



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!

STEP 1

**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 № 1 of Kostroma

<https://www.kosp.su/>

Kostroma

STEP II

**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 "CONTACTS"

STEP III

**CHOOSE ACCOMMODATION AND TRANSPORT FOR
A COMFORTABLE STAY
IN KOSTROMA REGION**

TRANSPORTATION

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
Redigo
- 2. 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.

STEP IV

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 THERE?*

* 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.



STEP V

WELCOME TO RUSSIA!

EMERGENCY TELEPHONE NUMBERS

USEFUL AND EMERGENCY TELEPHONE NUMBERS

EMERGENCY

112

FEDERAL
MIGRATION
SERVICE OF RUSSIA

**8 (800) 350 23 69
add. 381**

POLICE

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**

127256, MOSCOW, DOBROLYUBOVA ST., 11

EMAIL ADDRESS

export@mednet.ru

