

Something you should know

JINR RULES

The access to JINR territory is restricted by the Security Department; therefore, we strongly advise the Practice participants to observe the following simple rules of entering and leaving the JINR territory. In particular:

- Your passport is your entry permission. Always take it with you, when entering or leaving JINR.
- You may take your personal laptops, mobile phones and tablet PCs. You may carry bags or backpacks.
- The security officers may inspect the contents of your bags or backpacks.
- **ATTENTION: it is strongly prohibited to:**
 - bring photo and video cameras to JINR
 - take photos and videos with any device around the Checkpoint and security officers
 - bring explosives, flammable substances, fire-, pneumatic, traumatic, gas and cold arms to the JINR territory
 - bring and drink alcohol
 - take away the inventory from the JINR territory without a specially issued permission
 - smoke on the JINR territory.

Once again☺

NO PHOTO AND VIDEO CAMERAS IN JINR.

YOU CAN TAKE YOUR MOBILE PHONES, LAPTOPS, AND TABLET PCs WITH YOU,

BUT YOU CANNOT TAKE PHOTOS OR VIDEOS USING THESE GADGETS, ESPECIALLY NEAR THE CHECKPOINT AND SECURITY OFFICERS.

ACCOMMODATION

The Practice participants live in the student hostel at the following address: 2, Moskovskaya str., hotel "Grill", in double or triple rooms.

Each room has a mini-stove and a fridge.

The iron is in the ironing room No. 809 on the 8th floor. Ask for a key at the reception desk.

There is a public laundry room, it has 2 automatic washing machines and some strings to put your clothes on for drying. It is not for free, one laundry cycle is about 150 roubles (the washing powder is included).

There is free Wi-Fi in the hostel, the signal is good in the reception area and may get worse on the higher floors.

The hostel does not provide dinnerware and utensils, so either take something you need with you or here are 2 stores, where you can find the things mentioned above for affordable prices:

1. "ATAK" (14, Bogoliubov str.)
2. "Fix price" (18, Bogoliubov str.)

For the Practice participants a microwave will be available in the reception area.

MEALS

Breakfast is served at the hostel and is included in the accommodation cost. Please, ask about the time of breakfast service at the hostel reception desk.

Lunch and dinner are at the expense of the participants (can be covered from the per diem money the participants get when they arrive at JINR). During the workdays, the participants can have lunch in one of the cafeterias on the Institute's territory.

There are many places in Dubna where you can have dinner. On our part, we provide you with a list of places with reasonable prices, as well as with a map of the local area:

- "La Bicicleta" (2 floor of "Atak" shopping centre, Bogolyubov str.)
- Club 105 (4 floor of "Atak" shopping centre, Bogolyubov str.) – bar, restaurant, dance floor, bowling, billiards.
- Ikura (sushi) (Mescheryakov str.) – no cards, cash only
- Sushi shop (takeaway) Bogoliubov str., opposite "Perekryostok" supermarket
- Pizzeroni (Vavilov str.), near "Dubna" railway station
- Churchill, English pub (Universitetskaya str.) – also a menu in English
- "Why not" steak-bar (Bogoliubov str.) – also a menu in English
- McDonald's (Bogoliubov str, 17),
- "Lemonade" Loft Bar (Dachnaya str., 1, building 4/2) – 3 min from your hostel, also a menu in English, **parties on Friday and Saturday nights.**

To those who would like to go food-shopping, we recommend the following supermarkets:

- "Perekryostok" ("Mayak" shopping centre (МАЯК), 24A, Bogoliubov str.)
- "ATAK" (14, Bogoliubov str.)
- "Perekryostok" (Перекрысток) (13, Bogoliubov str.)
- "5" (Пятерочка) supermarket chain (10, Frank str.),

You can pay by credit card in most of the places.

Banks & Cash machines (ATM)/bankomats

If you pay by cash in Dubna, you can only pay with Russian rubles. Credit cards are accepted in most places.

There are several banks and many cash machines. We advise you to use the cash machines of Sberbank (Сбербанк), Rosbank (Росбанк), and Bank Vozrozhdeniye (Банк Возрождение): these banks have their branches in Dubna, which is convenient, in case any service problems emerge.

Cash machines work 24/7. Accepted are Visa, Euro, and Master card.

The nearest cash machine is in the lobby of your hostel.

Transport

It takes about 15 min to get from the hostel to the JINR territory on foot.

Taxi services in Dubna are quite practical and relatively inexpensive, especially if 3-4 people share one taxi. Within the right-bank part of the city, a taxi trip costs 80-120 rubles; 150-200 roubles to the left bank. Dubna taxis do not have a taximeter, all the prices are fixed. A taxi can be ordered 24/7. It is a good idea to ask the receptionists to call a taxi for you, as taxi phone-operators do not speak English.

Medical problems

If you have any medical problems you know about, please take all the medications you might need (Russian airport customs service do not mind medications intended for personal use and in reasonable amount).

There are pharmacies in Dubna, but: 1. they don't work at night, 2. the pharmacists may not speak English and 3. names of medications often differ in different countries.

It will be a good idea to take:

- pain-killers against headaches and periodical pains
- anti-flu meds, as Russian climate differs
- antihistamines, if you may suffer from allergies (food allergy, mosquito allergy, etc.)
- adsorbents, as Russian food differs.

The pharmacy nearest to your hostel is situated in 7, Bogoliubov str., next to the Why Not bar, 09:00-21:00, 7 days a week.

In case of medical emergency call your national group supervisor or go to the hostel reception desk and ask for help (the receptionists speak English) or call +79055495509 (Elizabeth Tsukanova).

Dubna activities

The embankment of the Volga River is a beautiful place to spend your free time walking or picnicking.

Behind the Mayak (МАЯК) shopping centre (24A, Bogoliubov str.) there is a family leisure park with a lake and a fountain, where you can spend your free time as well.

The list of Dubna's places of interest with short descriptions is available on the website.

If you are a sports fan, we can try to arrange some free-of-charge options for you upon request (indoor basketball, outside football playground, and a retro-style gym for tough guys😊)

To have a night out, you can visit "Lemonade" Loft Bar (Dachnaya str., 1, building 4/2). It is 3 min from your hostel, they have menus in English and arrange parties on Friday and Saturday nights (DC/FC). On Saturday nights, there is an entrance fee.

Some good advice😊

If you decide to have a party at the hostel in the evening, please do not make a lot of noise inside or outside the hostel in order not to disturb the other guests (they may turn out to be your project supervisors or people with small kids). The official time when the neighbours have a right to call the police because of you being too noisy is 23:00. Please clean up after the party is over. It is forbidden to take furniture from one room to another and from one floor to another. The ladies who do the cleaning are often elderly nice ladies, please show respect.

Before leaving for Dubna, check out the weather forecast to see the main tendencies, take the appropriate clothes. **Don't forget to take an umbrella!** To check out the current weather in Dubna, you may use the link <http://meteo.jinr.ru/>

Please remember that in Russia all plugs are European 220V, so plug adapters are essential.

The nearest supermarkets are Atak (closes at 22:00) and Perekryostok (ПЕРЕКРЕСТОК) (closes at 00:00).

Most of the signs (names of streets, shops, banks) in Dubna are in Russian.

Enjoy your stay😊