



Summer English Camp Journal 2016

Rostov Veliky



July-August 2016

Sister City Program

The Sister City program works to promote friendship between the two cities of Rostov Veliky and Steven's Point. As part of the program, teachers from Steven's Point, WI are invited to teach at the gymnasium's summer English Camp Program.

This journal includes information about the teaching program itself and the travel opportunities that could be included if you have an interest in participating in this wonderful program!

Meet Holly

Hello, my name is Holly Fritz and I had the opportunity to teach at the Gymnasium in Rostov Veliky the summer of 2016 for the English Camp. I had a wonderful time exploring Rostov, staying with my host family, and teaching. I would recommend this experience to anyone!

I have been teaching first grade for six years at Roosevelt Elementary School in Steven's Point, WI, USA. I have been married for 3 years. I have a 12-year-old step son. I also have a dog, cat, and an Amazon parrot. I love to travel and have always wanted to come to Russia. It is a beautiful country and I have made many wonderful friends.

Meet Mikayla

Hello, my name is Mikayla Landowski. Although I am from Steven's Point, I am a student at MSOE studying Biomedical Engineering. I am going into my junior year



at MSOE and my design team and I are currently working on device to assist in the development of artificial blood. I work in the MSOE Financial Aid Office as an office assistant and in the MSOE STEM department as a Catalyst Coordinator. When I am not at class or at work, I spend a lot of my time volunteering with Circle K. My family has two guinea pigs, Ivan and Peanut and a miniature Australian Shepard named Masha.

My sister and I have always loved Russian culture and history and we dreamed of visiting. Last summer our dreams came true: I studied in St. Petersburg and my sister Ellie participated in this program! After hearing how much she loved her time in Rostov, I couldn't resist coming myself. I have absolutely loved my time here and I hope I can come back next year!



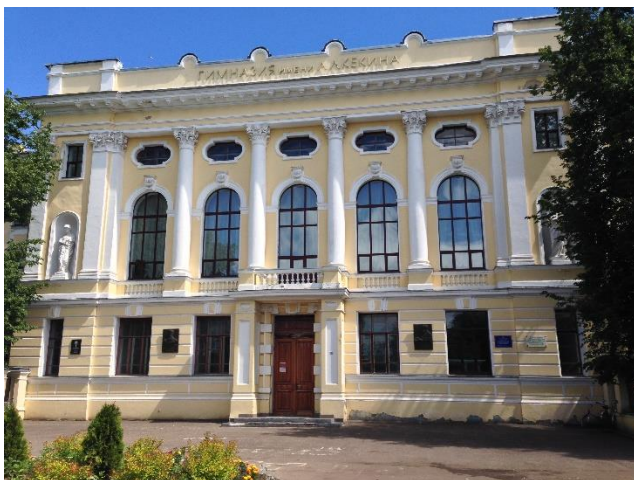
Program Overview

Our program aimed to teach students about American culture while reviewing vocabulary and enriching speaking and listening skills. The program is usually 2-3 weeks in length. We taught for several hours each day.

We had topics of holidays, the fair, carnival, food, animals, sports, music and movies. We also had an opportunity to play a variety of games with the students.

Alexei L. Kekin Gymnasium

We had the opportunity to teach at this beautiful and historic gymnasium, which was built in 1907. This gymnasium served as a hospital during World War II. We were able to enjoy a tour of the school and its museum.



We were thankful to attend the 2016 graduation ceremony. It was interesting to see the similarities between graduation in the United States and Russia.



We also had the opportunity to meet and work with the wonderful teachers of this school.



Thank you

Aliona is a dedicated English teacher at the gymnasium and is a part of what makes the Sister City Program so wonderful. We want to say thank you for all the work you do, the hospitality that you have shown to us, and all the beautiful things you showed us on this trip! Thank you for your friendship.



English Summer Camp

Thank you to the caring and kind students who participated in this program. We had an amazing time teaching you and talking to each of you every day! We had a great time and we hope you did too!



The Carnival and Fair

We learned about the Wisconsin State Fair. We learned about fair foods, carnival rides, and games. We had a chance to make carnival makes and play a variety of games.

Our Classroom



We had a large classroom with desks and chairs (which could be moved for games and activities). We also had access to a computer and projector to watch videos.



Tossing Games



Fun with Masks



Vocabulary Enrichment

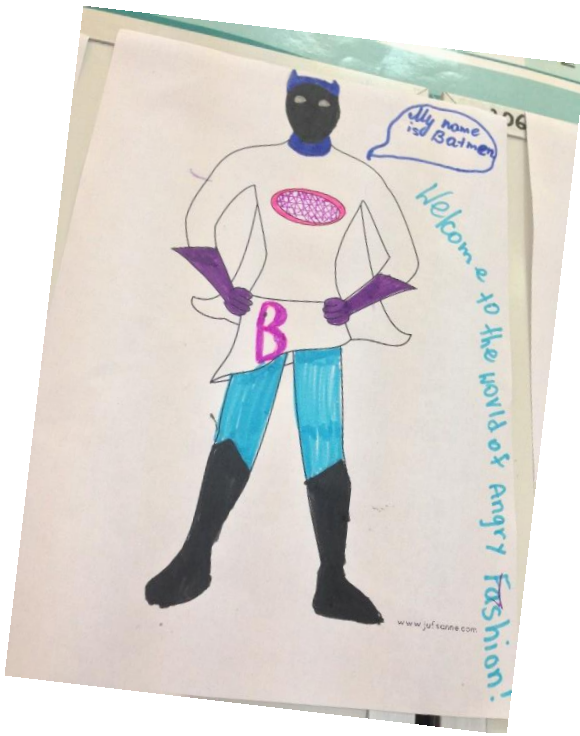
We had sports day where students Green Bay Packers and Wisconsin Badgers. We did Sports charades. We had an animal day where students had to invent their own animal using different animal body parts. Then we played a listening game where we picked one student's work and others had to listen to the animal being described and draw it.



Superheroes

Students learned about different English words for superhero powers. Then students were asked to create their own original superheroes with special powers.





Playing Guess Who



Food

We reviewed names of foods. We also looked at American advertisements and created posters of our favorite foods using them. Students also had fun creating a crazy burger and sharing the foods that they added to it with the class.

Musical Chairs

Holidays

Students learned about American holidays. We compared American holidays and Russian holidays. We had a lot of fun with the Easter Egg Hunt. We put word clues inside of eggs which we hid around the school. Students then had to find all the eggs with their team. Once they found all the eggs they needed to return to the classroom to put the clues in order which stated where the special Easter surprise was waiting (Bunny Peeps)!



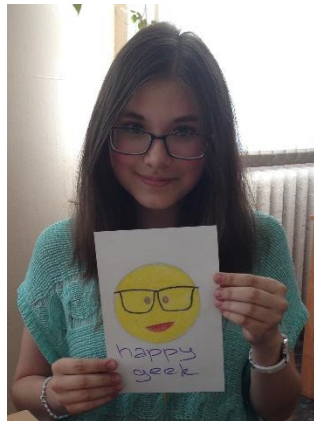


Thank you
for coming
to the English
Summer Camp!





How did you
feel about
English
Summer Camp?





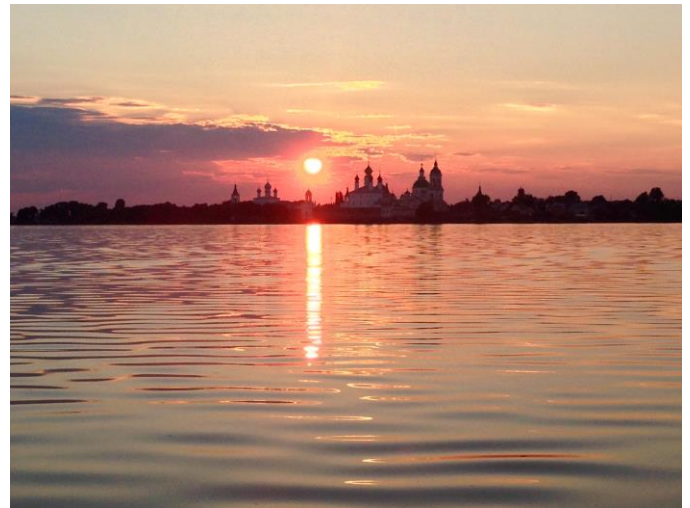
Rostov Veliky

Rostov Veliky is a historic town (part of the Golden Ring) on the edge of Lake Nero. It is comparable in size to Steven's Point, Wisconsin. There was so much to see and do in this town because of its rich history. Participants of the program have the opportunity to live with a host family for a month and experience life in Rostov Veliky.



Lake Nero

Rostov Veliky sits on the edge of Lake Nero which is estimated to be over 500,000 years old. It is nice to walk along the edge of the lake. We were lucky enough to travel around the lake on boat. From the water you can see beautiful views of the Spaso-Yakovlevsky Monastery.



Spaso-Yakovlevsky Monastery

We enjoyed several walks around the Spaso-Yakovlevsky Monastery in Rostov. The monastery was founded in the 14th century with several of the buildings being built in the 17th century.



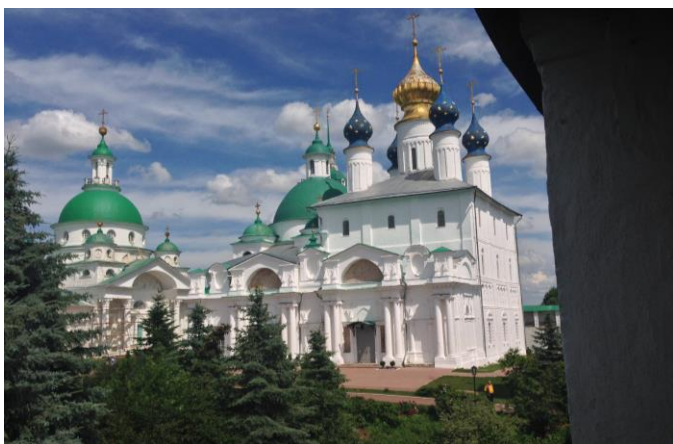
There is a beautiful garden within the grounds as well as a small shop to buy small pastry treats and try kvass (a fermented beverage made from rye bread).

If you climb up the stairs you can see beautiful views of Lake Nero and Rostov.

You can view and purchase religious icons here. Outside of the monastery you can find small gifts and souvenirs such as enamel pieces (Rostov is famous for its beautiful enamel).

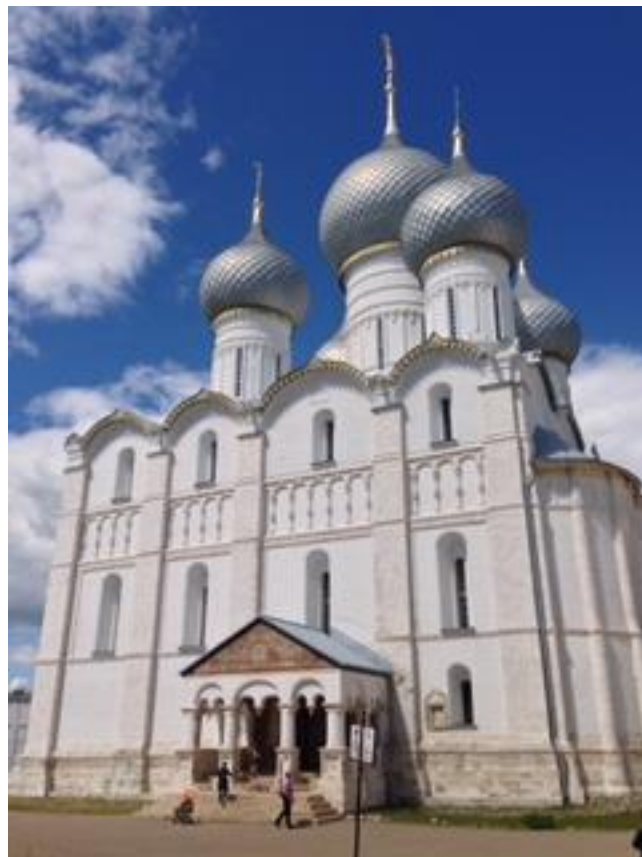


Views from the top



Kremlin

The Kremlin of Rostov Veliky is beautiful and worth coming back to several times. There is a lot of history to take in. We went on a tour of the grounds as well as the churches inside. We also went on a tour of the bell tower and the water tower to see some amazing views of the town.



Historical Churches

We had the opportunity to see some historical churches of Rostov Veliky such as this beautiful wooden church.



We had fun dressing in traditional royal Russian clothing and walking around the Kremlin.



Hedgehog museum

Some of the most fun day trips we experienced were the museums. At the Hedgehog museum you can learn all about hedgehogs (which are wild to Russia) including the story of Catherine the Great meeting a hedgehog near Rostov when her carriage needed repairs. We also were able to make some fun crafts and learned the art of gilding. They also have a shop to buy some souvenirs for family and friends.





Outside the Hedgehog Museum



Spoon and Jam Museum

Another fun museum is the Spoon and Jam museum where you learn about the history and craft of making wooden spoons. You also get to sample the jam flavors such as pine and carrot!



Onion Museum

At the Onion Museum you can learn all about the history and importance of the Rostov Onion. They also have a restaurant that serves wonderful onion dishes.



History Museum

We went to a museum about the history of people that have lived in the Rostov area. It very interesting to hear how people lived and the tools that they used in their homes. It was also interesting to hear about how the city has developed over time.



Craft House

A really fun day trip was to the Craft House in Rostov. We got to make hedgehog whistles and see how the whistles are made from clay and fired. This is great place to check out the local crafts and gifts.



Enamel

Rostov is famous for its enamel jewelry and crafts. We very lucky to tour an enamel factory owned by Holly's host family. We got to see the amount of work that goes into each enamel piece whether is a small piece of jewelry or a religious icon. We saw how each piece is intricately painted with many layers before being carefully fired and then metal adornments and jewels are added.



Princess Frog Museum



We had a lot of fun at the Princess Frog museum hearing the famous Russian legend of the Princess Frog and that it is believed to have come from Rostov's own Lake Nero!



The Princess Frog



Food

We tried many wonderful foods in Russia! Some of our favorites were blini (crepes filled with pretty much anything you could desire!), pelmeni (a type of dumpling), and pirozhki (stuffed buns with meats and vegetables) not to mention the delicious soups, meat, and fish dishes we had!



Blini

Napoleon Cake

We got a chance to have this delicious cake twice! We even got a cooking lesson on how to make it! We hope to make it someday on our own! The layers can be filled with many types of fruits. We had strawberry and another with kiwi!



Walking and Biking Around Town

One of the most fun things to do is biking and walking around Rostov to look at all the beautiful buildings. The windows are especially beautiful as you can find many houses with unique handcrafted ones.



Adding the layers

Gifts from Rostov



Dacha/Banya

We were so thankful and excited to be invited to spend some time at two dachas (summer homes) and experience the banya (sauna). We had wonderful afternoons with friends. We had great food from the garden and grill. Experiencing the banya was quite relaxing and refreshing. You can be hit (massaged) with branches-- it feels good! This is something for anyone who comes to Russia to experience.



Dacha (Summer Home)



Inside the Banya



Enjoying the summer day



Delicious Food

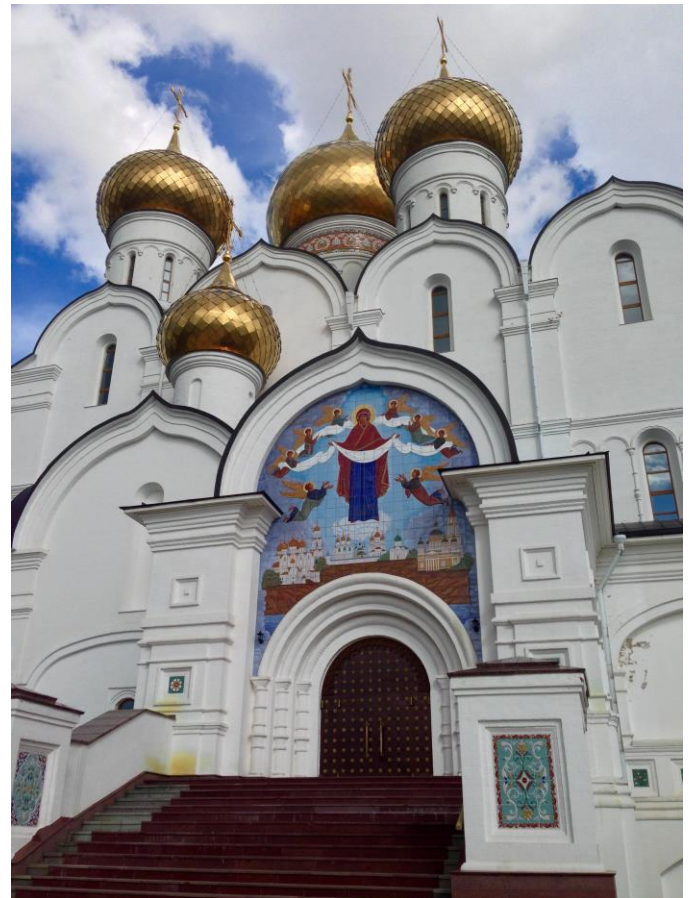
Yaroslavl

There are some great day trips we took outside of Rostov such as to Yaroslavl which is part of the Golden Ring and located on the Volga River. It is believed that Yaroslav the Wise killed a bear before the founding the city, which is why the bear is a symbol of the city.

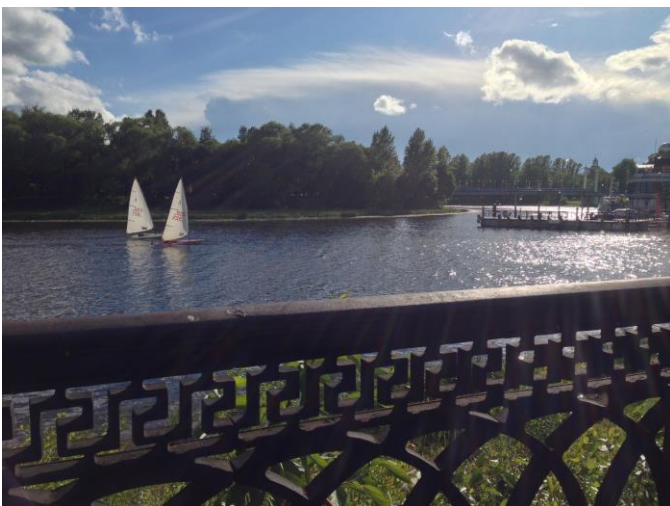


"I Love Yaroslavl"

The Assumption Cathedral



The Assumption Cathedral was originally built in the 13th century and recently restored in 2010



On the Volga River

The Great Patriotic War Memorial



Memorial of World War II

Circus

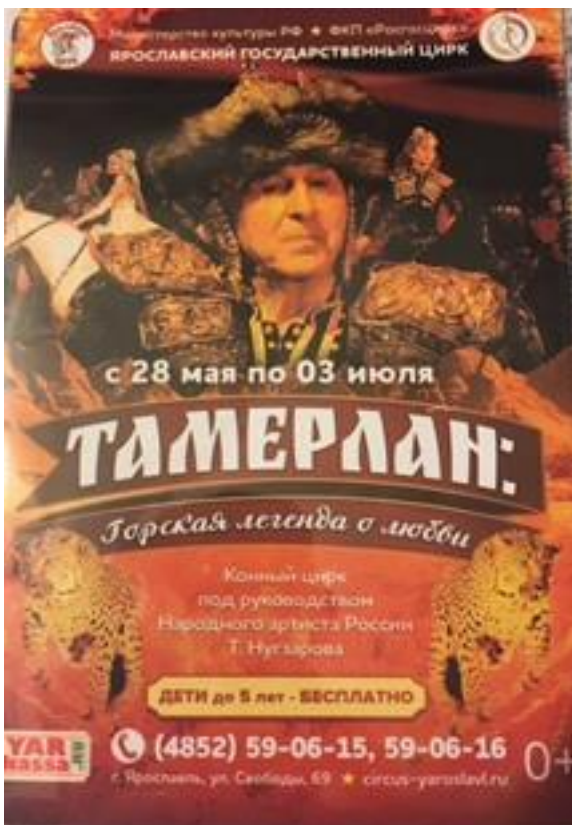
We attended a very popular circus in Yaroslavl. This one told the story of the Mongol-Tartar invasion in Russia. It was a huge production with many talented people and animals.



Horses from the show

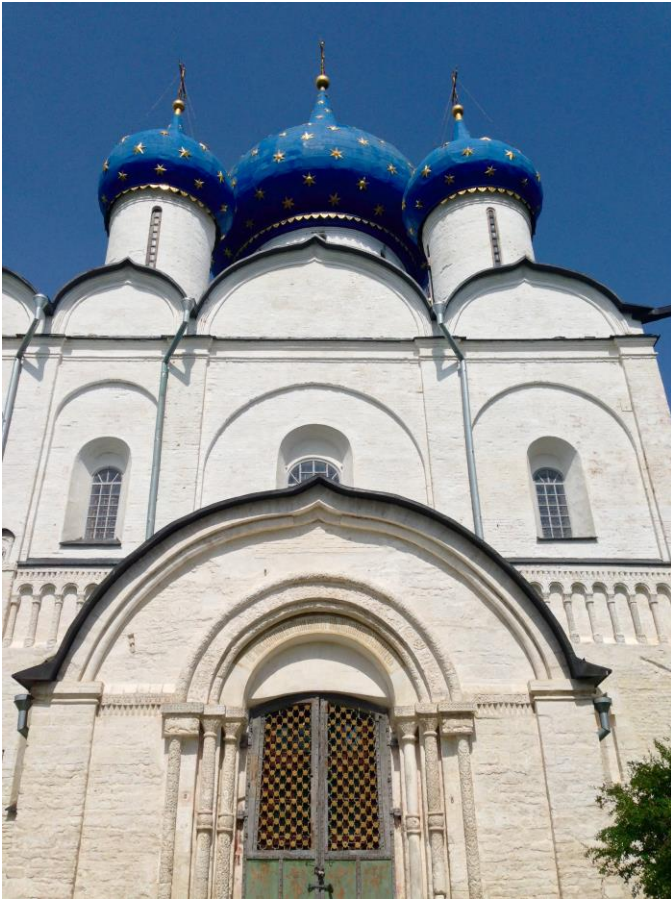


Shopping in Yaroslavl

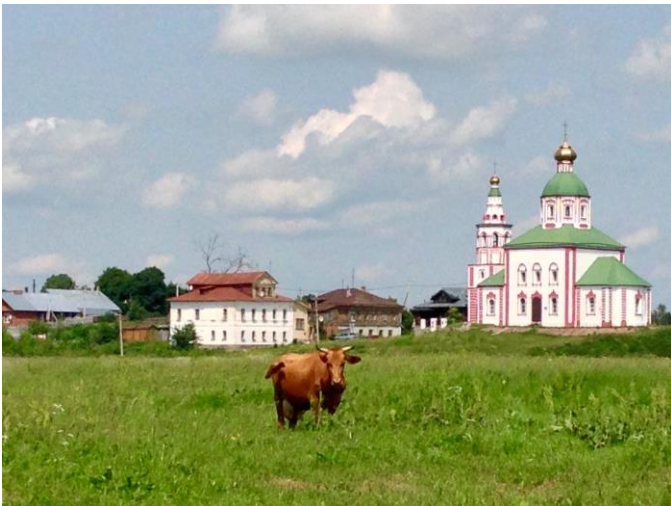


Suzdal

We took a day trip to Suzdal, another Golden Ring city. This city also has a lot of history and is a large tourist destination. We had a nice time walking around the town and visiting the Kremlin. Here we also got to take a boat tour.



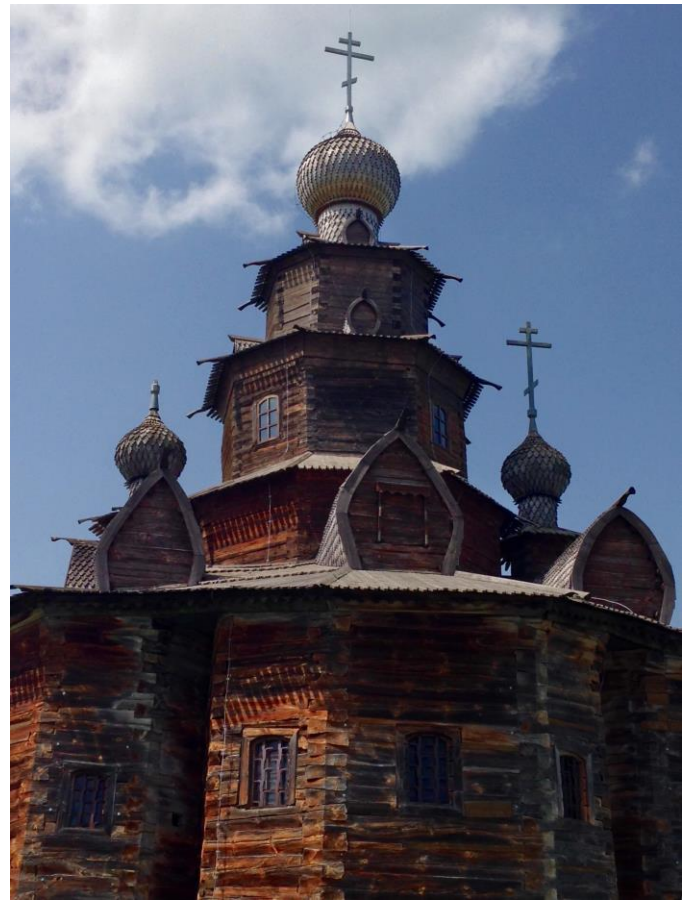
The Cathedral of Nativity



Church of the Prophet Elijah

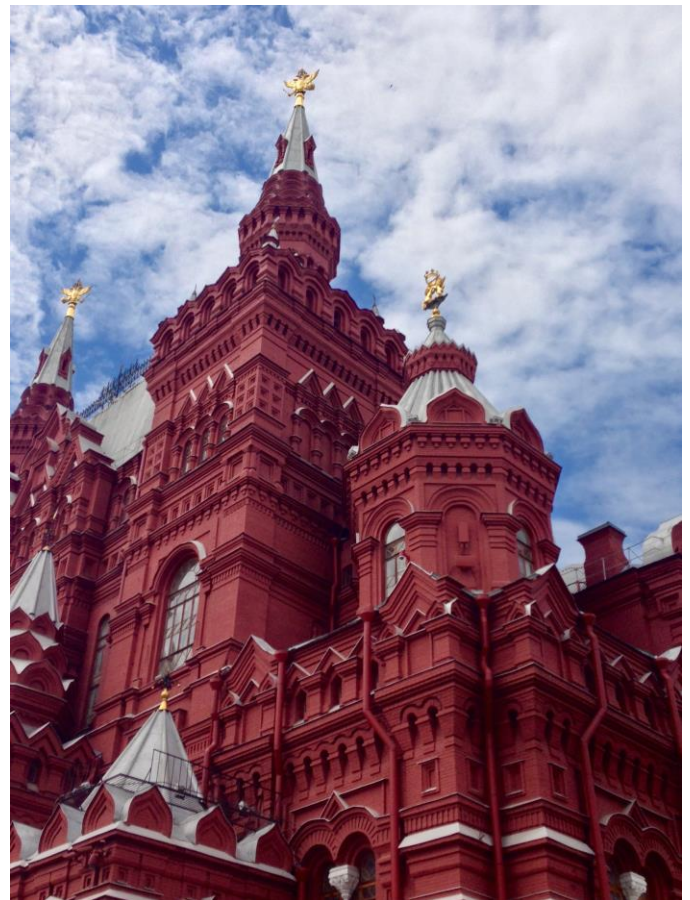
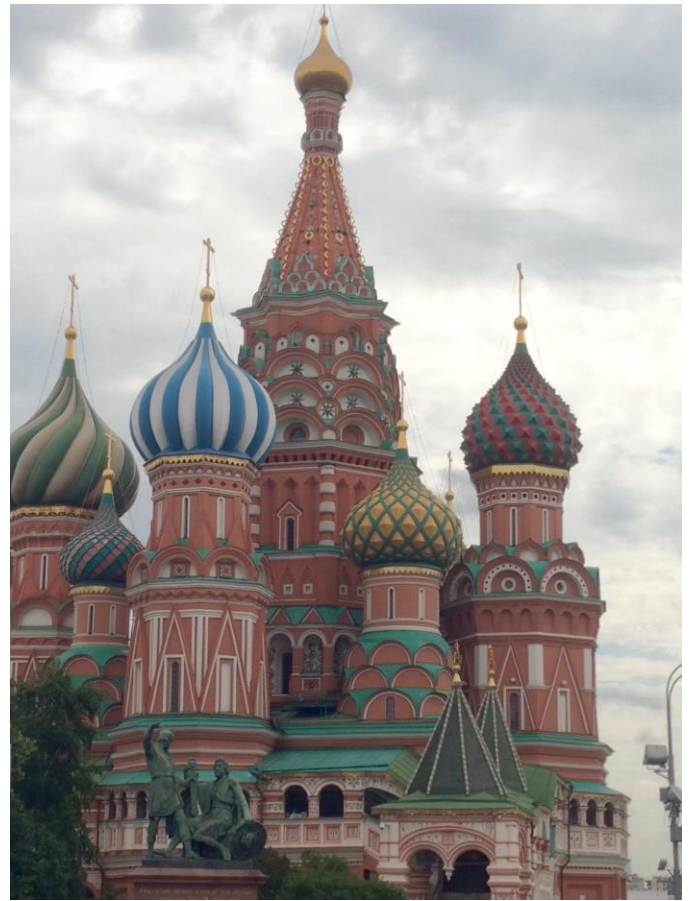
Open Air Museum

Located in Suzdal is the Open Air Museum where you can see old houses, churches and other buildings of the past.



Moscow

Being a part of the Sister City Program, we also got a chance to explore Moscow and St. Petersburg. We had a wonderful time seeing these famous cities, but Rostov Veliky will always be our favorite!



In Moscow you can see St. Basil's Cathedral, as well as Red Square, Bolshoi Ballet Theater, and more!



St. Petersburg

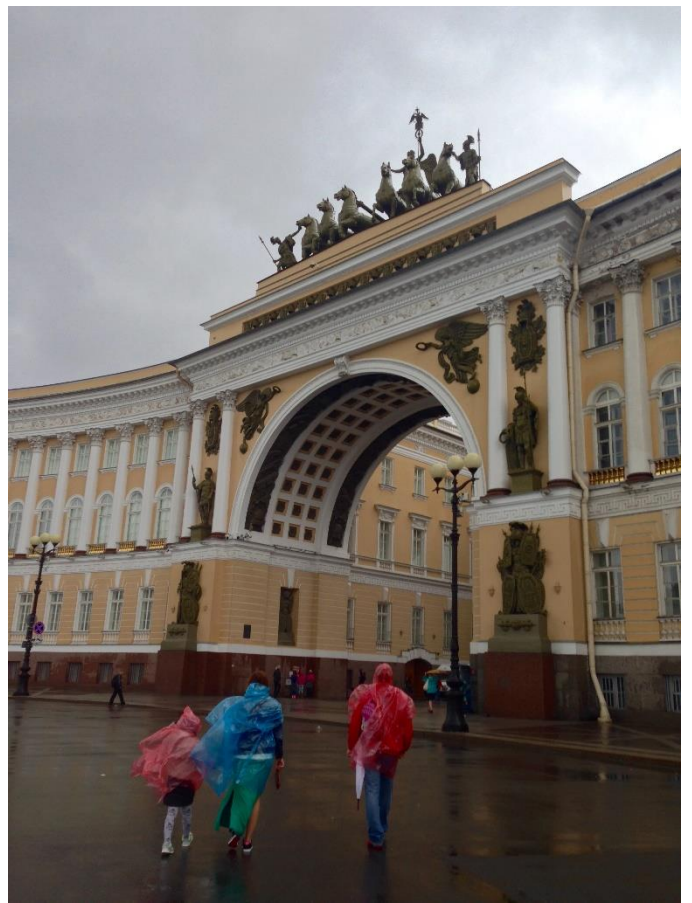
We also traveled to St. Petersburg. This trip the weather was very cold and rainy, but with good company we still had a great time. You can see the Winter Palace here. If you travel some distance you can also see the Catherine The Great's Summer Place in Pushkin (named after the famous Russian Poet), and Peterhof Palace.



Pyshki (donuts) with Friends



Nesting Dolls



One of the funniest pictures from the trip shows how windy it was that day!



Thank you!

спасібо

We want to say thank you to our host families and all the wonderful people we met on this trip! Thank you for everything you did for us and showed to us! We are forever grateful to you and hope to see you again someday!

We hope you enjoyed our journal of the 2016 Sister City English Summer Camp Program.

If you are a teacher/resident of Steven's Point, WI and interested in meeting new friends, traveling to beautiful historical places, staying with a host family, trying new foods, and teaching wonderful students this please contact:

<https://www.facebook.com/SisterCityFriends>

