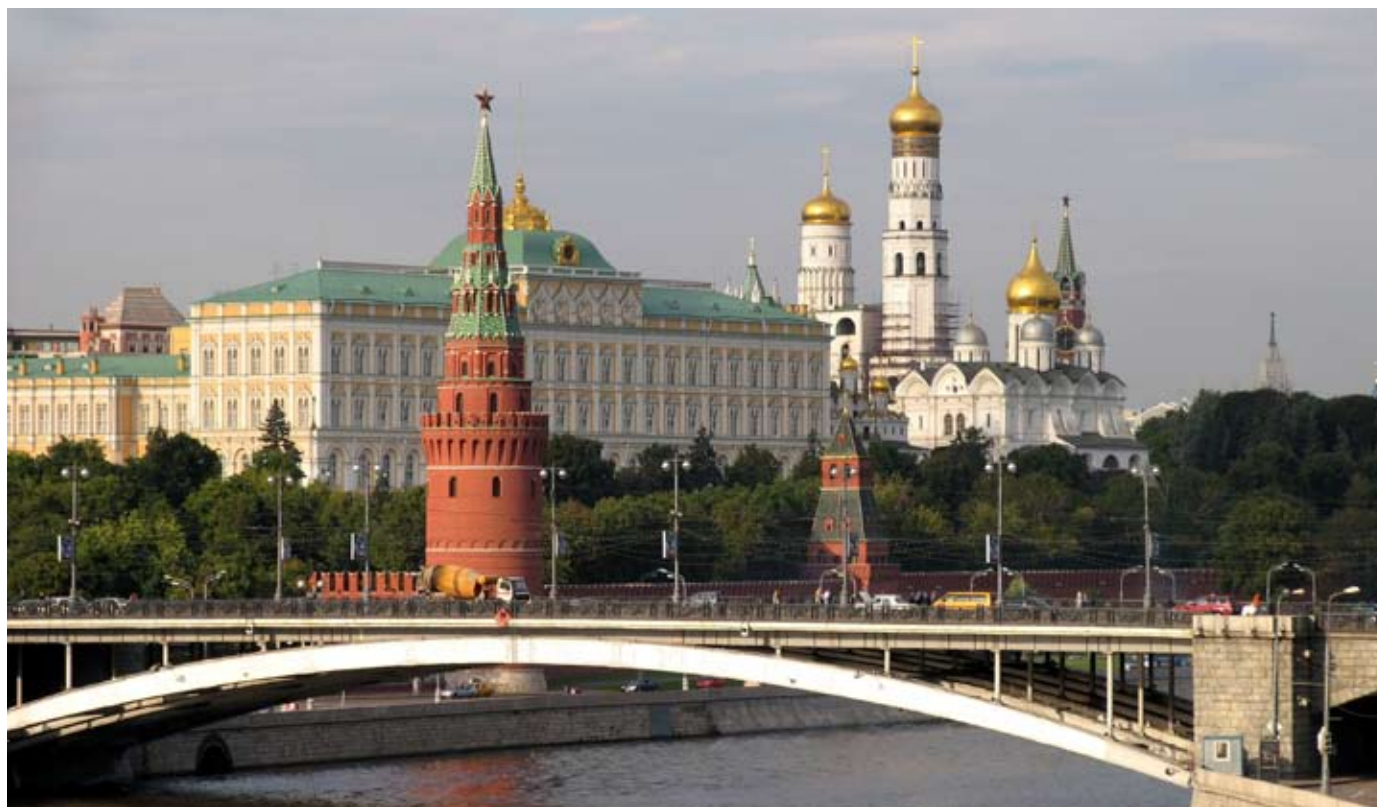
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In honour of the Russian army's victory over Napoleon, Tsar Alexander I commissioned the **Cathedral of Christ the Saviour**, the tallest Eastern Orthodox Church ever built (1839-1881). It occupied a prominent position in the city, until Stalin blew it up in the 1930s to make space for a massive "Palace of Soviets". But the skyscraper, which was to have been the tallest building in the world, was never built. After the Second World War, the area became Moscow's most popular open-air swimming pool. The reconstruction of the church after the collapse of the USSR took only 6 years. The cathedral re-opened to the public in the year 2000.

The **Danilovsky Monastery** is the official seat of Alexi II, Patriarch of Moscow and all Russia. The monastery was built at the end of the 13th century, serving not only as a place of reflection for monks but also as a bastion of defence on the southern city borders. Visitors can join the many pilgrims taking part in religious services and visit the monks' quarters, but the strict Orthodox rules on clothing and behaviour must be observed.



Gorky Park, situated just across the Moskva River from Park Kultury Metro Station, is famed abroad for the American writer Martin Cruz Smith's novel and later film of the same name. The park was opened in 1928 as the first Park of Culture and Rest in the Soviet Union. Today the park is filled with children's play areas, fun fairs and an original Buran spacecraft now open as a "Cosmic Experience for Kids".

In 1892, the millionaire textile manufacturer Pavel Tretyakov gave the city of Moscow his private museum of Russian art. His brother Sergey also contributed a few works. Since then, the **Tretyakov Gallery** has grown continually and now houses the world's premier collection of Russian art, rivalled only by the Russian Museum of St. Petersburg.

The **Bolshoi Theatre**, founded in 1776, has been associated with ballet from its beginning. Tchaikovsky's ballet *Swan Lake* premiered at the theatre in 1877. Other staples of the Bolshoi repertoire include Tchaikovsky's *Sleeping Beauty* and *The Nut-*

cracker, Adam's *Giselle* and Prokofiev's *Romeo and Juliet*. Today, some 900 actors, dancers, singers and musicians are employed by the Bolshoi, although the stars are rarely in Moscow, as they tour extensively internationally.



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Outside the city

Sometimes you just have to get out of Moscow, to remind yourself that there is another Russia, away from the gleaming, bustling capital. Winter or summer, a break in the green spaces outside the massive city feels good. Here are our tips on where to go:

Sergiev Possad

Onion towers and more onion towers... The Trinity St. Sergius Monastery in the town of Sergiev Possad is one of Russia's most important religious centres, a place of pilgrimage for Orthodox Christians and the out-of-town excursion for tourists to Moscow. The monastery was founded in 1340 by the monk Sergius of Radonezh and expanded as its wealth and influence grew. Today a 1.6km-long white defensive wall, to which the monastery owes its existence, surrounds the complex.

Kolomenskoye

The Open Air Museum at Kolomenskoye is a masterpiece of Russian art and among the most important architectural monuments in Russia. The history of Kolomenskoye dates back as far as the 14th century. The Unesco World Heritage site is said to have been commissioned by Tsar Vasily III, when his successor Ivan the Terrible, was born in 1530. The parkland around Kolomenskoye offers fresh air, expanses of green and a great view over Moscow. River taxis now run again from central Moscow to Kolomenskoye in the summer. Many Moscow residents visit the park for weekend excursions, picnics and barbecues.

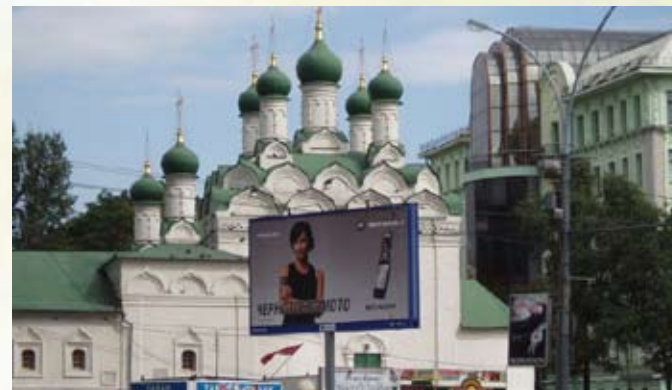
Arkhangelskoye

Arkhangelskoye is an historical estate located around 20 kilometres to the west of Moscow. In the 18th century, the estate belonged to Galitzine, and from 1810–1917, to the Yusupov family. In 1917 the Yusupovs' property was nationalised by the Bolsheviks. The estate consists of a large palace and extensive smaller buildings, designed and built by Italian, French and Russian architects. They include a teahouse, the Kaprise Pavilion, and a church which served as a burial place for the Yusupovs. All lie hidden in a vast park with artificially created terraces falling gently away towards the Moskva River. Nowadays Arkhangelskoye is a popular place for tourists and Muscovites alike. Important cultural events are regularly staged there, including various music festivals.



Sample activity programme for language students at our Moscow centre:

Date Time	Event/Description	Minimum participants
22 Jun 15:00	Walking city tour Orientation tour through the historic city centre. Tverskaya Street, Garden Ring, Boulevard Ring, Red Square, Theatre Square.	2
24 Jun 15:00	Kolomenskoe The history of Kolomenskoye dates back as far as the 14th century. At its heart is the Church of the Ascension (Vosnessensky Sobor), which stands on a high terrace above the Moskva River. The UNESCO world heritage site is said to have been commissioned by Tsar Vasily III, when his successor Ivan, later Ivan the Terrible, was born in 1530.	4
25 Jun 15:00	The Kremlin A Tsarist castle, the administrative headquarters of the Soviet Union and now the presidential residence – for centuries the Kremlin has been the symbol of Russia's power. It was built as a fortification in the 12th century and is Moscow's oldest quarter.	4
02 Jul 14:30	Friday Champagne party! Join us for a glass of champagne!	-
06 Jul 15:00	Moscow Metro Tour	2



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Pre-arrival support

Get your Russian Visa

Virtually all travellers to Russia need an entry visa, which is an official document attached to your passport. The earliest arrival and the latest departure dates are indicated on the visa and must be observed. You have to apply for the visa at the visa department of a Russian Consulate or Embassy in your home country. We will provide you with the necessary letter of invitation and take care of the visa registration formalities.

Visa support letter (invitation)

Depending on the course length, we issue different types of invitations to help you get either a tourist or student visa.

Tourist visa: if you want to study for four weeks or less, we will arrange a simple invitation which entitles you to apply for a tourist visa. The tourist visa is valid for one entry, for a maximum of 30 days, and cannot be extended. In order to proceed, you need to send us a high quality scan of the relevant pages of your passport. As we issue these invitations ourselves and Russian consulates accept printed copies for the application procedure, we can process course bookings based on a tourist visa at short notice.

Short-term student visa: if you want to study for longer than four weeks you need to apply for a student visa. The student visa is valid for one entry and for a maximum of 90 days. As this invitation letter is issued by the Federal Migration Service, it can take up to four weeks before we can collect the document. This is why the booking deadline for these courses is eight weeks. In addition to the scanned passport we require the following information for a short-term student visa:

- Place of application/collection of the visa (city, country)
 - Permanent home address, including phone number
 - Place of work/study; job title, position, exact address of work or study, and contact phone number.
- Consulates require the original of the invitation letter. If there is not enough time to send this by airmail, Liden & Denz charges for delivery by courier.

Long-term student visa: if you are planning to stay with Liden & Denz longer than 3 months, it is possible to extend the short-term student visa up to one year in Russia (without having to leave). Once the extension is complete, the visa becomes multiple, allowing for trips abroad! While we take care of the process, you are asked to provide the following documents:

- A health insurance policy valid in Russia and covering the whole stay (translated into Russian)
 - HIV test, to be taken in any approved clinic inside Russia.
- These rules change from time to time. It is always a good idea to check with us or one of our authorised agents for up-to-date information.

Visa application procedure

The visa fee depends on the pricing policy of each consulate and on the applicant's nationality. The following items are needed to file an application for a Russian visa:

- A completed visa application form (available from any Russian consulate, Liden & Denz or one of our authorised agents)
- A visa support letter (invitation), either for a tourist or a student visa (as above)

- One recent passport-sized photo
- A passport, which remains valid for six months after the anticipated date of return from Russia
- A health insurance policy (required by some Russian consulates, especially for stays of longer than four weeks). Some consulates will deliver the visa by mail. Processing times are different for each consulate. Last-minute visas are possible, but the extra cost can be substantial.

Visa registration

Russian law obliges us to register all students with the Federal Migration Service upon arrival. The fees for registering passport and visa are included in our enrolment fee. However, if you come with your own visa (i.e. not invited by Liden & Denz) you might incur additional registration costs depending on the length of your stay in Russia.



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Travel Information

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Arrival in St. Petersburg and Moscow

Many international airlines offer regular flights to St. Petersburg (Airport Pulkovo LED) and Moscow (Airports Sheremetyevo SVO, Domodedovo DME and Vnukovo VKO). It is also possible to use Russian airlines to travel to St. Petersburg and Moscow (Aeroflot, Rossiya, S7, Transaero and others). You can travel to Russia by train but please note that if the train crosses Belarus you will need a valid Belarussian transit visa. From either Finland or the Baltic States you can travel to St. Petersburg by bus. Visitors arriving with an invalid visa (or without a visa) will be asked to leave the country immediately.

Immigration Control and Customs

Upon arrival in Russia, foreign visitors must complete an immigration card. The border guard retains one part of the card and you must keep the other half until you leave. On arrival at St. Petersburg or Moscow, foreign visitors do not need to fill in a customs declaration form and may pass through the green corridor if they carry less than USD 10,000 in cash and no goods that are subject to declaration. You are not allowed to take out more cash from Russia than you declared upon arrival. Detailed information about export restrictions of art work, paintings, musical instruments, caviar etc., is available on request.

Arrival transfer

You or your booking agent MUST contact Liden & Denz at least 5 days before your arrival with your exact arrival date, time and flight number (or train/coach no.). If this information is not communicated in time, we cannot guarantee the pick-up transfer. All our students are met at the airport, railway or bus

station by a school representative or a driver carrying a 'Liden & Denz' sign, and taken straight to their host family or other destination. Upon arrival or on the first day at school you will receive a welcome pack with detailed information about your stay. In the unfortunate event that there is nobody at the airport or train station to meet you, please immediately call the phone number you receive with your travel information.

Money

Euros, US Dollars and other currencies can be exchanged everywhere. Exchange rates for the Euro and US Dollars are usually higher than for other currencies. Please note that you won't be able to change any money without a passport (or a passport copy) in most currency exchange offices. We recommend taking out cash from one of the many ATMs in the city. Please also note that despite inflationary tendencies, the only accepted form of payment in Russia is the Rouble.

The First Day at School

It is important that you arrive on time on your first day at school (normally Monday), so that group placement can take place promptly. Any delay will affect the whole day and interrupt the normal tuition schedule. Everyone, including beginners and students who have booked individual tuition, should be present for group placement and take our written assessment test, which is designed for all levels. Before or after the oral test, new students are given a tour of the school and introduced to key school staff. On the second day, new students are taken on a guided city tour, free of charge.



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Frequently Asked Questions

On Booking and Classes

Is there a booking deadline?

For all short-term courses (up to 4 weeks) the booking deadline is 3 weeks. For all long-term courses (5 weeks and more) enrolments should reach us at least 8 weeks prior to arrival. This is to ensure that all students receive their visas on time. If you travel on your own visa and do not require accommodation, you may book at short notice.

What time do the lessons start?

Classes last either from 9am till 1pm or from 10am till 2pm. Some individual courses and options within the extended group courses take place partly in the afternoon. Each lesson lasts 50 minutes and is followed by a short break.

Can I choose to have lessons in the morning or afternoon?

If you book a one-to-one course, you can have your lessons in the afternoon. All group courses take place in the morning.

How do I get to school on the first day?

On your first day you will be brought to the school by someone from your host family. If you live in a shared flat, you can easily find your way to school on the city map following the instructions sent to you before your departure to Russia.

Can I change groups?

Yes, if you feel that you are in the wrong group, please talk to your teacher who will (after consultation with the Director of Studies) suggest you continue your studies in a group of a different level. If we find no suitable group for you, we will offer you an individual course with 75% of your booked group lessons.

Can I use my laptop in the school?

Yes, in both our language centres in St. Petersburg and Moscow we provide wireless Internet for free.

Do I have to pay for teaching materials?

Textbooks and copies are included in the course fees. Additional material can be obtained either from the school library or specialist bookshops.

What kind of certificate do I receive at the end of my stay?

All participants receive a graded certificate (in Russian) issued by Liden & Denz, stating the course type, course dates, number of hours, and level of Russian.

On Travel and Arrival

Can I travel to Russia without a visa?

Absolutely not. Make sure you leave plenty of time for the process of obtaining a visa, as these things move at their own pace and not yours. The cost of the visa varies depending on the processing time. The quicker you need it, the more you pay.

Are there any goods you are short of in Russia that you recommend bringing?

The choice in the shops is now similar to what you have at home so just pack your luggage as if you were coming to any other European country.

Is there anything special I should bring?

Slippers: Russians always take their shoes off at home and wear slippers instead. Small gifts for your host: some souvenirs from your home country, like chocolate etc., are always appreciated. Electrical adapters: Russian sockets take two thin pins (European jacks).

Will I freeze in Russia?

We don't think so. In both cities, summers are generally pleasant, sometimes hot, especially in Moscow, which has a more continental climate than St. Petersburg. Even during summer, the temperature may suddenly drop to 10-15°C, so don't forget to bring a jumper and jacket. In winter the temperature can fall below -20°C and in January it will rarely rise above 0° C. Bring plenty of warm clothes. The traditional Russian fur hat (ushanka) can be bought here. You should bring heavy-duty shoes, boots and gloves.

Will I be picked up at the airport, railway or bus station?

We offer transportation from the airport or railway/bus station for free if you arrive on a Sunday. Please remember this when booking your flight. If you cannot arrive on a Sunday, additional charges for accommodation and transfer will apply.

How much money should I bring with me?

For lunch in the cafeteria (St. Petersburg only) you will need the Russian equivalent of € 5 to € 10. School-organised excursions cost between €10 and €40 (full-day trips). Your personal expenses will range from € 50 (going out once a week, no shopping, no souvenirs) to € 300 per week. Please do not bring a lot of cash with you. There are plenty of ATMs around.

Can I get around by bike?

We do not recommend this. There are no bicycle lanes and Russian car drivers are not very polite, to put it nicely.


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On accommodation

How do you select your host families?

We operate a system of transparent selection criteria in terms of geographical location, cleanliness, room size, bathroom, etc.. Our accommodation officer then visits the family and fills out a check-list. We interview the family members and inspect the apartment (with yearly re-inspections). While all our families live in clean and cosy apartments, the common areas (staircase, lift and yard) of most of the buildings are usually in need of repair. The maximum travel time from home to school and vice versa is 50 mins for St. Petersburg and 70 mins for Moscow.

Can I get accommodation in the historic city centre?

If you book early, especially for summer courses, we will try to take your wishes into account as much as possible. Living in the centre is certainly convenient. On the other hand, many central buildings are in urgent need of renovation. Staircases and yards look worse in the centre than in the much greener residential areas, where the quality of air is also generally better.

What do I get to eat?

You should be prepared to eat Russian everyday cuisine. It contains little you are not already familiar with, but be aware that Russians eat potatoes, beetroot, and cabbage in rather large quantities but, as a rule, have very little green salad or different fruits, as these are expensive, especially in winter and spring. Ask what time the family eats and try not to be late. Tell your host what you like and what you don't like. Let your host know if you are planning to eat out.

Is it possible to arrange my own dinner?

Yes, you can book your host family with breakfast only.

Can I drink tap water in St. Petersburg and Moscow?

Unfortunately the tap water in St. Petersburg and Moscow is not drinkable. Please drink only boiled or bottled water bought from a store. You may brush your teeth with tap water.

Who washes my clothes?

Your host family may be willing to do your washing and ironing, provided they have a washing machine, for an extra fee. Alternatively, you can take your laundry to one of the many laundrettes/dry cleaning services in the city. Our secretariat will be happy to provide more information. All our shared flats are furnished with a washing machine, so you can do your washing yourselves.

Can I make phone calls from home?

Local calls are free and therefore unproblematic. For your international calls, please use IP calling cards. You can make your calls at the school reception or from your host family/shared flats with this card.

Can I change my host family?

You should accept your host for the whole time of your stay. If you have serious reasons to ask for a change of host family, the accommodation manager will try to find another family for you as soon as possible. Please understand that you can only change your family at the weekend.

Living in St. Petersburg and Moscow

Can I buy a local SIM card?

It's a good idea, to avoid high roaming charges. Please note that in Russia you always prepay your mobile phone bills.

Why are bridges raised every night in St. Petersburg?

To allow passage for cargo boats on their way to Moscow or the

Volga region. From the beginning of May until mid-November, all bridges over the Neva are raised from about 1.30am until 5am.

Should I be afraid of the Russian Mafia?

The answer is a definite "no". The organised criminal structures (which do exist) are not interested in foreign visitors. If you do not get involved in illegal activities, you will be just as safe as in any other European metropolis.

Can I walk alone at night?

We don't recommend it. Take a taxi!

What do taxis look like?

Official taxis look the same everywhere. A cheaper alternative is the private taxis or tchastniki. Before getting into a tchastnik's car, ask yourself three questions: Is the driver sober; is he alone; and can you agree the destination and price with him? If the answer is "yes" to all three, you can get into the car with an easy mind. All the same, we advise women not to take a taxi ride alone.

Can I approach Russian police if I am lost?

If you speak Russian, yes - at least during the day. Please avoid the Militsia at night. If you bump into a police patrol after leaving a night club, stay calm and polite but do not hand over your mobile phone or cash!

Does Vodka in the evening guarantee a hangover next day?

No, as long as you don't mix it with other alcoholic drinks. Never ever drink beer after vodka!

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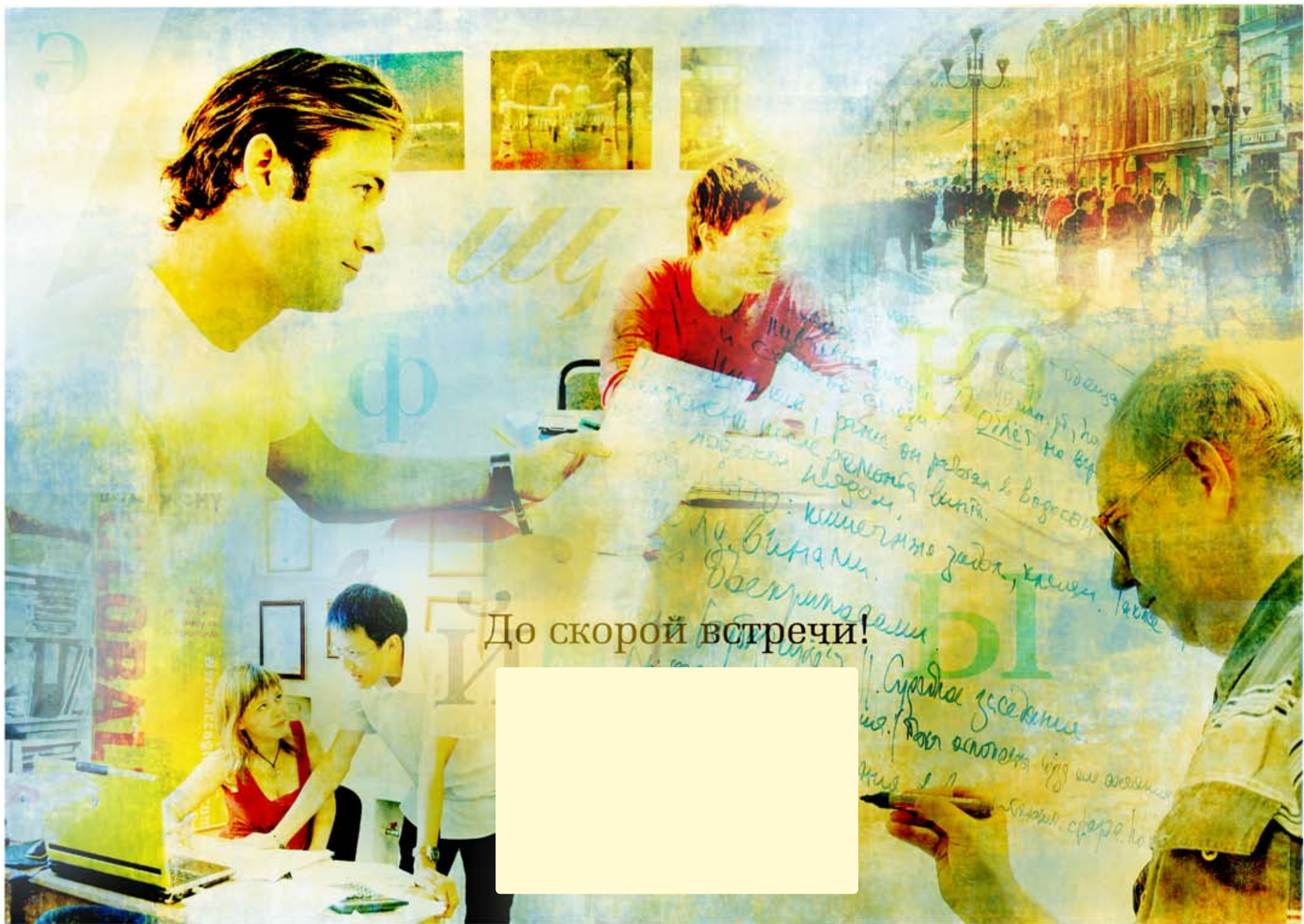
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