Part 1. Preparing to move to Russia

Chapter 1: Choosing a City

1. Moscow

Moscow is the capital and largest metropolis of Russia, offering great opportunities for life, career and education. This city is quite dynamic, has a high level of comfort and developed infrastructure.

Economic and professional opportunities

In Moscow, highly qualified specialists can expect high salaries. The city offers more opportunities for launching startups and attracting investments than other regions. Moscow is a smart choice for those seeking professional growth and high income.

Also, many successful projects are implemented in Moscow every year and their participants regularly receive international awards, entering the world's leading ratings. Achievements in transport development, renovation and digitalisation of public services are of particular interest to foreign partners. For example, key solutions include digital infrastructure, video surveillance systems, traffic management, convenient parking systems and the development of electric transport. International delegations regularly study these innovations, confirming the high interest in the capital as one of the most dynamic megacities.

Education and Science

Moscow is one of the largest educational centres in Russia, with a concentration of leading universities, research institutes and innovation centres. Institutions such as Lomonosov Moscow State University, MGIMO, Higher School of Economics, Bauman Moscow State Technical University and Russian Academy of National Economy and Public Administration have long attracted students from all over the country and abroad due to the high level of teaching and international recognition of diplomas.

However, university graduates often face competition from young specialists who have not only mastered the theoretical base, but also completed internships, acquired skills in real projects and adapted to the requirements of employers. Today's labour market is focused on practice-oriented training: short-term intensive courses, online education and professional retraining programmes are gaining popularity. But ultimately these forms of education will not replace a full-fledged university education.

Thus, it is possible to get a quality education in Moscow, but for a successful career start it is important not only to have a diploma, but also practical skills, internship experience, knowledge of modern technologies and the ability to study and self-learn.

Infrastructure and quality of life

Moscow is a modern metropolis with a well-developed infrastructure that ensures a comfortable and safe life. An extensive public transport network, including metro, buses and trams, allows you to get anywhere in the city quickly. Intelligent traffic management systems, convenient transport applications, maps and electronic tickets make travelling as convenient as possible.

The city is actively developing towards land improvements: modern parks, embankments and recreation areas create a cosy space for residents and guests of the capital. Park complexes such as Zaryadye, VDNKh, Gorky Park and Sokolniki offer not only walking routes, but also cultural events, sports zones and educational projects.

Various services in Moscow are at a high level: digital technologies have been introduced in the management of public utilities, medicine and administrative services. Thanks to this, many everyday issues can be solved online, from making a doctor’s appointment to paying for parking.

Climate

Moscow has a moderately continental climate with distinct seasons. Winters are cold, with temperatures around -6 °C in January, with frosts up to -25 °C possible, but thaws are common. Summers are warm, with average July temperatures of +19 °C, sometimes exceeding 30 °C. Spring and autumn are variable, with sharp temperature changes. Precipitation varies from 600 to 800 mm per year, peaking in summer.

Culture

Moscow is a true centre of art, history and creativity, offering many opportunities for cultural enrichment. The city is home to legendary theatres such as the Bolshoi and the Moscow Art Theatre, as well as a host of art spaces, concert halls and world-class museums, including the Tretyakov Gallery, the Pushkin State Museum of Fine Arts and the state-of-the-art HES-2. Music lovers will find opera, jazz clubs, festivals and concerts by famous performers, while film fans can enjoy author screenings and international film premieres.

Moscow constantly hosts exhibitions, cultural festivals and street performances reflecting both classical and contemporary art. The city combines tradition and innovation, making art available to all tastes: from classical performances to experimental productions and installations.

2.St. Petersburg

St. Petersburg is the cultural capital of Russia, famous for its European architecture, theatres, museums and rich history. This city is ideal for those who appreciate art, history and the atmosphere of old streets. St Petersburg is slightly cheaper than Moscow and the standard of living is high.

Economic and professional opportunities

As one of the largest economic and cultural centres in Russia, St. Petersburg offers foreigners a wide range of professional and business opportunities. The city actively attracts investment, especially in such areas as manufacturing, information technology, tourism and construction, and provides tax incentives for new projects.

St Petersburg is home to many international companies and branches, offering vacancies in areas such as management, marketing and engineering. Specialists in the IT sector, programming and system administration are particularly in demand. The city is also a major scientific and educational centre, offering job opportunities in universities, research institutes and education. In the tourism-oriented cultural sector, jobs can be found in the hospitality industry, tour organisation and cultural events.

In addition, St. Petersburg serves as an important trade and logistics hub due to its port, which creates additional employment opportunities for foreign professionals in trade and logistics. Overall, the city offers a high standard of living, developed infrastructure and an active international community, making it attractive to professionals and entrepreneurs.

Education and Science

St. Petersburg is one of the largest scientific and educational centres in Russia, with centuries-old traditions in science and education. The city is known for its leading universities, research institutes and scientific schools, which attract students and scientists from all over the world.

One of the most prestigious educational institutions in the city is St. Petersburg State University (SPbSU), which is ranked among the best universities in Russia and the world. The city is also home to such educational institutions as St. Petersburg Polytechnic University, State University of Aerospace Instrumentation and many others that offer a wide range of programmes in various fields of science and technology.

St. Petersburg actively supports scientific research and innovation. Numerous research laboratories are based at the university and scientific centres, including in such fields as physics, biotechnology, chemistry, medicine and information technology. Also important is the development of start-ups and co-operation between scientific institutions and business, which promotes innovation and technological progress.

In addition, St. Petersburg is an important centre for international students and scientists. The city attracts international researchers and teachers, creating opportunities for exchange of experience and knowledge. The city hosts international scientific conferences, exhibitions and other events, which contributes to the development of the scientific community.

Infrastructure and quality of life

St. Petersburg has a well-developed infrastructure that makes the city an attractive place to live and work. The city combines elements of modern urbanism with a rich historical heritage, which is reflected in its infrastructure solutions.

The city's transport system includes metro, buses, trams and trolleybuses, which ensures convenient movement around the city. St. Petersburg has one of the largest subways in Russia, which makes travelling around the city fast and affordable. Taxi and carsharing services are also developed in the city, which makes travelling more convenient. For international travellers, there is Pulkovo Airport, which connects St. Petersburg with major world cities, as well as a large seaport that plays a key role in foreign trade.

The city has a well-developed social infrastructure, including medical facilities, schools, kindergartens and cultural centres. St Petersburg is home to top-class medical centres, many of which have international accreditations. For families with children, there are numerous educational institutions, including international schools and kindergartens with various educational programmes.

In terms of residential infrastructure, St. Petersburg offers a variety of housing options, from historical building in the city centre to modern apartment complexes on the outskirts. The quality of housing varies, but the property market offers both premium-class properties and affordable options for different segments of the population. The construction of new residential complexes is developing, which contributes to the improvement of the quality of life of the citizens.

The city is also known for its high level of security, active leisure and cultural life. Many theatres, museums, galleries and concert halls make St. Petersburg a centre of cultural activity. The city often hosts international exhibitions, festivals, concerts and other cultural events, which creates a great atmosphere for residents and tourists.

The quality of life in St Petersburg is at a high level, despite possible climatic difficulties such as long and cold winters. The city is also actively developing green areas and parks, offering residents and tourists comfortable places for recreation and walks.

Climate

The climate of St. Petersburg is temperate continental, transitional to maritime, which is explained by its geographical location. The average annual temperature is about +6 °C. February is the coldest month with a temperature of about -5 °C, while July is the warmest with a temperature of about +19 °C. Rainfall is 600-700 mm per year, peaking in summer and autumn. Day length varies from 5 hours

51 minutes on 22 December to 18 hours 50 minutes on 22 June, when the White Nights occur.

Culture

St. Petersburg is the cultural centre of Russia, which attracts attention with its rich history and art. The city is home to famous museums such as the Hermitage, one of the largest and oldest museums in the world, the Russian Museum, which houses the most important works of Russian painting, and the Fabergé Museum, known for its collection of jewellery. St. Petersburg is also famous for its theatres, including the Mariinsky Theatre, which hosts world-class performances of ballet and opera, and the Alexandrinsky Theatre, which is an important cultural symbol of the city.

The city actively supports cultural events and festivals such as international exhibitions, music concerts and theatre performances. St Petersburg is also a place to enjoy literary history as it is associated with great writers such as Pushkin, Dostoevsky and Gogol. The city regularly hosts literary events, exhibitions and competitions.

Apart from traditional cultural events, St. Petersburg actively promotes contemporary art, offering alternative exhibitions, street performances and festivals that attract young and creative people. This makes the city not only a historical but also a modern cultural centre where you can find something for every taste.

3.Kaliningrad

Economic and professional opportunities

Kaliningrad offers great opportunities for foreigners to work, do business and invest. The region is actively developing in the spheres of industry, tourism, innovation and education, creating favourable conditions for professional fulfilment.

One of the main economic advantages is the status of a free economic zone, which provides residents with tax benefits, including exemption from income, property and value-added taxes, as well as customs duties. This makes Kaliningrad attractive for foreign investors and specialists. Large enterprises, such as the Yantar shipyard and the Avtotor automobile plant, are actively developing, creating new jobs.

Tourism is also an important industry. The development of the hotel business, improvement of transport infrastructure and modernisation of Khrabrovo Airport are contributing to an increase in the flow of tourists and the expansion of the hospitality labour market.

In the field of innovation and education, the Immanuel Kant Baltic Federal University plays a key role, where the Fabrika Science and Technology Park has

been established. This business incubator supports innovative projects by co-operating with highly qualified specialists.

Kaliningrad's labour market is actively growing. In 2024, the number of vacancies increased by 39% and the average salary reached 55,462 roubles. The greatest demand is observed in construction, manufacturing and courier delivery. Additionally, there is a programme to attract qualified specialists, which compensates employers for the costs of moving and settling employees.

Education and Science

The main institution of higher education in the region is the Immanuel Kant Baltic Federal University, which is an important centre of scientific and educational process. The university offers a variety of study areas, including engineering, humanities and natural sciences. The University actively co-operates with international educational and scientific institutions, which gives students and teachers access to modern teaching and research methods.

In addition, there are other educational institutions in Kaliningrad, both public and private, including colleges and schools. The region's educational system is focused on training specialists for key economic sectors such as industry, agriculture, tourism and information technology.

Infrastructure and quality of life

The Kaliningrad region has well-developed transport and social infrastructure, which significantly improves the quality of life. The region has a convenient transport connection with Europe and Russia through the airport 'Khrabrovo', railway lines and motorways.

Housing construction is actively developing, with new housing that meets modern standards. The towns are provided with everything necessary for comfortable living: shops, schools, hospitals and sports facilities.

The region provides a high standard of living due to good ecology, safety and availability of social services.

Climate

The climate of the Kaliningrad region is moderately continental with a influence of the maritime climate. Winters are mild, with temperatures rarely falling below -5°C due to the proximity of the Baltic Sea. Summers are moderately warm, with average temperatures around +20°C, but hot days are also possible.

Precipitation is evenly distributed throughout the year, with more intense rainfall in summer. Winds, especially in coastal areas, can be strong in autumn and winter.

Overall, the climate in the region is comfortable to live in, with mild winters and warm summers.

Culture

The Kaliningrad region has a rich cultural heritage, combining Russian, German and Lithuanian traditions. The city is the centre of important cultural sites such as the Amber Museum, the Kaliningrad Museum of History and Art and the Cathedral.

Kaliningrad is also famous for its theatres, including the Regional Drama Theatre and Puppet Theatre, as well as art galleries. The region actively organises cultural events and festivals, such as the Kaliningrad International Film Festival.

4.Sochi

Sochi is an ideal place for people who dream of living in a warm climate by the sea. This southern Russian resort attracts not only Russians but also residents of other countries due to its natural and infrastructural advantages.

Economic and professional opportunities

Sochi is not only a popular resort, but also a dynamically developing city with a wide range of economic and professional opportunities. The economy is based on the tourist industry: millions of tourists come here every year, which creates a high demand for hotel, restaurant, sightseeing and entertainment services. The city offers a favourable environment for entrepreneurs, especially in the hospitality, real estate, sports and wellness industries. Since the 2014 Olympics, Sochi has been home to many modern business centres and international companies working in the tourism, logistics and event industries, opening up vacancies for qualified professionals. The hotel and restaurant business remains a key area, and professionals are always in demand here: chefs, hotel managers, sommeliers, guides and animators. Knowledge of foreign languages significantly increases the chances of successful employment. In addition, the city attracts remote workers and IT specialists due to its good infrastructure, high-speed internet and comfortable climate. Co-working spaces, business centres and startup opportunities make Sochi a convenient place for digital nomads. In addition, quality education, medical services and a developed transport network are available in the city, creating conditions for a comfortable life. Here one can successfully build a career, develop business and at the same time enjoy the mild climate, sea coast and proximity to the mountains.

Education and Science

Sochi is an important educational and scientific centre of southern Russia. Leading universities, colleges, schools and scientific institutions are located here, providing quality education and opportunities for professional growth. The city is home to branches of prestigious Russian universities such as the Russian International Olympic University, Sochi State University and Kuban State

University. They offer programmes in hospitality, tourism, sports management, economics and IT technologies, which is particularly relevant for the region.

Infrastructure and quality of life

Sochi is a modern city with a developed infrastructure and a high standard of living. A convenient transport system includes an international airport, railway stations, a seaport and an improved road network. Public transport is represented by buses, minibuses and electric trains.

The housing stock is also diverse: from apartment complexes to elite villas. Residential areas have schools, kindergartens, shopping centres and fitness clubs. High-quality medical services are provided by state and private clinics, sanatoriums and rehabilitation centres.

The city offers excellent conditions for recreation and sports: the sea coast, ski resorts, parks and Olympic facilities. A favourable climate, safety and convenient infrastructure make Sochi a comfortable place to live and work.

Climate

The main advantage of the city is its mild subtropical climate, where even in winter the temperature rarely drops below zero. Clean sea air, absence of large industrial enterprises, dense relic forests and proximity to the mountains create excellent conditions for a healthy life. Sochi offers a unique combination of beach and ski holidays: in the morning you can ski in Krasnaya Polyana, and in the evening enjoy a walk along the sea coast.

Culture

There are theatres, concert halls, museums and exhibition galleries. The main cultural venues are the Winter Theatre, Summer Theatre, Organ Hall and Sochi Art Museum.

International festivals such as Kinotavr, the New Wave music competition and the Igor Butman Jazz Festival take place here. Sochi regularly hosts concerts, ballet and theatre performances, exhibitions and tours of famous artists.

History and art lovers can enjoy museums, including the Sochi City Museum, Stalin’s dachas and the Vorontsov Caves. A modern cultural environment is also developed: lectures, master classes and film screenings are held in art spaces and creative clusters.

5. Krasnodar

Economic and professional opportunities

The city is a centre of agro-industry, where specialists in agriculture and food processing are in demand. Tourism, with popular resorts, creates demand for workers in the hotel and restaurant industry. Krasnodar is also actively developing transport and logistics, while the construction sector and property

market provide opportunities for specialists in design and management. The IT, medical and education sectors offer vacancies for professionals, while international companies are opening up jobs for managers and engineers. Work requires the appropriate visa and permit, but with a growing labour market, opportunities for foreigners in Krasnodar are becoming increasingly available.

Education and Science

Krasnodar has major universities, such as Kuban State University and Krasnodar State Medical University, which offer programmes in Russian and English. Research in agriculture, ecology, engineering and technology is actively developed in Krasnodar, thanks to the presence of research institutes and innovation centres. Universities also cooperate with foreign educational institutions, providing exchange and internship programmes. Language courses and participation in scientific conferences are available for international students, which contributes to the development of the region's academic and scientific potential.

Infrastructure and quality of life

Krasnodar has a well-developed infrastructure and offers a high level of quality of life. The city has a modern transport system, including bus, tram and trolleybus services, as well as convenient motorways and a well-developed taxi system. Krasnodar International Airport provides direct flights to various countries.

The city's infrastructure includes modern residential complexes, shopping centres, entertainment venues and high-level medical facilities. Krasnodar has both public and private hospitals, as well as medical clinics providing quality service. Educational institutions, including schools and universities, are also actively developing.

The city is green, with large parks and recreation areas, which contributes to a comfortable urban life. Natural conditions, proximity to the Black Sea and mountain resorts make Krasnodar an attractive place to live, especially for those who appreciate a temperate climate and a variety of opportunities for active holidays.

Climate

The climate of Krasnodar is moderately continental, with mild winters and hot, dry summers. Summer temperatures often reach 30-35°C, sometimes even higher, making it a very hot period. Winters are relatively mild: temperatures rarely fall below 0°C, snowfall is infrequent and melts quickly. Autumn and spring in Krasnodar are mild, with comfortable temperatures of around 10-20°C, making these seasons pleasant for outdoor activities.

Culture

The city is known for its theatres, such as the Krasnodar Academic Drama Theatre, and museums, such as the Krasnodar Museum of Local Lore and the Museum of Fine Arts. Krasnodar often hosts cultural events, including the Kuban Music Festival and international dance festivals. The local cuisine reflects the culinary traditions of Kuban with dishes made from meat, fish and fresh vegetables. The city's architecture combines classical and modern styles to create a unique atmosphere.

6. Vladivostok

Economic and professional opportunities

Vladivostok offers foreigners a variety of economic and professional opportunities. Economic opportunities include an active port, logistics, international trade, and tax incentives for investors through the Free Port of Vladivostok. Investment opportunities exist in real estate and tourism, including residential and commercial property. Foreigners can also work in educational and scientific institutions, develop the IT sector or work for international companies, especially in logistics and trade.

Education and science

Vladivostok has developed educational and scientific institutions providing opportunities for foreign specialists. The main educational institution is the Far Eastern Federal University (FEFU), which actively cooperates with international partners and offers programmes for international students, as well as vacancies for teachers and researchers. Other universities and research institutions such as Pacific State University and the Institute of Marine Geology and Geophysics also operate in the city. These organisations offer opportunities to work in science, research and also to participate in international projects. Vladivostok is a centre of science in the Far East, attracting specialists in ecology, biotechnology, engineering and other areas.

Infrastructure and quality of life

Vladivostok has a well-developed infrastructure, which makes life in the city comfortable. Modern residential complexes, shopping centres and restaurants create comfortable living conditions. The city is actively developing in terms of transport network: there is an international airport, railway and bus service, as well as modern roads. Vladivostok is an important transport hub connecting Russia with Asian countries. The city has well-developed medical facilities and educational organisations, including the Far Eastern Federal University. For recreation there are numerous parks, beaches, sports complexes, as well as proximity to natural attractions.

Climate

The climate in Vladivostok is moderately continental with the influence of the maritime climate. Winters are cold and snowy, temperatures can drop to -15°C, but in general winters are milder than in central Russia due to the proximity to the Pacific Ocean. Summers are warm, with temperatures around +20°C to +25°C, but hotter days are possible in July and August. Precipitation is relatively evenly distributed throughout the year, but it can be more intense in autumn and winter. Wind and fog are also frequent during winter and autumn.

Culture

Vladivostok's cultural life is diverse and dynamic. Primorsky Krai Opera and Ballet Theatre, Vladivostok Drama Theatre and Youth Theatre operate in the city. Museums, such as the Primorye Museum of Art and the Maritime Museum, reflect the rich history and art of the region. Vladivostok actively participates in festivals such as the International Film Festival and the Street Art Festival. The city is also renowned for its cultural diversity, where Russian, Chinese, Korean and Japanese traditions intertwine, which is reflected in cuisine and cultural events.

7. Kazan

Economic and professional opportunities

Kazan offers foreigners a variety of economic and professional opportunities. The city is an important business centre with a developed business infrastructure, including free economic zones and incentives for investors. Foreigners can open small and medium-sized enterprises, participate in start-ups and IT projects. In the professional sphere, specialists in IT, engineering, medicine and education are in demand. Kazan Federal University and other educational institutions actively invite foreign teachers and researchers. Work visas and permits are required for employment. Kazan also has a well-developed infrastructure and a relatively low cost of living, making it an attractive place to live and work.

Education and Science

Kazan is the centre of education and science in Russia, offering a wide range of educational institutions and research institutes. The city is home to Kazan Federal University (KFU), one of the oldest and largest universities in the country, which actively co-operates with international universities and conducts research in various fields. Kazan also has leading universities and specialised educational institutions such as Kazan State Energy University and Kazan National Research Technical University.

Kazan is known for its scientific centres and laboratories that are engaged in advanced research in IT, medicine, nanotechnology and other industries. The city is actively developing scientific and educational clusters, such as Innopolis Technopark, which provides opportunities for startups and scientific projects.

Kazan also hosts various international conferences and symposiums, which facilitates knowledge exchange and the development of scientific activity.

Infrastructure and quality of life

Kazan has a modern infrastructure that provides a high standard of living. The city has a well-developed transport system, including metro, bus and tram routes, as well as an international airport linking Kazan with major cities around the world. Kazan has good living conditions: there are many residential complexes, sports and cultural facilities, as well as green areas for recreation.

The medical infrastructure includes both public and private clinics offering quality services. Educational institutions are actively developing in the city, including kindergartens, schools and universities.

Kazan is a city with a high level of security and a low cost of living compared to other major Russian cities, making it attractive to families and young professionals. The combination of a modern city with elements of historical culture and many cultural events contributes to a comfortable and interesting life.

Climate

The climate is moderately continental. Winters are cold with temperatures often falling below -10°C and sometimes as low as -20°C. Snow falls from November to March. Summers are warm, with temperatures averaging between +20°C and +25°C, but hotter days are possible. Autumn and spring are seasons with changing weather, and rain is possible at any time of the year. In general, Kazan has a rather continental climate with noticeable seasonal temperature variation.

Culture

Kazan is a cultural centre of Russia, combining the traditions of Tatar and Russian cultures. The city is famous for its rich historical heritage and its architecture is a unique combination of Eastern and European styles. One of the city’s symbols is the Kazan Kremlin, which includes landmarks such as the Annunciation Cathedral and the Kul Sharif Mosque.

Kazan is also known for its musical and theatrical heritage. There are several theatres in the city, including the Tatar State Academic Theatre and the Vakhit Isanov Kazan Academic Theatre. Kazan is an important centre of Tatar culture, where Tatar literature, music and dance are actively developed.

In addition, Kazan hosts major cultural events such as the International Muslim Film Festival, Kazan International Arts Festival and other events that attract the attention of the world community. The city is also famous for its museums, galleries and libraries, among which the National Library of the Republic of Tatarstan holds a special place.

Kazan residents are proud of its multicultural atmosphere where Tatar, Russian, Chuvash and other cultures coexist, making the city a unique example of cultural interaction.

8. Novosibirsk

Economic and professional opportunities

Novosibirsk, Russia's third most populous city and a major economic, scientific and cultural centre of Siberia, offers foreign professionals a variety of economic and professional opportunities. The city is actively developing, attracting investment and improving infrastructure, which opens up prospects for international business. In the field of industry and production, the city offers opportunities for opening enterprises, especially in such sectors as mechanical engineering, chemical industry and food industry. Due to government support for domestic manufacturers and foreign investors, setting up a business in these areas can be profitable. Information technology also plays a significant role in the city's economy. Novosibirsk is one of the leading IT development centres in the country, with developed technology parks and incubators, such as Akadempark, where foreign entrepreneurs can open startups or collaborate with local companies. Trade and logistics are also booming, as Novosibirsk is strategically located to link Europe and Asia.

Education and Science

Novosibirsk is an important educational and scientific centre in Russia. The city is known for its leading scientific institutions, such as the Siberian Branch of the Russian Academy of Sciences and Novosibirsk State University (NSU), which actively develop international co-operation. Novosibirsk conducts research in areas such as physics, biology, chemistry, information technology and nanotechnology.

NSU is one of the largest universities in Russia, offering educational programmes in Russian and English, attracting students and faculty from all over the world. The city is also famous for a number of science centres and technology parks, such as Akadempark, which support innovation.

Infrastructure and quality of life

Novosibirsk has a well-developed infrastructure, making it a comfortable place to live and work. The city is an important transport hub, with an international airport, railway and road links, providing convenient access to other Russian cities and abroad. There is also a well-developed public transport network, including metro, buses and trams, making it easy to get around the city.

The city's infrastructure includes modern residential complexes, shopping centres, restaurants and entertainment venues. Novosibirsk is actively

developing recreational areas, parks and sports facilities, as well as culture and arts, with theatres, museums and concert halls.

Climate

Novosibirsk has a continental climate with cold winters and hot summers. The winter period lasts a long time, from November to March, and the average temperature in January is around -15°C, but can drop to -30°C and below. In winter, there are often heavy frosts and snowfalls.

Summers in Novosibirsk are short but warm. The average temperature in July is around +20°C, but there can be higher temperatures reaching +30°C. Spring and autumn are quite short and transitional, with changeable weather and sharp temperature fluctuations.

Culture

Cultural life in Novosibirsk is varied and rich. The city is famous for its theatres, such as the Opera and Ballet Theatre and the Drama Theatre, which host both classical and modern productions. There are many museums in the city, including the Novosibirsk Art Museum and the Museum of Nature, as well as exhibition halls. For music lovers, there is a philharmonic society, concert venues, and clubs with live performances. Novosibirsk is also active in film, literature and contemporary art, with regular festivals and cultural events.

9. Omsk

Economic and professional opportunities

Omsk is a major industrial and cultural centre of Siberia, with developed industries such as engineering, petrochemicals, food processing and logistics. The city offers opportunities for expatriates in engineering professions such as engineering and energy, as well as in information technology, with a growing market of start-ups and IT companies. Teaching foreign languages, especially English, also remains in demand.

For foreign entrepreneurs, Omsk offers prospects for doing business, especially in trade, tourism and technology. Opening a business is possible in such spheres as retail trade, hotel business and startups in the IT sphere

Education and Science

Omsk is an important educational and scientific centre of Siberia with major universities such as Omsk State University , Omsk State Technical University and Omsk Pedagogical University. The city offers programmes in the humanities, technical and social sciences, and actively promotes international cooperation. Omsk's scientific base includes the Omsk Scientific Centre of the Siberian Branch of the Russian Academy of Sciences and other institutes working in fields such as chemistry, biology, physics and biotechnology. Foreign students and

scientists can participate in educational and scientific projects, which opens up opportunities for academic and professional growth.

Infrastructure and quality of life

Omsk has a well-developed infrastructure, including a convenient transport network with buses, trams and shuttle buses, as well as an international airport and train service, making it easy to get around the city and beyond. The city offers many shopping centres, shops, cafes and restaurants, creating a comfortable environment for living and leisure. Omsk also has modern sports complexes, stadiums, theatres, museums and exhibition halls, making the city culturally rich.

The living conditions in Omsk are diverse - there are both modern apartment complexes and older buildings, but the level of improvement of the urban environment is quite high. The city has a lot of green areas and parks, which makes it comfortable for living.

Climate

Omsk has a continental climate with distinct seasons. Winters are cold and long, with temperatures usually dropping below -20°C, and the hardest frosts can reach -30°C and below. Snow falls from November and stays here until March. Summers are warm but short, with temperatures around +20°C to +25°C, but there can be hot days when temperatures rise to +30°C. Autumn and spring are variable, with sudden temperature changes and short periods of warm weather.

Culture.

The city offers many theatres, museums, galleries and exhibition halls, making it the cultural centre of the region. Some of the most famous cultural venues include the Omsk Drama Theatre, the Omsk Puppet Theatre, and the Omsk Musical Comedy Theatre. The city actively hosts theatre productions, concerts, music festivals and exhibitions.

Omsk is also known for its museums, including the Omsk Regional Museum of Fine Arts, the Omsk Museum of Urban History and the Pushkin Literary Museum. These institutions offer extensive expositions dedicated to the city’s history, art, and the cultural heritage of the region.

In addition, Omsk hosts various cultural events such as festivals, concerts and masterclasses, as well as folk festivals and fairs that bring together city residents and visitors.

10. Rostov-on-Don

Economic and professional opportunities

Rostov-on-Don provides foreigners with business and career opportunities in various fields. The city is an important logistics hub, which opens up prospects

for trade and freight transport. Agriculture also offer investment opportunities. In industry, machine building, metallurgy and the chemical industry are developing. Rostov is actively developing IT and start-ups. For specialists, professions in international trade, consulting, foreign language teaching, medicine and engineering are in demand.

Education and Science

Rostov-on-Don is an important educational and scientific centre of Southern Russia, offering a variety of opportunities. The city is home to major universities and scientific institutions such as Don State Technical University, Southern Federal University and others, which actively develop international co-operation.

Foreigners can work as teachers at universities and schools, foreign language specialists are particularly in demand, as well as teachers in engineering, medicine, economics and IT. Rostov is actively developing scientific research, especially in areas such as agriculture, biotechnology, engineering and ecology, which creates additional opportunities for academics and researchers.

Infrastructure and quality of life

Rostov-on-Don has a well-developed infrastructure and a good quality of life, making it attractive to foreign professionals and investors. The city has a modern transport system, including an international airport, railway and motorway links, providing convenient travel within the country and abroad. Rostov has well-developed healthcare, education and trade sectors. The city has many shops, shopping centres, cultural and sports facilities.

The quality of life in Rostov is high, with access to modern medical services, educational institutions and a variety of cultural activities. In addition, the city's climate, which is relatively mild for the region, creates comfortable living conditions. The city is actively developing, with new housing estates, improvements to the urban environment and job growth. Rostov also offers a variety of restaurants, cafes, parks and recreational facilities, which adds to the appeal for foreign nationals wishing to live and work in the city.

Climate

The climate in Rostov-on-Don is moderately continental, with hot summers and mild winters. Summers are usually hot, with temperatures reaching +30°C and above, sometimes up to +35°C, especially in July and August. In winter, temperatures rarely fall below -5°C, but there are short-term frosts. Precipitation in Rostov mainly falls in spring and autumn, while in winter precipitation is rare. Strong winds are uncharacteristic of the city, making its climate relatively comfortable to live in. Spring and autumn temperatures are mild, with temperatures around +10°C to +15°C.

Culture

The cultural life of Rostov-on-Don is diverse and rich, making the city attractive to residents and visitors. There are many theatres in the city, including the Rostov Academic Theatre, the Drama Theatre and others that host both classical productions and modern plays. Rostov is also famous for its museums, including the Museum of Fine Arts, the Museum of Folk Art and the Rostov Museum of Local Lore, which provide an opportunity to learn about the cultural heritage of the region.

The city also actively organises cultural events and festivals. These include the Rostov Film Festival, music festivals, exhibitions and fairs dedicated to art, literature and folk crafts. Rostov has many cultural centres, galleries and art spaces where you can enjoy contemporary art.

In addition, Rostov-on-Don is famous for its culinary culture, with a wide range of restaurants and cafes offering local cuisine and international gastronomy. The city has an active music and dance scene, with concerts, jazz and rock parties, and folk dances reflecting the culture of the region.

The city also attracts sports fans, with a host of sporting events, from football matches to wrestling and boxing championships. Thus, Rostov-on-Don offers a variety of cultural and entertainment activities that can cater to the interests of a wide range of people.

If you have any questions or you don’t like any of the cities listed, you can always write to us on WhatsApp or Telegram. We are ready to provide detailed information, answer all your questions and help you choose the best accommodation option for you and your family.

Chapter 2: **Visa**

Visas to Russia: Categories and Types

Depending on the purpose of the trip and the length of stay in Russia, a foreigner may need a certain visa. Russian legislation divides visas into categories (for general purpose) and types (for specific purpose).

1. *Service visa*

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Who needs it:

People who come to Russia on official business and have a service passport (this is a special type of passport, not a regular passport).

Who gets one:

- Representatives of international organisations (e.g. UN, OSCE)
- Military and security forces personnel
- Embassy staff and consulate personnel
- Their spouses and children, if travelling with them

How issued:

Issued only at the request of official structures - usually through the Russian Ministry of Foreign Affairs

2. Diplomatic visa

Who needs one:

People with a diplomatic passport who officially represent a foreign country.

Who gets one:

- Diplomats
- Consuls
- Members of official government delegations
- Members of their families

Features:

Also issued through the Ministry of Foreign Affairs of the Russian Federation, grants special status and immunity under international agreements.

3. Single Entry visa

This is the most common category. It includes different types of visas depending on the specific purpose of the visit.

1. Tourist visa

- For travelling and sightseeing
- Can be issued for up to 30 days
- Can be single or double entry

The ground is a travel voucher or invitation from a travel company.

2. Humanitarian visa

- Issued for up to 90 days (or up to 1 year in case of multiple entry visa).

Grounds - invitation from an organisation

Purposes: participation in scientific, cultural, sporting, religious, charitable activities, travelling on behalf of NGOs, etc.

3. Private (visitor) visa

- Issued for up to 90 days
- Can be single-entry or double-entry

Ground is a guest invitation from a private person registered in Russia.

Purposes: visit to relatives, medical treatment, aid to sick relatives.

4. Study visa

- The first visa is issued for up to 3 months
- It can be prolonged without travelling for up to 1 year and beyond.

Ground is an invitation from an educational institution

Only for foreign students enrolled in a Russian university, college, language school, etc.

5. Business visa

For people coming for business purposes: negotiations, exhibitions, conferences, co-operation.

- Term: from 30 days to 1 year
- Can be single-entry, double-entry or multiple-entry

Ground is an invitation from a Russian company or organisation.

6. Work visa

- For official employment in Russia
- Initially - up to 3 months, then extended up to 3 years

Ground is a work contract with a Russian employer

Highly qualified specialists (e.g. IT, engineers, doctors) receive a visa for 3 years at once

Spouses and children also receive work visas with the right to reside in the Russian Federation.

7. Visas for asylum seekers

- Issued for 90 days
- Single entry

Ground is application for asylum for humanitarian reasons

4. Visas to get a temporary residence permit in Russia

Who needs it:

Those who have received a temporary residence permit in Russia

Validity period:

Initially - up to 120 days

After obtaining a temporary residence permit - up to 1 year

Afterwards it is possible to obtain a residence permit

8. Transit visa

Purpose:

- Only for travelling through Russia on the way to another country

When needed:

- When travelling by road or rail through the Russian Federation
- When transferring to a plane and leaving the transit zone (at the airport)

Validity period:

- Up to 10 days (by land transport)
- Up to 3 days - when transferring at the airport

Not required if transfer without exiting the transit zone

Separately, we would like to mention a new reason for obtaining a visa to Russia 'Providing humanitarian support to individuals sharing traditional Russian spiritual and moral values'

Executive Order on providing humanitarian support to individuals sharing traditional Russian spiritual and moral values and do not agree with the policies of their countries that impose so-called 'destructive neoliberal ideologies'.

Who can benefit?

- Foreign citizens or stateless persons
- Those who want to move to Russia for reasons of spiritual, cultural and legal proximity to Russia
- Those who do not accept the policy of their country if it contradicts traditional Russian values (which ones - the Russian government will decide)

What advantages does the Executive Order provide?

Temporary residence in Russia:

- Without taking into account the general quota (usually there is a limit on the number of such permits)
- No need to take exams in Russian language, Russian history and laws

Facilitated visa application:

- You can apply at a Russian consulate or embassy
- The visa will be issued for 3 months, by special decision of the consul

You only need a written application where you explain why you want to move.

Application procedure:

Submission - according to the standard scheme (through the Ministry of Internal Affairs and migration services)

A decision will be made if there are no other reasons for refusal (e.g. breaking the law, security threat, etc.)

When does it come into force?

From 1 September 2024 - fundamental principles , including residence permits and visas

What more will be done?

- The government should identify a list of countries that Russia believes are imposing values alien to it
- The Interior Ministry and the Foreign Ministry must organise the implementation of the Executive Order to make this process work

Registration and issue of a visa to enter Russia
Service receiver

Foreign resident and stateless people.

General information:

A visa is required for a foreign resident or stateless person to enter the Russian Federation.

If there is an agreement, it is possible for foreign residents to entry the Russian Federation without visas. Conditions of entry of residents of foreign countries to the Russian Federation .

To issue a visa, a foreign resident must apply to the Russian consular post at the place of his/her permanent residence.

Russian consular posts issue a visa depending on the purpose of the trip and the period of stay of the foreigner on the territory of the Russian Federation.

Required documents:

Regardless of the visa category, the applicant must submit the following documents to the Russian consular post:

1. *Passport.*

A valid foreign (diplomatic, official, ordinary) passport or other identity document recognised as such by the Russian Federation.

The passport must not raise doubts as to its authenticity and belonging to its owner, contain notations, reservations, entries, erasures and corrections not certified by the competent authorities of the relevant foreign state, torn out or enlarged pages, must have at least two blank pages intended for visas, its validity, as a rule, must not expire earlier than six months from the date of expiry of the visa. If a foreign resident is issued an ordinary private visa due to the need to enter the Russian Federation for emergency treatment or due to a serious illness or death of a close relative, the passport must not expire before the expiry date of the visa. In case of issue of a study or work visa, the passport validity period should not expire earlier than one and a half years from the date of commencement of the visa validity.

*2. Completed visa application form. The visa application form shall be filled in electronically. If there is no technical possibility, it is allowed to fill in the visa application form in handwritten or printed form.

Russian Ministry of Foreign Affairs website for filling in visa application form electronically

3. One photo measuring 3.5 x 4.5 cm

A photo of 3.5 x 4.5 cm (either black-and-white or colour) with a clear image of the face in full-face view without glasses with darkened glasses and without a headdress (except for foreign residents for whom permanent wearing of a headdress is a mandatory attribute of their national or religious affiliation, provided that the foreign resident is depicted in such a headdress in the passport photo).

4. Under the conditions of reciprocity, a fee is charged for visa registration.

Detailed information on consular fees charged for visa registration can be obtained on the website of the relevant Russian consular post abroad.

5. Documents depending on the visa category.

A visa is issued only after a full set of documents has been submitted to the consular post.

The set of documents for visa processing must be submitted personally by the applicant or his/her legal representative.

After acceptance of the documents and payment of the fee, the applicant receives a receipt indicating the date of visa readiness. The receipt must be presented to obtain the visa.

Upon receipt of the visa, the applicant must check that the relevant fields in the visa are filled in correctly: name, travel dates, passport number, date of birth, etc. and, if necessary, immediately return the visa for amendments.

Regardless of the multiplicity of visas received, the total period of stay of a foreign resident on the territory of the Russian Federation may not exceed 90 days during each period of 180 days. This provision does not apply to foreigners entering on work and study visas. The Consulate reserves the right to refuse to issue a visa to an applicant in case of serious reasons.

In case of refusal to issue a visa, the fee paid is non-refundable.

Visa categories and required documents for visa receiving
Business and humanitarian visas:

To issue a business or humanitarian visa, the applicant must submit to the consulate post:

- passport, completed visa application form, two photographs, fee (see ‘Required Documents’);
- the original invitation to enter the Russian Federation (in paper form or a printout of the invitation issued electronically) issued by a territorial body of the Ministry of Internal Affairs of Russia or the original invitation issued by the Ministry of Foreign Affairs of Russia, or a decision of the Ministry of Foreign Affairs of Russia.
- Business and humanitarian visas can be single-entry or double-entry visas for up to three months and multiple-entry visas for up to one year.

Tourist visas:

To issue a tourist visa, the applicant must submit to the consulate post:

- passport, completed visa application form, two photographs, fee (see ‘Required Documents’);
- confirmation of admission of a foreign tourist by an organisation, information about which is contained in the unified federal register of tour operators (Annex No. 5 of the Regulations on the establishment of the visa form, procedure and conditions for its registration and issuance, extension of its validity, its reissuance in case of loss, as well as the procedure for visa cancellation), or confirmation of booking a place in a hotel or other accommodation facility, information about which is contained in the unified list of classified hotels, ski slopes, beaches (Annex No. 7 of the Regulations on the establishment of the visa form, procedure and conditions for its registration and issuance, extension of its validity, its reissuance in case of loss, as well as the procedure for visa cancellation).

Only for citizens of foreign countries, specified in the list approved by the order of the Government of the Russian Federation dated 16 February 2023 No. 372-r (annex - order of the Government of the Russian Federation dated 16 February 2023 No. 372-r).

An ordinary tourist visa can be single-entry or double-entry for up to 3 months or multiple-entry for up to 6 months

Private visas:

To issue a private visa, the applicant must submit to the consulate post:

- passport, completed visa application form, two photos, fee (see ‘Required Documents’);
- original invitation to enter the Russian Federation (in paper form or a printout of the invitation issued electronically) issued by a territorial body of the Ministry of Internal Affairs of Russia, or an application in writing from a Russian citizen to the head of a Russian diplomatic mission or consular office of the Russian Federation for a foreign resident - his close relative - to come to the Russian Federation.

When issuing a foreign resident a multiple entry ordinary private visa for a period of more than 3 months, it is necessary to attach a certificate of absence of HIV infection, except for spouses, children (including adopted children), parents (including foster parents) of citizens of the Russian Federation.

Private visas can be single-entry or double-entry for up to three months, as well as multiple-entry for up to one year.

Study visas:

To issue a study visa, the applicant must submit to the consulate post:

- passport, completed visa application form, two photographs, fee (see Required Documents);
- the original of the invitation to enter the Russian Federation (in paper form or printout of the invitation issued electronically), issued by the territorial body of the Ministry of Internal Affairs of Russia;
- a certificate of absence of HIV infection (valid for 3 months).

When applying for a study visa, the validity of the passport must be at least one and a half years.

Work visas:

To issue a work visa, the applicant must submit to the consulate post:

- passport, completed visa application form, two photographs, fee (see Required Documents);
- the original of the invitation to enter the Russian Federation (in paper form or printout of the invitation issued electronically), issued by the territorial body of the Ministry of Internal Affairs of Russia;
- a certificate of absence of HIV infection (valid for 3 months).

When applying for a work visa, the passport validity period should be not less than one and a half years.

Transit visas:

To issue a transit visa, the applicant must submit to the consulate post:

- passport, completed visa application form, two photos, fee (see ‘Required Documents’);
- travel tickets valid for departure from the Russian Federation;
- visa to enter a state neighbouring the Russian Federation on the route of travel, or the visa of the state of destination, or the passport of this state. A transit visa for a foreign resident travelling through the territory of the Russian Federation to the state of destination by air transport shall be issued for a period not exceeding 3 days. A foreign resident travelling on a non-transit flight by air transport over the territory of the Russian Federation does not need a transit visa.

- Information taken from the official website of the Ministry of Foreign Affairs of the Russian Federation

Chapter 3: Filling in your migration card

What is a migration card?

The Russian Migration Card is the first document every foreign residents receives when entering the Russian Federation.

Foreigners arriving in Russia must fill out a migration card. Free forms are available at border crossing points, international airports of the Russian Federation, as well as on board aircraft travelling to Russia.

Migration card forms are issued to arriving foreign residents:

- When travelling by air (sea, river) transport - by crew members of air (sea, river) vessels;
- When travelling by rail - by members of train crews;
- when travelling by public motor transport (buses) - by drivers;
- when travelling by personal (private) transport or on foot - by officials of the border control authority.

Please be aware:

- the migration card contains the foreigner's identification data, purpose of entry, registration mark;
- the migration card is handed over together with the passport and other travel documents (train ticket, travel voucher, etc.) to the border control officer;
- the migration card has a serial number and consists of two parts ('A' and 'B');
- Part 'A' (Arrival) is labelled with a mark of entry into Russia;
- Part 'B' (Departure) is stamped with a mark of departure from Russia;
- Part 'B' is kept in the foreigner's passport until he/she passes passport control when leaving Russia.

According to the current legislation, foreigners arriving in Russia are obliged to register with the territorial body of the Ministry of Internal Affairs of Russia within 7 working days. When staying in a hotel or other organisation providing hotel services, it is necessary to register within 1 working day.

The registration is marked on the back of the migration card. Migration cards are filled in by hand and certified by the foreigner's personal signature. Corrections, erasures and additions are not allowed.

All fields on the migration card must be filled out legibly and clearly in printed letters in English or Russian. Filling out the card in pencil is not permitted.

The foreigner uses the 'X' sign to indicate the gender and purpose of the trip.

The address and name of the host organisation must be indicated. If you are travelling to Russia for tourism purposes, you must indicate the name, address

and reference number of the Russian travel agency that is hosting you. If you are travelling for any other purpose, you should indicate the address and name of your host organisation. In case of transit travel you should indicate the route and country of your journey. We recommend you to have copies of these documents.

**Information taken from the official website of the Ministry of Foreign Affairs of the Russian Federation.

A sample migration card is available in advance:

What purpose of entry should be indicated in the migration card of the Russian Federation and what can it affect?

The purpose of entry specified in the migration card plays an important role in the further processing of documents. An error in the choice of the purpose of entry may lead to serious consequences: a foreigner may be denied official employment, enrolment in an educational institution or filing documents for change of legal status. The most severe consequence may be the imposition of a fine and deportation to the country of citizenship.

Upon entry into Russia, a foreign resident is offered to choose one of seven purposes of visit:

- Official - for fulfilment of official duties or business trips
- Tourism - for a short-term tourist stay
- Commercial - for conducting business, business meetings and negotiations
- Academic - for enrolment in an educational institution and study
- Private - to visit relatives or to apply for documents such as residence permit or temporary residence permit
- Transit - to cross the territory of the Russian Federation in order to travel to a third country
- Work - for official employment.

It is especially important to correctly indicate the purpose ‘Work’ if the foreigner plans to find employment in Russia. It is possible to change the purpose of entry to work after crossing the border only in exceptional cases. This applies to citizens of the EAEU countries in the presence of a labour contract, as well as foreign residents applying for a work patent. In all other situations, it is impossible to change the purpose of entry, which may lead to legal restrictions and the need to leave the country for re-entry with the correct purpose.

Migration card validity period

The maximum period of continuous stay of a foreigner in Russia is 90 calendar days. Exception: residents of South Ossetia. They can stay in Russia without restrictions

If a foreigner will be in Russia for less than the maximum period, please indicate exactly how long. The dates of entry and exit are in the migration card or on the border crossing stamp in the foreigner's document. If the foreigner does not have a migration card, the date of departure will be the day on which he/she leaves Russia. If you do not know the exact date of departure, register him or her for the maximum period of time possible.

If the foreigner will be in Russia for more than 90 calendar days and he/she has a reason for this, for example, to work in Russia, it is necessary to reapply when the period of 90 calendar days comes to an end. It is better to apply for extension of stay a few days before the 90-day period ends, as the procedure may take time

A foreign worker can be registered for up to 1 year on the basis of a patent, labour or civil law contract.

*Information taken from the official portal Gosuservices.

Extension of migration card

If a foreigner obtains additional documents for work, study or to change his/her legal status, this may be grounds for extending the migration card. In such cases, the migration card can be extended without the need to leave the country, provided that the relevant procedures are fulfilled.

To extend a migration card without leaving Russia, a foreign resident can:

- Obtain a work patent or work permit, which will allow him to be officially employed in the territory of the Russian Federation
- Apply for a temporary residence permit or a residence permit, which will ensure legal stay in the country for a long period of time

In addition, it is possible to extend the migration card at the request of the foreigner himself or at the request of his educational institution (university) or employer. In such cases, migration authorities may decide to change the validity period of the card, which will allow to continue staying in Russia on the basis of new documents related to work or education.

Loss of migration card

In case of unintentional damage or loss of migration cards during their stay on the territory of the Russian Federation, foreign residents must report this within three days to the territorial bodies of the Department of the Federal Migration Service of Russia, which, after checking the passport data of the applicants against the records, issue them duplicates of migration cards and the corresponding entry in the 'For official marks' column.

*Information taken from the official website of the Ministry of Foreign Affairs of the Russian Federation

Chapitre 3 : Remplir sa carte de migration

Qu’est-ce qu’une carte de migration ?

La carte de migration russe est le premier document que tout résident étranger reçoit en entrant sur le territoire de la Fédération de Russie.

Les étrangers arrivant en Russie doivent remplir une carte de migration. Des formulaires gratuits sont disponibles aux points de passage frontaliers, dans les aéroports internationaux de la Fédération de Russie, ainsi qu’à bord des aéronefs se rendant en Russie.

Les formulaires de carte de migration sont délivrés aux résidents étrangers à leur arrivée :

- Lors d’un voyage par transport aérien (maritime, fluvial) - par les membres d’équipage des aéronefs (navires maritimes, fluviaux) ;
- Lors d’un voyage en train - par les membres des équipes de train ;
- lors d’un voyage en transport public motorisé (bus) - par les conducteurs ;
- lors d’un voyage en transport personnel (privé) ou à pied - par les agents de l’autorité de contrôle frontalier.

Veuillez noter :

- la carte de migration contient les données d’identification de l’étranger, le but de l’entrée, la marque d’enregistrement ;
- la carte de migration est remise avec le passeport et les autres documents de voyage (billet de train, bon de voyage, etc.) à l’agent de contrôle frontalier ;
- la carte de migration a un numéro de série et se compose de deux parties (“A” et “B”) ;
- La partie “A” (Arrivée) est marquée d’un cachet d’entrée en Russie ;
- La partie “B” (Départ) est estampillée d’un cachet de sortie de Russie ;
- La partie “B” est conservée dans le passeport de l’étranger jusqu’à ce qu’il passe le contrôle des passeports en quittant la Russie.

Conformément à la législation en vigueur, les étrangers arrivant en Russie sont tenus de s’enregistrer auprès de l’organe territorial du Ministère de l’Intérieur de la Russie dans un délai de 7 jours ouvrables. En cas de séjour dans un hôtel ou une autre organisation fournissant des services hôteliers, il est nécessaire de s’enregistrer dans un délai d’un jour ouvrable.

L’enregistrement est marqué au dos de la carte de migration. Les cartes de migration sont remplies à la main et certifiées par la signature personnelle de l’étranger. Les corrections, ratures et ajouts ne sont pas autorisés.

Tous les champs de la carte de migration doivent être remplis lisiblement et clairement en lettres d’imprimerie en anglais ou en russe. Il n’est pas permis de remplir la carte au crayon.

L’étranger utilise le signe “X” pour indiquer le sexe et le but du voyage.

L’adresse et le nom de l’organisation d’accueil doivent être indiqués. Si vous voyagez en Russie à des fins touristiques, vous devez indiquer le nom, l’adresse et le numéro de référence de l’agence de voyage russe qui vous accueille. Si vous voyagez pour toute autre raison, vous devez indiquer l’adresse et le nom de votre organisation d’accueil. En cas de voyage en transit, vous devez indiquer l’itinéraire et le pays de votre voyage. Nous vous recommandons d’avoir des copies de ces documents.

Informations tirées du site officiel du Ministère des Affaires étrangères de la Fédération de Russie.

Un exemple de carte de migration est disponible à l’avance :

Quel but d’entrée doit être indiqué sur la carte de migration de la Fédération de Russie et quelles peuvent en être les conséquences ?

Le but de l’entrée spécifié dans la carte de migration joue un rôle important dans le traitement ultérieur des documents. Une erreur dans le choix du but de l’entrée peut entraîner des conséquences graves : un étranger peut se voir refuser un emploi officiel, une inscription dans un établissement d’enseignement ou le dépôt de documents pour un changement de statut juridique. La conséquence la plus grave peut être l’imposition d’une amende et l’expulsion vers le pays de citoyenneté.

À son entrée en Russie, un résident étranger se voit proposer de choisir l’un des sept buts de visite suivants :

- Officiel - pour l’accomplissement de fonctions officielles ou des voyages d’affaires
- Tourisme - pour un séjour touristique de courte durée
- Commercial - pour mener des affaires, des réunions d’affaires et des négociations
- Études - pour s’inscrire dans un établissement d’enseignement et étudier
- Privé - pour rendre visite à des parents ou pour demander des documents tels qu’un permis de séjour ou un permis de séjour temporaire
- Transit - pour traverser le territoire de la Fédération de Russie afin de se rendre dans un pays tiers
- Travail - pour un emploi officiel.

Il est particulièrement important d’indiquer correctement le but “Travail” si l’étranger prévoit de trouver un emploi en Russie. Il n’est possible de changer le but de l’entrée pour “travail” après avoir franchi la frontière que dans des cas exceptionnels. Cela s’applique aux citoyens des pays de l’UEE en présence d’un contrat de travail, ainsi qu’aux résidents étrangers demandant un brevet de travail. Dans toutes les autres situations, il est impossible de changer le but de l’entrée, ce qui peut entraîner des restrictions légales et la nécessité de quitter le pays pour y revenir avec le but correct.

Durée de validité de la carte de migration

La durée maximale de séjour ininterrompu d'un étranger en Russie est de 90 jours calendaires. Exception : les résidents d'Ossétie du Sud. Ils peuvent séjourner en Russie sans restrictions.

Si un étranger séjourne en Russie pour une durée inférieure à la période maximale, veuillez indiquer exactement la durée. Les dates d'entrée et de sortie figurent sur la carte de migration ou sur le cachet de passage de la frontière dans le document de l'étranger. Si l'étranger n'a pas de carte de migration, la date de départ sera le jour où il quitte la Russie. Si vous ne connaissez pas la date exacte de départ, enregistrez-le pour la durée maximale possible.

Si l'étranger doit rester en Russie plus de 90 jours calendaires et qu'il a une raison pour cela, par exemple, pour travailler en Russie, il est nécessaire de faire une nouvelle demande lorsque la période de 90 jours calendaires arrive à son terme. Il est préférable de demander la prolongation du séjour quelques jours avant la fin de la période de 90 jours, car la procédure peut prendre du temps.

Un travailleur étranger peut être enregistré pour une durée maximale d'un an sur la base d'un brevet, d'un contrat de travail ou d'un contrat de droit civil.

Informations tirées du portail officiel Gosuslugi.

Prolongation de la carte de migration

Si un étranger obtient des documents supplémentaires pour le travail, les études ou pour changer son statut juridique, cela peut constituer un motif de prolongation de la carte de migration. Dans de tels cas, la carte de migration peut être prolongée sans qu'il soit nécessaire de quitter le pays, à condition que les procédures pertinentes soient remplies.

Pour prolonger une carte de migration sans quitter la Russie, un résident étranger peut :

- Obtenir un brevet de travail ou un permis de travail, ce qui lui permettra d'être officiellement employé sur le territoire de la Fédération de Russie.
- Demander un permis de séjour temporaire ou un permis de séjour, ce qui garantira un séjour légal dans le pays pour une longue période.

De plus, il est possible de prolonger la carte de migration à la demande de l'étranger lui-même ou à la demande de son établissement d'enseignement (université) ou de son employeur. Dans de tels cas, les autorités migratoires peuvent décider de modifier la période de validité de la carte, ce qui permettra de continuer à séjourner en Russie sur la base de nouveaux documents liés au travail ou à l'éducation.

Perte de la carte de migration

En cas de détérioration involontaire ou de perte de leur carte de migration pendant leur séjour sur le territoire de la Fédération de Russie, les résidents étrangers doivent le signaler dans les trois jours aux organes territoriaux du Département du Service Fédéral des Migrations de Russie, qui, après vérification des données du passeport des demandeurs par rapport aux registres, leur délivrent des duplicatas des cartes de migration et inscrivent la mention correspondante dans la colonne “Pour mentions officielles”.

Informations tirées du site officiel du Ministère des Affaires étrangères de la Fédération de Russie

SECRET BONUS

The Essential Expat Phrasebook: A Practical Guide to the Russian Language for English Speakers

Introduction

Purpose and Philosophy of the Guide

This guide is not just a list of phrases, but a strategic tool for cultural and linguistic integration into a Russian-speaking environment. Its primary goal is to provide English-speaking professionals moving to Russia with practical language skills to confidently navigate everyday situations. The philosophy of this guide is that a deep understanding and correct pronunciation of a few key phrases are far more effective than a superficial knowledge of many expressions. Successful communication depends not only on vocabulary but also on understanding the cultural context in which these words are used.

Navigating the Guide

The guide has a logical structure, leading the reader from fundamental basics to complex practical scenarios. It begins with a detailed breakdown of pronunciation rules—a cornerstone without which it is impossible to be understood. Next, it covers real-life situations: from first introductions and rules of politeness to navigating the city, shopping, visiting restaurants, and handling emergencies. To facilitate comprehension, an intuitive transcription system is used, and special “Cultural Context” boxes provide important explanations about social norms and etiquette.

The Golden Rule: Formal and Informal Communication (“Vy” and “ty”)

A key aspect of Russian social culture that must be learned from the outset is the distinction between the formal/plural pronoun “Вы” (Vy) and the informal singular “ты” (ty). Prematurely switching to “ты” with strangers, colleagues, officials, or older individuals can be perceived as rude or inappropriately familiar. Therefore, this guide exclusively uses the “Вы” form, as it is the

universal, safe, and respectful way to address people in the vast majority of social situations an expat will encounter. A switch to “ты” is only possible after an explicit invitation from the Russian-speaking counterpart.

Section 1: The Foundations of Speech — A Practical Guide to Russian Pronunciation

Mastering this section is of paramount importance. Without a basic understanding of the phonetic principles of the Russian language, the phrases in the following sections will sound unrecognizable to native speakers. The goal is not to achieve a perfect accent, but to ensure your speech is clear and understandable.

1.1. Explanation of the Transcription System

For the maximum convenience of English-speaking users, this guide uses a standardized phonetic transcription designed for intuitive understanding. Stressed syllables are highlighted in CAPITAL LETTERS to visually emphasize the importance of correct stress placement (udaréniye). For example: spa-SEE-ba.

Syllables are separated by hyphens to help break down long and complex words into simpler parts for pronunciation. For example: ZDRAST-vuy-tye. Letter combinations are chosen to correspond as closely as possible to familiar sounds in the English language (e.g., zh for the “ж” sound, sh for “ш”, y for “й”).

This system is a synthesis of approaches found in various sources but has been standardized for consistency and clarity.

1.2. The Cyrillic Alphabet: Decoding the Letters

The ability to read Cyrillic is the first step toward independence. It will allow you to navigate signs (e.g., “Вход” - Entrance, “Выход” - Exit, “Открыто” - Open, “Закрыто” - Closed), read street names, and metro stations. The table below presents the Russian alphabet with approximate sound equivalents in English.

Cyrillic	Letter Name	English Sound Equivalent	Example (Russian)	Example (Transcription)	Example (Translation)
А а	а	‘a’ in ‘far’	атом	A-tom	atom
Б б	бэ	‘b’ in ‘box’	батон	ba-TON	loaf
В в	вэ	‘v’ in ‘voice’	ваза	VA-za	vase
Г г	гэ	‘g’ in ‘go’	год	got	year
Д д	дэ	‘d’ in ‘day’	дом	dom	house
Е е	е	‘ye’ in ‘yes’	если	YES-lee	if
Ё ё	ё	‘yo’ in ‘yonder’	ёж	yozh	hedgehog

Cyrillic	Letter Name	English Sound Equivalent	Example (Russian)	Example (Transcription)	Example (Translation)
Ж ж	жэ	‘s’ in ‘pleasure’	жук	zhook	beetle
З з	зэ	‘z’ in ‘zoo’	зона	ZO-na	zone
И и	и	‘ee’ in ‘meet’	или	EE-lee	or
Й й	и краткое	‘y’ in ‘boy’	мой	moy	my
К к	ка	‘k’ in ‘key’	кот	kot	cat
Л л	эл	‘l’ in ‘lamp’	лампа	LAM-pa	lamp
М м	эм	‘m’ in ‘man’	мама	MA-ma	mom
Н н	эн	‘n’ in ‘note’	нет	nyet	no
О о	о	‘o’ in ‘more’	он	on	he
П п	пэ	‘p’ in ‘pet’	парк	park	park
Р р	эр	rolled ‘r’	рак	rak	cancer/ crayfish
С с	эс	‘s’ in ‘sun’	суп	soop	soup
Т т	тэ	‘t’ in ‘table’	торт	tort	cake
У у	у	‘oo’ in ‘moon’	утро	OOT-ra	morning
Ф ф	эф	‘f’ in ‘food’	факт	fakt	fact
Х х	ха	‘ch’ in ‘loch’	хлеб	khlyep	bread
Ц ц	цэ	‘ts’ in ‘boots’	центр	tsentr	center
Ч ч	че	‘ch’ in ‘chat’	чай	chay	tea
Ш ш	ша	‘sh’ in ‘short’	шарф	sharf	scarf
Щ щ	ща	‘sh-ch’ in ‘fresh cheese’	щи	shchee	cabbage soup
Ъ ъ	твёрдый знак	(no sound)	объект	ob-YEKT	object
Ы ы	ы	‘i’ in ‘ill’	сын	syn	son
Ь ь	мягкий знак	(no sound)	день	dyen’	day
Э э	э	‘e’ in ‘end’	это	E-ta	this
Ю ю	ю	‘u’ in ‘use’	юг	yook	south
Я я	я	‘ya’ in ‘yard’	я	ya	I

1.3. Key Pronunciation Rules for English Speakers

Mastering these rules will help you avoid the most common mistakes and make your speech significantly more understandable. The main difficulty for English speakers is not so much learning new sounds as it is overcoming ingrained habits of English pronunciation, such as diphthongization of vowels and predictable stress.

Vowel Reduction (the "akanye" principle): This is the most important rule of Russian phonetics. The letter "о" in an unstressed position is pronounced like "а". This phenomenon is called "akanye."

Examples: the word молоко (milk) is pronounced not mo-lo-KO, but ma-la-KO.

The word хорошо (good) is pronounced not kho-ro-SHO, but kha-ra-SHO. Failure to follow this rule immediately identifies the speaker as a foreigner.

Voicing and Devoicing of Consonants: The sound of consonants in Russian often changes depending on their position in a word.

Devoicing at the end of a word: A voiced consonant at the end of a word is pronounced as its voiceless counterpart. For example, год (year) is pronounced as [гот] (got), and хлеб (bread) as [хлеп] (khlyep).

Assimilation: Consonants influence each other. For example, in the word водка (vodka), the voiced "д" comes before the voiceless "к", so it is devoiced and pronounced as [т], resulting in the word sounding like [ВОТ-ка] (VOT-ka).

"Soundless" Letters: The Hard Sign (ъ) and the Soft Sign (ь): These letters have no sound of their own but change the pronunciation of adjacent letters.

Soft Sign (ь): Indicates that the preceding consonant is pronounced softly (palatalized). This is similar to the pronunciation of the n sound in the English word "canyon." Example: день (day) is pronounced as [dyen'].

Hard Sign (ъ): Creates a micro-pause between a consonant and a following iotated vowel (е, ё, ю, я), preventing the consonant from being softened. Example: объект (object) is pronounced as ob-YEKT, with a clear separation of [б] and [йэ].

The Supremacy of Stress (Udaréniye): Unlike many other languages, stress in Russian is mobile and unpredictable. It can fall on any syllable and can even change in different forms of the same word. Incorrect stress placement can completely change the meaning of a word or make it incomprehensible. In the transcription of this guide, the stressed syllable is always capitalized.

Physiology of Pronunciation: Russian articulation differs from English. For a more authentic sound, it is recommended to pay attention to the position of the speech apparatus.

Key points:

- The jaw does not open as wide as in American English. The tongue is pushed forward, with the tip resting at the base of the lower teeth. The lips are more rounded and protruded. The Russian “p” sound is a vibrating, rolled r. Practicing these physical aspects, for example, with exercises (closing your eyes and imitating sounds, using a timer for control), can significantly improve pronunciation.

Section 2: First Impressions — Greetings, Politeness, and Introductions

This section provides the linguistic tools for a respectful and confident start to any social interaction. In Russian communication culture, there is a more structured sequence of actions when getting acquainted than in informal English-speaking cultures. Skipping one of the steps can be perceived as impolite.

2.1. Greetings and Farewells: More Than Just “Hello”

Universal Formal Greeting: Здравствуйте (ZDRAST-vuy-tye) — Hello. This is the most common and appropriate greeting in any formal situation. It can be difficult to pronounce, so it’s useful to learn simpler alternatives that depend on the time of day.

Formal Greetings by Time of Day: These phrases are easier to pronounce and are universally appropriate in official and neutral situations.

- Доброе утро (DOB-ro-ye OOT-ra) — Good morning.
- Добрый день (DOB-riy dyen’) — Good afternoon.
- Добрый вечер (DOB-riy VYE-cher) — Good evening.

Informal Greetings (for passive knowledge): Привет (pree-VYET) — Hi; Пока (pa-KA) — Bye. These words should only be used in response when your Russian-speaking counterpart first switches to an informal tone.

Formal and Informal Farewells:

До свидания (do svee-DA-nee-ya) — Goodbye (universal formal phrase). Всего хорошего (fsye-VO kha-RO-she-vo) — All the best (a warmer, but still neutral, form of farewell).

2.2. The Basics of Politeness

The Two Faces of “Please”: Пожалуйста (pa-ZHAL-sta) is a multifunctional word used both as “Please” when making a request and as “You’re welcome” in response to thanks.

Expressing Gratitude: Спасибо (spa-SEE-ba) — Thank you. To add emphasis, you can say Большое спасибо (bal’-SHO-ye spa-SEE-ba) — Thank you very much.

Apologizing and Getting Attention: It is important to distinguish between Извините (eez-vee-NEE-tye) and Простите (pras-TEE-tye). Извините is more often used to get attention (e.g., of a waiter) or for a minor inconvenience (e.g., if you bump into someone in transport). Простите carries a deeper sense of apology for a wrongdoing.

2.3. Making Contact: Introductions

The process of getting acquainted in Russia has its own cultural specifics. Instead of immediately introducing yourself as is common in English ("Hi, I'm John"), a polite tone suggests first proposing to get acquainted.

Proposing to Get Acquainted: Давайте познакомимся (da-VAY-tye paz-na-KO-meem-sya) — "Let's get acquainted". This is a key phrase that signals your intention.

Questions and Answers About Names:

- Как вас зовут? (kak vas za-VOOT?) — What is your name?
- Меня зовут... (men-YA za-VOOT...) — My name is....

Follow-up Phrases:

- Очень приятно (O-chen' pree-YAT-na) — Nice to meet you.
- Откуда вы? (ot-KOO-da vy?) — Where are you from?.

Cultural Context: The Question "How are you?" and Smiling The question Как дела? (kak dye-LA?) in Russian culture is not a formal greeting like the English "How are you?". It is a sincere question to which a meaningful answer is expected, not just "Fine, thanks". Asking it to a stranger immediately after a greeting is considered inappropriate. Furthermore, in formal situations, smiling without a clear reason is not the norm. Politeness is conveyed primarily through language and respectful address using "Вы", rather than through non-verbal cues common in the West.

2.4. Overcoming the Language Barrier

Key Questions:

-Вы говорите по-английски? (vy ga-va-REE-tye pa-ang-LEEY-skee?) — Do you speak English?.

Managing the Conversation:

- Я не понимаю (ya nye pa-nee-MA-yu) — I don't understand.
- Говорите медленнее, пожалуйста (ga-va-REE-tye MYED-lyen-nye-ye, pa-ZHAL-sta) — Please speak more slowly.
- Повторите, пожалуйста (pov-ta-REE-tye, pa-ZHAL-sta) — Please repeat.

Section 3: Navigating a New Environment

This section is dedicated to the linguistic tools for independent movement around the city, which is a critically important factor for adaptation and a sense of confidence.

3.1. How to Ask for Directions: The Basics

Polite Address:

- Извините, скажите, пожалуйста... (eez-vee-NEE-tye, ska-ZHEE-tye, pa-ZHAL-sta...) — Excuse me, please tell me.... A more courteous form:
- Вы не подскажете...? (vy nye pot-SKA-zhe-tye...?) — Could you tell me...?.

Key Questions:

- Где находится...? (gdye na-KHO-deet-sya...?) — Where is...? (to ask for the location of an object).
- Как добраться до...? (kak da-BRAT'-sya do...?) — How can I get to...? (to ask for a route).

Cultural Context: *Gde or Kuda?* In Russian, there is a grammatical distinction between questions about location and direction of movement, which often causes difficulties for English speakers.

- Где (gdye) is used to ask about a static location: Где находится аптека? (Where is the pharmacy located?).
- Куда (koo-DA) is used to ask about the direction of movement: Куда идёт этот автобус? (Where is this bus going?).

These words are not interchangeable. Using где instead of куда in a question about movement is a common mistake.

3.2. Understanding the Answer

Basic Commands: Идите прямо (ee-DEE-tye PRYA-ma) — Go straight.
Поверните направо/налево (pa-ver-NEE-tye na-PRA-va/na-LYE-va) — Turn right/left.
Prepositions and Landmarks: In Russia, directions are often given using prominent objects (shops, monuments, buildings) as landmarks, rather than street names.

It is important to know key prepositions: через - che-ryez (across), за - za (behind), напротив - nah-PRO-teef (opposite), рядом с - RYA-dom s (next to).

Clarification: Покажите на карте, пожалуйста (pa-ka-ZHEE-tye na KAR-tye, pa-ZHAL-sta) — Please show me on the map.

3.3. Transportation: Taxis and Public Transit

Hailing and Directing a Taxi:

- Где можно взять такси? (gdye MOZH-na vzyat’ tak-SEE?) — Where can I get a taxi?.
- Отвезите меня по этому адресу (ot-ve-ZEE-tye men-YA po E-ta-moo AD-rye-soo) — Take me to this address.
- Остановитесь здесь, пожалуйста (os-ta-no-VEE-tyes’ zdyes’, pa-ZHAL-sta) — Stop here, please.

On the Metro/Bus:

- Где метро? (gdye mee-TRO?) — Where is the metro?.
- Один билет, пожалуйста (a-DEEN bee-LYET, pa-ZHAL-sta) — One ticket, please.
- Какая следующая остановка? (ka-KA-ya SLYE-doo-yoo-shcha-ya os-ta-NOV-ka?) — What is the next stop?.

Section 4: Shopping and Daily Errands

This section covers the vocabulary needed for basic household transactions. It is worth noting that in Russia, in addition to large supermarkets, it is common to shop in small specialized stores (булочная - bakery, аптека - pharmacy) and at markets (рынок), where you can buy fresh produce.

4.1. Shopping Basics

Asking for Help:

- Помогите, пожалуйста (pa-ma-GEE-tye, pa-ZHAL-sta) — Help me, please.
- Я ищу... (ya ee-SHCHOO...) — I’m looking for....

If You’re Just Looking:

- Я только смотрю (ya TOL’-ko smot-RYU) — I’m just looking.

Key Question:

- Сколько это стоит? (SKOL’-ko E-ta STO-eet?) — How much does it cost?.

Making a Decision:

- Я возьму это (ya voz’-MOO E-ta) — I’ll take it.
- Мне нравится (mnye NRA-veet-sya) — I like it.

Payment:

- Можно заплатить кредитной карточкой? (MOZH-na zap-la-TEET’ kre-DEET-noy KAR-toch-koy?) — Can I pay by credit card?.
- Наличные (na-LEECH-ni-ye) — Cash.

4.2. In a Clothing Store

Size and Fit:

- Какой у вас размер? (ka-KOY oo vas raz-MYER?) — What is your size?

- У вас есть размер побольше/поменьше? (oo vas yest’ raz-MYER pa-BOL’-she/ pa-MYEN’-she?) — Do you have a bigger/smaller size?

Trying On:

- Можно померить? (MOZH-na pa-MYE-reet’?) — Can I try it on?
- Где примерочные? (gdye pree-MYE-roch-ni-ye?) — Where are the fitting rooms?

4.3. In the Grocery Store (“Produkty”) and at the Market (“Rynok”)

Key Vocabulary:

- хлеб - khlyeb (bread)
- молоко - ma-la-KO (milk)
- вода - va-DA (water)
- сыр - seer (cheese)
- мясо - MYA-so (meat)
- рыба - RY-ba (fish)
- овощи - O-va-shee (vegetables)
- фрукты - FROOK-ty (fruit)

At the Checkout:

- Пакет, пожалуйста (pa-KYET, pa-ZHAL-sta) — A bag, please.
- Дайте чек, пожалуйста (DAY-tye chek, pa-ZHAL-sta) — Give me the receipt, please.

Section 5: The Gastronomic Experience in Russia

Visiting restaurants and cafes is an important part of social life. This section will help you feel confident when ordering food and drinks.

5.1. Finding a Table and Getting Started

- У вас есть свободный столик? (oo vas yest’ sva-BOD-niy STO-leek?) — Do you have a free table?.
- На двоих, пожалуйста (na dva-EEKH, pa-ZHAL-sta) — For two, please.
- Можно меню, пожалуйста? (MOZH-na men-YOO, pa-ZHAL-sta?) — Could I have the menu, please?.

5.2. Ordering Food and Drinks

Asking for a Recommendation:

- Что вы посоветуете? (shto vy pa-sa-VYE-too-ye-tye?) — What would you recommend?.

Placing an Order:

- Я буду... (ya BOO-doo...) — I will have....
- Мне, пожалуйста... (mnye, pa-ZHAL-sta...) — For me, please...

Dietary Restrictions:

- У меня аллергия на... (oo men-YA al-ler-GEE-ya na...) — I'm allergic to....
- У вас есть вегетарианские блюда? (oo vas yest' ve-ge-ta-ree-AN-skee-ye BLYOO-da?) — Do you have vegetarian dishes?.

Cultural Context: *"Business Lunch"* On weekdays during lunchtime, many restaurants and cafes offer a бизнес-ланч (BEEZ-nes-lanch). This is not just a "lunch special," but an established cultural phenomenon—a set meal of several courses (usually a salad, soup, main course, and a drink) for a fixed, very reasonable price. For a working expat, this is an excellent way to get acquainted with local cuisine and have a quality, inexpensive lunch. The phrase

У вас есть бизнес-ланч? - U vas yest' BIZ-nes lunch? Do you have a business lunch? - will be very useful.

5.3. During and After the Meal

Additional Requests:

- Можно ещё...? (MOZH-na yesh-SHCHO...?) — Can we have more...? (e.g., ... хлеба — bread).

Paying the Bill:

- Счёт, пожалуйста (shchot, pa-ZHAL-sta) — The bill, please.

Complimenting the Food:

- Это было очень вкусно (E-ta BY-la O-chen' FKOOS-na) — It was very delicious.

5.4. Restaurant Etiquette and Tipping

In Russia, it is not customary to ask for separate bills for a large group; usually, one person pays the total bill, and then the group settles up among themselves. Tipping is welcome but not strictly mandatory. The generally accepted amount is 10% of the bill if you were satisfied with the service.

Section 6: In the Most Important Situations — Phrases for Emergencies

These phrases should be memorized. In an emergency, clarity and directness are crucial.

6.1. General Alarms and Asking for Help

- **Universal Call for Help:** Помогите! (pa-ma-GEE-tye!) — Help!
- **Calling for Medical Assistance:** Вызовите скорую помощь! (VY-za-vee-tye SKO-roo-yoo PO-moshch'!) — Call an ambulance!. / Мне нужен врач (mnye NOO-zhen vrach) — I need a doctor
- **Fire:** Пожар! (pa-ZHAR!) — Fire!

6.2. Safety and Official Matters

Calling the Police: Вызовите полицию! (VY-za-vee-tye pa-LEE-tsee-yoo!) — Call the police!

Reporting a Loss or Theft: These phrases demonstrate an important grammatical feature of the Russian language—gender agreement of verbs in the past tense. Men and women must use different forms.

- Я потерял паспорт (ya pa-ter-YAL PAS-part) — I've lost my passport (spoken by a man).
- Я потеряла паспорт (ya pa-ter-YA-la PAS-part) — I've lost my passport (spoken by a woman).
- Мой кошелёк украли (moy ka-she-LYOK ook-RA-lee) — My wallet has been stolen.

6.3. If You Get Lost

- Я заблудился (ya zab-loo-DEEL-sya) — I'm lost (spoken by a man).
- Я заблудилась (ya zab-loo-DEE-las') — I'm lost (spoken by a woman).
- Я не могу найти дорогу в отель (ya nye ma-GOO nay-TEE da-RO-goo v a-TEL') — I can't find the way to the hotel.

Appendix: Quick Vocabulary Reference

Table A: Basic Numbers (0–1000)

Knowing numbers is essential for shopping, telling time, giving addresses, and much more.

Number	Russian	Transcription
0	ноль	nol'
1	один	a-DEEN
2	два	dva
3	три	tree
4	четыре	che-TY-re
5	пять	pyat'
6	шесть	shest'
7	семь	syem'
8	восемь	VO-syem'
9	девять	DYE-vyat'
10	десять	DYE-syat'
11	одиннадцать	a-DEEN-nat-tsat'
12	двенадцать	dve-NAT-tsat'
13	тринадцать	tri-NAT-tsat'

Number	Russian	Transcription
14	четырнадцать	che-TYR-nat-tsat’
15	пятнадцать	pyat-NAT-tsat’
16	шестнадцать	shest-NAT-tsat’
17	семнадцать	sem-NAT-tsat’
18	восемнадцать	vo-sem-NAT-tsat’
19	девятнадцать	de-vyat-NAT-tsat’
20	двадцать	DVAT-tsat’
30	тридцать	TREET-tsat’
40	сорок	SO-rok
50	пятьдесят	pyat’-de-SYAT
60	шестьдесят	shest-des-YAT
70	семьдесят	SEM-des-yat
80	восемьдесят	VO-sem-des-yat
90	девяносто	dev-ya-NOS-to
100	сто	sto
200	двести	DVES-tee
300	триста	TRIS-ta
400	четыреста	che-TY-res-ta
500	пятьсот	pyat’-SOT
600	шестьсот	shest-SOT
700	семьсот	sem-SOT
800	восемьсот	vo-sem-SOT
900	девятьсот	dev-yat-SOT
1000	тысяча	TY-sya-cha

Table B: Time, Days, and Months

This vocabulary is necessary for scheduling meetings, understanding opening hours, and organizing your time.

English	Russian	Transcription
Time		
today	сегодня	se-VOD-nya
tomorrow	завтра	ZAV-tra
yesterday	вчера	vche-RA
morning	утро	OOT-ra
day/afternoon	день	dyen’
evening	вечер	VYE-cher

English	Russian	Transcription
night	ночь	noch’
Days of the week		
Monday	понедельник	pa-ne-DEL’-neek
Tuesday	вторник	FTOR-neek
Wednesday	среда	sre-DA
Thursday	четверг	chet-VERK
Friday	пятница	PYAT-nee-tsa
Saturday	суббота	soo-BO-ta
Sunday	воскресенье	vos-kre-SYEN’-ye