



STUDENT HANDBOOK

IN BELARUS

2024-2025

WELCOME TO BELARUS?



Belarus Information

Belarus, also known as Byelorussia, is situated in Eastern Europe. It shares borders with Russia to the east and northeast, Ukraine to the south, Poland to the west, and Lithuania and Latvia to the northwest. The largest city in the country is Minsk. The official languages spoken are Belarusian and Russian, and the currency used is the Belarusian ruble.

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Belarusian and Russian are the official languages of Belarus. Belarusian is part of the East Slavic language group and is quite similar to Russian and Ukrainian. Russian is commonly used in daily life.

THE DAY

Belarus has a rich and intricate past, from the Middle Ages as part of the Grand Duchy of Lithuania to the Soviet Union. Belarus became an independent state in 1991 after the collapse of the Soviet Union. The country's past is filled with numerous cultural and political shifts and developments.

ECONOMY

The economy of Belarus relies significantly on heavy industries like chemicals, mining, and oil. Agriculture is also crucial, focusing on grain and dairy production.

TRADITIONS AND PRACTICES

Belarusian culture has been shaped by various historical factors, including Eastern Slavic and European influences. The country is well-known for its folk music, traditional dances, and visual arts. Belarusians observe numerous traditional holidays, like Easter and Christmas, along with celebrations unique to their national culture.

TRAVEL AND SIGHTSEEING

Belarus has many natural and historical attractions. Some favorite spots are:

Mir Castle is known as one of the most stunning castles in the country and is situated near Minsk. It is a UNESCO World Heritage Site.

Brest: Home to Brest Castle, a significant historical site.

Belarus Lakes: Provide chances for outdoor activities, like Lake Naroch.



LIVING EXPENSES IN BELARUS

COMPARED TO MANY OTHER EUROPEAN COUNTRIES, IT IS RELATIVELY LOW. HERE IS A SUMMARY OF THE AVERAGE COST OF LIVING AND PRICES OF SOME BASIC SERVICES AND GOODS.

• ACCOMMODATION

City center one-bedroom apartments: Monthly prices vary from \$400 to \$600.

A one-bedroom apartment outside the center: Prices vary from \$250 to \$400 per month.

3-bedroom apartment in the city center: Monthly prices vary from \$700 to \$1,200.

3-bedroom apartment located outside the city center: Monthly prices vary from \$500 to \$800.

• EATING AND DRINKING

Eating out at a budget-friendly restaurant: around \$10 to \$15 USD.

Eating out with a friend at a regular restaurant (three courses): approximately \$30 to \$50 USD.

A cup of coffee at a cafe usually costs between \$1.5 and \$3 USD.

A small bottle of water (0.33 liters) at a restaurant costs around \$0.5 to \$1.

A liter of milk costs around \$1 USD.

A bread loaf (500 grams) costs around 0.5 US dollars.

Around 1.5 US dollars for 1 kilogram of rice.

Around 5 to 7 US dollars for 1 kilogram of chicken breast.

• TRANSPORT

A single bus or metro ride ticket costs around \$0.30 USD.

A monthly pass for public transportation costs around \$15 to \$20 USD.

Taxi (base rate): around \$1 USD, and about \$0.50 per kilometer.



Service and amenities

- Electricity, heating, cooling, water, garbage (for an 85 sqm apartment): around \$50 to \$100 monthly.
- High-speed internet (60 Mbps or higher, unlimited): around \$10-\$15 per month.



medical care

Belarus provides a public healthcare system that is free for citizens and permanent residents. It's a good idea to have private health insurance for improved care in private hospitals.

Fun and Things to Do

Movie ticket prices range from approximately \$4 to \$7 USD.

Monthly membership at the fitness club costs around \$20-\$40 USD.



STUDENT EVENTS

There are lots of things for students to do in Belarus in their free time, whether they want to explore the local culture, enjoy nature, or engage in social activities. Here are some things that students can enjoy in Belarus:

Cultural events

Exploring Museums and Art Galleries: Belarus offers a range of museums that display its history and culture. You can explore the Museum of the Great Patriotic War in Minsk, the Museum of Fine Arts, or the National History Museum to discover the country's heritage.

Enjoy theater and ballet shows: The Bolshoi National Opera and Ballet Theatre in Minsk is an excellent spot to watch top-notch opera and ballet performances.

Attending festivals: Belarus enjoys various traditional and cultural festivals all year round, like the Kupala Night festival that honors traditional Slavic culture and the Minsk International Film Festival.

Physical activities

Belarus is well-known for its winter climate, which makes it a great place for enjoying winter sports like skiing and snowboarding. People can visit ski resorts like Silichy and Logoisk.

Exploring Nature: Belarus offers numerous stunning trails for hiking and cycling, like the Belovezhskaya Pushcha National Park, perfect for students to enjoy.

Sports and Fitness Centers: Many cities in Belarus have sports clubs and fitness gyms where students can work out and stay active.

Community Events

Join student clubs: Belarusian universities provide a range of student clubs and societies, whether academic, sports, cultural, or recreational. Being part of these clubs can be a fantastic way to meet other students and form new friendships.

Attending student events: Belarusian universities arrange various student events like cultural evenings, competitions, and sports events.

Discover the nightlife: Big cities like Minsk provide a variety of cafes, restaurants, and nightclubs that students can have fun at on the weekends.



Fun activities

Explore parks and lakes: Belarus has many stunning parks and lakes to visit, like Gorky Park and the ice skating rink in Minsk, or Lake Naroch, one of the biggest lakes in Belarus where you can enjoy swimming and fishing.

Take short trips: Students can plan visits to nearby towns and villages to discover local attractions, like Mir Castle and Nesvij Castle, both recognized as UNESCO World Heritage Sites.

Volunteering and Charity Work

Volunteering: Students in Belarus have various chances to participate in volunteer and charitable activities, either through universities or local NGOs. It's a fantastic way to gain new experiences and help the local community.

Study the language

Join language classes: You can learn Russian or Belarusian to enhance your ability to communicate with locals and make the most of opportunities around you.

Discover historical and sacred sites

Explore churches and monasteries: Belarus boasts numerous historic churches and monasteries showcasing its vibrant religious culture, like St. Sophia Cathedral in Polotsk.



EXTRA INFORMATION:



Living Costs: Belarus offers affordable living expenses, allowing students to manage their living costs with relatively low wages.



Learning Russian or Belarusian could help students enhance their job opportunities since many jobs demand proficiency in the local language.



Prioritize studies: It's important for students to prioritize their studies, as working part-time might impact academic performance if not balanced properly.

STUDENT TIPS



Effective planning involves students balancing their time between studying and entertainment to maintain a healthy routine.



Getting involved with the local community: Participating in social and community events can assist students in forming new friendships and developing a better grasp of the local culture.



Discover courses: Certain colleges provide extra, non-academic classes that can be helpful and fun.

TRAVELING TIPS

- Please make sure to attach all the original documents and certificates.
- You need to book the return ticket at least 10 days before the trip.
- Banknotes should not have any new drawings or writings.
- If you have over \$10,000, you need to declare it at the airport at the red line.

BELARUSIAN LAWS AND REGULATIONS

Students in Belarus need to follow various laws and regulations that impact their academic life and living arrangements. Here's a summary of the rules that could influence students:

- **VISA AND RESIDENCE REGULATIONS:**

Student Visas: To enter Belarus, international students need to get a student visa. This visa is given once they are accepted by a recognized educational institution.

Registration: Students need to register at the nearby migration office within 5 days of reaching Belarus. This involves handing in papers regarding studies and housing.

- **LAWS ON EDUCATION:**

Studying commitment: Students need to attend classes regularly and follow study guidelines.

Exams: Students may need to take tests and complete academic assignments to keep their academic position.

- **STUDENT WORK GUIDELINES:**

Part-time employment: International students are allowed to work part-time (typically up to 40 hours per week) while studying. A work permit is necessary if the work surpasses this threshold.

Full-time employment: Students are only allowed to work full-time during study breaks, but they require a special permit to do so.

- **HOUSE RULES:**

University Housing: Numerous universities offer housing options for students. It is important for students to follow the housing rules established by the university.

Off-campus housing: If students decide to live off-campus, they need to register with the local authorities and fulfill housing requirements.

- **HEALTH AND INSURANCE REGULATIONS:**

Health Coverage: International students need to have health coverage throughout their studies. Coverage might be necessary for a student visa.

Health Care: Students have access to health facilities offered by the university or public health facilities in Belarus.

- **CODE OF BEHAVIOR:**

Academic Behavior: Students need to follow the academic behavior rules of the school, which includes not cheating and plagiarizing.

General Conduct Rules: It's important for students to follow the general conduct rules and show respect for local laws and cultural customs.



ADVICE FOR STUDENTS FROM OTHER COUNTRIES:

Check out the rules: Ensure you grasp the laws and regulations about living, studying, and working before you go.

University Tip: If you need details about visa, work, and residence requirements, just ask the International Students Office at the university.

HYGIENE REGULATIONS:

Keeping public places clean is important. Laws exist to prevent littering in streets and parks, with fines for those who break them.

Pet Care: Remember to clean up after your pets when you take them for a walk in public areas. There might be fines for people who don't follow these guidelines.

PUBLIC CONDUCT GUIDELINES:

Public Behavior: It's important to be polite and follow the rules when you are out in public. Acting inappropriately, like causing trouble or damaging things that belong to everyone, can lead to getting in trouble.

Public buildings: It's important to keep public buildings like stations and buses clean as required by local laws. Using public facilities cleanly is necessary.



PLACES IN BELARUS THAT OFFER ARABIC CUISINE

There are several restaurants that serve Arabic food in Belarus, particularly in the capital Minsk. These spots provide a range of Middle Eastern dishes like shawarma, grills, and appetizers. Here are a few well-liked Arabic restaurants in Minsk:

Places to enjoy Arabic cuisine in Minsk:

- **Alf Layla Wa Layla Eatery:**

It's known as one of the popular eateries in Minsk that serves traditional Arabic dishes like shawarma, kebab, and appetizers.

Location: Situated in the heart of Minsk.

Food available: Lebanese and Syrian cuisine.

- **Pizza Garden Eatery:**

It provides a range of food options, such as pizza, and also features a section dedicated to Arabic dishes.

Place: Situated in Minsk.

Food options: Shawarma, grilled dishes, and Arabic salads.

- **Damas Eatery:**

A restaurant that serves traditional Syrian and Lebanese dishes in an oriental setting.

Place: Minsk.

Food options include grilled items, appetizers, rice dishes, and oriental desserts.

- **Shahrazad Eatery:**

It includes dishes from different Arab cuisines like Iraqi, Syrian, and Lebanese.

Place: Minsk.

On the menu: Kabsa, Mandi, Tabbouleh, Fattoush, and grilled meats.

Place: **Mall Galeria, Minsk.**

Faris Diner:

Serves a range of halal meals, such as shawarma and kebab.

Place: Minsk.



THE WELL-KNOWN SHOPPING CENTERS

- **Minsk Gallery**

Situated in the heart of the city, this mall is one of the most well-liked in Minsk. It features numerous international and local shops, along with various restaurants, cafes, and a cinema.

- **Minsk Castle Mall**

Near the city center, there are many international and local shops. The mall has a big supermarket, a kids' play area, and some restaurants.

- **City Mall in Green:**

A contemporary shopping center with numerous well-known shops and global brands, along with eateries and coffee shops. It also features a movie theater and a fun zone.

- **City Mall Arena:**

Next to the Minsk Sports Palace, there are different shops and fun activities, like a bowling alley and a kids' play area.

- **Dana Shopping Center:**

It's one of the biggest shopping malls in Minsk, with lots of well-known brands, restaurants, and cinemas. It stands out with its modern design and prime location near the Moskovsky metro station.

- **Galileo Shopping Center:**

Situated near the primary train station in Minsk, there are numerous shops, restaurants, and cafes. It's easy to reach and very convenient.



INDIAN RESTAURANT IN BELARUS

- 1. **Tandoori**

Location: Minsk, Belarus

Description: Tandoori is one of the well-known Indian restaurants in Minsk, offering a wide range of traditional Indian dishes such as biryanis, curries, and tandoori items. The restaurant has a cozy atmosphere with authentic Indian decor.

Specialties: Butter Chicken, Naan, Tandoori Chicken, Biryani.

- 2. **Curry House**

Location: Minsk, Belarus

Description: Curry House is another popular spot for Indian cuisine in Minsk. Known for its warm hospitality and diverse menu, the restaurant serves various vegetarian and non-vegetarian dishes, catering to different tastes.

Specialties: Paneer Tikka, Lamb Rogan Josh, Garlic Naan, Masala Dosa.

- 3. **Indian Spice**

Location: Brest, Belarus

Description: Indian Spice offers a taste of authentic Indian food in Brest. With a focus on fresh ingredients and traditional cooking methods, this restaurant provides a great selection of spicy and flavorful dishes.

Specialties: Chicken Tikka Masala, Samosas, Prawn Curry, Basmati Rice.

- 4. **Taste of India**

Location: Grodno, Belarus

Description: Taste of India is a restaurant that brings the rich flavors of Indian cuisine to Grodno. The menu includes a variety of dishes, including several vegetarian options, making it a favorite among locals and tourists alike.

Specialties: Dal Makhani, Vegetable Biryani, Tandoori Paneer, Mango Lassi.



GROCERY STORES AND MARKETS:

- **GUM Store:**

A big shop in the heart of Minsk that sells various items, including a selection of halal food.

Address: Sverdlov Street, Minsk.

- **Belmarket Grocery Store**

It provides a range of food options, including halal items like meat.

Places: Various parts of Minsk.

- **Lafka grocery store:**

It includes a part specifically for halal items like meat and frozen foods.

Place: Minsk.

- **Dixy Grocery Store:**

Includes a variety of halal products, like essential groceries.

Location: Minsk has branches everywhere.

- **"Saravanka" Grocery Store**

There is a part specifically for halal items, such as meat and canned goods.

Place: Minsk.

Shops and stores that specialize in specific products:

- **Halal Store:**

A shop that focuses on selling halal items, such as meat and canned goods.

Place: Minsk.

- **Al Baraka shop:**

A shop that sells halal items such as meat and other food products.

Place: Minsk.

- **Mustafa's Store**

Specializes in offering halal food items, such as meat and desserts.

Place: Minsk.

- **Marketplace:**

There is a part specifically for halal items like spices and meat.

Place: Minsk.

- **Restaurants:**

Ramez Eatery:

Situated in Galleria Mall, it offers halal Turkish and Middle Eastern dishes.

SHOPPING CENTERS AND TURKISH RESTAURANT IN GOMEL TOWN

Grill. Expert

Quick-service eatery

- Shawarma Cafe

Vashlavash Quick Bite Restaurant

Fasol Restaurant Café Bar

Famous shopping centers in Gomel:

- **Mystery Shopping Center:**

Secret Mall is a well-liked shopping center in Gomel. It features a range of stores that sell clothing, accessories, and electronics, along with a big supermarket. Additionally, the mall offers play areas for kids and multiple cafes and restaurants.

- **Carousel Shopping Center**

Carousel is a well-liked shopping center in Gomel, with a mix of stores like fashion, shoes, electronics, and cosmetics. It also has a family entertainment center and a cinema.

- **About the "Mandarin Plaza":**

Mandarin Plaza is a contemporary shopping center with a variety of stores and boutiques selling local and international goods. It includes restaurants, cafes, and a cinema, making it a special place for shopping and entertainment in the city.

- **The "Dana Moll" (Dana Mall):**

Dana Mall is a big mall in Gomel, providing a wide shopping experience with various major stores like clothing stores, restaurants, and electronics stores, along with a fitness center and a cinema hall.

- **Extra advice:**

Traditional Food: If you go to restaurants in Gomel, make sure to taste some traditional Belarusian dishes like "draniki" (potato pancakes) and "beef borscht" (beetroot soup).

Shopping at malls: It's better to go during the week to avoid weekend crowds and make the most of any special deals stores might have.



BELARUS WINTER

Specifically for students from warm or temperate climates. Therefore, it's crucial for students to get ready for these conditions. Here are some suggestions for students to handle winter in Belarus:

- **Put on the right clothes.**

Warm clothing: Remember to wear cozy, warm clothing. Opt for jackets and coats that can keep you warm and dry, and have thermal insulation.

Clothing: Put on multiple layers of clothes to stay warm. Layers trap heat and let you control your warmth level.

Wearing thermal undergarments helps to keep your body nice and warm.

Hats, gloves, and scarves: Remember to wear a hat to cover your head and ears, gloves to keep your hands warm, and scarves to protect your neck.

- **Wear the right shoes:**

Select waterproof shoes with cozy linings to stay warm and dry in snowy and rainy weather. Ensure the shoes have slip-resistant soles to prevent slipping on ice.

- **Healthcare:**

Drinking warm liquids: It's essential to stay hydrated, even in winter. Opt for warm drinks like tea and soups to help keep your body warm.

Consume a balanced diet: Consume meals that provide sufficient calories to assist your body in generating energy and warmth.

Remember to keep your hands clean: Winter is the time for colds and flu, so make sure to wash your hands often and avoid touching your face to stay healthy.

- **Get ready for dark and stormy weather:**

Winter in Belarus can get pretty dark because the days are short, so it's essential to have proper lighting in your place to study and feel cozy.

Get ready for snowy and stormy days, you might need to stay inside when the weather gets really bad.

- **Exercise:**

Engage in regular physical activity, like easy exercises or yoga, even at home to keep your body and mind active.

- **Adjusting to everyday life:**

Discover how to utilize public transportation safely and effectively during winter, when roads may be slippery and public transportation may be crowded.

Be cautious when walking outside, especially in icy or snowy places.

- **Joining winter fun:**

Engage in winter activities such as ice skating, snowmobiling, or playing in the snow with friends. These activities can be enjoyable and assist you in dealing with winter more effectively.

- **Keeping mental health in check:**

The extended winter and the harsh cold can affect your mental well-being. Remember to keep in contact with loved ones, and participate in activities that boost your mood and maintain your positivity.

FAVORITE WINTER PASTIMES IN BELARUS:

Ice skating.

Ice skating is a well-liked winter pastime in Belarus. Major cities like Minsk have numerous indoor and outdoor skating rinks where individuals, whether beginners or professionals, can have fun skating.

- **Skiing**

Belarus features multiple ski resorts like Silichy and Logoisk, providing a range of slopes for different skill levels. Guests can hire gear and receive ski lessons from expert instructors.

- **Cross-country skiing.**

Cross-country skiing is a well-liked pastime in Belarus, particularly in rural areas and forests. The beautiful snow-covered Belarusian landscape provides fantastic paths for this kind of skiing.

- **Carriage rides with horses:**

You can enjoy a delightful horse-drawn carriage ride through the snow-covered forests. This ride gives you a classic feel and lets you appreciate the winter scenery.

- **Fishing in the winter:**

Ice fishing is a classic pastime in Belarus, where people can drill holes in frozen lakes and catch fish like pike and salmon. This hobby needs special preparation and the right gear.

- **Ice skating outdoors:**

Apart from the official skating rinks, there are various frozen lakes in Belarus where you can skate naturally. Remember to check the ice's thickness before skating for safety.

- **Winter Celebrations:**

Belarus holds numerous winter festivals with cultural activities, musical performances, and traditional games. These events offer a fantastic chance to experience local culture and try traditional foods.

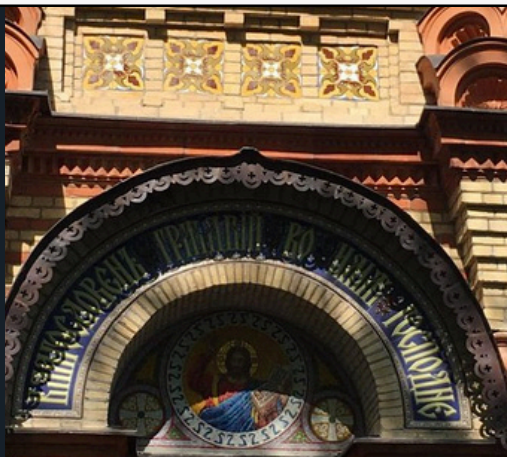
- **Strolling through the winter forest:**

Visitors can have fun hiking or walking through the snow-covered forests. The Belarusian forests provide breathtaking views and are an excellent spot for photography and nature enthusiasts.

- **Winter swimming: plunging into icy water**

This fun activity is called "ice swimming" and includes jumping into icy water. Some locals practice this tradition during religious ceremonies, offering a unique experience for those who enjoy a challenge.











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