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**HUMAN MOBILITY AND VISA POLICIES – THE CASE OF NORTH-WESTERN
RUSSIA**

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The aim of this research is foster cooperation between regions of Russia and neighboring European countries through the consideration of visa policies. In other words, the goal is to expand cooperation at the borders, where it can affect relations between countries as a whole. This thesis contains an analysis of the situation only on the Russian side of the border.

It is argued that the process of increasing the number of border crossings by citizens from the Russian side has a certain influence on the development of international relations. A positive effect will be achieved with an increase in crossings per person, rather than the overall percentage of the country. The rise of the number trips increases the chances of establishing constructive interaction with the inhabitants of other countries. This is important due to a decrease in interest in cooperation with the countries of the European Union among Russian youth. This tendency was revealed on the basis of an analysis of surveys conducted in the North-West region of Russia.

Furthermore, a second purpose of this research which relates to the research questions is to identify those factors that hampered the increase in visits to Finland and the Baltic States, as well as identifying areas where specific changes could be proposed to optimize the border crossing process. For example, one of the areas identified is a false idea of the difficulty of obtaining a visa, common among people who have never traveled. Accordingly, by providing individualized information about visas, border crossing procedures and other similar actions, it is possible to increase the growth of visits to other countries per person. It is important to provide detailed information even to those people who have not seriously thought about such trips. The thesis shows the need to intensify activities in this direction.

In this thesis, the theoretical framework of functionalism is used, and through this theory all analyses were built. The main research method is a qualitative content analysis, which is used to analyze the surveys conducted among citizens of the city of St. Petersburg and the city of Pskov. The obtained data are coded and divided into several categories based on the theory of functionalism. A certain number of hypotheses which were put forward have found their confirmation; this made it possible to draw the main conclusions.

Thus, based on the analysis of the data obtained, an increase in the number of people was revealed in the area of interest of which the European dimension does not belong. This trend may have an impact on future relations between the European Union and the Russian Federation. To help regulate these changes, the thesis provided an analysis of the current situation regarding the human mobility. With the help of normative documents related to cross-border interactions and a general analysis of the economic situation in the region, it became possible to obtain additional information reinforcement on the issue of increasing border crossings by one person. Based on the results of this thesis, it is possible to conclude that the situation could improve for the better, if the efforts of both sides were combined to further develop cross-border cooperation taking into account the data obtained.

Keywords: Cross-border cooperation/ Visa policies/ Border studies/ Europe and Russia/ North-East of Europe /North-West Russia/ Nordic country and the Baltic region/ Private/Tourist human mobility

Table of Contents

1 Introduction	1
1.1 Overview of key aspects	1
1.2 Research questions and hypothesis	5
1.3 Methodological questions and the theoretical framework	7
2 Key approaches to the study of the question of cross-border cooperation through visa policy	9
2.1 Functionalism	9
2.2 Theoretical basis about constructing the image of the neighbor	17
3 The development of cross-border cooperation between regions of Russia and neighboring European countries	24
3.1 The specifics of the border crossing process by Russian citizens	24
3.2 The value of economic factors	30
4 Features of research: the Leningrad region and the Pskov region	39
4.1 Surveys as a way to collect primary data	39
4.2 Method of data-analysis: qualitative content analysis	43
4.3 Application of content analysis in this study	44
4.4 Ethical issues	47
5 Cross-border cooperation and visa policy in the perception of St. Petersburg and Pskov youth	49
5.1 Present and future prospects	49
5.2 Policy recommendations	58
6 Conclusion	61
List of sources	67
Appendix 1 – Conference program	75
Appendix 2 – Survey and translation of Survey	77

1 INTRODUCTION

1.1 Overview of key aspects

The Great ancient empires, world religions, Europe of the late Middle Ages; all are examples of communities from our history that went beyond the state framework (Kuvaldin 2002, p.28). It would be logical to assume that after a few centuries the time of peace without borders should already have arrived. Undoubtedly, we are experiencing globalization at a rapid pace, creating interdependency between countries and peoples, which often leads to international cooperation (Artanovsky 2011, p.6). But despite all the years of transformation, today in the consciousness of ordinary people, nation states remain a universal form of organization of society (Kuvaldin 2002, p.28). According to Pollins (2008, p.202) in one case, globalization enhances the chances for peace, in the other it pushes some states to complaints, rivalries and war. Moreover, the field of international relations is very far from having all the answers regarding the effects of globalization. In this situation, it is appropriate to address those issues that will guide the globalization processes in a peaceful way, and one of these issues is human mobility.

Turning to the words of Beckmann (2004, p. 82): “Mobility has become key in characterizing modern societies.” Moreover in the modern world, it has reached an incredible scale and complexity (Brockmann, David & Gallardo 2009). Nevertheless, with the great variability of this process kept in mind, there are still many aspects that require study from different points of view. Another important detail is that human mobility implies a mass phenomenon. However, it consists of a set of many individual examples of private life. These particular examples of human mobility between countries are formed under the influence of many factors. In this thesis, the following factors are taken into account: territorial boundaries, economic factors, cross-border cooperation, visa policy and the perception of people of other countries by the participants in the human mobility.

Since the Russian Federation is an active participant in many world processes (Sukhareva-Krylova 2009, p.95), it makes sense to study this country within the framework of human mobility. Russia is first of the world in terms of the length of state borders, as well as the number of bordering countries (Osadchaya & Remizov 2013, p.7). This fact demonstrates the importance of studying issues of border crossing and cross-border cooperation in a sense. Cross-border cooperation can be understood as a special type of cooperation between regions, which is necessary due to the proximity and neighborhood of the interacting territories (ibid., p.4).

In this thesis, attention is focused solely on the North-West of Russia. For this reason, a few words about the federal structure of the country are required. In the Russian Federation there are

different types of “units.” These can be, for example, republics, autonomous districts, or regions, the latter of which are the most numerous. Moreover, there are cities of federal significance, St. Petersburg for example (The Constitution of the Russian Federation Chapter 3, article 65). The North-West region includes the Leningrad region, the Pskov region, the Republic of Karelia, the Novgorod region and six other units. The city of St. Petersburg is considered as an independent entity (Federal State Statistics Service 2009). It is worth noting the main data for this study was collected from St. Petersburg and the city Pskov (this city is the center of the region sharing the same name) though nevertheless, the appeal to the Leningrad region, the Pskov region and to the entire North-West as a whole made it possible to make the thesis more complete and consistent.

Through the inclusion of the entire North-West region, the consistency and completeness of this thesis is demonstrated, for example through types of cross-border cooperation initiatives such as the building or reconstruction of new MAPPs (multilateral automobile checkpoint) (Zhilyaeva & Kuzmina 2015, p.220-221). This kind of cooperation would not exist if there was no flow of people traveling abroad. One of the examples of further development of cross-border cooperation between member states of the European Union (EU) and Russia is the possibility of increasing international human mobility by building new checkpoints. One possible way to achieve this is through increasing the flow of people from the cities of St. Petersburg and Pskov, which can serve as samples of a federal city and a small regional center of the North-West region. This is an illustration of how the studies of individual regions of Russia, while taking into account the needs of the entire region as well, can serve as a common development.

Thus, cross-border cooperation is explored in the context of human mobility and the impact that this mobility has on cooperation. Moreover, paying due attention to individual participants and making general conclusions, in the future it is possible to analyze this process, monitor or transform it.

It is necessary to emphasize that researchers have approached the study of cross-border cooperation from different perspectives. There are also a number of significant studies that did not address the borders directly, but made a big contribution to the development of this issue and international relations in general. Pointing to previous studies related to the topic of this research allows me to understand what has already been investigated and how it was done. Therefore, a broad base of scientific literature allows me not to get lost in a huge number of events, and highlight those aspects that are really significant for supporting the main data of this thesis.

For example, the functional approach used by Mitrany (1943) provided the main concept for the construction of the goals of this study. His ideas on strengthening cooperation between parties based on the search for common goals can be a strong base for building the basic principles in

cross-border cooperation. One of these theses can be called the principle of focusing on active forces and opportunities for cooperation (Mitrany 1943, p.99).

Also valuable is the contribution of Iver Neumann (1995) and his conclusions concerning the formation of the Russian identity often occurs in comparison with the European "Other." That is, initially, when people instigate interaction there is a search for similarities and, of course, differences. A question that may arise is: "how does the concept of the Other relate to cross-border cooperation?" Within the framework under consideration of such cooperation through human mobility, it is necessary to take this question into account, for the reason that the topic at hand researches the peculiarities of the perception of people of other countries. This will help to uncover the causes of a number of events related to the participants of human mobility. Therefore, addressing the root causes of people's actions based on their perception of the image of the neighbor plays an important role for the analytical process. The image of The Other, or at least an account of the image of the neighbors created, allows for example to reveal the hidden motives of people to action or inaction.

Disputes related directly to the human mobility exist, mainly related to border policy and cross-border cooperation. Here it is possible to identify several areas that helped me as a scheme of action on which my research was built. These areas were studied by the following researchers. The appeal to the issue of cross-border cooperation was made for example by Perkmann (2003); he defined the border regions, their forms and the position they occupy in the context of other cross-border links. In studies conducted by Forsberg & Haukkala (2016, p. 244), there was concern about EU-Russia relations, and that they perhaps are at a stage of degradation. Another example is Inshakova (2012), who studied the issues of freedom and security. Meloni (2006, p. 173) demonstrated that the presence of common interests of Russia and the EU can successfully organize cooperation on border policy, such as the adjustment of Russia's visa policy to the EU visa policy. Thus, they all turned to the consideration of the relationship between the EU and Russia directly, where border crossing issues or Schengen legalization are often addressed.

Part of the research is engaged in a discussion only on the issue related to cross-border politics. When the boundaries are open for example, then in certain cases this "would run into conflict with other well-entrenched interests and values a community may have, such as its right to self-determination, or the right to national sovereignty (Brabant and Mau 2013, p. 56)." The study of these issues is important not only for science, but they can also have some influence on the real alignment of foreign policy relations, if it is possible to take into account such theoretical developments in practice.

Kolosov (2008) has also researched human mobility and cross-border cooperation. It is worth mentioning that he discusses the questions of Russia's borders and the "new" Russian

geopolitical strategy. Nevertheless, despite the fact that many researches addressed the issues of cross-border cooperation, there are only few authors who deal with the issue of cross-border cooperation of the Leningrad and Pskov regions. Podshuveyt and Chernykh (2015) have addressed cross-border cooperation in the Baltic Sea region, and studied the experience of implementing programs of cross-border cooperation between the EU and the Russian Federation on the territory of the Leningrad region. Manakov (2010) has studied the question concerning the influence of the border position of the Pskov region on the socio-cultural orientations of the population of the region.

Separately, another discussion related to the topic is based on economic issues. One of the main points is that the border has a certain influence on the economy of the whole country which is being investigated and thoroughly tested (Xheneti 2012). Conclusions made by Demyanenko (2014, p.26) fit in the framework of this theory, namely that Russia and the EU "are interested in maintaining and developing contacts with each other because of the existence of common economic interests." Jukarainen (2003) approached this issue from another perspective; she did so through the examination of the economic gap between the EU and Russia. It is important to note that the economic gap between states directly affects the mobility of the population; this is another confirmation that everything is interrelated in the sphere of cross-border cooperation. Gaponenko (1999) conducted research about social welfare, which affects economic development, and it is desirable that economic and social development develops evenly. Another interesting way of exploring cross-border cooperation is through tourism. Stepanova (2004) investigated this question with reference to the whole North-West region of Russia. All these and others authors made a great contribution to the development of this scientific topic.

Nevertheless, I must be emphasized that I did not find any previous studies that consider cross-border cooperation through the focus on visa policy in this particular region. Thus, this is a gap in the study of issues of cross-border cooperation in the North-West of Russia. While studying this particular issue, it is possible to make a feasible contribution to the study of international relations. Moreover, it is important to note the novel scientific contribution of this research. This thesis investigates how border policy impacts human mobility, as well as the image of the neighbor in the Leningrad and Pskov regions. This issue has received little attention, and has thus far been mainly discussed as a smaller part of other studies. Even in materials revolving solely about the Leningrad and Pskov regions, this issue has not received sufficient attention, despite being such an important component of cooperation and human mobility of civilians. In view of this, I make a feasible contribution to the development of this issue in this thesis.

1.2 Research questions and hypothesis

“For all categories of border crossers, citizenship and information related to borders do matter (Golunov 2017, p.14).” Indeed, information counts as one of the main values at the present time. We can quickly access nearly all the information we are interested in. But why then do some people fail to get a visa, or fail to cross the border if all the required information is available? Why do people not travel, or why do some people not want this at all? This prompted me to think about the existence of different approaches to the issue of border crossing. If information is important for all people crossing the border, then it is necessary to understand for whom which kind information is required.

Based on a study of various sources on this topic, some of which were mentioned in the previous sub-chapter, it was found that the process of crossing borders is directly related with human mobility; that the border and people crossing the border for various reasons often became a means of influencing foreign policy. Cross-border cooperation in all countries is an important tool of foreign policy as well. Moreover, the Leningrad and Pskov regions have special relations with those countries of the EU with whom they share a border. This fact alone makes these regions a rich base for exploring. Later, the purpose of this study was determined, and the appropriate region was chosen to search for answers to the questions. The overall goal of the research is to evaluate the impact of border policy on human mobility of civilians in St. Petersburg and Pskov. Another possibility is to see the impact of the border and how it affects the "minds of the people." This means examining how cross-border positions affect the formation of the image of neighbors in Russia, and how this is reflected in the desire to have contact with the people of bordering countries; and as well as the changing attitude of the people involved in this cooperation. Consequently, it will be possible to promote increasing cooperation across borders. This improvement of cross-border cooperation could affect the overall relationship between countries. For example, Turnock (2002) and Plusnin (2013) argued that cross-border cooperation positively contributes to the overall relationships of states.

All these aspects are relevant, and it can be explained by the fact that in our world various changes have been accelerated due to the huge number of foreign political upheavals or serious conflicts of interests. In recent years, the relationship between the EU and the Russian Federation has become quite unstable, unfortunately. Korostashevich considered questions about the prospects for cooperation between the EU and Russia, and noted the following: “The ambiguous folding of relations between Russia and the EU in recent years; interaction in the financial and economic crisis; the contradiction between the vision of Russia in the West as a power of the ‘second category’, and the perception of it by the majority of Russians as a Great Power with which it is

necessary to conduct business on an equal position” (Korostashevich 2017, p.83-84). Moreover, he claimed that Russia-EU relations will have to be rebuilt, and normalization will begin with practical cases, with one of these cases being cross-border cooperation (ibid., p. 86). In this situation, it is appropriate to turn to questions of cooperation of separate regions with individual countries of the EU. This research contributes to the establishment of contacts between the two sides that seem relevant, desirable and important for the current situation. Thus, this study can find a wide range of applications.

This thesis assumes that the number of border crossings by Russian people has a direct impact on the improvement of cooperation. Therefore, this study claims that it is important to increase the number of border crossings per person, not the total figure for the country. Accordingly, here it is possible to investigate human mobility on the Russian side of the border, including the impact of visa policy. It is important to find out what hinders an increase in visits to the Baltic States and Finland, and help to identify those areas in which it is possible to propose specific changes to optimize the border crossing process. In turn, this optimization will increase the number of visits to the Baltic States and Finland per individual. This will improve the quality indicators of these visits. Quality is expressed through the fact that by often visiting an overseas country, a person will form an understanding of their customs, gain respect for its people, and a desire to establish contacts. When friendly contacts are established, problems in foreign policy on governmental levels are smoothed for certain numbers of people. These actions can prevent the outbreak of war, even if something goes wrong in the international arena. According to Starkova (2010, p.67), cross-border cooperation can play a stabilizing role in cases of complications of relations at the highest level.

The research questions of my thesis include two main questions: 1. What is the impact of border policy on human mobility and the perception of the neighbor in "the human mind" in the Leningrad and Pskov regions? 2. What actions could increase the flow of people crossing the border from the Russian side for implementing constructive contacts with the people from the other bordering countries? To answer these questions, I have devised two sub-questions: 1. How is cross-border cooperation, in particular visa policies, experienced by participants of human mobility in the aforementioned regions? 2. How have features of cross-border cooperation between the two Russian regions and neighboring European countries emerged and developed over time through the functional approach?

This thesis was built as a tool to successfully answer the research questions. The first chapter is devoted to the theory of functionalism and the concept of The Other, as a theoretical basis for understanding the question of the image of the neighbor. These theoretical installations serve as definite frameworks for this study. The second chapter contains a general analysis of information

about the specificities of the border crossing process by Russian citizens between the EU and the Russian Federation, and about cross-border cooperation and economic aspects affecting on human mobility. The last chapter is devoted to the methodology of research, analytics and proposing possible recommendations.

It should be noted once again that a large number of scientific literature was involved to support the surveys, and with their help answers on the research questions were found. Furthermore, a variable source base was used, for example the Concept of border cooperation in the Russian Federation, Schengen Agreements; Statistical data from the Federal Service of State Statistics and so on.

1.3 Methodological questions and the theoretical framework

It is worth paying extra attention to the surveys, due to the fact that this data is central to this study. Going into more detail, surveys were conducted among the residents of the city of St. Petersburg and the city of Pskov. Participants were State University students in Pskov and St. Petersburg from various departments, and schoolchildren of the final class. Surveys were conducted in four schools in Pskov, and four schools in St. Petersburg. The questionnaire has been filled out by a total of 297 respondents.

Qualitative content analysis is applied to analyze the data obtained from the surveys. Based on the functionalist theory, categories through which I coded the data were chosen. Furthermore, several hypotheses were suggested, and several of them were confirmed. Namely, it was proven that most of the people from St. Petersburg and Pskov, who have or rarely been abroad, are characterized by the fact that they do not care about the development of cooperation in the European direction, and are not interested in travelling in general. This is a cause for concern when thinking of building cross-border cooperation in the future and achieving positive dynamics in human mobility. Nevertheless, there is a significant positive point: the hypothesis about the frequent visits to foreign countries and the presence of constructive contacts there affect the establishment of a positive perception of the neighbor in “the human mind.” This increases the desire to receive more information about the border policy and to be an active participant in human mobility. Considering what can increase the flow of people abroad, one of the solutions to this issue is the provision of systematic individual information about the whole procedure of border crossing in interactive ways on modern platforms. It can be added that the materials of this research had approbation at the International Youth Scientific Conference (April 2017, Pskov), Section of Foreign Regional Studies: European Studies (Appendix 1). The title of my report is “Cross-border cooperation through the lens of visa policy.” The results of this conference will be published in the near future.

This was all done while taking into account the theory of functionalism. Thus, concerning the theoretical framework, it is worth to note several additional key approaches. Involving the maximum forces and opportunities for cooperation, as suggested by Mitrany (1943), one can expect positive results with the least time-consuming process in building cross-border cooperation. In the study of cooperation, it is important to take into account that the interests of the party may not only be different, but even in the common interest there may be differences and varying degrees of interest (Mitrany 1966, p.69). The last thing that is important is that work in the field of cross-border cooperation is worth considering as part of a large process. Turning to the functionalist approach, which can be seen as a way to create a prosperous society (Mitrany 1948), some parts of which can be achieved through improving the human mobility. These theses are discussed in more detail in the upcoming chapter.

2 KEY APPROACHES TO THE STUDY OF THE QUESTION OF CROSS-BORDER COOPERATION THROUGH VISA POLICY

In this chapter I will introduce the two very different approaches that are important for my research: functionalism and constructivist understanding of the identity. I have chosen these two because of particular reasons. On the one hand, I consider cross-border cooperation, which implies the need to consider the reasons for the existence of this phenomenon in general. The main line in this study is built on the fact that countries have common goals for which it is worth to unite for the common good. In this case, functionalism is an appropriate theoretical basis for the thesis. On the other hand, the means that make it possible to improve cross-border cooperation in this research depend on the human mobility and how it shifts. In order to understand why it changes and how it can be influenced, it is necessary to pay attention to identity issues. Mobility and interaction between countries are influenced by the division of identity into "us" and "them," a division that is inherent to the constructivist theory. Thus, in order to understand why mobility changes and how it can be influenced, it is necessary to pay attention to these identity issues as a part of constructivist theory. Consequently, both theories must be utilized to fully answer all questions of this research.

2.1 Functionalism

Functionalism as a theoretical direction has found its development in several sciences. One of the first large areas where functionalism was spread is in the sociological direction. Furthermore, some scientists in the field of international relations, who used functionalism in their works, took inspiration from Comte (Popoviciu 2010). Others relied on the basics in theory developed by Parsons, Merton, Radcliffe-Brown, Bateson and others (Tolstich 2015). Thus, sociological approaches were gradually shifted to the international relations, where functionalism acquired its individual traits.

I apply the functionalist theory in my thesis to emphasize that growth of human mobility can serve practical purposes. As a result, in the process of realizing common goals the cooperation between countries can improve. To understand how this is applied, it is necessary to consider the theory of functionalism in more detail.

The formation of the theory of functionalism in the sphere of international relations has passed several stages of development. Some scientists, such as Haas (1964) or Groom (1975) and Taylor (1975), note the fundamental contribution to the development of functionalism by David Mitrany. However, the transformation from sociological theories to international relations began earlier. Before addressing this issue, it is important to define the place of functionalism in international relations. Classical functionalism appears to find its roots in the philosophy of

idealism. Tsygankov (1996, p.15) notes that the idealist theoretical direction mainly revolves around the idea of the possibility of absolute peace between populations. Functionalism developed in a similar way, with cooperation being the main mechanism of interaction (ibid., p. 264). Both theories aspire to achieve the idea of peaceful coexistence, and are therefore similar in their core beliefs.

Further, it is worthwhile to consider several important components in more detail when advancing the theory of functionalism. For the development of the theory there must be fundamental questions that serve as catalysts for the development of this scientific direction. For example, Paul Reinsch (1911) was engaged in the study of public international unions. He raised several fundamental problems, as the workers of international relations believed that universal peace is impossible to achieve, and explained this by the fact that universal peace has not occurred even once in history. The author notes that it is not most important for us to create an abstract ideal of the world, but it is more important to cooperate together in various fields of activity that humanity is engaged in. The key aspect for the development of the ideas of functionalism, Reinsch confirmed that, in the existence of the construction of cooperation, national boundaries are transcended and becomes a universal joint effort. That is, the author noted the existence of common goals, which contribute to the need to unite efforts across borders. This in turn has a positive impact on the development of specific factors in human life, and economic and social needs are particularly highlighted in this sector (Reinsch 1911, p.1-4). These generalized conclusions based on his work allow understanding how functionalism began to work. The general ideology of this theory has developed in many subsequent works.

The source of inspiration for subsequent generations of functionalists was Leonard Woolf. One more basic thesis can be derived from his work, for example, in order to achieve the goals it is more effective to act through international agreements and cooperation than to develop on the basis of competition (Woolf 1916, p.362). Follett (1918, p.6.) noted that the group organization should be a new policy method. He argues that, through the group organization, the “true” person shall arise; he reveals his potential and gains true freedom through the group. Thus the basic essence is expressed, that for humans it will be more natural and more effective to unite for the decision of any problem in order to reach our full potential.

For functionalism, the issue devoted to the problem of relations between national governments and international forces of various kinds was frequent. In comparison with Reinsch, Woolf defines a clearer position for the state and government in relation to international control. The author also stresses the importance of even a small movement towards the development of the International Government under the International Authority. One of the goals, which will be

achieved at the same time, is to increase efficiency in the direction of preventing war (Woolf 1916, p.363-364).

To further illustrate the views expressed above, another theoretical position highlighted by Woolf should be noted, namely that the international government begins with states where communities with almost complete and established systems of local government thrive. They also enter into a free union. An important point here is that international issues that affect independence are submitted for consideration and decision by the International Authority (*ibid.*, p.367).

Thus, the foundation of the theory of functionalism can be traced back to the early XX century. It was rather scattered and only certain constituent fragments were expressed, but these gave impetus to the development of this theory. A more systematic and clear description of an already full-fledged theory can be found in the works of David Mitrany. One of his fundamental works is “A Working Peace System” (1943). The work is divided into three blocks, in which Mitrany pays attention to: common problems, functional alternatives, and to an international society through functional actions. Through these blocks during World War II, Mitrany was seriously thinking about what the world would look after the war and how to prevent future wars (Nelson & Stubb 1994).

Analyzing his work, the following summary can be made. The first block describes common problems. Mitrany states that we need a new kind of international system. This kind of system where there will be no blame for the small states for insufficient responsibility, and no blame for the Great Powers for selfishness (*ibid.*, p.94). When listing some of the mentioned problems, there is a need for greater affinity in the union than, for example, there was with the League of Nations (LoN), which was one of the first intergovernmental organizations. It needed a more intensive union and a less extensive group, with closer constitutional ties. The LoN failed because its activities did not go further than the process of a long-term settlement (*ibid.*, p.95). It contains an important basic aspect of how we should act; it is necessary to find a way to move away from traditional political ideas that are often tied to territory. Moreover, it is extremely important to find a new way to achieve goals without violence. Subsequently, some functionalists consider or use federalism for comparison to build arguments as Mitrany, for example as in the work of professors of international relations John Groom and Paul Taylor “Functionalism: theory and practice in international relations” (1975).

Mitrany (*ibid.*, p.96) noted that, for him, an obvious feature of his time was that people live in the period of historical transition (mid-20th century), and it is interesting that a similar statement can be made about modernity. Thus, his work in many ways continues to be relevant, despite all the constructive criticism. It is important that he saw a change in the attitude of nationalism towards internationalism, and stressed that it can be promising when used correctly. Moreover, the thesis is

important in the sense that the new nationalism is based on social factors, since it is this sphere of people's lives that can contribute to the achievement of common consent on the international platform in the interaction. Mitrany pointed out that at the international level this is no longer a matter of rivalry, it is a matter of unification. We are from a former competitive and militant society to a possible cooperative one, which is based on international responsibility (ibid., p.96). The development of this thought subsequently makes a significant contribution to the development of international relations in general.

The second important block is devoted to a functional alternative. Here one of the main points is to highlight the fact that functional mechanisms can be adopted if there has already been a habit of working together. Mitrany sets a goal: maximum emphasis on active forces and opportunities for cooperation, while at the same time attempt to avoid controversial issues that may cause disagreement. In addition, it names a few more common goals that we need to achieve, namely the creation of equality before the law for all members of society, and the promotion of social rights (ibid., p.99). In the second block we find the question: “what would be the broad lines of such a functional organization of international activities?” (ibid., p.105). The answer is provided by several important aspects of the theory, which complement its structural essence. This essential principle is that the activity is not just chosen at random. It is chosen specifically and, if possible, as most organized as it can be. Moreover, activities should be organized when there is really the greatest need for them at a particular moment. These features can give all the freedom for practical changes in the organization of several functions.

Mitrany singles out the virtue of the functional method. This shows in practice the nature of the action, after which it is possible to determine the powers that are required by the relevant authorities. The function determines the executive instrument, which in the future will correctly determine the proper activity (ibid., p.107). For him it is even more important not to ask the question: “what is the ideal form for an international society?”; but rather: “what are its essential functions?” (ibid, p.99). The last thing that is important to highlight for the coverage of the theory of functionalism from “A Working Peace System” by Mitrany, is that cooperation for the common good is an essential task. We need to work together without concentrating on rivalry, for the sake of fulfillment the task. For the sake of peace and a better life, we need to determine the exact interests and activities (ibid, p.112).

In addition, it is good refer to another work written by Mitrany, “The Functional Approach to World Organization” (1948). In this work he notes there often is a contradictory situation. On the one hand, we are favorable to the development of cooperation on the basis of necessity or habit, but on the other hand the problem is that we are clinging to political isolation. Mitrany cites three general schemes for an international organization: “1. A general and fairly loose association; 2. a

federal system; 3. functional arrangements” (Mitrany 1948, p.351-352). From his work it is clear that a common positive foundation is needed for peace. It should not only change the number of functions that are implemented jointly, but their very nature should change even more quickly.

In this paper, Mitrany links the theory with the sociological structure, which reinforces the interdisciplinary nature of the development of the theory of functionalism. A similar connection can be traced in later works by other authors, for example, Haas (1964). Thus, the structure was identified to determine the structure in which any effort towards an international government should work. This structure is formed by the need for social integration, where goals are difficult to achieve with traditional political tools only. It turns out that here it is necessary to look for new political devices, and here the functional idea comes into play. This idea, which is suitable for the framework, can serve as a new application.

Speaking about the federation, Mitrany describes the situation that if it exists, there has long appeared an interesting feature, namely that some formal borders can wear off. He comes to a significant conclusion: “Generations of common life and experience have welded them into a community, with a common outlook and common problems ...” (Mitrany 1948, p. 355). In this approach, the constitutional approach is the index of power, the functional approach for “the common index of need” (ibid., p.356). It can also be added that, in general, Mitrany criticized the federal system, noting that formally it is itself a set of constraints which impedes the development of joint activities.

The important thesis is that there are many needs that transcend national borders. He saw this as an opportunity to start a joint government for them. An additional positive aspect should be named so that “Functional neutrality is possible, where political neutrality is not” (Mitrany 1948, p. 358). In general, a functional approach will help mitigate the zealous maintenance of equal sovereignty. When using this approach, unification will not be a matter of surrendering sovereignty, but it will rather be regarded only as necessary actions for joint fulfillment of any specific tasks.

On the basis of the theory there are two ways for unification. One of them, for Mitrany, is an ideal option when countries work together to realize common goals and their common good. Another option, if the union cannot be comprehensive, it would be better if it were on lines of special activities (ibid, p.359). Following these theories, this thesis pays great attention to the works of Mitrany. However, without such a large block where the author's words were analyzed in the theses, it seems impossible to understand the full truth of this theoretical approach.

For balance and to avoid excessive one-sidedness, it is worth including some detailed theses from the book of the famous political scientist and the founder of neofunctionalism, Ernst Haas, “Beyond the Nation state (Functionalism and international organization)” (1964). He poses several important questions: “How can the normal aims and expectations of nations be related to a process

of growing mutual deference and institutional mingling?”(Haas 1964, p.17). Additionally, what contribution can political sociology offer in the study of this process? Since functionalism has contributed to the theory of international relations, through the study of European integration processes, the second question by Haas is important, and directly associated with the first: “What kind of international integration as defined in the first question?”(Haas 1964, p.17). It is more important to formulate these questions than answers to them by a specific author. This will also allow a smooth transition to the question of what functional theory means for international relations generally.

Noteworthy in many respects is the quote by Merton, to whom not only sociologists refer, for example Barofsky (2011), but also Haas. “The large assembly of terms used indifferent and almost synonymously with “function” presently includes use, utility, purpose, motive, intention, aim, consequences” (Merton 1968, p.77). Haas broadened this point of view, noting that for political discussion and analysis, almost all of these terms are not only of vital importance, but can also be used in several senses. Thus, this small example can illustrate the complexity and ambiguity in the approaches to the theoretical currents under consideration in the course of their development.

Referring to previous authors, including Mitrany, Haas gives a more detailed interpretation of terms, which makes the concept of “function” more complete. The term “function” is divided into several other concepts: “task” refers to the legal mandate imposed on the organization; a “need” is a concept with rather vague social consequences; and “purpose” refers only to the task (Haas 1964, p.28). It is important to mention that functionalism suggests that a man by nature is good, rational and devoted to the common good. If society is organized in this way, then a man will mobilize his forces for the common welfare. However, if the concept of power is dominant, there will be irrational behavior, disharmony and conflicts (ibid., p.30).

The functional cooperation itself is inextricably linked with integration. With the help of the functionalist approach, including aspects of sociological functionalism, one can promote disclosure of the nature of integration. Nevertheless, it makes no sense to go deeply into the details of integration processes, because the goal of this research is to consider functionalism in relation to border cooperation instead. It should be added however, that in the classical functionalist approach much attention was paid to the economic doctrines of Adam Smith, Bentham, the Mills, and how the economic factor affects integration processes (ibid., p.50).

Clearly Haas went in a slightly different direction than the basic functionalism, but his studies allowed looking at the classical approach through other perspectives while not denying its essence. Together with sociological notes in the consideration of the theory by Haas, a clear structure of the development of functionalism is distinguished, which was described schematically above.

It was already mentioned that one of the main meanings or areas of application of functionalism for international relations is that it has become a theoretical basis especially for European integration. It is useful to give a definition of the concept of integration highlighted by Haas (1961, p.366). Consonant with it, integration is the achievement of a special condition by nation-states. This condition means that there is the possibility of forming a political community when there is a possibility of internal peaceful evolution. This evolution will unite the rival groups that put forward the opposite demands.

How does functionalism work for international relations? Functionalism is engaged in a theoretical interpretation of the conditions for the termination of social conflicts as well. Of course, while this issue is quite extensive and truly theorized, nevertheless the importance of building such concepts is important for the development of science. Mitrany works out an important aspect; he considered the way of achieving peace and social progress in uniting nations through joint actions of government organizations in accordance with specific needs, and suitable conditions of time in the same way (Popoviciu 2010, p.166).

The basis of the association should be the priority of human needs and the public good. International organizations can often perform socially useful functions better if they are not dominated by a national state. If the organization is not national it has more opportunities, it is more flexible to change. For some researchers of functionalism, the underlying thesis is “the form follows the function” (Dulsky 2010, p.13). Rapid response to external factors and accordingly rapid adaptation leads to greater efficiency.

Another example showing how functionalism serves in international relations is its explanation through the reasons for regime change. This application of the theory was noted by Lichbach (1981, p. 58); the basic functionalist position on this problem is that the regimes change because they do not function properly.

Thus, by using the functionalist theory in international relations, one can analyze the degree of effectiveness of certain associations, determine whose interests they are implementing and accordingly plan further ways of the most complete satisfaction of social needs. It is possible, through theory, to analyze various events or certain aspects of activity that can be assessed by the effectiveness of their work.

It is important to point out some theses that criticized the theory of functionalism. One of the contentious issues is the problem of the universality of the theory. Indeed, it is difficult to say that the main ideas will work for all countries of the world. Tolstih (2015, p.79) expressed fears that if countries automatically copy the model of European integration without trying to analyze it and eliminate the systemic shortcomings of functionalism, then the result of such transformations may end with even more possible problems rather than solutions.

Another controversial area is the question of the importance of organizations. Of course, international organizations exist, but the question remains whether they can play the role assigned to them by functionalists, including those that have already been listed above. Popoviciu (2010, p.165) noted that Mitrany was heavily influenced by the teachings on organizations that emerged in the continued rapid growth of modern corporations in industrialized countries. Thus, this question remains open.

As for the theory of functionalism and its application in my thesis, the overall goal is to contribute to improving cross-border cooperation together with evaluation of the impact of border policy on human mobility. Once again, referring to the question written by Mitrany: “How to make the elements serve the human race without letting their use be distorted by political frontiers or political notions is therefore an urgent task of political science” (Mitrany 1933, p.85). My task is to find specific examples (in this case the Leningrad and Pskov regions) of areas in which there are opportunities to establish beneficial relations in various senses, without affecting the problem areas and politics through a functional approach.

Speaking more narrowly, the functional approach is a way to create a prosperous society, which involves changes in political outlook (Mitrany 1948). It is a way to create a safe community which requires alterations in the political world. It is important that this view allows me to shift the focus on social issues in which I can find areas of common interest. The improvement of the visa policy serves as a point of contact of the interests of countries with a common border.

As stated by Mitrany: “In this approach it is not a matter of surrendering sovereignty, but merely of pooling so much of it as may be needed for the joint performance of the particular task” (Mitrany 1948, p.358). Based on the words of Mitrany, the aim of the work is to find out where there are opportunities to improve the contemporary visa policy – if these opportunities exist at all – without risk for the sovereignty of countries.

Mitrany (1948, p.358) emphasized that, when visualizing a map of the world showing the economic and social activities, it will reflect a complex network of interests and relationships that cross political boundaries; this is not a map of opposing countries and frontiers, but instead shows realities of everyday life. This position is important for the thesis because I am going to show “a complex network of interests” of civilians, people who cross the border. Despite not using all elements of development of international organizations, I will use fundamentals of the theory regarding this development, as it is still described as a goal of functionalist theory.

Lastly, it is important to note why I focus on functionalism, and not on neofunctionalism, which is considered a more modern continuation of the development of the theory. As Tolstich (2015) noted, functionalists emphasize the role of international agencies as a condition for social progress, and neofunctionalists focus on the activities of these agencies that seek to oust policies

that are based on national interests. Thus, with the help of functionalism, it is possible to consider issues of cross-border cooperation, the issues of modifying the border crossing process and much more, which together is a part of social progress. Neofunctionalism, with its main goal of reducing the influence of national policy, cannot approach the explanation of problems on the borders of national states, where the main focus is not to destroy these borders, but only in their positive development for society. Functionalism will unite countries to jointly solve specific problems, which is ultimately the direction of my research.

2.2 Theoretical basis of constructing the image of the neighbor

Due to the case in this research related to the question: “How do border policies influence the perception of the neighbor?” I am using the basis from the concept of “The Other” and, as part of this the concrete issue, the image of the neighbor. It is important for this thesis to explain what The Other means, in order clarify what is being studied, and hereafter I specifically use the term “neighbor” in some occasions. The term Other is used for general explanations throughout the thesis, while the neighbor is used to explain things specifically related only to my topic.

Sociology provided the basis for the development not only of the theory of functionalism, but also of developing ideas about the concept of The Other. One of the literal senses that promote the sociology is to describe the process of human socialization. In this direction, it is possible to study how a person separates the “I” and The Other from the very beginning in a narrow sense, and afterwards as “I” and large social associations, such as another nation. Similar ideas can be found in Alpatova and Semenišina (2011, p.239). There exists an even more extensive version, which occurs in philosophical discourses. The perception of The Other is expressed as an object or an alien world that depends on the activity of the subject (Kirichek 2013, p. 43).

If we move from sociology and philosophy closer to the field of international relations, these ideas acquire a somewhat different meaning and perception. Perception of oneself is perceived in terms of identification. For international relations, it does not matter how we perceive ourselves within a small group of people in our inner circle. Here the scale of the study is changing; here the collective identity is important. For example, the descriptions in the works of Wendt (1994). Wendt (1999, p.337) noted that it is collective identity that gives actors an interest in preserving culture. Moreover, the actors will unite and protect the culture if something threatens it at an instinctive level. It is interesting that it was the work of Wendt that prompted many scholars to refer to the theme of The Other in particular. Through comments, additions or criticism, many works appeared that gave impetus to the development of this issue (Morozov 2015, p1).

For my research, the question of the image of the neighbor that might be constructed as The Other is a central one, since the improvement of cross-border cooperation considered through depends on the actions of ordinary people from one side of the border. In this situation, barriers in the perception of people of other countries are investigated to determine what may hinder the improvement of relations. Through the understanding of the main aspects of possible negative perceptions from the image of the neighbor on a personal level, it is possible to propose ways of making them more positive.

Moving on, international relations have a steady interest in the question of identity, as well as the formation of identity (Neumann 1996, p.140). Identity itself is often seen as belonging to a person or a human collective (Neumann 1993, p.349). To make it clearer, it is necessary to identify some important details of the approaches to the study of identity. Iver Neumann (2004, p. 29-49) singled out four approaches to the study of identity: ethnographic (studying nationalism), psychological (where through the categorization of the “I” explain how individuals become groups), the approach of continental philosophy (“I” and “Other” as a raw material for a possible dialectic “*Aufhebung*” in the name of reason and progress) and “Oriental Excursus” (where the East signifies the direction of research, and the word “excursion” emphasizes a small study of this direction). Also in the latter direction, Neumann refers to different degrees of perception of The Other. Furthermore, there is a fundamental division between “us” and “them,” which is proposed for example by Said (1977). Another explanation of identity can be expressed as: “National identity describes that condition in which a mass of people have made the same identification with national symbols - have internationalized the symbols of the nation - so that they may act as one psychological group when there is a threat to, or the possibility of enhancement of, these symbols of national identity (Bloom 1990, p.52.)” Thus, I have designated the general meaning, concluded in the notion of The Other, in relation to international relations. From this perception, the theoretical component of this section of the study will be further constructed.

The need to study concepts related to The Other is a necessity in view of the large variety of topics studied in this thesis. Each society can offer the individual its own set of material and spiritual values; its system of established concrete historical values (Alpatova & Semehina 2011 p. 238), which makes studying the issues related to The Other so diverse every time. Of course, there are limits to considering The Other for international relations or in Waltz's words (1979, p.8), that the theory itself indicates that certain factors are more important than others and determine the relationship between them. One way or another, a lot of research has been done in the international relations that covered question The Other (Neumann, p.166, 1996, Walker 1993).

When considering the question of The Other in international relations, it is important to highlight a few fundamental theses based on the works of Neumann (1996), which in my opinion

require attention. The study of the processes of identity formation must be the socially placed ones of how these boundaries come into existence and maintained (ibid., p. 167-168). Indeed, the study of border issues and cooperation through them leads to the need to find those factors that differentiate territories in the minds of people. Another thesis is that the boundaries themselves can be studied in various ways. These methods often cover aspects of physical and economic boundaries. On the other hand, questions are explored that create and maintain social boundaries between human collectives. Only by combining these different streams of thought, can we create a fairly complete picture of The Other in a particular case. This thesis considers it is important to pay attention not only to what we are examining, but also to think about what has pushed us to precisely the tasks described in the central question. It is logical to assume the very fact that we begin to consider The Other's question for specific people suggests that problems in perception already exist. The presence of invisible boundaries can be seen in various scientific papers that knowingly describe the division into certain sides, which has an effect on people's perceptions as well, for example the question of integration and what conflicts have emerged with "Others" on its border, including Russia in Europe's North (Diez 2006, p. 564). Finally, the last thesis is that it is important to understand the need to address the negative consequences of The Other for cooperation. Thus, the main question is not "what" separates people, but "how" people are separated.

Opposition for cooperation often appears artificially, and one of the traditional types for modern international relations is the formation of the image of The Other by the states themselves. The meaning of this theoretical position is that states, when forming their own identity, create a certain worldview in politics or in the social sphere about other countries. The purpose of these actions is to demonstrate to the population of the country its advantages in comparison with others (Zarova 2008, p. 123). Another option for creating artificial separation can be created through habit or logic, but without in-depth analysis. This for example happened with the creation of "Eastern Europe" in the description of Wolff (1994). If we take into account only similarities that meet certain criteria, or choose distinctive features and do not include all objective facts in the creation of the image, then a distortion of reality is possible. It is interesting that the distortion of The Other or its creation can be unintentional, but also intentional with the presence of certain tasks and goals. In any case, once this distorted image takes root in society it becomes increasingly difficult to get rid of it in the future.

Continuing the idea of pursuing certain goals and objectives, it is worth making a few clarifications. In international relations, it is more important that the unification of the territory does not take place on the basis of geographical features only, but that there also can be the alignment of entire regions with artificial reasons for unification. Regional constructions and the idea of regional identity are usually the result of political, economic or cultural processes and the interests of certain

groups and associations (Prokkola & Jakola 2015, p.106). This makes it clear that the map of the world, and the boundaries in the minds of people, form artificially for the sake of one or another reason. An important point here is that these boundaries can have different forms, depending on the higher goals. Similar ideas can also be found in work Yuval-Davis and Stoetzler (2002, p.330), in which they talk about ethnic and national collectivities that build boundaries dividing groups into “us” and “them.” These authors indicate that political goals and values influence how different people build their respective borders. In other words, there can be almost insurmountable borders between two neighboring states, or there may be no borders between countries that are still territorially divided by several countries among themselves. This demonstrates that the boundaries in people's minds are truly conditional in every sense.

One of the clearest boundaries formed in the minds of people is the one between “Europe” and Russia. As noted by Paasi (2001, p.8), these relations are cardinally shaped by the geographical and geopolitical imagination of politicians, economists and academics on both sides. Even more importantly, the author notes the boundaries exist more in human minds than they do in practice, a statement I fully agree with. Analysis of numerous surveys in the border areas of Russia clearly showed this trend. Paasi (2001, p.10) noted a key issue about identity: “identity is not merely an individual or social category, but also – crucially – a spatial category, since the ideas of territory, self and “us” all require symbolic, socio-cultural and/or physical dividing lines with The Other.” These divisions as mentioned above are often created artificially, including through various laws or the educational system. All these factors are part of the everyday lives of people, who in turn influence other persons on a daily basis through their personal opinions on what they see and hear. At the same time, influential factors at a distance, such as neighboring countries, do not have enough strength to counterinfluence, even if it is an important part for the formation of identity from a logical point of view. Especially in Russia people are strongly influenced by the opinion of the state in popular politics, resulting in a fairly strong division into “us” and The Other.

There is one more important question from the area of studying The Other which needs to be clarified. As stated in an article by Prokkala (2015, p.105), national identity remains the dominant factor. The peculiarity of studying identity is that it is often considered something special, that is, in certain regions. Another issue can possibly be found in the opinion that identity does not change in time, but is rather completely static. To avoid inaccuracies, it is worth considering the questions how identity is realized and materialized to a greater extent. If Prokkala has focused on regional identity in this case, I believe that this provision can be applied in a broader sense.

Thus, it is true, even if the main type of identity is national, then it is necessary to remember that the state is also changing, and together with it the national perception of oneself. Through this perspective, identity cannot be considered static. It varies in scale from national to personal

environment. For example, within the state there can be changes in the categories of power and economic relations, the emergence of identity through historical development, etc. (Eisenstadt 1998). These factors affect social life and, accordingly, the positioning of oneself within the country.

There is another interesting approach to this issue, which allows expanding the idea of the possibility of researching the identity. For example, Bucher & Jasper (2016, p. 18-19) claimed that it is possible to not only “search for a core identity.” We can achieve interesting results if “examine how actors articulate, bundle and (temporarily and incompletely) stabilize interpretations of the self, where it is important that - thereby privileging some identifications over others.” Their theoretical approach is to “connect shifting articulations of the self to the development of broader social arrangements,” where, in turn, this approach can become a theoretical basis for overcoming the barrier between domestic and foreign policies, which, according to the authors, characterizes modern identity.

Some additions can be made to the aforementioned existence of regional identity. Paasi (2003, p.478) wrote that “Regional identity is, in a way, an interpretation of the process through which a region becomes institutionalized, a process consisting of the production of territorial boundaries, symbolism and institutions.” Indeed, borders are created with the help of symbolism as well, which reinforces the images of separation. Paasi added that: “This process concomitantly gives rise to, and is conditioned by, the discourses/practices/rituals that draw on boundaries, symbols and institutional practices.” All this creates a rich basis for the possibility of the subsequent division into categories “us” and “them”, too.

Clearly the question of the Other and the question of identity have many important features that can serve international relations. If we summarize all of the above, it is possible to identify several comprehensive characteristics. The approach of The Other and identity is one of the ways to analyze relations in the foreign policy arena. An appeal to The Other or the image of the neighbor allows researchers to develop more effective approaches for building cooperation at national or regional levels. Lastly, I would like to highlight the feature that appealing to the approaches described in this part of the thesis, it is possible to explain certain actions of countries more effectively.

This research is aimed at identifying the image of the neighbor in "the human mind." It is appropriate here to quote with the necessary statement: “A person cannot go beyond the boundaries of the set of values offered by society, unless he lives in an environment of total revaluation of values, when the boundaries of the system are more or less blurred” (Alpatova & Semeniuhina 2011, p.242). I aspire in my research to describe those ways and possibilities that contribute to the erosion of those most stable boundaries of the system. Through the concept of The Other, combined with

the consideration of the image of the neighbor, I find something that can contribute to creating an environment of total reevaluation of values that interfere with the development of cooperation. This is also supported by the identification of the relationship between the person and the interest in the interpretation by Hopf (2002, p.17), that any individual, because of his or her understanding of oneself through Others, necessarily has interests that are social cognitive products.

To create a complete understanding of the concept of The Other in my work, it is necessary to include in its narrative its application in relation to Russia. This will reveal all the main features of this problem, which should be taken into account when working with specific information from surveys of civilians from the city of St. Petersburg and the city of Pskov. Alternatively, the images of The Other can mostly be created artificially in view of various reasons. For example, when a country itself creates various myths in the world related to politics, or in social aspects of other countries following the conditions of the time. Influence on the minds of the Russian people is strong; there is a lengthy discussion about trying to select East or West, often referring to events in history, we are positioning ourselves as a “worthy opponent” more often than “good neighbor,” all of which affects the minds of the people and their perception of the neighboring countries (Zarova 2008, p. 127).

There are other scientific works that help broaden understanding of how Russian identity has evolved and transformed. For example, Neumann (1995) had a different perspective on the concept of The Other. From his work it can be understood that the formation of the Russian identity often occurs in comparison with the European “Other.” In the new edition of his book, released more than twenty years later, Neumann (2017, p.12-14) highlights some important points that continued to persist through time. One of the key aspects is that a certain problem for “Russian identity discourse is its need to think of itself as great power” and “National pride would become a key concern.” Additionally, he says that there is a contradiction between the declared sphere of Russian interests and the desire to maintain a stable relationship with Europe. The very problem in positioning the state as a great power is cyclical. The presence of this vision requires the additional creation of images that will confirm this, but when they have already been created, it becomes necessary to follow them. Then when they are followed, it becomes necessary to create additional reinforcing images for continued following, making this process quite difficult to stop. Using an example by Hopf (2002, p.7): “being a Great Power is meaningless unless we can conceive of a nongreat power identity. How can an individual understand herself if there is nothing not herself?”

Adding the concept of this contradiction proves an important factor for the conclusions of my thesis. What is the degree of influence of this contradiction of The Other in the perception of ordinary Russian people; how do they perceive their European neighbors? Answering this question can significantly help in solving the fundamental questions of my studies addressed in this thesis.

Thus, my thesis may provide some insight on how Russian people perceive the image of the neighbor in the studied regions today.

In conclusion, several key aspects should be noted. It is natural to take into account the fact that the development of cross-border cooperation, through research on the opinions of civilian, is influenced by their personal perceptions. The human factor in this matter will often not be subject to cold logical reasoning. Due to this reason, it is vital to understand how people from St. Petersburg and Pskov perceive people from neighboring countries for my research. In each individual case, noting the details that are classified as The Other, I was able to understand what the factors are that influence the development of international cooperation, or affect the number and purposes of travels made by one person. Using the concept of The Other in my work, I am able to fully answer the research question: “What is the impact of border policy on human mobility and the perception of the neighbor in "the human mind" in the Leningrad and Pskov regions?”

3 THE DEVELOPMENT OF CROSS-BORDER COOPERATION BETWEEN REGIONS OF RUSSIA AND NEIGHBORING EUROPEAN COUNTRIES

3.1 The specifics of the border crossing process by Russian citizens

In this sub-chapter, based on official documents, information about the specifics of the border crossing process by Russian citizens between the EU and the Russian Federation have been examined. This chapter also considers several examples of actual cross-border cooperation and what it generally means. All this information serves certain purposes. Basically, if a thesis investigates questions about border crossing by private persons and questions about improving cross-border cooperation, then it is necessary to have additional supporting information on these aspects. This provides a strong foundation, which allows the research to build analysis with connection to the situation in the real world. Without them, comprehensive disclosure of data from surveys in the North-West of Russia will be hard to achieve, due to the fact that then there is no information for explaining the obtained data.

Thus, it is worth mentioning that interaction between countries can be expressed in various ways, one of which is cross-border cooperation. This type of interaction allows us to establish economic cooperation, establish cultural and social ties between states, as well as the mechanisms of joint use of human and material resources (Peril 2005, p.50).

Based on work by Löfgren (2008, p.207), it is possible to distinguish that if national countries are in a situation with the need to establish cooperation in new ways, then the border regions can become especially important. This is due to the presence of borders between states on their territory. The boundaries themselves can be called a living organism, which develops depending on the surrounding situation, and it influences those who are close to it. The boundaries between different countries differ radically, and based on them one can judge the relationship between states, which already presents us with factual information about these relations. In one of the values of the boundary, a unity is defined which we call a collective identity. Claiming a European identity is a mode of defining a boundary between “us” and “them.” Europe itself has a huge history of images of its borders; this history has an internal logic and a timing structure (Eder 2006, p.256).

Cross-border cooperation can be defined as a more or less institutionalized collaboration between contiguous subnational authorities across national borders. It is also appropriate to specify the definition that was allocated by Perkmann (2003 p.156), based on materials such as the ‘Madrid Convention’ of the Council of Europe, where cross-border cooperation is understood “as any concerted action designed to reinforce and foster neighborly relations between territorial

communities and authorities within the jurisdiction of other contracting parties and the conclusion of any agreement and arrangement necessary for this purpose.” Of course, even the author himself singles out many controversial points in this understanding of cross-border cooperation, but for my research this definition encompasses the main essence. Indeed, our goal in this area should be the development of positive and constructive relations between the two bordering territories, otherwise what is the use of all this activity?

Cross-border cooperation can be considered as a part of the overall policy of the EU, which has its internal and external characteristics, for example the coordination of the Schengen member states in granting a short-term visa for other states outside of the Union (Finotelli & Sciortino 2013, p.82). If we consider the extent and scope of cross-border cooperation, the EU has achieved exceptional results here. The visa policy can be called one of the earliest and most successful areas in building a coherent coordinated regulation between states. For the members of this Union, the internal border control was abolished, which allowed to reach a new level of cooperation between the states. At the same time, special "double borders" appeared, namely the borders of the EU with third countries. At present, on these borders there are full visa requirements and strict border regimes, with a possible further tightening of control (Kudinov 2014, p.185).

Investigating the issue of EU border policy with third countries – Russia in the case of my work – the subject of visa policy is extremely important. To build cooperation, it is important to have the opportunity for direct communication, as the reduction of this will directly and negatively affect the interaction between the parties. Moreover, a great deal of attention is paid to visa policy for one more reason. There is a problem in sufficient quantity or even “the lack of research on visa policy” (ibid. p.82). This creates problems for the analysis of various processes, such as “for the development of an adequate analysis of the possibilities and constraints of liberal democratic states pursuing restrictionist goals” (ibid. p.82) and others.

Furthermore, it is necessary to address in more detail a theme of a visa policy and how frontier cooperation is expressed between the North-West region of Russia and the bordering European countries. Evaluation of the level of development and success of cooperation usually occurs according to several general criteria: the level of development of partner countries or the level of development of regions between which there is interaction; uniformity of economic systems; mutual affinity and neighborhood; and the level of development of the border infrastructure (customs, tourism, etc.). When these conditions are not fulfilled, the significance of the barrier functions of state borders increases (Vardomsky 2000, p.54-55).

Many authors, when considering cross-border relations between the EU and Russia, turned to the consideration of the border of Finland and the North-West of Russia. For example, Spierings and Van de Velde (2013, p.3) expressed some specific conclusions. Despite the fact that Finland

and the bordering regions of the North-West Russia have certain “historical commonalities,” these territories could not avoid the influence of foreign policy, border and visa regimes, just like any other region. It deserves to be mentioned that historical ties with neighboring countries have important political and economic significance for Russia in general (Vardomsky 2000, p.56). Indeed, the policy of the EU and the general policy of the Russia have sufficiently large-scale and general methods of governing the entire political apparatus. In such conditions, for a common centralization, certain parts of the whole must also obey the general rules. For this reason, the flexibility in the interaction of individual parts of the whole will always be limited. Another thesis of the authors is that there are still memories of conflicts in our common history, which to some extent affect the present. In my opinion, history can be used as an experience for not repeating the mistakes of the past. It is possible to show that when building cross-border cooperation we can survive after any problem and move on. This can serve to prove the viability of cooperation. Moreover, the transformation of relations is a constant process and various types and variants of manifestation appear; intercultural dialogue appears as the result of tourism for example (Spierings and Van de Velde 2013, p.3). The development of cultural dialogue through tourism can be considered a relatively recent phenomenon. The last of their theses I highlight is the one that cross-border dissimilarities remain significant. There is a sense from this thought, which goes deeper in the essence of the crossing of borders.

Currently, there is an increase in cross-border mobility of the population. Borders and border policies are sensitive to political areas, and there have also been global shifts in frontier policy regarding the short-term mobility of people, where this type of mobility has become the bulk of the cross-border movement of people (Mau et al. 2015, p.1193). Visa policy and the requirements for issuing visas themselves can serve several purposes. With the help of this tool it is possible to control the number of cross-border movements as well as those who commit them, because people provide their detailed personal information in order to obtain a visa. Visas are usually obtained in their country at the embassy or consulate (ibid. p.1193), where a wide range of necessary information is provided.

To regulate the process of crossing the borders between the EU and North-West Russia, the Schengen framework rules apply. The rules of crossing the EU borders have passed several stages of transformation. The first is the Schengen Agreement signed on the 14th of June in 1985, when there was a new approach to travelling around the European countries. The appearance of a single visa allowed traveling freely in participating countries; there was no need to spend more time and money to get a visa for each country separately (Kashkin 2000, p.3). The uniform legal system of the EU has allowed reaching a completely different level of interaction. The second stage of the transformation of the order of border crossings was in 1990, during the Schengen Convention,

during which the regime of openness of internal borders became a rule, and border control became an exception. An important regularity was manifested in the fact that due to the openness of internal borders the permeability of external borders became tougher (ibid. p.16). The last stage of development was in 1999, when the Amsterdam Treaty entered into force, and cooperation measures in the Schengen framework were integrated into the EU framework. The main attention in view of the specificities of my work is drawn on the basis of these current regulations.

Referring directly to the text of the document, the Schengen provisions that were integrated into the EU, it is worth paying attention to some definitions of concepts in the document. Russia appears as a Third State; any state other than the contracting parties. Between the Russian Federation and the EU, the border is crossed at the Border Crossing Point; any crossing point authorized by the competent authorities for crossing external borders, and all who cross it must pass through a border check; a check carried out at a border in response exclusively to an intention to cross that border, regardless of any other consideration (The Schengen acquis 1999, p.31-32).

One of the most important principles of the whole system is found in Chapter 1, Article 2 (ibid., p.33). This article states that 1: Internal borders may be crossed at any point without any checks on persons being carried out. It is important that this applies to all people, including third-country nationals if they have crossed the external border of the EU. As already noted, the most common type of mobility is short-term. It is the mobility of people in this category that is examined in this study. Accordingly, there is a sense of listing in short what criteria should be observed by people crossing the border from Russia to the EU. The fundamental rules are contained in Article 5.1 (ibid., p.34), which states that for stays not exceeding three months aliens fulfilling the following conditions may be granted entry into the territories of the contracting parties: a valid document or documents authorizing to cross the border; a valid visa if required; documents justifying the purpose and conditions of the intended stay and that sufficient means of subsistence; not being individuals for whom an alert has been issued for the purposes of refusing entry; not being considered to be a threat to public policy etc. Thus, these requirements must be observed by all citizens of third countries who enter the EU, including citizens of the North-West of Russia.

However, there are some peculiarities in the process of obtaining visas by Russian citizens of the North-West of Russia to nearby European countries. The presence of these peculiarities makes it possible to increase the level of cooperation between the border regions of different countries. For example, residents of the St. Petersburg, Leningrad region and the Pskov region are not required to apply for a visa personally, but for other citizens of Russia (with the exception of the Komi Republic, the Novgorod region, the Vologda region, the Arkhangelsk region and the Nenets Autonomous District) personal presence is compulsory (Vfs.Global 2017).

One of the more important factors for planning trips abroad for Russians is the distance. In view of the long distances, far-located visa issuing points can prevent people from starting the process of preparing for a trip to the EU. For citizens of the North-West of Russia there is an advantage that drastically affects the number of trips. It is a significant simplification that for residents of St. Petersburg (if there is a permanent registration), the Leningrad region, the Pskov region, the Novgorod region, the Vologda and Arkhangelsk regions, the Komi Republic and the Nenets Autonomous District, visas to Finland can be obtained in St. Petersburg. For residents of Murmansk it is possible to do this in the representation of the consulate in Murmansk, and residents of the Republic of Karelia can do this in Petrozavodsk (Consulate General of Finland in St. Petersburg 2017).

This means that the issue of obtaining a visa is considerably simplified in view of the availability of its relatively closest point for obtaining it (after all, at least the place of issuing visas should be visited twice, on average, with an interval of two weeks between). At the same time, for residents of the rest of Russia it is necessary to obtain a visa at the Embassy of Finland in Moscow (Consulate General of Finland in St. Petersburg 2017). In this case, even if a person is from central Russia, this already presents significant difficulties in making trips to the EU countries, as traveling to Moscow at least twice can be both expensive and bothersome.

The situation is similar for Estonia, where the Consulate General of Estonia in St. Petersburg and the Visa Centers of Estonia in St. Petersburg, Ivangorod, Vyborg, Veliky Novgorod, Arkhangelsk, Vologda, Petrozavodsk and Murmansk accept documents for a visa in the category of Russian citizens who are permanently or temporarily registered in the North-West region of Russia. It is interesting that the residents of Pskov and the Pskov region should apply for visa issues to Estonia exclusively to the Pskov Chancellery of the Consulate General of the ER in St. Petersburg, or the Visa Center of Estonia in Pskov, but this decree has a productive outcome. At the same time, Russian citizens of other regions of the Russian Federation need to apply for a visa in Moscow (Vfs.Global Short-term visas 2017). The main points are the added special provisions for obtaining visas for relatives and friends (*ibid.*). The percentage of such people in the border areas is quite high, which generally increases the level of perception about the simpler process of obtaining a Schengen visa to EU countries with a common border. Moreover, in the border areas of the North-West of Russia there is a large concentration of people with dual citizenship, which implies that there is no need to obtain a visa. For example, in the Pechora district in the Pskov region, there are more than 10,000 people with dual citizenships of Russia and Estonia (Demyanenko 2015, p.198). Thus, having considered this information, it is possible to assess the degree of influence of the visa policy on cross-border cooperation and on human mobility precisely in the Leningrad region and in the Pskov region.

Furthermore, if we turn to the question of the foundation and development of cross-border cooperation between the two Russian regions and neighboring European countries, it is worthwhile to dwell on several interesting examples and basic theses. To do so, it is necessary to note some key points concerning the strategic management of the development of the region as a system, where it includes a set of regulatory documents regulating the activities of the management system (Demyanenko 2015, p.14). This complexity has a direct impact on the mobility of the population and the implementation of possible functions related to functionalist theory. Despite the fact that the consideration of the entire set of documents is not possible within the framework of this thesis, it is possible to single out the most important aspects, for example from the “Concept of border cooperation in the Russian Federation (Consultantplus 2016).” This concept defines the goals, principles and priorities in the sphere of cross-border cooperation for all its constituent elements, beginning with the activities of federal executive bodies and ending with citizens who are connected with cross-border cooperation. Here we can find the embodiment of some thoughts of Mitrany (1943, p. 96), namely that we are developing the direction from the former competitive and militant society to possible cooperation based on international responsibility.

In the first part of the Concept, it is said that cross-border cooperation in the Russian Federation is based on: mutual respect for the sovereignty and territorial integrity of other states; the peaceful settlement of cross-border disputes; taking into account the peculiarities of the border territories of the Russian Federation and neighboring countries, including the consideration of the nature of interstate relations and historically established ties with neighboring countries. These issues are the most important principles for building cooperation between the North-Western regions of Russia and neighboring European countries. Moreover, while continuing to consider cross-border cooperation in Russia through the approach of the theory of functionalism, it is positive that the Concept also proclaims the principle of not harming economic and other interests of states involved in cross-border cooperation.

Here it should be added that cooperation with a neighboring country in the sphere of state border protection allows preserving or even strengthening positive relations with the neighboring state (Kudinov 2014, p.183). Indeed, the rapid development of cooperation in the field of transport and border infrastructure between the Leningrad region and Finland can thus serve as a confirmation of the success of cooperation between neighboring countries. For example, in this sector development of cross-border cooperation looks like this: in 2014 within the framework of the Federal Targeted Investment Program for 2013-2014 the MAPP (Multilateral Automobile Checkpoint) "Torfyanovka" was reconstructed; Since 2012 Rosgranitsa implemented the project "Reconstruction of MAPP Svetogorsk" within the framework of the Cross-Border Cooperation Program European Neighborhood and Partnership Instrument "South-East Finland-Russia," etc.

Due to the tense geopolitical situation in the world, the discussion of the draft of the new program for 2014-2020 was delayed (Zhilyaeva & Kuzmina 2015, p.220-221), but nevertheless certain results have been achieved. Within the framework of the "Russia-EU 2014-2020 Cross-Border Cooperation Program," funding was received from the EU with a total amount of 176.437.446 euros for the development of Russia's cooperation with Finland, Estonia, Latvia, Lithuania, etc. A considerable part of the funds has been allocated to Finland from general financing, in support of such special projects as Finland – Karelia (Ministry of Economic Development of the Russian Federation 2017).

Thus, cross-border cooperation can be expressed in various forms. These forms of cooperation can be transport, trade, tourism or culture and information. The uniqueness of the visa policy lies in the fact that it can be viewed both as the result of cooperation, and the independence of the process of interaction between the border territories of different countries. It is worth emphasizing that this section of my research touched upon questions about cross-border cooperation between the North-West of Russia and the neighboring EU countries only selectively. Based on these materials, I can state that there are opportunities and a need for further research on cross-border cooperation through the prism of visa policy.

Analyzing the current situation of interaction between countries, it became obvious that the visa system has always occupied an important, if not the main role in international cooperation, for the factor of its presence and participation in international cooperation is always mandatory. In this case, between the North-West of Russia and the bordering European countries, cooperation expressed through visa policy exists. The existence of certain benefits in obtaining a visa to the EU by Russian citizens of various regions of Russia, confirms the existence of a constructive dialogue in cooperation. At the same time, territories of the North-West of Russia and the nearest EU countries, as centralized parts of something larger, build their relations within the framework of general rules, such as the framework of the Schengen laws or the framework of the concept of cross-border cooperation of the Russian Federation. This reduces some of the flexibility in interaction and does not allow acting against the main foreign policy line of the parties. Nevertheless, the cooperation of border areas, through visa policy can be called an additional promising area for strengthening international relations.

3.2 The value of economic factors

The second part of this chapter has a similar purpose as the first. However, it is devoted to another important aspect of cross-border cooperation issues. This part of the study serves the aim of

further explaining what is happening with the process of border crossing by Russian citizens. Based on the analysis of the financial situation of the regions, population comparisons or development of the tourism sector, in conjunction with survey data, it became possible to understand why the people of the North-West of Russia act one way or another. It is necessary to emphasize once again that – without studying the questions of the third chapter – it would be difficult to build hypothesis in a fourth major part of the study.

Disclosing the main economic components of the issue of cross-border cooperation and border crossings, it is worth noting that one of the forces that unify countries is the strength of economic interest. Often, if one state has stable economic interests in another state and vice versa, then there is a great chance in overcoming difficulties for the sake of achieving mutually beneficial goals. One of the possible types where cooperation can be built for economic reasons is the cooperation of bordering regions of different countries. In general, border areas play an important role in the economic development of countries. This section of my research contains materials that seek to reinforce this point of view.

Issues related to economic development are important to consider, because it is the development of this sector that improves the quality of life of the population. In turn, economic prosperity often provides more opportunities for frequent trips abroad, which is an important factor in the development of cross-border cooperation. The facts confirming this are shown later in the fourth chapter of this study. Either way, monitoring the contemporary situation allows us to more fully study what affects cross-border cooperation on the human mobility from an economic perspective. It is necessary to add one more factor to characterize the economic sector, namely that it is affected by the openness or closeness of the border; affected by the diversity as well as the persistence or disappearance of economic practices taking place in a cross-border area (Xheneti 2012, p.315).

Thus, attention is drawn to the socio-economic situation in the North-West region, since this is what determines a significant part in people's behavior. Jukarainen (2003 p.230) especially stressed that measured by GDP per capita based on purchasing power parities confirms the presence of one of the largest economic gap among the European regions, as well as the presence of serious limitations in resources from the Russian side, with the exception of St. Petersburg. In other words, the economic situation and its impact on the social situation of the Russian population in the North-West of Russia is a legitimate cause for concern.

The social and economic development of the region can be understood as a complex process of changing its economic, social, spatial, political and spiritual spheres, leading to their qualitative changes or to changes in the conditions of human life. Alongside this, the development of the region must go towards social progress, which manifests itself in the increase of public welfare

(Gaponenko 1999, p. 288). In the framework of this study, several options are considered for improving the economic situation in the region. In order to find what hinders the increase in the number of border crossings per person, here the main economic indicators for the region are highlighted and the corresponding conclusions are drawn.

It should be emphasized that the study of options for improving the economic state of the region seems to be important due to the general decline in Russian foreign trade turnover with Finland and the Baltic countries. For example, in 2015 the mentioned countries were characterized by one of the strongest decreases in trade between the EU and Russia (Mezhevich 2016, p.20). All this directly affects the overall atmosphere of cooperation.

The North-West region of Russia itself belongs to the border areas. Cross-border territories – are territories that have a coincidence of administrative borders with sections of the state border (Demyanenko 2015, p.36). To make things more specific, it is necessary to address statistical data. One of the more complete sources is named - the data of statistical collections of the Federal Service of State Statistics of the Russian Federation "Regions of Russia (2016)". This collection contains official statistical information received by the state's statistics bodies. It reflects the phenomena and processes that occurred in the economic and social life of the Russian Federation. This source contains extensive socio-economic indicators in many categories. It is more convenient to generalize the indicators in a comparative table for the regions under study, in which the latest data available based on the beginning of 2017 is indicated.

TABLE 1. The main economic indicators for the Leningrad region and the Pskov region. (Federal State Statistics Service 2016)

Indicator for comparison	Leningrad region	Pskov region
Area of the territory in percentages	0.5 (for St. Petersburg 0.01)	0.3
Population as of January 1, 2016 as a percentage	1.2 (for St. Petersburg 3.6)	0.4
The population according place occupied in the Russian Federation	27 (for St. Petersburg 4)	68
Gross regional product in 2014 in the place occupied in the Russian Federation	17 (for St. Petersburg 11)	72
Population in thousands 2010 – 2013 – 2015	1719 – 1764 – 1779 (for St. Petersburg 4899 – 5132 – 5226)	671 – 657 – 646

To start this analysis, it is necessary to consider several of the fundamental aspects which are reflected in table 1. The territorial area of the considered regions differs insignificantly, however the presence of St. Petersburg introduces a considerable difference when comparing indicators. Statistical services began to allocate the city St. Petersburg separately. Thus, it becomes possible to adequately compare the regions and simultaneously demonstrate the special position given to the city of federal significance. Due to the same reasons, the indicators of St. Petersburg in the table are given in parentheses. The absence of a big difference in the territory is compensated by a major difference in population size, and the difference in the gross national product. It is worth noting the main differences between the regions. If the Leningrad region – and especially St. Petersburg as a city – often occupies a leading position in the country, then the Pskov region usually ends up in a much lower position.

The presence of such a difference makes it possible to see the need for correlation of the estimated narrowing in relations to visa policy and cross-border cooperation. However, investigating the positive aspects of the development of a more progressive region, an additional source appears to fill the problem areas of a weak region. Thus, if the Pskov region ranks 72nd in the Gross Regional Product, while St. Petersburg holds the 11th place, it allows us to assume that the actions of people in the northern capital are more progressive, which is one of the many influential factors on this index. Simply the fact that in recent years there has been an outflow of population from the Pskov region, while the Leningrad region experienced the opposite, the outflow of population demonstrates a difficult situation in the Pskov region (demography, socio-economic situation of the population), which must be taken into account when building cooperation.

TABLE 2. The financial situation of the Leningrad region and the Pskov region (Federal State Statistics Service 2016)

Indicator for comparison	Leningrad region	Pskov region
Dynamics of real incomes of the population (As a percentage of the previous year) 2014 – 2015	96,8 – 102,5 (for St. Petersburg 98,9 – 103,7)	100,3 – 94,5
The structure of the monetary incomes of the population (as a percentage of the total volume of monetary incomes) 2014 – 2015	1) 5,6 – 5,1 (for St. Petersburg 1,8 – 1,7)	1) 7,7 – 7,4
1) Business activity	2) 47,1 – 41,9 (for St. Petersburg 49,8 – 46,2)	2) 43,3 – 39,3
2) Salary	3) 20,7 – 20,4 (for St. Petersburg 16,4 – 16,2)	3) 25,3 – 24,6
3) Social payments		

The economic component of the human mobility has already been mentioned. On the basis of the statistical data given in table 2, several conclusions are highlighted. The situation in the Pskov region is relatively difficult in many respects, and indicators of the incomes of the population are no exception. As far as the dynamics of real incomes of the population or the structure of monetary incomes of the population are concerned, by different indicators the same dynamics of recession are traced. This financial indicator is the strongest negative factor that constrains the increase in population mobility in the Pskov region. In every two out of ten questionnaires, we can find comments of different natures referring to financial difficulties. As for the Leningrad region and St. Petersburg, there is a steady increase in real incomes of the population, which allows regular visits to neighboring European countries. It is important that financial problems were not mentioned by respondents of the survey in St. Petersburg.

Referring to the data of the Federal State Statistics Service of Russia (2016) on the distribution of the population by the average per capita income in 2015, it is possible to see the average financial capacity of the population. In case of the Leningrad region, the largest percentage of the population receives income ranging from 22.000 to 45.000 rubles per month; for St. Petersburg this figure is in the range of over 45.000 rubles per month; and in the Pskov region from 19.000 to 27.000 rubles per month. This data can be taken as a basis for planning and building cross-border cooperation.

The need to improve the economic situation therefore remains. There is a point of view that "close economic relations begin, as a rule, with the development of cross-border trade and tourism and are associated with the improvement of transport infrastructure (Korneevets 2010, p.70)." Besides the literal meaning of transport infrastructure, this work understands the term as increasing the awareness of the Russian population about the rules of crossing the borders of the Russian Federation and the EU, the procedure for obtaining visas, and the motivation for obtaining visas on the basis of providing constructive advantages of their availability. Accordingly, using this relationship which works mutually for Russia and the EU, in my personal opinion, it is worth paying attention to the factors that contribute to the economic development of the North-West region. In turn, improving the economic status of people in these regions increases the flow of people abroad.

One of the most prominent sectors of cross-border cooperation development, including the aspect of border crossing, is tourism. It is impossible to take into account the development of border regions without this indicator, since this often constitutes a significant share of the economic income of the regions and significantly affects the socio-economic development of the territory as a whole (Kropinova 2013, p.71). In turn, the development of tourism, the development of services and the increase in income of border regions are affected by visa policy or the simplification of border crossings (Druzhinin 2012, p.29). This can be achieved in multiple ways, even without changing legislation. The methods that can be used to realize this are shown in the final chapter.

It is worth paying attention to the general official figures on the number of tourist transactions in the regions under study. Comparing the Leningrad region with Pskov, it can be noted that in both regions there was a decrease in demand for travel arrangements. In the Pskov region, there was a rapid decline in the number of travel companies. However, based on statistical data, an important feature is revealed. Despite the fact that general indicators in the tourism sector are falling, the number of trips just abroad has increased only in the Pskov region. In St. Petersburg, the number of travel companies and, accordingly, tourist deals is several times larger (Table 3), but there are no positive growth trends.

TABLE 3. Evaluation of the tourism sector (Federal State Statistics Service 2016)

Indicator for comparison	Leningrad region	Pskov region
Travel agencies 2014 – 2015 1) Number of tourist firms 2) The number of tour packages sold to the population, in thousand	1) 87 – 119 (for St. Petersburg 247 - 381) 2) 13,9 – 8,0 (for St. Petersburg 257,3 – 259,1)	1) 50 – 44 2) 10,3 – 7,9
The number of Russian tourists served by travel agencies. (thousands of people) 2014 – 2015 1) The number of Russian tourists sent by tourist firms to tours in Russia 2) The number of Russian tourists sent by tourist firms to foreign tours	1) 11,9 – 5,2 (for St. Petersburg 143,5 – 119,6) 2) 19,3 – 12,2 (247,9 – 210,7) (for St. Petersburg 257,3 – 259,1)	1) 12,9 – 11,1 2) 20,2 – 22,6

In order to understand the relationship between the tourism sector and the economy for later use in analyzing opportunities for building cross-border cooperation, several details need to be addressed. There is a fairly strong interdependence between the trends of tourism development and general economic development. There is an opinion that the tourist upsurge or recession is a quick reflection of various economic changes. For example, if prices are unchanged, when private consumption changes by 1%, it leads to a general stagnation in travel expenses; if consumption growth is 5%, tourism development will increase by 10%. However, if consumption is below 1%, then tourism will experience a decline (Kvartalnov 2001, p.24). Thus, there is a whole set of factors influencing the flow of people abroad.

Political conflicts are often accompanied by an economic decline. This decline in turn affects not only the external, but also the domestic policy of the state. As a result, we get a decline in visiting other countries because of the financial capabilities of people declining, which are backed by negative messages towards other states with which confrontation occurs, after which the concept of The Other begins to work on people's perceptions. The combination of these factors can be seen in the North-West of Russia in recent times where, as shown above, there is a decline in the tourism sector, a decline in household incomes in the Pskov region and a slight increase in incomes in the Leningrad region. Examples of negative messages for the population can be found in scientific articles of various types, which have been influencing the perception of people of other

countries for a long time. For example in an article written by Nosova (2000, p.28), it is especially emphasized that complicated economic relations have developed on the border of the North -West of Russia and the Baltic countries, and that these have a negative impact on the implementation of Russia's foreign economic activities in the European direction. The presence of such a discourse in the scientific literature generates mutual distrust, which continues to persist today. Such factors as the economic and political situations will constantly affect the travel and tourism activities (Kvartalnov 2001, p.31), in view of which the need for support of this direction also continues to exist.

Returning to the consideration of the tourism sector, this sector is important for my research because tourism is not only a means of communication and mutual understanding between people, but it is also an open access to human values, cultural heritage, revision of established stereotypes and elimination of bias (Gulyaev 2003, p.215). These factors are defined as the most valuable destination of tourism and the most valuable in moving people across borders in general, and it is for these reasons that it is so important to promote an increase in the number of people crossing the border for the purpose of constructive communication.

Concerning the last aspect, when considering the economic side of the issue in this part of the work on cross-border cooperation, it is necessary to identify certain features of this sector for the North-West region. Generally speaking, the North-West region and the adjacent EU borders are of the type “cooperating regions.” This is the zone where the border exists and prevents flows of people to some extent. In this case, countries that have a common border can have a different kind of symbiosis. Banski and Janicki (2011, p.2) stated in their work that: “the character of the political border results in particular types of influence on the economic and social life of the population on both sides of the border,” and to increase the accuracy of the analysis of the actual state of affairs in this sector, it is necessary to take this factor into account.

Another important feature of economic development is that the border region of Russia can increase its innovative or economic potential through cross-border interaction. Nevertheless, the success of the development of regions in this direction depends to a large extent on federal policy (Druzhinin 2012, p.35); state policy is quite a strong regulator in the relationship between the North-West region of Russia and the EU countries.

Summarizing all the data obtained and using a clear ideological setup, it is possible to make several conclusions for optimizing activities in the field of cross-border cooperation. This will also help supplement the answer to another question of my research: what actions could increase the flow of people crossing the border from the Russian side for implementing the constructive contacts with the people from the other bordering countries?

If the permeability of a border has a major impact on shaping the economic situation of border regions, causing discontinuities in the cross border flows of trade and steering the flow of people (Banski & Janicki 2011, p.2), then propositions are needed as possibilities to promote cooperation with positive dynamics. As Mitrany believed, the ways and means used must be fitted to achieve their purposes. They have to be adequate, but they also must be relevant; and if they are to be relevant they must start from the conditions which are around us (Mitrany 1948, p. 359). Indeed, we must always proceed from the conditions around us.

Accordingly, as was explained in this section of my research, the mobility of the population is affected by the existence of a gap in economic resources, not only between the North-West of Russia and the EU countries, but also the existence of a gap between the Leningrad and Pskov regions. The risk of economic uncertainty in the near future is reflected in the minds of people. Furthermore, there is a change in the distribution of the finances of ordinary civilians including, as a result of foreign policy instability, the share of the budget calculated for travel is decreasing.

It is worth considering that in this part of the chapter attention was focused on the current economic situation in the North-West region of Russia, however it was not possible to give due attention to the reasons for these economic difficulties because of the limited scope of this thesis. Therefore, it is worth emphasizing once again that it is necessary to continue developing cross-border cooperation between the countries of the EU on the border with North-West Russia. This region remains one of the key areas for constructive cooperation with EU.

4 FEATURES OF RESEARCH: THE LENINGRAD REGION AND PSKOV REGION

4.1 Surveys as a way to collect primary data

In order to answer to my research questions, I decided to collect primary data with the help of a survey. When studying the question of how border policy impacts human mobility and the image of the neighbor in "the human mind," then it is difficult to be limited solely to theoretical developments although it is impossible to not use them at all. To really understand what is happening in the "minds" of those people about whom I speak in my research, it is necessary to go deeper into real interaction with them. One way to build such interaction is through a survey.

It is worth noting that this method was addressed not only by scientists who considered functionalism and how the theory can be related to a survey (Platt 1985), and this kind of data collection continues to be popular today. This is expressed in its use in various areas of scientific research, such as by Lauder (2002), Forth (2010), Gable (2011), Mutti (2014) etc. This also indicates that the survey fulfills its purpose and helps to identify the most logical truth.

Going into further detail, I conducted a total of 297 questionnaires, which were collected in schools and universities of St. Petersburg and the city of Pskov. The criteria for sampling the respondents were age and place of living. Thus, I have chosen educational institutions, because they fulfill these two basic criteria: 1. respondents are between 17 and 25 years old; 2. They are permanent residents in the territories of St. Petersburg and the city of Pskov. The first criterion was chosen because the younger generation in Russia is more flexible in their views and open to a new perception of reality. Lukow (2011) has the idea that young people, not yet burdened with experience, play a key role in the social changes due to the natural properties of the novation of youth. Indeed, if the older generation is conservative enough in their views, and it is unlikely to change them, then the pupils of the school are only just beginning, and university students still only consolidate the full formation of their perception of the surrounding reality as an adult and independent person. Moreover, even the values of young people under 30 and people aged 45 and older are significantly different in many important indicators, such as obtaining higher education or being able to spend their leisure time interestingly.

Young people tend to strive for freedom and independence, after 30 years, this need ceases to be so important (Dobrokhleb 2016, p.62). For this reason, it makes sense to direct the development of young generations to the path of peaceful international cooperation. This will add to investments in the future. The second criterion for selection is determined by a logical need, that when studying the characteristics of the Leningrad region and the Pskov region, immediate

residents of the given area are needed. Furthermore, it is added that only they can use the benefits in obtaining visas for the North-West of Russia, which were described in the second chapter.

Thus, surveys were spread among high school graduates of the following institutions in Pskov: Pskov pedagogical center No. 26, Tyamshanskaya high school, school No. 24 and school No. 23. In St. Petersburg the survey was held at school No. 314, No. 310, Education Center "Kudrovo", and GBOU SOSH No. 149 Kalininsky district. In addition, I conducted a survey among State university students in Pskov and St. Petersburg from various departments. Giving a more detailed description of these institutions could prove to be relevant. However, given the ethical side of this method, I do not specify a particular school or class when writing about features. For the same reason, I do not explain why I chose these particular educational centers in the cities.

The first stage of the survey was held in the city of Pskov. The staff of the city schools actively cooperated after the purposes of this survey were explained. Every school class reacted to this research in its own way, however rather moderate. Despite the fact that the survey indicated all the necessary information, each time it was required to explain in detail why filling out this survey was necessary and why participants had to answer a large number of questions on the questionnaire, as well as to assure that this would indeed remain anonymous information. In two schools, the classes showed a special interest in this process where, after filling out, it was possible to discuss issues of Russia's relations with the countries of the EU. It is interesting to note that children of school age are quite radically inclined towards European countries. They often insisted that Russia is not being treated fairly and should be approached differently. Nevertheless, the positive point is that many pupils want to travel more, and they are interested in neighboring countries. A more detailed interpretation and analysis of the data is given after the data content analysis.

The situation in St. Petersburg is somewhat different. In St. Petersburg schools, this event was treated with less enthusiasm. This led to the need for a long introductory speech detailing about this work. Moreover, often pupils were passively concerned with questions about the relationship between Russia and its closest European neighbors, and were more interested in the Asian direction.

It is furthermore necessary to turn to the experience that was obtained during surveys among students of state universities. Despite the fact that the age of respondents in schools and universities is only a few years away, the difference in the perception of the process of questioning is significant. On the one hand, I associate this with the specifics of educational institutions that influence people. If there is an atmosphere in school, when teachers help you a lot and you are under their care, the result will be more personal, emotional responses. After all, students of schools think that if something is wrong, they will be corrected or helped. University students are more rational in their answers. They consider not only the answer to the question, but also the possible consequences of such an answer. In view of this particularity, the feature of university responses

can be considered to be a generalized response, liberal, tolerant or more indifferent if there is no 'other' option to select as an answer. In most questionnaires there is no emotional color in the answers.

However, a big advantage I can note is the understanding of the purpose of this event. For students, it was sufficient to have the information in the questionnaire in order to agree to participate. In several cases, interesting discussions were organized with students in the framework on the topic of my research, which contributed to a better quality of the questionnaires for the thesis. In conclusion of this part, I would like to add that Pskov State University responded promptly to my request for conducting the survey in this institution and provided all possible support.

It is necessary to turn to the questionnaire with which people interacted. Considering that I research only private mobility of people living in Pskov and St. Petersburg, and with the average age of the respondents lying between 17 and 25 years, surveys were made while considering these characteristics.

At the first preparatory stage, the basic questions for the questionnaire were drawn up, which were compiled within certain logic. Appendix 2 shows how the questionnaire was constructed. More information about the design of the questionnaire is relevant here. Questions for the survey were designed in a certain way so that it was possible to get the maximum amount of information required for the research within a limited time frame. I want to emphasize that the answers to all questions have found their application in this study; some served as a direct source of information and were numbered to use as references in this thesis, others were used for general conclusions.

To give an impression of the importance of the process and reinforce some credibility of the survey, the official symbols of the St. Petersburg University and the University of Tampere were used. This allowed the students to be interested in filling out the questionnaires from the moment they saw this material. For students, this was some confirmation that the information they were reporting is used as it was intended. Details on the use of these issues were necessarily indicated by a single paragraph after the official symbols. It includes three theses on the research topic, the goal of the study and how this information will be used. Nevertheless, additional questions on these items were asked in all schools. However, this specificity does not go beyond the age-specific characteristics of the respondents, so it does not require additional explanations.

Further, the organizational information blog was devoted to how it is recommended to fill out this survey. Characteristic features here were that detailed answers of the respondents in the questionnaire almost never occurred in questions that in their composition had multiple options to choose from. The interviewees were limited to emphasizing the answer they needed. At the same

time, if participants were offered free space for an answer, they answered more readily. Only two people responded to the offer of the opportunity to continue interaction, in view of which this option was not relevant or in demand.

The general structure of the survey and the logic of the questions are aimed at collecting information on several main categories. Questions of the first category (No. 1, No. 2 see Appendix 2) are related to finding out the information on the number of border crossings by one person per year. The second category of questions was aimed at collecting information on visits to the Baltic States and the Nordic countries. Particular attention was paid to Finland and Estonia, because of the longest common border of these countries with the Leningrad and Pskov regions (No. 3, No. 4 and No. 5 see Appendix 2). An additional function of these questions was to assess the impact on the perception and to gain better understanding of how the image of the neighbor is constructed for people of the border regions, and to identify the general dependence or its absence in certain situations, which is explained more elaborately later. The third category of questions identifies features related to issues of visa policy and direct crossing of state borders. This category serves the purpose of identifying problems that may prevent the number of border crossings per person (No. 6–12 see Appendix 2).

The survey also had two questions that did not fall into a special category, but have a direct purpose. The questions of age and gender, helps to structure the collected materials even more effectively. It is worth considering that there were no gender differences in the answers. Thus, for example, in the questionnaires of both genders there were examples of positive or negative attitudes towards neighbors or the border. Also, in other types of answers there was no numerical difference, which could be perceptible. Nevertheless, the age-specific features appeared quite clearly. It was noticed that participants in the survey of school age are more radical in their answers in comparison to older generations.

The last question (No. 13 see Appendix 2) was aimed at revealing the relationship between the interests of people and their place of residence in a geographical aspect. In other words, the purpose of this question was to reveal the degree of interest in the Baltic states and Finland in comparison to China and the CIS in the North-West region.

Summarizing information about the creation of the survey and about the data collection in the Leningrad region and the Pskov region, it can be noted that the very process of conducting surveys gave a lot of additional information for the analytical part of the work. For this reason, in my study, I paid due attention to how the survey was drafted and how it was implemented in practice. It can be argued that the surveys have fulfilled their purpose. Moreover, in my opinion, it is really important to have a personal interaction with some of those to whom the research is related.

4.2 Method of data-analysis: qualitative content analysis

For a better understanding of the methodology of this study, I would like to refer briefly to the experience of its use in previous studies. In fact, when the researcher has a large amount of textual information, where not only the meaning of text is important but also the text itself has value, it is made possible to resort to the use of content analysis. Like surveys, content analysis is a popular method for research.

Solomonovich (2013, p. 106) used content analysis for the politically motivated lexicon, which he took from an online source. He singled out its advantages while using this method. First, there are insignificant expenses for its use. Secondly, the degree of truthfulness of answers received and thirdly, by the number of questions, the answers to which the researcher wants to receive answers. Certainly, these are significant positive aspects; especially the latter is significant. With the help of various questions and approaches to the same received material, depending on the task a lot of conclusions can be obtained.

Based on the generalization of the qualitative content analysis made by Elo & Kääriäinen (et al. 2014, p.1), it is possible to say that for successful implementation and interpretation of the results it is necessary to reduce the data to the concepts that describe the phenomenon of the study. Aspects of the process can be described quite simply, provided that the researcher himself has a high degree of understanding of the process. The most important thing is the need to report how the results were received. Hsieh & Shannon (2005, p. 1277) recommended a thorough preliminary analysis of the ways of using quantitative data collection, that would highlight potential problems that may arise in the development of the study.

A general description of the algorithm for using content analysis in research can be described using the works by Filippova (2016, p.124) as an example. The main idea of the method is changing qualitative information into quantitative units. The procedure for this analysis consists of identifying certain elements in the studied texts that have been classified in advance; then follows the calculation and analysis of the data. The purpose of these actions is to identify key features about the topic under study. Here it is possible to single out the one drawback of the method, which is based on the broad possibilities of its application. In these circumstances, there is a risk in the new non-standard conditions to choose a solution path that does not conform into the basic rules of the method. For these reasons, we must always follow the basic steps of applying the method of qualitative content analysis, in new situations of its application.

Existing works that purposefully describe the steps for using qualitative content analysis, like Finfgeld-Connett (2013, p.342), who gave a detailed description while also stressing that this is

a flexible data analysis method, which can be implemented through the outlining or systematic full analysis of text data. The stages of the research process consist of seven steps, and it is possible to mention some of the most relevant ones for my work. One important part is creating the tables to get the encoded data, after the construction of certain diagrams, where in the process of work researchers schematically record and interpret their observations. This is followed by the analysis of the work that has been done, which allows integrating, interpreting or synthesizing ideas through reports. (ibid. p.343-349).

The existence of a diverse embodiment of the method of qualitative content analysis in scientific works can be noted. Nevertheless, in spite of the fact that some researchers can do their work in several steps, while others detail each action carefully, the general essence of the method remains unified. Thus, even with a common base of the algorithm itself, for each study there are unique elements that hide in the details of the work. I will use the conventional algorithm in my research, but it completely fits to my database and research tasks.

4.3 Application of content analysis in this study

The main part of the research is based on the surveys, and for the analysis of this obtained data qualitative content analysis is applied. The process of applying the content analysis method for the survey was carried out in several stages. Before considering these stages in more detail, attention should first be paid to the content of each individual stage. The first stage consists of: 1. marking of the questionnaire forms; 2. searching of recurring topics in answers and appropriation of two-digit codes to each survey for content analysis; 3. checking the error margin in processes of assigning a code; 4. creating five categories for the application of the method of the content analysis; 5. creating four judgments for applying the content analysis method. The second stage includes: 1. creating tables and entering data based on the above-mentioned categories and judgments; 2. calculations by the formula of the Pearson Correlation Coefficient and noting of calculation results. The final stage consists of the systematization of the resulting data.

Now that a more elaborate explanation is given, the stages can be discussed in more detail. In the first stage special semantic categories for the coding of questionnaires and the subsequent comparison are created. To do this, each form of the answer was marked: in which educational institution it was filled out; the city of filling; additional information obtained by monitoring people at the time of filling in questionnaires; and the specificity of additional questions before and after the conduct, if any appeared. Further information was highlighted on the answer forms, which were often repeated and had a similar semantic load. Based on the functionalist theory, categories through which I code data were chosen. Five categories were identified by the reason of the

frequency of visits to other countries, and four categories regarding the quality of these visits. After that, each questionnaire received its two-digit code. The process of assigning a code to each questionnaire was carried out twice to reduce possible errors. Thus the error margin was 5.3 per cent from a total of 297 questionnaires. On these doubtful questionnaires, additional time was spent for the analysis and approval of the last version of the code.

The first five categories on the frequency of visits were determined on the basis of a total analysis of all questions of the survey. Category 1. represents people who are abroad less than once every two years or have not been abroad at all. This formulation is explained by the fact that the formation of constructive links with people from other countries, or changing the perception of the image of the neighbor is unlikely happen if a person so rarely travels abroad. It is even more logical that it is almost impossible to build contacts with people from other countries if you have never left your own country, especially in small towns where foreigners from the EU who have no relatives in Russia are quite rare. Category 2. represents people who travel abroad at least once every two years or more, but their destination is neither Finland nor the Baltic countries. This category was created in order to reduce the error in the analysis of visits to EU border countries. Of course, it is possible to establish constructive ties with other countries of the Union and change the perception of The Other in a positive way due to this, but for the analysis of cross-border cooperation this is of little significance in this case.

Category 3. represents people who are abroad every two years or more, in Finland or in the Baltic countries to see relatives. Many from the participants noted that they visit these countries solely for this reason. However, this strongly influenced their other answers to the questions, which made it necessary to put them in a separate category. An analysis on what is affected by this is described later in the research. Category 4. Represents people who are abroad every two years or more in the Baltic countries and Finland for the purpose of shopping or recreation. Equally with category 3, these travel purposes leave a mark on all other answers. Category 5. Represents people who are abroad every two years or more often in Finland or in the Baltic countries, because he or she has friends there or other humanitarian ties. Humanitarian ties are defined in this research as any cultural ties that assumed communication of Russian people with people of other countries with a common activity.

Another category about the quality of visits consists of the following four most striking generalizing value judgments. Judgment A - "I do not care; I do not want to know." This type of judgment refers to people who are completely disinterested in dealing with people from other countries or in any kind of cooperation. They are also not interested in any information that relates to these issues and do not plan to use this in the future. Judgment B - usually the attitude of people towards Finland is positive, but neutral or negative towards Estonia. It would be wrong to represent

only two sides under the cross-border cooperation of Russia and the EU. Despite the fact that Estonia and Finland are members of the same Union, the cross-border cooperation of these countries with Russia is entirely different. This difference was confirmed in relation to these countries of the people of the North-West of Russia as well. Judgment C - "I love everything, I want to know more." This category of people usually spoke positively and enthusiastically about visiting other countries, which was accompanied by a desire to learn much more about the existing opportunities for this. Lastly, judgment D - refers to the category of people who did not travel or traveled very rarely, but would like to know more information about the possibilities on this issue. For this category, it is typical to have interest in the culture and customs of the Baltic countries and Finland.

Stage No. 2 in terms of implementation of qualitative content analysis is the application of the formula of the Pearson Correlation coefficient (see figure 1). Twenty different scenarios of a combination of events were made based on the coding of questionnaires. However, seven variants of the scenario (1B; 2B; 1C; 2D; 3D; 4D; 5D) were not drawn from any of the surveys. Excluding these exceptions, a table was created for each option (for example how it is shown in table 4), which reflected whether a match was found for each comparative category. Number 1 indicates a match, and a 0 means there is no match.

TABLE 4. Table of coincidences and non-coincidence of comparative categories.

	001	002	003	004	005	006	007	etc.
A	0	0	0	0	1	1	0	-
1	0	0	0	0	0	1	0	-

Further, the values obtained were put into the correlation formula directly:

$$r_{XY} = \frac{\sum(X - \bar{X})(Y - \bar{Y})}{\sqrt{\sum(X - \bar{X})^2 \sum(Y - \bar{Y})^2}}$$

Figure 1.

The answers that were received afterwards are summarized in table 5 below, on the basis of which it became possible to draw the main conclusions. Additionally, it is necessary to explain the meaning of the legend used in the table. The previous paragraph already mentioned 1B; 2B; 1C; 2D; 3D; 4D; 5D - scenarios that are not present in any questionnaire in the table. These are marked with - n. The results of several other scenarios which did not go beyond the value - $0.01 \leq x \leq 0.01$ were designated with - x. For the other scenarios, numerical values were applied, which are

reflected in the table. Within the frame of $0.1 \leq \text{correlations} \leq 0.1$ are considered insignificant, within the limits of $0.1 \leq \text{correlation} \leq 1$ are strong correlations. Availability of insignificant or strong correlations allowed me to assert about the confirmation or refutation of the existence of hypotheses put forward, expressed through so-called scenarios. Scenarios combined selected categories and judgments. Stage No. 3 - data reduction in the table, serves as the analysis of the results.

TABLE 5. The results of applying the Pearson correlation formula.

	A	B	C	D
1	0.74	N	N	0.38
2	0.08	N	0.16	N
3	0.24	X	0.02	N
4	0.04	0.55	0.09	N
5	X	X	0.69	N

Thus, with the help of qualitative content-analysis, hypotheses concerning visa policy and cross-border cooperation in the North-West of Russia were put forward. As a result of this work, I can analyze the issues that concern people, and what prevents them from seeking closer ties with people of other countries, and so on. This helps me answer the central research questions. With the examination hypothesis, results appeared that allowed me to draw full-scale conclusions about the situation in the region under investigation. It is worth to mention that with the help of content analysis it was possible to reveal a clear relationship between the constituent elements of cross-border interaction. This fact confirms once again that this method has ample opportunities for application in various scientific studies.

4.4 Ethical issues

The final section of this chapter concerns the ethical issue of my research. Unsurprisingly, conducting research in any field always involves a certain risk of touching upon topics of an ethical nature. Work that involves people requires special care. However, for social work, it is very difficult, if not impossible to foresee the consequences before the emergence of problems. This causes us to be more cautious in our activities. In any case, the existence of ethical norms and rules for research exists in different forms and must be taken into account.

The enumeration of some basic points about ethical rules is very important for my research. Obviously, much of my thesis is related to surveys. All this is connected with real people, which obliges me to indicate here that I really was guided by ethical principles. Thus, for example, I was guided by Brewer (2016, p.9) and his moral obligations. At first “the need to plan ahead to anticipate ethical issues and to plan for adaptability and flexibility in the field to deal with the unexpected”. Secondly, “honesty and openness in the status of the guarantees of confidentiality and anonymity; a detailed plan for the management of data and its safety and security”. According to the author, the adoption of a scientific agreement can eliminate, control and even foresee possible risks. Another interesting point is that certain ethical norms can be quite universal, and this allowed one to see a certain feature of "humanity" that will be fundamental and cannot be crossed under any circumstances.

Positions that are similar to the thesis of Brewer include the three key points explained in ‘Ethical principles of research in the humanities and social and behavioral sciences and proposals for ethical review’ (National Advisory Board on Research Ethics, 2009). The three main items consist of: 1. respecting the autonomy of research subjects; 2. avoiding harm; 3. privacy and data protection. These provisions were also observed in my research.

Thus, conducting surveys is done on a voluntarily basis; providing information about the research, with the name of title and objectives of the work; availability assurances about the confidentiality of information of the surveys and provide them with my contact information should they require further explanations or information. For the conducting of surveys official inquiries from heads of educational institutions about the possibility of gathering this type of information were made. In general, this survey does not harm to the participants in terms of psychological, financial, social or other types of factors.

In the research I was guided by statements from Peled and Leichtentritt (2002, p.145): “A study cannot be a good study unless proper ethical standards have been maintained.” Additionally, I use the general rule, which can help or at least exactly contribute to science, namely the rule of "honesty and good faith in conducting a study” (Leontovich 2011, p.102).

Summarizing, it is worth emphasizing once again that the topic of ethics in research has many approaches and interpretations. At the same time, the main idea and the main goal of the whole field of ethics was and remains the desire not to harm the persons involved. This main idea will be contained in all studies, regardless of their scope, theme or purpose. My research has a large coverage of people for survey, where everyone was given small, but personal attention. Nevertheless, it is impossible to determine the contribution of some individual in the general conclusions of this study. Thus, the personal safety of participants in the study is observed.

5 CROSS-BORDER COOPERATION AND VISA POLICY IN THE PERCEPTIONS OF ST. PETERSBURG AND PSKOV YOUTH

5.1 Present and future prospects

With the help of all the data that was collected and analyzed within the framework of this thesis, it became possible to disclose how the human mobility through the visa policy in the North-West region of Russia is expressed. Now it became possible to use the several hypotheses for contributing to improve cross-border cooperation.

This study is based on the thesis that the improvement of cross-border cooperation affects the relationship between countries as a whole. Similar ideas can be found for example in the work Romanyuk et al. (2013). Therefore, attention was focused on how to improve cross-border cooperation between the North-Western region of Russia and neighboring EU countries. One way to address this issue is through analysis of the current situation in the North-West region and the proposal of some forecasts for the future.

This research assumes that the number of border crossings has a direct impact on the improvement of cooperation. Thus, this study claims that it is important to increase the number of border crossings per person, not the total figure for the country. Confirmation of this thesis is reflected in the analysis of surveys conducted in the North-West region of Russia.

From this confirmed thesis, there comes a need to increase the number of border crossings per person, which will help to establish constructive contacts. Survey data helps to find out what hinders an increase in visits to the Baltic States and Finland, and will help to identify those areas in which it is possible to propose specific changes to optimize the border crossing process. The establishment of constructive contacts is understood as the establishment of various functional types of communication, which give rise to further interaction between people. These contacts serve as the tool for the development of cross-border cooperation. For my research, the variants of the functional types of communication as proposed by Korneevets (2010, p.9-11) are used: historical (based on common events in history), touristic, social and cultural. In the end, this will reduce the negative perceptions on the image of the neighbor. David Newman (2006, p.148) noted that “borders create (or reflect) difference and constitute the separation line not only between states and geographical spaces, but also between the ‘us’ and ‘them’”. If the borders participate in the division into parties and separate people from each other, then interaction across the border should accordingly reduce this effect.

Moving further, with the use of qualitative content analysis, several hypotheses have been put forward concerning the young population of St. Petersburg and Pskov. It is appropriate to begin

with a brief explanation of those scenarios that are not found in any questionnaire. In the previous part of the study, the following notation was introduced: 1B; 2B; 1C; 2D; 3D; 4D; 5D. To increase certainty and convenience, for each hypothesis a conditional name next to the binary code is given. For those scenarios that do not exist or are very weakly expressed, titles consisting of a singular word are used, whereas two conditional names are used for important ones (Table 6). The names of the categories are based on the behavior of various respondents and certain characteristics which they have shown.

TABLE 6. Conditional names for hypothesis.

	A. "I do not care; I do not want to know."	B. usually the attitude of people towards Finland is positive, but neutral or negative towards Estonia.	C. "I love everything, I want to know more."	D. refers to the category of people who did not travel or traveled very rarely, but would like to know more information about the possibilities on this issue.
1. when a person is abroad less than once every two years or was not there at all.	important apathetic	static	static	important dreamers
2. when a person is abroad at least once every two years or more, but his destination is neither Finland nor the Baltic countries.	apathetic strangers	strangers	friendly strangers	strangers
3. when a person is abroad every two years or more, in Finland or in the Baltic countries, to see relatives.	skillful apathetic	skillful	skillful friendly	Skillful
4. when people are abroad every two years or more in the Baltic countries and Finland for the purpose of shopping or recreation.	lavish apathetic	lavish preconceived	lavish friendly	lavish
5. when a person is abroad every two years or more often in Finland or in the Baltic countries, because he has friends there or other humanitarian ties.	creative	creative	creative friendly	creative

The combinations of 1B and 1C – the "static", were not found, perhaps because of the fact that it was really difficult to create a clear personal picture of another country, if people had never been there or only occasionally. The situation is similar when considering people who often travel abroad, but not to the Baltic countries or Finland. In this scenario it is also difficult to make a personal opinion based on the experience of these countries. Scenarios 2D "strangers", 3D "skillful", 4D "lavish" and 5D "creative" logically cannot occur due to the inconsistency of combinations, namely the impossibility to travel twice a year or more and at the same time never

travel. Nevertheless, in order to comply with all the rules of content analysis, all possible coding data options were specified for the structure.

Next, I would like to refer to scenarios 5A “creative,” 3B “skillful” and 5B “creative,” the values of which did not exceed the limits - $0.01 \leq x \leq 0.01$, which allows them to approach the group that are not found in the survey, but here additional explanations are required. The hypothesis of scenario 3B “skillful,” which was put forward initially was not confirmed. Accordingly, it is not correct that in scenario 3B “skillful” people get negative attitudes towards these countries and do not wish to communicate with people from these countries. Initially, this assumption was made on the basis of the primary processing of information, and only with the help of the research methodology it was possible to reveal that it is insignificant. This was also reinforced by such studies as, for example, the work of Kolosov and Borodulina (2006, p.151), who considered the psychological context of cooperation, and posed the question: are [the Estonians] thinking badly about us [the Russians]? In the context, when the notions of a neighboring state form a general psychological accompaniment of cross-border interaction, this issue matters. The study of these authors showed that the perception of the neighboring country is largely based on stereotypes, hence the psychological unpreparedness to cooperate. Moreover stereotyped ideas about neighbors and their negative attitude are stronger from the Russian side.

The other two scenarios 5A “creative” and 5B “creative” can be combined into one group due to the similarity in interpretation. Category No. 5 denotes people who have friends abroad or humanitarian contacts. Accordingly, it is more likely that the presence of people with good contacts in other countries, who often travel, and are involved in various cooperative activities can explain why they do not relate to people who are not interested in other countries (judgment A), or have a negative attitude towards them (judgment B). An important line of thought is the one in which it is suggested that, what is culturally and intellectually attractive, will never cause hostility, hatred and contempt (Zarova 2008, p.128), and reinforces the validity of this result. Thus, by investigating what affects perception of The Other or, more narrowly, on the image of the neighbor, having constructive contacts in neighboring countries definitely results in more open and positive attitudes towards others. These contacts are one of the main things that affect perception. Reduction of negative attitudes and developed interest in other countries in "the human mind" of people living in the Leningrad and Pskov regions is something that can aid with improving cross-border cooperation. Based on the data obtained, it is clear that this reduces the negative impact of a certain part of the visa policy.

The next part of the results is related to - $0.1 \leq \text{correlation} \leq 0.1$, and is also considered insignificant. This group includes scenarios 2A “apathetic strangers,” 4A “lavish apathetic,” 3C “skillful friendly” and 4C “lavish friendly.” Deeper interpretation of 2A “apathetic strangers” is not

necessary in this thesis, because only those scenarios that relate to the region under consideration are taken into account. I would like to draw special attention to scenario 3C “skillful friendly.” Thus, a rather weak, but nonetheless existing positive trend can be observed, which can become a supportive tool for building cooperation in the future. This is based on the fact that the hypothesis surrounding negative attitudes towards countries where relatives live in scenario 3B “skillful” was not confirmed, but with 3C “skillful friendly” the positive attitude and desire to learn more was present, although weak. This is another basis, on which it is possible to organize actions to increase the flow of people to build a constructive contacts where they still would like to know more about these types of interactions.

Regarding 4A “lavish apathetic” and 4C “lavish friendly,” they can be identified as factors that do not have a significant impact on anything in the overall cross-border cooperation. In this case, the number of negatively and positively-minded people is almost not different, so they in a way exclude themselves. In any case, their manifestation is very weak, and therefore, when building constructive ties between people of different countries, it is not necessary to take into account the influence of people traveling exclusively for shopping or for recreation. These categories of people cannot be actively involved in the process of increasing the flow of people for constructive interactions or in building a positive impact on the images of neighbors in the Leningrad and Pskov regions. This is a certain loss, because based on the surveys it was revealed that the reason for traveling because of shopping is very popular among Russians.

The next part of the results falls within the scope of $0.1 \leq \text{correlation} \leq 1$, which are strong correlations. Nevertheless, here it is necessary to distinguish several subgroups. The first subgroup refers to 3A “skillful apathetic,” 2C “friendly strangers” and 1D “important dreamers,” where the values amount to $0.1 \leq$, but in comparison with the second group appeared much weaker. The second subgroup consists of 1A “important apathetic,” 4B “lavish preconceived,” 5C “creative friendly” - the strongest manifestations of interdependence, which confirms the hypotheses put forward.

Analyzing the first subgroup, it is possible to start with 3A “skillful apathetic,” it is interesting to note that even though visiting relatives does not form a mass negative attitude towards the countries close to Russia, at the same time it does not form a positive interest in the same manner. Often we come across indifference. Drawing a conclusion on this criterion, the hypothesis that visiting only relatives in other countries does not cause additional interest in connections is confirmed. Thus, in the work to increase constructive ties between people from different countries, one cannot rely on the fact of having relatives on each side.

Scenario 2C “friendly strangers” is a transitional case. On the one hand, in comparison, its value - 0.16 is small, while 1A “important apathetic” is 0.74. However, I think it is important to

take it into account in the overall picture. The hypothesis that a visit abroad can positively influence a person's interest in finding more information about other countries has some weight. This reinforces the idea that frequent trips can change attitudes towards the perception image of the neighbor in particular. This hypothesis can be supplemented by another, where taking them together can positively influence the development of cross-border cooperation. Scenario 1D “important dreamers” allows asserting that in the North-West of Russia the full potential of cooperation does not yet exist. The average result of 0.38 is enough for the hypothesis that there are people who were not visiting abroad, but at the same time they show interest in the European direction. This group of people can be involved in constructive relations between people of different countries in the future. For the successful development of cross-border cooperation, it is necessary to provide them with information support, as will be discussed later.

The last analysis of the hypotheses relates to the second subgroup - 1A “important apathetic,” 4B “lavish preconceived,” 5C “creative friendly.” The hypothesis of the value of 4B “lavish preconceived” confirmed that people who go for shopping or recreational activities can have a neutral or negative attitude towards Estonia, but often a positive attitude towards Finland (comparative information related to the attitude towards Finland and Estonia on the basis of questions No. 4, No. 5 and No. 6 from survey). In any case, this is an unstable group of people who do not show interest in constructive connections even after many trips abroad. In view of this reason, relying on this category of people or taking them into account in the process of improving cross-border cooperation is not rational.

The confirmation found a hypothesis about the existence of a connection between the fact that, those who have never been abroad or very rarely are not interested in this side of life in general. This group of people (1A “important apathetic”) has the greatest weight at the moment, - 0.74. This conclusion is the threat to the construction of cross-border cooperation between the North-West region of Russia and the EU countries with a common border. It is possible to develop numerous options for submitting information on the positive impact of travel to the EU, but if people do not want to know anything about this topic our task of making connections is much more complicated. In this case, further research is required to resolve this issue.

It is worth adding several additional outcomes to this hypothesis, which were obtained from the direct analysis of answers given in the surveys. The first feature was already mentioned; that there is no significant difference between the genders in the answers, but there is a difference based on age aspect. Participants in the survey of school age are more radical in their answers, than older generations. This is manifested through less tolerance for other nations, or in negative statements about EU policy towards Russia. For example, a female respondent from Pskov (No. 43) wrote that

“The EU does not understand the actions of Russia, it is necessary to explain it patiently.”¹ Another example, also a female respondent (No. 47), claimed that she “does not like the EU's attitude towards Russia.”² One more example of a fairly direct statement was given by a male respondent (No. 69), who believes “that the EU's attitude towards Russia is too aggressive.”³ This gives more opportunity to specify the issue. Thus, there is a significant category of people who are not interested in solving questions of improving cooperation. Moreover, a certain part of the younger generation has a negative opinion about the European direction, which in a certain sense complicates the process of building constructive relations or forming positive perceptions of neighbors even further.

Another interesting trend is that often people who have not visited the Baltic states or Finland are only interested in the Asian direction. Here, the second feature is that some people, who are characterized by a lack of interest in cooperation with the European direction, explain that they are interested in another direction. However, there is an important point that needs to be noted. In a few cases, it was explained that Russia has better relations with China, and it is therefore necessary to pay attention to this direction. A male respondent from Pskov (No. 77) chose China as the most interesting destination for traveling because: “it is a country with geopolitics that are positive for Russia.”⁴ Another respondent from St. Petersburg (No. 148) based his opinion on China by reasoning that “we are particularly cooperative and have not bad relations with this country.”⁵

A similar issue was considered by Narbut and Trotsuk (2011). These authors, on the basis of sociological surveys, elucidated the reasons why China may be more interesting than individual European countries among Russian youth. The general conclusion was that the image of China was well-formed among young people, due to Russia's long-term relations with this country. Contrastingly, the image of individual European countries is less formed. According to Narbut and Trotskuk (2011, p.110), this is due to smaller territories having a less significant geopolitical role, and also rarely appearing in Russian media. The thesis on the identification of influence and territory should be discussed further, but the conclusion about non-popularity in Russian media is certainly truthful. Therefore, as mentioned by the authors, non-popularity in the main information flows can partially explain the answers from the surveys held in Petersburg and Pskov. There is one more factor that must be taken into account. Traveling to Finland is something that many respondents take for granted, so they do not attach importance to relations with this country.

¹ Questionnaire No. 43: “ES ne ponimayet deystviy Rossii, nado terpelivo raz`yasnyat`.”

² Questionnaire No. 47: “Mne ne nravitsya otnosheniye ES k Rossii.”

³ Questionnaire No. 69: “Ya schitayu, chto otnosheniye ES k Rossii, slishkom agressivnoye.”

⁴ Questionnaire No. 77: “Eto strana s polozhitel'noy k Rossii geopolitikoy.”

⁵ Questionnaire No. 148: “My s etoy stranoy osobo sotrudnichayem i imeyem ne plokhiye otnosheniya.”

Nevertheless, there is still hope for having intensive development towards the European direction as well. On the one hand there are more people in North-West region who are interested in Finland. Interest in the Commonwealth of Independent States (CIS) occurred in only a few surveys, with the indication of the reason that they are closer to Russians by mentality, etc. For example, in the questionnaire from a female respondent (No. 39) it was stated that: "these countries are closer to our country; the friendly attitude of countries; visa-free regime."⁶ An interesting example was given by another respondent from St. Petersburg (No. 102), who believes the CIS "is more familiar to me, culture and people."⁷

On the other hand, slightly inferior to criterion 1A "important apathetic" is criterion 5C "creative friendly," with a result of - 0.69. It is this category of people who can become a support in the process of building cross-border cooperation, as well as a basis for investigating the positive experience of interactions. Thus, the hypothesis on the existence of a relationship between the presence of constructive links and developed interest, a positive attitude of people to other countries is confirmed. This group of people can note a relatively small presence of a negative image of the neighbor.

The research questions were partially touched upon in the previous parts of the work. Now, using all the data, the research question can be answered fully: What are the impact of border policy on human mobility and the image of the neighbor in "the human mind" in the Leningrad and Pskov regions?

It was found that the image of the neighbor in "the human mind" in the cities of St. Petersburg and Pskov about the EU countries with a common border, is not influenced by visiting other European countries. Additionally, the presence of relatives in these countries does not radically change perceptions. Moreover, it should be noted that this category of people with relatives in European countries is not able to exert influence on their environment in Russia, respectively. However, the perception of The Other and the image of the neighbor is influenced by the presence of constructive connections. In my research, the most active were the functional types of social (friends) and cultural (humanitarian) connections. This category of people was designated 5C "creative friendly," where the greatest interest was shown to the European direction, and there was a desire for further interaction. All this can be used as a potential force, or as a support in the development of cross-border cooperation. An interesting regularity was revealed, the stronger the constructive relationship, the stronger the position of neutrality in foreign policy issues. This group often tries to avoid any issues that are related to this, as for example shown by the answers given by a female respondent from Pskov (No. 51) who has friendly connections abroad. She stated that "the

⁶ Questionnaire No. 39: "Eto strana blizhe k nashey strane; druzhestvennaya nastroyennost' stran; bezvizovyy rezhim."

⁷ Questionnaire No. 102: "Boleye privychno dlya menya, kul'tura i lyudi."

discussion of policy with regard to the state is not expedient.”⁸ A second example is a male respondent (No. 73) who displayed a “neutral”⁹ attitude to politics.

Support of this group of people comes in various forms, from financial support to providing more accessible information on visa policy as a priority task in the development of cross-border cooperation in this direction. There is a bigger group of people who are not interested in contacts with the European direction, however. Accordingly, this part of the population can have a significant impact on the strength of the group who have not yet traveled but would like to (1D “important dreamers”), after which the negative impact of The Other will increase and could possibly spread. In the worst case scenario, we will have a next generation of people who are not interested in cooperation, or even opposed to the West if the transmission of negative perceptions will grow with the backdrop of a protracted conflict of foreign policy between the EU and Russia. In this case, it will be difficult to talk about the development of cross-border cooperation.

There are positive aspects that suggest that the worst case scenario probably will not to be realized easily. If people wish to organize informative events in different formats that are associated with visa policy, then it is possible to influence the younger generation. Schoolchildren from St. Petersburg offered more interactive ways on receiving information about the features of border crossing. For examples: “a forum” (No. 292)¹⁰, “in the form of advices and life hacks” (No. 278)¹¹, “in the form of open events” (No. 269)¹², or “in the form of training” (No. 250)¹³. These small features, which are inherent in the difference in size and importance of cities in different regions, confirm the difference in the perception of the same issues and problems. A simple demonstration in support of this thesis is the fact that questions about the features of obtaining a visa concern the people of St. Petersburg much less than in Pskov. This indicates a more developed system for obtaining visas, from where this experience should be extended to other regions of Russia. The most important thing is that people want to receive information and they themselves make proposals how it could be represented.

Moreover, to help prevent the implementation of the worst case scenario, it is necessary to identify the main factors that prevent the crossing of borders. Of these questionnaires, three of the most striking problems are highlighted. The first is financial difficulties, which is not only a problem in the revenues of a certain part of the population. Turning to the question of how visa policies are experienced by participants of human mobility in the aforementioned regions, then it is worth highlighting the following. There is a misconception about the complexity of the entire visa

⁸ Questionnaire No. 51: “obsuzhdeniye politiki v otnoshenii gosudarstva netseseoobrazno.”

⁹ Questionnaire No. 73: “neytral'noye.”

¹⁰ Questionnaire No. 292: “forum.”

¹¹ Questionnaire No. 278: “v forme sovetov ili layfkhakov.”

¹² Questionnaire No. 269: “v forme otkrytykh meropriyatiy.”

¹³ Questionnaire No. 250: “v formate treninga.”

policy, the processing of documents and the organization of travel, which in most cases leads to the need to use the services of travel companies. For this reason, a kind of vicious circle occurs. Those who have financial difficulties do not travel often; because of this they do not know how to precisely organize everything, which in turn causes this category of people in most cases to appeal to travel companies. This results in trips becoming even more expensive. There are two problems: the financial issue is aggravated, and the person does not acquire independent experience in obtaining a visa and organizing a trip.

It should be noted that this pattern is in most cases typical for the Pskov region, the analysis of the economic situation in the second chapter of my work has also confirmed this. A direct need to turn to options for improving the economic state of the region were shown. Naturally, there were only theoretical guidelines for possible real activity. However, in my opinion, without such a theoretical foundation it is difficult to start any activity for solving problems. Thus, it is necessary to take into account that the economic development of the region depends on the quality of life of the population and vice versa.

Returning to the second problem associated with the first, but so widespread that it requires the allocation of a separate category, is the view of the complexity of obtaining a foreign passport and a Schengen visa. A significant barrier in this case is the lack of knowledge about the real state of affairs on the issue related to visa documents. The last problem experienced by participants refers to the so-called negative experience of crossing the border. Due to inaccurate or incomplete information about the use of the visa, difficulties of a different nature arise. For example, from the risk of non-getting of a visa due to an incorrect correlation of the number of days in the country for which the visa was opened, and the number of days a person stayed in other EU countries on the same visa (questionnaire No. 295), and to the refusal to enter the country on the border itself due to the fact that a person does not able to properly interpret the visa data (questionnaire No. 286). Golunov (2016, p. 154) generalizes similar situations as "hard borders." These are defined as difficulties that relate to the crossing of borders by people. He furthermore identified not only problems with obtaining a visa but, for example, long and meticulous customs control.

There is a further need to give a description about actions that could increase the flow of people crossing the border from the Russian side and maybe to solve the above problems. Thus, with the help of the data obtained from surveys in St. Petersburg and Pskov in the North-West of Russia, it was possible to identify the current situation regarding the mobility of the population and cross-border cooperation. Strengths and weaknesses were identified in the issue of interaction of neighboring countries at the private level between people.

5.2 Policy recommendations

In previous parts of the thesis, certain problems and strengths in the process of crossing the border by ordinary people were identified. Within the relevant framework, several recommendations can be proposed that could possibly improve the situation in the areas concerned. These recommendations make it possible to answer one of the research questions of this thesis: What actions could increase the flow of people crossing the border from the Russian side for implementing the constructive contacts with the people from the other bordering countries?

Despite the fact that the study focuses on human mobility and visa policy, the indication of economic issues is necessary. In the field of cross-border cooperation, this is all interconnected and affects each other. For this reason, in this section of the thesis is worth noting the issues related to economy. To improve the economic situation, strengthen cross-border cooperation and positive climates in the North-West region of Russia and neighboring countries, an important role is assigned to the administrative authorities of the parties. Different administrative structures should always be taken into account when building cross-border cooperation. There should be a need to search for common goals in each interaction that is mutually beneficial to both parties; a focus on the economic benefits of cooperation, with contacts between border regions. An additional recommendation is that it is important to always pay attention to the economic benefits, even if the cooperation itself does not directly relate to the economic sphere. Finding a common benefit is an additional motivating message for starting and/or improving interaction.

In the next part, which is based on the extension of the aspect that people actually want to receive information, it is worth mentioning the following. In the Pskov region, answers to the question whether people would like to receive more information regarding border crossing were mostly positive, for example from questionnaires No. 7-13, 45-48, 52-57, 63-66, 82-87. When asked how to receive it, most answered "by e-mail," for example questionnaires No. 40, 63, 74, 92. On the basis of this thesis, two conclusions can be drawn. First, if the majority of people need more information; there is a lack of it. Secondly, there appears to be a fairly simplified view of the possibilities of obtaining information. If we compare St. Petersburg to Pskov, then the situation is different. Most of people here do not need additional information, not because they are disinterested, but because they know enough. This noticeably affects the number of visits by Russian people to European countries in a positive manner. Moreover, if the residents of the big city wanted additional information, then a popular platform would be a "blog or forum," which was mentioned in questionnaire No. 294¹⁴ for example. These factors are reflected in a change in the image of the neighbor and the possibility of building a more functional relationship. So if

¹⁴ Questionnaire No. 294: "blog ili forum."

information about other countries is abundant, then the division into “us” and “them” is a bit weaker. If there are more different formats for obtaining information, there are more opportunities for building cross-border cooperation. A conscious positive activity is more conducive to development.

Summarizing all the data from the analysis of surveys and other parts of the thesis, it is worthwhile to indicate one more recommendation for this section of the study. Claiming that the frequency of visits abroad increases the percentage of establishing constructive contacts between countries, it is necessary to increase the visits to neighboring countries of the EU by people who have not even thought about undertaking a trip. It looks appropriate that this can be done through open forums or seminars, which should motivate civilians to visit other countries; which show to people that it is not as expensive and difficult as it seems, and they do not have to wait too long. This is possible, for example, at the institutions of representatives of EU countries in St. Petersburg. In the case of Pskov, this could prove to be more problematic, but as interest in obtaining more information here is stronger than in St. Petersburg, there is a chance of success in implementing activities in a simpler form.

Specifically answering the question about what can be done to increase the flow of ordinary people; it is worth insisting on the need to provide systematic information on all stages of border crossing, on the preparatory stages of travel, on its subsequent implementation for the mobility participants, and acquire feedback for related structures after the trip. This collection of data should be carried out centrally, in order to obtain a full-fledged information knowledge database. Informing the public about possible trips and their implementation should be accessible for citizens; fortunately modern internet capabilities allow this as well. Thus, the detailed information of people in large numbers will increase the flow of people abroad. Many people refrain from traveling simply because they do not know how, and believe that it is all very difficult. Further building on this basis, it will be possible to build cross-border cooperation in various sectors.

The so-called difficulties in obtaining a visa can be solved, for example, through the creation of an official website, in which a form of questions with optional answers is separated step-by-step from the total amount of information, showing only what is needed specifically for the person making the request. In other words, this common database would allow a person to accurately choose what is needed for him or her in order to quickly, more successfully, and easily cross the border. For example, such factor as biometric data, which will be useful to know for those who want to cross the border for the first time. Sukhareva-Krylova (2009, p.96) paid special attention to this part of the process of obtaining a foreign passport. The author pointed out that biometric data is information that characterizes psychological characteristics of a person. The personality is determined with the help of this information, and it can only be used with the written consent of this

person. Thus, at the end, person can be provided with a document that will only indicate what the person in question needs to do, which presents the address of the nearest place of submission of documents for a visa, etc. The results can be automatically sent to the mail, since most of the respondents would like to receive information in this format. These solutions can be accompanied by general useful information on the specifics of border crossings, important rules of the Schengen laws and other information.

When creating this website and providing all the detailed information in the areas that were specified, it is possible to solve several problems. This is also related to the main question of research: what is the impact of border policy on human mobility. The first problem has already been touched upon, namely that the negative experience of crossing borders (examples of question No. 8 from the survey about this were shown in the previous part of the study), has negative impact on the future mobility of the person. Not solving these types of personal problems could increase the number of people who cannot cross the border, or create a group of people who no longer want it. Another problem that has been identified, based on the answers to question No. 9, is that in 90% of cases people are not familiar with official documents or laws of the Schengen area. This issue creates difficulties for people crossing the border, or complicates the process to say the least. The last issue here is question No. 11 from the survey, where respondents were asked to suggest any recommendations related to the process of visiting the Nordic and Baltic countries. Respondents did not indicate anything significant that could affect the crossing of borders or reflect their experience. However, almost everyone would like to receive information about the special procedure for obtaining visas in the North-West region of Russia (question No. 10 of the survey). All this can be solved by simply creating a website corresponding to this need.

With the help of the whole spectrum of data obtained, the features of how border policy can affect the human mobility were identified. Moreover, the main threats in the construction of functional cooperation in the future are also identified, and several possible solutions to the identified problems were suggested.

6 CONCLUSIONS

This study was devoted to cross-border cooperation through visa policy in the North-West region of Russia. Special attention was paid to the issues of private mobility of civilians to the EU countries sharing a common border with the North-West region.

This research was conducted while taking into account the theory of functionalism. It was aimed at identifying where and how we can promote cooperation in the framework of people's mobility. That is, the maximum emphasis on identifying those forces through which it is possible to carry out functional connections. According to the theory of functionalism, any activity must be organized, if there is a true need for it. Analysis of the surveys showed that there really is a need. It consists of the fact that there is a growing generation of younger Russian people, most of which are not interested in the European direction. This may negatively affect the Russo-European relations in the future, accompanied by associated economic and cultural losses. Thus there is a need to support the population that is interested in active mobility, and in building constructive ties with people of other countries. It is very likely that this, as well as other similar activities that contribute to the growth of border crossings for each person, will positively influence cross-border cooperation in the region.

Investigating the connections of ordinary citizens, their actions can be interpreted in a functional manner. In most cases, when there is a common function, the perception of a person's neutrality appears; when the functional connection does not exist then the role of the political factors increase. Thus, within the framework of functionalism, this research is aimed at developing cooperation for the common good. Actions contributing to optimizing border crossings, as well as a general increase in travels, help achieve peace and a better life.

Moreover, these improvements should take into account the influence the image of the neighbor on the minds of people. This factor has an impact on the building of international relations; it has influenced the results of my study in a similar manner. It is necessary to emphasize that the division into "us" and "them" in the studied regions remains quite strong.

The study of the data obtained from the surveys and the general assessment of the economic situation point to a certain gap between the EU countries and Russia. Despite the fact that a small percentage of the interviewed people did not give clear markers for the possibility of splitting into parties or to indicate collective identity, they still emphasized that we are all the same people. Nevertheless, most people were more focused on what separates our countries, often associating themselves as part of the entire Russian people, and taking the negativity towards Russia personal.

Studying cross-border issues and cooperation across borders helps to find specific factors that carry a message of disconnection in the minds of people. One of the most striking and obvious

triggers for the division in the minds of people in the North-West of Russia in relation to the EU countries, is the existence of the need itself to receive a visa and the fact that it is associated with an extensive list of necessary actions. This circumstance initially puts people not only in the framework of physical separation, but also alters the perception of The Other, as it affects the image of the neighbor. When the process of obtaining a visa becomes more difficult, it will negatively affect the image of the neighbor and vice versa. Remembering that Russia is included in the Schengen laws in the group of Third Countries, it leaves a significant imprint on the desire in cooperation with people from neighboring European countries.

Another factor affecting people is the attitude towards them in other countries. Many participants in the questionnaire, who noted prejudiced or negative attitudes towards them, turned in the direction of reducing openness and interest in other countries. Often, the difficulties encountered during the border crossing process were transformed into negative images, which could extend to the attitude towards the whole country. At the same time, there is a more positive attitude to the image of the neighbor in three categories of people, which were also highlighted in this study. The first is people who have never traveled, but are interested in the European direction. In this case, people simply did not think about this division so much that it somehow influenced their lives. The second category of people is those who have relatives abroad. Even if they do not radically change their attitude towards another country in one direction or another, they are not provoked by aggression or aggravation of the gap between people. The last category of people is those who have constructive connections, and in this case the division into "they" and "us" is weaker.

Thus, the thesis from the first chapter is once again confirmed; that the study of issues related to The Other, and as part of it the image of the neighbor varies every time. This is confirmed by the ability to identify the details of the EU in total, and disengagement applicable for cross-border cooperation in the region. Their identification indicates that it does not matter that problems were raised but, when studying cross-border issues and cooperation, then factors of the division of territories in people's minds are sure to be found. By adding to it what unites them, it is possible to create a fairly complete picture of the current situation in the framework under consideration.

In this format - as this study has also suggested - there was an attempt to understand what separates people and how it happens; that is, how it manifests itself in life. In fact, on the basis of theoretical material and analysis of the surveys, the thesis that the border between Russia and Europe is one of the strongest boundaries in people minds is confirmed. Without going into detail in all directions of this thesis, it is worth emphasizing only that it relates to my research. Even with the respect of people of other cultures, or in the presence of their strong interest in other countries, attempts to identify people from the bordering countries as one whole were not viable. There were no examples that showed anything was a characteristic of the whole of Europe, where Russia was

included as part of the region. This state of affairs is sufficiently substantiated when studying issues of cross-border cooperation and visa policy, but nevertheless there could be some exceptions, yet they did not arise. The centuries-old division in the minds of people continues to persist now, even among the most open-minded people.

Another important part in understanding the issues raised is an appeal to the topics of cross-border cooperation and the economic state of the region. This contributes to a greater demonstration of the situation in the North-West region of Russia at the moment. The inclusion of these two blocks allowed me to create a strong basis for the analysis of data collected in St. Petersburg and Pskov.

One of the features that affect the functional cooperation and the minds of people from the external environment are the availability and proximity of the border itself. For example, in the process of building cooperation between countries, such regions as the North-West region of Russia can be especially important, since there is a state border on their territory. The presence of this particular position, the proximity of the border and the like, contributes to the fact that it becomes necessary to have any perception of the image of the neighbor, as this is part of your everyday life.

The consideration of cross-border cooperation through the theory of functionalism helped to identify and select what promotes the development of border areas and the achievement of common goals. In this case, the overall goal is to establish a different kind of border infrastructure. This goal can be expressed in different directions, all of which affect the mobility of the people of the border regions in particular.

Visa policy and the organization of the issuance of visas affect the development of the border infrastructure. The consideration of this issue allowed allocating the main requirements for obtaining a visa and the key features that are inherent in the Schengen visa. Thus, how the issuance of visas is organized and the availability of certain benefits for residents of the North-West of Russia indirectly demonstrates the level of cooperation between countries and directly affects at the human mobility.

Another direction was identified in the thesis, which contributes to the increase of population mobility, where the most demonstrative type of cross-border cooperation is the arrangement of the border itself. This implies the joint work on the development of transport infrastructure and overall coordination on opening the crossing points of state borders directly. All this is accompanied by cooperation to obtain funding for further work, which generates joint activities to achieve a common benefit.

Another type of border infrastructure that has been identified in this study is tourism. This sector often appeared in the research for several reasons. Tourism contributes to the development of intercultural dialogue, at the same time it contributes to improving the economic situation of the

region for understandable reasons. For cross-border cooperation this is another reason for the organization to cooperate. However, it was noted that travel companies can increase the financial costs of the mobile population, which is not desirable in view of the existence of an economic gap between countries and between regions in Russia. The most difficult financial situation is in the Pskov region, and therefore additional assistance from outside on the optimization of travel for people should be demanded.

Separate attention to the economic development of the regions allowed demonstrating the difference that exists not only outside, but also inside the North-West of Russia. This made it possible to more accurately diagnose causes that hampered the growth of human mobility. The main indicators of difference between the St. Petersburg and Pskov which affect economic development are the number of population, the gross regional product, and the income of the population. The difference in economic development gave rise to significant differences in the organization of activities. If innovative technologies can be used for St. Petersburg, where they would be of interest, then for Pskov it is necessary to gradually introduce such new ideas with preliminary checks. It is commonplace that foreign policy instability has a negative impact on the economic development of the regions. The inclusion of these features when building frontier policy is particularly important for stability.

Thus, once again, the interrelation between economic development and the process of border crossing was emphasized. The permeability of the border affects the economic situation, and economic well-being contributes to an increase in the frequency of border crossings, where the latter can affect the change of the image of the neighbor in a good way in the minds of people from the improvement of these functional connections.

This research showed that there is potential for improving cross-border cooperation between the EU countries on the border with North-West Russia, in view of which it is necessary to continue comprehensive development. There is a possible version of this improvement, which showed its relevance based not only on economic indicators, but also on the basis of survey data. This is the need to provide relevant, individualized information to stimulate potential participants of human mobility.

It is worth noting the limitations of my research. The main limitation is the regional aspect. This research was specifically aimed at the North-West regions, meaning it should be adapted to benefit different territories of Russia. Another limitation is that the study is based on data collected in 2016-2017, meaning the survey data will eventually lose its relevance or should be reconfirmed at a later stage in time. In any case, the issues raised in the research are not static and are constantly transforming, which should be taken into account in the future. Nevertheless, the data obtained at the moment can be effectively used.

Considering the question of future research, I would like to highlight two main topics that appeared in this study. Firstly, it is worth emphasizing that, for the region under study, the economic situation of civilians in Russia must improve, especially in the Pskov region. At the same time it has a potential for cross-border development, which is why it is a promising area for investment. This should be regularly reported to the wide range of organizers of economic cooperation. There may be a difficulty in determining who will transmit this information, but now it is important for me to simply indicate the existence of this need. Additionally, for different structures (for example: municipalities, visa centers, travel companies, etc.), which are involved in one way or another in cross-border interaction, it is necessary to take into account the difference in economic development of different regions of the North-West of Russia, as well as the divergence in the awareness of people from various regions. Keeping this in mind, highly professional research activity should be carried out regularly to be able to adjust accordingly.

Secondly, more research is necessary on how to get people interested in cooperation with the European direction, especially the group of people who appear to be entirely disinterested. In this case, further research is required to resolve this issue. Perhaps future research can be devoted to the development of the website, which was mentioned in the thesis, for the provision of complete and individualized information provided with a document that will indicate only what an individual person needs to do step-by-step to obtain a visa, etc.

Thus, in this study, the key features of the theory of functionalism and the concept of The Other were shown. These theoretical frameworks were used as a basis for selecting the necessary questions for highlighting, and as an explanation for various events. The reference to documents that relate to visa policy and cross-border cooperation allowed to create a representation of how exactly the interaction can be built. Moreover, concrete examples on the organization of cooperation between the borders and the study of the issue of financing cooperation programs between Russia and the EU countries showed how functional ties can be carried out at an official level. All this contributed to the completeness of the coverage of the issues, which can help to develop cross-border cooperation at the private level.

The economic analysis of the situation in the region helped to support the survey data. In other words, it contributed to a more accurate interpretation of the results. As well as the part on cross-border cooperation and official documents, the economic part has provided certain data which is also important to take into account when building cooperation with the existence of common goals. Based on the qualitative content-analysis of survey conducted among schoolchildren and students, taking into account ethical features, several hypotheses were proposed. The analysis of confirmed and refuted statements allowed answering the research questions. Furthermore, based on the aggregate of the received material, it became possible to offer several ideas for solving the

identified difficulties in crossing the borders and understanding visa policies. The focus of this research was on mobility of common people. With certain types of purposes for visiting other countries, accompanied by an increase in the number of border crossings per person, it is possible to promote development cross-border cooperation between North-West Russia and the EU countries with a common border.

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APPENDICES

Appendix 1 – Conference program.

Министерство образования и науки Российской Федерации
Псковский государственный университет



СБОРНИК ПРОГРАММ
молодёжных научно-практических конференций
2016/2017 учебного года

Часть I

Псков
Псковский государственный университет
2017

**Секция зарубежного регионоведения: европейские исследования
(2-е заседание)**

ул. Л. Поземского, д. 6, ауд. 201

Руководитель – доцент Т. Г. Хришкевич

1. Роль Герхарда Шрёдера в реализации проекта «Северный поток».
*В. А. Москвитин, исторический факультет ПсковГУ
(направление «Зарубежное регионоведение»), 4 курс.
Руководитель – доцент Д. В. Михеев.*
 2. Государства Балтии и решение проблем экологии Балтийского моря.
*Н. И. Павлов, исторический факультет ПсковГУ
(направление «Зарубежное регионоведение»), 3 курс.
Руководитель – доцент Д. В. Михеев.*
 3. Развитие российско-французских отношений в годы президентства Николя Саркози.
*Н. Г. Грибачёв, исторический факультет ПсковГУ
(направление «История»), 3 курс.
Руководитель – доцент Д. В. Михеев.*
- 79
4. Республика Корея и Европейский Союз: проблемы экономического сотрудничества на рубеже XX и XXI вв.
*А. В. Кузьмина, исторический факультет ПсковГУ
(направление «Зарубежное регионоведение»), 4 курс.
Руководитель – доцент Н. А. Королёва.*
 5. Проблема европейской интеграции Украины в политике президента В. Ющенко.
*Н. А. Степаненко, исторический факультет ПсковГУ
(направление «Зарубежное регионоведение»), 4 курс.
Руководитель – доцент В. А. Дмитриев.*
 6. Евроскептицизм в современной Италии.
*М. А. Волчанов, исторический факультет ПсковГУ
(направление «Зарубежное регионоведение»), 2 курс.
Руководитель – доцент В. С. Антипов.*
 7. Brexit и ЕС в свете евроскептицизма политических партий Европы.
*Д. С. Васильева, исторический факультет ПсковГУ
(направление «Зарубежное регионоведение»), 4 курс.
Руководитель – доцент Т. Г. Хришкевич.*
 8. Приграничное сотрудничество через призму визовой политики.
*А. С. Леонова, факультет международных отношений СПбГУ
магистрант, 2 курс.
University of Tampere
Руководители – Sirke Mäkinen, Doc. Soc. Sc, University of Tampere,
доцент Д. А. Ланко, кафедра европейских исследований СПбГУ.*
 8. Деятельность польской правящей партии «Право и справедливость».
*М. Цветкова, исторический факультет ПсковГУ
(направление «Зарубежное регионоведение»), 3 курс.
Руководитель – доцент В. А. Дмитриев.*

Survey



САНКТ-ПЕТЕРБУРГСКИЙ
ГОСУДАРСТВЕННЫЙ
УНИВЕРСИТЕТ



UNIVERSITY
OF TAMPERE

❖ Данный опрос является частью магистерской диссертации на тему: “Приграничное сотрудничество через призму визовой политики границ” в сфере Международных отношений и проводится в рамках Санкт-Петербургского Государственного Университета и Университета Тампере, Финляндия.

❖ Его целью является улучшение приграничного сотрудничества.

❖ Вся полученная информация конфиденциальна и будет использована только для данного исследования.

**Рекомендуется заполнять полными, развернутыми ответами. Пожалуйста, будьте честны при ответах, здесь нет неверных ответов. Приветствуются дополнительные комментарии по данной теме, даже выходящие за рамки вопроса.*Если Вы не были за границей, ответьте на вопросы теоритически: “ Если бы, то я... ”.*

**Если Вы хотели бы продолжить участие в развитии приграничного сотрудничества в рамках СПбГУ и University of Tampere, необходимо отправить письмо на адрес: leonovaannarp@gmail.com, Master`s degree student.*

Большое спасибо за участие в данном исследовании!

Укажите Ваш: возраст _____ пол _____

1.Как часто Вы путешествуете за границу?

2.Как часто Вы посещаете Северные страны и страны Балтии?

3.В нескольких словах опишите цели Ваших визитов в Северные и Балтийские страны?

4.Какое у Вас впечатление осталось от посещения Финляндии? а) больше позитивное; б) больше негативное; в) нейтральное. (**нужное подчеркнуть*);

4.1.Какое у Вас впечатление осталось после посещения Эстонии? а) больше позитивное; б) больше негативное; в) нейтральное. (**нужное подчеркнуть*)

Могли бы прокомментировать посещение этих стран?

5.Ваше отношение к а) Финляндии, б) Эстонии поменялось после посещения этих стран? а) Да; Нет. б) Да; Нет. Если да, пожалуйста, объясните почему?

6. Имея опыт пересечения границ, сталкиваясь с визовой системой и говоря о посещении 1) Финляндии, 2) Эстонии, можете ли Вы сказать, что данный опыт одинаков? Или процесс пересечения границ и посещения этих стран сильно отличается друг от друга?

7. В какую страну Вы предпочитаете получать визу или получаете наиболее часто? Почему именно в эту страну?

8. Расскажите о своем опыте пересечения границ, получения заграничного паспорта или визы

9. Знакомы ли Вы с Шенгенским соглашением или с другой информацией подобного рода? Если да, то с чем именно?

10. Знаете об особенном порядке получения виз в Северо-Западном регионе? Хотели бы Вы узнать больше?

11. Возможно у Вас есть рекомендации, относящиеся к процессу посещения Северных и Балтийских стран?

12. Хотели бы Вы получать больше информации о возможностях и особенностях пересечения границ? Если да, в каком формате?

13. Если бы у Вас появилась возможность посетить один из перечисленных вариантов, что бы Вы выбрали? (**нужное подчеркнуть*) 1. Финляндия; 2. Прибалтика; 3. Китай; 4. СНГ. Почему этот вариант?



❖ This survey is part of the master's thesis with the title: “Cross-border cooperation through the Lens of visa policy,” in the field of International Relations and held within the framework of the St. Petersburg State University and the University of Tampere, Finland.

❖ Its goal is to improve cross-border cooperation.

❖ All information received is confidential and will only be used for this study.

** It is recommended to fill out full, detailed answers. Please be honest with the answers, as there are no wrong answers. Additional comments on this topic are welcome, even if they go beyond the scope of the question. * If you were not abroad, answer the questions theoretically: "If only, then I ...".*

** If you would like to continue participating in the possible development of cross-border cooperation within the framework of St. Petersburg State University and the University of Tampere, you should send an email to: xxx@xx, Master`s degree student.*

Thank you very much for participating in this survey!

Specify your: age _____ gender _____

1. How often do you travel broad? _____

2. How often do you visit the Nordic countries and/or the Baltic countries?"

3. In a few words, describe the objectives of your visits to the Nordic and Baltic countries? _____

4. 4. What is your impression of visiting Finland? A) more positive, B) more negative, C) neutral (*Underline whatever applicable);

4.1. What impression do you have after visiting Estonia? A) more positive, B) more negative, C) neutral (*Underline whatever applicable); You could comment on the visit to these countries

5. Has your attitude towards Finland (A) or Estonia (B) changed after visiting these countries? A) Yes/No, or B) Yes/No. If so, please explain why?"

6. Having experience of crossing borders, facing a visa system and speaking of a visit to 1) Finland, or 2) Estonia, is the experience of entering these two countries comparable, or is the process of crossing borders and visiting these countries different from each other? _____

7. In which country do you prefer to receive a visa, or for which country did you receive more visas? Why in this country?

8. Write about your experience of crossing borders, obtaining a foreign passport or visa

9. Are you familiar with the Schengen agreement or with other information of this kind? If so, with what exactly?

10. Do you know about the special procedure for obtaining visas in the North-West region of Russia? Would you like to know more?

11. Do you have any recommendations related to the process of visiting the Nordic and Baltic countries?

12. Would you like to receive more information about the possibilities and features of border crossing? If so, in what format?

13. If you had an opportunity to visit one of the listed options, what would you choose? (*Underline whatever applicable) 1. Finland; 2. The Baltic States; 3.China; 4. The CIS.

Why this option?
