

Russian North Expedition 2009, first season

Leading organization "**American Friends of Russian Folklore**"

This corporation is organized for charitable, scientific, and educational purposes within the meaning of Internal Revenue code section 501(c) (3)

The specific purpose of this corporation is to support and promote American understanding of Russian folklore and traditional Russian life and culture. This purpose is accomplished by supporting research projects, educational activities, and cultural activities, specifically including, but not limited to: Scientific field research projects in Russia to collect data and make recordings; documenting, analyzing and archiving Russian folklore and oral histories; and presenting educational and cultural lectures and programs at universities, conferences, and festivals.

Principal Investigator of this expedition: Dr. Yelena Viktorovna Minyonok
Folklore Archive of Russian Academy of Sciences
Institute of World Literature

Introduction

Dear Friends,

Welcome to the **Russian North Expedition** expedition! This project is devoted to the complex investigation of music, narrative traditions and rituals of the Russian villages in Karelia.

The expedition will take place in Russia, Karelia, Sortavala district, Khaapalampi village from **August, 8 till August, 22, 2009**. Until 1940 this territory belonged to Finland, and Khaapalampi was the Finnish village.

http://en.wikipedia.org/wiki/Winter_War

<http://www.winterwar.com>

After the Finnish-Russian War (Winter War), a large area of Finnish Karelia became a part of the Soviet Union. Sortavala and nearby villages have been populated by Russian peasants.

We plan to investigate what was the "spiritual luggage" taken by Russian peasants to the former Finnish land. We really need your help to successfully conduct our cultural and scientific project.

Welcome to Karelia,
Sincerely yours, Yelena Minyonok

GENERAL INFORMATION

Dr. Yelena Viktorovna Minyonok

POSITION / TITLE:

Chief Curator of Folklore Archive,
Major Researcher

WORKING ADDRESS

Institute of World Literature
Russia, 121069, Moscow,
Povarskaya, 25a

Tel. 7-495-952-6583

TEAM DATES IN FIELD:

August, 8 – August, 22, 2009

Location:

Country: Russia

Province: Karelia

District: Sortavala

Villages: Khaapalampi

THE EXPEDITION

1. PROJECT OVERVIEW

This is the first team which will work on the **Russian North Expedition**. The project aims to document the dramatic history of this land. In 1940 the Finnish population of Sortavala district was moved out by Soviet troops.

http://www.historyhouse.com/in_history/winter_war

The Russian peasants were moved from other provinces. After June 22, 1941, when the German troops crossed the border of the Soviet Union, the Russian population from the former Finnish land was evacuated and the Finnish population came back to their homes. Then, after 1944, the Finnish villagers were moved out and Russian peasants took their houses.

Our team will work with the oral history, documenting the stories of villagers who were witnesses of these dramatic events.

This expedition has two main goals:

a) to document the oral history of this settlement,

b) to investigate what parts of folklore traditions the Russian population of Khaapalampi have been preserved.

2. RESEARCH AREA

Our team will work in Khaapalampi village (400 km distance from St.Petersburg) in Karelia, Sortavala district.

The village where our team will conduct investigation is settled in the forest area, which is covered with birch trees, firs, and pines.

3. PROJECT STAFF

Principal Investigator

Dr. Yelena Viktorovna Minyonok was born in 1965 and raised in Moscow. She graduated from Moscow State University and is currently Professor and Chief Curator of the Folklore Archive of the Russian Academy of Sciences. A cultural anthropologist and folklorist, Dr. Minyonok has authored more than 60 fundamental articles about the verbal level of Russian folklore songs and the problem of correlation between text and context. Her theoretical articles and publications of folklore collections offer essential input into the deep investigation of folklore traditions. She has been a supervisor of more than 40 expeditions in the different areas of Russia and will serve as the primary point of contact for volunteers on the project. She manages the logistics and volunteer tasks and serves as the primary translator.

Two projects of Dr. Minyonok have been included in the program of Earthwatch Institute (Massachusetts, USA) – www.earthwatch.org <<http://www.earthwatch.org>>. The first one was conducted in 1995-2000 and was called “The Folklore of Rural Russia”, the second one was conducted in 2004-2007 and was called “Music and Folklore of Russian Villages” - <<http://www.earthwatchexpeditions.org/US/exped/minyonok.html>> During ten years of international cooperation with Earthwatch Institute Dr. Minyonok had the pleasure to work with more than 200 volunteers throughout the world. In 2007 she won the Fulbright stipend and taught folklore and Russian language courses at the University of Kentucky (USA).

Research Staff

The main assistant of Dr. Minyonok will be Anna Utesheva, the graduating student from Moscow conservatory named after Petr Chaikovsky.

DAILY LIFE IN THE FIELD

4. TEAM ITINERARY

If you intend to arrive in St.Petersburg before the designated rendezvous time, you should contact Dr. Minyonok to arrange an alternative rendezvous

time and place. Do NOT travel back to the airport to meet your team.

The team will stay:

at the hotel "Gostinitsa na Sadovoi"

St.Petersburg, Sadovaya st., 53

The nearest subway stations are "Sadovaya" or "Sennaya".

The first working day of our expedition will concentrate on briefing the volunteers on tasks and on the aims and expectations of the project. Team may visit Russian Museum, Peterhof, Isaac Cathedral, etc.

Day 1 (August, 8)

Arrival to St.Petersburg. Rendezvous place is the hall of "Gostinitsa na Sadovoi", 3 p.m.

The team members will have a dinner in St. Petersburg.

Day 2-3 (August, 9-10)

Our group will have tours in St.Petersburg visiting the outstanding historical places such as Isaac Cathedral, the Russian Museum, Peterhof.

You will be expected to cover your own costs for visiting museums. If the museum is located far from the accommodations, you must cover your cost of transportation to the museum. Local museums typically charge US\$30 admission or US\$40 for an excursion with a guide. The boat excursion through the channels of St.Petersburg will cost near 45\$.

Day 4 (August, 11)

Arrival to Sortavala town. We will spend a night at the hotel "Ladoga".

Day 5 (August, 12)

We will have a tour with a guide through Sortavala town for a better understanding of the cultural and social situations in the research area. **Then we will visit the Museum of Northern Ladoga.**

At the end of the day we will go to Khaapalampi village, 10 km from Sortavala.

Day 6-11 (August 12-18)

field work in Khaapalampi (audio records, conducting interviews, making

pictures and sketches).

Day 12 (August 19)

Departure from the village and arrival to Valaam Island by boat (near 50 minutes)

Day 13-15 (August 20, 21, 22)

Staying on Valaam Island (excursions, walking)

Day 15 (August, 22)

Departure to St.Petersburg

5. DAILY SCHEDULE AND TASKS

Be aware that schedules can and do fluctuate. Your cooperation and understanding are appreciated. Western volunteers should note that the Russian sense of time will take some getting used to. The Principal Investigator will try to keep the project running on schedule; however, timeliness does not carry the same meaning in Russia as it does in the West. For instance, a "quick" meal will usually last at least an hour.

Additionally, the project is an exploration into the existing folklore and narrative traditions in particular Russian village. The reality of this exploration is that schedules are very flexible and often dependent upon the singers and narrators you meet, their experiences and additional singers that they may know. For instance, you may have a wonderful recording session with an individual singer and find out that she used to sing with her cousin who also lives in the village, but they can only sing together in the evenings because she is busy during the day with laundry, cows and fields. It is because of this organic process that the schedule below is very flexible. Volunteers are encouraged to relax, have fun and allow the project staff to concentrate on the schedule. The chart below shows an example of a research day from rising to retiring.

9:00 am Breakfast

10:00 am Daily briefing (staff members will explain daily tasks and how these tasks will integrate into the work of the whole team and into the work of the whole project)

11:00 am Walk or drive to the recording place

11:30 am Make audio and video records of musical performances and create pictures

1:30 pm Walk to the dining place

2:00 pm Dinner

3:00 pm Break

4:00 pm Walk to the houses of performers

4:30 pm Visit singers and make solo records, conduct interviews, fill out questionnaires, and check the English translation of song texts prepared for publication in English

7:00 pm Walk to the dining place

7:30 pm Supper

8:30 pm Summarize the results achieved during the work day

6. VOLUNTEER TRAINING AND ASSIGNMENTS

Training

At the beginning of every expedition all team members will be trained in making video and audio recordings of music performances. Staff members will explain in detail what should be recorded in terms of genres, peculiarities of performance and poetic features (i.e. symbols and metaphors), the history of a song and its scientific and public significance. Since dances and special gestures accompany most of the songs, team members will keep track of emotional and theatrical aspects of singing in addition to the videotaping.

Assignments

Our volunteers will assist the researchers with making audio recordings, translations, describing the theatrics of the performances, recording video and taking pictures. Folklore was created not for observing but for participation. Project staff members will maintain personal contact with a singer or narrator during his/her performance, while the volunteers will operate the audio and video equipment. Volunteers will also assist with taking pictures of each song performance to add to the photo gallery of singers in their everyday lives and during their performances.

Please note that the primary volunteer responsibilities will be observing, recording and translating.

Often, the most physical portion of the trip is handling your own luggage as in transit from St.Petersburg to the research site. For more information about the physical and emotional requirements of the expedition see Section 10 '**Project Conditions.**' For information about luggage and packing, see Section 12 '**Packing Considerations.**'

Note that knowledge of Russian is not required for participation and neither is knowledge of the technical aspects of recording. However, this project is a full immersion into rural Russian life, so volunteers that speak Russian will have a much different experience than those that do not. For those that do speak the language, please be patient with the fact that information will need to be translated for others. ***Those that do not know Russian are urged to learn some basic phrases such as greetings, "Goodbye," "Please," "Thank you," "I don't understand" and "I don't speak Russian."*** Basic phrases about family and eating are also helpful. Your experience will be greatly enhanced if you are prepared to sing a song for the local villagers. They appreciate this reciprocity after having their own songs recorded by volunteers all day. Thus, please be ready to sing one or two popular or national songs

such as your national anthem, "Jingle Bells," "America the Beautiful," "Row, Row, Row Your Boat," etc.

The project staff realizes that team spirit among volunteers and staff members is the most important factor in achieving scientific results. A strong team spirit will develop through group discussion of overall goals, daily plans and results and through constantly sharing stories over numerous communal meals. Participation in the daily recordings will also strongly promote team solidarity.

7. ACCOMMODATIONS

The team will spend three days in Petersburg on August 8th, 9th and 10th . The team will stay at the hostel "Gostinitsa na Sadovoi". You will be able to leave your luggage in a safe place. During these days we will have a good food in the nice cafes in St.Petersburg.

In the Villages

While in the village housing will be in the clean local homes of the singers and narrators being studied by the project. The village where we will stay is called Khaalampi (Sortavala district).

Rooms will be shared by three or four expedition members. Couples will have their own private space in an area curtained off from the main room. Beds, mattresses and pillows will be provided by local officials but volunteers will need to bring linens. Linens are the cultural norm and you may get strange looks if you pull out your sleeping bag. It is requested that you bring your own linens so the villagers do not feel responsible for providing and washing them for you; washing is not an easy process considering there is no running water. According to Russian cultural norm it is very impolite to leave your used linens, towels or any other dirty or used clothes in the house where you stay. If you do not want to take your linens back home, please, give it to the project staff in Petersburg. They will send them to the laundry where they will be washed, ironed, starched and nicely packed. If you wish they may send your clean linens back to the hostess.

The houses in rural Karelia do not have showers in European understanding but there are saunas or garden showers in the village. The garden shower is the container full with warm water which can be used regularly. Electricity, gas and refrigerators are available at all accommodations. Every house will have its own pit toilet, found in a small wooden building. People squat when using the pit toilet as there is usually no seat above the pit. Laundry machines will not be available, so volunteers should plan on hand-washing their clothing (after hauling water from the well, heating it on the stove and locating a spare dishpan).

Cultural Notes

Volunteers used to Western ways may be surprised by certain customs and norms in the Russian village. For example, men are served their meals first and are referred to first in conversation. Women smokers are encouraged to smoke in private when in the villages as this is considered inappropriate behavior by villagers. The staff members will be able to assist you with finding appropriate places to smoke. Because you will be staying in a villager's home, you will be included in the daily life of your hostess. You may find that your hostess has suddenly become very popular in her village because of her foreign guests, and the young men and women of the village may come to see and speak with you after your recording sessions. These young men and women may also invite you to join them on a social event such as going to the local "club," on a forest walk, etc. Please do not go on any social outings without a staff member to accompany you.

The concept of privacy and personal time is very different in Russia than in the US or the UK. Because it is very unusual for foreigners to be in the Russian villages, the local people will be interested in you, your camera, your music player, etc., and sometimes this may feel somewhat overwhelming - especially when you are back at your hostess' house looking to relax after your day of recording. Pay attention to how you are feeling and feel free to tell the staff members that you need some personal time. They will be happy to work with you to accommodate your needs in such a way that will not affect the project's work efforts or schedule. For information on how to take the Russian culture into consideration when packing for your expedition, see Section 12 'Packing Considerations.'

8. FOOD

While staying in the villages team members will take turns assisting with cooking and cleanup. Meals will be eaten in a special room in the house where you are staying and will include the regional food that is in season. Russia is famous for its mild (not spicy), rich and various cuisine. Volunteers will be introduced to a wide range of traditional dishes such as borshch (traditional beet and meat soup), shchi (traditional cabbage soup) kotlety (rissoles), solianka (braised cabbage with meat and mushrooms), traditional desserts and baked goods. In the Russian village available food will include bread, buckwheat, rice, millet, potatoes, milk, cottage-cheese, butter, sour cream, eggs, seasonable vegetables (carrots, cabbage, green onion, vegetable marrows and beets), fruits (apples and wild berries and apricots). Fresh meat and fish are available daily. There are local food markets filled with fresh, high quality food a short distance from each village.

Note that you should not drink tap water. Boiled water is always available and you are advised to bring a water bottle to fill. You may wish to buy bottled water in a local store. Please be aware that the cost of bottled water is not included in the expedition

budget, nor is the cost of any alcoholic beverages volunteers may elect to purchase. These items must be purchased with your own funds. Please remember to follow the cultural guidelines you will be briefed by your Principal Investigator.

Below is a sample menu with food you might expect during the expedition. Please bear in mind that variety depends on availability and it is very important to be flexible.

Breakfast: Fried eggs with sausages, pen cakes, tea/coffee

Lunch: Soup and buckwheat with salad (biggest meal)

Dinner: Potatoes with meat and mushrooms

Please alert Yelena Minyonok to any special dietary requirements as soon as possible. Diabetic, low-fat and low-salt diets are possible. While most main meals will contain meat, vegetarians will usually be able to alter the main dish as there is a wide range of vegetable dishes. However, accommodating special diets is not guaranteed and can be very difficult due to availability, location and local conditions.

Special note to vegans and strict vegetarians: Please be aware that it is often difficult to accommodate strict vegetarians and vegans. It may be possible to get meatless meals but vegans and strict vegetarians may have a problem avoiding animal products altogether. If this poses a problem, then participation on this expedition should be seriously reconsidered.

TRAVEL PLANNING

9. BEFORE YOU LEAVE

Entry Requirements

NOTE: Please read this section carefully. Most travelers to Russia must have a valid passport. **YOUR VISA SHOULD HAVE REGISTRATION IF YOU STAY MORE THAN 3 DAYS IN ONE PLACE!**

Volunteers Under 18 Years of Age Entry to Foreign Countries

In an effort to prevent international child abduction many governments have initiated procedures at entry/exit points. It may be possible for 16- and 17-year-olds to participate in the project if accompanied by a parent or guardian. In this case, if the minor will be traveling with only one guardian or if for any reason they will be traveling alone, it may be necessary to have a notarized letter from all legal guardians

stipulating that they may travel unaccompanied or in the presence of a single guardian. This letter must give an explanation for why only one parent or someone other than a parent is signing the letter. For example, if one parent is deceased, only one parent has legal guardianship, or someone other than the parents are legal guardians, the letter should state that.

In addition, airlines may also have documentation requirements for unaccompanied minors. Parents of minors are responsible for checking with each airline that their child will be flying to ensure that sufficient documentation is provided. This could include a copy of a birth certificate or a notarized letter stating that the minor has his or her parent's permission to travel alone or with only one parent.

Note: Requirements by specific countries and airlines vary and change frequently. You **MUST** keep informed of the requirements on your own to avoid problems at immigration. If a letter is not available, the volunteer under 18 can be refused entry into the country. There is nothing we can do to help in this circumstance.

Other Advice / Information

- Local currency: Russian ruble (US\$1= 31 rubles at time of printing, but please keep in mind that many banks may sell rubles at a higher rate).
- Language: Russian
- International dialing code: +380
- Electricity: 220 volt, two-pronged European-type plug. Volunteers can charge cameras and other electronic equipment in the villages.
- Personal funds: Volunteers should have approximately US\$100 for souvenirs, sundries, alcoholic beverages, visits to local museums, etc. Museum entrance tickets average US\$25-30. Boat excursion on Valaam Island costs near 60\$.

If volunteers wish to go to museums that are far away from the research area, the team will need to split the cost of the transportation which could be close to US\$50 each.

Credit cards are accepted in St.Petersburg. Credit cards are NOT accepted in smaller towns or villages. Traveler's checks are not advised as converting them to cash usually takes a long time and you may need a translator. The best way to exchange money is to do it in St.Petersburg before the team's departure for the village. You can easily exchange money at the airport and many other banks in St.Petersburg but not in the village. Volunteers will not be able to access ATMs once in the villages. Withdrawing funds via ATM in Sortavala may also prove difficult. You may only be

successful at one out of 10 ATMs. Note that tipping is a custom in Russia. The norm is 15% from your price.

- St.Petersburg subway/metro: The mass transportation in St.Petersburg is fast and efficient. If you are spending time in the city beyond the expedition, you are encouraged to bring a subway map that lists both the Cyrillic and Latin names. You will rarely find any Latin posted in the stations although you will find some inside the trains. The Cyrillic spelling is critical in order to find your correct stop and the Latin is useful to help you pronounce the name of the stop.

Please be aware that there is limited time to get on or off the subway in St.Petersburg. Be prepared to board as soon as the train arrives and to disembark as soon as the train reaches your station.

- Luggage: If you are checking your luggage for an international flight with one or more connections, it will be necessary to collect your bags at the airport and have them rechecked after proceeding through Customs. Also note that luggage weight and size will be restricted on this expedition. See Section 12 'Packing Considerations' for advice on packing appropriately.

10. PROJECT CONDITIONS

Please show this section to your physician when he/she is completing your health statement. Be sure to discuss inoculation requirements with your physician well in advance of your departure date. See Section 11 'Health Information' for inoculation information.

To the examining physician:

Your patient has volunteered to join a field research team that has specific physical demands of which you and your patient should be aware. We need your accurate evaluation of your patient's ability to meet the conditions detailed below in order to safeguard his/her health and safety and ensure that he/she can participate fully and effectively.

General Conditions of the Research Site

Summers in Karelia can be quite hot. The average temperature in June is 28°C and 27°C in August. The high temperatures in summer can be up to 32°C. The area has big rainfall, sometimes with strong winds and no earthquakes. It is possible to have thunderstorms in the summer season. Mosquitoes in this area can be a nuisance; however they do not carry known diseases. It is strongly advisable for volunteers to bring repellent. Flowers and herbs blossom from early May to the beginning of June, and those with allergies may be affected. Humidity 80% to 100%

Physical Demands

The physical demands of this project are very minor and volunteers of a very wide age range are welcome. The greatest physical demand is often the rapid loading and unloading of your luggage (and yourself!) when traveling. Please be prepared to quickly handle all of your luggage. The team will stay within walking distance of the performers being studied. Volunteers should be prepared to walk from site to site and to sit for long periods of time during interviews and music recordings (up to four hours per day!).

Below are the expected demands of the project, but please keep in mind that conditions may change and the project could potentially be more or less strenuous than the chart indicates.

Activity Workload/Intensity

Lifting: All of your own personal luggage for several minutes during Days 1, 2, 3, 4, 12 and 13.

Sitting: During interviews and recordings for 4-6 hours per day on most days

Walking: From site to site, 3-5 kilometers/2-4 miles for 2-3 hours per day on most days

Emotional Demands

Living in shared rooms, using pit toilets and the absence of every-day showers will be the main discomforts of this expedition. While the project is open to a variety of individuals, there are certain important requirements for participation. Everyone should be prepared for limited privacy, snoring roommates, etc. All team members must be able to maintain a stable emotional level during fieldwork. **If you could be described as "moody," this experience is not for you.**

Friendly and considerate behavior toward all team members and villagers is a very important factor for the success of the expedition. Unfriendly, impatient and/or eccentric (by village standards) behavior is unacceptable.

After the first day of work, please be sincere and tell project staff about concerns you felt during the day. They realize very clearly that your ideas about comfort and discomfort can be different from theirs. Your ideas about quality of food and accommodations could differ also. Please, tell staff about all your concerns and potential discomforts. If you do not share your complaints and concerns, it will be assumed that you are satisfied with the activities and logistics of the project.

Potential Hazards

Hazard Type Associated Risks and Precautions

- Transportation/ Be aware that most vehicles will not have seatbelts. Volunteers will not be permitted to drive during the expedition.
- Terrain/ Village roads are usually not paved and may be very dusty or muddy (if it is rain) in the summer. Overall, the terrain is uneven. Comfortable shoes without heels will minimize risks while walking.
- Animals/ Be advised that you will stay with families who may have household pets such as dogs and cats. These village homes are also usually subsistence farms with chickens, goats and other farm animals. If you are allergic to any such animals, please bring appropriate medication.
- Climate/ All volunteers should have sunscreen and protective clothing.
- Swimming/ Volunteers on summer teams may have the option of river swimming. Please be advised of river hazards such as currents, obstacles and debris. Do not swim alone. FOR THIS TRIP, PLEASE, DO NOT FORGET TO TAKE BATHING SUIT!
- Medical Conditions of Special Concern/ Volunteers with medical conditions capable of causing even mild or infrequent discomfort should bring their own medicine, as there are many differences between American, European and Russian pharmacological treatments and prescriptions. Volunteers should also bring necessary medications for basic ailments, such as head, tooth and stomach aches and corns or blisters.

A certain amount of agility is required for this expedition. While most of the time you will be moving at a leisurely pace, you will still need to be able to get on and off transportation quickly while handling your luggage on your own. Additionally, you may need to carry your luggage for several hundred feet, from vehicles to trains or buses. Walkways and paths are not always completely stable and may be rocky or sandy. Volunteers with walking aids will not be able to participate.

Back ailments Due to the walking and long periods sitting, volunteers with back ailments should consult with a medical professional before participating.

Knee ailments Those with limited knee flexibility/mobility should consult with a medical professional prior to participation as squatting in pit toilets may be difficult.

11. HEALTH INFORMATION

ALL VOLUNTEERS WILL BE REQUIRED TO PROVIDE THE MEDICAL

FORM SIGNED BY HIS/HER DOCTOR. THE FORM WILL BE SEND TO A VOLUNTEER WHEN HE/SHE WILL MAKE THE FINAL DECISION TO SIGN UP FOR THE EXPEDITION.

Medical decisions are the responsibility of each volunteer. Note that health conditions around the world are constantly changing, so keep informed and consult your physician, a local travel health clinic, the US Center for Disease Control (www.cdc.gov), the World Health Organization (www.who.int) or the resources in Section 15 'Helpful Resources' for the latest health information for travelers. Please consult your physician for guidance on inoculations if you intend to travel to other parts of the country.

12. PACKING CONSIDERATIONS

General Considerations

Please note that the size and portability of your luggage is VERY important on this trip. The luggage compartments on the trains, boats and buses will be very restrictive and will be unable to accommodate large pieces of luggage. Be advised that you will need to board subways, trains, boats and buses with your own luggage very quickly - often in less than three minutes. Russian transportation moves on a tight timeframe and delays are not tolerated. You may also need to carry your luggage for several hundred feet from a vehicle to a bus or train, as well as carry it up and down stairs. The project staff will have their own luggage and recording equipment to carry and will not be able to assist you with your luggage. For the reasons above, you should plan to pack light and avoid bringing large pieces of luggage. Two small pieces is better than a single large piece. Each individual piece of luggage should be close to 65 by 40 by 30 centimeters (25 by 16 by 8 inches). The best types of luggage are rolling carry-on sized bags and small rolling duffle bags. This may not appear to be enough for two weeks in the field, but you will be best off if you do as Russians do and bring only a few changes of clothes to wear over and over during the trip. There are a great number of stores in St.Petersburg, and one or two in Khaapalampi village, and in extreme situations (e.g. lost luggage or forgotten essentials) you will have the opportunity to purchase some items while traveling.

In addition to whatever luggage you choose to check in during your flight(s), you are encouraged to pack a carry-on bag with an extra set of field clothing and personal essentials in the event that your luggage is lost and/or takes several days to catch up with you.

Cultural Considerations

Please do not bring revealing clothing or shorts that are too short, as such clothing

would be considered inappropriate by the villagers. You will have the opportunity to visit local monastery and churches, and women are expected to wear a skirt (not pants) and cover their heads with a scarf when entering an Orthodox church. Note that Russians do not wear street shoes inside houses. It is very important to have slippers or thick socks to wear inside the house. Your outdoor shoes should be convenient and comfortable for quickly removing and putting back on, as you will leave them in front of every porch. Comfortable walking shoes (e.g. sandals or Birkenstocks) are best.

You are encouraged to bring photographs representing your home, family, city and/or country to show to Russian villagers. The performers are very interested in the life stories of their guests.

You should consider bringing small gifts for the villagers being interviewed and the singers and their families, as well as people who host or cook for your team. Colored sewing thread, flower seeds, scarves, caps, small toys for children, souvenirs from your hometown, etc., are all appropriate gifts.

Essential Items

Make sure to bring this Briefing with you. It includes essential information to which you may need to refer during your expedition, as well as during your journey to and from the project site.

Please see the Expedition Packing Checklist for a complete list of what you will need to take with you. You are encouraged to go through the list with a pen or pencil and mark off each required item right before you leave for your expedition. This list conveniently tears out from the briefing, so you can take it with you when shopping and preparing for your expedition. Make sure to bring the list with you on your expedition so you can check it again before you return home.

13. RECOMMENDED READING

Below are recommended materials for those interested in further preparing for the expedition.

These resources can be found at most libraries and book stores. Many can be purchased online through popular vendors.

Highly Recommended

1) Engle, Eloise & Paananen, Lauri (1992). *The Winter War: The Soviet Attack on Finland 1939-1940*. Stackpole Books. [ISBN 0-8117-2433-6](https://www.amazon.com/dp/0811724336).

2) [Tanner, Väinö](#) (1957) *The Winter War: Finland against Russia 1939-1940* Stanford University Press, California; also London.

3) Lord and Peasant in Russia. From the Ninth to the Nineteenth Century by Jerome Blum (New York, 1967)

14. EMERGENCIES IN THE FIELD

The Karelian area has health clinics run by the government with doctors of different specialties. Every village has a nurse center with a pharmacological store and medical staff working seven days a week. These centers can be visited for consultations if necessary. In medical emergencies a First Aid car will transport the patient to the local hospital. The distance to the nearest hospital will be 10 to 20 kilometers and transportation will take 30 minutes to an hour.

15. HELPFUL RESOURCES

Project-Related and Principal Investigator Websites

- Russian folk music library: <http://www.colorado.edu/germslav/Department/r-olson.htm>
- Lonely Planet travel guidebooks and online travel site: <http://www.lonelyplanet.com>.
- The Rough Guide travel guidebooks and online travel site: <http://travel.roughguides.com/>
- Amazon: <http://www.amazon.com>
- World Travel Guide: <http://www.worldtravelguide.com>
- Cheap Flights (worldwide): <http://www.travelix.com/> or <http://www.discountair.com/>

EXPEDITION PACKING CHECKLIST

Essential Items

This Expedition Briefing

Photocopies of important documents (e.g. passport, flight itinerary and credit cards) in case the originals are lost or stolen; the copies should be packed separately from the original documents

Passport

Certification of inoculation (if necessary)

Required Items

Clothing/Footwear for Fieldwork

Well worn-in and comfortable walking shoes or hiking boots

Long-sleeved shirts

Short-sleeved shirts (e.g. t-shirts)

Pants/Jeans for men and women (no shorts please!)

Simple cotton dresses and/or skirts of reasonable length for women (a dress/skirt will be required for entering Orthodox churches and cemeteries)

Head covering for women (also required for visiting churches and cemeteries)

Sweater or a jacket

One nice set of clothing for evening in town or to keep clean for end of expedition

Sandals, slippers or thick socks to be worn in the houses

Field Supplies

Insect (fly and mosquito) repellent (very important!)

Small daypack/rucksack

Drybag or plastic sealable bags (e.g. Ziploc) for protecting equipment such as camera from dust, humidity and water

One-liter water bottle(s)

Flashlight/Torch or headlamp with extra batteries and extra bulb to find your way to the pit toilet in the dark

Bedding and Bathing

Towel

Bed linens (pillowcase and sheets are preferable to a sleeping bag)

Personal Supplies

Spoon, fork and knife and unbreakable cup, bowl and plate

Personal toiletries (biodegradable soaps and shampoos are recommended)

Roll of toilet paper

Antibacterial wipes or lotion (good for "washing" hands while in the field)

Personal First Aid kit (anti-diarrhea pills, antibiotics, antiseptic, itch-relief, pain reliever, bandages, moleskin, etc.)

Sunscreen lotion with SPF 30 or higher

Miscellaneous

A song to sing that represents your country

Spending money (see Other Advice / Information in Section 9 'Before You Leave')

Small umbrella

Camera, film/memory card(s) and extra batteries (Polaroid cameras are very useful)

Regular audio cassettes (not mini format)

Note: You may make your own records on tape recorders and video cameras but you are requested to send copies of all materials to the project staff to add to their archives.

Optional Items

Swimsuit if your team is located on the bank of a river

Small gifts for villagers (e.g. colored sewing thread, scarves, caps and small toys for children, souvenirs from your hometown, etc.)

Earplugs and eye mask for sleeping

Personal fan