In this study, a system of subjective indicators was used to find out that the majority of the students (70%) in their senior years (third or fourth year students) feel quite comfortable both within and outside the university. They hardly ever face any conflicts with the host community and do not need any help from the university administration; they enjoy active pastimes, and visit cinemas and theatres. The secondary adaptation stage lasts approximately three years.

4. Conclusion

To enhance the adaptation of international students in Russia it is necessary, firstly, to improve the system of teaching Russian in preparatory courses or in the countries where most students come from. Secondly, it is essential to introduce special country study courses to raise international students’ awareness of Russian customs and traditions and the principles of cross-cultural communication at the university, on the campus, and in public places. Thirdly, it is essential to create conditions for providing individual counselling and support services for each international student, especially for those who have to cope with serious adaptation problems in their studies, everyday life, or leisure. Successful adaptation is vital for raising the efficiency of professional training and for the formation of a positive attitude towards Russia, the country where these students are being educated.

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References


