

Information Handbook

**FOR U.S. FULBRIGHT GRANTEES IN UKRAINE,
2012 - 2013**

Updated May 2012

Fulbright Program in Ukraine

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Dear Fulbright Grantees and Families,

Congratulations to all of you for being chosen as Fulbright Scholars, Student Fellows, or English Teaching Assistants to Ukraine for the 2012-2013 academic year. I and the rest of the staff in the Kyiv office eagerly await your arrival in Ukraine. We look forward to working with you, facilitating your teaching assignments and research projects, assisting with relations with host institutions, and providing you many opportunities to interact with other Ukrainian and American students and scholars in Ukraine.

This handbook provides some of the information you will need to get yourselves, your dependents (if applicable), and your belongings to and from Ukraine, and to survive in Ukraine. We will try to answer any questions you have through e-mail or telephone conversations if you contact us directly. Certain sections of the handbook are devoted to living in Kyiv – such as information about English-language schooling for children, medical facilities, etc. – as that is where families with young children are usually placed because of the presence of English-language schools and facilities in Kyiv. However, that situation is rapidly changing in some of the larger cities, especially in those involved in the Euro 2012 Football (soccer) Championship (Kyiv, Lviv, Donetsk, and Kharkiv). Although less than half of you will be spending all or most of your time in Kyiv, all of you will find yourselves in Kyiv at one time or another – such is the nature of life in Ukraine. And undoubtedly most of you will find that life in Kyiv is different from life in most other cities and places in Ukraine. Often it feels like you are on another planet in Kyiv. First, it is the largest city in Ukraine, with over three million official residents; second, as the seat of the national government, it is always active, with many demonstrations and much political theatre, both in the streets and in parliament, and often bordering on the absurd; third, there is a large international presence in the form of multi-national corporations and agencies, foreign embassies, etc.; fourth, the traffic is usually unbearable; fifth, the prices in Kyiv are outrageously higher for just about everything than they are outside of Kyiv.

Much of the information about communication, postal and parcel service, and transportation are relevant throughout the country. We have included local branches of parcel services between the US and Ukraine, and information from the major international providers such as DHL, FedEx, and UPS are available online. We have also provided links for you to the websites of the cities where most of you will be residing. With the experience that most of you have with internet searches, I am sure that you will be able to find most of the information that you need. If not, we will try to help.

We all look forward to seeing you again in Ukraine.

Myron O. Stachiw
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1.0 INTRODUCTION

The culture of modern Ukraine is a culture of change. While there can be no doubt that the Orange Revolution will remain a dramatic and important event, despite the attempts by the current government to downplay its significance (and even entirely efface it from secondary school history textbooks), its direct impact is now a matter of heated public debate and even widespread denial and deep cynicism of the real impacts of this cataclysmic event. Get ready for everybody's stories. Life in modern Ukraine is a balance of strong cultural traditions and attitudes left over from many generations of Soviet totalitarian thinking and practice. By now Ukrainians are used to lively political debates, growth and decline of political parties, and occasional parties and occasional street demonstrations. However, lack of confidence in nearly all political leaders and political processes and tremendous cynicism towards anything said and done by politicians has increased dramatically over the past two years and has now become the dominant attitude among Ukrainians, even among the core supporters of the current administration since the time of the Orange Revolution; the political machinations of the leading players, continued and even worsening corruption (if that can be possible), the nature of new and increasingly repressive legislation, and the events of the past year have certainly provided much incentive (and justification) for these feelings.

The current administration of President Victor Yanukovich has swung the political pendulum back to an aggressively pro-Russian orientation and the negation of much that has occurred since the Orange Revolution, although actual political relations with Russia have seriously deteriorated over the past year. The coming year will be a critical one for the new government and the nation, as parliamentary elections are scheduled for October 2012. The steadily eroding support for the current administration suggests that the elections might bring a number of surprises and a reorientation of the parliamentary majority.

The Fulbright experience in Ukraine will be exciting and frustrating as you encounter a different set of assumptions about human nature. Exciting because of continuing social, cultural and educational transformations; frustrating because new administrative and economic infrastructures are not yet fully in place (and are frequently changed once instituted). The attitude you bring to this challenge will help define your experience and the impact your tenure as a Fulbright Scholar and Fellow will have on individuals and your professional communities in Ukraine.

The legacy of the Soviet university system left a void in many areas of education. Today most Ukrainian universities can't respond fast enough (or, should I say, are not able to respond) to the needs of a developing economy, which needs to be competitive globally. Educators are gradually redesigning their curricula but teaching methods take longer to change. Over the past year there has been much debate and the drafting of several competing versions of a new law on higher education, with major differences among the drafts put forth by the Ministry of Education, Science, Youth and Sports and other interested parties largely focused on the processes of university autonomy, accreditation, funding, frameworks of qualifications, and quality assessment. As members of academic communities, Fulbright students, scholars, and ETAs working in Ukraine have an opportunity to introduce new categories for organizing knowledge and experience. They are in a position to define their fields in new dimensions and to introduce

meanings and interpretations from different perspectives. As educators, they can influence students and educators by sharing learning tools and strategies, which will help future leaders to recognize new alternatives and (hopefully) make better life decisions.

As part of the prestigious exchange program, Fulbright Scholars, Fellows, and ETAs will have a chance to contribute to a new legacy of positive change and will play a role as change agents in defining a new paradigm in education. For the past two years Ukraine has been experimenting with centralized testing and is slowly and fitfully joining the Bologna Process of educational reform, based on the American/Western model. Through your experiences with these activities in United States universities, you will be able to assist the evaluation and advancement of these processes through constructive discussions and, more importantly, through the example that you provide in your methods of teaching, interactions with students, student evaluations, and research and interpretation.

2012 marks the 20th anniversary of the establishment of the Fulbright Program in Ukraine, and we have conducted a number of events during the Spring months to commemorate the anniversary. These included a two-day international conference in Kyiv (April 20-21) (www.educationconferenceua2012-org.ua) titled “Higher Education in Ukraine: Globalization, Reform, Innovation,” which assessed the past twenty years of higher education in Ukraine and directions for future development; many events across Ukraine involving Ukrainian and U.S. alumni and current scholars such as book presentations, lectures, exhibitions, round table discussions on important themes, workshops, etc.; and a gala musical concert by Ukrainian and U.S. Fulbright alumni (April 27, 2012). Such events featuring the work and accomplishments of our U.S. and Ukrainian grantees and alumni will continue through the Fall of 2012. We invite you to participate in any and all events, and welcome your propositions for an event or exhibition you would like to organize, or presentation you would like to make.

History

Before 1991, the Fulbright exchange program with Ukraine was administered through an intergovernmental agreement between the U.S. and the U.S.S.R. This agreement defined the support each side was to provide visiting scholars and was terminated with the disintegration of the Soviet Union. During this period very few Ukrainian scholars participated in the program, as it was run out of Moscow. From 1992 to 1996, the PAS (Public Affairs Section) of the U.S. Embassy in Kyiv worked directly with the Ukrainian Ministry of Education and individual host universities.

In October 1996, the PAS of the U.S. Embassy opened its Academic Exchanges Office whose main purpose was to administer the Fulbright Scholar Program for Ukrainian and American scholars. In 1998, a separately administered Fulbright office was established under the auspices of the Institute of International Education; in 2001 the office at 4 Hrushevskoho St. on the 3rd floor of the Academy of Sciences building, at the foot of Kyiv’s main street, Khreshchatyk, was opened. Currently the staff of the Fulbright Program in Ukraine runs all aspects of the competition for Ukrainian students, scholars, and young faculty; assists with the placement of American students and scholars; and provides program support for the Ukrainian

Fulbright Association, an active association of Ukrainian Fulbright alumni, which today number nearly 800. The association holds an annual meeting in the Fall to which all U.S. Fulbright scholars and students are invited, and periodic seminars and roundtable discussions on current topics in which some of you will undoubtedly be invited to participate. Finally, and perhaps most importantly, Ukrainian Fulbright alumni feel a special kinship with U.S. Fulbrighters and will often be your contact people at your host institutions, and great sources of information and assistance to you, especially because of their English language abilities. They also will understand some of the difficulties you may have in adjusting to Ukrainian ways of doing things. More than 450 U.S. Fulbright grantees have come to Ukraine since 1992 to conduct research; teach in Ukrainian universities; work with NGOs, cultural organizations, and government agencies; and consult with academic institutes and departments in universities on issues of teacher training, curriculum development, and many other issues.

This year, 40 American Scholars (13 senior scholars plus 5 renewals from the 2011-2012 year, 10 graduate students, 2 English teaching assistants, and up to 10 specialists) will work in Ukraine for all or part of the 2012-2013 academic year, and 45 Ukrainians (16 senior scholars, 19 graduate students and 10 young faculty) will travel to the United States during the academic year. Ukrainian scholars are chosen through an open, nationwide competition conducted by the Fulbright office in Ukraine. As a result, Ukrainian universities hosting a U.S. Fulbrighter may not necessarily be sending their own professors to the United States. This lack of reciprocity is new to Ukraine and may be raised in conversations with you.

Unlike many countries around the world where the Fulbright Program has operated for many years, Ukraine does not operate under the auspices of a bi-national commission, with funding provided by both the host nation and the U.S. Department of State. In the case of Ukraine, 100% of the funding is provided by the U.S. Government, and the oversight of the program at present is by the U.S. Department of State, Bureau of Educational and Cultural Affairs. Management of the Fulbright program in Ukraine and in many countries of the world is provided by the Institute of International Education, a world-wide organization promoting and managing international education. IIE also manages the student programs, and the Council for International Exchange of Scholars (CIES – a division of IIE) manages the scholar programs. The Kyiv Office is one of 12 international offices supporting IIE's activities worldwide.

While the Ukrainian side has been generally supportive of the Fulbright Program of academic exchanges, ongoing political and economic changes continue to have an effect on Fulbrighters and the Ukrainian academic community. Contact with foreign scholars has increased tremendously as many Ukrainian universities actively seek contacts and cooperative agreements such as student and faculty exchanges, joint research projects, and joint degree programs, partly on their own initiatives among more progressive universities, and also as a result of directives from the Ministry of Education, Science, Youth and Sports to do so. New subject areas for research and teaching have opened up, but within the highly-centralized (and bureaucratized) higher education system under the control of the Ministry of Education, Science, Youth and Sports, the introduction of new specializations and curricula take a long time to gain approval and ultimate implementation. At the present time, the higher education system in Ukraine is undergoing extensive (and controversial) review and reform under the leadership of the present Minister of Education, Science, Youth and Sports. These "reforms" have received

mixed reviews from students, faculty, and administration of Ukrainian universities and from other agencies in Ukraine and beyond that are involved in education. The process continues and will probably be an important topic of discussion and political action during the entire time you will be in Ukraine. Among the critical issues and points of contention, as discussed earlier, are university autonomy, admissions policy, independent external testing for assessing students and for admissions, financing of education and scholarships, and how to combat widespread corruption. Patience, cultural flexibility, and an open mind on your part will be rewarded with surprising conversations, activities, and new insights, and will be met with appreciation by your Ukrainian hosts and the American community.

In July 2011 the Office of the Fulbright Program in Ukraine moved to a new location in Kyiv adjacent to the Palats Sportu (Sports Palace) Metro Station. It is located only a block from the newly-rebuilt soccer stadium which will host a number of matches during the Euro 2012 competition in June and July 2012, including the final championship match.

2.0 VISAS and EXTENSIONS OF STAY IN UKRAINE PAST 90 DAYS

The Fulbright Program in Ukraine requires that all U.S. Fulbright grantees, regardless of the length of your stay (and this also applies to grantees under the Fulbright Specialist Program), acquire a Ukrainian “D” single-entry visa before their arrival to Ukraine. If your family members will be staying longer than 90 days, they too will require this type of Ukrainian visa. If they are coming for visits that will not exceed 90 days, they do not need to request a visa, but will be freely admitted into Ukraine for a term not exceeding 90 days out of 180 days (this means they can come and go to and from Ukraine freely without a visa as long as the total accumulated time in Ukraine does not exceed 90 days within 180 days of their first arrival into Ukraine). With the “D” visa you will be required to register with the Immigration Services within 45 days of your first arrival into Ukraine, and will be issued a residency pass for the duration of your grant period which will allow free entry to and exit from Ukraine during the period defined by the residency permit (the term of your grant to Ukraine).

The Embassy of Ukraine in Washington D.C. began issuing visas in May 1992. In September 2011 they adopted new visa regulations that greatly reduced the number of visas issued to several major types. You can request visas from the Embassy of Ukraine, consular Section, Washington, D.C., and from the Ukrainian Consulates-General in Chicago, New York, and San Francisco. You are required to submit your visa application to the Consulate office

which covers your place of residence. Instructions and downloadable application forms are available on the following websites:

- Ukrainian Embassy in Washington, D.C. - <http://www.mfa.gov.ua/usa/en/1609.htm>;
- Consulate-General office in New York - <http://www.ukrconsul.org/visa/visa.htm>;
- Consulate-General office in San Francisco - <http://www.ukrinesf.com/>;
- Consulate-General office in Chicago - <http://www.ukrchicago.com/consular/english/index.html>

All Fulbright grantees and dependents are to request a “D” or “long-term” visa when applying to the Ukrainian Consulate in the U.S. This is based on an agreement with the Ukrainian Ministry of Foreign Affairs and the Ministry of Education, Science, Youth and Sports. **BE SURE THAT THE REQUESTED START AND END DATES FOR THE VISA ARE AT LEAST SEVERAL WEEKS BEYOND THE LIMITS OF YOUR GRANT START AND END DATES.** If for some reason you are issued a visa which expires before your grant in Ukraine, your visa status can be adjusted after arriving in Ukraine. The International Relations Department of your university should help you with this. You should also notify the Fulbright Office in Ukraine upon your arrival and we will advise you. We would like to obtain as as possible after your arrival scanned copies of the main data page of your passport, the page containing your new visa, and the page with your entry stamp entered upon your arrival into Ukraine by the passport control officer.

We recommend that you begin the application process at least 30 days before your departure; 60 days is probably wiser, if possible. Problems sometimes do arise. We also recommend that you make and store safely paper or electronic copies of all documents you will send to the Ukrainian Consulate (including your passport) as well as the mailing receipt and any tracking documents you may receive. In the past, the Consulates have occasionally claimed that they never received the documents, when in fact tracking documents showed that they did receive them but “misplaced” them somehow. These types of situations may delay the granting of your visa and return of your passport – without them you cannot travel to Ukraine. So please be sure to allow 30-60 days between the submission of your visa application materials and your passport and your anticipated date of departure.

When your passport with the affixed visa inside is returned to you by the Ukrainian Consular Office in the U.S., please check it and make sure that the visa that you were issued actually has the designation of type as “D” or “Д”, as well as the dates of the term for which it is issued. If they do not match by any significant period of time, please let your program officer in our office know as soon as possible.

Important Information for U.S. Naturalized Citizens who emigrated to the U.S. from an independent Ukraine (post-1991)

If you emigrated from Ukraine to the U.S. after 1991, you departed Ukraine as a citizen of the sovereign state of Ukraine. When as a U.S. citizen you choose to visit Ukraine for longer than 90 days, or to visit Ukraine as a Fulbright grantee or dependent (regardless of length of stay), you are required to obtain a Ukrainian visa. However, unless you have completed the official process of renunciation of your Ukrainian citizenship, and can present the appropriate documentation issued by Ukrainian government organs at the time that you apply for your Ukrainian visa, **you will be denied a Ukrainian visa and will not be able to participate in the Fulbright Program in Ukraine.** You will be allowed entry into Ukraine without a Ukrainian visa as a U.S. citizen, but would not be allowed to stay longer than 90 days. The process can take up to a year to complete, and ultimately requires the signature of the President of Ukraine to be valid.

Please visit the websites of the Ukrainian Ministry of Foreign Affairs, the Embassy of Ukraine in the U.S., and the Ukrainian Consulate General in the US for detailed information on the process of renunciation of Ukrainian citizenship.

A Ukrainian visa is not valid for travel to Russia and other countries of the Newly Independent States. Separate visas are required to travel to or transit through those countries. Visas to Russia and Belarus are available in Kyiv on short notice, but they will require additional costs. You can find all information about obtaining visas and their costs to these countries on the websites of the embassies of these countries.

Travel to the European Union will not require a visa for U.S. citizens. Check the requirements of the country you plan to visit for specific travel requirements. These can be found on-line at the country web-site.

If you already have a valid Ukrainian visa (private, business, service, etc.), we nonetheless require that you obtain a “D” visa for your Fulbright grant period. The other visa will continue to remain valid to the end of its term – it need not be terminated or turned in. But we do require that you enter Ukraine under your Fulbright grant with the “D” visa.

If you possess a valid Ukrainian passport, you should not use it to enter Ukraine. The U.S. Department of State and the Fulbright Program require that you enter your host country under a U.S. passport. If you enter under a non-U.S. passport, the U.S. Consular Services in Ukraine will not be able to provide you the services that are available to U.S. citizens who entered under a valid U.S. passport; this may become a critical issue should you get into any trouble and require the support and assistance of the U.S. Consular Services.

TEMPORARY RESIDENCE REGISTRATION

WITH UKRAINIAN IMMIGRATION SERVICES

The laws and regulations regarding the terms under which foreigners can stay in Ukraine, with and without visas, have undergone numerous changes and reinterpretations during the past several years. While they appear to be slowly (very slowly, in fact) moving towards standardization across the country, there is still great variation in how the various local immigration offices (now known as HIRFO – formerly OVIR, soon to Ukrainian Immigration Services) and the border passport control officials actually interpret and enforce the laws. Part of the problem is that the mechanisms of communication within these agencies and sub-agencies (Ministry of Internal Affairs and Ministry of Foreign Affairs) are far from effective. Computerization and electronic linking of these offices and border crossing points is taking painfully long and full of bugs to be worked out, so policies adopted and instituted by one level of these agencies are not always known or adopted on lower levels. The result has been in the past that nearly every regional and local immigration office and border crossing point followed different procedures and required different sets of documents to be presented, causing our office and the U. S. Fulbright grantees much angst. Ultimately we have been successful, occasionally with the intervention of the U.S. Consular Services and U.S. Embassy staff, to ensure that all of our Fulbright grantees in Ukraine with valid visas have been legally registered with the immigration services to be in the country and to leave without violation of the laws.

The rules and conditions are quite complicated, so they will not be presented in their entirety here. It is enough for you to know the following rules and procedures:

- U.S. Fulbright grantees who enter Ukraine with a type “D” long-term visa issued by a Ukrainian Consular Office in the U.S. which is valid until the end of your grant period, may remain in Ukraine no longer than forty-five (45) days without formally requesting an extension of the residency permit with Ukrainian immigration services. **The proceedings can be initiated any time within the 45 day period; the earlier the better.** All U.S. citizens with valid visas, regardless of their termination dates, must go through this process. The 45-day term counts only the days that you have been in the country. For example, if you were in the country for 30 days after your initial arrival, and then took a trip outside Ukraine for ten days, you will still have 15 days that you can remain in the country before registration is required.
- Upon registration with the Immigration Services you will be issued a card and/or a stamp in your passport which will allow you free entry to and exit from Ukraine during the period of the registration document (it should be for the full term of your grant). In the past, some OVIR offices issued registration stamps valid for only 90 days or less, thus requiring multiple events of reregistration if your stay was for longer than six months; the old regulations also provided for the invalidation of the term of residency registration every time you left Ukraine, thus requiring reregistration within a set period of days. **The new regulations, theoretically at least, remove the need to reregister with the immigration services after every trip out of the country.**

The extension of residency (temporary residency permit) in essence allows you to stay in the country legally during the extended period beyond the initial 45 days you are allowed

with a visa, and to leave the country legally at any time after that without being subject to a fine for overstaying the permissible term.

- The Program Officers in the Office of the Fulbright Program in Ukraine have met with representatives of your host institutions in Ukraine (usually the Pro-Rector for International Cooperation or Affairs and your department head or Dean) and they have agreed (sometimes reluctantly) to take responsibility for this process with the local immigration services office. When the process is successfully completed, you will receive a card and/or a stamp in your passport with the date to which the extension of residency privileges has been extended. Your Program Officer in the Fulbright Office will work closely with your host institution to ensure that all of the required documents are in order and that the registration process goes smoothly and as required. We ask your patience and tolerance of this process, until now perhaps one of the more difficult points of interaction with the Ukrainian government bureaucracy that you will face, but an unavoidable one.

In the past we have required that while in Ukraine you live in either university-provided housing or in private apartments that you rent from people who can provide you with a housing contract approved and stamped by the appropriate Ukrainian authorities. The NEW regulations no longer require that you present a valid housing contract. However, they have instituted a new requirement for documentation that some apartment owners, especially foreign owners, find odious. It is now necessary for the apartment owner (lessor) or a formally designated representative (via notarized transfer of authority documents) to physically present documentation of ownership of the property to be rented to you to the Immigration Services at the time of your registration. In addition, a number of other documents, in addition to your passport and application for the residency permit, must be presented. Our office in Kyiv will provide you and your host institution with a full list of the documents needed well in advance of your 45 day deadline for registration to ensure that all parties are informed and all documents properly prepared and in order.

3.0 ARRIVAL

Upon arrival at one of Ukraine's international airports or border crossing points, you will need to present your passport and your visa (if you have one). Until about a year ago you were required to fill out an entry/exit immigration card which you presented to the passport control officer with your passport; that is no longer required.

All travelers must declare all currency (cash) brought into the country over the amount of \$10,000 USD and gold valuables upon entry into Ukraine. Before leaving the U.S., you may want to make extra copies of important documents. Having copies of your passport, bankcards, driver's license, etc., can facilitate dealing with bureaucracies if you lose the originals. We suggest you leave a set of copies with relatives or friends in the United States and another set at the Fulbright Office.

If you have nothing to declare – not carrying more than \$10,000 cash, or gold bars, or any special technical equipment (you are allowed to bring in a couple of computers for personal use, camera equipment, etc.) – choose the GREEN corridor for “nothing to declare.” More than likely you will not be bothered as you leave the customs area.

Getting from the airport and into Kyiv

Fulbrighters who wish to be met at the airport by a car and driver should provide the Fulbright Office in Kyiv with your arrival information by email **AT LEAST 2 WEEKS IN ADVANCE**. We also expect that you will notify your host institution and contact person of your arrival date. It is important that you let them know as soon as possible of your arrival plans, as it is difficult for most local educational institutions to make transportation, housing, and other arrangements quickly or at the last minute.

For those of you who are arriving in Kyiv and will NOT be met by anyone from your host institution, there are several options

1. **Taxi** – as you emerge from the arrival area into the terminal, you will immediately be surrounded by men asking you if you need a taxi. They are very persistent, but will eventually leave you alone if you firmly (but politely, of course) tell them no or ignore them. They may or may not be representing official taxis, but people who privately drive visitors from the airport. Generally these are OK. If you do wish to avail yourselves of their services, be sure to ask them how much they will charge to take you where you need to go. Otherwise, go out to the curb where the airport authorities have a designated taxi service available. The going rate is anywhere from 250 UAH to 350 UAH, depending on amount of baggage and where in the city you need to go (\$1 = 7.98 UAH).

The taxi rates have gone up tremendously in the past year, in part a result of increasing fuel costs, but often they seem to increase even when the prices of fuel are stable. You should expect to pay anywhere from \$25 to \$50 USD (200-400 hryvnias) for a trip into the center of Kyiv. The advantage of the taxi is that it will take you to the address you request.

2. **Bus** – There is a bus service that leaves frequently from Boryspil Airport for Kyiv (<http://www.bestofukraine.com/boryspil.htm>). The buses are identified as Boryspil Bus ATASS, and are located outside the terminal across the parking lot. The bus departs every 15 to 20 minutes and stops near Kharkivska metro station and at the Central Kyiv Train Station. You purchase the tickets on the bus or from a ticket seller standing near the bus. While this service is inexpensive (about - \$5.00 USD), it will drop you at the train station or metro. You will need to take a taxi or metro to your destination. You should not pay more than 60 - 100 hryvnias (\$8-\$12 USD) for a taxi to anywhere in Kyiv from the train station, less if you are relatively close. If they demand more, seek another taxi. This happens all the time – do not be embarrassed. They will then make a counter offer and it is up to you to play the game or walk away.

3. **Van** – There are also private vans that collect passengers and drive them from the airport to the train station in the center of Kyiv. Often there is a man soliciting passengers, they leave when a full load is organized. They are generally competitive with the bus service, cost much less than taxi service, but they will not leave until they have filled the van, and so may require a bit of a wait before departure.
4. **Fulbright Office arranges to have a vehicle and driver meet you at Boryspil Airport.**
It is possible for our office to arrange a car and driver to meet you at the airport and drive you to your Kyiv destination for a fee of 400 hryvnias (\$50 - USD) This sum is not paid to the Fulbright Office but to the driver, who is not a Fulbright Office employee, but someone whom we often use and recommend to those needing such a service. Please let us know **AT LEAST TWO WEEKS AHEAD OF YOUR ARRIVAL DATE** if you would like us to make this arrangement for you, as well as provide us with complete arrival data (airline, flight number, last city departing from, scheduled arrival time). Most of the time the driver will wait for you if your flight is delayed by up to a few hours. We will try to provide you with contact telephone numbers at least several days before your arrival so that you might be able to contact the driver if you are not on the flight or it is delayed beyond a reasonable amount of time.

If you arrive late in the evening and for some reason cannot be met as anticipated, or it is too late to come into Kyiv, you should expect to stay in a hotel until the next working day. There is a hotel very near the airport – the Boryspil Hotel (<http://www.airport-borispol.kiev.ua/hotels/>). It is located about one-half kilometer from the airport terminal along the approach road. It is adequate and comfortable, and not terribly expensive. Check with the information desk at the airport about shuttle service. Otherwise you can take a cab – it really should not be more than 25 – 40 hryvnias (\$3 – \$5 USD). In-city Kyiv hotel rates for foreigners could be as high as \$100-\$200 per night (or more depending on the hotel). The U.S. Embassy Kyiv recommends that all incoming Fulbright scholars bring adequate dollars with them to cover unexpected costs. It is also possible for us to arrange an apartment for you in Kyiv for a few days after your arrival. Apartments, depending on size and location, can range from \$60 to \$150 or more, depending on your tastes and budget. Again, please give us enough lead time and detailed information about your arrival flight number, time, airline, number of people, etc.

In the event you are not met on arrival as you arranged with your host institution, call the Fulbright Office in Kyiv immediately (044)287-0777, or the Public Affairs Section (PAS) of the U.S. Embassy in Kyiv at (044) 521-5000 (call your contact first, then Fulbright, then the Embassy as last resort). Fulbright Office working hours are Monday through Friday, 9:30 a.m. – 5:30 p.m., the mobile number of Office Director, Myron Stachiw, is +380504697088. Public Affairs Section hours are 9:00 a.m. – 6:00 p.m. Grantees who arrive after working hours should go to the Information desk at the airport, find a hotel and call the Embassy Duty Marine at (044) 521-5000. The Duty Marine will see that a PAS U.S. Embassy officer is notified. But please call the Fulbright Office staff first.

It is recommended that you exchange some US dollars for hryvnias at the airport. You will find a currency exchange booth, labeled “ОБМІН ВАЛЮТ” in the lobby of the terminal on your way to the exit. The exchange rate at the airport is not the best, so don't try to change more than what you will immediately need for a taxi, bus, hotel, or other expenses. You will also find ATM machines at the airport and throughout the city which accept most U.S. debit and credit cards. Use these cautiously. But they are there and can provide you with cash when you need it in a pinch. (More on ATMs and banking below.)

We request that Fulbright students and scholars based both in and outside of Kyiv notify the Fulbright office soon after arriving at their host university/city to leave us an address and telephone number (home and mobile telephone numbers) where you could be reached in case of emergency. You may call the office during business hours at (38-044) 287-0777 or email Natalia Zalutska (senior scholars) at nzalutska@fulbright.com.ua or Inna Barysh (students) at ibarysh@fulbright.com.ua.

4.0 LANGUAGE

Ukrainian is the official language of Ukraine. Russian is widely spoken, especially in the East and South (cities such Odesa, Kharkiv, Donetsk, Luhansk and Mykolayiv), but also in Kyiv.

Most people understand both languages. Young professionals, students and academics speak at least one foreign language, often English. Learning a few basic phrases in Ukrainian before you arrive will serve to break the ice with your colleagues as well as meet some basic needs: i.e., asking for directions, prices, names of food items, etc. Knowing the Ukrainian (Cyrillic) alphabet will help with street signs, metro stations, stores, and shopping for food items. Ukrainian-English, English-Ukrainian travel dictionaries and guides are available in larger bookstores in the United States, in Ukraine (large cities), and on the Internet. With the Euro 2012 Football Championships taking place in Ukraine and Poland this summer, the four Ukrainian cities in which the games will be held have taken some measures to assist the many foreign visitors that are expected to visit these cities. These include adding English-language street names to signs, English-language menus in many restaurants, and English-language names to metro stations and maps.

Language politics in Ukraine are a pretty hot issue these days. Periodically the Party of Regions, now the party in power, strongest in the eastern and southern regions of Ukraine, threatens to introduce draft laws giving the Russian language equal status to Ukrainian as a state language. There seems to be a general rule of language behavior that has been tacitly accepted at all levels of society – the speaker speaks the language with which he or she is most comfortable. This often results in the speakers using different languages (Russian or Ukrainian). It appears to be more a facile strategy of avoidance of any sort of resolution of the critical issues the country faces with regard to language identity than a purposely-adopted policy.

5.0 FINANCES

5.1 CURRENCY

Ukraine introduced the "hryvnia" (UAH) in September 1996. One hundred kopecks equal one hryvnia. At this writing, the official rate of exchange is set at 8.0325 hryvnia to one U.S. dollar. Although the hryvnia has remained fairly stable during the early and mid 2000s, in the past several years it has fluctuated considerably. For nearly the past year it has remained relatively stable in the range of 7.9 to 8.0 UAH to \$1 USD.

5.2 CHANGING MONEY

U.S. dollars can be exchanged for Ukrainian currency at Currency Exchange points ("Obmin Valiut" - "ОБМІН ВАЛІУТ") throughout Ukraine:

- some currency exchange points are run by banks, others have private licenses and are located in small kiosks;
- you will be required to show your passport when exchanging dollars for hryvnias;
- you may have problems with damaged or worn-out bills because they are normally changed at special venues at a much lower rate;
- be aware of your surroundings while exchanging money and count your cash before walking away from the window;
- use common sense about displaying large sums of money in public.

5.3 TRAVELER'S CHEQUES/CASH ADVANCES/ATMs

Personal checks can be cashed at Ukrainian banks but the process may take up to one month and may involve bank service fees. Personal checks are not accepted as a means of payment anywhere. ATMs are available in Kyiv and large cities. Banks and travel services throughout Ukraine can cash traveller's cheques and provide cash advances on Visa and Mastercard. Typical charges are 2-3% for traveller's cheques; 2.5-5% for cash advances. However, **unless you have a valid PIN (personal identification number) for your credit card, you will not be able to obtain a cash advance at any Ukrainian bank.** If you anticipate using your credit card in this way, be certain to establish a PIN before leaving the US.

Cash in hryvnias is accessible from ATM machines, which can access your U.S. bank accounts. Care should be taken to use ATM machines in banks and other reputable locations.

Foreigners can open bank accounts in Ukraine, but there is paperwork and various costs are added, and you must be registered with the immigration services.

We suggest that you bring enough cash to last at least two months. The amount of dollars needed will vary from individual to individual. Fulbrighters who forego university-provided housing to rent apartments should expect to pay cash for rent. In Kyiv, depending on where in the city you are, this can easily exceed \$900 a month for modest accommodations of one or two rooms (in Ukraine a one-room apartment also includes a separate room for a kitchen and a separate space for the bath/toilet). Western-style apartments in Kyiv will cost anywhere from \$800 to \$3000 per month or more based on location, number of rooms, and the degree to which the apartment's kitchen, bathrooms, and utilities have been modernized.

Many U.S. students and scholars set up the payment of their monthly bills in the U.S. before departing for Ukraine so that they can be paid online from their home computer in Ukraine. This is generally safe. Using a credit card in stores and restaurants can be dangerous in Ukraine. Some grantees have reported charges they did not make on their credit cards after use in a restaurant to pay a bill, while others report no problems. We advise you to be cautious and conservative with use of a credit card in Ukraine.

It is good practice to inform your U.S. bank and/or credit/debit card providers that you will be overseas and will be using your cards on occasion (or frequently). If you plan to travel, let them know in advance in which countries you will be using your cards. If you do not, the enhanced security procedures many banks have adopted may cause your card to be disabled as a safety precaution, rendering it useless for you to access your funds. When that happens you must contact your bank and usually they will close the account and issue a new card, but they will only send it to your U.S. address.

It is also good practice to check on your daily withdrawal limits with your U.S. bank before you leave the U.S. If you think you will need more (for example, to withdraw money to pay your rent, in cash of course), you should raise those limits before you leave. Otherwise you will need to withdraw sums up to your low daily limit for a number of days to accumulate the amount you will need to pay your rent, with related ATM use fees for each transaction.

Some grantees have created new accounts for use in Ukraine in which they keep relatively small amounts of cash as protection against ATM theft. Others open several credit cards and keep relatively small sums in them (and carry them separately in case a wallet or handbag is stolen). However, this requires some method of frequently transferring funds into the various accounts from a separate protected account, either through on-line transactions or having someone in the U.S. do it for you upon your request.

In the past, some U.S. grantees have experienced withdrawals on their ATM cards and credit cards that they did not make. This can happen just about anywhere in the world (including the US), and it may happen in Ukraine. For this reason set up on-line banking capabilities so that you can check your transactions frequently. If you do find that there have been withdrawals or charges on your cards that you did not make, contact your bank or credit card company immediately and inform them. Usually they will cover the unauthorized withdrawals and restore them to your account, but only if you have good documentation. If they do close your account,

as stated above, they will issue a new card to you, but will mail it to your US address. If you will not be returning to the US or not having someone coming to visit you, and you are in serious need of your cards, let us know and we will try to learn if any of the other grantees or our staff will be in the US or have someone visiting soon. You could then have someone at your home sent the card to them to bring to Ukraine. I also strongly encourage you to make photocopies and even electronic scans of the credit cards (both sides) so that you have that information in case you need it. Actually that goes for all of your important documents – passport, visa, and any other cards or documents you bring with you to Ukraine.

5.4 SALARY

In the past, some Fulbright lecturers received monthly salaries from their host universities equivalent to those of their Ukrainian counterparts. This is no longer typical since higher education struggles with shrinking incomes, economic uncertainty and poverty. If presented with the possibility of receiving a monthly stipend, you may wish to consider graciously declining as the dollar value of the salary is insignificant in U.S. terms. Furthermore, receipt of a salary from the university will place you in a category of potentially having to pay taxes in Ukraine and will require that you go through an arduous process of acquiring a work permit in Ukraine that requires many documents and many unpleasant interactions with the government bureaucracy. Believe me, you do not want to become involved with the Ukrainian Taxation Administration.

6.0 MAIL

The postal service in Ukraine functions fairly well, but the quality of international mail services varies. Most mail sent to Ukraine via regular post from abroad arrives in good condition, although occasionally letters or packages may be opened or lost. Food items mailed from the U.S. should not be homemade. Only sealed, pre-packaged items are recommended.

Express delivery service is a reliable way to receive urgent correspondence or small packages from abroad or to send abroad. DHL and Federal Express have offices in major cities of Ukraine. Items worth more than \$99 run into duty costs. This service is quite expensive from Ukraine to the U.S. And the term “Express” or “Overnight” from the U.S. means little here, as these parcels often get stuck in customs. They may make it to Ukraine overnight, but it may take a week or longer to finally get to you.

The PAS of the U.S. Embassy Kyiv does NOT recommend using U.S. Postal Service Express mail, and we concur. Although it claims 3-4 day delivery, this service relies on international postal channels and there may be extreme delays. One visiting American's much-needed medication took over two months for delivery using this method. If CD or DVD disks or diskettes are enclosed, it may take more time for customs clearance.

6.1 DIPLOMATIC POUCH

Another alternative for Fulbright scholars in Ukraine wishing to receive mail from the US is the State Department's unclassified diplomatic pouch. In Ukraine this can be used to receive **LETTER MAIL ONLY**. Letters can take anywhere from 2-8 weeks (or longer) to arrive through the diplomatic pouch. Correspondence received through the pouch will be held in the PAS of the U.S. Embassy Kyiv office for your personal pick-up. I do not recommend that you use this service. It really does take an inordinately long amount of time for you to receive the mail, and may cause problems. The State Department pouch address is:

[Fulbrighter's name]
5850 Kiev Place
Dulles VA 20189-5850

**Do NOT put
“State Department,” “PAS,” or “U.S. Embassy” on the label.**

Packages and other unauthorized mail for Fulbrighters **WILL BE RETURNED**. Please advise family and friends to avoid any inconvenience.

**THIS ADDRESS APPLIES TO FIRST-CLASS MAIL ONLY.
THERE IS A DIFFERENT ADDRESS FOR SHIPPING EDUCATIONAL
MATERIALS.**

We have been asked in the past if the diplomatic pouch can be used to ship items home after your stay in Ukraine and the conclusion of your Fulbright grant. The diplomatic pouch is a courtesy extended to Fulbright grantees to ship educational materials to Ukraine prior to your departure. It is NOT intended as a free shipping service to send your baggage home. Please do not try to use the diplomatic pouch in this way. Shipping baggage home is your responsibility and we encourage you to use any of the methods described below.

6.2 MAIL/PACKAGES IN UKRAINE

The postal service in Ukraine can handle regular local and international mail service reliably and inexpensively. For mailing letters internationally, air mail is recommended. It generally takes about a week. If you need to send items within Ukraine in a secure manner and want to be certain that they will get there the next day or within a few days, you are best served by the following mail/parcel services currently operating in Ukraine:

DHL Worldwide Express (service to Kyiv, Odesa, Dnipropetrovs'k, Donetsk, Zaporizhzhya, Kharkiv, L'viv, Mykolayiv and these oblasts on select days)

“DHL International”

1 Vasylkivska St.

Kyiv, 03040, Ukraine

Tel.: (380 44) 490-2600 ; Fax: (380 44) 267-1766

Express Mail (does not serve villages or P.O. Boxes)

3 Vokzalna Ploscha

Kyiv, 01032, Ukraine

Tel.: (380 –44) 235-3381; 245-1879

Federal Express (service to Kyiv and all the majors cities)

44 Kikvidze St.

Kyiv, 01133, Ukraine

For office locations outside Kyiv call:

Tel.: (380–44) 495-2020; (380–44) 495-2039

ExMoto (courier service to Kyiv and all major cities)

28 Predslavynska St., Room 7

Kyiv, Ukraine

Tel. (380-44) 521 01 71

Ukrainian Parcel Service (UPS) (service to Dnipropetrovs'k, Mariupol', Donetsk, Mykolayiv, Zaporizhzhya, Cherkasy, Odesa, Ilichevsk, Simferopol', L'viv, Kyiv, Kharkiv and other major cities)

20 Mechnykova St.

Kyiv, 01021, Ukraine.

Tel./fax: (380-44) 280-1019; 280-0000

You may find others appearing in Kyiv and in other large cities. This is a rapidly expanding sector of the economy in Ukraine. Overnight service generally includes door-to-door pick-up and delivery of letters and parcels. Call the central numbers in Kyiv or go online to find local offices of these firms outside of Kyiv and their current charges for these services.

6.3 INTERNATIONAL MAIL/PACKAGES

Packages may be sent internationally from the US through the U.S. Postal system. You will be responsible for customs duties when the packages arrive in Ukraine. Materials mailed in large, padded envelopes are considerably less expensive than materials mailed in boxes. Be certain that the customs documents filled out by the sender accurately represent the number of items/documents in the package. If these do not correspond you may encounter some difficulties requiring new documents containing the correct information to be sent from the US before you will be allowed to retrieve your package.

You do not have to pay duty on personal belongings and books. The most inexpensive way to mail books is by international mail-book rate. Packages sent book rate will take several months to reach you.

International mail regulations strictly prohibit mailing the following items:

- * credit cards, checks, money
- * jewelry
- * corrosives, i.e., acids, alkaline, wet-cell batteries
- * flammable liquids and solids, i.e., lighter fluid
- * medicines
- * narcotics/drugs
- * oxidizers, i.e., bleaching powder, peroxides

You should assume that all correspondence **WILL BE OPENED** at customs and you carry personal liability for mailing or receiving such items.

An fairly inexpensive and reliable way to receive personal shipments from the U.S. is through international package services. These shipments are repackaged in the U.S. but **usually** not opened by Ukrainian customs inspectors. A great advantage of these services is that for an extra fee paid up-front in the U.S. they will deliver the packages to your address in Ukraine. General delivery time is up to two weeks for large packages, less if you request express service (and pay for it).

In the US:

MEEST AMERICA - US Head Office and Regional office for the Eastern USA
Address: 609 Commerce Rd., Linden NJ 07036 USA
Ph#: 1-800-288-9949; 908-474-1100; E-mail: meest@aol.com
Fax#: 908-474-9280

MEEST CALIFORNIA - Regional Office
Address: 500 E.Harvard Str., Glendale CA 91205 USA
Ph#: 1-800-617-2545; 818-547-4910
Fax#: 818-547-4289

MEEST-WASHINGTON-WEST - Regional Office
Address: 30420 Pacific Hwy South, #9, Federal Way, WA, 98003 USA
Ph#/Fax#: 253-941-5240

MEEST CHICAGO - Regional Office
Address: 2235 W. Chicago Ave, Chicago, IL, 60622 USA
Tel: 773-489-9225
Fax: 773-489-4203

MEEST SOUTH - Regional Office
Address: 3851 Holcomb Bridge Rd, Suite,Norcross, GA, 30092, USA

Ph#: 770-417-1770
Fax#: 770-417-1847

Over 400 Representatives in Canada And USA.

Check online for the most up-to-date information, pricing, and contact information. Visit the Meest webpage for in the US and in Ukraine. <http://www.meest.net>.

Meest-America Inc. and Meest-Karpaty, Inc. operate independently for shipments to Ukraine (see below for addresses and contact information). If not available on the Web site, call for rates and be sure to ask for the names and phone numbers of their representative offices in Ukraine. CIES has investigated both companies and it appears that the New Jersey Meest has the most regional offices in the U.S. For shipping back Meest-Karpaty cooperates with Meest-America in New Jersey. So unless you live in Chicago, you may wish to work with Meest-America. CIES will send you information about these two companies in its information packet.

Meest-America Inc.
609 Commerce Rd.,
Linden, NJ 07036
Tel: (800) 288-9949

Meest-Karpaty, Inc.
2236 W. Chicago Ave
Chicago, IL 60622
1-773-489-9225, 1-800-KARPATY

International mailing of packages is also available from the following well-known express services. Check for others in your area like UPS. They are fairly reliable, delivering packages within 3-4 days, but they are quite expensive. Packages of up to 0.5 kilograms (about one pound) can cost as much as \$70-\$100. But if you need to get something to the US or western Europe quickly, they do the job.

DHL Worldwide Express

“DHL International”
1 Vasylkivska St.
Kyiv, 03040, Ukraine
Tel.: (380 44) 490-2600 ; Fax: (38 044) 4902601

Federal Express (service to Kyiv and all the majors cities)

44 Kikvidze St.
Kyiv, 01133, Ukraine
For office locations outside Kyiv call:
Tel.: (38 044) 495-2020; Fax:(38 044) 495-2039

6.4 GOING HOME: PACKAGE SERVICES

Traditionally, many U.S. Fulbrighters returning to the U.S. have donated the books they brought with them for instruction and reference purposes to their host institutions or to colleagues and students. Many have also given away clothing and other personal items before leaving Ukraine.

There are several options for shipping personal items from Ukraine to the U.S. The post office will sell you their mailing envelopes for mailing books and other literature in packages weighing under 5 kilograms. If you choose to ship books and personal items using Meest Parcel Service, the rates are based on total weight and number of boxes shipped.

If you use Meest, you must pack your items in boxes and bring them to the shipper, provide an exhaustive list of items being shipped (in Ukrainian or Russian) and their approximate value. The maximum weight of 1 box is 30 kg. Payment is in hryvnia at the time of shipping. You will receive an additional bill at your receiving address from U.S. Customs at the port of entry to the U.S. which depends on the size of the shipment. English is **not** spoken at Meest's Kyiv office and the Website shipping rates are **not** up to date.

MEEST OFFICES IN UKRAINE

JV ROSAN

Address: Україна, м.Львів, вул.Зелена, 147

Ph#/Fax#: (0322)21-6510; 21-6511; E-mail: head_office@rosan.com.ua

ROSAN-KAPITAL

Address: Україна, м.Львів, вул.Пасічна, 135

Ph#/Fax#: (0322)70-5104; E-mail: info@rosap.com.ua

MEEST-TOUR

Address: Україна, м.Львів, просп. Шевченка, 34

Ph#/Fax#: (0322)97-0852; E-mail: office@meest-tour.com

EUROPE-TOURING-UKRAINE

Address: Україна, м.Львів, просп. Шевченка, 34

Ph#: (0322)97-0852; E-mail: office@meest-tour.com

JV ROSAN Shipping from Ukraine

Address: Україна, м.Львів, вул.Саксаганського, 9

Ph#: (0322)74-1044

Fax#:(0322)21-6480

KYIV-JV ROSAN Regional office

Address: Україна, м.Київ, вул.Антонова, 5/101

Ph#: (0442)48-4826

Fax#:(0442)42-4546

TERNOPIL-JV ROSAN Regional office

Address: Україна, м.Тернопіль, вул.Б.Хмельницького, 12/1

Ph#.Fax#: (0352)25-1956

IVANO-FRANKIVSK-JV ROSAN Regional office

Address: Україна, м.Івано-Франківськ, вул.Б.Лепкого, 10/4

Ph#/Fax#: (0342)55-2495

ODESA-JV ROSAN Regional office

Address: Україна, м.Одеса, вул.Миколаївська Дорога, 126А
Ph#/Fax#:(048)778-64-33

DNIPROPETROVSK-JV ROSAN Regional office

Address: Україна, м.Дніпропетровськ, вул.Столбова, 33А
Ph#/Fax#: (0562)23-2276

DONETSK-JV ROSAN Regional office

Address: Україна, м.Донецьк
Ph#/Fax#: (0623)34-5537

KHARKIV-JV ROSAN Regional office

Address: Україна, м.Харків
Ph#/Fax#: (0577)60-2954

SIMPHEROPOL-JV ROSAN Regional office

Address: Україна, м.Сімферополь
Ph##: (0652)27-0062
Fax#: (0652)25-3144

6.4 “BOOK” ALLOWANCE

Fulbright lecturers receive a book allowance to purchase texts for course work, software, A-V and/or computer equipment needed during instruction and, eventually, to donate these to the host university. As these items form an important part of the Fulbright grant, they may be sent through the official diplomatic pouch. Researchers may also send research materials through the pouch. **These are the ONLY packages which Fulbrighters may receive through the diplomatic pouch.**

CIES and IIE-NY (for students) will send you instructions on shipping these materials which will include information on proper addressing and package dimensions. Please do not send any materials before receiving these instructions. PAS Kyiv will notify the Fulbright Office in Kyiv when the boxes arrive and we will pick them up and bring them to the Fulbright Office in Kyiv and notify you of their arrival. It is your responsibility to pick them up and transport them to your host university at your own expense. If necessary, the Fulbright Office can arrange pick-up and delivery to you by a Ukrainian courier/parcel service at your expense.

7.0 SCHOOLING & EMPLOYMENT FOR DEPENDENTS

Kyiv has had English language schools (K-8 and high school) with an American curriculum for several years. If you have school-age children who will be attending local schools, please inform us as soon as possible. If possible, we will provide you with contact information to the schools. You should bring each child's transcripts and medical records with you.

English language day-schools in Kyiv

Kiev International School

Director -Michael Seefried

Phone –38 044 452 2792

Fax –38 044 452 2998

Email - kiev@qsi.org

Website - www.qsi.org/ukr

Address - 3A Svyatoshynskiy Provulok, Kyiv, 03115, Ukraine

Mailing Address - Administrative Officer, Kiev Int'l School
5850 Kiev Place, Dulles, VA 20189-5850, USA

Pechersk School International

Director - John Young

Phone – 38 044 455 9585

Fax – 38 044 455 9580

Email - johny@psi.kiev.ua

Website - www.psi.kiev.ua

Address - Victor Zabyla 7a, Kiev, 03039, Ukraine

The British International School

Tel: +38 044 400-2110**Fax:** +38 044 400-8352

E-mail: reception@britishschool.kiev.ua

Website: <http://www.bisk.kiev.ua>

Address - 45 Tolbukhina Str., Kyiv 03190,

Meridian International School

Elementary and Middle School

Address: Kvitnevyy Provok 5a, Kyiv 04108

Tel.: +38 044 434 88 80

High School

Address: Tyraspilska Street, 43, Kyiv

Tel. +38 044 443 73 17

E-mail: inform@miskiev.com

Website: <http://www.mischool.com.ua>

With a large number of Western businesses throughout Ukraine it may be possible for spouses to find temporary employment. A number of previous Fulbright participants have worked as English teachers or tutors. These and other employment possibilities can be explored after you arrive in Ukraine. However, be warned that a U.S. citizen may be liable for Ukrainian taxes if you work and are paid “above board” as an official employee. New laws are quite strict about the requirements and documents for employment certification of foreign nationals.

8.0 HEALTH CONCERNS & MEDICAL CARE

U.S. Government teams have examined food and tap water samples in Kyiv and found radiation levels to be well below international norms. They have determined that radiation is "no longer of any known medical significance to the traveller." Sadly, possible lingering effects from the 1986 nuclear tragedy at Chornobyl do not recommend eating mushrooms and wild berries from that area, and travel is still restricted within the Exclusion Zone, or 30-kilometer zone, around the reactor, although escorted tours of the Exclusion Zone are possible through some tourist agencies.

Public facilities and standards of public hygiene in Ukraine are still below American levels, though many restaurants and other places accessible to the public, at least in urban areas, have improved their facilities to modern European standards (although they are not always supplied with toilet paper, so carry your own packet of tissues or wipes). Municipal infrastructures and public services are being rebuilt but at different rates throughout the country. Tap water in many cities should be boiled for five minutes before drinking. Because of metals and other substances suspended in the water, you may wish to purchase a water filter or distiller. Bottled sparkling or mineral water is available in most shops. Fulbrighters will receive a more detailed health briefing upon arrival in Kyiv.

Many hospitals and clinics outside of Kyiv are not well equipped and there are shortages of certain medicines. You should bring enough of your own supply of prescription and over-the-counter medicines to last your stay. European over-the-counter medications and vitamins and local analogues are generally available. Vitamin supplements are useful to have and you should bring your medical records concerning any pre-existing conditions. Stresses of daily living in a new environment, cultural adjustment, a different diet, and poor sanitation can exacerbate certain health problems.

The Foreign or International Relations Department at your university will have information about which health clinics you could use. In extreme cases, Fulbright scholars may consult the U.S. Embassy nurse. This visit requires the written permission of the U.S. Ambassador, so Fulbrighters should not count on the Embassy nurse for ongoing health care. Scholars who develop major health problems may have to leave Ukraine for treatment. We strongly recommend that you maintain personal health insurance, since major costs may not be fully covered by your State Department Bureau of Educational and Cultural Affairs (ECA) grant. Review the materials in your grant packets about medical coverage and MEDEVAC benefits.

There are American-style medical clinics in Kyiv and some other large cities. However, the fees are often exorbitantly high and you should consider these alternatives for emergency use only. Payments are in cash or by credit card. Some clinics will accept payments from medical insurance companies, but you should be ready to pay for medical care and then seek reimbursement from the medical insurance you have been provided by ECA or the medical coverage from your university or employer in the U.S. Consult your local telephone directory when looking for a healthcare service provider or search on-line. Established healthcare service providers in Kyiv include:

Boris Hospital and Medical Center
12 A Bazhana Avenue; 55 Velyka Vasylkivska
Tel.: (38 044) 238-00-00
<http://www.boris.kiev.ua/>

American Medical Center
Address: 1 Berdychivska St.
Phone: (38 044) 4907600
<http://www.amcenters.com>

Avanto Stomatology Center (dental care)
Address: 22/17-A Konstantinovska St. and 13 Staronavodnitskaya St.
Phone: (38 044)-5313797
<http://www.avanto.com.ua>

Medicom (Ukrainian private hospital)
Address: 8 Kondratyuka St.; 6 D Heroiv Stalinhradu Avenue
Phone: (38 044)-432-9447 ; 503-77-77, 15-55
<http://www.medikom.kiev.ua>

The medical insurance provider to the Fulbright Program does operate a help line which can identify medical institutions and specialists in the country. Please consult your medical insurance information packet for full details and contact information.

The number of private and medical/dental care companies in Ukraine is increasing and there is a variety of quality treatment. Before seeking treatment, we encourage you to consult with PAS of the U.S. Embassy-Kyiv, your host, or members of the American community in the city where you will be living.

We strongly recommend complete medical and dental exams plus treatment for any problems before departure from the U.S. Be sure to review and update your inoculations. In the past there have been outbreaks of diphtheria, hepatitis and cholera in Ukraine. If you require hospitalization during your stay in Ukraine, please inform the Fulbright Office and the Embassy's Consular section immediately.

You can consult the website of the U.S. Embassy in Ukraine for information on medical care in Kyiv and throughout Ukraine. It is mostly focused on Kyiv, and merely lists available services. Embassy staff is not allowed to recommend or promote one service provider over another.

9.0 SAFETY CONCERNS

As in most large cities, the crime rate in Ukrainian metropolitan areas has increased in the last decade but most street crime is relatively low-level, unsophisticated and unarmed. In the past Fulbrighters have been victims of petty crimes -- such as auto theft, purse thefts, pickpockets, etc.

Apartment break-ins do happen and there is organized crime in some areas. You should use common sense regarding personal security. In incidents involving U.S. Embassy personnel, the entrance hallway to apartment buildings has been the most popular place for thieves to approach victims. As in large cities anywhere, pickpockets and purse snatchers also use public transportation. Recently, harassment of Westerners by the police has been increasing in the major cities, beginning with document checks, and occasionally leading to arrest as they try to frighten you into paying large sums of money to avoid arrest.

Approach to personal safety is an attitude and a way of life. As a foreigner living in another culture you may wish to consider adopting certain behavior patterns while adjusting to your new life. Raising your level of awareness is a good place to start. For example:

- Watch what others do and how they behave;
- Keep a low profile while learning to fit in with the culture and with your organization;
- Dress and behave the way others do in your environment;
- Avoid behaviour, which might offend or draw attention (talking loudly in public transport, criticizing habits you don't understand, etc.);
- Demonstrate flexibility towards different ideas, local traditions and new ways of doing things. Each culture operates with a different set of assumptions which are logical to that culture. An open mind will go far towards building lasting relationships and is very good PR.

Fulbrighters living in group housing may want to leave computers or other valuables in a secured location. We advise checking with the Ukrainian university or college on arrival and following their advice.

Common sense tips for avoiding accidents and street crime:

- Avoid flashing large amounts of cash or carrying amounts you are not prepared to lose;
- Exchange money at authorized banks and exchange points, indoors rather than at sidewalk kiosks;
- It may not be possible to avoid using shortcuts, narrow alleys or poorly lit streets. As in any country, exercise vigilance and be aware of your surroundings;
- Take care before entering underground pedestrian crosswalks;
- Pickpockets may be active in crowds and crowded areas, on public transportation and at train stations, open air markets, and popular tourist sites;
- Carry handbags, briefcases or backpacks securely to prevent purse-snatching and place wallets in zippered or inside pockets; use small locks on back packs to avoid zippers being opened;
- Leave hard-to-replace, non-essential items such as credit cards, driver's licenses and membership cards in a hotel safe deposit box or at home when going out or travelling;
- Use good judgment when approached by strangers wanting to talk or who ask you for a light;
- Persons who try to draw your attention to a "lost" wallet lying on the ground may be part of a scam used by pickpockets;
- Avoid flashing large amounts of money when paying bills. Distribute your money throughout your garments if you need to carry large sums;

- Use caution and common sense at night clubs, discotheques, and other late night or drinking establishments;
- Avoid intoxication in public and never accept a beverage in an open container from a stranger or recent acquaintance;
- Use good judgment if you are unexpectedly visited at home by a stranger or recent acquaintance;
- Be cautious of unmarked taxicabs and of entering taxis carrying unfamiliar passengers. It is standard practice to agree on the destination and price before entering the vehicle;
- When travelling by train keep your valuables on or near you. Robberies of train compartments generally occur during the night while travellers are asleep, or when compartments are left unattended;
- Always use both locks on the compartment door (close and safety-catch both locks).

If you should be the victim of an attack, break-in, mugging, or police harassment or arrest, please notify the Fulbright Office as soon as possible. It is highly recommended, especially if you are in custody, that you place a call as soon as possible to the **Regional Security Officer** at the U.S. Embassy (+38 044 521-5000). You may also call the U.S. Marine Guard station at the U.S. Embassy in case of emergency (+38 044 521-5000). They will see that you receive assistance as soon as possible.

10.0 TRAVEL

10.1 GETTING AROUND THE CITY

The cheapest way to get around in Ukrainian cities is by public transportation. Buses, trolleybuses, trams, and the metro cost at most 2 hryvnia per ride, about 25 cents. Tickets for buses, trolleybuses and trams can be bought at kiosks near many bus stops or on the bus or tram from an attendant. Tickets and metro tokens can be purchased at booths in metro stations. Monthly passes are also available and are valid for some or all forms of public transportation. Tickets and monthly passes are only valid for the city in which they are purchased. In Kyiv, the metro or subway runs from approximately 6 a.m. to 1 a.m. Other cities may have shorter schedules. While the metro provides efficient service, bus, trolley, and tram services vary in schedule and quality. Check their schedules in your community.

Many cities have “marshrutni taxis,” usually minibuses or vans which follow a specified route and charge a fixed fare slightly higher than bus or tram prices (2-3 hryvnia) but much, much lower than taxi rates. The route and route number are usually indicated on the front or side of the “marshrutka.” You can flag down a “marshrutka” almost anywhere and then call out your stop when you want to get off. These can get very crowded and uncomfortable, especially during rush hour and on hot days.

Kyiv and large cities have some metered taxis, but on the whole prices are negotiable with the driver. In Kyiv you may order a taxi by calling (044)501-0707, (044)494-0303, (044)574-0574, (044)238-8238, (044)237-3000 (and many others). Orders are taken in Ukrainian or Russian language and require you to give your telephone number, address and address of

destination. They will quote you a price which is generally considerably lower than the cost of a taxi that you would flag down on the street. If you do flag down a taxi on the street, settle on the price with the driver before getting into the vehicle, even if there is a meter. Private vehicles can also be flagged down for rides. Many drivers earn extra gas money by picking up passengers. When flagging down private cars, agree on a fare before getting in. Prices vary, generally a \$4 minimum (30 hryvnias) to \$10-\$15 for across town. As a Westerner, you are an easy target for unscrupulous cab drivers, so always be sure to reach agreement on the price beforehand, and be clear on whether it is in hryvnias or dollars. Check with the people in the international office of our university or your contact person on what you should be paying for taxi fare for routes that you may take often (for example, from your apartment to the train station, to the university, etc.).

HELP LINE in UKRAINE

There is a number you may call from anywhere in Ukraine if you need help of almost any sort – directions, calling a cab, finding out what bus or marshrutka to take – and the service is available in several languages including English. From your mobile telephone you can call 259 and then inform the operator of your language and question. They may ask to call you back, but they will provide you with the information you need eventually. There will be a charge for the call.

10.2 TRAVEL IN UKRAINE

We encourage you to travel inside the country as much as time and finances allow. Train travel is generally the cheapest and most reliable. Schedules are available on-line and you can even order tickets online, but they do charge an exorbitant fee for on-line booking. Consult with your host institution and/or your contact person regarding purchasing tickets. Private travel by air or rail may also be handled through a travel agency. Renting a driver and car for a few hours or a few days is easy, reasonably priced, and stress free. Western-style car rental agencies also exist in the larger cities of Ukraine, with economy cars costing about \$50 -\$75 per day for economy-class cars. If you plan to drive a car during your stay in Ukraine get an International Driver's License before leaving the U.S. And always get the supplemental insurance offered. We do **NOT** recommend driving yourself unless you can repair the car and are able to drive on poor roads. Rural roads are in bad condition and not all drivers exercise defensive driving habits. Furthermore, you should be aware of Ukrainian driving laws and the meaning of different size, shape, and color of signs, as they often determine allowable speed limits, which are rarely posted. Ukrainian law requires that you carry liability insurance. Penalties for drinking and driving are serious and astronomical. Our advice is to get the International License but avoid driving if at all possible.

When travelling to conferences or lectures arrange, or at least confirm, your plans with the host institutions. Your Ukrainian institution should be helpful. We would also appreciate if you inform the Fulbright Office of your travel plans of more than a day or two in case we will ever need to get in contact with you.

There are now also “marshrutkas” which offer express service between many of Ukraine’s cities. They are generally reliable, and certainly cheaper and faster than train travel. Occasionally these get crowded, but in general they are reasonable. They usually leave from and arrive to central bus stations and railroad stations in destination cities.

10.3 TRAVEL OUTSIDE UKRAINE

Make sure you have a valid Ukrainian visa and that your temporary residency status is up to date. Otherwise you may need to obtain a new visa prior to re-entry, which takes time and money and must be obtained from a Ukrainian Consulate outside of Ukraine.

Check if the country to which you are traveling requires a visa. Most of the former USSR countries, except the Baltics, do require visas. Start the proceedings early, either through a travel agent or through the appropriate Consulate. If you wish to travel to countries which do not require visas from U.S. citizens, proceed as you normally do. European Union countries do not require visas of U.S. citizens. Kyiv has the largest number of flights to various parts of the world, but Odesa, Lviv, Kharkiv, and Donetsk also have international departures.

We remind you that your grant was to Ukraine, and you should be spending your time **in Ukraine** and not using it as a base for repeated travel throughout Europe and the other regions. Occasional travel is permitted; everyone needs a vacation every now and then, and you may be invited to lecture or attend conferences in other countries; some of you may travel back to the US for the holidays. Please notify the Fulbright Office of your travel plans outside of the country prior to your departure. We will check with you regarding your visa status and immigration registration status (residency permit) and advise you about travel outside of the country. In the past several years, a number of US Fulbrighters have encountered difficulties getting back into Ukraine after travel because their immigration registration has expired. These laws are constantly changing, as is their interpretation among the different border crossing stations, and we will advise you on the best course to take (which may include not travelling abroad until you complete or renew your residency permit).

11.0 UNIVERSITY LIFE

11.1 THE UKRAINIAN SYSTEM

Ukraine's higher educational system has been undergoing extensive reform, especially in the social sciences. However, compared with other institutions, the system of education changes very slowly. Newly introduced disciplines such as business management and topics in micro-economics are being offered throughout the country. At the same time, public education remains financially strapped and professors' salaries are low compared with U.S. salaries.

Under the new government of President Victor Yanukovich, educational reform has been a controversial subject. The appointment of Minister of Education, Science, Youth and Sports Dmytro Tabachnyk has stimulated widespread protests among university students and nationalist groups for his anti-Ukrainian and pro-Russian positions. He has proposed and enacted a number of reforms that can potentially set back Ukraine's integration into the European educational sphere.

Western expertise is in high demand at progressive universities. However, Western academics may encounter resentment on the part of older professors and administrators who see their livelihood and professional standing threatened by new knowledge and unfamiliar competencies. The public education system is inflexible and is not always keeping up with the needs of a market economy, though a number of universities and institutions are working to foster greater exchange and involvement with employers. Local teachers' salaries are dependent upon how many hours they teach. If you will be teaching, your teaching load as a foreign lecturer may reflect this consideration on the part of the university. You should teach the number of hours that you feel comfortable teaching.

The American higher education system is considered by many Ukrainians to be a model to follow, so you may find yourself serving as a consultant on a variety of subjects. Lecture loads will vary by university and department, though generally will be one to two courses per week. Class sizes also vary, from lecture halls with over 100 students to small seminars with only a handful of students. For Fulbrighters, most classes have ranged from 8-20 advanced students and faculty from the department.

Expect to lecture on the topics outlined in your project proposal. However, do expect last-minute changes and a reluctance to place the large, core-curriculum courses into your hands. Eighty percent (sometimes even more) of courses taken by Ukrainian undergraduates are determined by the Ministry of Education, Science, Youth and Sports and are part of a national curriculum. These courses are the bread and butter of Ukrainian professors' work who may resent their courses being given to a foreigner. The Fulbright Office in Kyiv has passed your entire application package to the host university. At the same time, you should write directly to the head of the Foreign Relations Department of your university and to the head of your academic department to introduce yourself and request specific information about your teaching schedule and list of courses.

To be able to teach courses that are not part of an existing curriculum you will need to submit a course description in advance. However, if you are teaching courses that are part of an existing curriculum, the university may allow you to change the content. This can be arranged with your host department chair. As a result, you may end up teaching a course with an old name but with totally new content.

In the past, host universities have asked Fulbrighters to modify their course outlines or introduce new subjects. You may feel underutilized during your stay and will have to take the initiative to ensure that your time is useful to your host institution, to Ukrainian students and professors, and to yourself professionally. Do not hesitate to undertake "extra-curricular" activities. Activities, such as forming a club or starting up a newsletter, may be more influential and productive than your nominal teaching duties. Conferences and public roundtables are less

formal in Ukraine than in the U.S. and you will be asked to speak on a broad variety of topics. If you do feel underutilized, or that your host institution is not keeping up its end of the agreement with regard to the number and nature of courses you are to teach, please inform the Fulbright Office in Kyiv. We will intervene if necessary to ensure that promises are kept and that you are used to everyone's advantage. Occasionally a more radical solution, such as changing your placement, may need to be found.

Be prepared to talk about life in the United States and answer questions about educational exchange, the teaching profession, and other subjects as a "cultural ambassador" for the United States in Ukraine. Ukrainians are voracious readers with a strong verbal tradition. Expect to be challenged verbally to defend your statements and to demonstrate your professional background and expertise. The PAS of the U.S. Embassy encourages Fulbrighters to take part in roundtables, lectures and workshops at your host institution and to travel to other universities to hold presentations. Contact your local Fulbright alumni (the Kyiv office will provide addresses) and work with them at local chapters.

The Fulbright Office in Kyiv will also encourage you and provide you with opportunities to make presentations in your field of expertise. In 2007 we introduced a student seminar held at a Ukrainian university where U.S. Fulbright students made short presentations about the research projects they have been pursuing in Ukraine; we repeat this program annually in a different host institution. We also offer senior scholars and students opportunities to make presentations about their work in Ukraine.

11.2 UKRAINIAN ACADEMIC ETHOS

Ukrainian academic ethos is evolving to reflect western standards and assumptions about education. What we call cheating and plagiarism were ways of life and widely accepted practices among students for various reasons. Local faculty traditionally have turned a blind eye to such activities. Downloading papers in English from the Internet continues to be a common practice by university students. You will need to be direct and straightforward with your students about the implications of this approach on students' professional development, competitiveness in a global world, and career potential. Define your terms, your reasons, and let students know from the beginning that cheating and plagiarism (as you have defined them) are unacceptable in your classes and what the consequences will be. Setting clear rules of the game from the very beginning will start a dialogue of learning for everyone involved and may last for your entire tenure in Ukraine. Ukrainian students are survivors and have learned to be pragmatic. When cheating and plagiarism don't work, study behaviors will change.

There is no strong tradition of teaching writing in the Ukrainian education system. Writing and composition skills have not been a focus of development although there is a strong tradition of verbal discourse and oral exams. You may want to focus on raising the skill level in written communication by introducing effective writing curricula containing short essays and term papers.

Traditionally, final examinations were given verbally, but among younger faculty, especially those who have studied in the West, written assignments and exams are becoming the norm. You may find that you will not be required to grade the students in your course, or that the grades and evaluations that you provide will be ignored. I would suggest that you go ahead and provide your grades to the administration nonetheless.

E-mail as a system of communication is not as widely used in Ukraine as in the U.S. for several reasons, but it is steadily increasing, especially among the college-age group. Internet service may not be widely available and is not as reliable as in the U.S. Also, not all educational institutions have sufficient computer equipment. Additionally, many academic communities maintain an oral tradition and still prefer to communicate verbally rather than in writing (telephone, personal meetings, conferences, etc.). Older education officials may not be Internet savvy and have not developed e-mail communication skills. Your fax will receive a written response sooner than your e-mail.

11.3 HOUSING

The Fulbright office in Kyiv has asked each host university to assist with finding housing for Fulbrighters (if requested to do so by you). Fulbright grants include a housing allowance for private room or apartment rental for Fulbright students and for scholars and their dependents as an alternative to university housing. Most American Fulbrighters have chosen to exercise this option. The Fulbright Office has asked host universities to assist Fulbrighters if they wish to rent an apartment. Due to housing and financial concerns, host universities are not obliged to provide cost-free housing to Fulbright family members. Grantees who bring dependents should prepare to pay for any extra rooms provided by the university or to rent private accommodations. **PLEASE NOTE:** Rents have increased this past year. A two-bedroom apartment could cost about \$1000 – \$ 2000 (or more) in downtown Kyiv, less in many other cities. Of course location (center vs. outskirts, on a metro line or not, degree of remodeling, etc.) will all influence the price.

There are several strategies for finding housing in Ukraine.

1. Contact your host institution and see if they can help to find an apartment for you. You should be quite clear about what sort of housing you are looking for – location (proximity to the university, to markets, to metro or bus/tram lines, etc.), number of rooms, level of remodeling (European standards – modern bathroom with shower, washing machine, modern kitchen, etc. – is called Euro-remont). I would hesitate to tell them outright how much you are willing to pay. Negotiate final rent when you get there. The potential problems with this strategy are that the host institution representatives may not understand your needs and the standards for housing you require or are willing to accept (could range from too low to too high). So be quite clear of your needs.
2. Contact a rental agency listed below (or just check them out online first). Often you will be able to get a look at the apartments online. These agencies generally represent high-end rentals, but if you call them or correspond with them, they will generally try to accommodate your needs and budget. As stated above, they usually charge one month's

rent as a service fee.

3. Contact a current U.S. Fulbrighter in Ukraine who has or is living in the city where you will be located (see the lists of students and scholars provided). Very often they are renting apartments which have been repeatedly rented by Fulbrighters, and could give you information about their landlord and possibly refer you to other apartments. We have included lists of scholars and students in Ukraine for the past two years with their U.S. (or Ukraine) contact information.
4. You may also want to check with our office, as we sometimes are aware of private individuals from the US or elsewhere who own apartments in Ukraine and who are willing to rent to Fulbright scholars and students (see the list below). The Fulbright Program does not act as a housing broker. We offer this information as helpful assistance for our scholars and students and take no responsibility for any consequences that might follow from your rental agreements with the landlord.

Apartments in Kyiv and Lviv

The owners of the following apartments have approached our office and informed us that they have apartments that could be rented Fulbrighters during the coming academic year. Several have been rented to Fulbrighters in the past. All of the apartment owners speak English, some are in Canada or the US.

Please contact the owners directly and conduct all negotiations directly with them. As I stated earlier, the Fulbright Program in Ukraine assumes no responsibility for the apartment and any agreements that you enter into, and also receives no compensation for linking you up with the apartment owners.

Just a reminder, a 2 room apartment means two “living” rooms (parlor and bedroom, or 2 bedrooms, or parlor/bedroom and office, etc.) as well as a kitchen, bathroom, and more than likely a hall space and some closet space (though closets not always found in apartments).

Apartments available to Fulbrighters in Kyiv

1. 2-room centrally located apartment on Tarasivska St. available for long-term rental. Both rooms fully- furnished, on 1st floor of 4-story building, with view into a green courtyard. Security system in place. The apartment is a two-minute walk from Kyiv’s Taras Shevchenko National University. The Universitet and Lva Tolstoho metro stations are nearby (several minutes walk). A non-smoking apartment. Cost was \$575/month a couple of years ago, plus utilities. One month deposit. (Apartment was occupied by Fulbrighters in 2005-2006 and 2007-2008).

Contact: Natalia Feduschak Cell Phone in Ukraine +38063-486-2404;
nfeduschak@yahoo.com

2. Centrally located apartment available for long-term rental from August 22. Two-rooms fully furnished, on 5th floor of 6-story building. Fully remodelled in 2001, including western kitchen appliances and washing machine. Secure entry, working elevator, parking space, 2 separate phone lines, cable TV and Internet hookup. Seventy square meters including balcony. Across from Taras Shevchenko Park and next to museums and metro. All windows face quiet courtyard. American owner lives in US and has rented twice to Fulbright. Monthly rent was \$1,600 (negotiable).

Contact: Ludmila Matiash
lmatiash@mail.sdsu.edu
(Was occupied by Fulbrighter 2007-2008)

3. Apartment available on Horodetskoho St
2 room (1 bedroom) apt. in Historic Building designed by architect Horodetsky, 4m ceilings, 60m floor space, 6th floor, elevator, 2 minutes from Maidan Nezalezhnosti, steps from taxis and the metro. Bright, quiet, safe, warm, New Euro windows, Euro renovated bathroom and kitchen, fully furnished, including Bosch stove, fridge, washing machine, microwave, linens, towels, kitchenware, high speed internet, comprehensive cable package (BBC, CNN, Deutsche Welle, etc), VCR, antiques, art, balcony overlooking parkette.

Contact: Marta Dyczok
mdyczok@uwo.ca

4. Apartment 1 on Khreschatyk, 17:
Sixty square meters, beautiful view from the window.
One bedroom + hall + kitchen + bathroom.
Nice furniture, TV, Internet, clothes washer, dishwasher

Cost was 1000\$/month.

Apartment 2 on Lyuteranska, 11
Floor area – near 60 square meters,
One bedroom + living room + kitchen
Nice furniture, TV, Internet, clothes washer, necessary kitchen appliances.

Costs was 1000\$/month.

Contact: Lidia Lyhach
rodovid2@aol.com

5. 1 room apartment (living room/bedroom with small separate kitchen and bathroom) total 37 sq. meters in area.

Located on Raytarska St. (central location between St. Sophia Square and Zoloti Vorota _Golden Gate monument)

Recently remodeled, fully furnished.

Available from October 2012 for up to a year (shorter or longer rental negotiable).

Cost - \$500-\$600 per month (depending on length of rental) plus utilities.

Contact: Mykola Riabchuk <riabchuk@gmail.com> (Ukr. Fulbright alumnus)

6. Two-room apartment near Leo Tolstoy Square and metro stop in central Kyiv (living room/bedroom, bedroom, kitchen, bathroom).
“Euro”-remodeling, furnished.

Cost: \$1000 per month plus utilities

Contact: Mykola Riabchuk <riabchuk@gmail.com> (Ukr. Fulbright alumnus)

7. Newly renovated two room apartment on Blvd. Lesi Ukrainki (10 min. walk to Bessarabskyi Market and Khreshchatyk Street – central location). Fully furnished.
Balcony.
AC.

Contact lyuba.azbel@yale.edu for more info

Available Aug. 1. 700 USD + utilities 700

8. 4 room, two floor apartment on the 23rd floor. Fully furnished. First floor: entry way, kitchen, living room, bathroom. Second floor: 3 bedrooms and bathroom. Two balconies. View of the Dnieper. 5-7 walk to Metro Osokorki. Wifi and telephone. Cable TV. We are renting it out for one year starting mid July. E-mail Sergey at dvoryak@uiphp.org.ua for more info."

Apartments available to Fulbrighters in Lviv

1. Apartment 1

vul. Doroshenka 35

amenities: tastefully-remodeled one-bedroom apartment, high-speed Internet, telephone, satellite TV, AM/FM clock radio, balcony, 4-meter ceilings, washing machine, 24-hour water supply, located in the city center and only a 3-minute walk to Lviv University

For pictures and more details visit: www.LvivRentals.com

Price: \$625 per month (during the academic year)--all utilities included, apartment cleaning service included.

Contact information:

Adrian Karmazyn, LvivRentals@gmail.com, USA phone: (301)260-9630

Apartment 2

Ploshcha Rynok 39

amenities: tastefully-remodeled efficiency (studio) apartment, high-speed Internet, telephone, TV, AM/FM clock radio, washing machine, 24-hour water supply, 3.2 meter ceiling, located on Ploshcha Rynok (Market Square) in the historic heart of the city with a window view of the Armenian church bell tower

Price: Was \$439 per month (during the academic year)--all utilities included, apartment cleaning service included.

Contact information:

Adrian Karmazyn, LvivRentals@gmail.com, USA phone: (301)260-9630

Apartment 3

vul. Staroyevreyska 11

amenities: newly remodeled large efficiency (studio) apartment, high-speed Internet, telephone, satellite TV, AM/FM clock radio, washing machine, 24-hour water supply, window view of the city hall clock tower (Ratush), one block from pl. Rynok (Market Square).

Price: Was \$489 per month (during the academic year)--all utilities included, apartment cleaning service included.

Contact information:

Adrian Karmazyn, LvivRentals@gmail.com, USA phone: (301)260-9630

Images and more details on the apartments in Lviv that we are offering to Fulbrighters can be seen at www.LvivRentals.com.

References (Fulbrighters who have stayed with us): Mike Hostetler, Raul Tovares, Linda Gray, Dan Koppelman/Ruth Neville, Andrew Svedlow, Christine Emeran, Michelle Goldhaber, Sarah Crow.

Interested Fulbrighters can reach me at: AdrianKarmazyn@yahoo.com

For additional information contact: AdrianKarmazyn@yahoo.com

home phone: 301-260-9630 (Washington DC area)

2. 1-room studio apartment (really a 1 room apartment). Very secure, well-appointed; kitchenette area with counters and cabinets with microwave oven, toaster oven, refrigerator, washing machine, dishes; queen-sized bed; sofa and chairs, large closet, cable TV (and TV), cable internet (high speed). Near Lviv Polytechnic University. Rent negotiable by week, month, longer term.

Contact Roksolana Tymiak-Lonchyna, Chicago, Illinois, 773-878-8200;
rtymiak@comcast.net.

3. 2-room apartment, recently refurbished, located on Konovaltsa St.. Walking distance to Lviv Polytechnic University. Furnished bedroom, living room/study, kitchen, bathroom w/tub, modern kitchen (refrigerator, washing machine, gas stove, garbage

disposal), hall, closet; uninterrupted water service; high speed internet. Rent is \$560/month (includes utilities).

Contact: Adrian Mandzy, Morehead University, Kentucky. amandzy@aol.com; 606-783-2898.

4. 2-room apartment on Kharkivska Street (dead ends on Shevchenkivskij Hai Park). Third floor walk-up, quiet street off of Lychakivska Street, about 1.5 km from old center of Lviv; enclosed outdoor market one block from house; one block from trolley line. Two large rooms(one of which is a bedroom) large modern kitchen with dining area, washing machine, small room for office, hall, TV, piano, furnished, modern bathroom with shower stall; uninterrupted water service; new heating system.

Contact: Lesia Kotsyumbas, resides in Kyiv. okotsyumbas@icps.kiev.ua
(Was occupied by Fulbrighters 2004, 2006-2007)

12.0 WHAT TO BRING

Western goods are widely available in Ukraine. Stores in Kyiv and other major cities sell nearly everything you will need, although prices are either at European levels or higher. We recommend that you bring your favorite personal items and medications if you have brand preferences. The following recommendations are based on the experience of Fulbrighters, the PAS of the U.S. Embassy staff, and U.S. Peace Corps volunteers and staff.

Clothing

Ukrainians dress with care, pride, and a sense of fashion and personal style. Fashion turns over quickly but professionals rarely wear jeans. Students even in rural areas are very fashion-conscious and follow European styles. The best strategy is to bring what is professional-looking, interchangeable, appropriate for many occasions, wrinkle-resistant, easy to care for, and comfortable. Quality is much more important than quantity. Imported and local clothing and accessories can upgrade your wardrobe in interesting ways. Selections and sizes, however, may vary and designer prices are high. Warm winter clothing is especially well-made, fashionable and greatly reduced in price at the end of the season. Bring mix-and-match clothes that can be layered and which are easy to clean and maintain. Dry cleaning is available but expensive.

Professional Dress for Men

Business casual in summer, slacks, shirts and ties, suits and suit jackets at other times. In most cases, slacks (khakis, cords) with a blazer and tie are acceptable. Ukrainian-made business suits are handsome and well-made but expensive. Good leather footwear is durable and an important part of your outfit. There are many kiosks specializing in good inexpensive shoe repair. Warm, weather-resistant boots are a must for winter which could last 5 months. Such footwear can be purchased at discounts after the season ends.

Professional Dress for Women

Ukrainian women dress elegantly and with flair. Skirts, blouses, sweaters, dresses, high heels, scarves and other accessories – as in the U.S. Dress slacks and pantsuits are appropriate in most work environments. Comfortable, quality leather shoes are suggested for walking. You will do a lot of walking and conditions may not be ideal in all areas. Bring at least one or two suits, or several skirt and cardigan/jacket combinations. Suits are most appropriate for first impressions. Wool clothing is a must for the winter months. Most women wear full-length coats and wool or fur hats in winter.

Clothing to Bring

- Coats — a trench coat for Spring and Fall and one heavy winter coat or long parka with a lining. You may be wearing a heavy coat from the end of October well into April. A casual, light jacket may also be useful. You can buy wool, down, fur and leather locally but these will be expensive unless purchased at the end of the season.
- Comfortable, rugged shoes and dressy shoes.
- Warm weatherproof boots —large enough for a warm pair of socks. Duck boots, rubber overshoes, and light boots are good. Hiking boots may not be warm enough in winter. Good quality boots are available locally.
- Warm wool mittens or gloves.
- Thermal underwear if you are not used to cold winters. Apartments, offices, and schools may not be heated at all in some areas or are overheated.
- Summer clothes for very hot and humid weather.
- House slippers —Ukrainians remove their shoes as soon as they walk in the door. A wide selection of slippers is available locally.

Electronics

Most electrical wiring in Ukraine is 220-volt A.C.; outlets require German-type plugs (there are no single European-type plugs) with two round posts. Most computers and accessories are now made for a variable voltage, and will work without the need for voltage regulators or adapters (other than plug adapters). You will need appropriate transformers to operate 110-volt appliances. Fifty-cycle is standard, as in the rest of Europe. Standard replacement batteries for small appliances, radios, and tape players are available everywhere. High quality imported and domestic appliances and electronics are available everywhere and cost more than in the U.S. Apartments, hotels rooms, and closets are small. Plastic storage boxes and self-assemble shelving are available everywhere. Computer accessories are readily available; printers can run from \$75 to a couple hundred dollars, depending on what you require. Multi-function printer-scanner-copier devices are very useful and not terribly expensive, and you can leave them with a colleague or your academic department or host institution when you leave. If teaching with illustrations (i.e. powerpoint) is a requirement for you, bring your own projector, as university departments rarely have their own, or else there is a long waiting line to use them and you may not be at the top of the list. You can use your teaching materials allowance to purchase the projector. Again, you can leave it behind when you leave.

Gifts

It is a good idea to bring small gifts for colleagues or acquaintances. Books, particularly reference books, dictionaries, art and photo albums, CDs, DVDs, videos, calendars, t-shirts, tea or coffee and candy assortments are nice presents. Always bring a bouquet of flowers or chocolates for the hostess when invited to a Ukrainian home.

13.0 RESOURCES ON UKRAINE

The internet is an excellent source of information on Ukraine. English language resources include:

www.ArtUkraine.com

www.ukrainenews.com

www.usukraine.org

www.virtualkiev.com

<http://www.kyivpost.com>

<http://www.day.kiev.ua/en>

<http://www.mw.ua>

<http://www.korrespondent.net/>

www.interfax.kiev.ua

www.unian.net

www.brama.com - links to Ukrainian and US press, community information, events, discussions, services, etc.

<http://ukrainianweek.com/>

Ukraine Leader info@ukraineleader.com (compilation of news stories about Ukraine by former Fulbrighter Darin Bielicki)

ACTION UKRAINE REPORT – a free internet newsletter in English which is a compilation of newspaper articles from Ukraine and around the world. If you would like to read the ACTION UKRAINE REPORT- AUR around four times a week, please send your name, country of residence, and e-mail contact information to morganw@patriot.net. Information about your occupation and your interest in Ukraine is also appreciated.

THE UKRAINE LIST – an occasional free internet newsletter in English assembled by Dominique Arel, Chair of Ukrainian Studies, University of Ottawa. For a free subscription to UKL, write to darel@uottawa.ca, indicating your occupation and postal address.

U.S.-UKRAINE BUSINESS COUNCIL – an occasional report put out by the council. Usually very informative. You may subscribe (at no cost) by writing to mwilliams@sigmableyzer.com; mwilliams@usubc.org, www.sigmableyzer.com; www.usubc.org.

Other materials include: (fiction and non-fiction)

Askold Krushelnysky, *An Orange Revolution* (Harvill Seeker, 2006).

Jonathan Safran Foer, *Everything is Illuminated* (Harper Collins Canada, 2005).

Marina Lewycka, *A Short History of Tractors in Ukrainian* (Viking, 2005).

- Alexander J. Motyl, *Dilemmas of Independence* (University of British Columbia Press, 2005).
- Kate Brown, *A Biography of No Place: From Ethnic Borderland to Soviet Heartland* (Harvard University Press, 2004).
- Adriana Petrivna, *Life Exposed: Biological Citizens after Chernobyl* (Princeton University Press, 2002.)
- Andrey Kurkov, *Death and the Penguin* (Harvill Press, 2002).
- Irene Zabytko, *The Sky Unwashed* (Algonquin Books, 2000).
- Ania Savage, *Return to Ukraine*, (Texas A&M, 2000).
- Andrew Wilson, *The Ukrainians: An Unexpected Nation* (Yale, 2000).
- Taras Kuzio and Paul J. D'Anieri, eds. *Dilemmas of State-Led Nation Building in Ukraine* (Praeger Publishers, 2002).
- Taras Kuzio, *Ukraine: Perestroika to Independence* (St. Martin's Press, 2000, 2nd ed.)
- Orest Subtelny, *Ukraine: a History* (Toronto, 1994).
- Paul R. Magocsi, *Ukraine: A Historical Atlas* (University of Toronto Ukrainian Studies) Jan. 1986.
- Paul R. Magocsi, *A History of Ukraine* (
- Michael F. Hamm, *Kiev: A Portrait, 1800-1917* (Princeton University Press, 1993).
- Taras Shevchenko, *Kobzar. Poems* (1840).
- Olha Kobyllyanska, *The Land. A Novel* (end 19th Century).
- Ivan Franko, *Poems. Stories* (end 19th Century).
- Yuriy Andrukhovych, *Recreations* (Edmonton, 1998).
- Melnichuk, A. (ed.), *From Three Worlds: New Writing From Ukraine* (Boston, 1996).
- Maria Savchyn Pyskir, *Thousands of Roads* (McFarland & Co., Inc., 2001).
- Wolchik, Sharon L. and Zviglyanich, Volodymyr (eds), *Ukraine: The Search for a National Identity* (Rowman and Littlefield, Lanham, MA and Oxford, 1999).
- A Hundred Years of Youth. A Bilingual Anthology of 20th Century Ukrainian Poetry* (Lviv, Litopys, 2000).
- Oksana Zabuzhko, *A Kingdom of Fallen Statues* (Toronto, 1996).
- The Complete Early Poetry Collections of Pavlo Tychyna* (Lviv, Litopys, 2000).
- George Luckyi (ed.) *Towards an Intellectual History of Ukraine: An Anthology of Ukrainian Thought From 1710 to 1995* (Toronto, 1996).
- Roman Szporluk, *Russia, Ukraine and the Breakup of the Soviet Union* (Stanford Univ. Press, 2000).
- Hiroaki Kuromiya, *Freedom and Terror in the Donbas* (Cambridge Univ. Press, 1998).
- Solomea Pavlychko, *Letters from Ukraine* (Reed Business Information, Inc. 1992).
- Anna Reid, *Borderland: A Journey Through the History of Ukraine* (Westview Press, 1996).
- Patricia Herlihy, *Odessa: A History, 1794-1914* (Harvard University Press, 1987).
- Jane I. Dawson, *Eco-Nationalism: Antinuclear Activism and National Identity in Russia, Lithuania, and Ukraine* (Duke University Press, 1996)

And much, much more that can be found on Amazon and other services (keyword - Ukraine.)

For Ukrainian language resources contact:

AUDIO-FORUM

Room F229, 96 Broad St.

Guilford, CT 06437

1-800-243-1234

(203) 453-9794
fax: (203) 453-9774

YEVSHAN
Box 325
Beaconsfield, Quebec
Canada H9W 5T8
1-800-265-9858

WEST ARCO
2282 Bloor Street, West
Toronto, Ontario Canada M6S 1N9
(416) 762-8751
fax: (416) 767-6839

14. UNITED STATES EMBASSY – KYIV, UKRAINE

Contact Information

U.S. Embassy
4 Aircraft Designer Igor Sikorsky Str.
Kyiv 04112 Ukraine
Main tel.: (+38044) 521-5000 (for all departments)

Ambassador:	John F. Tefft
Deputy Chief of Mission:	Eric T. Schultz
Consul General:	Henry Hand

The Public Affairs Section of the U.S. Embassy

Public Affairs Counselor:
Eric Johnson (JohnsoEA@state.gov)

Cultural Affairs Officer:
Susan Cleary (ClearySM@state.gov)

Assistant Cultural Affairs officer for Academic Exchanges
Arthur Evans (EvansAT@state.gov)

Cultural Affairs Assistant for Academic Exchange:
Vira Ternovska (TernovskaVV@state.gov)

PAS U.S. Embassy E-mail address: press@usembassy.kiev.ua
Academic Exchanges Office E-mail: exchange@usinfo.usemb.kiev.ua

Mailing address from the U.S. for official correspondence:

PAS
American Embassy Kiev
Department of State
Washington, DC 20521-5850
Telex: 131142

15. FULBRIGHT OFFICE IN UKRAINE - Kyiv
Contact information:

Address:
20 Esplanadna St., 9th floor, Suite 904
Kyiv Ukraine
tel: +380(44)287-0777
fax: +380(44)230-2060

Web address: www.fulbright.org.ua **Email:** office@fulbright.com.ua

Office hours: Monday through Friday, 9.30. a.m. to 5.30 p.m.

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Programs Assistant	Oksana Parafeniuk	oksana@fulbright.com.ua
Secretary	Anna Pasenko	secretary@fulbright.com.ua
Administrative Assistant/Driver	Edward Horodny	office@fulbright.com.ua

16.0 USEFUL TELEPHONE NUMBERS

Ukraine country code: +380

International phone calls from Ukraine:

You may want to consider international calling card rates from MCI, AT&T, Sprint, etc., as well as call-back programs for calling home. Not all cities can process calling card calls. You may also want to consider such international calling services as Telnet, or Skype, which allows very inexpensive calling to the U.S. through your computer. To contact an operator or to dial direct from Ukraine, the following numbers are available:

- Direct to the US: (001—area code—number)
- Utel International Operator 0800-501188 (minimum 3-minute fee)

Most large cities have telephone directories (the “Golden Pages”) listing businesses, government offices, train and bus stations, and emergency numbers. In general these are only available locally. Some common numbers are:

Fire Department	101
Militia	102
Medical Emergency	103
Directory Information	15-59/109
	Long distance calls Information 0800-501188

Kyiv Travel Information:

<i>Tickets Office</i>	<i>Address and Phone Number</i>
Central Railway Tickets Office: 8:00 A.M. - 8:00 P.M.	38, Shevchenko Blvd - tel.: 503-60-50 (order train tickets with home delivery) - 490-4901 Kyivavia
Central Railway Station	1, Ploscha Pryvokzalna Train schedule info tel.: 5037005
Central Bus Station	2/1, prospect Nauky tel.: 525-5774

Travel Agencies	Many, look in phone book or on-line
Zhulyany/Kyiv Airport	Tel.: 242-2308
Boryspil Airport	Tel.: 585-7254
Home delivery of train, bus & plane tickets	“Carlson Wagonlit Travel ” tel.: 499-2454

**17.0 WEBSITES OF THE CITIES WHERE MOST OF YOU WILL
BE RESIDING**

Dnipropetrovsk - <http://gorod.dp.ua/eng/>

Donetsk - <http://www.citylife.donetsk.ua/>

Horlivka - http://www.virtualtourist.com/travel/Europe/Ukraine/Donetska_Oblast/Horlivka-711326/TravelGuide-Horlivka.html

Ivano-Frankivsk - <http://en.wikipedia.org/wiki/Ivano-Frankivsk>

Kharkiv - <http://www.kharkov.ua/index-e.phtml>

Kyiv - <http://www.kyiv.com/>

Lviv - <http://www.lvivbest.com/en>

Odesa - <http://www.touregion.od.ua/index.php?lang=2>

Simferopol - <http://en.wikipedia.org/wiki/Simferopol>

Zaporizhzhia - <http://en.wikipedia.org/wiki/Zaporizhzhia>