







# cref






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# Welcome to CREF!

## Interview with Alexis Parmentier, director of CREF

### • First of all, can you tell us what CREF is?

CREF is a language center which has specialized in teaching Russian in Russia since 1995. We offer language study programs in Russia all year round. CREF is currently based in two cities: Moscow, the vibrant capital and Nizhny Novgorod, located along the Volga river. If you are interested in a language program which is both rigorous and structured, combined with a living experience for your own pleasure and personal enrichment, we are just the right school for you!

### • In what way are you distinguished from other schools?

Our clients tell us that they choose CREF because of the level of qualification of its teachers and the quality and design of the courses. I also believe that the teaching tools developed by our CREF Branch of Publication are highly appreciated by our students who —

— are used to learning languages with communicative and modern methods and so are happy to and them used by us. And finally, the specific atmosphere at CREF is both academic and relaxed at the same time, where professionals from around the world interact, without a doubt this plays a role in the success of our language centres.

### • Why is it important to learn Russian?

Knowing how to speak Russian can be a serious asset for the future! By learning Russian at CREF, you give yourself the chance to communicate directly with the 250 million Russian speakers in the world. Russia is a land of opportunity: remember that Russia plays a major role in the world economy. In addition, when you learn the Russian language you give yourself the chance to discover the richness and multiple facets of the Russian culture.

### • Why is it important to learn Russian in Russia?

The best way to learn Russian is by immersion: morning lessons —

— sightseeing in the afternoon, going out in the evening and at the weekend. This guarantees that you can progress at a very fast rate while at the same time discovering the Russian culture and lifestyle.

### • Lessons, sightseeing, a friendly atmosphere... is that the key to success with CREF?


I sincerely believe that is the perfect combination for a successful study-program! CREF takes care of everything to ensure you have an unforgettable experience. If you would like to learn Russian, contact us! We will always be delighted to offer you a program which meets your needs.


















“ Our clients tell us that they choose CREF because of the level of qualification of its teachers and for the quality and design of the courses. ”



“ You will quickly learn how to express yourself in Russian ”

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# Why learn Russian with CREF?

- CREF has been active in Russia for more than 15 years and each year receives more than a thousand students of diverse nationalities.

We make a special effort to understand the individual needs of our clients and ensure their satisfaction. We work with a large team of **Russian teachers who have graduated from some of the best universities in the country**, drawn to CREF by virtue of our reputation. Trained in our communicative methods, they know how to impart their passion for the Russian language to students!

- We offer a **well-recognized expertise** in the teaching of Russian since CREF also publishes textbooks for learning Russian used all over the world. Of course we are accredited by the Russian Ministry of Education and Sciences.

- Our state-of-the-art facilities are

**located in the city centre**

and very easy to access. It's the ideal starting point to discover the splendor of vibrant Moscow and scenic Nizhny Novgorod.

- We offer **great edibility in the course options**: group courses or individual courses? You can start when you want and for as long as you wish! We offer different types of courses tailored to the needs of each student: **group courses** for those who wish to learn Russian in a social and academic setting; **customized individual lessons** adapted to the level and objectives of each student.

- All of our Russian courses are based on a communicative approach: above all the aim of this approach is that you can **quickly learn how to express yourself in Russian**, whether it's for day-to-day situations or in your professional life.

- **Many companies and institutions from all around the world already rely on us to**

teach their managers Russian (Total, Hermès, BNP Paribas, Yves-Rocher, Danone, Renault,

H&M, GDF Suez, Auchan, PSA Group, Shell... in addition the Organization of the United Nations and the embassies of France, Israel, Switzerland, Great Britain, etc.). We are also members of the Franco-Russian Chamber of Commerce, the Russian-British Chamber of Commerce, and the European Association of Russian Business.

- We take great care in selecting the different accommodations which we offer: hospitable host families in the city centre to help give you a total immersion into the daily life and culture of Russia, accommodation for you to choose from among those selected with our partners in Moscow and Nizhny- Novgorod. Or, for more restricted budgets, we offer accommodation at youth hostels near the school which are well maintained and offer high standards of comfort. We work in collaboration with professionals

from tourist agencies in Russia in order to guarantee you the best possible level of service.

- **Ideal learning environment.**

The atmosphere is very friendly and students have access to Wi-Fi and a rest room available all day. A dining area is available to students at our Moscow centre. Group classes are limited to 6 students to ensure the fastest rate of progress.

- CREF and its partners allow you not only to discover the timeless grandeur of Russia's famous sights but also to go off the beaten track with the help of our many guided **excursions**, as well as different **cultural activities which are updated on a regular basis.**



**Svetlana Konshina**  
Supervising professor of the Russian Department



**Elena Maryna**  
Teacher



**Olessya Polyakova**  
Teacher



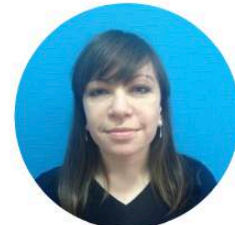
**Andrey Shalimov**  
Teacher



**Olga Petrova**  
Teacher



**Svetlana Zaonegina**  
Teacher



**Elena Golotenko**  
Teacher



**Nikolay Lukyanchenko**  
Teacher



**Olga Ivanova**  
Teacher



**Olga Baranova**  
Teacher



**Anna Telenova**  
Teacher



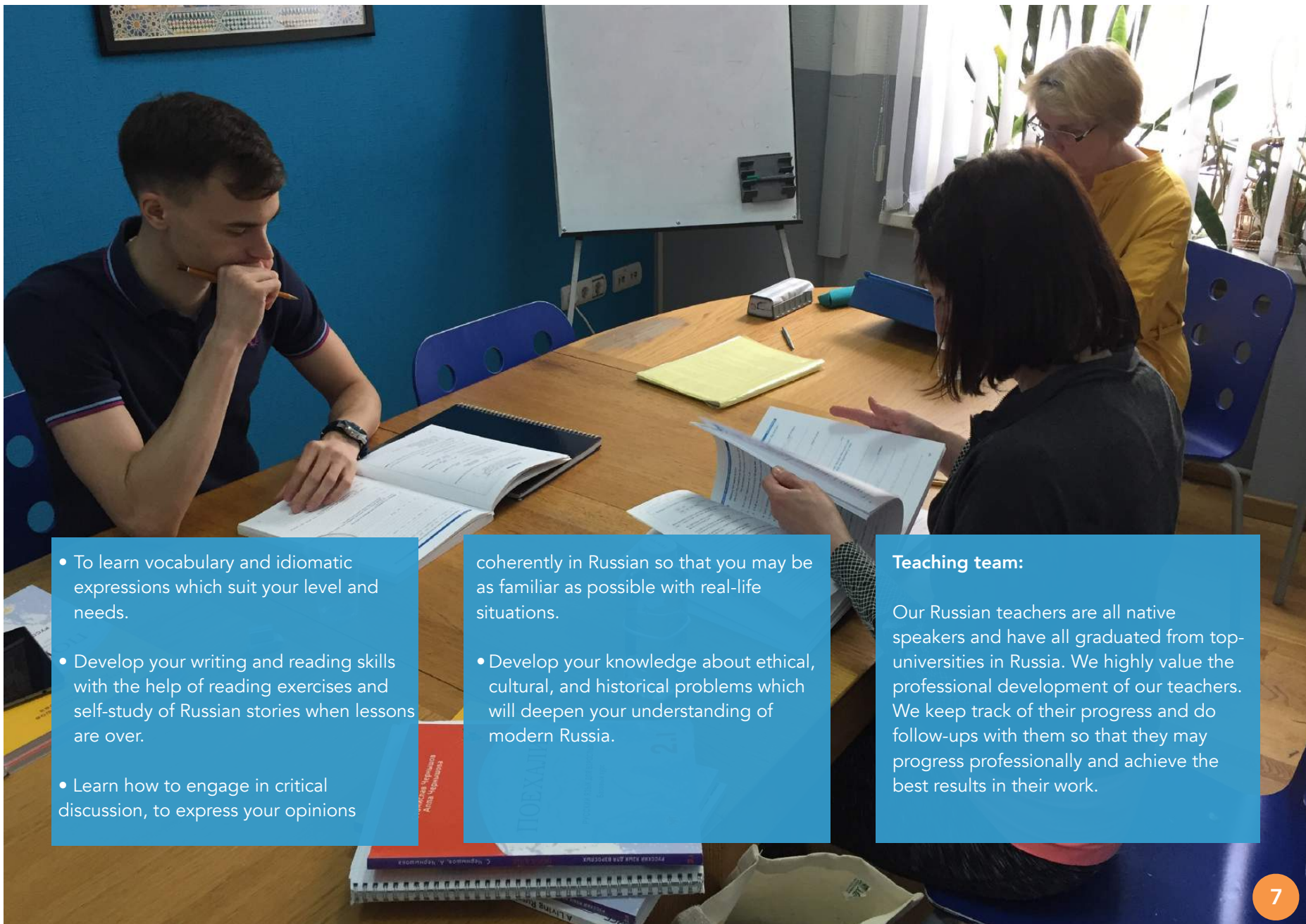
**Irina Chekletova**  
Teacher

We offer you an effective and straightforward method which allows you to progress quickly. We not only teach grammar you need to know to communicate properly, but also grammar that is actively used and geared towards practical applications, which are connected to every-day life and the business world.

**Studying at CREF means that you learn how:**

- to communicate in all types of situations, whether it's in your professional life or for day-to-day use.
- to develop your understanding of the language while listening to extracts which are designed for Russian language students and then extracts from actual Russian media (radio, news, etc.).

“ We highly value the professional development of our teachers ”



- To learn vocabulary and idiomatic expressions which suit your level and needs.
- Develop your writing and reading skills with the help of reading exercises and self-study of Russian stories when lessons are over.
- Learn how to engage in critical discussion, to express your opinions

coherently in Russian so that you may be as familiar as possible with real-life situations.

- Develop your knowledge about ethical, cultural, and historical problems which will deepen your understanding of modern Russia.

#### Teaching team:

Our Russian teachers are all native speakers and have all graduated from top-universities in Russia. We highly value the professional development of our teachers. We keep track of their progress and do follow-ups with them so that they may progress professionally and achieve the best results in their work.



The Regional Centre for French and Russian Studies

# A Living Russian Grammar

BEGINNER  
INTERMEDIATE

Natalia Bitekhtina  
Larissa Grouchevskaia  
Ioulia Sheina



Larisa Grushevskaja  
Natalia Bitekhtina


# A Living Russian Grammar



INTERMEDIATE II



“  
We offer you a method  
which allows you to  
progress quickly  
”






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# Russian teaching method at CREF

Level	Description	Lessons	Vocabulary	TRKI equivalent
A1 Beginner	Able to understand and use common and daily phrases as well as very simple expressions which may be used for real-life needs. Able to introduce him/herself or someone else and be able to ask someone and answer certain basic questions. Able to use simple communication with someone who speaks slowly, distinctly and who is cooperative.	3 x 40 hours	600 words or constructions	<b>ТЭУ (TEU)</b>
A2 Elementary	Is able to understand phrases used out of context and frequently used expressions connected with practical necessities. Able to communicate apart from simple or common usage requiring only the exchange of simple and direct information about everyday topics. Is able to describe in simple terms his/her studies, immediate environment and can bring up topics which are relevant to immediate needs.	3 x 40 hours	Between 1000 and 1500 words or constructions	<b>ТБУ (TBU)</b>
B1 Intermediate	Is able to understand essential points when clear and standard language is used and it is about common topics. Is able to get by in most situations which would be encountered during a trip in a place where the target language is spoken. Is able to talk in simple and coherent language about familiar topics and areas of interest. Is able to talk about a life event, experience or a dream, describe a wish or a goal and share briefly his/her reasons or explanations for a plan or idea.	4 x 40 hours	About 2000 words or construction	<b>ТРКИ-1</b>
B2 Upper-intermediate	Is able to understand essential content about concrete or abstract subjects in a complex text, including a technical discussion about his/her field of work or study. Is able to communicate with a certain amount of spontaneity and ease in such a way that in a conversation with a native speaker is owing and without any confusion or difficulty for either person. Is able to express him/herself in a clear and detailed manner about a wide range of subjects, articulating an opinion about a current issue and talk about the advantages and disadvantages of different possibilities.	4 x 40 hours <small>For this level, openings for group lessons are on fixed dates; get information from CREF</small>	About 5000 words or construction	<b>ТРКИ-2</b>
C1 Advanced	Is able to understand a wide range of long and difficult texts, as well as grasp the underlying meanings. Is able to express him/herself spontaneously and fluently without any obvious need to search for the right words. Is able to use the language smoothly and effectively in their social life, professional or academic. Is able to express thoughts about complex subject matter with complete clarity and well-structured language and demonstrate their command of discourse through their organization, articulation and cohesion.	Individual courses only	About 6000 words or construction	<b>ТРКИ-3</b>
C2 Fluent	Is able to understand practically without any effort everything he/she hears. Is able to reconstruct the facts and arguments from various written/spoken sources by summarizing them coherently. Is able to express him/herself spontaneously, very fluently and precisely and can distinguish nuances of meaning found in complex subject matter.	Individual courses only		



“ The instruction will be concentrated in the areas where you wish to improve your skills ”

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# Russian teaching method at CREF

## Group lessons:

For a more sociable and interactive environment, you should choose to have group lessons. At the rate of four Russian lessons a day, five days a week, in total 20 hours of lessons per week, you will progress very quickly.

## We guarantee you :

- Small-sized groups. So that everyone has enough opportunity to speak and practice their speaking skills, group sizes are limited to 6 people, sometimes less. All groups are made up of students from the same level. Students are assigned to a level according to the results of their assessment test.
- Ongoing assessments which allows you to track your progress. You can complete level A1 in 80 hours ( 4 weeks of lessons) and, if you are a total beginner from the moment you arrive in Russia.

You can complete level A2, in about 160 hours.

- A course centered on communication. Starting from your first Russian lessons at CREF, whatever your level is, you will be engaged in communication, biased towards speaking more than writing. Grammar won't be overlooked of course, but it will be dealt with as a tool to help you in your communication and comprehension skills.
- Instruction and individual monitoring by rigorous and proficient teachers, even in group lessons.
- Exclusive teaching material developed by our teachers at CREF especially for Russian as a foreign language.

## Our individual courses:

Do you have specific restrictions, a busy schedule or personal obligations which make certain demands of your

time? Or do you simply wish to learn Russian at your own pace? You should consider choosing individual courses. Whether you want content which is intensive, more in depth, or perhaps with less grammar, or more writing, more speaking practice... You decide your own program with our program manager and your language course in Russia can be done at your own pace.

## What we guarantee :

- Ongoing assessments which allows you to track your progress.
- Your progress will be faster than in group lessons; the teacher is devoted 100% to your needs and concentrates on your specific difficulties . You can therefore expect to reach your objectives faster.
- A course centered on communication and/or grammar : depending on your priorities and in consultation

with you, the instruction will be channeled into the areas where you wish to improve your skills.

- Exclusive teaching material developed by our teachers at CREF, which can be adapted according to your particular needs.
- All the courses are modified by the teachers to suit the needs of each student. You will be asked to specify for us your main areas of interest so that that the course may be adapted accordingly.
- The number of lessons you want and the schedules are completely flexible. Our teachers can even come to your home or workplace if you are unable to come to CREF.

# Russian teaching method at CREF

## School trips and personalized holidays:

Would you like to arrange a program for a group of high-school students, college students, colleagues or friends?

CREF helps you to put together a trip from a list of different options: from courses, accommodation, cultural programs, all of which we adapt to your needs and budget to ensure you have a fulfilling stay!

## What we guarantee :

- An organized stay based around your preferences: more language study or cultural excursions and discovering the heart of Russia, it's all for you to decide.

- Budget restrictions are taken into account: our array of courses are wide enough that we know how to meet your needs.

- We can assure you of the highest quality courses thanks to the well-recognized standards of CREF and a cultural program that is enriching and wide-ranging with the help of partners who specialize in Russian tourism.

## Business & Professional Russian Language Courses:

Teaching Russian to foreign managers and their families living in Russia is at the core of CREF's program and we have put in place programs which are especially designed for them. A large

number of companies already rely on us to provide lessons for their managers.

## What we guarantee :

- CREF offers you a lesson schedule specifically arranged according to your work schedule, morning, evening or weekend. Our teachers can come to your work place to have lessons with you.

- CREF offers courses for all ages: for expatriates, their spouses and children.

- The course content is adapted to your needs. We offer you a method that is effective and easy to use so that material which may

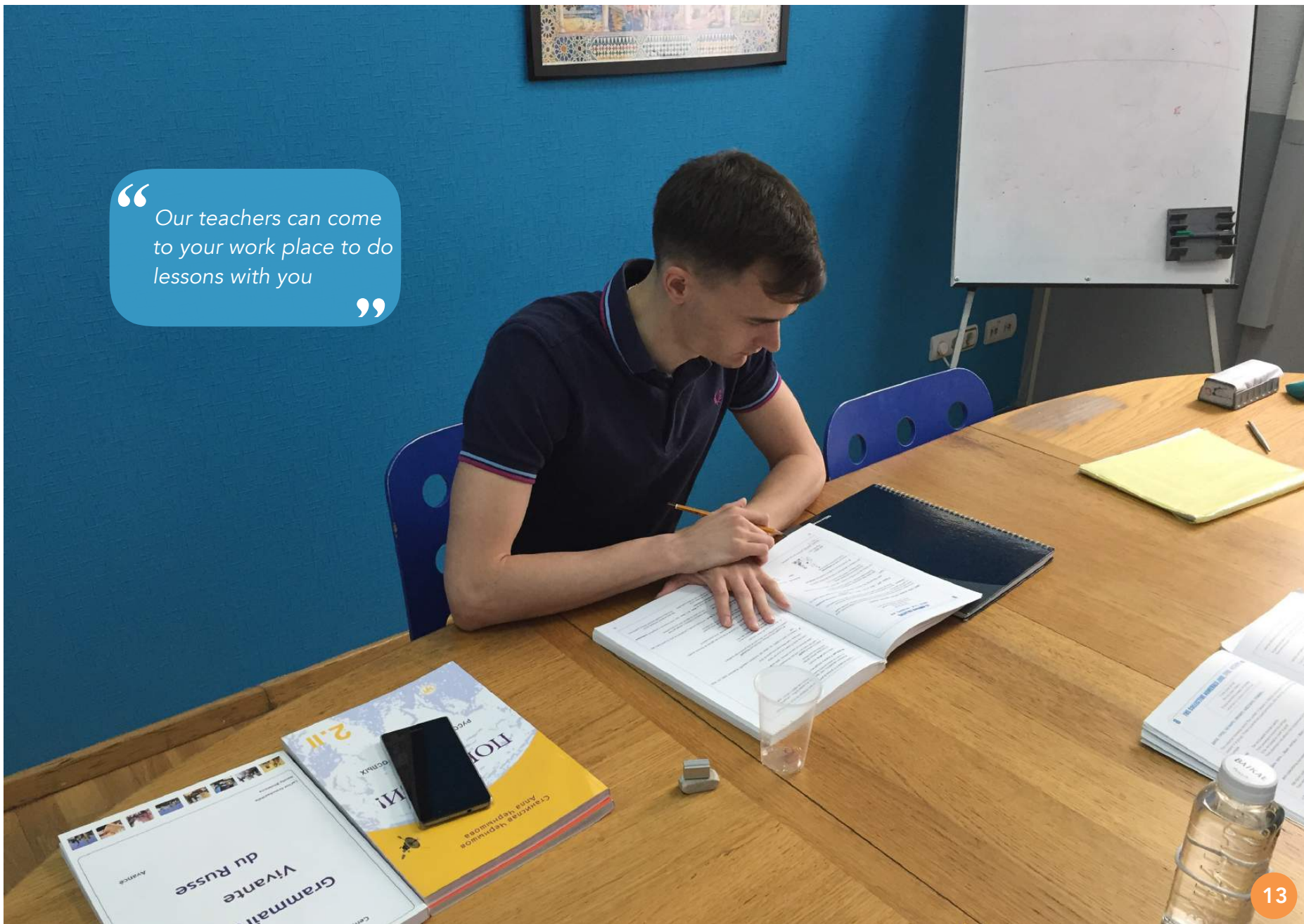
seem challenging now will soon be completely clear to you!


- CREF offers you course programs adapted to your schedule and obligations: Intensive Russian group lessons (20hrs per week) or standard (4hrs per week) and individual Russian lessons.



- Courses can be paid for by your company which are then deductible from your taxes.





“ Our teachers can come to your work place to do lessons with you ”









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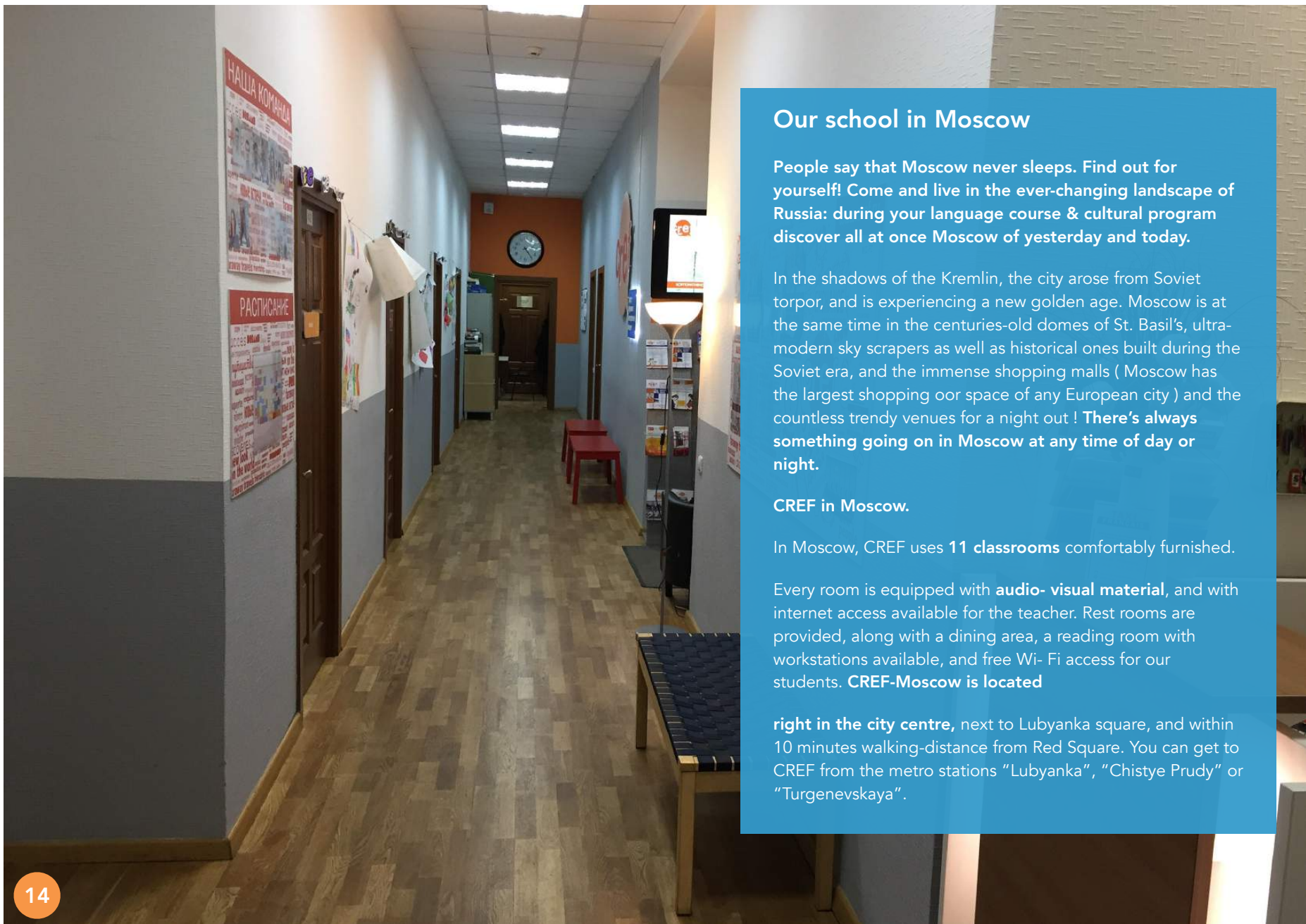
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## Our school in Moscow

People say that Moscow never sleeps. Find out for yourself! Come and live in the ever-changing landscape of Russia: during your language course & cultural program discover all at once Moscow of yesterday and today.


In the shadows of the Kremlin, the city arose from Soviet torpor, and is experiencing a new golden age. Moscow is at the same time in the centuries-old domes of St. Basil's, ultra-modern sky scrapers as well as historical ones built during the Soviet era, and the immense shopping malls ( Moscow has the largest shopping oor space of any European city ) and the countless trendy venues for a night out ! **There's always something going on in Moscow at any time of day or night.**



### CREF in Moscow.



In Moscow, CREF uses **11 classrooms** comfortably furnished.


Every room is equipped with **audio- visual material**, and with internet access available for the teacher. Rest rooms are provided, along with a dining area, a reading room with workstations available, and free Wi- Fi access for our students. **CREF-Moscow is located**




**right in the city centre**, next to Lubyanka square, and within 10 minutes walking-distance from Red Square. You can get to CREF from the metro stations "Lubyanka", "Chistye Prudy" or "Turgenevskaya".




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## Our school in Nizhny Novgorod

**To plunge right into the heart of true Russia, far from the traditional tourist haunts, Nizhny Novgorod is the ideal place for your Russian language program! It's a guaranteed immersion into the local Russian culture.**

Founded in 1221, the city abounds with historical, cultural, and artistic monuments. It has been listed by UNESCO since 1992 as one of the hundred cities

forming part of the man-made world heritage sites.

Today more than 30 000 students study there. Energy and openness now best characterize this city which

was closed to foreigners until 1991. Nizhny Novgorod is a city which is intimate and easily accessible, where the cost of living is relatively cheap. The cafes on the main pedestrian streets stay open late and offer a variety of different entertainment every night.

By choosing a city in provincial

Russia, you go off the beaten track and tourist routes. Discover the real Russia, the life experienced by the majority of Russians. You're completely immersed in the daily life and culture of Russia: what could be better for a language program in Russia?

### CREF-Nizhny Novgorod


In Nizhny Novgorod, CREF uses four classrooms which are comfortably furnished. All the classrooms are equipped with audio-visual material.



Near CREF, there are a number of cafes and restaurants where you



can eat at a reasonable price. There are workstations available for students who wish to use the internet.




CREF - Nizhny Novgorod is located right in the city centre, next to Pokrovskaya street, the main pedestrian and commercial thoroughfare in the city.









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# Accommodation



## Hotels:

During your stay do you want to have a real vacation, with nothing to worry about, being waited on hand and foot? Then choose to stay in a hotel.

In Moscow or in Nizhny Novgorod, CREF has selected hotels which will fully satisfy your needs.



## Youth hostels:

CREF has selected the best youth hostels in the centre of Moscow for you.

For your Russian study program in Moscow, make the most of this type of accommodation suited for the young and adventurous. If you'd like to meet other travelers from around the world, this is the best kind of place for you to stay!

Our partner hostels meet very strict criteria in terms of security, cleanliness and convenience. We can fully guarantee the sound quality of the service.



## Renting an apartment:

Alone, with a family, or with a roommate then why not opt for total freedom by choosing from our selection of apartments? You will make the most of your language study program by discovering Russian city life as those who live there. Whether in Moscow or in Nizhny Novgorod, the apartments we offer are located in the heart of the city satisfying our strict criteria of security, cleanliness and convenience.



## Live with a local family:

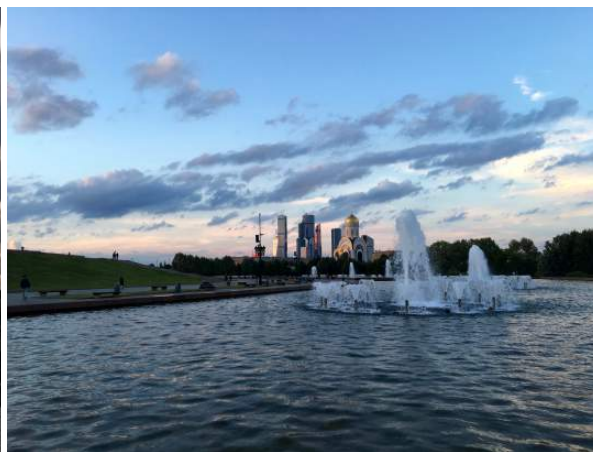
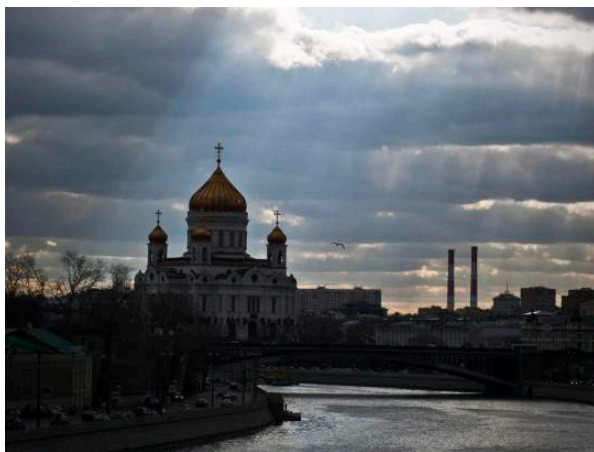
Do you want to continue practicing Russian after your lessons? Do you want to learn the local way of life and do you dream of seeing the Russia which is unknown to tourists? You should choose to live with a local family. Your language program will be greatly enhanced this way.

In Moscow or in Nizhny Novgorod, our host families are selected according to high criteria standards which will be fully satisfying to you. They will help you integrate into Russian society which is far from tourist destinations.

Living with a Russian family is the best way to supplement your Russian lessons and apply what you learn during the day into real-life situations. This way you are truly practicing Russian 24 hours a day, even at the weekend.



# Cultural activities and excursions



**CREF centres, in partnership with Tsar Voyages, offers cultural excursions and sightseeing tours in the city where you are doing your language program.**

So if you've chosen to study in Moscow, you will certainly visit the Pushkin Museum, Kremlin, or Tretyakov Gallery. You might also choose to go on a trip to the monastery at Sergiyev Possad,

or if you are staying between April and September, you might take a boat-trip along the Moskva river.

A lot of different excursions are offered as well if you choose to stay in Nizhny Novgorod, particularly the visit to the Kremlin there (which is by no means less impressive than Moscow's Kremlin) and also to see the

magnificent 13th century cathedral.

In addition, we offer long weekend all-in trips to St. Petersburg so that your discovery of Russia is complete.


#### **What we guarantee :**



- Quality excursions which will enrich your appreciation of the Russian culture.



- Weekly travel information, so that you won't miss what could be the most interesting part of your stay.


- Excursions can be paid to CREF each week; you don't have to decide on any excursions when you initially sign up for your program.




“ CREF offers you a wide range of services which will make your journey to Russia and your stay much easier ”



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**While getting ready for your study program in Russia, you need additional services: a visa, airport transfer to your accommodation, or for organizing travels within Russia. How is this possible if you don't speak Russian yet and aren't there on the spot ?**

Whether you choose to be in Moscow or Nizhny Novgorod, CREF offers you a wide range of services which will make your journey to Russia and your stay much more easier and comfortable.

- **Invitation, Entry Visa to come to Russia**

CREF takes care of everything for you, so you can receive an official letter of invitation, which is necessary for obtaining a Russian visa.

After you receive the letter of invitation, you will then get your visa yourself through the Russian Consulate nearest to you or through a specialised agency.

- **Transport from the airport or train station**

A representative of CREF can greet you at the airport or at the train station and drive you to your place of residence. For your departure, a

driver can be dispatched to take you to the airport.

- **Registration at your place of residence**


In Russia you are required to register with the department for foreigners (OVIR) and to declare the length of your stay. CREF handles this process for you in the city where you stay, without any additional cost. Note: CREF can only register those who are invited by CREF as part of a language study program.



- **Reserving train tickets and flights within Russia**



CREF can reserve transportation to take you from Moscow to Nizhny Novgorod as part of your language study program. We can also reserve train or airline tickets for any destination in Russia or neighboring countries. Do not hesitate to ask us if you would like to extend your language program by turning it into a tourist stay while discovering Russia.














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