

# Course in Moscow

25-27 February 2011

Sensei Peter Hughes

Fri 25 Feb	Sat 26 Feb	Sun 27 Feb
AM Session 1 – <i>Lunch break</i> PM Session 2	AM Session 3 – <i>Lunch break</i> PM Session 4  <i>Evening Social</i>	AM High-grade class

Exact times to be confirmed

The price is GBP80 for the course (4 sessions), GBP25 for the high-grade class. All classes are 2 hours.

Please let us know on [moscow.seminar@gmail.com](mailto:moscow.seminar@gmail.com) whether you think of coming and which sessions you plan to attend. No obligation, we just need to get an idea to book an appropriate dojo.

Have a look at last year's photos <http://coordination.ru/article14.html> and see below our quick guide for a seminar to help you make up your mind.

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## Travelling to the Moscow Seminar: A Quick Guide

### Visas

To enter Russia you need a visa. To get a visa you need an invitation from Russia, but most of the travel or specialized visa agencies can provide invitations for extra GBP20 or so as well as the actual visa services. Google "russian visa" and you will get a list of such agencies.

### Travel agencies

We recommend you use services of a travel agency for booking your tour. We got in touch with a random one and they were quite happy to make a tailored package. Here are the details but there are many very similar ones.

Travel-direct.com

Specialising in Travel & Visas to Russia, China, Ukraine & Kazakhstan. Our services include: Visas, Hotels, Transfers, Tours, Cruises, Internal Flights / Trains, Corporate Travel

### Travel advice

Consular advice from the British Foreign Office: <http://www.fco.gov.uk/en/travel-and-living-abroad/travel-advice-by-country/europe/russian-federation>. Also have a look at this newspaper for expats in Moscow: <http://guides.themoscowtimes.com/>

### Weather and clothes

Average temperature in February in Moscow is -6.7°C. Which means that it could be as cold as -15/20°C or as warm as +3/5°C.

Jeans as a bottom are perfectly fine. Wear loose-fitting ones and something underneath if it gets seriously cold. Not necessarily thermal, but loose-fitting as well, the idea is to have two layers of air between yourself and the outer space.

Same rule applies to the top, do it in layers with some air between them. A jacket should be thigh-long. Any hat will do, even a light one, but try to get one that covers ears. Locals often wear knitted woolen ones, like for skiing. Anyhow, if you get cold you can always jump into the Metro or a café, a shop, etc. Inside is kept quite hot in the winter. You will be in the city so there's no need to get dressed like Polar Explorers.

### **Hotel**

There are many hotels of all types and prices which are best booked through a travel agent. Speak to us first and we will advise on the location/price.

You might also consider booking a self-catering apartment. In this case you will be living in a typical Moscow flat converted into a sort of hotel room + kitchen. E.g. <http://www.apartmentres.com/en/>. We have used <http://www.moscowapartments4u.com/> and they were good. Comes cheaper than a hotel, you have your very own kitchen, but you will have to cook your breakfast yourselves.

If you do not mind sharing - email us and we will do our best to host you with somebody from the club or their friends/family.

### **Staying on**

Since you would be in Russia anyways, might want to stay on a bit and perhaps go to StPetersburg? If you do decide to do it, we suggest you take an overnight sleeper train ([http://eng.rzd.ru/isvp/public/rzdeng?STRUCTURE\\_ID=4099](http://eng.rzd.ru/isvp/public/rzdeng?STRUCTURE_ID=4099)) Moscow-StPete's and fly back from there. Some of the trains are really atmospheric (<http://www.okdail.ru/ru/express/photos.shtm>) and you can have a sleeper compartment for two.