

Russia

Winter Palace, St Petersburg

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Practical Info

Electricity

220 volts AC, 50Hz; Russia uses a standard two-pin European plug.

Social Conventions

It is customary to shake hands when greeting someone, though never across a threshold. Company or business gifts are well received. Conservative wear is suitable for most places and the seasonal weather should always be borne in mind. Smoking and drinking is acceptable unless stated otherwise.

Photography: It is prohibited to take photographs of any military installation and/or establishments or sites of strategic importance. Failure to abide by this could result in police arrest.

Phrases

- Beer = Peeva
- Closed = Zakrity
- Danger = Apásnost
- Do you speak English? = Gavaritye pa anglisski?
- Doctor = Vrach
- Eight = Vosyem
- Eighty = Vightysyat
- Entrance = Vxot



- Exit = Víxod
- Fifty = Pyetdesyát
- Five = Pyat
- Forty = Sorty
- Four = Chetíriye
- Friday = Pyátneetsa
- Goodbye = Do svidanya
- Hello = Zdrástvuitye
- Hotel = Gastínitsa
- How are you? = Kak vi pazhivayetye?
- How much does it cost? = Skolka stoyit?
- I'm very well = U minya xarasho
- I don't understand = Ya ne panimayu
- I feel ill = Ya bolyen (male) / ya bolna (female)
- Menu = Minú
- Monday = Panedyélnik
- My name is = Minya zavoot
- Nine = Dyévyat
- Ninety = Divyansyat
- No = Nyet
- One = Adeen
- One Hundred = Sto
- One Thousand = Tísicha
- Open = Atkriety
- Please = Pazhawsta
- Restaurant = Ristorán

- Saturday = Suobrday
- Seven = Syem
- Seventy = Syémдыesyat
- Six = Shest
- Sixty = Shistдыesyát
- Sunday = Vaskresyénye
- Ten = Dyésyat
- Thank you = Spassíba
- Thirty = Trítset
- Three = Tri
- Thursday = Chetvyérk
- Today = Sivay án
- Toilets = Tualyet
- Tomorrow = Zavtra
- Tuesday = Vtesday
- Twenty = Dvátset
- Two = Dva
- Wednesday = Sryedá
- Where is ? = Gdye ?
- Wine = Vine
- Yes = Da

Language

Russian is the official language, although there are over 100 other languages. English is widely spoken by younger people as well as some educated older people.

Shopping

Opening Hours

Mon-Sat 0900-1900. Most food shops are also open on Sunday. Department stores and supermarkets are open throughout lunchtime. Stores that are open 24 hours a day are becoming more common.

Credit Cards

Major European and international credit and debit cards, including Visa and MasterCard, are accepted in the larger hotels and at foreign currency shops and restaurants, but cash (in Roubles) is more reliable. American Express cards are rarely accepted outside Moscow and St Petersburg. ATMs are widely available.

Travellers Cheques

Cash is preferred. If carrying traveller's cheques, major currencies are accepted in big cities, but US Dollars and Euros are preferred elsewhere.

Exchange Rates

EUR 1 = RUB 43.49

GBP 1 = RUB 51.63

USD 1 = RUB 32.66

Rates correct as of 10 Dec 2013

Eating

Regional Specialities

- *Kasha* (porridge) is a staple breakfast dish, made with milk and oats, buckwheat or semolina.
- *Blini* (small pancakes filled with caviar, fish, melted butter or sour cream).
- *Ponchiki* (hot sugared doughnuts).
- *Pirozhky* (fried rolls with different fillings, usually meat).
- *Borshcht* (a beetroot soup served hot with sour cream).
- *Pelmeni* (meat dumplings).

Tipping

Hotels in Moscow and other large cities include a 10 to 15% service charge. Otherwise 10% is customary.

Food Drink

All water should be regarded as being a potential health risk. Water used for drinking, brushing teeth or making ice should have first been boiled or otherwise sterilised. Bottled water is widely available. Milk is pasteurised and dairy products are safe for consumption. Only eat well-cooked meat and fish, preferably served hot. Vegetables should be cooked and fruit peeled.



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