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# Directory

## TRANSPORT AIR

International fares fluctuate dramatically, depending on the season, economy and other factors. Russian domestic fares tend to be more stable. Some domestic fares and schedules appear in the boxed text, opposite.

For general information on international airfares, as well as some tips for budget travellers, see [www.waytorussia.net/transport/international/air.html](http://www.waytorussia.net/transport/international/air.html).

### Airlines

The former Soviet state airline, Aeroflot, has been decentralised into hundreds of smaller airlines ('baby-flots'), most with a regional focus. The upshot of this orgy of aerobic entrepreneurship is relatively unregulated skies. Tales of Russian-airline safety lapses are commonplace, so do some research before booking your flight on one of the regional airlines. Aeroflot and Transaero are two national airlines that serve all major domestic destinations and meet international standards for safety and service.

See p226 for a list of agents who sell domestic- and international-flight tickets, or you can deal directly with the airlines themselves. Airline offices of international companies in Moscow include:

**Aeroflot** (Map pp248–9; % 753 5555; [www.aeroflot.com/eng/](http://www.aeroflot.com/eng/); ul Petrovka 20/1, Petrovsky District; ☏ Chekhovskaya)

**Air France** (Map pp252–3; % 937 3839; [www.airfrance.com](http://www.airfrance.com); ul Korovy Val 7, Zamoskvorechie; ☏ Oktyabrskaya)

**Alitalia** (Map pp248–9; % 967 0110; [www.alitalia.com](http://www.alitalia.com); World Trade Centre, Krasnopresnenskaya nab 12, poezd 7, Barrikadnaya; ☏ Ulitsa 1905 Goda)

**Austrian Airlines** (Map pp252–3; % 995 0995; [www.aua.com](http://www.aua.com); Korovy Val 7, Zamoskvorechie; ☏ Oktyabrskaya)

**British Airways** (Map pp248–9; % 363 2525; [www.britishairways.com](http://www.britishairways.com); Business Centre Parus, 1-ya Tverskaya Yamskaya ul 23, Tverskoy District; ☏ Belorusskaya)

**Delta Air Lines** (Map pp252–3; % 937 9090; [www.delta.com](http://www.delta.com); Gogolevsky bul 11, Kropotkinskaya; ☏ Kropotkinskaya)

**Finnair** (Map pp252–3; % 933 0056; [www.finnair.ru](http://www.finnair.ru); Kropotinsky per 7, Khamovniki; ☏ Park Kultury)

**KLM Royal Dutch Airlines** (Map pp252–3; % 258 3600; [www.klm.com](http://www.klm.com); ul Usachyova 33/2, Khamovniki; ☏ Sportivnaya)

**LOT Polish Airlines** (Map pp248–9; % 775 7737; [www.lot.com](http://www.lot.com); Trubnaya ul 21/11, 3rd floor, Petrovsky District; ☏ Tsvetnoy Bulvar)

**Lufthansa** (Map pp248–9; % 737 6400; [www.lufthansa.com](http://www.lufthansa.com); Renaissance Moscow Hotel, Olimpiyskiy pr 18, Petrovsky District; ☏ Prospekt Mira)

**Malév-Hungarian Airlines** (Map pp248–9; % 202 8416; [www.malev.hu](http://www.malev.hu); Povarskaya ul 21, Barrikadnaya; ☏ Barrikadnaya)

**SAS** (Map pp248–9; % 775 4747; [www.scandinavian.net](http://www.scandinavian.net); 1-ya Tverskaya Yamskaya ul 5, Tverskoy District; ☏ Mayakovskaya)

**Swiss Air** (Map p255; % 937 7767; [www.swiss.com](http://www.swiss.com); Paveletskaya pl 2, Zayauzie; ☏ Paveletskaya)

**Transaero** (Map pp252–3; % 241 4800; [www.transaero.ru/english](http://www.transaero.ru/english); 2-y Smolenskiy per 3, Arbat District; ☏ Smolenskaya)

### Airports

Moscow's five airports serve a range of destinations. For information on flights in and out of all airports, call % 941 9999 (Russian only). The easiest and surest way to get from any airport into the city is to book your transfer in advance through a travel agent (see p226). The driver will meet your flight with a sign and drive you straight from the airport to your destination in the city.

### BYKOVO

The little-used Bykovo airport (code BKA; % 558 4933) is about 30km southeast of

### THINGS CHANGE...

The information provided in this section is particularly vulnerable to change. Check directly with the airline or a travel agent to make sure you understand how a fare (and ticket you may buy) works and shop carefully. Be aware of the security requirements for international travel. The details given in this chapter should be regarded as pointers and are not a substitute for your own careful, up-to-date research.

### DOMESTIC FLIGHTS FROM MOSCOW

Destination	Flights daily	Duration	One-way fare
Arkhangelsk	4	1¾hr	R4200-4600
Astrakhan	4	2½hr	R4850
Irkutsk	2	5hr	R8500-9000
Kaliningrad	7	2hr	R2800-3000
Krasnodar	6	2hr	R3200-3900
Murmansk	4	2hr	R4400-5090
Novosibirsk	6	3hr	R3600-6800
Sochi	5-6	2hr	R2900-4000
St Petersburg	20	50min	R2800-3500
Yekaterinburg	11	2½hr	R5300-5400
Vladivostok	3-4	7hr	R12,500-13,800
Volgograd	4	2hr	R3400-3600

the city centre on Novoryazanskoe shosse. *Prigodnyye* trains run from Kazansky vokzal (Kazan train station) to Bykovo vokzal, 400m from the airport (R30, one hour, every 20 minutes). You can also pick this train up at Vykhino, near Vykhino metro. A taxi to/from the city centre is about R800 and can take 1½ hours.

### DOMODEDOVO

Moscow's second airport, Domodedovo (code DME; % 933 6666; [www.domodedovo.ru](http://www.domodedovo.ru), in Russian), has undergone extensive upgrades in recent years in order to service more international flights. Most notably, all British Airway flights now fly in and out of Domodedovo. It's about 40km south of the centre.

A super-convenient express train leaves Paveletsky vokzal (Pavelets station) for Domodedovo airport (R100, 45 minutes, every 30 minutes). This route is particularly handy, as you can check-in to your flight at the Paveletsky vokzal. Taxi fare to/from the city centre is R700 to R800, with the trip taking up to 1½ hours, depending on traffic.

### SHEREMETEVO-1&2

Sheremetevo (code SVO; [www.sheremetyevo-airport.ru](http://www.sheremetyevo-airport.ru)) has two terminals. Moscow's main international airport is Sheremetevo-2 (% 956 4666), 30km northwest of the city centre. It services most flights to/from places outside the former Soviet Union. From the smaller terminal, Sheremetevo-1 (% 232 6565), most flights are to/from St Petersburg, the Baltic States, Belarus and northern European

Russia. Bus No 517 and airport shuttle buses run between the two terminals.

Minibuses travel between Rechnoy Vokzal metro station and Sheremetevo-1, with Sheremetevo-2 the middle stop in both directions. They make the journey as soon as they are full, which is about every 30 minutes or less. At Rechnoy Vokzal, leave the metro platform by the exit at the front end of the train. Minivans wait at the road, 100m from the station. The combined metro and minivan trip to/from Sheremetevo-2 takes about one hour; to/from Sheremetevo-1 is about 10 minutes extra. City bus No 551 also follows this route, but takes much longer. At Sheremetevo-2, minibuses leave from a stop 200m in front of the terminal (just to the right of the car park). Make certain your shuttle is going in the right direction.

A taxi arranged on the spot between Sheremetevo airport and the city centre takes about 45 minutes and should not cost more than R800. A better bet is to arrange one in advance through one of the taxi companies listed on p214).

### VNUKOVO

About 30km southwest of the city centre, Vnukovo airport (code VKO; % 436 2813; [www.vnukovo-airport.ru/eng/index.htm](http://www.vnukovo-airport.ru/eng/index.htm)) serves the Caucasus, Moldova and Kaliningrad. New high-speed trains run between Kievsky vokzal and Vnukovo (R76, 35 minutes). They run every hour between 7am and noon and between 5pm and 8pm. Outside these hours, you can take a *marshrutka* (minibus) from Yugo-Zapadnaya metro (R30, 30 minutes). A taxi to/from the city centre can take over an hour and costs about R800.

## BOAT

### Around Moscow

For new perspectives on Moscow neighbourhoods, fine views of the Kremlin, or just good old-fashioned transportation, a boat ride on the Moscow River is one of the city's highlights. The main route runs between the Kievsky boat landing station (Map pp252–3) and the Novospassky Most landing (Map p255), near Novospassky Monastery (adult/child R200/100, 1½ hours, every 20 minutes).

There are six intermediate stops: at the foot of Sparrow Hills (Vorobyovy Gory landing; Map pp246–7); Frunzenskaya near the southern end of Frunzenskaya naberezhnaya; Gorky Park (Map pp252–3); Krimean Most; Bolshoy Kamenny Most opposite the Kremlin (Map p252–3); and Ustinsky Most, east of Red Square (Map p254).

The boats seat about 200 people (most Muscovites are actually going somewhere, not just out for the ride) and are operated by the Capital Shipping Company (% 458 9624). Boats run from mid-April to mid-October.

### To/From Moscow

In summer, passenger boats from Moscow ply the rivers and canals of Russia all the way north to St Petersburg, and south to Astrakhan or Rostov-on-Don. The navigation season is generally May to September.

The St Petersburg route follows the Moscow Canal and then the Volga River to the Rybinsk Reservoir; then the Volga-Baltic Canal to Lake Onega; the Svir River to Lake Ladoga; and the Neva River to St Petersburg.

The main southbound route takes the Moscow Canal north to the Volga. It then follows the Volga east before heading south all the way downstream to Astrakhan (which

is nine days from Moscow), via Uglich, Yaroslavl, Kostroma, Nizhny Novgorod, Kazan, Ulyanovsk, Samara and Volgograd.

The Moscow terminus for these sailings is the Severny Rechnoy Vokzal (Northern River Station; Map pp246–7; % 457 4050; Leningradskoe shosse 51; ☞ Rechnoy Vokzal). Take the metro to Rechnoy Vokzal, then walk 15 minutes due west, passing under Leningradskoe shosse and then through a nice park.

Some cruise companies:

**Capital Shipping Company** (Map pp246–7; % 458 9624; www.cck-ship.ru. In Russian; Severny Rechnoy Vokzal, Leningradsky sh 51; ☞ Rechnoy Vokzal) Operates cruise ships departing regularly from Moscow's Severny Rechnoy Vokzal.

**Cruise Company Orthodox** (Map pp246–7; % 943 8560; www.cruise.ru; ul Alabayana 5; ☞ Sokol) A Russian company that also caters to foreigners, meaning English-speaking staff and upgraded accommodation. Cruises go all the way down the Volga River to Rostov-on-Don, through the locks of the Rostov-Don Canal.

**Cruise Marketing International** (% 800 578 7742; www.cruiserussia.com; 3401 Investment Blvd, Ste 3, Hayward CA USA) Offers a series of 11- and 15-day cruises between Moscow and St Petersburg, with stops in little villages and Golden Ring towns.

## BUS & TRAM

### Around Moscow

Buses, trolleybuses and trams are useful along a few radial or cross-town routes that the metro misses, and sometimes they are necessary for reaching sights away from the city centre. Tickets (*talony*; R10) are usually sold on the vehicle by a *provodnitsa* (conductor). Some offer good sightseeing:

**No 1** From Dobryninskaya metro in Zamoskvorechie, the route goes along ulitsa Bolshaya Polyanka and across Bolshoy Kamenny most, which has a good Kremlin view. Succeeding sights include Pashkov House, the old Moscow

State University, Le Royal Meridien National and scenic Tverskaya ulitsa to Belorussky vokzal.

**No 2** Makes a big circle around the Kremlin and Kitay Gorod, offering great views, then goes past the Polytechnical Museum, Lubyanskaya ploshchad, Bolshoi Theatre, Hotel Metropol, Le Royal Meridien National, Manezhnaya ploshchad and old Moscow State University. The route then turns on to ulitsa Vozdvizhenka and heads west to Kutuzovskiy prospekt, the Triumphal Arch and Victory Park.

**No 8** Offers views of Zamoskvorechie and its many churches. From Dobryninskaya metro, it heads north along Pyatnitskaya ulitsa and returns south along ulitsa Bolshaya Ordynka.

## To/From Moscow

### INTERNATIONAL SERVICES

International bus services offer the cheapest means of getting to Russia, although services to Moscow are limited.

**Berlin Linien Bus** (% 975 3309; www.berlinlinienbus.de; Leningradsky vokzal) Operates a daily bus service between Berlin and Moscow (€66, 12 hours).

**Eurolines** (% 975 2574 or 737 6743; www.eurolines.com; Leningradsky vokzal) Offers a bus service between St Petersburg and various Western European capitals.

### DOMESTIC SERVICES

Buses run to a number of towns and cities within 700km of Moscow. Fares are similar to *kupeny* (2nd-class) train fares. In general, travelling by bus is not as reliable or as comfortable as travelling by train, so it is best only for destinations with poor train services, including some Golden Ring towns. They tend to be crowded, although they are usually faster than the *prigorodnye* trains.

Book domestic tickets at Moscow's long-distance bus terminal, the Shchyolkovskiy bus station (Map pp246–7; ☞ Shchyolkovskaya), 8km east of the city centre. Queues can be bad, so it's advisable to come here and book ahead, especially for travel on Friday, Saturday or Sunday. Sample fares are provided in the boxed text, opposite.

## CAR & MOTORCYCLE

There's little reason for travellers to rent a car for getting around Moscow, as public transport is quite adequate, but you might want to consider car rental for trips out of the city. Beware that driving in Russia is truly an unfiltered Russian experience. Poor roads, maddeningly inadequate signposting, low-quality petrol and keen highway patrolmen can lead to frustration and dismay.

## Driving

To drive in Russia, you must be 18 years old and have a full driving licence. In addition, you'll need an International Driving Permit with a Russian translation of your licence, or a certified Russian translation of your full licence (you can certify translations at a Russian embassy or consulate).

For your own vehicle, you will also need registration papers and proof of insurance. Be sure your insurance covers you in Russia. Finally, a customs declaration, promising that you will take your vehicle with you when you leave, is also required.

The maximum legal blood-alcohol content is 0.04%, but in practice it is illegal to drive after consuming *any* alcohol at all. This is a rule that is strictly enforced. The normal way of establishing alcohol in the blood is by a blood test, but apparently you can be deemed under its influence even without any test.

Officers of the State Automobile Inspectorate (Gosudarstvennaya Avtomobilnaya Inspektsiya), better known as GAI, skulk about on the roadsides all around Moscow waiting for miscreant drivers. They are authorised to stop you (by pointing their striped stick at you and waving you towards the side), to issue on-the-spot fines and, worst of all, to shoot at your car if you refuse to pull over. The GAI also hosts the occasional speed trap – the road to Sheremetevo airport is infamous for this. If you are required to pay a fine, pay in roubles only – and make sure you get a receipt.

Moscow has no shortage of petrol stations that sell all grades of petrol. Most are open 24 hours, are affiliated with Western oil companies and can be found on the major roads in and out of town. See the *Moscow Business Telephone Guide* for listings of parts, and service and repair specialists for many Western makes of car.

## Rental

Car rental is usually only considered for trips out of the city.

Be aware that many firms won't let you take their cars out of the city, and others will only rent a car with a driver. This latter option is not necessarily a bad one as cars with drivers aren't always more expensive. Also you can avoid the trouble of coping with Russian roads and police.

### BUSES FROM MOSCOW

The following buses depart from Moscow's Shchyolkovskiy bus station. For St Petersburg, take the train (see the boxed text, p215).

Destination	Buses daily	Duration	One-way fare
Nizhny Novgorod	5	9hr	R300
Pereslavl-Zalessky	2	6hr	R236
Suzdal	1	4½hr	R145
Vladimir	4	3½hr	R120

The major international car-rental firms have outlets in Moscow. Generally it is best to reserve your car before you arrive – advance reservations and special offers can reduce the price by 50% or more. Prices for on-the-spot hire with basic insurance start at €80 per day. The major car-rental agencies will usually pick up or drop off the car at your hotel:

**Avis** (☎ 578 7179; www.avis-moscow.ru/en/; Sheremetyevo-2)

**Europcar** (☎ 363 6418; www.europcar.ru/eng/; Domodedovo)

**Hertz** (Map pp246–7; ☎ 937 3274; www.hertz.ru; Smolnaya ul 24; 📍 Rechnoy Vokzal)

## METRO

The metro is the easiest, quickest and cheapest way of getting around Moscow. Many of the elegant stations are marble-faced, frescoed, gilded works of art (see the Underground Odyssey tour, p117). The trains are generally reliable: you will rarely wait on the platform more than two minutes. Nonetheless, trains get packed during rush hour. Up to nine million people a day ride the metro, more than the London and New York City systems combined. Sometimes it feels like all nine million are trying to get on one train.

The 150-plus stations are marked with large ‘M’ signs. Magnetic tickets are sold at ticket booths (R13). It’s useful to buy a multiple-ride ticket (10 rides for R120, 20 for R195), which saves you the hassle of queuing up every time.

Stations have maps of the system and signs on each platform showing the destination. Interchange stations are linked by underground passages, indicated by *perekhod* (underground crossing) signs, usually blue with a stick figure running up the stairs. The carriages now have maps inside that show the stops for that line in both Roman and Cyrillic letters. The system is fairly straightforward. The biggest confusion you may find is that often when two or more lines meet, each line’s interchange station has a different name.

A map of the Moscow’s metro system appears on pp256–7.

In late 2005, the first station of a new mini-metro line opened, serving the up-and-coming area known as Moscow-City (Moskva-City). This area, west of the Krem-

## RUSSIAN STREET NAMES

We use the Russian names of all streets and squares in this book to help you when deciphering Cyrillic signs and asking locals the way. The following abbreviations are used on the maps and for presenting practicalities information:

**bul** (*bulvar*; бульвар) – boulevard

**nab** (*naberezhnaya*; набережная) – embankment

**per** (*pereulok*; переулок) – lane or side street

**pl** (*ploshchad*; площадь) – square

**pr** (*prospekt*; проспект) – avenue

**ul** (*ulitsa*; улица) – street

**sh** (*shosse*; шоссе) – road

lin, along the north bank of the Moscow River, will be served by two new stations (Delovoy Tsentr and Mezhdunarodnaya).

## TAXI

Almost any car in Moscow can be a taxi, so get on the street and stick your arm out. Many private cars cruise around as unofficial taxis, known as ‘gypsy cabs’, and other drivers will often take you if they’re going in the same direction. Expect to pay R100 to R150 for a ride around the city centre.

Official taxis – recognisable by their chequerboard logo on the side and/or a small green light in the windscreen – charge about the same. No driver uses a meter (even if the cab has one), and few will admit to having change.

Don’t hesitate to wave on a car if you don’t like the look of its occupants. As a general rule, it’s best to avoid riding in cars with more than one person. Problems are more likely to crop up if you take a street cab waiting outside a nightclub, or a tourist hotel or restaurant at night. Women need to be particularly careful.

If you book a taxi over the phone (hotel staff will do this for you if you don’t speak Russian), the dispatcher will normally ring back within a few minutes to provide a description and license number of the car. It’s best to provide at least an hour’s notice before you need the taxi. Some reliable taxi companies (with websites in Russian only):

**Central Taxi Reservation Office** (Tsentralnoe Byuro Zakazov Taxi; ☎ 927 0000; www.cbz-taxi.ru)

**Elek Polyus** (☎ 707 2707; www.taxi-14.ru)

**MV Motors** (☎ 775 6775; www.7756775.ru)

**New Yellow Taxi** (☎ 940 8888; www.nyt.ru)

**Taxi Bistro** (☎ 327 5144; www.taxipark.ru)

**Taxi Blues** (☎ 105 5115; www.taxi-blues.ru)

## TRAIN

Moscow has rail links to most parts of Russia, most former Soviet states, numerous countries in Eastern and Western Europe, and China and Mongolia. Sample fares and schedules are listed in the boxed texts. Prices are for a *kupe* (2nd-class in a four-seat couchette) ticket on a *skory* (fast) train.

Confusingly, the whole Russian rail network runs on Moscow time. You’ll usually find timetables and station clocks on Moscow time, but if in doubt confirm these details carefully. The only general exception is suburban rail services, which stick to local time.

## Tickets

For long-distance trains it’s best to buy your tickets in advance. Tickets on some trains may be available on the day of departure, but this is less likely in summer. Always take your passport along when buying a ticket.

Tickets are sold at the train stations themselves, but it is much easier to buy tickets from a travel agent (see p226) or *kassa zheleznoy dorogi* (train-ticket office). These are often conveniently located in hotel lobbies. One agent selling airplane and train tickets is GlavAgentstvo, with the following outlets:

**Belorussky vokzal** (Belarus station; Map pp248–9)

**Leningradsky vokzal** (Leningrad station; Map p254)

**Lubyanka ploshchad** (Map pp248–9; ☎ 924 8728;

Detsky Mir, Teatralny proezd 5/1; 📍 Lubyanka)

## TRAINS FROM MOSCOW TO ST PETERSBURG

Train no & name	Departure	Duration	Fare
2 <i>Krasnaya Strela</i>	11.55pm	8hr	R1700 ( <i>kupe</i> )
4 <i>Ekspress</i>	11.59pm	8hr	R1700 ( <i>kupe</i> )
6 <i>Nikolaevsky Ekspress</i>	11.30pm	8hr	R1700 ( <i>kupe</i> )
24 <i>Yunost</i>	12.30pm	8hr	R1300 (seat)
160 <i>Avrora</i>	4.30pm	5½hr	R1300 (seat)
164 <i>ER200</i>	6.28pm	4½hr	R1700 (seat)

**Pushkinskaya ploshchad** (Map pp248–9; ☎ 290 2771; Tverskoy bul 14/5; 📍 Pushkinskaya)

**Sheremetyevo-1 airport**

## Classes

On long-distance trains, your ticket will normally give the numbers of your carriage (*vagon*) and seat (*mesto*). For more details of travelling on Russian trains, see Lonely Planet’s *Russia & Belarus* or *Trans-Siberian Railway*.

Compartments in a 1st-class carriage, also called soft class (*myagky*) or sleeping car (*spalnyy vagon*, *SV* or *lyux*), have upholstered seats and also convert to comfortable sleeping compartments for two people. Not all trains have a 1st-class carriage. Travelling 1st class costs about 50% more than a 2nd-class ticket.

Compartments in a 2nd-class carriage, usually called ‘compartmentalised’ (*kupey* or *kupe*), are four-person couchettes.

Reserved place (*platskartny*), sometimes also called hard class or 3rd class, has open bunk accommodation. Groups of hard bunks are partitioned, but not closed off, from each other. This class is low on comfort, privacy and security.

## Types of Train

The regular long-distance service is a fast train (*skory poezd*). It stops more often than an intercity train in the West and rarely gets up enough speed to merit the ‘fast’ label. Foreigners booking rail tickets through agencies are usually put on a *skory* train.

Generally, the best of the *skory* trains (*firminy*) have cleaner cars, more polite attendants and much more convenient arrival and departure hours; they sometimes also have fewer stops, more 1st-class accommodation or functioning restaurants.

## INTERNATIONAL TRAINS FROM MOSCOW

Destination & train no	Departure	Station	Duration	Fare ( <i>kupe</i> )
Beijing 004	9.51pm	Yaroslavsky	132hr	R6413
Kyiv (Kiev) 001	8.23pm	Kievsky	14hr	R1033
Minsk 001	10.25pm	Belorussky	10hr	R654
Riga 001	7.11pm	Rizhsky	16hr	R2030
Tallinn 034	6.15pm	Leningradsky	15hr	R1560
Vilnius 005	7.01pm	Belorussky	15hr	R1588
Warsaw 009	3.52pm	Belorussky	20hr	R2200

A passenger train (*passazhirsky poezd*) can take an awfully long time to travel between cities. They are found mostly on routes of 1000km or less, clanking and lurching from one small town to the next.

### SUBURBAN TRAINS

When taking trains from Moscow, note the difference between long-distance and 'suburban' trains. Long-distance trains run to places at least three or four hours out of Moscow, with limited stops and a range of classes. Suburban trains, known as *prigorodnye poezdy* or *elektrichka*, run to within 100km or 200km of Moscow, stop almost everywhere, and have a single class of hard bench seats. You buy your ticket before the train leaves, and there's no capacity limit.

Most Moscow stations have a separate ticket hall for suburban trains, usually called the *prigorodny zal*, which is often tucked away at the side or back of the station building. Suburban trains are usually listed on separate timetables and may depart from a separate group of platforms.

## DOMESTIC TRAINS FROM MOSCOW

Destination & train no	Departure	Station	Duration	Fare
Irkutsk 002	9.22pm	Yaroslavsky	77hr	R6200
Kazan 028	7.28pm	Kazansky	11hr	R1150
Murmansk 382	7.28pm	Leningradsky	34hr	R1860
Nizhny Novgorod 062*	4.55pm	Kursky	4½hr	R300 (seat)
Pskov 010	7.55pm	Leningradsky	12hr	R1120
Samara 010	6.50pm	Kazansky	15hr	R1888
Tver	10 daily	Leningradsky	2hr	R400
Vladimir 816*	6.04pm	Kursky	2½hr	R208 (seat)
Yaroslavl	14 daily	Yaroslavsky	4hr	R340
Yekaterinburg 122	4.50pm	Yaroslavsky	28hr	R2300

Fares are for *kupe*, unless stated otherwise. \*Express train; other slower trains also available.

## Stations

Moscow's nine main train stations (*vokzal*):

**Belorussky** (Belarus; Map pp248–9; Tverskaya Zastava pl; ☏☏ Belorusskaya) For trains heading west, including trains to/from Belarus, Lithuania, Poland and Germany, and some trains to/from the Czech Republic.

**Kazansky** (Kazan; Map p254; Komsomolskaya pl; ☏☏ Komsomolskaya) The start and end point for trains to/from the southeast, including Kazan and Central Asia.

**Kursky** (Kursk; Map p254; pl Kurskogo Vokzala; ☏☏ Kurskaya) Serves points south and east, including Vladimir, the Caucasus, eastern Ukraine, Crimea, Georgia, Azerbaijan.

**Kievsky** (Kyiv, or Kiev; Map pp252–3; pl Kievskogo Vokzala; ☏☏ Kievskaya) Serves points southwest, including Kyiv, western Ukraine, Moldova, Slovakia, Hungary, Austria, Romania, Bulgaria and Venice, as well as some trains to/from the Czech Republic.

**Leningradsky** (Leningrad; Map p254; Komsomolskaya pl; ☏☏ Komsomolskaya) For trains heading to/from the northwest, including St Petersburg, Vyborg, Estonia, Helsinki.

**Paveletsky** (Pavelets; Map pp252–3; Paveletskaya pl; ☏☏ Paveletskaya) For trains to/from points south, including the express train to Domodedovo airport.

**Rizhsky** (Riga; Map pp246–7; Rizhskaya pl; ☏☏ Rizhskaya) Serves Latvia.

**Savyolovsky** (Savyolov; Map pp246–7; pl Savyolovskogo Vokzala; ☏☏ Savyolovskaya) For trains to/from the north-east including Yaroslavl.

**Yaroslavsky** (Yaroslavl; Map p254; Komsomolskaya pl; ☏☏ Komsomolskaya) Serves Yaroslavl and the longest-distance trains, including those to Mongolia, China, Russian Far East and anything east of the Urals.

## LEFT LUGGAGE

You can check your bags at most hotels and train and bus stations. Look for signs for Камера Хранения (*kamera khraneniya*) or Автоматические Камеры Хранения (*avtomaticheskie kamery khraneniya*). The latter refers to left-luggage lockers. Both options are usually secure, but be sure to note the opening and closing hours. To utilise the lockers:

- 1 Buy two tokens (*zhelony*) from the attendant.
- 2 Find an empty locker and put your luggage in.
- 3 Decide on a combination of one Russian letter and three numbers, and write it down.
- 4 Set the combination on the inside of the locker door.
- 5 Put one token in the slot.
- 6 Close the locker.

To open the locker, set your combination on the outside of the door. After you've set your combination, put the second token in the slot, wait a second or two for the electrical humming sound, and pull open the locker.

## PRACTICALITIES ACCOMMODATION

Moscow's accommodation options included in the Sleeping chapter are organised according to geographic location. Within each neighbourhood, they are listed in alphabetic order, with a few options for budget travellers listed under 'Cheap Sleeps' at the end of the listing for some neighbourhoods.

The hotel market in Moscow caters primarily to business travellers. As a result, prices are higher than you might expect. It also means that accommodation is harder to find during the week than on weekends, and prices may be lower on Friday and Saturday nights. Prices do not generally fluctuate

seasonally, although there are certainly exceptions.

One such exception is that prices at the large, Western, chain hotels fluctuate dramatically, from weekday to weekend, from month to month, from season to season. Discounted rates are often available through booking services or through the hotel's website. By contrast, Russian hotels tend to publish one set of rates, which apply to anyone who walks through the door.

Reservations are highly recommended. Although Moscow has plenty of hotel rooms, there is a definite shortage of affordable rooms, and a veritable dearth of affordable, comfortable rooms. Unfortunately, some old-style hotels still charge a reservation fee – usually 20% but sometimes as much as 50% of the first night's tariff.

Russia does not have much of a bargaining culture. Haggling over the price of a hotel room – even in low season – will likely elicit confused stares. Keep in mind that the person at the reception probably does not have the authority to offer you any deal.

Most hotels will allow you to check-in as early as you arrive, as long as the room is available. Check-out is usually at noon, unless you pay for a *sutki* (24-hour period), in which case you can check-out at the same time that you checked-in, whether at 6am or at 6pm.

## Booking Services

Many on-line booking services advertise discounted rates for hotels in Moscow. They are not all the same, so it pays to shop around. Moscow-specific online booking services:

[www.destinationrussia.com](http://www.destinationrussia.com)  
[www.hotels-moscow.ru](http://www.hotels-moscow.ru)  
[www.moscowcity.com](http://www.moscowcity.com)  
[www.moscow-hotels.net](http://www.moscow-hotels.net)  
[www.moscow-hotels-russia.com](http://www.moscow-hotels-russia.com)

## Rental Accommodation

Renting a flat in Moscow usually requires going through an agency. Check out the classified section in the *Moscow Times* or the listings on [www.expat.ru](http://www.expat.ru) for advertisements. Keep in mind, however, that most of these ads are placed by agencies that will charge a fee – usually equivalent to one month's rent.

The other option is to rent via a website catering to travellers (see p165). The disadvantage here is that these sites offer mostly short-term rentals, with small discounts for longer-term stays. This option turns out to be very pricey over the long haul.

## BUSINESS HOURS

Government offices open from 9am or 10am to 5pm or 6pm weekdays. Hours for banks and other services vary. Large branches in busy commercial areas are usually open from 9am to 4.30pm or 5pm weekdays, with shorter hours on Saturday. Smaller branches have shorter hours, often closing for a one-hour break (*pereriv*) in the middle of the day.

The consumer culture is developing rapidly in Russia, and one place it is evident is hours of operation. Most shops are open daily, often from 10am to 8pm. Smaller shops might close on Sunday. Department stores and food shops are also usually open from 8am to 8pm daily. These days, many larger food shops stay open *kruglosutochno* (around the clock).

Restaurants typically open from noon to midnight, although – again – it is not unusual for them to stay open 24 hours a day.

Museum hours change often, as do their weekly days off. Most shut entrance doors 30 minutes or an hour before closing time. Many museums close for a ‘sanitary day’ during the last week of every month.

## CHILDREN

You will know that Russia has made its transition to capitalism when you see the supermarkets well stocked with nappies, formulas and every other product your children might need.

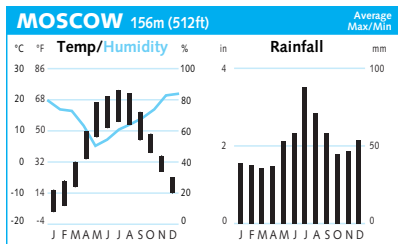
Moscow does not present any particular hazards to your kids, save for ornery babushkas. (Even they seem to have a soft spot for kids, though.) While the Russian capital – filled with museums, churches and theatres – might not seem like the most appealing destination, it is surprisingly well equipped for youngsters. See the boxed text, p53 for a list of kid-friendly sights. In addition to these suggestions, children’s theatre is a carry-over from the Soviet period that continues to thrive in Moscow (see p148). Purely capitalist innovations are the playrooms and kids’ parties that are now offered

by many restaurants and bars, to attract their parents for lunch or dinner (see p126).

The concept of babysitting services has not yet developed in Moscow, although some upmarket hotels offer this service. Lonely Planet’s *Travel with Children* contains useful advice on how to cope with kids on the road and what to bring to make things go more smoothly.

## CLIMATE

Moscow enjoys an extreme continental climate, meaning hot summers and cold, cold winters. Spring and autumn are the most pleasant seasons to visit, but don’t let the climate scare you away. See p21 for more information about climate. Refer to the City Calendar on p9 for events in the city.



## COURSES

### Cooking

Russian cooking classes are hard to come by, but Dom Patriarshy (see p54) does offer an occasional half-day course. Learn to whip up some *bliny* (crepes) for lunch.

### Language

Check the *Moscow Times* for advertisements for Russian tutors and short-term courses.

Center for Russian Language & Culture (Map pp246–7; % 939 1463; www.ruslanguage.ru; Moscow State University, or MGU; 20-hour course per week €110; rrr Universitet) Caters mostly to students, offering semester-long courses and dorm lodging.

Liden & Denz Language Centre (Map pp248–9; % 254 4991; Gruzinsky per 3, no 181; www.lidenz.ru; 20 lessons for €255 per week – minimum two weeks; rrr Belorusskaya) Has more expensive courses that service the business and diplomatic community with less-intensive evening courses.

Russian Village (% 721 7294; www.rusvillage.com; weekend/week/month course from €320/770/2380 including lodging and meals) An upscale ‘country resort’ language school located in the village of Pestovo, north of Moscow.

Ziegler & Partner (Map pp246–7; % /fax 939 0980; www.study russian.com; MGU; rrr Universitet) A Swiss group offering individually designed courses, from standard conversation to specialised lessons in business, literature etc.

## CUSTOMS

When you enter Russia, you’ll have the option to fill out a declaration form (*deklaratsiya*). If you have more than US\$10,000 in goods and currency, you are required to fill out this form and go through the red lane, to have your form stamped. This process may require having your luggage checked.

If you have less than US\$10,000 you are not required to get your customs form stamped and you can proceed through the green line. However, if you have any valuable items (such as expensive jewellery or electronics) it may be useful to declare it, to protect yourself and your stuff when you are leaving the country. In this case, make sure you get a stamp on your customs declaration form on your arrival.

Travellers may leave Russia with up to US\$3000 in goods and currency without submitting declaration forms. In order to ensure your ability to leave with valuable items from home, follow the advice earlier. Stamped declaration forms will have to be submitted upon exit from Russia. Your stamped form cannot show that you are leaving with more than you brought in. The system is antiquated – considering the reality of credit-card purchases and ATM access to cash – but nonetheless it is still in place.

Look after your stamped customs declaration. If you lose it you will need a police report confirming the loss, which you have to present to customs when you leave Russia.

## What You Can Bring In

You may bring in modest amounts of anything for personal use except, obviously, illegal drugs and weapons. Less obviously, visitors are banned from bringing in GPS devices. If you’re travelling with hypodermic needles, bring in a prescription for them and declare them under the line ‘Narcotics and appliances for use thereof’.

Up to 1000 cigarettes and 5L of alcohol are allowed (note that prices for such items

in Russia will almost certainly be cheaper than abroad), but large amounts of anything saleable are suspect. Food is allowed (except for some fresh fruit and veggies).

## What You Can Take Out

You can take anything bought from a legitimate shop or department store, but save your receipts.

Items more than 100 years old cannot be taken out of the country. Anything vaguely ‘arty’, such as manuscripts, instruments, coins, jewellery, antiques or antiquarian books (meaning those published before 1975) must be assessed by the Committee for Culture (Map pp248–9; % 244 7675; ul Arbat 53, Arbat District; h 10am–2pm & 3–6pm Mon–Fri; rrr Smolenskaya). Bring your item (or a photograph, if the item is large) and your receipt. The bureaucrats there will issue a receipt for tax paid, which you show to customs on your way out of the country.

A painting bought at a tourist art market, in a department store, or from a commercial gallery should be declared and receipts should be kept. Generally speaking, customs in airports is much more strict and thorough than at any border crossing.

It is technically illegal to take roubles out of the country, so it’s best to change any large sums before you depart.

## DISABLED TRAVELLERS

Inaccessible transport, lack of ramps and lifts, and no centralised policy for people with physical limitations make Russia a challenging destination for wheelchair-bound visitors. More mobile travellers will have a relatively easier time, but keep in mind that there are obstacles along the way. Toilets are frequently accessed from stairs in restaurants and museums; distances are great; public transport is extremely crowded; and many footpaths are in a very poor condition.

This situation is changing (albeit very slowly), as buildings undergo renovations and become more accessible. Most upscale hotels (especially those belonging to Western chains) offer accessible rooms.

Some local organisations that might be useful for disabled travellers:

All-Russian Society for the Blind (Map pp248–9; % 928 1374; www.vos.org.ru; Novaya pl 14, Kitay Gorod; rrr Kitay Gorod) Provides info and services for visually impaired people, including operating holiday and recreation centres.

All-Russian Society for the Deaf (Map pp248–9; % 252 1043; ul 1905 goda 10A, Barrikadnaya; ☎ Ulitsa 1905 Goda) Organises cultural activities and has recreational facilities for its members.

All-Russian Society of Disabled People (Map pp246–7; % 935 0064; ul Udaltsova 11; ☎ Prospekt Vernadkogo) Does not offer any services to travellers, but may provide publications (in Russian) on legal issues or local resources.

## ELECTRICITY

Standard voltage is 220V, 50Hz AC, though some places still have an old 127V system. Sockets require a continental or European plug with two round pins. Look for voltage (V) and frequency (Hz) labels on your appliances. Some trains and hotel bathrooms have 110V and 220V shaver plugs.

## EMBASSIES

It's wise to register with your embassy, especially if you'll be in Russia for a long stay. For more embassies check [www.themoscowtimes.ru/travel/facts/embassies.html](http://www.themoscowtimes.ru/travel/facts/embassies.html).

**Australia** (Map p254; % 956 6070; [www.australianembassy.ru](http://www.australianembassy.ru); Podkolokolny per 10A/2, Kitay Gorod; ☎ Kitay Gorod)

**Canada** (Map pp252–3; % 105 6000; Starokonyushenny per 23, Kropotkinskaya; ☎ Kropotkinskaya)

**France** (Map pp252–3; % 937 1500; [www.ambafrance.ru](http://www.ambafrance.ru); ul Bolshaya Yakimanka, Zamoskvorechie; ☎ Oktyabrskaya)

**Germany** (Map pp246–7; % 937 9500; [www.germany.org.ru](http://www.germany.org.ru); Smolenskaya ul 56; ☎ Universitet, then bus No 119) Consular Section (% 933 4312; Leninsky pr 95A; ☎ Prospekt Vernadskogo, then bus Nos 616 or 153)

**Ireland** (Map p254; % 937 5911; Grokholsky per 5, Chisty Prudy; ☎ Prospekt Mira)

**Netherlands** (Map pp248–9; % 797 2900; Kalashny per 6, Arbat District; ☎ Arbatskaya)

**UK** (Map pp248–9; % 956 7200; [www.britemb.msk.ru](http://www.britemb.msk.ru); Smolenskaya nab 10, Arbat District; ☎ Smolenskaya)

**USA** (Map pp248–9; % 728 5000; [www.usembassy.state.gov/moscow](http://www.usembassy.state.gov/moscow); Bol Devyatyinsky per 8, Barrikadnaya; ☎ Barrikadnaya)

## EMERGENCY

Ambulance % 03, in Russian

Crisis hotline % 244 3449, in English % 937 9999

Emergency % 766 0601, in English % 245 4387

Fire % 01, in Russian

Police % 02, in Russian

## GAY & LESBIAN TRAVELLERS

Moscow is the most cosmopolitan of Russian cities, and the active gay and lesbian scene reflects this attitude. Newspapers such as the *Moscow Times* feature articles about gay and lesbian issues, as well as listings of gay and lesbian clubs. The newest publication of note is the glossy magazine *Queer* (Квир), which offers up articles and artwork.

For details on venues, see the boxed text, p144. Some other useful resources:

[www.gay.ru/english](http://www.gay.ru/english) Includes updated club listings, plus information on gay history and culture in Russia.

[www.gaytours.ru](http://www.gaytours.ru) While Dmitry is no longer working as a tour guide, his site is still a wealth of information about gay life in Moscow.

[www.lesbi.ru](http://www.lesbi.ru) An active site for lesbian issues; in Russian only.

*Cracks in the Iron Closet: Travels in Gay & Lesbian Russia*, by David Tuller and Frank Browning, is a fascinating account of the gay and lesbian scene in modern Russia. A combination of travel memoir and social commentary, it reveals an emerging homosexual culture that is surprisingly different from its US counterpart.

*Queer Sites*, by Dan Healy, traces the history of seven world cities, including Moscow, focusing on sexual mores, the homosexual experience, and how they have changed over time.

## HOLIDAYS

During major holidays, Moscow empties out, as many residents retreat from the city for much-needed vacations: the first week in January (between New Year's Day and Orthodox Christmas), and the first week or two of May (around May Day and Victory Day). Transport is difficult to book around these periods, though accommodation is usually not a problem. While many residents leave, the city is a festive place during these times, usually hosting parades, concerts and other events. The downside is that many museums and other institutions have shortened hours or are closed altogether during holiday periods.

## INTERNET ACCESS

Besides the plethora of Internet cafés, wireless access (wi-fi) is also becoming more common around Moscow. Take advantage of free wi-fi access at several upscale hotels,

## PUBLIC HOLIDAYS

New Year's Day 1 January

Russian Orthodox Christmas 7 January

International Women's Day 8 March

International Labour Day/Spring Festival 1 and 2 May

Victory (1945) Day 9 May

Russian Independence 12 June

Day of Reconciliation and Accord (formerly Revolution Day) 7 November

as well as NetLand or Time Online listed here. A more complete listing of clubs and cafés with wi-fi access is at <http://wifi.yandex.ru>, in Russian – click on Где это (*gde eto*).

**Internet Club** (Map pp248–9; % 292 5670; Kuznetsky most 12, Petrovsky District; per hr R60; ☎ 9am–8pm Mon–Fri, 10am–midnight Sat & Sun; ☎ Kuznetsky Most) Small, simple and very central. It lacks the hip atmosphere of its competitors, but gets the job done.

**Netcity** (Map pp248–9; % 292 0111; Kamergersky per 6, Kitay Gorod; per hr R60; ☎ 10am–11pm; ☎ Teatralnaya) Work stations at this trendy café offer more than function, but they are sufficient to surf the net or check email. It has good coffee and fresh-squeezed juice. There is another branch (Map p255; % 969 2125; Paveletskaya pl 2/1, Zamoskvorechie; per hr R60; ☎ 9.30am–midnight; ☎ Paveletskaya).

**NetLand** (Map pp248–9; % 781 0923; Teatralny pr 5, City Centre; per hr R40–60; ☎ 24hr; ☎ Kuznetsky Most or Lubyanka) A loud, dark club that fills up with kids playing computer games. You may want to take advantage of the more peaceful VIP room. It's inside the Detsky Mir building; enter from ulitsa Rozhdestvenka.

**Phlegmatic Dog** (Map pp248–9; % 995 9545; Okhotny Ryad, ground level; ☎ 10am–1am; ☎ Okhotny Ryad) Recently voted 'Most Stylish' Internet café in the world by Yahoo! Mail. Cool music and cold beers are nice, but the real draw is free Internet access with the purchase of food or drink.

**Time Online** (Map pp248–9; % 363 0060; Okhotny Ryad, basement; per hr R65–75; ☎ 24hr; ☎ Okhotny Ryad) Offers copy and photo services, and over 200 zippy computers or free wi-fi access. Besides the original outlet in Okhotny Ryad, there is a branch near Belorussky vokzal (Map pp248–9; % 363 0060; Bolshoy Kondretevsky per 7, Tversky District; per hr R65–75; ☎ 24hr; ☎ Belorusskaya).

## LEGAL MATTERS

It's not unusual to see police officers, or *militsiya*, randomly stopping people on the street to check their documents. In recent years, this checking has tended to focus on

anyone who remotely looks as if they come from the Caucasus, and other people with darkish skin, but the *militsiya* have the right to stop anyone. Technically, everyone is required to carry their *dokumenty*, or passport, on their person at all times. Unfortunately, some readers have complained about police pocketing their passports and demanding bribes. The best way to avoid such unpleasantness is to carry a photocopy of your passport, visa and registration, and present that when an officer demands to see your *dokumenty*. A photocopy is sufficient, despite what the officer may argue.

## LIBRARIES & CULTURAL CENTRES

**British Council Resource Centre** (Map p254; % 782 0200; [www.britishcouncil.org/ru](http://www.britishcouncil.org/ru); Nikoloyamskaya ul 1, Zayauzie; ☎ noon–7pm Mon–Fri, 10am–6pm Sat; ☎ Taganskaya) Located at the Foreign Literature Library; take your passport.

**Foreign Literature Library** (Map p254; % 915 3669; Nikoloyamskaya ul 1, Zayauzie; ☎ 10am–8pm Mon–Fri, 10am–6pm Sat; ☎ Taganskaya) Home to several international libraries and cultural centres, including the American Cultural Center Library, the French Cultural Centre and the British Council Resource Centre.

**Russian State Library** (Map pp248–9; Vozdvizhenka ul 3; ☎ 9am–9pm; ☎ Biblioteka imeni Lenina) On the corner of Mokhovaya ulitsa, this is one of the world's largest libraries, with over 20 million volumes. Take your passport and one passport photo, and fill in some forms at the information office to get a free *chitatelsky билет* (reader's card).

## MAPS

An excellent, up-to-date map in English is *Moscow Today*, published by Atlas Print Company. It is usually available at Atlas (see p157) and other bookstores around Moscow including Biblio-Globus (see p155). Or, see <http://en.atlas-print.ru/>. Accurate maps in Cyrillic are easily available in Moscow.

## MEDICAL SERVICES

Before purchasing travel insurance, make sure the policy will be recognised by Russian medical facilities.

For a list of pharmacies, see p223.

**American Medical Center** (Map p254; % 933 7700; [www.amcenters.com](http://www.amcenters.com); Grokholsky per 1, Chisty Prudy; ☎ Prospekt Mira) Offers 24-hour emergency service, consultations and a full range of specialists, including

paediatricians and dentists. It has an onsite pharmacy with English-speaking staff.

**Botkin Hospital** (Map pp246–7; ☎ 237 8338, 945 7533; 2-y Botkinsky proezd 5, North of the Centre; ☒ Begovaya) The best Russian facility.

**European Medical Center** (Map pp248–9; ☎ 933 6655; www.emcmos.ru; Spirodonovskiy per 5, Tverskoy District; ☒ Mayakovskaya) Includes medical and dental facilities, which are open around the clock for emergencies. The staff speaks 10 different languages.

## MONEY

Russian currency is the rouble, written as рубль or abbreviated as руб. There are 100 kopecks (копеек or коп) in the rouble, and these come in small coins that are worth one, 10 and 50 kopecks. Roubles are issued in coins in amounts of one, two and five roubles. Banknotes come in values of 10, 50, 100, 500 and 1000 roubles. Small stores, kiosks and many other vendors have difficulty changing large notes, so save those scrappy little ones.

The rouble has been relatively stable since it was revalued in 1998 (see p19 for more details). Exchange rates are listed in Quick Reference inside the front cover. See www.oanda.com/convert/classic for more up-to-date rates.

**Alfa Bank** (☎ 8.30am–8pm Mon–Sat) has many branches around Moscow that usually change travellers cheques. ATMs at the branches listed dispense either roubles or US dollars. You will also see branches of the affiliated Alfa-Express, which have ATMs:

**Arbat District** (Map pp248–9; ul Arbat 4/1; ☒ Arbatskaya)

**Petrovsky District** (Map pp248–9; Kuznetsky Most 7; ☒ Kuznetsky Most)

**Tverskoy District** (Map pp248–9; Marriott Grand Hotel, ul Tverskaya 26; ☒ Mayakovskaya)

## ATMs

Automatic teller machines (ATMs), linked to international networks such as AmEx, Cirrus, Eurocard, MasterCard and Visa, are now common throughout Moscow. Look for signs that say bankomat (Банкомат). Using a credit or debit card, you can always obtain roubles and often US dollars.

## Changing Money

US dollars and euros are now widely accepted at exchange bureaus around Moscow. Other

currencies will undoubtedly cause more hassle than they are worth. Whatever currency you bring should be in pristine condition. Banks and exchanges do not accept old, tatty bills with rips or tears. For US dollars make certain that besides looking and smelling newly minted, they are of the new design, with the large off-set portrait.

When you visit the exchange office, be prepared to fill out a lengthy form and show your passport. Your receipt is for your own records, as customs officials no longer require documentation of your currency transactions. As anywhere, it's always worth shopping around for the best rates.

## Credit Cards

Credit cards, especially Visa and MasterCard, are becoming more widely accepted, not only at upmarket hotels, restaurants and stores. You can also use your credit card to get a cash advance at most major banks in Moscow.

## Travellers Cheques

Travellers cheques are still relatively difficult to change. The process can be lengthy, involving trips to numerous different cashiers in the bank, each responsible for a different part of the transaction. Expect to pay 1% to 2% commission.

Not all travellers cheques are treated as equal by Russian establishments willing to handle them. You'll have little or no luck with any brands other than AmEx, Thomas Cook and Visa. The most reliable place to cash AmEx travellers cheques is American Express (Map pp252–3; ☎ 933 6636; ul Usachyova 33, Khamovniki; ☒ Sportivnaya). It also offers ATM, mail holding and travel services for AmEx card holders.

## NEWSPAPERS & MAGAZINES

All of the following English-language publications can be found at hotels, restaurants and cafés around town that are frequented by tourists. Numerous other publications seem to appear at random, lasting a few issues and then vanishing. *Afisha* is a glossy magazine in Russian that comes out bi-weekly with lots of information about pop culture and entertainment events.

**element** (www.elementmoscow.ru) This oversized weekly newsprint magazine has restaurant reviews, concert list-

ings and art exhibits. It also publishes a seasonal supplement highlighting Moscow's hottest restaurants.

**Exile** (www.exile.ru) An irreverent, free weekly, with extensive entertainment listings. It is hard not to be offended by this rag, which may be why it is not as widely distributed as it used to be.

**Go** (www.go-magazine.ru) The *Moscow Times*' monthly entertainment guide.

**Moscow News** (www.moscownews.ru) This long-standing, Russian news weekly recently reappeared as an English-language publication, focusing on domestic and international politics and business.

**Moscow Times** (www.themoscowtimes.com) The undisputed king of the hill in locally published English-language news is this first-rate daily, which covers Russian and international issues, as well as sports and entertainment. The Friday edition is a great source for what's happening at the weekend.

## PHARMACIES

A chain of 24-hour pharmacies called 36.6 has many branches all around the city, including the following:

**Arbat District** (Map pp248–9; Novy Arbat ul 15; ☒ Smolenskaya)

**Kitay Gorod** (Map p254; ul Pokrovka 1; ☒ Kitay Gorod)

**Petrovsky District** (Map pp248–9; Kuznetsky Most 18; ☒ Kuznetsky Most)

**Tverskoy District** (Map pp248–9; Tverskaya ul 25; ☒ Tverskaya or Mayakovskaya)

## POST

Although the service has improved dramatically in recent years, the usual warnings about delays and disappearances of incoming and outgoing mail apply to Moscow. Airmail letters take two to three weeks from Moscow to the UK, and three to four weeks to the USA or Australasia.

Incoming mail is so unreliable that many companies, hotels and even individuals prefer to use private services that have their addresses in either Germany or Finland. The mail completes its journey to its Russian destination with a private carrier. Unfortunately, alternative options do not really exist.

Should you decide to send mail to Moscow or try to receive it, note that addresses should be written in reverse order: Russia, postal code, city, street address, and then name.

**Central Telegraph** (Map pp248–9; Tverskaya ul 7, Tverskoy District; ☎ post 8am–10pm, telephone 24hr; ☒ Okhotny Ryad) This convenient office also offers telephone, fax and Internet services.

**Main Post Office** (Map p254; Myasnitskaya ul 26, Chistye Prudy; ☎ 8am–8pm Mon–Fri, 9am–7pm Sat & Sun; ☒ Chistye Prudy) Moscow's main post office is on the corner of Chistoprudny bulvar.

## Express Services

All the following operate air courier services. Call for information on drop-off locations and to arrange pick-ups.

**DHL Worldwide Express** (☎ 956 1000)

**FedEx** (☎ 234 3400)

**TNT** (☎ 797 2777)

**UPS** (☎ 961 2211)

## RADIO

### Russian-Language

Radio in Russia is broken into three bands: AM, UKV (the lower band of FM from 66–77MHz) and FM (100–107MHz). Western-made FM radios usually won't go lower than 85MHz.

Some of the more popular radio stations include the following:

**Ekho Moskvy** (91.2FM) Interviews, news, jazz and some Western and local pop music.

**Love Radio** (106.6FM) Russian and Western pop featuring, you guessed it, love songs.

**Radio Maximum** (103.7FM) European rock and pop, Russian... intellectual pop, if this is not a contradiction in terms.

**Radio Rossii Nostalgie** (FM 100.5) Western retro rock from the USA, Britain and France.

**Radio-7** (FM 104.7) Mainly Western pop and rock plus some Russian rock from bands such as Aquarium and DDT.

**Silver Rain** (FM 100.1) Mellow Western pop music, sometimes retro.

**Ultra** (FM 100.5) Alternative Western music.

### English-Language

The clearest BBC World Service short-wave (SW) frequencies in the morning, late evening and at night are near 9410kHz and 12,095kHz (the best), although the exact setting varies with your location in Russia. The BBC broadcasts at the following times and frequencies:



Time	Frequency
2-5am	9410kHz
3-9pm	9410kHz
2-5am	6195kHz
6-8pm	6195kHz
5am-9pm	12,095kHz
6am-3pm	15,565kHz
7am-3pm	17,640kHz
8pm-midnight	5930kHz
	6180kHz
	7325kHz

## SAFETY

Unfortunately, street crime targeting tourists has increased in recent years, although Moscow is not as dangerous as paranoid locals might have you think. As in any big city, be on your guard against pickpockets and muggers. Be particularly careful at or around metro stations, especially at Kurskaya and Partizanskaya, where readers have reported specific incidents. Always be cautious about taking taxis late at night, especially near bars and clubs that are in isolated areas. Never get into a car that already has two or more people in it.

Watch out for gangs of children (generally referred to as 'gypsy kids'), who are after anything they can get their hands on.

Some policemen can be bothersome, especially to dark-skinned or some foreign-looking people. Practical advice from a Moscow synagogue is 'cover your kippa (skullcap)'. Other members of the police force target tourists. Reports of tourists being hassled about their documents and registration have declined. However, it's still wise to carry a photocopy of your passport, visa and registration stamp. If stopped by

a member of the police force, do not hand over your passport! It is perfectly acceptable to show a photocopy instead.

The most common hazards are violent or xenophobic drunks, and overly friendly drunks.

## TAX & REFUNDS

The value-added tax (VAT, in Russian NDS) is 20% and is usually included in the price listed for purchases. Moscow also has a 5% sales tax that is usually only encountered in top hotels.

## TELEPHONE

The telephone country code for Russia is % 7. The new Moscow city code is % 495, which is the area code for phone numbers listed in this book, unless otherwise stated. If calling Moscow from abroad, dial the entire code.

To call internationally from Moscow, dial % 8, wait for the second tone, then dial % 10 plus the country code, city code and phone number. The method of placing international calls is also expected to change in 2007 or 2008 (see the boxed text, opposite).

## Hotel Phones

At most traditional Russian hotels, local calls are free. Placing a long-distance call may or may not be possible, but check with the hotel administration. Calls from expensive Western hotels are, well, expensive. Most hotel-room phones provide a direct-dial number for incoming calls, which saves having to be connected through the switchboard. How-

## WHERE THE STREETS ARE PAVED WITH MONEY

Beware of well-dressed people dropping wads of money on the streets of Moscow.

A common scam in Moscow involves a respectable-looking person who 'accidentally' drops some money on the footpath as he passes by an unsuspecting foreigner – that's you. Being an honest person, you pick up the money to return it to the careless person, who is hurrying away. A second guy sees what is happening and tries to stop you from returning it, proposing that you split the money and, well, split. He may try to lure you off the busy street to a private place to broker the deal.

This is a no-win situation. These guys are in cahoots. While you are negotiating about how to split the money – or arguing about returning it – the first guy suddenly realises he is missing his cash. He returns to the scene of the crime. But lo and behold, the cash you return to him is not enough: some money is missing and you are culpable. This leads to a shakedown or any number of unpleasantries.

The moral of the story is that the streets of Moscow are not paved with money. Resist the temptation to pick up money lying on the sidewalk.

## CHANGING PHONE NUMBERS

Russian authorities have an annoying habit of frequently changing telephone numbers, particularly in cities. We've tried our best to list the correct telephone number at the time of research but it's likely that some will change during the lifetime of this book. As of December 2005 Moscow's telephone code has been 495, though in some areas, mainly suburbs, it is 499. Moscow Region (the countryside just outside Moscow) is changing to 496, and there are plans to change all city codes that start with 0, generally substituting 4 for the initial 0. The reason for this is that in 2007/2008 intercity and international connection codes will be changed to 0 and 00 respectively (from the current 8 and 8 + 10).

ever, this can lead to unwanted disturbances, namely unsolicited calls from prostitutes.

## Mobile Phones

Mobile (or cell) phones (*sotovye telefony*) are now ubiquitous in the capital, as Muscovites bypass the antiquated landline system. It is often possible to use your phone that you bring from home, but you should check with your provider before departure because this can be prohibitively expensive.

In some cases it's necessary to dial % 8 when trying to reach a mobile phone (as when making an intercity/international call).

Alternatively, it is a simple procedure to set up a 'pay-as-you-go' account with a local provider. Phone cards are sold at stores and kiosks all over the city for 50, 100, 200 or 500 units. The cards provide instructions on how to enter a secret code and credit the units to your account. Instructions are in Russian, so you might ask for assistance when you purchase your phone. Units are consumed faster or slower depending on whether you call domestic or international numbers or within the same mobile-phone network. Note that you spend your units both when you dial and when you receive calls.

Several companies offer such services, with rates varying significantly; some of the service providers offer surprisingly low rates for international calls:

**Euroset** (Map pp248–9; % 777 7710; www.euroset.ru; Tverskaya ul 4, City Centre; ☎ Okhotny Ryad) A large salon that carries many different brands of phones, and sells subscriptions to any provider.

**Megafon** (Map pp248–9; % 507 7777; Malaya Sukharevskaya pl 1, Petrovsky District; ☎ Sukharevskaya) Offers the cheapest rates for 'pay-as-you-go' service.

**MTS** (Map p255; % 915 2110; Marksistskaya ul 4, Zayauzie; www.mts.ru; ☎ Taganskaya) Another prominent service provider.

## Pay Phones

Most pay phones require prepaid phone-cards, which are available from metro token booths and from kiosks. Cardphones can be used for local and domestic or international long-distance calls. Cards in a range of units are available; international calls require at least 100 units. The only trick is to remember to press the button with the speaker symbol when your party answers the phone.

## Telephone Offices

The Central Telegraph (Map pp248–9; Tverskaya ul 7, Tverskoy District; ☎ 24hr) is convenient for phone calls and doubles as a post office. For calls, you leave a deposit with an attendant and are assigned a private booth where you dial your number directly as outlined on opposite. Again, you might have to press the button with the speaker symbol or ОТВЕТ (answer) when your party answers the phone.

In some other offices, you may have to give your number to an attendant who dials the number and then sends you to a booth to take the call. You can collect change from your deposit when you leave. Rates are similar to home services.

The post or telegraph office is also the place to send a fax.

## TIME

Russians use the 12-hour clock and the 24-hour clock interchangeably. From the end of September to the end of March, Moscow time is GMT/UTC plus three hours. So when it is noon in Moscow it is:

9am in London

4am in New York

1am in San Francisco

7pm in Vladivostok

From the last Sunday in March to the last Sunday in September, 'summer time' is in force and the time becomes GMT/UTC plus four hours.

Trans-Siberian Railway journey it's valid for 10 days, giving westbound passengers a few days in Moscow; those heading east, however, are not allowed to linger in Moscow. To obtain a transit visa, you will need to show the itinerary for your entire trip, as well as any visa needed for your onward journey.

## 'Private' Visas

This is the visa you get for a visit by personal invitation, and it's also referred to as an 'ordinary' visa by some authorities. The visa itself is as easy to get as a tourist visa, but getting the invitation is a complex matter.

The person who is inviting you must go to their local visa office of the Russian Ministry of Internal Affairs (RMIA) – sometimes still referred to as OVIR – and fill out an invitation form for approval of the invitation. Approval, which takes several weeks, comes in the form of a notice of permission (*izveshchenie*), good for one year, which the person inviting you must send to you. You will need this invitation approval notice, together with the standard application form, to apply for the visa, which is valid for up to 60 days in your host's town. On arrival in Russia you will also have to go to the local visa office to register your visa (see p228).

## Student Visas

Student visas are flexible, extendable and even entitle you to pay Russian prices for items affected under the country's dual-pricing system (see p20). You'll need an invitation from the Ministry of Internal Affairs, which the Russian school or university will help you obtain (after paying upfront for the tuition, no doubt). To obtain a visa valid for more than three months, you must submit an HIV-AIDS test certificate.

## How & When to Apply

Apply for a visa as soon as you have all the documents you need (but not more than two months ahead). Business, tourist, private and student visas all take the same amount of time to process once you have the paperwork. Processing time ranges from 24 hours to two weeks, depending on how much you are willing to pay. Transit

## FIVE VISA ESSENTIALS

You will need the following for all visas:

**Passport** Valid for at least a month beyond your return date.

**Two passport-size (4cm by 4.5cm), full-face photos** Must not more than one year old. Vending-machine photos with white background are fine if they're identical.

**Completed application form** Including entry/exit dates. US citizens must fill out a special longer application form which is available from the consulate website at [www.ruscon.org](http://www.ruscon.org).

**Handling fee** Usually in the form of a company cheque or money order. The fee varies depending on your citizenship; US citizens pay the most, in retaliation for high fees for American visas.

**Visa-support letter or letter of invitation** This letter is not required for a transit visa. For business and tourist visas, any of the travel agencies listed in this book (opposite) can provide this letter. Additional companies offering visa support include [www.visahouse.ru](http://www.visahouse.ru), [www.visatorussia.com](http://www.visatorussia.com) and [www.waytorussia.net](http://www.waytorussia.net).

## Tourist Visas

These are the most straightforward but inflexible visas available and allow a stay of up to 30 days in Russia. In theory, you're supposed to have prebooked accommodation for every night in Russia, but in practice you can often get away with only booking a few, perhaps even just one. Once your visa has been registered at your hotel, you can move freely in Russia and stay where you like.

Extending a tourist visa is a hassle and the extension, if granted, will usually be only for a short time. So, tourist visas are best for trips when you know exactly what you're doing and when, where and for how long you'll be doing it. In addition to the items listed in the boxed text, above, you will also need a voucher issued by the travel agency that provided your invitation. Note that Russian consulates reserve the right to see your return ticket or some other proof of onward travel when you apply for a visa.

## Transit Visas

This is for 'passing through', which is loosely interpreted. For transit by air it's usually good for 48 hours. For a nonstop

## TRAVEL AGENCIES

If you're just interested in getting train or plane tickets, in addition to the following agencies you can also try GlavAgentstvo (see p215). The following agencies offer more services, including tours:

**G&R International** (Map pp246–7; ☎ 378 0001; [www.hostels.ru](http://www.hostels.ru); ul Zelenodolskaya 3/2, 5th fl; ☐☐ Ryazansky Prospekt) Operates the Hostel Asia, as well as organising tour itineraries, providing visa support and selling transport tickets.

**Infinity Travel** (Map pp252–3; ☎ 234 6555; [www.infinity.ru](http://www.infinity.ru); Komsomolsky pr 13, Khamovniki; ☐☐ Park Kultury) Affiliated with the Travellers Guest House, this on-the-ball travel company is a great source of airline tickets and also offers rail tickets, visa support and trans-Siberian and Central Asia packages.

## VISAS

All foreigners visiting Russia need visas. A Russian visa can either be a passport-sized paper document that is separate from your passport or a sticker in your passport. The visa lists entry/exit dates, your passport number, any children travelling with you and visa type. It's an exit permit too, so if you lose it (or overstay), leaving the country can be harder than getting in.

There are five types of visa available to foreign visitors, as listed below.

## Business Visas

Far more flexible and desirable for the independent traveller is a business visa. A single-entry business visa is valid for up to three months, while a multiple-entry visa may be valid for up to 12 months. Both of these allow complete freedom of movement once you arrive in Russia.

A business visa requires the same documentation listed in the boxed text (see opposite), but the invitation from a Russian company is usually more expensive. Also, the Russian consulate may require the original copy of this invitation. In addition to these documents, travellers applying for a visa for more than three months must submit an HIV-AIDS test certificate.

Note that your visa registration may or may not be included in the price of your invitation. If you are not planning to stay at a hotel, be sure that the company issuing your invitation can register your visa once you arrive in Moscow.

## TIPPING

Tipping is becoming increasingly common in restaurants, especially in upmarket establishments. Plan to leave 10% of your bill. Tipping your guide – generally R100 to R300 per day – is also an accepted practice. Small gifts, such as a box of chocolates, a CD or a souvenir from home are also appropriate and appreciated.

## TOILETS

Pay toilets are identified by the words платный туалет (*platny tualet*). In any toilet Женский or Ж stands for women's (*zhensky*), while Мужской or М stands for men's (*muzhskoy*).

Plastic-cabin portable loos are scattered around Moscow in public places, but other public toilets are rare. Where they do exist, they are often dingy and uninviting. These days, though, the toilets in hotels, restaurants and cafés are usually modern and clean, so public toilets need only be used for emergencies.

Toilet paper is not the rarity it once was. But it's still wise to carry your own supply, as there is no guarantee it will be there when you need it.

## TOURIST INFORMATION

Moscow has no tourist-information centre. However, plenty of information is available either at hostels and upscale hotels, through travel agents or through the print media (see p18). Other useful resources available include:

<http://eng.menu.ru> Reviews and menus from hundreds of Moscow restaurants.

<http://eng.moscowout.ru> Provides a full calendar of events in the capital, with links to restaurant and movie reviews, nightlife and activities for kids.

[www.expat.ru](http://www.expat.ru) Run by and for English-speaking expats living in Russia, this site provides useful information about real estate, children in Moscow, social groups and more.

[www.mbtg.ru](http://www.mbtg.ru) The free Moscow Business Telephone Guide is an invaluable, bilingual phonebook.

[www.moscow-taxi.com](http://www.moscow-taxi.com) Viktor the virtual taxi driver provides extensive descriptions of sites in and outside of Moscow, as well as hotel booking and other tourist services.

[www.waytorussia.net](http://www.waytorussia.net) Lists restaurant and accommodation options and has lots of information about local events, sights and transport.

visas normally take seven working days, but may take as little as a few hours at the Russian embassy in Beijing.

It's possible to apply at your local Russian consulate by dropping off all the necessary documents with the right payment, or by mailing it all (along with a self-addressed, postage-paid envelope). When you receive the visa, be sure to check it carefully – especially the expiry, entry and exit dates and any restrictions on entry or exit points.

## Registration

When you check in at a hotel, camping ground or hostel, you surrender your passport and visa so the hotel can register you with the local visa office. You'll get your documents back the next morning, if not the same day. Alternatively, the tourist agency that issued your visa is responsible for your registration. *All* Russian visas must be registered with the local visa office within three business days of your arrival in Russia. No 'ifs' or 'buts' about it. You may have to pay a registration fee, especially if the registration is provided by an agency, not a hotel.

The company or organisation that invites you to Russia is responsible for your initial registration – and no other company can support your visa. If you're not sure which organisation invited you, the simplest option is to spend a night at one of the major hotels, which will register your visa for you at the front desk. There may be a fee involved, but usually the cost of the room will suffice.

Extending a visa that's not registered can be impossible, and getting out of the country with an unregistered visa could be a very expensive proposition.

## WOMEN TRAVELLERS

Although sexual harassment on the streets is rare, it is common in the workplace, in the home and in personal relations. Discrimination and domestic violence are hard facts of life for many Russian women. Some estimate that as many as 12,000 to 16,000 women throughout Russia die at the hands of their partners every year. Alcoholism and unemployment are related problems.

Activists ridicule as hypocritical the 8th of March Women's Day celebrations in Russia (see p10) while such problems con-

tinue. Others say it is the one day in the year that men have to be nice to their mates.

Foreign women are likely to receive some attention, mostly in the form of genuine, friendly interest. An interested stranger may approach you out of the blue and ask: *'Mozhno poznokomitsa?'* (May we become acquainted?). The easiest answer is a gentle, but firm, *'Nyet'*. The conversation usually goes no further, although drunken men may be more persistent. The best way to lose an unwelcome suitor is to enter an upmarket hotel or restaurant, where ample security will come to your aid. Women should avoid taking private taxis alone at night.

Russian women dress up and wear lots of make-up on nights out. If you are wearing casual gear, you might feel uncomfortable in an upmarket restaurant, club or theatre.

The following websites provide useful information about women's organisations in Moscow:

[www.members.tripod.com/IWC\\_Moscow](http://www.members.tripod.com/IWC_Moscow) The International Women's Club is an active group of expat women. They are involved in organising social and charity events.

[www.womnet.ru](http://www.womnet.ru) The Women Information Network (WIN) site, in Russian only, is updated regularly. It has news items, local events, book reviews and information on grants for women's organisations.

[www.womnet.ru/db/english/english.html](http://www.womnet.ru/db/english/english.html) WIN also has this extensive database of women's organisations throughout Russia. Search by name, location or area of interest.

## WORK

Working in Russia can be an exciting, rewarding, enlightening, frustrating insanity-inducing experience. The opportunities for employment have lessened since Russia's economic crash of August 1998, but there are still loads of Westerners employed by multinational and local companies.

If you are interested in working in Russia, Jonathan Packer's book *Live & Work in Russia and Eastern Europe* is a good reference. English-language publications such as the *Moscow Times* also have job listings.

The following groups can provide a wealth of information and important contacts for doing business in Moscow:

American Chamber of Commerce (☎ 961 2141; [www.amcham.ru](http://www.amcham.ru))

European Business Club (☎ 721 1760; [www.abc.ru](http://www.abc.ru))

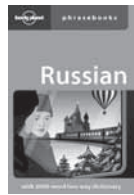
Russian-British Chamber of Commerce (☎ 961 2160; [www.rbcc.co.uk](http://www.rbcc.co.uk)).

# Language ■

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# Language

It's true – anyone can speak another language. Don't worry if you haven't studied languages before or that you studied a language at school for years and can't remember any of it. It doesn't even matter if you failed English grammar. After all, that's never affected your ability to speak English! And this is the key to picking up a language in another country. You just need to start speaking.



Learn a few key phrases before you go. Write them on pieces of paper and stick them on the fridge, by the bed or even on the computer – anywhere that you'll see them often.

You'll find that locals appreciate travellers trying their language, no matter how muddled you may think you sound. So don't just stand there, say something! If you want to learn more Russian than we've included here, pick up a copy of Lonely Planet's comprehensive but user-friendly *Russian Phrasebook*.

It's relatively easy to find English speakers in Moscow, but your travels will be far more interesting if you at least take the time to learn a few basic words and phrases, and the Cyrillic alphabet – so that you can at least read maps and street signs.

## THE CYRILLIC ALPHABET

Russian uses the Cyrillic alphabet, which is not as tricky as it looks. It's well worth the effort to familiarise yourself with it.

The list below shows the letters used in the Russian Cyrillic alphabet with the Roman-letter equivalents that have been used for the transliterations in this book. In some instances, direct letter-for-letter transliterations have not been used if this would render inaccurate pronunciation. If you follow the pronunciation guides included with the words and phrases below, you should have no trouble making yourself understood.

### Cyrillic Roman Pronunciation

А а	a	as in 'father' when stressed; as in 'ago' when unstressed
Б б	b	as in 'but'
В в	v	as in 'van'
Г г	g	as in 'go'
Д д	d	as in 'dog'
Е е	ye	as in 'yet' when stressed; as in 'yeast' when unstressed
Ё ё	yo	as in 'yore'
Ж ж	zh	as the 's' in 'measure'

З з	z	as in 'zoo'
И и	i	as in 'police'
Й й	y	as in 'boy'
К к	k	as in 'kind'
Л л	l	as in 'lamp'
М м	m	as in 'mad'
Н н	n	as in 'net'
О о	o/a	as in 'more' when stressed; as the 'a' in 'ago' when unstressed

П п	p	as in 'pig'
Р р	r	as in 'rub', but rolled
С с	s	as in 'sing'
Т т	t	as in 'ten'
У у	u	as in 'rule'
Ф ф	f	as in 'fan'
Х х	kh	as the 'ch' in 'Bach'
Ц ц	ts	as in 'bits'
Ч ч	ch	as in 'chin'
Ш ш	sh	as in 'shop'
Щ щ	shch	as 'fresh chips'
Ъ ъ		'hard' sign (rarely used)
Ы ы	i	as the 'i' in 'ill'
Ь ь	-	like a faint 'y' sound
Э э	e	as in 'end'
Ю ю	yu	as in 'Yukon'
Я я	ya	as in 'yard'

## PRONUNCIATION

The sounds of the Russian letters a, o, e and я are 'weaker' when the stress in the word doesn't fall on them, eg in вода (*voda*, water) the stress falls on the second syllable, so it's pronounced 'va-da', with the unstressed pronunciation for o and the

stressed pronunciation for a. Russians usually print the letter ë without the dots, a source of confusion in pronunciation.

The 'voiced' consonants б, в, г, д, ж and з are not voiced at the end of words or before voiceless consonants. For example, хлеб (bread) is not pronounced 'khlyeb', as written, but 'khlyep'. The letter р in the common adjective endings -ero and -oro is pronounced 'v'.

## SOCIAL Meeting People

Hello.  
zdrastvuyte  
Здравствуйте.  
Hi.  
privyet  
Привет.  
Goodbye.  
da svidaniya  
До свидания.  
Please.  
pazhalsta  
Пожалуйста.  
Thank you (very much).  
(bal'shoye) spasiba  
(Большое) спасибо.  
You're welcome. (ie don't mention it)

nye za shta  
Не за что.  
Yes/No.  
da/nyet  
Да/Нет.  
Do you speak English?  
vi gavarite pa angliyski?  
Вы говорите по-английски?  
Does anyone here speak English?  
kto-nibud' gavarit pa-angliyski?  
Кто-нибудь говорит по-английски?  
Do you understand?  
vi panimayete?  
Вы понимаете?  
I (don't) understand.  
ya (nye) panimayu  
Я (не) понимаю.  
Please repeat that.  
pafarite pazhalsta  
Повторите, пожалуйста.  
Please speak more slowly.  
gavarite pa-medleneye pazhalsta  
Говорите помедленнее, пожалуйста.  
Please write it down.  
zapishyte pazhalsta  
Запишите, пожалуйста.

## Going Out

What's on ...?  
Shto praiskhodit interyesnava ...?  
Что происходит интересного ...?  
locally  
pablzasti  
this weekend  
na etikh  
vikhadnikh  
today  
syevodnya  
tonight  
vyecheram  
поблизости  
на этих выходных  
сегодня  
сегодня  
вечером

Where are the ...?  
gdye nakhodyatsya ...?  
Где находятся ...?  
clubs  
klubi, diskoteki  
gay venues  
gey klubi  
places to eat  
kafe ili restarani  
pubs  
bari  
клубы, дискотеки  
гей клубы  
кафе или рестораны  
бары (or irlandskii bari for 'Irish pubs')

Is there a local entertainment guide?  
yes! abzor myest kuda paiti v gazete?  
Есть обзор мест куда пойти в газете?

## PRACTICAL Question Words

Who?	kto?	Кто?
What?	shto?	Что?
When?	kagda?	Когда?
Where?	gdye?	Где?
How?	kak?	Как?

## Numbers & Amounts

0	nol'	ноль
1	adin	один
2	dva	два
3	tri	три
4	chitiri	четыре
5	pyat'	пять
6	shest'	шесть
7	sem'	семь
8	vosem'	восемь
9	devyat'	девять
10	desyat'	десять
11	adinatsat'	одиннадцать
12	dvenatsat'	двенадцать
13	trinatsat'	тринадцать
14	chetirnatsat'	четырнадцать

15	<b>petnatsat'</b>	пятнадцать
16	<b>shesnatsat'</b>	шестнадцать
17	<b>semnatsat'</b>	семнадцать
18	<b>vosemnatsat'</b>	восемнадцать
19	<b>devitnatsat'</b>	девятнадцать
20	<b>dvatsat'</b>	двадцать
21	<b>dvatsat' adin</b>	двадцать один
22	<b>dvatsat' dva</b>	двадцать два
30	<b>tritsat'</b>	тридцать
40	<b>sorak</b>	сорок
50	<b>pedesyat</b>	пятьдесят
60	<b>shesdesyat</b>	шестьдесят
70	<b>semdesyat</b>	семьдесят
80	<b>vosemdesyat</b>	восемьдесят
90	<b>devenosta</b>	девяносто
100	<b>sto</b>	сто
1000	<b>tisyacha</b>	тысяча
2000	<b>dve tisachi</b>	две тысячи

## Days

Monday	<b>panidel'nik</b>	понедельник
Tuesday	<b>ftornik</b>	вторник
Wednesday	<b>srida</b>	среда
Thursday	<b>chetverk</b>	четверг
Friday	<b>pyatnitsa</b>	пятница
Saturday	<b>subota</b>	суббота
Sunday	<b>vaskrisen'e</b>	воскресенье

## Banking

I'd like to ...	<b>mne nuzhna ...</b>
Мне нужно ...	cash a cheque <b>abnalichit' chek</b> обналичить чек change money <b>abmenyat' den'gi</b> обменять деньги change some travellers cheques <b>abmenyat' darozhniye cheki</b> обменять дорожные чеки

Where's the nearest ...?	<b>gde blizhayshiy ...?</b>
Где ближайший ...?	automatic teller machine (ATM) <b>bankamat</b> банкомат foreign exchange office <b>abmenni punkt</b> обменный пункт

## Post

Where is the post office?	<b>gde pochta?</b>
Где почта?	

I want to send a ...	<b>khachu paslat'</b>
Хочу послать ...	fax <b>faks</b> факс parcel <b>pasilku</b> посылку small parcel <b>banderol'</b> бандероль postcard <b>atkritku</b> открытку

I want to buy ...	<b>khachu kupit' ...</b>
Хочу купить ...	an envelope <b>kanvert</b> конверт a stamp <b>marku</b> марку

## Phones & Mobiles

I want to buy a phone card.	<b>ya khachu kupit' telefonnyu kartachku</b>
Я хочу купить телефонную карточку.	

I want to make a call (to ...)	<b>ya khachu pazvanit' (v ...)</b>
Я хочу позвонить (в ...)	Europe/America/Australia <b>yevropu/ameriku/avstraliyu</b> европу/америку/австралию

Where can I find a/an ...?	<b>gde ya mogu naiti ...?</b>
Где я могу найти ...?	I'd like a/an ... <b>mnye nuzhen ...</b> Мне нужен ... adaptor plug <b>perychadnik dlya razetki</b> переходник для розетки charger for my phone <b>zaryadnaye ustroistva dlya telefona</b> зарядное устройство для телефона mobile/cell phone for hire <b>mabil'ni telefon</b> мобильный телефон напрокат SIM card for your network <b>sim-karta dlya mestnoi seti</b> сим-карта для местной сети

## Internet

Where's the local Internet café?	<b>gde zdyes' internet kafe?</b>
Где здесь интернет кафе?	

I want to ...	<b>ya khachu ...</b>
Я хочу ...	check my email <b>praverit moi imeil</b> проверить мой имэйл get online <b>padsayedinita k internetu</b> подсоединиться к интернету

## Transport

What time does the ... leave?	<b>f katoram chasu pribivaet ...?</b>
В котором часу прибывает ...?	What time does the ... arrive?
What time does the ... arrive?	<b>f katoram chasu atpravlyaetsa ...?</b>
В котором часу отправляется ...?	

bus	<b>aftobus</b>	автобус
fixed-route	<b>marshrutnaye</b>	маршрутное
minibus	<b>taksi</b>	такси
train	<b>poyezt</b>	поезд
tram	<b>tramvay</b>	трамвай
trolleybus	<b>tralleybus</b>	троллейбус

When is the ... bus?	<b>kagda budet ... aftobus?</b>
Когда будет ... автобус?	first <b>pervi</b> первый last <b>pasledniy</b> последний next <b>sleduyushchiy</b> следующий

Are you free? (taxi)	<b>svaboden?</b>
Свободен?	Please put the meter on. <b>vklyuchite pazhalsta schetchik</b> Включите пожалуйста счетчик. How much is it to ...? <b>skol'ka stoit daekhat' do ...?</b> Сколько стоит доехать до ...? Please take me to ... <b>atvezite menya pazhalsta v ...</b> Отвезите меня, пожалуйста в ...

## FOOD

breakfast	<b>zaftrak</b>	завтрак
lunch	<b>abed</b>	обед
dinner	<b>uzhyn</b>	ужин
snack	<b>peryekusit'</b>	перекусить
eat	<b>est'/s'yest'</b>	есть/съесть
drink	<b>pit'/vipit'</b>	пить/выпить

Can you recommend a ...	<b>nye mogli bi vi parekamendavat' ...</b>
Не могли бы вы порекомендовать ...	

bar/pub	<b>bar/pivnyuyu</b>	бар/пивную
café	<b>kafe</b>	кафе
restaurant	<b>restaran</b>	ресторан

Is service/cover charge included in the bill?  
**absluzhivanye vklucheno v schet?**  
Обслуживание включено в счет?

For more detailed information on food and dining out, see pp13–16 and pp119–38.

## EMERGENCIES

Help!	<b>na pomashch'!/pamagite!</b>
На помощь!/Помогите!	I'm lost. <b>ya zabludilsya/zabludilas' (m/f)</b> Я заблудился/заблудилась. I'm sick. <b>ya bolen/bal'na (m/f)</b> Я болен/больна. Where's the police station? <b>gde militsiya?</b> Где милиция?
Call ...!	<b>pazvanite ...!</b>
Позвоните ...!	the police <b>v militsiyu</b> в милицию a doctor <b>doktoru</b> доктору an ambulance <b>v skoruyu pomoshch'</b> в скорую помощь

## HEALTH

Where's the nearest ...?	<b>gde blizhaishaya ...?</b>
Где ближайшая ...?	chemist (night) <b>apteka (dezhurnaya)</b> аптека (дежурная) dentist <b>zubnoy vrach</b> зубной врач doctor <b>vrach</b> врач hospital <b>bal'nitsa</b> больница

I need a doctor (who speaks English).  
**mne nuzhen vrach (anglagavaryaschii)**  
Мне нужен врач (англоговорящий).

I have (a) ...	У меня ...	headache	
<b>u menya ...</b>		<b>galavnaya bol'</b>	головная боль
diarrhoea		pain	
<b>panos</b>	понос	<b>bol'</b>	боль
fever		stomachache	
<b>temperatura</b>	температура	<b>balit zheludak</b>	болит желудок

## GLOSSARY

<b>avtovokzal</b> – bus terminal	<b>passazhirskiy poezd</b> – slow, intercity passenger train
<b>bankamat</b> – ATM	<b>pelmeni</b> – dumplings filled with meat or vegetables
<b>banya</b> – Russian bathhouse, similar to a sauna	<b>perekhod</b> – cross walk, often underground
<b>bilet</b> – ticket	<b>pereriv</b> – break period, often in the middle of the day, when stores close
<b>bliny</b> – crepes	<b>perestroika</b> – literally 'restructuring'; refers to Gorbachev's economic reforms of the 1980s
<b>borscht</b> – beetroot soup	<b>pirozhek</b> – deep-fried meat or vegetable turnover
<b>boyar</b> – high-ranking noble	<b>ploshchad</b> – square
<b>bufet</b> – snack bar	<b>platskartnyy</b> – 3rd class, general seating on an intercity train
<b>buterbrod</b> – open-faced sandwich	<b>prigorodny poezd</b> – slow, suburban train
<b>dacha</b> – country cottage or summer house	<b>proezd</b> – passage
<b>devushka</b> – young woman	<b>prospekt</b> – avenue
<b>duma</b> – parliament	<b>provodnitsa</b> – conductor
<b>elektrichka</b> – slow, suburban train	<b>rynok</b> – market
<b>firmenny poezd</b> – a fancy, fast train, often with a special name	<b>sad</b> – garden
<b>GAI (Gosudarstvennaya Avtomobilnaya Inspektsia)</b> – State Automobile Inspectorate	<b>samizdat</b> – underground publishing during the Soviet period
<b>glasnost</b> – literally 'openness'; used in reference to the free-expression aspect of the Gorbachev reforms	<b>samovar</b> – urn used to heat water for tea
<b>gostinitsa</b> – hotel	<b>shampanskoe</b> – Russian sparkling wine
<b>ikra</b> – caviar	<b>shapka</b> – fur hat
<b>kamera khраниeniya</b> – left-luggage	<b>shashlik</b> – meat kebab
<b>kasha</b> – porridge	<b>shosse</b> – highway
<b>kassa</b> – cash register or ticket office	<b>shtuka</b> – piece or item; often used as a unit of sale
<b>kefir</b> – yogurt-like sour milk	<b>skory poezd</b> – fast train
<b>khram</b> – cathedral	<b>spalny vagon (SV)</b> – sleeping car
<b>korpus</b> – building, often used in addresses	<b>stolovaya</b> – canteen or cafeteria
<b>kremlin</b> – fort, usually a town's foundation	<b>taksofon</b> – pay phone
<b>kupenyi</b> or <b>kupe</b> – 2nd class on a train; usually four-person couchettes	<b>tramvay</b> – tram which runs on tracks above ground, usually outside the city centre
<b>kvas</b> – mildly alcoholic fermented juice	<b>tsarina</b> – wife of the tsar
<b>luks</b> or <b>lyux</b> – luxury or 1st class; often refers to a sleeping car on a train or rooms in a hotel	<b>tserkov</b> – church
<b>maly</b> – small	<b>ulitsa</b> – street
<b>matryoshka</b> – painted wooden nesting doll	<b>uslovnye yedensitsy (y.e.)</b> – standard unit; used to quote prices in upmarket restaurants and hotels
<b>mesto</b> – place, as in seat on a train	<b>vagon</b> – train carriage
<b>most</b> – bridge	<b>val</b> – rampart
<b>muzey</b> – museum	<b>vokzal</b> – train station
<b>naberezhnaya</b> – embankment	<b>zakuski</b> – appetisers
	<b>zheton</b> – metal token; used for some older pay phones or left-luggage lockers

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