



**STUDIUM CARPATO-RUTHENORUM**  
**Institute for Rusyn Language & Culture**  
**University of Prešov**  
**Prešov, Slovakia**

## STUDENT ORIENTATION PACKET

---This information packet was originally created by former Studium participant, Nancy Revak, and includes information not only about the Studium, but also general travel and tips geared especially for first-time travelers; revised and updated.---

Welcome to the Studium Carpato-Ruthenorum International Summer School for Rusyn Language and Culture! Over the course of three weeks, you will be joining other participants from North and South America, Europe, and beyond to share this unique experience. Some of you may be seasoned travelers. For others, this may be your first trip to Europe or to Slovakia and likely your first time residing and studying at a university campus in Slovakia. This Orientation Packet provides a glimpse into what to expect and how best to get prepared. It includes information about the program and the facilities, accommodations, and services available. You will also find packing suggestions and other valuable input scattered throughout from previous Studium participants.

### COURSE PREPARATIONS

Between now and the first day of class, please consider these essential preparations for the language classes and history lectures.

#### **Learn The Cyrillic Alphabet:**

If you are a beginner studying Rusyn, take time to learn the Cyrillic alphabet. The language classes are taught using this alphabet, so it is essential that you have a basic knowledge of the alphabet beforehand. The Rusyn Cyrillic Alphabet is provided at the end of this packet along with guidelines for an approximate pronunciation of each letter, as well as a link to a website that demonstrates how to write and pronounce Cyrillic letters correctly. Prof. Nathan Marks, who instructs the beginning level, will be in contact with you prior to the start of the Studium to provide answers for any initial questions you might have.

#### **Suggested Readings:**

*The People from Nowhere* (Magocsi, 2006, 120 p.); *With Their Backs to the Mountains: A History of Carpathian Rus' and the Carpatho-Rusyns* (Magocsi, 2015, 511 p.); and for information about changing borders and the historical evolution of Europe over many centuries, *A Historical Atlas of Central Europe* (Magocsi, 2004).

Plus: *Let's Speak Rusyn: Prešov Region Edition* (Magocsi, 2015).

---**And required for the history lectures (bring to class!):** *Carpathian Rus': A Historical Atlas* (Magocsi, 2018).---

## ABOUT PREŠOV

**Prešov** (pronounced **presh-ov**) is a vibrant city with a rich, multiethnic history. Its old town is the central starting point for almost every place that you might want to visit. Hlavná ulica, literally “Main Street,” is a short walking distance from the University (approx. 10-15 mins. at a leisurely pace) and is more like an elongated city square with rows of recently restored Renaissance and Baroque buildings lining both sides. During the first week of the Studium, Prof. Magocsi will offer a walking tour of Old Town Prešov. A Prešov city information center is also located on the square and offers a free small map of Old Town, as well as selling T-shirts, postcards, and a few souvenirs.

**Department/Grocery Stores:** There is an indoor multi-storey shopping mall NOVUM on Hlavá ulica (<https://novumpresov.sk/en/information/about-us/> and <https://evendo.com/locations/slovakia/presov-region/shop/novum-presov> [has a good map]), offering an array of stores. There is a larger shopping center, the Epiria indoor mall (<https://www.eperia.sk/>) and adjacent strip mall, located a bus ride away from the university dormitory (Internat) where you will live during the Studium. At stores such as TESCO, Kaufland, and Lidl, you can purchase groceries, and even some clothing, appliances, sundries, and a few over-the-counter medicines. Studium organizers will provide more details about accessing stores when you arrive, including how to use city transportation.

**Shops, Pubs, Restaurants, etc.:** Most of these are located along Hlavná ulica and the many ancient alleyways intersecting it. Restaurants generally open for lunch around 11 a.m., stay open until 10 or 11 p.m., and are usually open on Sundays. Pubs (bars), on the other hand, are usually open every day from around 10 a.m. until 11 p.m. If you are looking for Rusyn-style items, including *pysanký* (decorated eggs), check the Uľuv store that carries fine items of folk art and craft or an antiques shop near the NOVUM mall.

**Note:** Right across from the Internat is a row of shops, including a small convenience store (some groceries, alcoholic and non-alcoholic drinks, snacks), coffee shops, and an ice cream stand. One block of *ulica* (street) Floriánova between Jarková and Baltová streets, about 15 minutes’ walk from the Internat, is also a popular destination for Studium participants, featuring three restaurant/café, two convenience stores, and a great coffee shop.

**The Greek Catholic Cathedral of St. John the Baptist**—Located a few doors down from NOVUM, this building with its bright yellow Rocco edifice houses a spectacular iconostasis. Next door is the Greek Catholic Bishop’s Palace.

**The Roman Catholic Church of St. Nicholas**—An imposing Gothic building situated directly in the middle of the old town.

**The Evangelical Lutheran College Church of the Holy Trinity**—Situated just beyond the Roman Catholic Church of St. Nicholas and directly across the street from a fine bookstore featuring religious books.

**The Orthodox Jewish Synagogue and Museum**—A stately building with a most magnificently decorated interior well worth visiting, also just a few blocks off Hlavná ulica. Check times.

**The Orthodox Cathedral of St. Alexander Nevsky**—A striking Russian-style structure only a few blocks away from Hlavná ulica in the direction opposite from the Greek Catholic Cathedral.

**Banks and shops not selling food** are open from 9 a.m. to 5 or 6 p.m. on weekdays and sometimes until noon on Saturdays. Grocery stores, produce shops, Turkish shawarma, and pizza shops usually have longer hours. Enjoy exploring the options!

**The post office** usually opens at 7 a.m. and stays open until 5 or 6 p.m. on weekdays and noon on Saturdays.

## ABOUT PREŠOV UNIVERSITY

The campus of Prešov University is located about 15 minutes' walk from the center of Old Town Prešov. The three buildings on campus where you will be spending most of your time are the dormitory (called the Internat), cafeteria, and classroom building. All are within an easy walk of each other.

### **Dormitory/Internat:**

The 11-story Internat is located right across a parking lot from the cafeteria. On the first floor opposite the entryway is the glassed-in front desk where a concierge sits, a reception area, two sets of stairs and two small elevators leading up to the dormitory rooms. When you arrive at the Internat, you will first check in with the concierge who will be expecting Studium participants. You will fill out an information sheet and will receive your keys and a couple of thin towels.

**Note:** Neither the Internat nor the majority of other buildings have air conditioning. Nor are there screens on the windows in the Internat. Be aware that if your dorm window is open when evening comes and your light is on, you will definitely attract a host of curious insects. Some Studium participants have purchased inexpensive fans at the NOVUM mall (there's a store for this appliance located near the bottom entrance to NOVUM closest to the Internat side). Also useful is a small handheld fan you can order prior to arrival in Prešov. Fans help at least to move the air around.

----**Note:** For safety purposes, the Internat is locked after a certain time late at night, and the front desk staff may use this time to nap. If you know that you'll be arriving back after the lockdown, let the staff know. Likewise, if you are needing to leave very early in the morning and return (as did one participant who wanted to watch the sun rise on the Solstice), again let the staff know so that they'll open the door for your return without issue.

**Rooms:** Dormitory rooms are set up in a "suite" system, each suite consisting of an entryway, two bedrooms, a toilet closet, and a shower room with a sink. Each bedroom has two single beds, a nightstand with reading lamp, a wardrobe which may contain a few hangers, a table, and two chairs. Participants in 2025 each had their own bedroom within the suites. This may be becoming a common practice for the Studium participants.

**Room Keys:** Two keys are issued per "suite": one for the door off the hallway leading to your

suite and one for your own bedroom. Lock both doors when you leave your room. Traditionally, residents have dropped off keys at the front desk when leaving the dorm and picked them up at the front desk when returning. Experience over the years has shown, however, that it is perfectly fine to not turn in your keys. Just be very careful not to lose them.

**Linens:** Along with a thin hand towel and larger thin bath towel, bed linens are provided and may be exchanged for fresh ones every week. Check the notice posted on the wall for the specific day and time. You are responsible for changing your own bed linens. If you ask the attendant who cleans your room to change them for you, be sure to give her a gratuity. Toilet paper is also provided but not soap or shampoo. Some Studium participants purchased bigger, fluffier towels at one of the department stores, or bring a towel with you. A great variety of soaps and shampoo are available there, too.

**Kitchen:** A small kitchen is located on each corridor. It has a stove, a sink, and a refrigerator and cabinets with only a very few pots, dishes, mugs, and utensils. It is possible that other Prešov University students may still be around as they complete their studies while Studium participants are there, and these others may be using the kitchen facilities, as well. Some of the kitchens require special keys for entry. The Studium contacts or the concierges can help you procure a kitchen key.

**Laundry:** Laundry facilities are located in the kitchens on the 11th floor. You may use them free of charge. Ask Studium organizers for more info about and access to these machines--two washers and one dryer. You must provide your own detergent. Bring small packets from home or purchase from one of the grocery stores. There are no laundry or dry-cleaning services available on the campus itself. The dorm washing machines take a long time to process the wash, and the dryer does, as well, because of its low voltage, and your clothes may not dry thoroughly. Previous Studium participants recommend bringing a travel clothesline on which to hang small pieces of laundry that you wash by hand in your own small sink or shower using a sink stopper. The clotheslines with a suction cup at each end work well because they can be attached to windows. Bringing a few extra hangers is a good idea for drying pieces of clothing.

----**Note: There is a self-service laundromat in Prešov**, located near the intersection of Jarková and Weberova streets, about a 10-minute walk from the Internat. The price is 4.50 euros for one wash or one dry (not cheap), but the quality is good, resulting in clean and dry clothes. A soap packet might be available for purchase on site; best to bring your own. Hours are from 8 a.m. to 8 p.m. daily. Payment is by credit card, and you may check out the place in advance: <https://www.ponki.sk/en/home/>.

**Communication with family and friends:** An excellent option is WhatsApp which many of us already use. It is free and easy to navigate, and it works well for international communication.

#### **Cafeteria:**

The entrance to the cafeteria faces the entrance to the Internat across a parking lot.

**Daily Meals:** Three meals are provided daily. Breakfast and supper are set up in a special section of the cafeteria specifically for Studium participants. Lunch, though, is served cafeteria-style and

is available to all other students and university staff. **If you have any food allergies or need to follow a gluten-free diet** (*bezlepková diéta*), **let the Studium organizers know** or speak with the cafeteria manager for suitable substitutes. It is possible to find some GF products in the large grocery stores. Be vigilant: wheat flour may be used in sauces or gravies. When you first arrive, you will receive information about how to get your meals.

**Breakfast** (from 7 a.m.) is light, and may include an assortment of meats, cheeses, yogurt, good bread, pastries, sometimes cold cereals, or hard-boiled eggs. A juice-like drink, coffee, tea, and water are also available.

**At Lunch**, you will make your way in the cafeteria line alongside other university students and staff. pick up a tray, and turn in your ticket provided by the Studium organizers. The servers will see from the ticket what entrée you chose, and that's what you'll place on your tray. The cafeteria food is plentiful and healthy. Tomatoes, cucumber, or shredded cabbage or carrots may be served in separate small bowls at lunch. There are usually a couple major entrée choices that you choose from in advance, and the daily soups are especially excellent. A box lunch is usually provided for Studium excursions. If you crave more fruit and vegetables, pick some up at one of the convenience stores across the street from campus or at one of the larger grocery stores. There is also an open-air market in Old Town Prešov where Studium participants have found a great selection of fresh local fruit.

**Supper** usually offers a couple choices of entrées, including a supper salad. The cafeteria also offers pizza and other items for purchase.

**Soft Drinks, Alcoholic and Non-alcoholic Beverages:** Pitchers of a juice-like drink will be available at all meals. If you order a soft drink, bottled water, or an alcoholic beverage with your meal, you must pay for it separately. These are not included in the prepaid price. For after-dinner or ANY TIME, great coffee is available in the coffee shops located across the street from the Internat, including for take-out. Beer and wine are available there, as is tea. Small pastries may also be served.

### **Classrooms:**

Studium organizers will show you where your classrooms are located. This is in a relatively new university building just a couple minutes' walk away from the Internat and cafeteria. Stairs and an elevator are available for accessing classrooms on upper floors and signs for the Studium participants will be posted showing the way to the classrooms inside the building. Studium classes are held in designated classrooms with individual desks. Like rooms in the Internat, regular classrooms are not air-conditioned. You may bring a drink—coffee, water, juice, soda—into the classrooms during class. It is impolite, however, to eat during class sessions (OK during breaks).

**Facilities:** On the ground floor of the classroom building (the floor you'll first enter), there is a snack shop that sells coffee, tea, bottled water (cold and room temp), and snacks. Pleasant restrooms are located just next to our classrooms. In general, always keep a few extra tissues with you just in case the toilet paper has run out. Previous participants also recommend that you bring a few small plastic bottles of hand sanitizer to use in case the soap in the restrooms has run out. An ATM is located in the old classroom building lobby not far from the Internat, and the Studium organizers can show you where this building is.

## CLASSES AND CLASS MATERIALS

**Classes start on time:** It is important that you be punctual. Class duration is usually two hours with a short break at the end of the first hour.

**Class Materials:** Some handouts and other materials will be provided as necessary. Prof. Magocsi has a collection of large maps on site which he will use during his history lectures. Be sure to have the handy the atlas mentioned at the top of this brochure (*Carpathian Rus': A Historical Atlas*).

**Writing Materials:** While you may be given a small notepad, you are responsible for providing your own writing materials (pens, paper, highlighters, notebook binders, your laptop, etc.) for taking class notes. Basic supplies may be purchased at the NOVUM mall or at most grocery/department stores and at the student bookstore. Note that paper and binder sizes in Slovakia are different than in North America, as are the locations of the three holes in pre-punched paper, so they are not interchangeable with North American materials.

**Homework:** The history lectures and language classes are intensive and packed full of new information every day. Each lecture and class builds on what was covered on the previous days. Be sure to allow yourself sufficient time each day to complete any homework assignments and study on your own or with your peers. If no homework is assigned, take time to review what was covered in that day's history lecture or to study the words, conjugations, and declensions taught in the language class.

For participants who would like to acquire a transcript certificate to take back to their universities in order to petition for credit, be aware that you may need to take a basic final quiz in the history class and may get an evaluation also from your language instructor. The number of hours of class work you have accumulated will be on this transcript certificate, and this is what you will take to your Registrar for college credit consideration. Only your own university can award you college credit based on their assessment of your participation in the Studium. Studium instructors monitor attendance, and attendance along with quality work figure into your receiving credit hours.

## A FEW IMPORTANT TIPS FOR YOUR TRAVEL

**Pack Light/Clothing:** Bring clothes you can layer on and off, according to the weather. Minimize the number of pieces and wear them over again. Everyone will be wearing the same clothes repeatedly, so no one will notice if you are doing the same thing. Leave space for the many books, classroom materials, and souvenirs you are sure to collect.

For classes and most excursions, slacks, jeans, T-shirts, skirts, and Bermuda shorts are fine. But not short-shorts or strapless outfits. Keep in mind that you will be visiting some churches. Bring at least one nice outfit to wear at the opening and closing celebrations and at any other festive

occasion. Women visiting Orthodox churches might like to keep a light headscarf handy if it appears that wearing one makes you more comfortable; local women often wear scarves in church.

Expect to do a lot of walking. Flip-flops and sandals are fine for class, but for excursions—and when it rains—you will need a pair of sturdy walking shoes. Many streets are cobblestone. Remote areas are grassy, hilly, and sometimes muddy. To cut down on luggage weight, wear your heaviest clothes (jacket, shoes, etc.) on the plane instead of packing them.

**Consider Purchasing Some Items in Prešov:** Previous Studium participants have found it convenient and economical to buy some toiletries and other incidentals, including clothes items, on site at the malls. Bring a couple easily foldable grocery/plastic/cloth bags. They will come in handy for food items, books, etc.

**Check-In on Saturday:** As was noted in the initial Studium flyer, students traveling from North America or beyond may check into the Internat on the Saturday prior to the start of the Studium affording a little time to relax and to begin adjusting to the time difference.

**Before Leaving Home:** Pack valuables and prescription medications in your carry-on bag, not in your checked luggage. Make copies of your passport and both sides of your debit/ATM and credit cards (with phone numbers). Pack the copies in your carry-on bag but keep them separate from the originals in case the originals get lost.

#### **Currency, Credit/Debit Cards, and ATMs:**

**Currency:** Familiarize yourself with the Euro which is the currency used in Slovakia. US and Canadian dollars are not accepted. It's best to convert some dollars to Euros at the airport before you depart for Europe to have Euros in cash on hand. If you are traveling through Poland on your way to Prešov, familiarize yourself with Polish currency, the *zloty*, since Poland doesn't use Euros.

**Credit/Debit Cards:** Visa and MasterCard, but **NOT** American Express, are accepted at most shops and restaurants and for purchases made on campus. Festivals and places you will be visiting in remote areas may only take paper or coin Euros, not credit cards. So, again, be prepared with some loose cash. Although it may no longer be absolutely required, you might like to let your credit card company and/or bank know you will be using your card(s) in Europe and for how long—for your own reassurance. Your card provider will then not think that someone else is using your card far from your home and thus block your ability to use your card.

**ATMs:** Also called ATMs in Slovakia. They are located in the **old** classroom lobby and outside the banks in town and they give currency only in Euros, but you can use your ATM card to get those Euros. Be sure to carry your dollars in a concealed money belt or similar accessory found in travel stores, not in your wallet, purse, or pants pocket. Seriously consider bringing an extra wallet to keep your dollars and Euros separate.

**Traveler's Checks: Do not purchase and bring Traveler's Checks.** They are outdated and no longer a viable means of getting local money.

**Identification information:** Put your personal identification information in a conspicuous position on the inside of all your luggage, including your carry-on. List your name, address of your destination, a couple of phone numbers or email addresses where you might be reached or where messages may be left for you. You should also make sure to have a clearly legible tag with contact and destination information. If your luggage has an outside "pocket," also place a card with that information in that pocket in case your luggage tag gets broken off or your bag misplaced. **Use a TSA-compatible lock.**

Bring **contact information** containing the names and phone numbers of people to be contacted in case of an emergency, including your doctor(s). Likewise, tell someone at home how to contact you in case they need to reach you. The English-speaking contact person at the Studium is Dr. Timea Verešová and the Studium email address is: [urjk@unipo.sk](mailto:urjk@unipo.sk) [tel. +421 915 412 917].

If you plan to bring your **cell phone**, check with your carrier to make sure you can make international calls from your existing phone. Unlocking your phone in advance and then buying a SIM card in Slovakia works if you plan to make calls within Slovakia. Studium organizers will advise you where to procure the SIM card. You may also explore online the option of using an eSIM.

#### **Explanation about Electrical Current in Slovakia:**

The electric voltage in Slovakia is 220w/50 cycles and this is why their electrical outlets require North Americans to use a **European 2-pronged adapter** to plug our devices into their electrical outlets. Most of today's travel appliances (hair dryers, travel irons) and electronic devices (digital cameras, computers, cell phones, iPods, and iPads) come already equipped to accept both North American and international voltage, but they still require a 2-pronged European adapter for use in European electrical outlets. If you are bringing several appliances or electronic devices, be sure to **bring a few extra adapters** so you can use them to charge more than one device at a time. If your appliances or electronic devices are not equipped for international electrical voltage, you will also need an **all-purpose 220w/50 cycle** electrical converter/transformer.

If you plan to use a device in class, such as your laptop, and want to plug it into the electric outlet, bring an adapter to class, too. One participant has noted that you can find the appropriate adapters in electronics stores at the NOVUM mall. Probably a good call is to simply purchase a few adapters at home in a travel store before departure. They are very small and easy to pack-- and having them already on hand will serve you well when you arrive and want to charge your devices.

-----**Note:** The 2-pronged power adapters that are used in the UK will not work in Slovakia!

**Baggage:**

Airline baggage rules may fluctuate, so **definitely check with your airline ahead of time**. The allowable weight is usually 50 lbs. per checked bag and 13 lbs. for a carry-on. All bags are weighed together. If you exceed the total allowable weight, size and/or number of bags, you will be charged an extra fee. One suggestion is to buy a lightweight travel baggage scale you can use to weigh your baggage before you leave home and before you return.

**Checked Bag(s):** To allow space for the classroom materials, books, and souvenirs, pack light. If necessary, you can always pick up an inexpensive extra bag at a shop in the malls.

**Climate and Weather:**

Summer in Slovakia is just like what we are accustomed to in the Northeast and Midwest US or Canada. The weather can vary from hot and muggy to rainy and chilly. Come prepared with an umbrella and all-weather jacket, preferably with a hood. Again, there is rarely AC, and none in the Internat or classrooms. There also tends to be a lot of pollen in the air. If you suffer from allergies, **bring your allergy medications with you**. While allergy medications are readily available in Slovakia, they may not be the brand and dosage that work best for you.

**Sleep Shades:** In Slovakia at midsummer the sun peeks above the horizon very early in the morning (3:30-4 a.m.). If you wish, bring a pair of eyeshades to wear while sleeping. They will block out any light to help you get a good night's sleep.

**Computer, Internet, and eMail:**

Wireless Internet access is available in the cafeteria and is also available in dormitory rooms free of charge. It's best to bring your own laptop, and be sure to bring some European 2-pronged adapters, mentioned above, to charge batteries for all your devices. Wireless Internet might not work well in every dorm room, so bringing **an Ethernet cable** is a good idea—just in case you need to plug into the Ethernet outlet in your room for a better Internet connection.

With regard to keeping in contact with family and friends: Slovakia is six hours ahead of US Eastern Daylight Time. Be aware that the 24-hour clock (what we call "military time") is customarily used for official events (e.g., 13:00 hours instead of 1:00 p.m.).

**Drinking Water and Popular Alcoholic Drinks:**

Although tap water in Slovakia is perfectly safe to drink, most people there prefer drinking bottled water. You can purchase bottled water at the little shops located in the cafeteria lobby and classroom building, as well as in stores across the street from the Internat and at all grocery stores.

**Bottled water** comes in several varieties:

*Perlivá (voda)*—Sparkling water with the highest carbonation.

*Mierne perlivá (voda)*—Sparkling water with mild carbonation.

*Neperlivá (voda)*—Plain water, not carbonated.

*Mineralná voda*—Mineral water from Slovakia’s natural springs, which contain minerals reputed to have positive health benefits. Some are available in various flavors, from raspberry to mojito. Taste varies according to brand. If you don’t like one brand, try another.

**Popular non-alcoholic beverages:** Kofola (like Coca-Cola, but milder); Vinea—a popular grape-based soft drink; Coca-Cola, Pepsi, and others...

**Popular alcoholic beverages include:**

*Pivo*—Beer, available in Slovak, Czech and some American brands. Among Slovak beers, you might want to try Šariš and Zlatý Bažant.

*Vino*—Wine, specialties include varieties from Slovakia’s wine country, sparkling wine from the Bratislava region or sweet wines from the Tokaj Region.

*Borovička*—Strong gin.

*Slivovica*—Plum brandy.

**Medications:**

**Prescriptions:** Be sure to bring a sufficient supply of your prescription medications to last longer than the number of days you will be gone, just to be safe in case of travel delays. Keep your prescription medications in their original containers with the labels showing your name, the type of medication, and dosage. Should you become ill or need a replacement, the local doctor will want to know what you are taking, its formulary, and the dosage. Pack your prescription medications in your carry-on bag—not in your checked luggage.

**Precautionary note:** Talk to your doctor about bringing an antibiotic medication with you just in case you get sick, but be aware that healthcare in Slovakia is good, and Studium organizers will help you with any issues that might arise.

**Over-the-Counter meds:** Many of the same over-the-counter remedies available in North America can be found in Slovak stand-alone pharmacies (*lekareň*=pharmacy) or in pharmacies located within the large grocery/department stores. These include remedies for pain, colds, and flu. Since their usage and directions are written in Slovak, it may be better to bring a few remedies for constipation, gas, and diarrhea from home. A handful of Band-Aids and some antibiotic gel or cream are very useful to have on hand. Some participants suggest a stool softener, as well.

----**Note:** Pharmacies in Slovakia are usually separate from what in North America are called “drugstores.” Pharmacies deal almost exclusively with medications and related items such as band-aids. What appear to be “drugstores” sell shampoo, soap, cosmetics, other personal care items, and some OTC meds. They may be part of a chain from Germany under the name “DM” (Drogerie Markt). One participant reminds us that almost all restaurants, stores, and pharmacies have one or more English speakers. Again, Studium organizers will help you with health needs.

**Safety Precautions:**

Slovakia is as safe as most other tourist areas in North America, Europe, or elsewhere. Just apply the same safety precautions you would at home, such as not walking alone at night. Walk in pairs

or groups in lighted areas, paying attention to your surroundings, and safeguarding your money and valuables. Be sure to lock the doors to your bedroom and suite at night and whenever you leave.

**Keep your passport with you securely at all times** and leave the copy of the first page of the passport in your carry-on bag safely stowed away safely somewhere in your room. Don't put your wallet, passport, or money in your pants pocket. Invest in travel accessories that allow you to hide them under your clothes (in a convenient pouch around your neck, waist, or leg). If you carry a shoulder bag or camera case, wear it with the strap crisscrossed across your chest—and with the bag in front of you. Don't flash money in public.

----**Note:** Loud or boisterous behavior is not condoned in public in Slovakia. It can attract unwelcomed attention. We are guests in someone's house and should behave accordingly.

----**Special note:** A participant reminds us that it is possible to rent a bike. Also, the equivalents of Lyft/Uber are called Bolt and FlixBus—and these can be helpful. City transportation requires purchasing tickets from vending machines at many stops. Studium organizers will explain how to use this option.

**More about Supermarkets/grocery stores:** Studium participants report that they have purchased all kinds of items at the NOVUM and Epiria malls, including:

Comfortable walking shoes, sandals, slippers

Clothing (jeans, slacks, shorts, T-shirts, blouses, sweatshirts, jackets, sweaters, etc.)

Pajamas, nightgowns, robes

Big, fluffy bath towels and wash cloths

Bath soap, toothpaste, deodorant, shaving supplies, and other toiletries

Shampoo, hair spray and other hair-care products

Kleenex and personal hygiene products

Laundry detergent

A bigger pillow for the bed

Vitamins and over-the-counter medications

Writing paper, tablets, pens, pencils, binders, envelopes, etc.

Tote bags and backpacks

Hair dryers already equipped for use in Europe

Makeup, perfume, facial products

Fresh fruit, dried fruit (especially prunes—these help with GI-tract regularity) and nuts

Chips, candy, cookies and other snack foods

Vegetable snacks, such as carrots, celery sticks, green and red peppers

Soft drinks, fruit juices, beer, wine and bottled water

Extra hangers for hanging up clothes

In many cases, students found that the towels, pillows, hair dryers and other items purchased in Slovakia were relatively inexpensive and so they simply left them behind instead of taking them home.

**Tippling, Donations, etc.:**

Tipping is as customary at bars, coffee shops, and restaurants in Slovakia as it is in North America. A tip of 5%, 10% or 15% is fine, depending on the type of establishment and service. Tipping in self-service restaurants is not expected. Avoid over-tipping, as this can be interpreted negatively. Some restaurants include the gratuity in the bill. So be sure to check your bill first. Never leave the tip on the table as you are leaving. Usually, you will pay the bill directly to the server. Wait until your server has added up your bill and then either tell them how much you want to add—or else hand the tip to the server.

When visiting places like an old village church, the Museum of Rusyn Culture in Prešov, the monastery in Krásny Brod, and the Rusyn elementary schools, or wherever your Studium excursions take you this time around, consider leaving a small donation. Have some euros on hand for this purpose.

### **Visiting People's Homes:**

In Slovakia, it's customary to remove your shoes when entering someone's home. Take along a pair of slippers with you.

If you are planning to visit relatives or are invited to someone's home, it is also customary—and appropriately thoughtful—to bring a gift, such as candy, flowers, or a good bottle of wine or alcohol. You can purchase all of these at shops in Prešov. Relatives and friends may also appreciate receiving something you brought from home, something that reflects your family or where you live, such as family photos, a pictorial calendar, macadamia nuts (California!), a beautiful scarf, etc. You can also buy a special book of Rusyn cultural significance for them at the Rusyn Museum in Prešov or the Studium publishing house which you may be visiting early in your stay. One popular item is the recently published Rusyn-language Bible.

### **Travel to Slovakia from North America:**

Studium participants traveling from North America have chosen different routes depending on where they are departing from, going alone or in a group, and perhaps planning additional travel before or after the Studium.

One participant suggests: Fly to Krakow, Poland (better, he says, than flying into the smaller Košice airport and often possible as a direct flight from North America). There is a hotel connected to the Krakow airport if you wish to spend a night to rest and another hotel in downtown Krakow that can be accessed with Bolt (again, like Lyft/Uber). Download the Bolt and FlixBus apps and use them for purchasing trips, including to Prešov. The FlixBus (about 30-35 Euros; 4-5 hours from Krakow to Prešov) goes to the Prešov Bus Terminal, and from there it is possible to order a Bolt car (10 minutes) to get directly to the Internat cheaply. (Google “FlixBus from Krakow to Prešov” for time options and cost.)

Another participant suggests: Fly to Košice. Come prepared with 39-70 Euros or use the ATM there to acquire them. Taxis at the airport are “ready and willing” to make the 30-40-minute drive to Prešov directly to the door of the Internat.

### **Packing Suggestions:**

The following checklist is a compilation of items suggested by previous Studium participants created for your convenience as you prepare to travel. Of course, you won't need everything listed. What you pack will depend on your individual needs, what you want to take with you, and what you prefer to wait and purchase after you arrive.

One way to use the checklist is to highlight the items you intend to take with you in one color and those you will wait to buy in Prešov in another color. Then use the checkboxes to mark them off as you acquire them.

Remember to pack in your carry-on bag prescription medications, valuables, and things you want to access while traveling. You may also want to include a change of clothing or underwear in case your checked bag gets delayed.

## Packing Checklist

### Travel Items

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Airline tickets<br><input type="checkbox"/> Antiseptic wipes/lotion/hand sanitizer<br><input type="checkbox"/> Breath freshener<br><input type="checkbox"/> Cash<br><input type="checkbox"/> Comb/brush<br><input type="checkbox"/> Contact lenses<br><input type="checkbox"/> Copy of passport and credit/debit/ATM cards<br><input type="checkbox"/> Checked bag<br><input type="checkbox"/> Carry-on bag<br><input type="checkbox"/> Credit/debit/ATM cards<br><input type="checkbox"/> Ear plugs<br><input type="checkbox"/> Emergency medications:<br>> Air/motion sickness<br>> Cough drops<br>> Decongestant<br>> Diarrhea<br>> Constipation<br>> Headache<br>> Nose spray<br>> Pain<br>> Sinus/allergy<br>> Upset stomach<br><input type="checkbox"/> Eyeglasses<br><input type="checkbox"/> Eyeshades/sleep shades<br><input type="checkbox"/> Eye drops<br><input type="checkbox"/> Kleenex (travel size)<br><input type="checkbox"/> Lip balm<br><input type="checkbox"/> Luggage lock and keys<br><input type="checkbox"/> Luggage strap<br><input type="checkbox"/> Luggage tags | <input type="checkbox"/> Money security pouch/belt:<br>> 1 for U.S. dollars<br>> 1 for Euros<br><input type="checkbox"/> Passport<br><input type="checkbox"/> Prescription medications with labels<br><input type="checkbox"/> Entertainment:<br>> Charging devices<br>> Electronic games<br>> iPad<br>> Kindle<br>> Laptop computer<br>> Playing cards<br>> Reading materials<br><input type="checkbox"/> Snacks and gum<br><input type="checkbox"/> Sunglasses and case<br><input type="checkbox"/> Travel documents<br><input type="checkbox"/> Travel journal<br><input type="checkbox"/> Travel luggage scale<br><input type="checkbox"/> Travel neck pillow<br><input type="checkbox"/> Travel slippers<br><input type="checkbox"/> Toothbrush<br><input type="checkbox"/> Toothpaste<br><input type="checkbox"/> Your name, address, phone & Slovakia contact information inside checked bag<br><b>Health &amp; First Aid</b><br><input type="checkbox"/> Adhesive bandages<br><input type="checkbox"/> Allergy remedy<br><input type="checkbox"/> Analgesic (Icy Hot)<br><input type="checkbox"/> Antacid<br><input type="checkbox"/> Anti-diarrhea remedy | <input type="checkbox"/> Anti-itch cream/spray<br><input type="checkbox"/> Antiseptic lotion/wipes<br><input type="checkbox"/> Antiseptic cream (Neosporin)<br><input type="checkbox"/> Cold remedies<br><input type="checkbox"/> Corn and blister patches, moleskin<br><input type="checkbox"/> Cough drops/suppressant<br><input type="checkbox"/> Elastic/sports bandage<br><input type="checkbox"/> Eye drops<br><input type="checkbox"/> Headache and pain reliever<br><input type="checkbox"/> Hemorrhoid cream/suppositories<br><input type="checkbox"/> Laxative<br><input type="checkbox"/> Lip balm (Chapstick)<br><input type="checkbox"/> Sleep aid<br><input type="checkbox"/> Sunburn lotion<br><input type="checkbox"/> Sunscreen<br><input type="checkbox"/> Vitamins<br><b>Personal Hygiene &amp; Care</b><br><input type="checkbox"/> Bath soap<br><input type="checkbox"/> Comb/brush<br><input type="checkbox"/> Contact lens solutions<br><input type="checkbox"/> Cotton swabs/balls<br><input type="checkbox"/> Dental care<br>> Dental floss<br>> Toothbrush<br>> Toothpaste<br>> Mouthwash<br><input type="checkbox"/> Deodorant/antiperspirant<br><input type="checkbox"/> Dirty clothes bag<br><input type="checkbox"/> Facial products |
|--|--|--|

- Feminine hygiene products
- Fragrance/perfume
- Hair care products
  - Conditioner
  - Hair spray
  - Mouse
  - Shampoo
  - Styling gel
- Hair dryer
- Hand and body lotion
- Laundry soap
- Makeup
- Nail care (polish, remover, clippers, file)
- Razor
- Shaving cream and after shave
- Shower cap
- Skin lotion
- Sunblock
- Wash cloth

### Miscellaneous Items

- Alarm clock
- Makeup mirror/magnified
- Names, addresses, phone numbers:
  - Emergency contacts
  - Your doctor
  - People to visit

- Sending postcards
- Plastic (or inflatable) clothes hangers (for drying laundry)
- Safety pins
- Small scissors
- Small sewing kit
- Small flashlight
- Sun hat
- Sunglasses
- Travel clothesline
- Tweezers
- Umbrella
- Wire hangers

### Clothing

- All-weather jacket or raincoat
- Belts
- Jeans, khakis, trousers, walking shorts
- Jewelry, earrings
- Robe
- Sandals
- Scarves
- Shoe inserts
- Skirt (optional)
- Sleepwear
- Slippers/shower shoes

- Socks/stockings
- Special occasion attire (for opening and closing ceremonies)
- Sweatshirt, sweater, jacket
- Underwear
- Comfortable walking shoes
- Watch
- T-shirts, casual shirts, blouses

### Camera and Electronics

- Batteries
- Battery charger
- Camera
- Film or media cards/sticks
- 2-pronged adapters
- Electric voltage converters (if necessary)

### For Purchases

- Folding/collapsible bag, tote, or extra suitcase
- Bubble wrap (for fragile items)
- Egg carton (for pysanky)
- Ziploc bags (for small items)

## The Rusyn Alphabet

Three weeks is a very short time to acquire familiarity with any complex Slavic language, including Rusyn, but with some effort and preparation (including in advance of your arrival), participants in the beginning levels will leave being able to read, comprehend, and say a number of phrases for simple conversation. To help accomplish this, you are strongly urged to have acquired some familiarity with the Rusyn Cyrillic alphabet **by the time you arrive**. Otherwise, it may be difficult for you to keep up. All teaching is done using Cyrillic.

In Rusyn, each letter has its own unique sound. Those sounds are made up of the sounds of one or more letters of the Latin alphabet used for English. If you have studied Russian or Ukrainian, you are already familiar with Cyrillic and most of the Rusyn letters.

The alphabet here lists each Rusyn letter in printed Cyrillic (both upper and lower case) and its equivalent using the Latin alphabet. The right column shows you how to pronounce each letter using familiar English words as examples. Practice printing and pronouncing the Rusyn letters and try to memorize them.

### Learning the Rusyn Cyrillic Alphabet:

Toward learning Cyrillic for the Rusyn and how to write it, check the following site, and specifically click on “Lesson 1 – 2025 Cyrillic for Rusyns” and the subsequent lessons on Cyrillic for Rusyns. These are kindly provided by Dr. Brian McHugh:

<https://drive.google.com/drive/folders/1Ro82sr287L3ogBGyf9TXklY4yrdG0GVi>

## Rusyn Cyrillic for the Prešov Variant

Cyrillic	Latin Transliteration	Pronunciation	
А, а	a	as in	<b>f<u>a</u>ther</b>
Б, б	b		<b><u>b</u>ig</b>
В, в	v (before vowels) w (otherwise)		<b><u>v</u>ote ho<u>w</u></b>
Г, г	h		<b><u>h</u>it</b>
Ґ, ґ	g		<b><u>g</u>et</b>
Д, д	d		<b><u>d</u>ay</b>
Є, є	je / ie		yes
Е, е	e		<b><u>e</u>t</b>
Ë, ë	jo/io		<b><u>Y</u>ork</b>
Ж, ж	zh / ž		vis <u>ion</u>
З, з	z		<b><u>z</u>ip</b>
І, і	i		<b>be<u>e</u>t</b>
Ї, ї	ï		<b><u>vi</u>eld</b>
И, и	y		my <u>th</u>
Й, й	j / i		bo <u>y</u> ; <u>y</u> oung
Ы	ÿ		<u>e</u> arth
К, к	k		sk <u>i</u> n
Л, л	l		ba <u>ll</u>
М, м	m		<u>m</u> an

<b>Н, н</b>	n		<b><u>n</u>ote</b>
<b>О, о</b>	o		sh <u>o</u> re
<b>П, п</b>	p		sp <u>i</u> n
<b>Р, р</b>	r		gr <u>a</u> cias (trilled as in Spanish)
<b>С, с</b>	s	as in	<u>s</u> and
<b>Т, т</b>	t		<u>t</u> oo
<b>У, у</b>	u		bo <u>o</u> t
<b>Ф, ф</b>	f		<u>f</u> ire
<b>Х, х</b>	x / kh		B <u>a</u> ch
<b>Ц, ц</b>	c / ts		hi <u>t</u> s
<b>Ч, ч</b>	č / ch		<u>ch</u> eam
<b>Ш, ш</b>	š / sh		<u>sh</u> ock
<b>Щ, щ</b>	šč / shch		fr <u>sh</u> <u>ch</u> ease
<b>Ю, ю</b>	ju / iu		<u>y</u> ou; <u>u</u> niversity
<b>Я, я</b>	ja / ia		<u>y</u> acht
<b>ь</b>	'		<b>soft sign (shows a soft preceding consonant)</b>
<b>Ъ</b>	”		<b>hard sign</b>