



# TRAVEL PROGRAM MEDIA GUIDE

## *Changing Tides of History: Cruising the Baltic Sea*

We hope you find the following list of resources—books, maps, video recordings, audio recordings, and websites—relating to your travel program helpful. The book titles listed should be available at local public or university libraries; most of them may be purchased and/or downloaded for e-readers through local and online bookstores.

### ◆ **GUIDEBOOKS AND MAPS**

*DK Eyewitness Travel Guide: Denmark.* Eyewitness Guides. 2018.

This easy-to-use and visually compelling guide is an inspiring guide with a focus on striking color photography, illustrations, local maps and attraction overviews rather than in-depth coverage.

*DK Eyewitness Travel Guide: Sweden.* Eyewitness Guides. 2017.

This easy-to-navigate illustrated guide to Sweden, region-by-region, features fantastic color photos, curated attractions and light history and background information.

Haywood, John. *The Penguin Historical Atlas of the Vikings.* Penguin Books. 1995.

This atlas traces the historical and cultural development of the Vikings and features full-color maps and illustrations, timelines and special feature articles.

*Insight Guide Norway.* Insight Guides. 2015.

This compact visual travel guide features a region-by-region synopsis of Norway's attractions accompanied by color photography, floor plans and visitor information for major museums, as well as excellent maps and reviews of the most authentic places to eat and drink.

*Insight Guide Russia.* Insight Guides. 2016.

The people and places of Russia are brought to life in this richly illustrated guide, which features insightful essays on the country's history, inhabitants, art and culture. Places of historical, cultural and natural interest are fully described.

*Lonely Planet: Russia.* Lonely Planet. 2018.

This in-depth and insightful guide to Russia includes cultural insights on the country's preeminent sites, well considered itineraries, regional highlights, honest reviews of the best bars and restaurants, travel tips and ample resources, accompanied by color photography and detailed maps.

*Lonely Planet: St. Petersburg.* Lonely Planet. 2018.

Lonely Planet's comprehensive and current guide to St. Petersburg offers excellent advice on exploring this imperial city.



*Rough Guide Poland*. Rough Guide. 2018.

Rough Guide provides comprehensive coverage of the most iconic sites underscored by well researched historical information and interspersed with fascinating anecdotes. The lively prose covers Poland's historical and artistic treasures and breathtaking landscapes in rich detail, balanced with special interest itineraries and "best of" features accompanied by full-color photography.

Steves, Rick. *Rick Steves Snapshot: St. Petersburg, Helsinki & Tallinn*. Rick Steves Travel. 2018. This compact guide covers the essential spots of each city.

## ◆ HISTORY AND CULTURE

Alexander, John T. *Catherine the Great: The Life and Legend*. Oxford University Press. 1989.

This biography of the German princess who became Empress of Russia presents a balanced approach to her intrigue-steeped life. She is also known as the founder of the illustrious State Hermitage Museum.

Billington, James H. *The Icon and the Axe: An Interpretive History of Russian Culture*. Vintage Books. 1970. Drawing on a variety of sources—literature, philosophy, music, art and architecture—Billington offers an exhaustive yet highly readable introduction to the whole sweep of Russian culture and intellectual history from medieval times to the Soviet era.

Coleman, Fred. *The Decline and Fall of the Soviet Empire: Forty Years that Shook the World, from Stalin to Yeltsin*. St. Martin's Griffin. 1997. Coleman, a Moscow correspondent who spent over 30 years reporting on the Soviet Union, has created an indispensable history of the region from the time of Stalin to the current era.

Davies, Norman. *Heart of Europe: A Short History of Poland*. Oxford University Press. 2001. This insightful read captures the history and cultural traditions that have shaped the modern nation.

Derry, T.K. *A History of Scandinavia: Norway, Sweden, Denmark, Finland and Iceland*. University of Minnesota Press. 2000. Derry examines the cultural, political and social elements common to the Scandinavian states in this comprehensive overview of the region from prehistory to the present, with emphases on the Vikings, medieval and Reformation eras, the growth of monarchies and the impact of World War II.

Figes, Orlando. *Natasha's Dance: A Cultural History of Russia*. Picador. 2003.

Figes's survey of Russian culture takes its title from a resonant scene in Leo Tolstoy's *War and Peace*—Natasha Rostov and her brother visit their "uncle" at his rustic cabin, where he plays Russian folk music for them. Guided by instinct, or perhaps the cultural unconscious, Natasha performs a traditional folk dance stirred by "unknown feelings in her heart." Figes uses this scene and what it may represent as the crux of his book. Weaving together analysis of Russian canonical works—such as those by Dostoevsky and Stravinsky—with accounts of folk embroidery, peasant songs, religious icons and daily customs, Figes uplifts the Russian spirit as complex, riveting and spanning rulers, generations and wars.



- Fitzhugh, William and Elisabeth Ward (eds.). *Vikings: The North Atlantic Saga*. Smithsonian Books. 2000. The culture, history and voyages of the Norsemen come to life in this book, a companion to a Smithsonian exhibit. Four hundred color photographs and well-written essays on Vikings art, beliefs, daily life and settlements provide insight on these intrepid seafarers.
- Massie, Robert K. *Nicholas and Alexandra: The Classic Account of the Fall of the Romanov Dynasty*. Random House. 2000. A thorough and highly readable account of the imperial dynasty of Tsar Nicholas II, his doomed empire and the Revolution that changed the world. Massie also discusses the hemophilia of Tsarevich Alexei, heir to the throne, and how it indirectly precipitated the downfall of their house.
- Massie, Robert K. *Peter the Great: His Life and World*. 2012.  
This captivating biography examines the life of the great Russian ruler and portrays Russia in the 17<sup>th</sup> and early 18<sup>th</sup>-centuries.
- Massie, Suzanne. *Land of the Firebird: The Beauty of Old Russia*. HeartTree Press. 1980.  
A beautifully written illustrated history of the all but vanished culture of pre-Revolutionary Russia, which left an inspiring legacy of art, literature, dance and music.
- Palazhchenko, Pavel. *My Years with Gorbachev and Shevardnadze: The Memoir of a Soviet Interpreter*. Pennsylvania University Press. 1997. The principal English interpreter for Mikhail Gorbachev and Soviet Foreign Minister Eduard Shevardnadze from 1985 to 1991, Palazhchenko was one of the leading interpreters of his time. This fascinating personal and political memoir provides an insider's account of the final years of the Soviet Union and elucidates Soviet thinking about Soviet-U.S. relations, the Third World, arms control, German reunification and the Gulf War.
- Reed, John. *Ten Days That Shook the World*. Bantam Classics. 1987.  
This classic eyewitness account of the 1917 Bolshevik seizure of power vividly captures the mood of the period. It also includes verbatim reports of speeches by leaders and chance remarks from bystanders.
- Roesdahl, Else. *The Vikings*. Penguin Books. 1999.  
Roesdahl offers an engaging and informative look at the innovative Viking culture. Transcending the usual stereotype of the Norsemen as ruthless marauders, she concentrates on their contributions to art, commerce and the expansion of geographical knowledge during the Middle Ages.
- Salisbury, Harrison E. *The 900 Days: The Siege of Leningrad*. Da Capo Press. 2003.  
Salisbury's timeless classic chronicles the courage and endurance of the inhabitants of St. Petersburg (Leningrad) during the two-and-a-half-year siege of their city by the Nazis in World War II.
- Walesa, Lech. *The Struggle and the Triumph: An Autobiography*. Arcade. 2016  
Best known as the President of Poland in the first half of the nineties and as the founder and leader of the Solidarity movement, Walesa is not only a Polish hero, but also served as a beacon of hope for other Eastern Bloc countries before the fall of the Soviet Union. This is his firsthand account of the fight for freedom won in his nation, in which he was indispensable.



## ◆ ART AND ARCHITECTURE

Aav, Marianne and Nina Stritzler-Levine (eds.). *Finnish Modern Design: Utopian Ideals and Everyday Realities, 1930-97*. Yale University Press. 2000. This book examines the outstanding design achievements of Finland over the last seven decades, focusing mainly on the central and decisive role played by Modernism.

Bowlt, John. *Moscow & St. Petersburg 1900-1920: Art, Life, & Culture of the Russian Silver Age*. Vendome Press. 2008. A lavishly illustrated history of Russia's Silver Age, the period of artistic renaissance that flourished as Imperial Russia's power waned. Bowlt's richly textured volume focuses not only on Russia's best known artists from this period—Diaghilev and the Ballets Russes, Igor Stravinsky, Anna Pavlova and poet Anna Akhmatova—but also on lesser-known attainments of the period, including experimental theater, Nikolai Kalmakov's innovative painting and the free dance practiced by the followers of Duncan and Dalcroze.

Brumfield, William. *A History of Russian Architecture*. Cambridge University Press. 1997. The most comprehensive study of Russian architecture to date, this book surveys Russian building from the masonry churches of the 10<sup>th</sup> century to the prefabricated buildings of the present. Illustrated with numerous color plates and plans.

Gray, Camilla. *The Russian Experiment in Art: 1863-1922*. Thames and Hudson. 1998. Widely considered to be the definitive guide to Russian art, this revised edition of Gray's pioneering study has been expanded by Dr. Marian Burleigh-Motley. Enshrouded in mystery for decades, Russian avant-garde art from the second half of the 19<sup>th</sup> century to the early 20<sup>th</sup> century is placed within the illuminating context of Russian history and society.

Lincoln, W. Bruce. *Between Heaven and Hell: The Story of a Thousand Years of Artistic Life in Russia*. Vikings Press. 1998. An examination of Russia's masterpieces through the prism of its social and political history, this book combines gripping accounts of music, painting, architecture, literature, ballet and cinema into a comprehensive saga of Russian artistic life.

Raymer, Steve. *St. Petersburg*. Turner Publications. 1994. American author, educator and National Geographic photojournalist, Raymer has produced a beautiful photographic essay on St. Petersburg with accompanying text.

## ◆ LITERATURE AND TRAVEL MEMOIRS

Andersen, Hans Christian and Lily Owens (ed.). *The Complete Hans Christian Andersen Fairy Tales*. Grammercy. 1993. This volume is the collected works of Denmark's most beloved literary figure and master of the fairytales, Hans Christian Andersen.

Blair, Elaine. *Literary St. Petersburg: A Guide to the City and its Writers*. Little Bookroom. 2007. Few cities have been the setting or the inspiration for as much great literature as St. Petersburg. Blair's new work provides a comprehensive and fascinating introduction to the city's literary heritage and examines the works of such great Russian authors as Tolstoy, Nabakov, Pushkin and many others.

Chandler, Robert. *Russian Short Stories*. Penguin Classics. 2006. This fine collection of tales captures the breadth and soul of Russian literature, including works by Pushkin, Gogol, Dostoevsky, Chekhov and Tolstoy, along with lesser-known greats.



- Chekhov, Anton. *The Essential Plays: The Seagull, Uncle Vanya, Three Sisters & The Cherry Orchard*. Modern Library Classics. 2003. Anton Chekhov's plays are integral to understanding the Russian spirit. These masterpieces of theatre resist easy answers of good and evil, right or wrong, but choose, instead, to reflect back to the audience something richer and realer. Chekhov writes the Russian people's troubles—the mundane and the catastrophic—and their sorrow, humor and yearning with startling resonance.
- Chwin, Stefan. *Death in Danzig*. Harcourt. 2004.  
Respected Polish author and critic, Stefan Chwin provides a gripping account of the terror and chaos that gripped Danzig (now Gdańsk) as German forces fled the incoming Soviet army in 1945.
- Dostoevsky, Fyodor. *Crime and Punishment*. Qualitas Classics. 2012.  
Considered by many to be the greatest novelist who ever lived, Dostoevsky specialized in depicting the psychology of life in the troubled political, social and spiritual context of his 19<sup>th</sup>-century Russian society.
- Gorbachev, Mikhail. *Manifesto for the Earth: Action Now for Peace, Global Justice and a Sustainable Future*. Clairview Books. 2006. In his manifesto, Gorbachev—the man who changed the destiny of the Soviet Union and the rest of the Second World—advocates for global unity in confronting the world's problems of the 21<sup>st</sup> century.
- Kross, Jaan. *The Czar's Madman*. The Harvill Press. 1999 (originally published in 1978).  
Part love story, part political novel, this moving account of a 19<sup>th</sup>-century baron who is persecuted and jailed for marrying a peasant girl and upsetting the social order is a great example of the anti-Soviet literature produced behind the Iron Curtain at the height of communism, which is becoming accessible to English-language readers only in recent decades.
- Neuhaus, Denise. *The Christening*. Authors Choice Press. 2002.  
This riveting and contemporary novel, set against the backdrop of the collapse of communism and the Soviet Union, is about three Estonian women, one of whom becomes a KGB agent.
- Powers, Charles T. *In the Memory of the Forest*. Penguin. 1998.  
This novel explores the collapse of communism in Poland and the far-reaching effects of the regime.
- Szczypiorski, Andrzej. *The Beautiful Mrs. Seidenman: A Novel*. Grove Press. 1997.  
A Roman Catholic who was sent to the Sachsenhausen concentration camp for his participation in the 1944 Warsaw uprising, Szczypiorski creates in these pages a kaleidoscopic portrait of life in Nazi-occupied Warsaw, and at the same time he sets forth a philosophical meditation on God and history and the fate of Poland.
- Tolstoy, Leo. *Anna Karenina*. Wordsworth Classics. 1997.  
In his acclaimed essay on the iconic novel, Matthew Arnold wrote, "We are not to take *Anna Karenina* as a work of art; we are to take it as a piece of life." And so it is true—this book may be read as the defining tapestry of late-19<sup>th</sup>-century Russian high society, but it also reveals the most ephemeral, wonderful and contradictory of life's mysteries.



Tolstoy, Leo. *War and Peace*. Vintage Classics. 2008.

Consider by many to be Tolstoy's masterwork, *War and Peace* writes from the Napoleon's 1812 invasion of Russia and its aftermath. The novel notably traces Russian culture's many facets, with keen attention to class struggles.

## ◆ FOOD

Von Bremzen, Anya. *Mastering the Art of Soviet Cooking: A Memoir of Food and Longing*.

Broadway Books. 2014. Von Bremzen explores the culinary culture that emerged from an era of extreme food shortages, when communal cooking was commonplace.

"Copenhagen." *Anthony Bourdain: Parts Unknown*. CNN. 2013.

This episode, which explores Copenhagen's gastronomy scene, focuses on famed chef René Redzepi and his Michelin two-star restaurant, Noma.

"Sweden." *Anthony Bourdain: No Reservations*. Travel Channel. 2006.

Bourdain visits Stockholm and samples local specialties, including *fläsklägg* (pig knuckles) and *tunnbrödsrulle* (Swedish flatbread).

## ◆ DOCUMENTARIES AND FILMS

Listed below are films, documentaries and travel programs featuring the Baltic states. All should be available on DVD and/or Blu-ray at your local library and/or bookstores, or may be ordered online.

*Alexander Nevsky*. Directed by Sergei Eisenstein.

Originally released in 1939. Sergei Eisenstein's epic depiction of a 13<sup>th</sup>-century Russian victory over the Teutonic Knights is notable for its skilled use of imagery and music.

*Battleship Potemkin*. Directed by Sergei Eisenstein. 1925.

*Battleship Potemkin* dramatizes a 1905 mutiny aboard the Russian battleship. The film greatly influenced the Soviet Union as well as cinema globally—it was written as revolutionary propaganda and a vehicle for Eisenstein to experiment with his theories of montage. The iconic "Odessa steps" sequence has been referenced across cinematic history, from *The Godfather* to *Star Wars*.

*Globe Trekker: The Pilot Guide to Finland & the Baltic States*.

Narrator Neil Gibson visits Vilnius, Riga, Tallinn and Helsinki on his travels through the Baltic region.

*Rick Steves' Travel the World—Scandinavia: Denmark, Sweden and Norway*. 1998.

Steves, the archetypal inveterate traveler, visits Bergen, Copenhagen and Stockholm in this informative narrative.



### *Rick Steves' Europe* Online Television Episodes

Join ubiquitous television personality Rick Steves on a journey throughout the Baltic states. In this this list of online episodes, Steves travels to many towns, villages and cities we will visit during our travel program:

- *Copenhagen*
- *Helsinki and Tallinn: Baltic Sisters*
- *Norway's West: Fjords, Mountains and Bergen*
- *Stockholm*

These episodes can be accessed from:

[www.ricksteves.com/watch-read-listen/video/tv-show](http://www.ricksteves.com/watch-read-listen/video/tv-show)

*Russia's Last Tsar*. National Geographic. 1996.

This documentary gives a poignant look at the death of Nicholas II and his family and the ensuing collapse of the Romanov dynasty during the Russia Revolution.

Salys, Rimgaila (ed.). *The Russian Cinema Reader: Volume I, 1908 to the Stalin Era and Volume II: The Thaw to the Present*. Academic Studies Press. 2013. This two-volume series of carefully commissioned essays analyzes Russian cinema's historical context and critical value. This is the perfect introduction to Russian film studies—readers will also gain a wider understanding of Russian culture and history.

*The Seventh Seal*. Directed by Ingmar Bergman. 1999 (originally released in 1958).

Bergman's classic allegory, set in 14<sup>th</sup>-century Sweden during the Black Death, examines fundamental questions of human existence. Max von Sydow plays the lead role.

## ◆ MUSIC AND AUDIO RECORDINGS

*Rough Guide: The Music of Russia*. Various artists and composers. World Music Network. 2003.

The Rough Guide's famous world music series provides a lively introduction to the rich and diverse musical traditions of Russia.

[www.worldmusic.net](http://www.worldmusic.net)

*The Rough Guide* and the *World Music Network* publish a variety of music from around the world as well as superbly researched book guides to international music generally.

## ◆ WEBSITES

[www.airpano.com](http://www.airpano.com)

Virtual tours and 360-degree photos of destinations all over the world.

[www.cbp.gov/travel](http://www.cbp.gov/travel)

U.S. Customs and Border Protection (CBP) website.

[www.cdc.gov](http://www.cdc.gov)

United States Department of Health and Human Services Centers for Disease Control and Prevention website. Provides information on immunizations and vaccinations and tips for staying healthy when traveling abroad.

[www.iec.ch/worldplugs](http://www.iec.ch/worldplugs)

Information on international electric current and plug types.



[www.poland.travel/en](http://www.poland.travel/en)

Poland's official website for tourism and travel information.

[www.visitdenmark.com](http://www.visitdenmark.com)

Denmark's official website for tourism and travel information.

[www.visitestonia.com/en/](http://www.visitestonia.com/en/)

Estonia's official website for tourism and travel information.

[www.visitfinland.com](http://www.visitfinland.com)

Finland's official website for tourism and travel information.

[www.visitsweden.com](http://www.visitsweden.com)

Sweden's official website for tourism and travel information.

[www.nytimes.com/section/travel](http://www.nytimes.com/section/travel)

*The New York Times* Travel Section features an array of basic travel-related information, multimedia presentations and links to newspaper articles from recent years.

[www.oanda.com/currency/converter](http://www.oanda.com/currency/converter)

Online currency converter tool and information on currency exchange rates.

[www.timeanddate.com](http://www.timeanddate.com)

Information on time zones and time conversions.

[www.travel.state.gov](http://www.travel.state.gov)

United States Department of State website; details on how to obtain or renew a passport.

[www.tsa.gov](http://www.tsa.gov)

Transportation Security Administration website. Provides information on air travel security, including permitted/prohibited items for carry-on luggage.

[www.weather.com](http://www.weather.com)

Current weather and extended forecasts around the world.