

# INTERNATIONAL STUDENT HANDBOOK

A GUIDE TO STUDENT LIFE FOR INTERNATIONAL STUDENTS AT APEMS





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# APEMS AT A GLANCE

- The Academy of Physical Culture and Mass Sports (APEMS) was opened in 2021 in Astana as part of the Concept for the Development of Physical Culture and Sports of the Republic of Kazakhstan until 2025.
- APEMS is dedicated to becoming the nation's leading sports training center.
- The Academy offers bachelor's and master's degrees in Kazakh, Russian and English languages.
- There are 2,000 students, including international students, currently enrolled.





# EDUCATIONAL PROGRAMS



**UNDERGRADUATE DURATION — 3 YEARS**

**TRIMESTER SYSTEM**

**MBA PROGRAM**

**FOREIGN PARTNER UNIVERSITIES**

**RECOGNITION OF SPORTS ACHIEVEMENTS IN THE  
ACADEMIC PROCESS.**

## BACHELOR'S DEGREE

- 6B01405 — "PHYSICAL EDUCATION TEACHER AND SPORTS COACH"
- 6B01404 — "TEACHER - COACH IN QAZAQ KURESI"
- 6B01403 — "TEACHER - COACH IN SPORT BOARD GAMES: CHESS"
- 6B01402 — "TRAINING OF PHYSICAL EDUCATION TEACHER AND INSTRUCTOR-METHODIST FOR MASS PHYSICAL EDUCATION AND HEALTH WORK"
- 6B01406 — "ADAPTIVE PHYSICAL EDUCATION TEACHER"

## MASTER'S DEGREE

- 7M04103 — "MBA IN SPORT MANAGEMENT" (MBA)



# CAMPUS LIFE

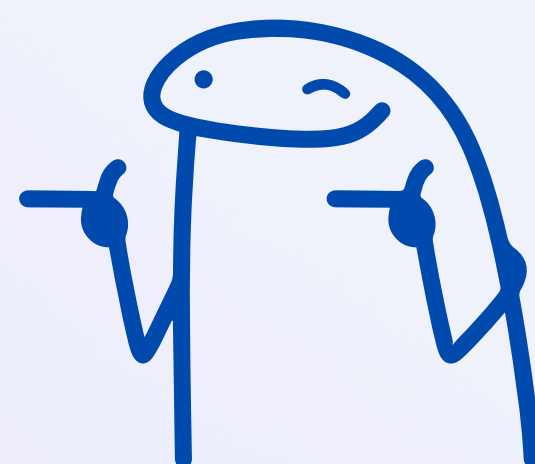


**MÄNGILIK EL, EXPO B2.2  
(MAIN BUILDING)**

**KABANBAY BATYR 43 A  
(BLOCK E)**

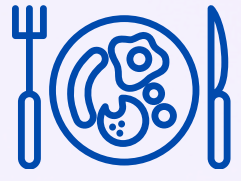


**APEMS.EDU.KZ**





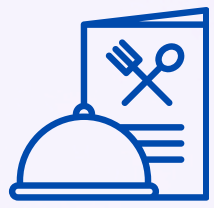
# PLACES TO EAT NEAR CAMPUS



**COFFEE BOOM - 100 M**



**C 2.2 (BUFFET) - 120 M**



**KAKAO DAK - 130 M**



**MEGA SILK WAY - 400 M**





# VISA AND IMMIGRATION

## Visa and migration issues (for CIS countries)

Students coming from CIS countries receive a Temporary Residence Permit (TRP) upon their arrival in the Republic of Kazakhstan, and is subject to renewal every year.

Documents required from a foreign student:

- The original of the passport used to enter the Republic of Kazakhstan (which must not expire earlier than 3 months from the date of visa expiry and must contain at least 2 blank pages for visa and stamps);
- Dactyloscopy certificate; (Address: Orynbor 9)
- IIN; (nearest Public Service Center)
- Notarised agreement from the landlord for accommodation, in case of not staying in the APEMS hostel (if the agreement is for the student's parent, a birth certificate will be required);
- Insurance (Address: Tashenova 12)

## Student Visa: C9

The C9 multiple entry visa is issued for one year with the possibility of multiple entries/exits to/from the Republic of Kazakhstan, and is subject to renewal every year.

Visa issuance in the Republic of Kazakhstan:

Documents required from a foreign student:

- Original passport used to enter the Republic of Kazakhstan (which must not expire earlier than 3 months from the date of visa expiry and must contain at least 2 blank pages for visa and stamps);
- Consular fee;
- Completed visa application form with photo;
- Dactyloscopy certificate; (Address: Orynbor 9)
- RCA code of residential address.



# LIVING IN KAZAKHSTAN

## ABOUT THE REPUBLIC OF KAZAKHSTAN

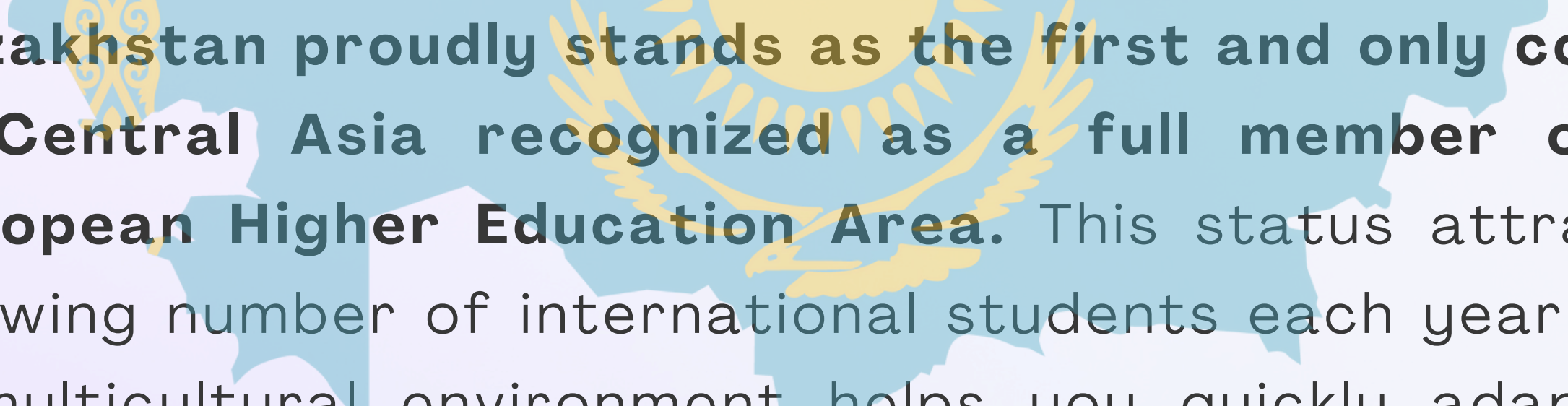
Territory area – 2,724,902 km

Population – 19.76 million people

The state language is Kazakh, Russian has the status of a language of interethnic communication.

Currency – tenge

The climate of Kazakhstan (with the exception of the south) is sharply continental with an average temperature between  $-4^{\circ}\text{C}$  and  $-20^{\circ}\text{C}$  in January and between  $+19 \dots +26^{\circ}\text{C}$  in July.



**Kazakhstan proudly stands as the first and only country in Central Asia recognized as a full member of the European Higher Education Area.** This status attracts a growing number of international students each year. Here, a multicultural environment helps you quickly adapt and immerse yourself in Kazakh culture and traditions, creating lasting memories.

By choosing Kazakhstan for your education, you'll gain **invaluable experiences and make a meaningful investment in your future.**



# ASTANA

- **ASTANA** IS THE DYNAMIC CAPITAL OF KAZAKHSTAN, KNOWN FOR ITS FUTURISTIC ARCHITECTURE, WIDE BOULEVARDS, AND CULTURAL DIVERSITY.
- **POPULATION:** APPROXIMATELY 1.2 MILLION PEOPLE.



To make your stay in Astana as convenient as possible, we highly recommend downloading the **2GIS app**.

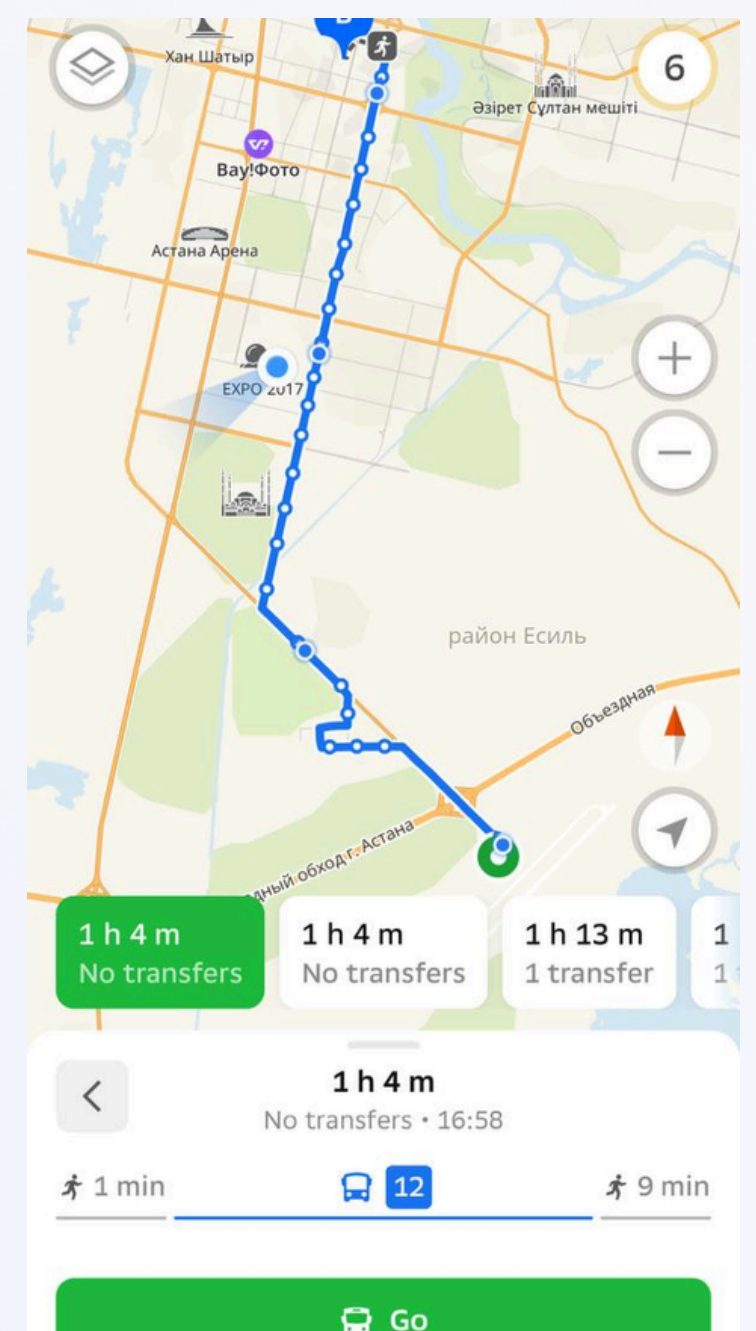


**2GIS** is a free, detailed map and city guide that works both online and offline.

Getting to City Center (Bayterek Tower)

From Nursultan Nazarbayev International Airport

- Bus Route #12, #10: Operates from 6:00 AM to 11:00 PM. Fare is 110 KZT).
- Taxi: We recommend using apps like **Yandex Go** or **Uber KZ** for a safe ride.





# ASTANA ATTRACTIONS

**Bayterek Tower:** A symbol of the city with panoramic views.



**Astana Grand Mosque:** One of the largest mosques in Central Asia.

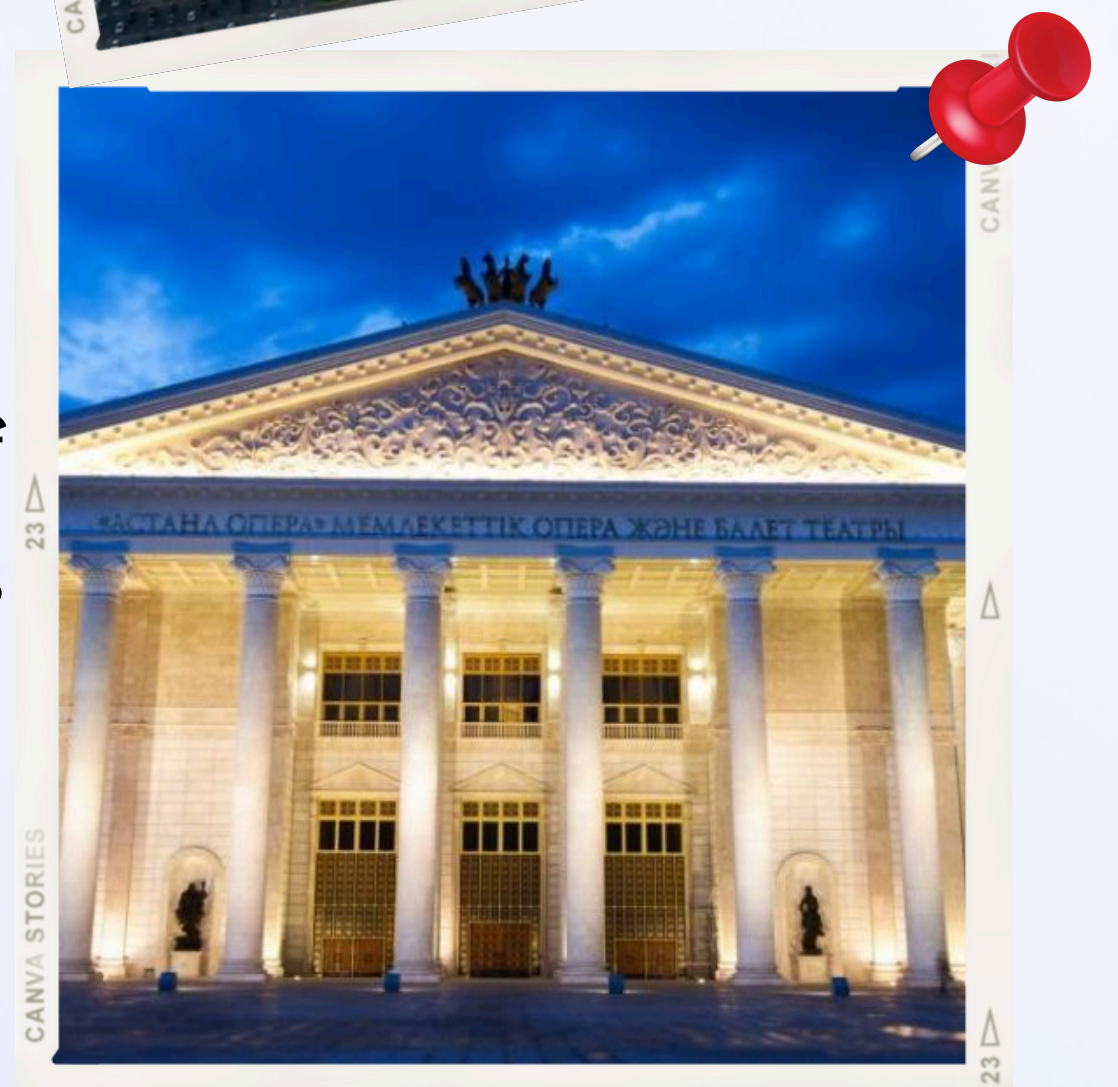


**The EXPO Center:** Host to international exhibitions and events.



**National Museum of Kazakhstan and Palace of Peace and Reconciliation:**  
Explore the cultural and historical heritage.

**Astana Opera and Astana Ballet:** one of the largest and most impressive theaters in Central Asia.





# TOP SHOPPING MALLS IN ASTANA

**Khan Shatyr Entertainment Center**  
Address: 37 Turan Avenue

**MEGA Silk Way**  
Address: 62 Mangilik El Avenue (near the  
EXPO area)

**Keruen City Mall**  
Address: 9 Dostyk Street

**Saryarka Shopping Mall**  
Address: 32 Kabanbay Batyr Avenue



# ENGLISH-KAZAKH DICTIONARY

- Hello – **Сәлем (Salem)**
- Good morning – **Қайырлы таң (Qayyrly tan)**
- Good evening – **Қайырлы кеш (Qayyrly kesh)**
- Good bye – **Сау болыңыз (Sau bolynyz)**
- Thank you – **Рақмет (Rakmet)**
- Please – **Өтінемін (O'tinemin)**
- How are you? – **Қалайсыз? (Qalaysyz?)**
- My name is ... – **Менің атым ... (Mening atym...)**
- Yes – **Иә (IYa')**
- No – **Жоқ (Joq)**
- Excuse me – **Кешіріңіз (Keshiriniz)**
- I don't understand – **Мен түсінбеймін (Men ty'sinbeymin)**
- Can you help me? – **Сіз маған көмектесе аласыз ба? (Sen maghan ko'mektese alasyn ba?)**
- I don't speak Kazakh – **Мен қазақша сөйлемеймін (Men qazaqsha so'ylemeymen)**
- Bus – **Автобус (Avtobus)**
- Shop – **Дүкен (Du'ken)**
- Police – **Полиция (Poliyciyya)**
- Currency exchange – **Валюта айырбастау (Valyuta ayymbastau)**
- Hospital – **Аурухана (Auruhana)**
- Pharmacy – **Дәріхана (Da'rihana)**
- What are you doing? – **Сіз не істеп жатырсыз? (Siz ne istep jatirsiz?)**



# CONTACT LIST

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**Astana, Expo Business Center,  
Mangilik El Ave., B 2.2**