MEDICAL TOURISM in Kostroma region

LEARN HOW TO GET MEDICAL CARE IN RUSSIAN FEDERATION

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MEDICAL TOURISM in Kostroma region. HOW DOES IT WORK?

MEDICAL TREATMENT IN Kostroma region IS



HIGH QUALITY

High quality medical care Meeting international standards



THE BEST DOCTORS

Highly trained doctors, nurses and other medical specialists with an international experience



LOW COST

Medical care
in Kostroma region
has an excellent
cost-to-quality
ratio



RUSSIAN CULTURE

Discover rich national cultural heritage and history

GETTING MEDICAL TREATMENT IN RUSSIA

IN THE RUSSIAN FEDERATION THERE ARE OUTPATIENT MEDICAL CARE

AND INPATIENT MEDICAL CARE.

HEALTHCARE FACILITY SPECIALISTS WILL PROVIDE ASSISTANCE WITH CHOOSING THE TYPE OF

MEDICAL CARE YOU NEED.

OUTPATIENT MEDICAL CARE

GET YOUR HEALTH
CHECK-UP WITHIN
2-3 DAYS WHILE YOU ARE ON
VACATION

Check a healthcare facility website for more information

INPATIENT MEDICAL CARE

CHOOSE A HEALTH FACILITY
ACCORDING TO THE MEDICAL
PROCEDURE
YOU ARE SEEKING
AND COME TO RUSSIA FOR
HOSPITAL ADMISSION

Check a healthcare facility website for more information

HOW TO GET MEDICAL CARE IN THE RUSSIAN FEDERATION?



STEP I
Choose
a health facility



STEP II
Get confirmation
from chosen
healthcare facility



STEP III
Select type
of transportation
and accommodation



STEP IV
Apply for
a visa



STEP V
Welcome
to Russia!

STEPI

CHOOSE THE BEST HEALTH FACILITY ACCORDING TO THE MEDICAL PROCEDURE YOU ARE SEEKING

CHOOSE YOUR RUSSIAN MEDICAL RESEARCH CENTERS

- CARDIOLOGY;

- OPHTHALMOLOGY;

- OBSTETRICS

AND GINEKOLOGIYA;

- NEUROLOGY

AND NEUROSURGERY;

- ENDOCRINOLOGY

Regional state health institution

Kostroma regional clinical hospital

named after Korolev E. I.

https://www.kokb.dzo-kostroma.ru/

Kostroma

- TRAUMATOLOGY

AND ORTHOPEDICS;

- ENDOPROSTHETICS;
- PLASTIC SURGERY

Regional state health institution
City hospital of Kostroma

www.gb1-kostroma.ru/

Kostroma

- DENTISTRY

Regional state health institution Kostroma regional dental clinic https://www.kosp.su/

Kostroma

Regional state health institution **Dental clinic Nº 1 of Kostroma**https://www.kosp.su/

Kostroma

STEPI

CONTACT A SPECIALIST FROM YOUR CHOSEN HEALTH FACILITY TO DECIDE ON THE FORM OF MEDICAL TREATMENT YOU NEED AND FOR PREPARING DOCUMENTS FOR YOUR VISIT TO RUSSIA

1. CHECK THE SECTION "MEDICAL TOURISM" ON THE HEALTH CARE FACILITY WEB-SITE

- 2. READ THE INFORMATION
- 3. MAKE A REQUEST THROUGH A PHONE CALL OR EMAIL
- 4. GET A CONFIRMATION FOR TREATMENT AND FOLLOW THE INSTRUCTIONS TO APPLY FOR A VISA



IN CASE OF ADDITIONAL QUESTIONS PLEASE CONTACT THE COORDINATING CENTRE FOR THE EXPORT OF MEDICAL SERVICES OF RUSSIAN MINISTRY OF HEALTH. FOR COMMUNICATIONS, PLEASE GO TO "CONTACS"

STEPIII

CHOOSE ACCOMMODATION AND TRANSPORT FOR A COMFORTABLE STAY IN KOSTROMA REGION

If you arrived in Kostroma by train:

Kostroma Railway station of Kostroma

Public transport

EXIT THE TRAIN STATION. ROUTES AND SCHEDULES

http://www.gradkostroma.ru

Taxi

USE A TAXI SERVICE IN RUSSIA THROUGH THE APP AVAILABLE FOR YOUR MOBILE PHONES: YANDEX.TAXI

If you arrived in Kostroma by bus:

Kostroma The bus station of Kostroma

Public transport

DEPARTURE FROM THE BUS STATION. **ROUTES AND SCHEDULES**

http://www.gradkostroma.ru

Taxi

USE A TAXI SERVICE IN RUSSIA THROUGH THE APP AVAILABLE FOR YOUR MOBILE PHONES: YANDEX.TAXI

TRAVEL APPs to download before your trip FOR IOS and ANDROID

Public transportation and car rental (car sharing)

1. Bus, trolleybus Yandex.Transport

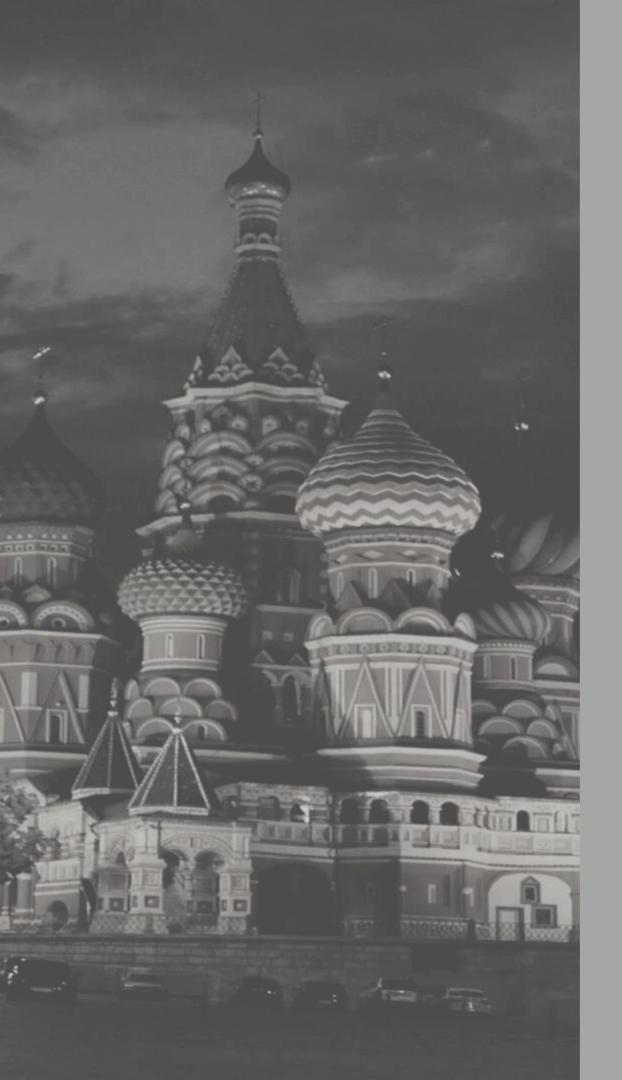
City maps

1. Russian city maps:
Yandex.Maps
Google maps
2. Off-line Russian
city maps:
2GIS

Attractions in Russia

1. City guide Apps: Triposo Redigo2. Restaurant guide App:

TripAdvisor



ACCOMMODATION



ACCOMMODATION OPTIONS IF YOU ARE COMING FOR OUTPATIENT ADMISSION

https://www.booking.com/

https://www.tripadvisor.com/

https://www.airbnb.com/

Please contact a tour operator or assistance companies if you need any assistance with organizing your trip.



ACCOMMODATION OPTIONS IF YOU ARE COMING FOR INPATIENT ADMISSION

Contact a specialist from a health facility for information about your accommodation. Please do not forget to do it in advance.

STEPIN

APPLY FOR A RUSSIAN VISA

THE REGULATORY FRAMEWORK FOR VISAS FOR FOREIGN CITIZENS

In accordance with article 2 of the Federal law of 25 July 2002 No. 115-FZ "On the legal status of foreign citizens in the Russian Federation", a foreign citizen is a natural person who is not a citizen of the Russian Federation and has evidence of citizenship (citizenship) of a foreign state; a stateless person is a natural person who is not a citizen of the Russian Federation and does not have evidence of citizenship (citizenship) of a foreign state.

In accordance with article 25.2 of the Federal law of 16 August 1996 No. 114-FZ "On the procedure for leaving the Russian Federation and entering the Russian Federation", a visa may be single-entry, double-entry and multiple-entry.

In accordance with article 25.6 of the Federal law of 16 August 1996 No. 114-FZ "On the procedure for leaving the Russian Federation and entering the Russian Federation", depending on the purpose of entry of a foreign citizen into the Russian Federation and the purpose of his stay in the Russian Federation, ordinary visas are divided into private, business, tourist, educational, working, humanitarian and entry visas for the Purpose of obtaining asylum, obtaining a temporary residence permit in the Russian Federation or accepting citizenship of the Russian Federation.

Article 25.9. The foreign citizen or the person without citizenship at entrance to the Russian Federation are obliged to receive and fill a migratory card. The migration card must be surrendered (returned) to the checkpoint through the State border of the Russian Federation at departure of the foreign citizen or the person without citizenship of the Russian Federation.

In accordance with article 18 of section II In the Russian Federation, depending on the purpose of entry of foreign citizens into the Russian Federation and the purpose of their stay in the Russian Federation, there are the following categories of visas: a) diplomatic, b) official, C) ordinary, d) transit, e) temporary resident visa.

WHAT TYPES OF RUSSIAN VISAS ARE THEREP*

* In accordance with the Annex to the joint order of the Ministry of foreign Affairs of Russia, MVD of Russia and FSB of Russia from December, 27th, 2003 № 19723A/1048/922

TOURIST

PURPOSE OF VISIT: TARGET TOURISM

The period of validity: up to 30 days

For those who visit Russia for tourism purposes on a specialized tour for health check-ups or medical consultations

BUSINESS PURPOSE OF VISIT: MEDICAL TREATMENT

The period of validity: up to 90 days

For those who visit Russia for medical treatment, health check-ups, medical advice with official invitation obtained from a health facility (except target tourism for the purpose of treatment and critical care).

PRIVATE

PURPOSE OF VISIT: SPECIAL CASES

The period of validity: up to 90 days

For those who travel to Russia for emergency medical treatment or to visit a sick relative.

Help with processing documents for entering Russia



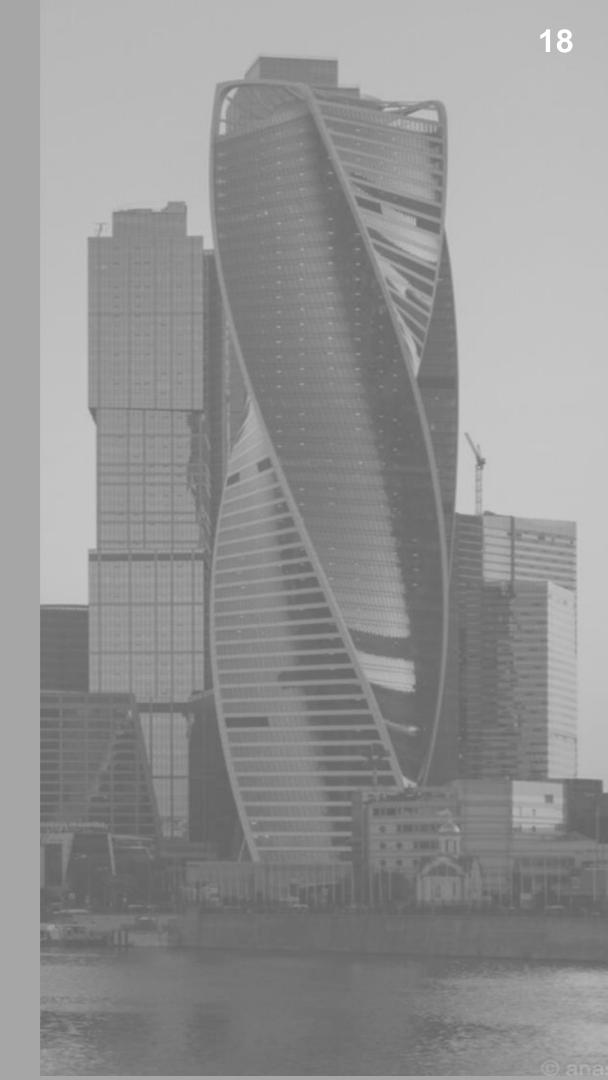
GETTING AN OFFICIAL INVITATION

Once you get an approval for treatment, the health facility should obtain an official invitation and submit your documents to the Federal Migration Service of Russia in order to register your migration.



APPLYING THROUGH TRAVEL AGENCIES OR TRAVEL ASSISTANCE COMPANIES

In case you need additional help with applying for a Russian visa, you can contact travel agencies or travel assistance companies.



STEPU

WELCOME TO RUSSIA! EMERGENCY TELEPHONE NUMBERS

USEFUL AND EMERGENCY TELEPHONE NUMBERS

EMERGENCY

FEDERAL MIGRATION SERVICE OF RUSSIA

POLICE

112

8 (800) 350 23 69 add. 381 8 (800) 222 74 47



Our contacts for questions and suggestions

Export of Medical Services Coordination Center Federal Research Institute for Health organization and informatics of the Ministry of Health of the Russian Federation

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