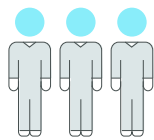


WELCOME TO RUSSIA!

GEOGRAPHY

Russia is the world's largest country. It spreads from the Pacific Ocean in the east to the Atlantic Ocean in the west.



Population: 146.8 mln people



Area: 17.1 mln sq. km (6.6 mln sq. miles)



Time zones: 11 time zones

HEALTH ISSUES

Should you need some pharmaceuticals while travelling in Russia, these are available in pharmacies. Many pharmacies in Russia are open 24/7. Please note: Russian brand names may be different from the ones you are used to. Please consult your guide before purchasing.

Pharmaceutical	Russian name
pain medications	Analgin, Ibuprofen, No-Spa
antifebrile agents	Paracetamol, Aspirin
gastroprokinetic agents	Mezym® forte, Motilium
allergy treatment	Claritin

MONEY



Russian Ruble (RUR) is the lawful currency of Russia. You may exchange currency in a bank, in a hotel or in the airport.



We recommend taking with you Euros or US Dollars as these are accepted by any currency exchange desk.

TRANSPORT



subway



bus



trolleybus



tramway



taxi



metrotram (Volgograd)



monorail (Moscow)



water taxi (Moscow, Saint Petersburg, Veliky Novgorod)



cruise ships (major rivers cruises)



cableway (Yalta, Nizhny Novgorod)



helicopter (Kamchatka Peninsula)

TIPPING

If you are happy with the service quality in a bar or restaurant, you can tip the waiter. Normally, the amount is 5% to 10% of your bill.

999 (mobile tolling);
09, 009 (fee-based)
Reference

112
Emergency

+7 495 956-72-00
British Consulate in Russia

WHAT TO DO IN RUSSIA?

- Visiting old towns of the Golden Ring (old Russian cities rich in Christianity historic sites, beautiful churches and cathedrals, Russian art of icon-painting)
- Getting a clue about the cities that are going to host 2018 FIFA World Cup (history, tourist sites, leisure pass-time, must-see sites, places to eat etc.)
- Visiting both the capital cities Moscow and Saint Petersburg
- Cultural sites (museums and art galleries, theaters and conservatoires)
- Natural sites (Curonian Spit, Karelia, the Urals, Altai, Caucasus, Kamchatka Peninsula, Lake Baikal, the Volga and the Yenisei rivers, Putorana Plateau as well as natural reserves of Lena Pillars, Mount Elbrus, Sakhalin, and Kamchatka)
- Learning more about major festivals, national customs and traditions (New Year, Easter, and Epiphany in different parts of the country)
- Alpine skiing (Sochi, Kirovsk, Caucasian mountains, the Urals, Altai, Sakhalin)
- Extreme sports (mountain climbing, rock climbing, paragliding, rafting, sailing, surfing, snowboarding and alpine skiing, and heli skiing)
- Arts & crafts (Dymkovo toys, Gzhel pottery, fitift, Dulyovo porcelain etc.)
- Tasting eco food during culinary journeys (GMO-free food made without any harmful fertilizers is the area of strength of the Russian agricultural sector)
- Shopping to suit any taste (gifts, fashionwear, beauty care, jewelry, home decoration etc.)