

Foundation «Интеркультура»  
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# SAFETY TIPS FOR PARTICIPANTS TO RUSSIA





# Introduction

## General advice by AFS International

A primary objective of experimental learning programs such as those offered by AFS is to help the participant learn through observation, question, dialogue, discussion and experience. From experience, AFS staff and volunteers understand that the opportunity to learn is great, but it is not necessarily easy. AFS participants encounter complex situations along the way and there is a potential for confusion, fear and misunderstanding. If students are left to their own devices, the consequences could be very distressing. For these reasons, with the help of host families, local community, AFS contacts and school personnel, AFS has devised the system of “Program Support” for all participants providing a wide range of supportive activities and services. The purpose is to provide a “Safety Net”, a consistently supportive environment in which AFS participants can ask questions, obtain advice and help.

AFS cannot supply all the possible answers but through our support systems, we can help to guide you towards asking appropriate questions.

**It is not possible to try to anticipate all possible situations pertaining to individual safety concerns. Many of these issues are specific to individual countries or parts of a single country. In general, AFS recommends talking with the host family, AFS local committee members and staff from the host school soon after you arrive into the host family home about any of the information in this guidebook and any question you may have about specific personal issues.**

AFS suggests that you ask you host family about specific situations about which you are concerned or worried, recognizing that most of the information about the host country is prevalent in movies and in media publications, and that it may not be accurate for the country or the specific area in which the family lives. Within this context, what follows are some topics and general suggestions. **Read the following tips carefully.**

## Personal safety concerns

Welcome to Russia. We are sure that you are going to have a wonderful year and learn a lot about Russia and about yourself. In your own culture, you have been learning since birth to understand what is the best way to behave in most situations. Now you are in a new culture and you may not be aware of all the “clues” as to what is proper and acceptable.

As the way of living differs in each community and family, it is impossible to tell you how to behave in every particular situation you may face. How you should behave depends on all the circumstances in each case. It is important to remember that just as parents cannot totally protect their children from all harms, neither can AFS guarantee total safety, nor can AFS provide a manual with advice for every possible situation that you may encounter.

We all have an inner set of rules that guides our actions. One way for you to be prepared for any problems is to **carry AFS ID card at all times**. You should also carry **host family's home and work telephone numbers, and the numbers of your local AFS volunteers and the AFS national office**.

As Russia has different communities, AFS recommends talking with the host family, AFS volunteers and staff after you arrive into your host family's home about any of the information in this booklet and any questions you may have about specific personal issues.

## Inside the home

Your host family will probably not know what you are concerned or worried about. So do not hesitate and ask them questions about safety in particular situations: Can I go out alone at night? Are there parts I should not go to? etc.

AFS encourages you to ask the family about how they secure their home, for example.

### General safety questions

- What should I do if an emergency occurs? Whom should I call?
- Where do you keep the emergency telephone numbers?
- Do you have first aid equipment? Where is it?
- Do you have a fire extinguisher? Where is it?
- How do you secure the house?
- Are there any appliances or mechanical things in the home that might cause problems and of which you should be aware? (Gas stove, furnace, etc.)
- Do you lock your doors and windows? When do you do that?
- Am I going to have a house key? If I misplace the key or arrive home unexpectedly to a locked house, where should I go?
- What do you advise me about answering the door when I am alone at home?
- If there is a problem while I am alone at home, whom should I contact?

Normally the house door is locked. If a stranger comes while you are alone at home, it is recommended not to open the door. If it is a sales person or water/gas/electricity meter man, ask them to come later, when your host parents are at home.

## Answering the telephone

If you feel uncertain about answering the phone calls especially because you have to answer in a foreign language, ask your family: How do I have to respond when answering the phone? What information should I give? What information should I not give? It is recommended not to give any information to any stranger on the phone. Say that you do not understand Russian.

## Electricity

In Russia the voltage is 220V. As the voltage is high and dangerous in cases of electric shock, you should especially watch out not to use electrical appliances when close to water. Some people use gas for cooking and you should be **very careful** when using such appliances (Don't leave them on when you are not at home or when you go to sleep, etc....). This also goes for candle lights. Never leave a room with candles lit.

## Outside the home

Students should always ask the host family about the local security habits and any situations in which they feel uncertain or frightened. When you go on an outing with friends you should always tell your host parents:

- where you are going
- who you are going with
- what time you will return
- how you are getting there and back
- leave the the phone number of the home you will be visiting.

Leave a phone number when possible. You must return home at the stated time.

We have to **carry COPIES of your passport, visa and registration card as well as you AFS identification card** (which will be given to you as soon as you arrive) with you when you outside. Keep your passport at home, you will have to take the original documents only when you travel.

Your host family knows more about the local community than you do and is prepared to give you advice about places you'd better avoid and how best to get around. In addition to these basic guidelines, you should take their advice seriously and follow their recommendations:

- Is it safe to walk around this neighbourhood after dark?
- How can I keep myself safe when alone, especially at night?
- Is it safe to use public toilet facilities?
- Are there areas in the community or city where it is not safe for young people to be? at night? during the daytime?
- What should I do if I get lost or separated from my friends? Whom should I ask for help? How do I use the public telephones?
- Is it safe to carry money with me? If so, are there any precautions I should take about how much or in what way I carry it?
- What should I do if approached by someone in a mall or shopping centre? How should I reply in a firm manner without hurting someone I don't know or causing a bad reaction?

In general, you should try to avoid being alone in train stations late at night, try to walk in streets that are well-lit with other people around.

Avoid drunk people. Never accept rides from strangers. This goes not only for girls, but also for boys, too. It is advisable not to carry more money with you than you intend to spend that day. Be cautious when taking money out of a wallet. Watch your other valuable items while you are in a crowded place (public transportation, market, etc.)

## Public transportation

The public transportation in Russia normally works pretty well. In Russia traffic keeps to the right, remember that when you cross the street or ride the bicycle.

Russia's railway and bus systems include routes from Moscow (the capital) to all other major towns in the country. And there are railway and bus connections with all the neighbouring countries. In Moscow and other bigger cities/towns the major means of public transportation are buses, trolleybuses and trams and metro. They are considered safe to be used at any time, but you should be careful at rush hour, because it's very easy for pickpockets to operate in crowds. Mini route buses called *marshrutka* are very popular as they are fast and make stops on your request. Regular taxi services are usually found in cities and towns, airports and main train stations, and are comfortable but quite expensive.

### REMEMBER AFS RULES!

- **AFS PARTICIPANTS ARE NOT ALLOWED TO DRIVE CARS UNDER ANY CIRCUMSTANCES.**
- **HITCH-HIKING IS STRICTLY FORBIDDEN.**
- **PARTICIPANTS EITHER DRIVING OR HITCH-HIKING WILL BE DISMISSED FROM THE PROGRAMME AND MUST RETURN HOME IMMEDIATELY.**

We remind you that Independent trips for AFSers in Russia are strictly forbidden. AFS students **can travel ONLY with a host-family, a host-school or with AFS during weekends, school vacations and national holidays.** Any trip must be AFS approved and organized strictly according to the AFS procedure.

### In school

Host parents and the school contact will help you feel comfortable in the school setting and inform you about the school social culture. **Avoid taking a lot of money or expensive items to school.** You may find that some students in your school smoke or drink alcohol at school parties. **But you should be careful that you do not compromise your own set of values.** Be aware of students in school who are involved in illegal activities such as drugs. Avoid students who are violent. If you feel threatened in any way, go to your AFS school contact. Beware of occasional thefts. **Don't leave your wallet, money or other valuable items unobserved.** The best thing is not to take things of great value such as jewellery to school at all. **Smoking and drinking alcohol is forbidden at school.**

### Uncomfortable social situations

Uncomfortable social situations can occur in any society. In a culture that is new to you, such a situation can seem even more confusing than in your home society.

In any situation that you may encounter during your stay in Russia, it is important to keep in mind that you should not compromise your personal moral values or do anything that makes you feel uncomfortable while you are here on the AFS program. While it is important for an exchange student to be open-minded, adventuresome, and accepting of the host culture, this does not mean you should ignore everything you have learned in your home culture. It is always a good idea to observe the behavior of those around you then follow what your inner voice tells you about what you have learned concerning what is right and what is wrong.

## Illegal drugs, alcohol, law

AFS students may find themselves in situations where students are drinking or using drugs. **If a participant uses drugs while in Russia, he/she may be sent home immediately. Similarly, strong abuse of alcoholic beverages could be cause for dismissal from the program.** Consumption of alcohol might be common among most teenagers. So, it is quite possible that you find people less than 18 drinking and it is might be acceptable in some families. **DO NOT TRY ALCOHOL AS YOU MIGHT BE SENT HOME IMMEDIATELY!** Keep in mind that you should not do anything you don't want to. Don't follow bad habits! Reject the offered alcohol!

Normally your host parents would like to meet your friends and to know with whom you spend your free time. If you are invited to go to a party or other event such as a concert or soccer game and are not sure whether it is safe to go, AFS recommends that you find out a little about the party or event, where is it being held and who will be there. Usually your host siblings, parents, friends or teachers at school can give information about the event and the people expected to attend. **Some host parents may also "forbid" students to attend certain kinds of parties. Students should respect the parents' advice, even if their friends may be going.**

AFS students are subject to the laws of their hosting country. Neither AFS nor the national government of the students' home country has the ability to protect the student from punishment with respect to drug use, theft and other legal offences. It is illegal in Russia for civilians to carry weapons. Only authorized people (having license) like policemen, security people are allowed to carry it. You should be careful though because there are some people that own illegal weapons.

## Sexual harassment

Cultures differ in their views of appropriate sexual behaviour and practices of young people. Often clarification of attitudes may be necessary. The advice of people you have come to know and trust is very valuable. Knowledge about the people you socialize with is important, and this is acquired best through increasing knowledge of the culture. Equally important are your own values and beliefs regarding your behaviour. In societies where some young people are sexually active, there are also many who are not. As "rules" and "practices" differ from one country to another, you may be unsure in some situations if you are being sexually harassed or if a particular person's behaviour would be considered normally friendly. An important source is your own instinct. **Never feel that you have to do something you don't want to do.** If something doesn't feel right, that probably means it isn't! **Also often your host siblings/parents, friends and AFS contact will be able to advice you about normal behaviour of people you do not know.**

Sexual harassment is likely to happen in any country. Females especially are subject to harassment. For example if guys whistle after a female student, she should avoid contact with them by not looking at them. If a car pulls up beside you, do not get in. If you realize that someone is following you, try to go to a public place (a shop, a restaurant) and ask someone for help. In the event of an assault, the student should contact the host family, the AFS contact and the local police. Try to be as open as possible with these people, for they are there to help you. Stand firm when you decide not to participate in an unpleasant or uncomfortable situation. Only you know what is best for you.

## Emergencies

While one can never anticipate an emergency, one of the best ways to deal with emergency situations is to be prepared. AFS students are advised to show respect and cooperation with authorities, even though they may be innocent of any crime and may think they are being unfairly treated. In such situations, you may not understand what is being said by the authority figure. Tell them that you are an exchange student. Always carry the AFS ID card, the copy of your passport and your residence permit (registration card) for stay in Russia. This is important not only in the event of being questioned by authorities, but also in the unfortunate event of a personal accident.

**In the event of a personal emergency, please, call one of the following:**

- 1. Host family**
- 2. AFS local volunteer or staff member contact**
- 3. AFS National Office +7 (495) 987-32-75**
- 4. AFS Emergency Phone +7 915-372-64-18**

### **EMERGENCY TELEPHONE NUMBERS:**

<b>SOS</b>	<b>112</b>
<b>Fire</b>	<b>01</b>
<b>Police</b>	<b>02</b>
<b>Ambulance</b>	<b>03</b>
<b>Gas leakage</b>	<b>04</b>

In case of a national emergency the student should follow the advice of the government or the local authorities. The national AFS office will immediately contact the students in order to provide necessary help.

## Conclusion

**The best general advice AFS can recommend regarding issues of personal safety are:**

- Get to know the host culture well through questions, dialogue and discussion with your host family, your friends, and the AFS local contacts.
- Take seriously any concerns that your host family and school have expressed and follow their advice.
- As stated in the participation document you sign prior to leaving home, the national AFS office will make recommendations and give guidelines for physical welfare and security. Take this advice seriously and comply with these guidelines.

## Appendix: Student and Family Questionnaire

After Arrival	Your notes	Сразу после прибытия
<p>1) What should I call you: Mom and Dad? Or by your first names?</p> <p>2) Could you write down your address for me as well as the most important telephone numbers (mobile phones of the family members, work phone, home phone, ..)?</p> <p>3) Do I get my own key? Which doors should I lock up (once, twice, ..)?</p>		<p>1) Как я должен вас называть: мама/папа или по имени?</p> <p>2) Напишите, пожалуйста, мне домашний адрес и наиболее важные телефоны (номера сотовых телефонов членов семьи, домашний телефон, рабочий телефон...)</p> <p>3) У меня будет ключ от дома? Какие двери и как закрывать (на один оборот, на два...?)</p>
My room		Моя комната
<p>1) In which room will I sleep? Do I share this room with siblings or do I have my own room?</p> <p>2) Where can I put my clothes, books, shoes, etc., where can I do my homework for school, listen to music etc. (Is the bedroom only used for sleeping or also frequented during the day?)</p> <p>3) May I personalize my room by moving furniture, putting up pictures, etc.?</p>		<p>1) В какой комнате я буду спать? Я буду делить комнату с принимающим братом/сестрой или у меня будет отдельная комната?</p> <p>2) Куда мне складывать одежду, книги? Куда ставить обувь? Где я могу делать уроки, слушать музыку? (Эта комната только для сна или я могу в ней находиться в течение дня?)</p> <p>3) Могу ли я в комнате переставить мебель, повесить на стену фотографии, постеры?</p>
Everyday life / Structure of the day		Повседневная жизнь
<p>1) At what time/s do family members usually get up on weekdays and weekends?</p> <p>2) When do I have to get up on weekdays? And on weekends? Do you</p>		<p>1) Во сколько обычно встают члены семьи в будние дни и на выходных?</p> <p>2) Во сколько я должен вставать в рабочие дни? На выходных? Меня будут будить или я сам ставлю себе будильник?</p>



<p>wake me up in the morning or do I have to set an alarm clock?</p> <p>3) What time do you expect me to go to bed on school days/weekends?</p> <p>4) Is there a scheduled time in the morning when I may use the bathroom, for breakfast, etc.?</p> <p>5) How can I reach school? How do I come back home?</p> <p>6) Which kinds of transportation can I use to meet friends?</p> <p>7) At what time/s may/should I watch TV, listen to music, do my homework, take a shower etc.? Do you have set times for this or is it ok to do whatever one chooses as long as he/she does not disturb others?</p>		<p>3) Во сколько я должен ложиться спать в рабочие дни / на выходных? 4) Есть ли порядок пользования ванной по утрам? Когда я могу пользоваться ванной? Во сколько завтрак?</p> <p>4) Есть ли порядок пользования ванной по утрам? Когда я могу пользоваться ванной? Во сколько завтрак?</p> <p>5) Как добираться до школы? Как добираться из школы домой?</p> <p>6) Каким транспортом пользоваться, если я хочу встретиться с друзьями?</p> <p>7) Когда я могу смотреть телевизор, слушать музыку, делать уроки, принимать душ...? Есть ли для этого определенное время или каждый делает это, когда ему удобно, не причиняя беспокойства членам семьи.</p>
<b>In the bathroom</b>		<b>Ванная</b>
<p>1) Where should I leave my bathroom toiletries?</p> <p>2) Will I share shampoo, toothpaste, soap, etc. or should I buy my own?</p> <p>3) Are some items considered personal property like hairbrushes, etc.?</p> <p>4) What else should I pay attention to when in the bathroom? (wipe or clean everything when finished, open windows,</p>		<p>1) Где я могу оставлять мои туалетные принадлежности?</p> <p>2) Я буду пользоваться общими туалетными принадлежностями: шампунем, зубной пастой, мылом.... Или я должен покупать сам?</p> <p>3) Есть ли в ванне какие-нибудь личные вещи, например, расчески, крем..., которые я не должен брать?</p>

<p>fan, lights, heater off/on etc....)</p> <p>5) Should I leave the bathroom door open or closed?</p> <p>6) May I shower more often than once a day? How long may I take a shower? When may I take a shower or bath?</p> <p>7) How do the shower, heater and toilet work?</p> <p>8) Is there a rubbish bin for sanitary napkins etc.? Where should I throw toilet paper?</p>		<p>4) На что еще мне надо обратить внимание в ванне? (вытереть тряпкой воду, помыть ванну, открыть окно, включить/выключить вытяжку, свет, обогреватель/батарею...)</p> <p>5) После ванны я должен оставлять дверь открытой или закрытой?</p> <p>6) Могу ли я принимать душ больше, чем один раз в день? Как долго я могу принимать душ? Когда я могу принимать душ или ванну?</p> <p>7) Как работает душ, (водо)нагреватель, туалет?</p> <p>8) Куда выбрасывать гигиенические салфетки / прокладки / туалетную бумагу?</p>
Meals		Еда
<p>1) Which meals do we eat together: breakfast, lunch, dinner? At which time do I have to be at home for meals? At which times do meals start?</p> <p>2) May I help myself to food in the refrigerator between meals? Is there anything I'm not allowed to eat?</p> <p>3) May I take food outside the kitchen? If so, to which rooms?</p> <p>4) May I use the microwave or the stove?</p> <p>5) Are there fixed seats for every family member at the table? If so, where may I</p>		<p>1) Какой из приемов пищи проходит в кругу семьи? Во сколько я должен быть дома на обед/ужин? Когда время завтрака, обеда, ужина?</p> <p>2) Могу я сам брать еду в холодильнике в промежутках между завтраком-обедом-ужином? Есть ли в холодильнике что-то, что я не могу брать?</p> <p>3) Могу я есть в другой комнате (не в кухне)? В какой?</p> <p>4) Могу ли я пользоваться микроволновкой, плитой?</p> <p>5) Есть ли у членов семьи <b>свое</b> место за столом? Если «да», то где могу сидеть я?</p>

<p>sit?</p> <p>6) If I have school in the afternoon, does the school have a cafeteria or do I make and take my own lunch?</p>		<p>6) Чтобы кушать в школе, должен ли я покупать еду в школьной столовой или я могу брать еду с собой из дома?</p>
<b>Money, communications</b>		<b>Деньги, средства связи</b>
<p>1) May I use the phone/internet? How long may I use the compute or the internet? At what times shall I best use the internet?</p> <p>2) What are the rules for making long-distance calls? Should I ask first? What about payment? (Which is the cheapest possibility for long-distance calls?)</p> <p>3) Until what time may I receive calls?</p> <p>4) What types of articles and activities will I be expected to pay for and which will you buy (e.g. hair care, school needs, clothing, entertainment, movies, excursions, etc.) Who pays for the cinema, excursions.... ?</p>		<p>1) Могу ли я пользоваться телефоном /интернетом? Как долго я могу пользоваться компьютером/интернетом? В какое время я могу пользоваться интернетом?</p> <p>2) Как звонить по междугороднему /международному телефону? Должен ли вначале спросить? Как оплачивать такие звонки? (Как дешевле звонить?)</p> <p>3) До которого часа вечером мне могут звонить?</p> <p>4) Что должен покупать я, а что семья? (туалетные принадлежности, школьные принадлежности, одежда)</p> <p>Кто платит за кино, экскурсии, развлечения.....?</p>
<b>House rules and habits</b>		<b>Домашние правила и привычки</b>
<p>1) What do you wear in the house? Do you eat breakfast in pyjamas? Is it normal to go shopping in sweatpants?</p> <p>2) Do you walk around the house barefoot? Do you leave your shoes on in the house?</p> <p>3) Which things am I not allowed to use?</p>		<p>1) В какой одежде вы ходите дома? Вы завтракаете в пижаме? Можно ли выйти в магазин в спортивных брюках?</p> <p>2) Вы ходите дома босиком? Вы снимаете уличную обувь, когда приходите домой?</p> <p>3) Что в доме мне нельзя трогать? (швейную машинку, пианино...)</p>

(sewing machine, piano....) 4) Do you have other house rules? 5) Do you have any special likes or dislikes? (e.g., chewing gum, playing loud music, punctuality, tidiness, smoking, leftovers, etc.) 6) Are there any areas of the home which I am not allowed to enter? E. g. parents' bedroom, cellar...		4) Есть ли еще какие-то семейные правила? 5) Есть ли какие-то особенности, что любят/ не любят члены семьи, о которых я должен знать? (например, не нравится, когда жуют жвачку, слушают громко музыку, приходят домой не вовремя, неряшливы /неопрятны, оставляют еду, курят.... ) 6) Есть ли в доме/квартире места, куда я не должен входить? Например, спальня родителей, подвал...?
<b>Safety Issues - At home</b>		<b>Вопросы безопасности в доме</b>
1) If home alone, how should I respond to someone who comes to the door? 2) How do you secure the home? Lock the doors and windows? How to switch on/turn off the alarm system? 3) When you go out, do you always lock the door with a key or only close it by pulling the door shut? 4) If home alone, what should I tell someone who calls on the phone? 5) Where do I find first aid stuff in the house? 6) What are the telephone numbers of related emergency services?		1) Если я нахожусь дома один, должен ли я открывать дверь, если кто-то придет? 2) Какие меры безопасности жилья? Закрывать дверь на ключ, закрывать окна? Как включать/выключать сигнализацию? 3) Когда я уйду из дома, я должен закрыть дверь на ключ или просто закрыть дверь? 4) Если я один дома, должен ли я отвечать на телефонные звонки? 5) Где в доме находится аптечка первой помощи? 6) Номера телефонов экстренной службы помощи.

Safety Issues - Outdoors		Вопросы безопасности вне дома
<p>1) Are there guidelines about where it is safe/unsafe to walk during the day, after dark?</p> <p>2) Is there anything I should know about the use of public transport? Schedule.</p>		<p>1) Есть ли какие-нибудь правила о том, где небезопасно ходить днем/вечером?</p> <p>2) Есть какие-нибудь правила пользования общественным транспортом? Расписание маршрутов.</p>
Chores		Обязанности
<p>1) Are there any chores you expect me to do or share with my siblings (i.e., take out the garbage, clear the table, do the dishes, make my bed, keep the room clean, leave the bathroom clean, care about pets, take the dog for a walk, yard work, etc.)?</p> <p>2) What are my siblings doing?</p> <p>3) Where shall I keep my dirty clothes until washing? When are clothes washed?</p> <p>4) Does everybody wash his/her own laundry? Who hangs up the clothes? Who does the ironing? What shall I do on my own? (How does the washing machine work?)</p>		<p>1) Есть ли какие-нибудь домашние обязанности, которые я должен буду выполнять сам или вместе с принимающими сестрами/братьями (выносить мусор, убирать со стола, убирать в своей комнате, убирать за собой в ванне, ухаживать за домашними животными, гулять с собакой, убирать во дворе...)</p> <p>2) Что делают по дому мои принимающие братья, сестры?</p> <p>3) Куда мне класть грязную одежду? Когда стирают белье?</p> <p>4) Каждый стирает свою одежду сам? Кто развешивает белье? Кто утюжит белье? Что из этого делаю я? (Как работает стиральная машина?)</p>
Sparetime		Свободное время
<p>1) May I go out with friends at night during the week or on weekends? At what time shall I return home? When do you expect me to ask for permission?</p>		<p>1) Могу ли я ходить с друзьями гулять по вечерам в рабочие дни или на выходных? Во сколько я должен быть дома? Когда я должен предупреждать вас об этом?</p>

<p>2) May I invite friends over? If so, when? In the afternoon, in the evening, on weekends...?</p> <p>3) Does your family share certain activities which I would also be expected to participate in? (i.e., family reunions, community activities, church community, sports, etc.)</p> <p>4) Do you attend religious services? If so, do you like me to attend? If so, how often? Could I attend religious services of my own faith?</p> <p>5) Which hobbies do the family members have? May I participate in any of them? Should I pay for it?</p>		<p>2) Могу ли я приглашать домой друзей? Если да, то когда? Днём, вечером, на выходных...?</p> <p>3) Есть ли какие-нибудь общие семейные традиции, увлечения, в которых я тоже должен буду принимать участие? (семейные праздники, общественные мероприятия, церковь, спорт...)</p> <p>4) Ходите ли вы в церковь? Должен ли я тоже ходить с вами в церковь? Если да, то как часто? Могу ли я ходить в церковь, где исповедуется мое вероисповедание?</p> <p>5) Какие увлечения есть у членов семьи? Могу ли участвовать в них тоже? Нужно ли за это платить?</p>
<b>Other questions</b>		<b>Другие вопросы</b>

These questions are mostly about every day family life, we hope they will be helpful at the beginning when you start adjusting to Russian daily routine.



# RUSSIAN ALPHABET

<b>А</b>	<b>A</b>	like in st-A-ff
<b>Б</b>	<b>B</b>	like in B-all
<b>В</b>	<b>V</b>	like in V-olleyball
<b>Г</b>	<b>G</b>	like in G-uide
<b>Д</b>	<b>D</b>	like in D-ear
<b>Е</b>	<b>E</b>	like in s-E-11
<b>Ё</b>	<b>YO</b>	like in YO-rk
<b>Ж</b>	<b>ZH</b>	like in plea-SUR-e
<b>З</b>	<b>Z</b>	like in Z-ero
<b>И</b>	<b>I</b>	like in d-EE-p
<b>Й</b>	<b>Y</b>	like in sta-Y
<b>К</b>	<b>K</b>	like in C-ry
<b>Л</b>	<b>L</b>	like in c-L-een
<b>М</b>	<b>M</b>	like in M-other
<b>Н</b>	<b>N</b>	like in N-othing
<b>О</b>	<b>O</b> <b>A</b>	like in O-ff (when is stressed) like in p-A-rt (when is not stressed)
<b>П</b>	<b>P</b>	like in P-ay
<b>Р</b>	<b>R</b>	like in R-est

<b>С</b>	<b>S</b>	like in S-orrow
<b>Т</b>	<b>T</b>	like in T-ea
<b>У</b>	<b>U</b>	like in c-OO-l
<b>Ф</b>	<b>F</b>	like in F-uture
<b>Х</b>	<b>H</b>	like in H-ome
<b>Ц</b>	<b>TS</b>	like in Swi-TZ-erland
<b>Ч</b>	<b>CH</b>	like in CH-ild
<b>Ш</b>	<b>SH</b>	like in SH-eriff
<b>Щ</b>	<b>SCH</b>	same pronunciation, but softer
<b>Ъ</b>	<b>--</b>	silent
<b>Ы</b>	<b>EI</b>	+/- like in w-EI-rd
<b>Ь</b>	<b>--</b>	silent
<b>Э</b>	<b>E^</b>	like in E-nergy
<b>Ю</b>	<b>YU</b>	like in st-U-pid
<b>Я</b>	<b>YA</b>	like in YA-rd



## KEYWORDS

(\_\_\_ - marks stressed syllables, ' - marks soft consonants)

- ❖ КАК ДЕЛА? -- HOW ARE YOU? -- (KAK D'ELA)
- ❖ ВСЕ В ПОРЯДКЕ! -- I AM FINE -- (VSYO V POR'ADKE)
- ❖ ПРИВЕТ -- HELLO -- (PRIV'ET)
- ❖ ПОКА -- BYE -- (PAKA)
- ❖ МЕНЯ ЗОВУТ -- MY NAME IS -- (MEN'A ZAVUT)
- ❖ Я НЕ ГОВОРЮ ПО-РУССКИ -- I DON'T SPEAK RUSSIAN -- (YA NE GAVAR'U PO-RUSSKI)
- ❖ Я ПЛОХО ГОВОРЮ ПО-РУССКИ -- I SPEAK RUSSIAN POORLY -- (YA PLOH GAVAR'U PO-RUSSKI)
- ❖ ЧУТЬ-ЧУТЬ - LITTLE BIT -- (CHUT'-CHUT')
- ❖ ПОЖАЛУЙСТА -- PLEASE -- (PAZHALUYSTA)
- ❖ ДАЙТЕ МНЕ ЭТО -- GIVE IT TO ME -- (DAYT'E MN'E E^ TO)
- ❖ СПАСИБО -- THANK YOU -- (SPASIBO)
- ❖ Я ГОВОРЮ ПО-АНГЛИЙСКИ -- I SPEAK ENGLISH -- (YA GAVAR'U PO-ANGLISKI)
- ❖ ВЫ ГОВОРИТЕ ПО-АНГЛИЙСКИ? -- DO YOU SPEAK ENGLISH -- (VEI GAVARITE PO-ANGLISKI)
- ❖ ГДЕ НАХОДИТСЯ...? -- WHERE IS...? -- (GD'E NAHODITSA...?)
- ❖ ЛАДНО -- OK -- (LADNO)
- ❖ ХОРОШО! -- GOOD! -- (HARASHO!)
- ❖ ОТЛИЧНО!! -- GREAT!! -- (ATLICHNO!!)
- ❖ СКОЛЬКО ЭТО СТОИТ? -- HOW MUCH DOES IT COST? -- (SKOL'KO E^ TO STOIT)
- ❖ Я ХОЧУ ЕСТЬ -- I AM HUNGRY -- (YA HACHU YEST')
- ❖ Я ХОЧУ ПИТЬ -- I AM THURSTY -- (YA HACHU PIT')
- ❖ Я НЕЗДОРОВ - I FEEL SICK -- (YA NEZDAROV)
- ❖ МНЕ ЖАРКО/ХОЛОДНО -- I AM HOT/COLD -- (MN'E ZHARKO/ HOLADNO)
- ❖ ГДЕ ТУАЛЕТ? -- WHERE IS THE TOILET? -- (GD'E TUAL'ET)
- ❖ ПРЯМО--STRAIGHT AHEAD -- (PR'AMO)
- ❖ НАПРАВО -- TO THE RIGHT -- (NAPRAVO)
- ❖ НАЛЕВО -- TO THE LEFT --- (NALEVO)
- ❖ НАЗАД -- BACK -- (NAZAT)
- ❖ КАК ПРОЙТИ ДО...? -- HOW DOES ONE GET TO...? ~ (KAK PROYTI DO)
- ❖ МОЙ ТЕЛЕФОН... -- MY TELEPHONE NUMBER IS... - (MOY TELEFON....)
- ❖ ОДИН -- ONE -- (ADIN)
- ❖ ДВА -- TWO -- (DVA)
- ❖ ТРИ -- THREE - (TRI)
- ❖ ЧЕТЫРЕ -- FOUR -- (CHETEIRI)
- ❖ ПЯТЬ -- FIVE -- (P'AT)
- ❖ ШЕСТЬ -- SIX -- (SHEST')
- ❖ СЕМЬ -- SEVEN -- (SEM')
- ❖ ВОСЕМЬ -- EIGHT -- (VOSEM')
- ❖ ДЕВЯТЬ -- NINE -- (DEV'AT')
- ❖ ДЕСЯТЬ -- TEN -- (DES'AT')