



MOSCOW INFORMATION GUIDE

1 Contents

1 Contents 1

1. Getting ready before you leave: 4

1. Time & Money 4

1.1. In which zone is Moscow Located? 4

1.2. What is the Russian Ruble exchange rate? 4

1.3. Where can I exchange currency? 4

1.4. Can I use the credit card in every shop? 5

1.5. Money transfers 5

1.6. What taxes are applied in Russia? Are refunds possible? 5

1.7. What’s the average size of tips in Russia? 5

2. Health Care and Insurance 5

2.1. Which kinds of health insurance exist in Russia? 6

2.2. What to consider when choosing a company and a policy? 6

2.3. Can I use my own insurance policy? 8

3. Clothes and Russian Climate 8

3.1. Is the Russian climate as harsh as it is often described? 8

3.2. What clothes should I take with me? 8

4. Plugs and Sockets 9

4.1. What is the electronic voltage in Russia? Should I bring an adaptor for my plugs? 9

5. Culture differences and traditions 9

5.1. How do I deal with Russians in the everyday life? 9

2. Arrival to Moscow 10

1. Immigration and Passport Control 10

1.1. How do I clear Russian Immigration smoothly? 10

2. Registering with the authorities 11

1.2. Should I register with the local authorities upon arrival? 11



3. Living in Moscow	11
1.0 Banking in Moscow	11
1.1. How can I find an ATM?	11
1.2. Are there any withdrawal limits at ATMs?	11
1.3. Are there any restrictions for Non Russian citizens?.....	12
1.4. How can I open a bank account with Alfa Bank Express?	12
1.5. How can I open a bank account Raiffeisenbank Austria?.....	13
1.6. How can I open a bank account ZAO Citibank.....	14
2.0 Post Office and Express Email	15
2.1. Where is the nearest post office to Prospekt Verdnaskovo Area?.....	15
2.2. Which global express mail companies are present in Russia?	16
3.0 Health Care in Moscow	16
3.1. Are there any western Medical Clinics in Moscow?.....	16
3.2. Where can I go to dentist in Moscow?.....	16
3.3. Which are the numbers to call in case of emergency?.....	17
3.4. Which are the Closest Pharmacies?	17
3.5. International Medical and Dental clinics.....	18
4.0 Mobile Communications	20
4.1. How many telephone companies exist in Moscow?	20
4.2. Where-and how can I top up my phone?	21
5.0 Shopping in Moscow	23
5.1. What kind of food stores is present in Moscow?.....	23
5.2. Where can I go for Food shopping?	25
5.3. What Korean stores can I find in Moscow?.....	26
5.4. What Korean Restaurants can I find in Moscow?.....	27
6.0 Driver's license	29
6.1. Can I drive in Moscow?	29
6.2. How can I pay for parking?	29
6.3. How do I pay a fine?	32
6.4. What happens if I don't pay a fine?	32



7.0	Everyday Life	33
7.1.	Laundry & dry cleaners close to Prospect Verdnaskogo Area	33
7.2.	Food Delivery.....	33
7.3.	Car rental.....	34
7.4.	Russian language courses.....	35
7.5.	Libraries	36
7.6.	Bookstores.....	36
7.7.	Weights and Measures.....	37
4.	Frequently Asked Questions.....	38
1.0	Is it dangerous to live in Moscow? What safety measures do you recommend?	38
2.0	How many expatriates are there in Moscow?.....	38
3.0	I read in the media that the police often visit your apartment to check documents. Is this true? And what do you do if it happens?	38
4.0	Is it true that there are still long lines for basic foodstuffs"?	39
5.0	Is it always necessary to carry your passport and visa when going out"	39
6.0	Telephone codes and emergency numbers	39
7.0	Public transport passes	40
8.0	ACTIVITIES	41
8.1.	Sports	41
8.2.	Baths & Saunas.....	44
8.3.	Cinema centers.....	45
8.4.	Museums	46
8.5.	Theatres.....	49
8.6.	Concert halls.....	51



1. Getting ready before you leave:

1. Time & Money

1.1. In which zone is Moscow Located?

Seoul is **5:0 hours ahead** of Moscow. That means when it is 9:00 am in Moscow, it is 2:00 pm in Seoul. Please also note that Russia does not shift to DTS (Daylight saving time), like European Countries.

1.2. What is the Russian Ruble exchange rate?

The Russian currency is the ruble. There are 10, 50, 100, 500, 1000 and 5000 ruble bills and 1, 5, 10, 50 in small change. The average Russian ruble exchange rate is around ₩ 1,000,000 KRW/. 34,354.50 RUB

1.3. Where can I exchange currency?

It is a good idea to have a small amount of rubles upon arrival (i.e. to pay transport, taxi or any urgent need upon arrival.) It is however convenient to change your money in the city, as exchange rates in the airport are slightly less attractive. (For booking a reliable and professional taxi service contact our Eurohome specialists to the number +7 495 502 95 23.)

There are hundreds of currency exchange points in Moscow which are usually located in offices of different banks. However most of the currency bank's exchange offices, which you can see throughout the city transform US Dollars and Euro and very a few will take other national currencies. So if you come to Russia for a short-term stay, take some Dollar or Euro bills do not lose your time looking for the exchanging bureau. Also make sure that your bills are not torn or marked.

Officially all currency exchange offices must require your passport or other ID to make money exchange. However in real life very few of them will ask you about it. For these matters (and not only) you shall carry your passport around with you. Always count money before leaving the window of the exchange office.



1.4. Can I use the credit card in every shop?

All recognized credit cards such as Visa, American Express, and Master Card are accepted for payment in most restaurants, bars and big shops. ATMs (cash machines) are widely available in Moscow, St. Petersburg and to a smaller extent in other Russian big cities. To avoid frauds you could use a foreign bank with a retail branch in Moscow.

Please note that in Russia is always necessary to bring a little quantity of cash with you, since while chains and big stores will certainly let you pay by **credit** cards, small shops could not accept them.

1.5. Money transfers

The easiest way to transfer or get money is using Western Union system. WU has wide network of offices in many banks throughout Russia. All money transfers paid out in US Dollars

For further information call: +7 (495) 797-21-97 westernunion.ru

You can have money wired to you through a number of Russian and foreign banks even if you don't have an account with the bank. They will charge you a commission ranging 1,5 – 3% of the total amount.

1.6. What taxes are applied in Russia? Are refunds possible?

As in many other countries VAT (value added tax) applies to almost all payments and purchases on the territory of Russian Federation. In Russia VAT size is 18% and can only be refund to foreign tourists coming to Russian for short stays.

1.7. What's the average size of tips in Russia?

Tips are common practice in Russian cafes, restaurants and other public places, in case you enjoyed the service. Average tip size is 10% of your bill. However living tips is not a duty, but a right.

2. Health Care and Insurance

Moving to Russia means you have to make many mental adjustments. Many things are different when you relocate to a country which is not your own. Most of these differences are related to culture and customs. Therefore it is probable that health care in Russia is different from the system you have been used to, either in your home country or another destination.



Often when you, or one of your family members, will fall ill, you might want to go home. However, most of the time, this is not practical or even possible; either because it is not worth the expense, or because the illness is simply too serious to enable traveling. There are now reliable international and Russian organizations from which companies and individuals, Russians and expatriates, can buy life insurance locally.

Before coming to Russia take out comprehensive medical insurance which includes emergency evacuation coverage. It's essential to check out that your vaccinations are up to date. Check the renewal date for tetanus and hepatitis.

Every winter causes wide spreading of flu infection. You can buy all necessary treatment here but it would be wiser to bring the medication to which you got used. If your doctor prescribed you a special treatment, you better take it with you, because in case of emergency you may not find it here.

In many cities of Russia home tap water considered to be safe for drinking but to avoid stomach problems we advise you to use local bottled water. All Russians use tap water for cooking.

Pollution and freezing conditions may make your contact lenses uncomfortable to wear. It is worth bringing a good supply of contact lens solution, a spare pair of glasses and a copy of your own prescription in case replacement is necessary.

2.1. Which kinds of health insurance exist in Russia?

The Health Care System in Russia is mainly financed by Government and through the private insurance companies. There are two types of insurance: obligatory and voluntary. Obligatory insurance provided by the government free of charge enables one to be served by local polyclinic and municipal institutions.

As an expat, it is not to be expected that you will apply for obligatory health insurance. Your employer should be aware of this and probably has included you in the company's health insurance plan, so you will be covered. If you are provided with health insurance by your employer, read it carefully or have it explained to you to find out what the policy covers and the procedure is for reimbursement of your medical costs.

2.2. What to consider when choosing a company and a policy?

Factors to consider when choosing a policy include type of work, age, exercise habits, health, frequency of travel and travel destinations. Packages are generally identical for foreigners and Russians, but



EUROHOME
RELOCATION SERVICES

elements of some programs may not be suitable for foreigners (an example is insurance against disability, since disability is defined differently in different countries).



2.3. Can I use my own insurance policy?

Some Western clinics in Moscow have agreements with insurance companies abroad. Therefore, if your insurance is served in any of these clinics you can use their medical help and your insurance company will cover the costs.

Some medical clinics may require you to pay the bills for specialist and prescription medicine. If you want the insurance company to reimburse your costs, you will need to send them the invoices as well as referral letter from the specialist. Make sure that you make photocopies of everything you send them.

Before going abroad, always check to see whether your health insurance policy covers medical costs in foreign country. If not, it is advisable to get travel insurance, which not only includes medical costs but also insures for theft and loss of valuables.

3. Clothes and Russian Climate

3.1. Is the Russian climate as harsh as it is often described?

Often stereotypes exaggerate the harshness of Russian climate. At the same time you should remember that winter temperatures might remain low for a significant period of time. Summer, on the other end may present extremely hot days.

3.2. What clothes should I take with me?

Packing for winter weather can be difficult—winter clothing is more bulky, heavier, and expensive than summer clothing. When you pack for travel to Moscow in winter, think about what you may pack if you were going to go skiing. You'll need accessories to cover your extremities, footwear that provides tread and insulates both the soles and the upper part of your foot and leg, and a jacket that breaks the wind and provides protection against the low temperatures of Russia in December, January, and February. A coat that falls below the hips is recommended.

If you won't have a car in Moscow, you will walk more because you will likely be taking public transportation and seeing sights along the way, for these reasons warm clothes are essential. However every house, restaurant, cafe or working place in Moscow is extremely warm! You pass from -15 in the street to +25 inside, and you have to be ready to undress easily. Take into consideration to pack clothes that you can wear as layers.



4. Plugs and Sockets

4.1. What is the electronic voltage in Russia? Should I bring an adaptor for my plugs?

Electricity voltage in Russia is 220 volt/50Hz. The plug is two-pin thin European standard. Should you need a converter (adaptor) for your laptop or other devices, be sure that you bring your own, as most places in Russia do not offer them.

5. Culture differences and traditions

5.1. How do I deal with Russians in the everyday life?

- ✓ Do not be surprised that Russians do not smile for all the time as Western Europeans do.
- ✓ Russian men often shake hands to each other at the first meeting and in everyday life. The same time Russian women do not shake hand even in case of first meeting.
- ✓ Quite often in Russian offices people appeal to each other by name and patronymic, this is formed on the base of the given name of one's father. For example: not Andrey but Andrey Ivanovitch. It is especially concerned employees that are younger by age or/and position.
- ✓ Whistling is a bad habit. Russians believe that whistling people will have no money. Most Russian women are not emancipated. Russian men take care of women: open doors help to put on and take off a coat, carry heavy bags, pay for them in restaurants. That is normal and would not be considered as an obligation for women.
- ✓ Most part of drivers in Moscow does not 100% follow traffic regulations and do not respect pedestrians. Do not risk crossing the road at a pedestrian crossing without checking that cars intend to stop.
- ✓ You can use almost every car as taxi. You can hire a taxi almost everywhere regardless of taxi stop at the place.
- ✓ Usually people on the streets do not speak English. If you are alone it is better to have sheet of paper with your address on it, which is written in Russian.
- ✓ Russian count floors beginning with a ground floor, in other words, ground floor is a first floor for Russians, first – is a second and so on.
- ✓ It is always useful to have cash with you. Credit cards are not widely accepted.
- ✓ Russians present or put in vase only odd number of flowers. Even number is given for funerals.



2. Arrival to Moscow

1. Immigration and Passport Control

1.1. How do I clear Russian Immigration smoothly?

Upon arrival in the airport, you will receive an immigration card. That is a very important document that you must keep during your stay in Russia, together with your passport. We advise to clip the card to your passport or to use a small folder for the essential documents. It is also recommended to carry your documents with you all the time while in Russia.

«В» (Выезд/Departure)	
Российская Федерация Russian Federation	
Миграционная карта Migration Card 000001 0000001	
Фамилия/Surname S U R N A M E	
Имя/Given name N A M E	
Отчество/Patronymic	
Дата рождения/Date of birth	
День/Day 01	Месяц/Month January
Год/Year 1900	Пол/Sex <input checked="" type="checkbox"/> Муж/Male <input type="checkbox"/> Жен/Female
№ паспорта/Passport No 8 8 8 8 8 8 8 8 8 8 8 8	
Гражданство/Nationality C I T I Z E N S H I P	
Цель визита/Purpose of visit: <input type="checkbox"/> Служебная/Service For business, etc. <input type="checkbox"/> Туризм/Tourism <input type="checkbox"/> Коммерческая/Commercial <input type="checkbox"/> Учеба/Education <input type="checkbox"/> Частная/Private <input type="checkbox"/> Работа/Employment <input type="checkbox"/> Транзит/Transit	
Адрес (организация) в России Address (host organization) in Russia: See your invitation!	
Срок пребывания/Term of stay: С/From DD MM YYYY До/Until DD MM YYYY	
Подпись/Signature	
Для служебных отметок/Official use only	
Въезд/Arrival	Выезд/Departure
Place for entry stamp	

«А» (Въезд/Arrival) SAMPLE ONLY	
Российская Федерация Республика Беларусь Russian Federation Republic of Belarus	
Миграционная карта Migration Card Сервис/Serial No: 46 06	
No: 1234567	
Фамилия/Surname (family Name)	
Имя/Given name(s)	
Отчество/Patronymic	
Дата рождения/Date of Birth	
День/Day	Месяц/Month
Год/Year	Пол/Sex <input type="checkbox"/> Муж/Male <input type="checkbox"/> Жен/Female
Гражданство/Nationality	
Документ удостоверяющий личность/Passport or other ID	
Номер визы/Visa Number	
Цель визита (для понимания)/Purpose of visit (to be understood): Служебная/Service, Туризм/Tourism, Коммерческая/Business, Учеба/Education, Частная/Private, Работа/Employment, Транзит/Transit	
Организация (наименование юридического лица, фамилия, имя, отчество физического лица), местонахождение/Name of host person or company, locality	
Срок пребывания/Duration of stay: С/From До/To	
Подпись/Signature	
Служебные отметки/For official use only	
Выезд в Российскую Федерацию/Республику Беларусь Date of arrival in the Russian Federation/Republic of Belarus	Выезд из Российской Федерации/Республики Беларусь Date of departure from the Russian Federation/Republic of Belarus

«Б» (Выезд/Departure)	
Российская Федерация Республика Беларусь Russian Federation Republic of Belarus	
Миграционная карта Migration Card Сервис/Serial No: 46 06	
No: 1234567	
Фамилия/Surname (family Name)	
Имя/Given name(s)	
Отчество/Patronymic	
Дата рождения/Date of Birth	
День/Day	Месяц/Month
Год/Year	Пол/Sex <input type="checkbox"/> Муж/Male <input type="checkbox"/> Жен/Female
Гражданство/Nationality	
Документ удостоверяющий личность/Passport or other ID	
Номер визы/Visa Number	
Цель визита (для понимания)/Purpose of visit (to be understood): Служебная/Service, Туризм/Tourism, Коммерческая/Business, Учеба/Education, Частная/Private, Работа/Employment, Транзит/Transit	
Организация (наименование юридического лица, фамилия, имя, отчество физического лица), местонахождение/Name of host person or company, locality	
Срок пребывания/Duration of stay: С/From До/To	
Подпись/Signature	
Служебные отметки/For official use only	
Выезд в Российскую Федерацию/Республику Беларусь Date of arrival in the Russian Federation/Republic of Belarus	Выезд из Российской Федерации/Республики Беларусь Date of departure from the Russian Federation/Republic of Belarus



2. Registering with the authorities

1.2. Should I register with the local authorities upon arrival?

After arriving you should register with the local branch of Federal Migration Service. Please get in touch with your HR contact for further details regarding this procedure.

Keep in mind that:

- ✓ You should register within 7 working days (not including public holidays and weekends). You have 3 days to submit your application for the registration.
- ✓ You must always keep your valid registration document until you leave the country, and prolong it if it expires.
- ✓ You have to re-register every time you leave the Russian Federation and reenter.
- ✓ When leaving Russia your registration will be checked at the border passport control. Expired registrations or lack of registration will result in 20,000 rub fine.

3. Living in Moscow

1.0 Banking in Moscow

Banking in Moscow is not difficult. However it may be a little different from what you are used to. Below you will find a description of a number of the different services offered by Russian and Foreign banks to private customers to provide you with general information for a smooth and easy handling of your daily financial affairs and transactions.

Eurohome made a pre-selection of banks, which (to our opinion) are the most trustable and reliable. Notice that some Russian offices of world famous banks like Deutsche Bank and ING bank provide services only for corporate clients.

1.1. How can I find an ATM?

ATMs are widely present in Moscow. You can find them easily on the streets, in malls or close to the major restaurants and metro stations.

1.2. Are there any withdrawal limits at ATMs?

We kindly suggest you to check this information with your home bank before living in Korea. As a general rule there may be a withdrawal limit at the ATM (approximately 1000 US dollars per day). However the bank in your home country may also lower your withdrawal limit for security reasons, so



before departure to Russia it is better to inquire about the maximum withdrawal limit imposed on your credit card.

1.3. Are there any restrictions for Non Russian citizens?

The Central bank of Russia imposes some restrictions on banking services provided to non-citizens of Russia. Please, be aware of these restrictions and keep them in mind.

To open an account in a bank in Russia you will have to show your entry visa. To deposit hard currency on your account in cash form you will have to either:

- 1) Confirm that this currency was brought by you into the country. In this case you will have to show your customs declaration stamped by the Russian customs and indicating the amount of cash brought in.
- 2) Confirm that this currency was legally exchanged in Russia. You will have to show a green-colored certificate that should be issued by any foreign-exchange office in Russia, indicating the amount of currency exchanged.

If you want to deposit rubles on your account exceeding the amount of RUR 3,000 you will also have to present a proof of legal origin of this money. In this case a proof that this money was paid to you by your company will do.



1.4. How can I open a bank account with Alfa Bank Express?

Recently presented project “Alfa Bank Express” offering services for retail customers and small businesses. Alfa Bank Express branch offices opened throughout Moscow.

Central office: Moscow, 107078, Kalanchevskaya Street, 27
Tel: + 7 (495) 620-91-91, 974-25-15
Fax: + 7 (495) 913-71-42, 974-64-77
Telex: 412089 ALFARU mail@alfabank.ru
www.alfabank.ru
ATM machines throughout the city operate 24/7.
24-hour call center: + 7 (495) 788-88-78 (in Moscow), 8-800-200-00-00 (from regions of Russia)



Services for non-residents:

- 24 hour phone banking (information only)
- Internet banking
- 24 hour ATM's
- Bank cards (Visa, MasterCard / Europay)
- Bank transfers
- Time deposits

Opening a bank account with Alfa Bank Express:

- ✓ Passport
- ✓ Valid visa

You can find here the list of Alfa Bank Express Outlets (Moscow and St. Petersburg) and open hours
→ <http://alfabank.com/retail/>

1.5. How can I open a bank account Raiffeisenbank Austria?



ZAO Raiffeisenbank Austria is a Russian subsidiary of the Austrian Raiffeisen Zentral Bank (RZB). The bank operates in Moscow and St.Petersburg and offers a wide range of services both for corporate customers and individuals. Raiffeisenbank services a large number of expatriates and has acquired a substantial expertise in this field. All staff members speak English, some speak other major European languages.

Central office: Moscow, Troitskaya str., 17/1

Tel: +7 (495) 721-99-00
www.raiffeisen.ru

24-hour call center: +7(495)721-91-00 (in Moscow),
+7(800)700-9-100 (from regions of Russia)

The list of Raiffeisenbank Outlets (Moscow and St. Petersburg) and open hours you can find here
→ http://www.raiffeisen.ru/retail/branch_atm

Services for non-residents:

Raiffeisenbank offers the same wide range of services, and the same prices, to both citizens and non-citizens of Russia.

Major services include:

- Current accounts
- Money transfers



Time deposits
Foreign Exchange
Traveler's Cheques
24h ATMs
Bank Cards (Visa, Master Card)
Internet-Banking
Various types of loans – mortgage loans, car loans, and consumer loans.

The most typical services used by expatriates are foreign exchange, money transfers, bank cards, and mortgage loans. Many of the customers pay monthly installments on their mortgage loans from their housing compensation provided by their employer. When your assignment in this country ends you will have an apartment in your ownership, which then could be sold.

Opening a bank account with Raiffeisenbank:
You should present your passport with valid visa.
Complete an application and sign an agreement outlining the Bank's interest rates and fees.
Min 1,500 \$ or 1,500 Euro deposit plus proof of legal origin of this money. Visa Electron / Maestro annual card fee – 30\$ / 30 Euro.

1.6. How can I open a bank account ZAO Citibank



ZAO Citibank started its operations in Russia in 1993 and became the 6th largest bank in Russia offering wide range of services for non-residents.

Central office: Moscow, Paveletskayaploschad, 2 bld. 1
Tel: +7(495)775-7575
www.citibank.ru
Open hours: Monday – Friday, 10.00 – 20.00 and Saturday 10.00 – 18.00.
24 hour citiphone banking: +7(495)775-75-75 (from Moscow)
+7(812)336-75-75 (from St.Petersburg)
+7(800)700-38-38 (from regions of Russia)
The list of CitibankOutlets ATM Centers, ATM's at BP petrol stations you can find here: → http://www.citibank.ru/russia/branches/eng/branches_msk.htm

Services for non-residents:
24 hour phone banking
Internet Banking Service
24 hour ATM's Alerting service
Current account Bank cards (Visa Electron, Visa Classic, Visa Gold)
Various types of loans



Time deposits Money transfers
VIP service

Opening a bank account with Citibank:

There are three types of banking service packages available at Citibank Moscow branch: CitiBank, CitiOne and CitiGold. To become a customer of Citibank you need personally present the following documents:

- 1) **If you are an employee of the corporate customer ZAO Citibank**
 - Application form, signed by an authorized person at the Corporate company and sealed;
 - Colour photo 3x4 (for CitiOne and CitiGold packages); -Copy of passport (please have the original passport with you when you come to the branch); -Copy of the Russian visa (for non-residents).
- 2) **If you are an employee of the non-corporate customer of ZAO Citibank Russia:**
 - -Application form, signed by an authorized person at the Corporate company and sealed;
 - Colour photo 3x4 (for CitiOne and CitiGold packages);
 - Copy of passport (please have the original passport with you when you come to the branch);
 - Copy of the Russian visa (for non-residents);
 - Copy of utility (telephone) bill with customer address;
 - One of the documents mentioned below: Your bank account statement
 - For the last year (if you are planning to deposit up to USD 50,000.00 in the first 6 months) stamped and signed by the authorized bank officer, from one of the reputable Russian banks
 - CitiPhone representative is ready to give you more information on banks; or Copy of you tax declaration for the last year; or Form No 2 of the Tax Law for the last year (NDFL);
 - Copy of the TAX declaration and the state registration certificate (for individual entrepreneur).

Minimal balance for:
• CitiBank account 10\$
• CitiOne account – 500\$
• CitiGold account – 100,000\$

2.0 Post Office and Express Email

2.1. Where is the nearest post office to Prospekt Verdnaskovo Area?

The nearest post office to Prospekt verdnaskovo metro station is The Russian Post Office 119454. Address: 33 Koshtoyantsa streest. Working hours: Mon.-Fri 8:00-20:00, Sat. 9:00-18:00, lunch break from 13:00 till 14:00



2.2. Which global express mail companies are present in Russia?

Global logistic companies, such as DHL, FedEx, Pony Express, TNT, UPS, and others are also present in Russia.

3.0 Health Care in Moscow

3.1. Are there any western Medical Clinics in Moscow?

There are now a few Western Medical Clinics in Moscow, which offer a full range of medical services to the Russians and foreigners. Some clinics offer complete medical packages, which include a list of medical services for you and your family. Medical personal in such clinics, Russian citizens or foreigners, speak one or few foreign languages so you will have no problems in communication. Many from their staff had practice or trainings abroad.

Eurohome has an agreement with some of these clinics, which enables our clients to get substantial discounts.

3.2. Where can I go to dentist in Moscow?

Dental care in Russia is of a high standard. There are now a few dental clinics both municipal and private in every district of Moscow. Most Russians prefer to go to private clinics because they have up to date equipment and highly qualified specialists. However considering Russian mentality most of the specialists in Russian clinics do not speak foreign languages. Therefore, it is advisable to use services of Western or Western oriented Russian dental clinics.

Some dental clinics cooperate with Western insurance companies and if you are the client of such insurance company you will be serviced free of charge. Otherwise you will be asked to pay the bill immediately and the doctor would fill all the necessary documents so that you can claim for reimbursement.

Your Eurohome counselor will help you select an appropriate dental clinic where specialists speak English or your own language.

Anonymous clinics

If you do not want to give your name and remain 'anonymous' there are a few municipal and private clinics perform several health tests and is a distribution point on information on health-related issues.

These centers are listed in “Yellow pages” directory. “Skliphosovski” Institute has laboratory where you can pass blood tests for not expensive price. Anonymous HIV test is free of charge.

3.3. Which are the numbers to call in case of emergency?

In case you find yourself in a situation where immediate help is required, call the national emergency number – **03**. The problem is that nobody from the staff speaks any foreign language so there must be somebody who speaks Russian to assist you to call for an ambulance and explain your problem when the car arrives. If your health condition recognized as difficult they will take you to hospital or give you necessary treatment at your place.

Moscow Rescue Service can be reached at 0911 (from any mobile) or + 7 (495) 777-0-911. They have both Russian and English-speaking operators. The calls are fee-paying.

3.4. Which are the Closest Pharmacies?

There are now a few famous pharmacy chains in Moscow like 36.6, ICN, Rigla, Staryj Lekar, Doctor Stoletov. They offer wide range of medicine by a very acceptable price. However some medicine you can buy from them only if you have prescription from your doctor.

Close to Prospekt Verdanskovo Metro station there are different 24/7 pharmacies.

Here it is a list of Pharmacies close to Prospekt Verdnaskovo Metro station:

Vitafarm № 13
Phone: +7 (495) 661 3565
Address: Prospekt Vernadskogo, d.39
Website: http://www.vitafarm.ru/
Dialog
Phone: +7 (495) 780 0198
Address: 119415, Moskva, prosp. Vernadskogo, d. 39, et. 1
Website: http://www.dialog.ru
366 SET APTEK
Phone: +7 (499) 726-03-04
Address: 119501, Moskva, ul. Matveevskaya, d. 2
Website: http://www.366.ru
Asna
Phone: +7 (499) 504-78-53
Address: 119313, Moskva, ul. Garibaldi, d. 4B, str.1
Website: http://www.asna.ru
Aptekar
Phone: +7 (499) 138-08-84



Address: 119331, Moskva, prosp. Vernadskogo, d. 29
Website: http://www.aptekari.com
Apteka1
Phone: +7 (964) 789-53-45
Address: 119415, Moskva, ul. Lobachevskogo, d. 2 — supermarket Perekrestok
Apteka2
Phone :7 (495) 740-38-50
Address: 119415, Moskva, prosp. Vernadskogo, d. 41, str.3
Apteka3
Phone: +7 (495) 935-40-22
Address: 119421, Moskva, prosp. Leninskiy, d. 101, et. 1
A5
Phone: +7 (800) 200-63-03
Address: 119415, Moskva, prosp. Leninskiy, d. 92
Website: http://www.apteka5.ru
Medicsina dlya vas
Phone: +7 (495) 432-23-90
Address: 119454, Moskva, prosp. Vernadskogo, d. 32 k71
Aptemir
Phone: +7 (495) 790-74-91
Address: 119331, Moskva, ul. Marii Ulyanovoy, d. 15
Apteka A.v.e №27
Phone: +7 (495) 916-57-30
Address: Moskva, Vernadskogo pr-t, 14a
Website: http://ave-apteka.ru

3.5. International Medical and Dental clinics

European Medical center
<ul style="list-style-type: none">Spiridonievsky lane, 5
Tel: +7 (495) 933 66 55
Tel: +7 (495) 933 6645
Tel: +7 (495) 5105414
e-mail: emcinfo@emcmos.ru
<ul style="list-style-type: none">Orlovsky lane, 7
Tel: +7 (495) 933 66 55
e-mail: emcinfo@emcmos.ru
www.emcmos.ru
Work hours: 24/7
Direct billing to insurance companies if you are a client of company –partner.
European Dental Center



1-stNikoloschepovskiy lane, 6-1

Tel: +7 (495) 933 00 02

e-mail: emcinfo@emcmos.ru

www.emcmos.ru

Work hours: 9.00 – 21.00

Direct billing to insurance companies if you are a client of company –partner.

American Medical Center

Grokholsky Per., 1 bld. 6

Tel: + 7 (495) 933 77 00

email: info@amcenter.ru

www.amcenter.ru

Work hours: 24/7

American Russian Dental Center

Sadovaya-Kudrinskayaul., 21a

Tel: +7 (495) 797 97 59

email: dentist@ardc.ru

www.ardc.ru

Work hours: Mon. – Fr. 9.00 – 20.00, Sat. 9.00 – 18.00

Languages: Russian, English, French

German Dental Care

Yuliusa Fuchika ul., 11/13

Tel: +7 (495) 926 15 20 / 15 21

e-mail: visit@gdcare.ru

www.gdcare.ru

Work hours: Mon. – Fr. 8.00 – 20.00, Sat. 9.00 – 13.00

Languages: English, German, French, Russian

German Dental Center

ul. Volochaevskaya 2/1

Tel: +7 (495) 737 44 66

email: info@germandentalcenter.ru

www.germandentalcenter.ru

Work hours: Mon. – Sat. 9:00 – 21:00, Sun. 9.00 – 15.00

Languages: German, English, Russian

Global Medical System

2ndYamskaya street, 9

Tel.: +7 (495) 781 5577

www.gmsclinic.ru

e-mail: info@gmsclinic.ru

Work hours: 24/7



American Dental Center
1 st Tverskaya-Yamskaya, 5
Tel: +7 (495) 730 43 34
www.americandental.ru
Owned and operated by American Board Certified Dentists.
Direct billing to SIGNA Insurance company.

4.0 Mobile Communications

4.1. How many telephone companies exist in Moscow?

There are now 3 main mobile phone operators in Moscow, providing a full range of telephone communication services. You can choose one of the most appropriate for your needs, budget systems and tariff plans. All companies provide service of GSM standard and mobile internet (3G).

Mobile phone Operators:

MTS (Mobile TeleSystems)
www.mts.ru
BEELINE
www.beeline.ru
MEGAFON
www.megafonmoscow.ru

Mobile Phone Plan EXAMPLE: Operator Beeline

Tariff - "Все включено" (all inclusive)
Cost of si: RUB150 (where RUB100 will be your starting balance; 50 - service fee)
Package:
✓ Calls to beeline subscribers - FREE
✓ Calls to other mobile within Moscow - RUB1/1 min
✓ Internet – 1gb/ month
In order to call abroad:
You need to connect option "Любимая страна" (Favorite Country)
Once the payment for connection will be charged (- RUB 50) the Subscriber monthly fee will be charged each month - RUB30 (RUB1 per 1 day)
✓ To activate the option you will need to dial: 067421201 button "call"



<p>To increase the internet limit to 3gb → Subscription monthly fee - RUB190 ✓ You will need to dial: *115*05# → button "call"</p>
<p>To increase the internet limit to 6gb → Subscription monthly fee - RUB250 ✓ You will need to dial: *115*07# button "call"</p>

Telephone number: Direct or Federal:

Direct phone number is an ideal plan for businessmen, who talk a lot and need the convenience of additional services such as conference calls, preferred access to international dialing and a dedicated personal customer care manager. Direct phone number has 7 numbers like any local telephone (777 88 99) plus prefix 495 or 499, which gives you convenience of giving and receiving calls.

Federal phone number is economical plan for active users who chooses a federal (not direct) phone number. Example: 8 916 777 88 99. To give a call on a federal number you must dial 8 then, after the beep, dial 916 (or 903, 910, 915 etc.) and phone number.

To become a user of a mobile system in Moscow you should do the following:

- ✓ Go to the office of the company with your national passport;
- ✓ If you are not a Moscow resident: temporal registration in Moscow is required (except MTS)
- ✓ If you are not a resident of Russian Federation temporal registration in Moscow required

4.2. Where-and how can I top up my phone?

- 1) To pay by terminals “QIWI” or “Elecsnet”.
 You can find them in every mall (“RIO”, “Kapitoliy”, etc.) or close to metro stations.



- 2) Via terminal in mobile phone stores
 “Svyaznoy” (Связной) or “Euroset” (Евросеть).
 The offices locate usually near metro stations.



- 3) Via mobile operator stores (Билайн/МТС/Мегафон)





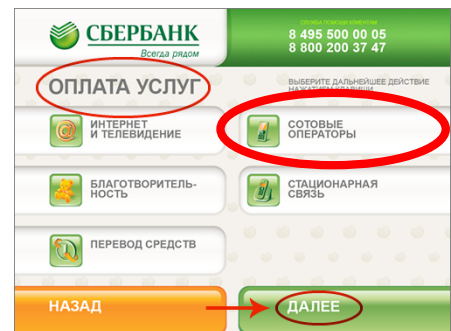
a) In order to pay by any terminal described above you need:

1. Choose the service you want to pay for.
2. Select your mobile operator: Either pushing the operator's name (MTS/Beeline/MegaFon) or on the button "Sotovaya svyaz" (Сотовая связь), as shown on picture
3. Insert your phone number with code (by clicking digits), press "OK" / "Далее"
4. Select the amount, press "OK" / "Далее"
5. The terminal will suggest you to verify the inserted information. If it is correct, then press "OK" ("Далее")
6. Wait for the receipt. Usually you receive the confirmation of payment by sms (it depends on your operator)

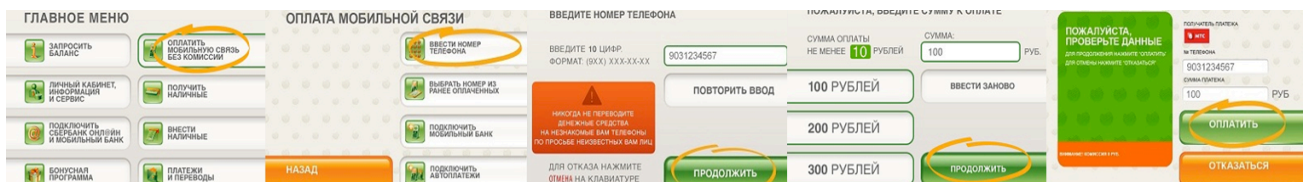


b) You may also top up your phone by your credit card.

- 1) Find the branch of your Bank or its ATM (with bank logo) "БАНКОМАТ"
- 2) Insert your card
- 3) Choose the option «Платежи», or «Оплатить мобильную связь», or «Сотовые операторы»
- 4) Follow the steps described above



Warning! If ATM (БАНКОМАТ) is not match your credit card Bank, the commission could be taken.





5.0 Shopping in Moscow

5.1. What kind of food stores is present in Moscow?

Despite any reports you may hear about Russia and shortages, in the big cities most items are available. In fact in Moscow there is often more choice than in other countries.

For food shopping there are numerous supermarkets in Moscow, which sell most products. There are Western style food stores now, with trolleys, cashiers and an excellent selection of food products where you can put your selection in a shopping cart or hand basket and pay at the cashier (kassa). In most food stores clerks do not speak any language so it is advisable to go to a bigger Western style supermarkets and hypermarkets where you can buy not only food stuff but most domestic items for your home.

To get acquainted with the local products you can start at local neighborhood supermarkets. After some time living in Moscow you will select your favorite food shops where you will constantly buy your basics to stock your pantry.

Russian graduation of shops:

- Food Shop – Produktovy Magazin or Gastronom (Продуктовый Магазин)
- Market – Рынок (Рынок) Supermarket – Universam (Универсам or Супермаркет)
- Department Store – Univermag (Универмаг)
- Hypermarket - Universam + Univermag (Гипермаркет)

Food Shop → a Soviet style food store. Not long ago, Russian food shops only allowed you to shop by looking for what you wanted behind a counter on a shelf on the wall, remembering the prices of the items you wanted, and then going to the cashier to pay. Once you had paid, you could go back and show your receipt to obtain your product. Nowadays this process of buying is eased and you can pay right at the counter but the whole picture still reminds former times.

Markets → are true “farmers’ markets” with fresh meats, fish, milk products, vegetable and fruit from all over Russia and Central Asia. There you can buy for cheaper price but should be careful of what you buy. Sometimes products are out of date or didn’t go through certification.

Supermarket → sell food and some household products. They are Western-style, self-service and use the regular Western check-out system. Most carry a full range of items: meats, bakery goods, milk products, fresh fruit and vegetable, deeply frozen



products, cereals, pastas, cigarettes, soft drinks, wines and spirits. Besides there you can buy your newspapers and magazines, pet foods and groceries. Most supermarkets carry nationally known brands both Russian and foreign.

Hypermarket → a huge supermarket together with department store, usually occupies few floors. Many boutiques of famous brand names located here, parfum and cosmetic shops, shoe shops, coffee houses and restaurants and even cinema centers and children's playgrounds. There you can go for half or even the entire day.

Department Store → is a shopping mall, which sell a variety of manufactured goods such as clothing, linens, toys, housewares, shoes, make up. Often they have separate "boutique shops" selling imported goods.

Breads

Russians traditionally eat a lot of bread, generally with a main meal or in sandwiches (buterbrods) but there are not so many sorts of bread like in many other countries. For most of the time the Russians eat white loaf from wheat flour: Nareznoi, Podmoskovny and black aromatic brick from rye flour: Borodinsky, Darnitsy.

Since you will rarely find specialized bakeries nowadays these breads you can buy at any local shop as well as in supermarkets. But if you are looking for special kind of bread: sliced bread, French baguette, raisin or currant bread, small sandwich breads and all kind of bakeries and pastries you should go to a supermarket.

There is a chain of bakery-café's in Moscow that produces European types of bread and also serves light healthy snacks – "Le pain quotidien". Some of their café's even work 24/7. You can always check the locations on their website: www.lpq.ru.

Milk products

There is a small chance that any country can compete with Russia on variety of milk products. Nearly every city in Russia has its own milk factory where they produce different kinds of milk, kefir (sour liquid milk product), cottage cheese, cheese, butter, yogurt, ryazhenka (Russian specialty of liquid milk products), sweet cottage cheeses with raising (syrkovaya massa) or wrapped in chocolate icing (glazirovany syrok). These are the products that delight foreign residents most.



5.2. Where can I go for Food shopping?

Chain supermarkets:

- 1) Седьмой Континент (Sedmoy Kontinent)
- 2) Перекресток (Perekrestok)
- 3) Новоарбатский торговый дом (Novoarbatsky Food Store)
- 4) Калинка Стокман (Kalinka Stockman)
- 5) Бахетле (Bakhetle) – home-type foods prepared on the spot
- 6) Азбука Вкуса (Azбуka Vkusa) – food “boutique”

Hypermarkets:

- 1) Рамстор (Ramstor)
- 2) Атриум (Atrium)
- 3) Ашан (Ashan)
- 4) Мера (Mega)
- 5) Метро (Metro)

Department Stores:

- 1) ГУМ (GUM)
- 2) ЦУМ (TsUM)
- 3) Охотный Ряд (Okhotny Ryad)
- 4) Метрополис (Metropolis)
- 5) Европейский Торговый Центр (EvropeiskyShoppingCenter)

IKEA in Moscow

1. Khimki, Moscow region

M. RechnoyVokzal and Planernaya (shuttle buses)

Tel: +7 (495) 737 5329

Open hours: Sun. – Thur. 10.00 – 23. 00, Fr. – Sat. 10.00 – 24.00

2. Intersection of Kaluzhskoyeshosse and 42nd km of MKAD

M. Tyoply Stan, Yasenevo and Boulevard Dmitriya Donskogo (shuttle buses)

Tel: +7 (495) 737 3007

Open hours: Mon. – Sun. 10:00 – 23:00

3. Belaya Dacha, Moscow region

M. Lyublino, Kuzminki and Vykhino (shuttle buses)

Tel: +7 (495) 739 8464

Open hours: Mon. – Sun. 10:00 – 23:00



Cigarettes and spirits

In Russia nowadays there is an extensive propaganda against smoking and alcohol, so you can't buy those goods if you are less than 18 years old. If the shop assistant is not sure about your age, he can ask you to show the passport or driver's license. You can't smoke in public places, or restaurants only in special places for smoking; otherwise you have to pay a fine.

Russian alcohol factories produce hundreds of sorts of vodka and other spirits, wines and beer. Best of such alcohol producers are: Christal, Chernogolovka, Nemiroff, Dovgan. Many expatriates find Russian beer of a good taste and quality.

5.3. What Korean stores can I find in Moscow?

Jasmin Mart
Address: Leninskiy Prospect 121
Metro: Prospect Vernadskogo
Telephone: (903) 596-2652
Beliy Zhuravl (백학)
Address: Frunzenskaya nab. 14/1
Metro: Park Kultury
Telephone: (495) 775-0656
JINRO
Address: Masterkova st., 2
Metro: Avtozavodskaya
Telephone: (495) 675-1333
Korean Store (No name)
Address: Ulitsa Kosygina 15 (Korston Hotel) – 1 floor
Metro: Leninsky Prospect



5.4. What Korean Restaurants can I find in Moscow?

Shilla (신라)
Korean cuisine
Address: Ulitsa Kosygina 15 (Korston Hotel)
Metro: Leninsky Prospect
Telephone: (495) 939-8864
한강 (Han Kang)
Korean cuisine
Address: Ulitsa Kosygina 15 (Korston Hotel)
Metro: Leninsky Prospect
Telephone: (495) 939-8078/8329, (985) 871-7915
Teriyaki
Korean cuisine
Address: Ulitsa Kosygina 15 (Korston Hotel)
Metro: Leninsky Prospect
Telephone: (495) 939-8014
Susiko
Korean cuisine
Address: Ulitsa Kosygina 15 (Korston Hotel)
Metro: Leninsky Prospect
Telephone: (495) 939-8014
Seoul (서울)
Korean cuisine
Address: Ulitsa Kosygina 15 (Korston Hotel)
Metro: Leninsky Prospect
Telephone: (495) 695 66 86
Website: http://www.seoul-r.ru/



Gaya (가야)
Korean cuisine
Address: Ulitsa Kosygina 15 (Korston Hotel)
Metro: Leninsky Prospect
Telephone: (495) 939-8039
Beliy Zhuravl (백학)
Korean cuisine
Address: Frunzenskaya Embankment 14/1
Metro: Park Kultury
Telephone: (495) 542-2323
Website: http://www.beliy-juravl.ru/
Kimchi (김치)
Korean cuisine, Japanese cuisine
Address: Profsoyuznaya 142/1
Metro: Kaluzskaya
Telephone: 8-929-914-5373
Website: www.kimchee.ru
Kimchi Cafe
Korean cuisine, Japanese cuisine
Address: Butyrskiy Val 5
Metro: Belorusskaya
Telephone: 8-495-514-0426
Website: www.kimchicafe.ru
Myung Ga (명가)
Address: Leninskiy prospekt 158
Metro: Belorusskaya
Telephone: (495) 234-9310
Yujung (유정)
Address: Krasnopresnenskaya nab. 12 (WTC)
Metro: Ulitsa 1905



Khala (한라)
Korean cuisine
Address: Ulitsa Nametkina 3
Metro: Noviy Cheremyushki
Telephone: (495) 234-9310
Koryo (고려) – North Korean restaurant
Korean cuisine
Address: Ulitsa Ordzhonikidze 11-9
Metro: Leninsky Prospect
Telephone: (495) 232 43 52

6.0 Driver’s license

6.1. Can I drive in Moscow?

Some time ago holders of driving licenses issued in countries outside of Russian Federation might drive in Russia on their foreign license for a period of six months. As soon as this period expires, the person in question had to take the driving test in Russia to for obtaining Russian driving license.

However this had been changed and nowadays one can drive in Russia with international driving license issued in their home countries. In case if international driving license has no indications in Russian language there is need to translate it with notarized translator’s bureau.

6.2. How can I pay for parking?



When you want to park you will most likely face a lable like the following:

- ✓ The 1st sign warns you about the entrance to the paid parking area.
- ✓ The second indicates the quantity of free places
- ✓ The 4th sign informs you about minimal fine for violence of parking rules





Pay parking the following ways:

NB! If you pay parking via SMS and mobile app Moscow Parking billing is per minute.
So if you stop parking ahead of time, money for unused parking time will be saved on your parking account and can be used to pay for next parking sessions.
Parking ATM allows you to pay parking up to 15 minutes

In green you can see the price for one hour parking

In red specified the fine



Here you will see the number of the parking You will need this information while paying. Usually numbers are red

1) SMS to 7757**

To pay → Send an SMS with the following text:

- 1) number of parking area\
 - 2)* license plate*
 - 3) number of hours from 1 to 24
- (Example: 1004 * A123AA199 * 3);

To extend the parking time → send an SMS with text X2, where 2 is an example of the number of parking hours (example: extend for 2 hours - X2);

To stop parking - with text S or C. (Money for the unused parking time will return to your parking account)

Always wait for SMS payment confirmation

****The commission for service depends on mobile phone provider**

- 1. In order to pay for parking via cell phone successfully client must approve the request from your mobile operator to withdraw the necessary sum of money from your parking or cell phone account.
- 2. After the first payment user automatically gets his own parking account.
- 4. Money for parking deducted from the cell phone account and backed up on a parking account.
- 5. Billing is happening every minute.
- 5. In case of early completion of parking money for unused parking time saved on your parking account and can be used to pay for next parking sessions. In 15 minutes before the end of the parking lot, you will receive SMS-notification with the proposal to extend parking.





2) Mobile app “Moscow Parking”

- Register in the app by sending SMS to 7757 with the text PIN;
- Login to your account: username - your cell phone number, password – the code which you have received with the SMS (see previous item);
- Fill the parking account (the same procedure as for the phone);
- Press "Parking "
- To extend parking time click the «▶»;
- To stop parking click "Cancel parking lot" («■»)

3) Parking ATM

You can see the locations of parking ATM on the parking map on the website <http://parking.mos.ru/>, or in a mobile app called “Moscow Parking”



How to pay through ATM:

1. Select "Pay Parking";
2. Enter the the License Plate (format: A000AA199);
3. Confirm the number of parking area;
4. Pay parking (you can set the parking time up to 15 minutes)

Payment can be made via:

1. bank card
2. parking card (denomination: 500, 1000 rub)

In order to pay - put the card to the validator (wait for a few sec.)
Money will withdraw from the card in an amount equal to the cost of specified parking time

You can check the balance of the parking card via parking ATM selecting "Balance" in the main menu

You can buy the Parking and Scratch cards in mobile phone stores “Svyaznoy” (Связной), kiosks “Rospechat”, in mail offices “Mail of Russia” (Почта России), and TD “GUM” (Bosco boutiques and Gastronom № 1 (Гастроном №1)).

You can fill parking account the following ways:

- 1) Via telephone account (send SMS to 7757 with the text payX, where X - the amount of specified deposit in rub)
- 2) Via the mobile app «Moscow Parking»: cell phone account/bank card.



4) Via payment terminals [Elecsnet](#)

5) Scratch Card (Denomination: 300, 500, 1,000, 5,000 rub).

Scratch off the protective layer;

Send digital code via SMS without spaces to 7757;

Wait for a confirmation SMS about successfully filling your parking account with information about balance of parking account and instructions how to pay via SMS

To buy monthly or annual parking ticket you should:

1. Download the form (<http://parking.mos.ru/about/151/>)

[form – monthly ticket](#)

[form – annual ticket](#)

2. Fill out the form (Name, address, car plate);

3. Pay in any bank;

4. Send the receipt to usluga@mskampp.ru.

The parking ticket holder can use city parking spaces daily without payment per each hour from 8h to 20h during the chosen period (month or year)

6.3. How do I pay a fine?

If you break the traffic regulations in Russia and are stopped by the police (GIBDD), you will be fined. If the break is not very serious you will be given a ticket, which will state the amount you have to pay ('talon'). All payment on fines must be paid at "Sberbank". Credit cards are not acceptable. If the break was serious enough the police will compile a protocol on you and even have rights to take your driving license. In this case you will be asked for a legal procedure and the court will decide to fine you or deprive you of driving license.

If the police ask for some information: your name, address, date and place of birth, passport data and other contact information, you are obliged to answer these questions.

6.4. What happens if I don't pay a fine?

If you refuse to pay or to go to a police station, the police station, the police are authorized to impound your car. If you do not cooperate, the police may have your car towed away at your expense. Your car will only be returned to you after you have paid the fine, the storage costs and, if necessary, the towage costs. The police will inform you of the total amount to be paid.

Appeal against acts of GIBDD inspector

If you are not agree with acts of GIBDD inspector: incorrect discipline, wrongly imposed fines, decisions on accident, rejections on car registration, incorrect technical examination and so on, you can appeal to a head person of particular GIBDD department. If are not satisfied with his decision you can appeal to head GIBDD quarters.



You may also appeal to Public Prosecutor against the decision of GIBDD Head Quarters. You must appeal within 10 day since the decision have been taken. You should be sure of your position before taking this step.

7.0 Everyday Life

7.1. Laundry & dry cleaners close to Prospect Verdnaskogo Area

The closest laundry and dry cleaning services to Prospect Verdnaskogo area are:

Bianca
Located at Zvezdochka shopping centre, near Yugo-Zapadnaya metro station (www.bianca-city.ru/#:/shops/map/tts_zavedochka)
Diana
Building 1A, 2 Akademika Anokhina street (www.dryclean.ru)
Lavanderiya ot Obuv City shopping Centre
14A Verdnaskogo Prospekt, near prospect Verdnaskogo metro station.

7.2. Food Delivery

Седьмой Континент (Sedмой Kontinent - 7th Continent)
Delivery of food and other goods Tel: +7 (495) 777-77-79 http://www.7cont.ru/
Азбука вкуса (Azbukavkusa - Alphabet of Taste)
Delivery of food and other goods - http://shop.av.ru/?dt-ml Tel: +7 (495) 223-02-00 http://www.azbukavkusa.ru/
Сбарро (Sbarro)
Delivery: +7 (495) 741-77-55 http://www.sbarro.ru/ http://www.sbarro.ru/
Империя пиццы (Imperiya pizziy - Empire of pizza)
Delivery: +7 (495) 790-77-97 http://mypizza.ru/
Иль Патю и Планета суши (Il Patio and Planet of sushi) – pizza and sushi
Tel: +7 (495) 781-07-81 https://dostavka.rosinter.ru/msk/
Якитория (Yakitoriya) – sushi and rolls



Tel: +7 (495) 234-24-24

<http://www.yakitoriya.ru/dmenu>

And many other cafés and restaurants have its own delivery service.

7.3. Car rental

Avis

4th Dobryninsky Pereulok 8, ground floor

Tel.: +7(495) 988-62-16,

Working hours: daily from 09:00 a.m. till 06:00 p.m.

Delivery possible to these locations:

- Moscow Domestic Airport Sheremetjevo Terminal D week days from 10:00 a.m. till 10:00 p.m., weekends from 9:00 a.m. till 10:00 p.m.
- Moscow Domestic Airport Sheremetjevo 1 from 11:00 a.m till 10 p.m.
- Moscow International Airport Vnukovo from 11:00 a.m till 10 p.m.
- Moscow Leningrasky railway station from 10:00 a.m till 10 p.m.

Delivery within Moscow to any other adress from 10:00 a.m. till 08 p.m. will cost 2.250RUB.

e-mail: mow@avis-rentacar.ru

<http://www.avis-rentacar.ru/en>

Hertz

Tel: +7 (495) 775-83-33

e-mail: reservation@hertz.ru

www.hertz.ru

SV-Service

-Rent a car with and without a driver

-Insurance is included in the price of the rent

-Delivery and return of the car to and from your hotel

-Airport transfer

-Junior car seat

-GPS-navigator

Tel: +7 (495) 226-24-22

www.service-sv.ru

Europcar

Tel: +7 (495) 926-63-53

- 4th Dobryninskiy Pereulok, bld. 8., operation hours: 09:00 to 21:00
- International airport Sheremetyevo, Terminal D, arrival hall, tel: + 7 (495) 926-63-73, operation hours: 09:00 to 21:00



- International airport Domodedovo, arrival hall, tel: + 7 (495) 926-63-73, operation hours: 09:00 to 21:00

www.europcar.ru

Scarlet

Yakovoapostolsky pereulok 7

Tel: +7 (495) 937-99-65

+7 (495) 508-65-36 (24h)

+7 (499) 174-08-83 (24h)

+7 (495) 916-01-12, 916-18-40 (fax)

e-mail: info@scarlet.ru

www.scarlet.ru

7.4. Russian language courses

“Grint” center or education

Yunosty ul., 5/1, block 6 , of.35

Tel: +7 (495) 374-74-30, +7 (499) 374-69-51

Fax: +7 (499) 374-73-66

e-mail: info@grint.ru

www.grint.ru

Language Link

Souschovskaya ul., bld. 21 (2nd Entrance, 2nd Floor)

Tel: +7 (495) 258-08-04

Fax: +7 (495) 258-99-39

e-mail: russian@language.ru

<http://www.russian.language.ru/>

The State Pushkin Institute of Russian Language

Akademika Volgina ul., bld. 6

Tel: +7 (495) 330-89-29

e-mail: inbox@pushkin.edu.ru

<http://www1.pushkin.edu.ru/>

Lomonosov Moscow State University - Center for international education

Krzhizhanovskogo ul. bld. 24/35

Admission Office: Tel: +7 (495) 124-80-11, 124-84-88, 124-81-88

Fax: +7 (495) 125-44-61

e-mail: ciemsu@yandex.ru

www.cie.ru

People’s Friendship University of Russia

Miklukho-Maklaya ul. bld. 6



Tel: +7 (495) 433-06-00; 434-53-06
e-mail: dekan-fpk@yandex.ru
www.langrus.ru, www.russianword.ru, <http://www.pfu.edu.ru>

Foreign Language School Diplomatic Academy Ministry of Foreign Affairs of the Russian Federation
Ostozhenka ul. 53/2
Tel: +7 (499) 246-18-44, 244-18-78
http://www.dipacademy.ru/Russian_lang.shtml

7.5. Libraries

M.I.Rudomino All-Russia State Library for Foreign Literature (VGBIL)

Profile: humanities, literature in foreign languages
Address: 1 Nikoloyamskaya ul. (M. Taganskaya)
Tel: +7 (495) 915 3621
Fax: +7 (495) 915 3637
<http://www.libfl.ru>
Open hours: Mon – Tue 10.00 – 17.30, Fr. 10.00 – 16.30

7.6. Bookstores

“Biblio Globus”

Myasnitskayaul. 6/3, str. 1 (M. Lubyanka, M. Kitay-Gorod)
Open hours: Mon. – Fr. 9.00 – 22.00, Sat. – Sun. 10.00 – 21.00

“Bookhunter”

Krivokolennypereulok 9 str. 1
Open hours: Mon. – Sun. 9.00 – 21.00

“Bookberry”

Nikitsky boulevard 17, str. 1
Open hours: Mon. – Sun. 10.00 – 22.00

“Moskovsky Dom Knigi”

NovyArbat 8 (M.Arbatskaya)
Open hours: Mon. – Fr. 9.00 – 23.00, Sat. – Sun. 10.00 – 23.00
Website www.mdk-arbat.ru online ordering and delivery are possible.

“Moskva”

Tverskaya 8 bld. 1 (M.Pushkinskaya, M.OkhotnyRyad)
Open hours: Mon. – Sun. 10:00- 22:00



Website: www.moscowbooks.ru online ordering and delivery possible.
“Respublica”
1 st Tverskaya-Yamskaya 10
Books, souvenirs, café. Open 24/7
“Molodaya Gvardia”
Building 1, 28 Bolshaya Polianka street (Polianka subway station, grey line)
Working hours: Monday-Saturday 09:00-21:00, Sunday 10:00-20:00
Website www.bookmg.ru books reservation is possible via website.

7.7. Weights and Measures

Russia uses the metric system of measurement

1 pound = 0,454 kilograms			
1 kilogram =2.205 pounds			
1 ounce – 28,35 gram			
1 gram – 0,035 ounce			
1 gallon (English system of measurement) - 4,55 liter			
1 American gallon – 3,8 liter			
1 liter – 0.22 gallon (English system of measurement)			
1 liter –0.264 American gallon			
1 mile – 1,6 kilometer			
1 kilometer – 0.6 mile			
1 foot – 0,3 meter			
1 meter – 3 feet			
Celsius	Fahrenheit	Celsius	Fahrenheit
-60	-76,0	+12	+53,6
-55	-67,0	+14	+57,6
-50	-58,0	+16	+60,8
-45	-49,0	+18	+64,4
-40	-40,0	+20	+68,0
-35	-31,0	+22	+71,6
-30	-22,0	+24	+75,2
-28	-18,4	+26	+78,8
-26	-14,0	+28	+82,4
-24	-11,2	+30	+86,0
-22	-7,6	+32	+89,6
-20	-4,0	+34	+93,0
-18	-0,4	+35	+99,5
-16	+3,2	+40	+104,2



-14	+6,8	+45	+113,0
-12	+10,4	+50	+122,0
-10	+14,0	+55	+131,0
-8	+17,6	+60	+140,0
-6	+21,2	+65	+149,0
-4	+24,8	+70	+158,0
-2	+28,4	+75	+167,0
0	+32,0	+80	+176,0
+2	+35,6	+85	+185,0
+4	+39,2	+90	+194,0
+6	+42,8	+95	+203,0
+8	+46,4	+100	+212,0
+10	+50,0		

4. Frequently Asked Questions

1.0 Is it dangerous to live in Moscow? What safety measures do you recommend?

In general, Moscow and St. Petersburg (and Russia in general) suffer from overly simplistic Western media reports, often characterizing the country as being managed by organized crime (Russian mafia). While the existence of such negative forces in Russia is obviously a factor, it is very rare that a foreigner living in the city would encounter such people. Still, as in any other capital city, it is advisable not to draw unnecessary attention to yourself, and to always stay alert to your immediate environment.

2.0 How many expatriates are there in Moscow?

Little accurate data has been published on this subject. But prior to August 1998 it was believed to be around 250,000. Today, estimates range from 80,000-100,000 people.

3.0 I read in the media that the police often visit your apartment to check documents. Is this true? And what do you do if it happens?

Yes, it can happen, but it is actually quite rare. Your company may have a special policy as to how to deal with such visits, please check with your HR office. Eurohome recommends talking through these issues with the landlord before signing the lease agreement, and ensuring that you get a fully transparent lease agreement. In this instance you don't need to worry, as you can show a copy of your lease agreement to the policeman and also your visa bearing a registration stamp on it.



4.0 Is it true that there are still long lines for basic foodstuffs"?

No. Food queues are a thing of the past. Today, an abundance of Western products are available in an ever-expanding number of supermarkets. Your perception of prices will probably depend on prior experience, but broadly speaking, food products in Russia are marginally more expensive than Europe and considerably more expensive than in the U.S.

5.0 Is it always necessary to carry your passport and visa when going out"

Yes. It is quite possible that the Militsia [police] will stop you for a document check on the street. It is therefore necessary to keep your passport and registered visa on you at all times. This also applies to driving - document checks by the GAI [traffic police] are a frequent occurrence.

6.0 Telephone codes and emergency numbers

Calls to Russia: 00 7 + city code + local number

(Moscow code – 495/499 ; St. Petersburg code – 812)

Calls out of Russia: 8 10 + country code +city code + local number

Calls within Russia: 8 + city code + local number

Fire	- 01 *
Police	- 02
Ambulance	- 03
Gas	- 04
Rescue service	+ 7 (495) 937-9911
Moscow Rescue Service	0911 (from any mobile) + 7 (495) 777-0-911. Both Russian and English-speaking operators. Paid service.
Lost children	+ 7 (495) 401-9011, + 7 (495) 401-9982
Lost animals	+ 7 (495) 305-6245
Lost & Found documents	+ 7 (495) 200-9957
Lost things in metro	+ 7 (495) 222-2085
Lift service	+ 7 (495) 354-1200, + 7 (495) 214-5298, + 7 (495) 281-4413
Ecological inspection	+ 7 (495) 952-7288

***Note:** numbers like 01, 02 etc. are only correct for landline calls; from most mobile phones you need to dial 010, 020, etc.



7.0 Public transport passes

Starting from April 2013 there are various types of public transport passes, which you can buy at the metro cashier, available now.

→ Limited pass for metro or any ground-urban passenger transport.

It can be for 1, 2, 5, 11, 20, 40 or 60 passes. You can buy them in every metro station, and can check the prices on the window of the ticket booth.

→ Transport cards with unlimited trips.

Smart-card can be bought for 1, 30, 90 or 365 days (day = 24 hours).

→ Monthly ticket with limited amount of trips (for the tram, bus, trolley, subway, monorail transport system)

It allows you a maximum of 70 trips in the underground and / or monorail transportation system during a calendar month.

→ E Wallet or Troyka

You can buy the e-Wallet card for less than 100 rubles, pay security deposit of 50 rubles and fill up the balance. Each time you will enter metro or use any ground transport money will be deducted from the e-Wallet. Each trip with Troika will be, more or less, half price of a normal ticket. You can request your Troika in every metro station, and can check the exact price for each trip on the window of the ticket booth.

→ "90 minutes ticket".

You can use such type of pass if your way will take not more than 90 minutes, you can combine any type of public transport inside 90 minutes. It can be bought for 1, 2, 5, 11, 20, 40 or 60 passes. You can buy them in every metro station, and can check the prices on the window of the ticket booth.

***For up to date prices, please, visit → <http://mosmetro.ru/payment/tariff/>



8.0 ACTIVITIES

8.1. Sports

Cubs & Fitness:

If you are a big fun of sports there are lots of possibilities for any kind of sport and pocket means. Many famous fitness centers have their chains in different districts of Moscow.

Planet Fitness

www.fitness.ru

Tel: + 7 (495) 933-71-10

The club is the pioneer of fitness development in Russia offers a wide variety of available services and experienced staff in 11 branches.

World class

www.wclass.ru

Tel: + 7 (495) 788-00-00

The first club was opened in 1993 and since then 5 new clubs were opened throughout the city. Training sections are represented with advanced equipment from Cybex, Precor, Nordic Gym, Stair Master, Life Fitness, Ivanko, Star Trac, Icarian, Flex, Hammer Strength.

Vita Sport

<http://www.vitaclub.ru>

21, Zhivopisnaya str., bld. 2

Tel: +7 (495) 730-36-36

Vita Sport club is situated in a park area on the shore of the Moskva river near the Serebriany Bor resort zone. There is a swimming pool with heating on the summer ground, as well as Finnish sauna, russian "bania" and grounds for basketball and volleyball. There is a tennis academy, which offers 8 open tennis courts and 11 covered courts - definitely a plenty of choice for all tennis lovers.

Swimming pools

Chaika Sports Complex

<http://www.chayka-sport.ru>

Turchaninov pereulok, bld. 3-1

Tel: +7 (499) 246-13-44

Olimpic Sport Complex

<http://www.olimpik.ru>

Olimpiysky prospect, bld. 16-2

Tel: +7 (495) 786-32-16



Atlantis

www.wtcmoscow.ru

Krasnopresnenskaya naberezhnaya, bld.12

Tel: +7 (495) 967-03-73

Fitness Club and swimming pool Atlantis located in Crowne Plaza! Warm swimming pool, whirlpool massage, impetuous curves of 20-meter water slides... All the advantages of modern fitness!

Tennis courts

Sport Vencher Moscow

<http://sportvencher.ru>

Krasnopresnenskaya naberezhnaya, bld.12

Tel: +7 (499) 259-51-65 5 indoor and 5 outdoor courts open from 7.00 to 24.00 and ranging in price from 15 to 45\$ per hour. In addition they offer 3 saunas and a gym.

Tennis club at MGU

Tel: +7 (929) 947-60-02 8 outdoor courts open from 8.00 at an approximate price of 15 per hour \$.

Yoga centers close to Prospekt Verdnaskogo

There are a lot of yoga centers in Moscow. You can find the nearest to your apartment here, just choose the metro station:

<http://www.yoooga.ru/>

YOGA PRAKTIKA Амрита

Ul. Udalzoza, 5 building 3 (ул. Удальцова, д. 5, корп. 3)

Квартал-спорт

Metro: Новые Черемушки, Калужская, Юго-западная, Проспект Вернадского

Address: Leninskiy Prospekt, 92 corp 1. (Ленинский пр-т, д. 92, корп. 1)

Мастерская «LOFT»

Проспект Вернадского

ул. Удальцова, д. 6

Фитнес-студия «EASTETICA»

Metro: Проспект Вернадского, Профсоюзная, Новые Черемушки, Калужская



Address: Ul. Novatorov, 1 (ул. Новаторов, д. 1)

Golf clubs

Le Meridien MoscowCountry Club

Nakhabino, Moscow region

<http://www.moscowcountryclub.ru>

Tel: +7 (495) 626-59-11

Fax: +7 (495) 626-59-21

E-mail: reservations@mcc.co.ru

Moscow City Golf Club

Dovgenko str., 1

Tel: +7 (495) 223-48-77

Fax: +7 (499) 147-62-52

E-mail: reception@mcgc.ru

http://www.mcgc.ru/home_en

Ski

Volen Sport Park

www.volen.ru

Moscow district, Dmitrovskiy area, Yakhroma, Troitskaya st., bld.1

Tel: +7 (495) 981-88-94, 933-95-02

E-mail: sportpark@volen.ru

Volen Park is not only the ski resort now. Today it functions through the year offering summer holidays. There are 13 descents up to 500 m covering 70 m of difference in altitude. 7 cable ways and 4 baby lifts will take you up to the top.

All-season ski resort

<http://www.snej.com>

All-season ski resort SNEZH.KOM, located in the north-west of Moscow, 1 km from Moscow in Pavshinskaya floodplain.

Open daily from 10.00 to 24.00

Tel: +7 (495) 225-22-33, 984-08-65, 984-09-35

Fax: +7(495) 984-09-35 ext.1111

E-mail: info@snej.com



8.2. Baths & Saunas

Russian sauna or how it is called here “banya” takes a special place in life of Russians. More than 50% of our compatriots visit banya on a regular basis. Many expatriates adopt this habit from their Russian friends. Therefore, we decided to place some recommendations for sauna beginners to make it fun and healthy.

Recommendations for bath beginners

1. First sweat out then wash.
2. It's useful to take a shower (2-3 min.) before the sweating.
3. Don't wet your head but it's useful to wet the hat with cold water.
4. Come into the sweating-room only with the hat (better felted and wide-brimmed) or make a turban from the towel.
5. Choose shorter, fluffier and lighter besoms (better two).
6. Mittens help to prevent callosities on the palms from besoms.
7. At the first time in the sweating-room first warm up without besom 5-7 min.
8. Then drink hot tea to warm up "on the inside".
9. Add only boiling water with small portions and only on the hottest place of the (the water will "flap" or "explode"), the steam will be dry and light or mild.
10. You should have rest after the sweating-room, shouldn't cold yourself and sit on a draughty place.
11. The duration of the bath depends on your health state but you shouldn't overdo it.
12. If you are ready to bathe in snow or to dip into the fonts with ice-cold water. You are already in the bath and have visited the sweating-room. And now you can try - first warm up well in the sweating-room and then go rapidly into the water/snow and again rapidly into the sweating-room, sweat out well with a besom. You'll feel indescribable pleasure!

→ Unwritten rules

- If you met somebody in the doorway of the bath the priority takes the coming in without taking age into account.
- At the instance of elderly or invalid men or pregnant women you should give place to them and help: in the washroom and sweating-room help in and out, bring water etc.
- To bring glass goods into the washroom and sweating-room is forbidden.
- To come with soap into the sweating-room and wash there is forbidden.
- Smoking forbidden in the bath building.
- Never deny elderly men to sweat them out with a besom.
- Don't use other's items: soap, scissors, bast wisp, besom, pumice stone, comb etc.



- Don't bring into the washroom sharp goods (razor blades etc).
- Immediately bring the man felt bad in the washroom or in the sweating-room into the checkroom and help him.
- Don't conflict with bath clients and provoke quarrels.
- You shouldn't spend in the bath more than 2,5 hours.

Sanduny
According to the number, variety and quality performance of offered services the SANDUNY is the unique bath.
At your service: five sections of various comfort categories, individual rooms, laundry, ironing, minor clothes repair during two hours, hairdressers, cosmetologists, washermen and masseurs, manicure and pedicure. All personnel are specialists of extra-class and approach particularly and inventively to each client.
One cannot do in the bath without a mug of beer and heart-to-heart-talk. All this in combination with magnificent ancient-looking interiors, rococo modelings, halls decorated with ebony and the best in the whole world sweating-rooms makes the SANDUNY bath the only one in its kind.
Ul. Neglinnaja, 14, bld. 3-7 Tel: +7 (495) 625-46-31 http://www.sanduny.ru Open from 8.00 till 22.00.
Bany on Presnya
Public and individual rooms, sweating rooms, hairdressers, massage, swimming pool, gym, solarium, beauty salon.
Stolyarny pereulok, 7 (M. 1905 goda) Tel: +7 (495) 609-35-50 http://www.baninapresne.ru Tue. – Sun. 8.00 – 22.00 E-mail: info@baninapresne.ru

8.3. Cinema centers

American House of Cinema
Berezhkovskaya naberezhnaya, 2 In Radisson Slavianshaya hotel (M. Studencheskaya, light blu) Tel: +7 (495) 941-88-95, 941-88-90 Sound "Smart" in format "Dolby Surround", "Dolby Digital", "DTS". Performances in English language. Website: www.america-cinema.ru
Kodak Kinomir
Nastasjinski pereulok, 2



Tel: +7 (495) 609 43 59 Sound: "Dolby Digital". Performances mostly in Russian with subtitles.
Kinoteatr pod Kupolom Olimpiysky prospect, 18/1 Tel: + 7 (495) 931 98 73 – automat Sound: "Dolby" Original versions with translation through headset.
Khudozhestveny Arbatskaya Ploshad 14. Tel.: + 7 (495) 691 9624
Dome Cinema Located at Penta renaissance Hotel . Movies in original language, translated into Russia through headphones. Address: 18/1 Olimpiysky prospect, Reinassance Hotel (M. Prospekt Mira, orange/brown line) Website: www.domecinema.ru
<u>"Alternative" Cinemas and Museums of Cinema</u>
35MM Cinema Fine European, Asian, American and sometimes alternative movies, usually in original language with Russian subtitles. Address: 47/24 Pokrovskaya street (M. Chistye Prudy, red line) Website: www.kino35mm.ru

8.4. Museums

Andrey Rublov Museum of early Russian culture and art
The unique collection of Russian art of 15 th -16 th centuries. Located in the former Andronikov Monastery. The museum's excursion includes visiting the monastery's acting Spassky Cathedral (Moscow's oldest building, with surviving details of murals done by Andrey Rublyov). Address: Andronevskaya Ploschad 10, (M. Ploschad Iliche) Open: 11 a.m. -6 p.m. Closed: Wednesday and last Friday
Archeological Museum of Moscow
Museum is situated in underground pavilions. Main exhibits are archeological funds from Manezhnaya square and historical places of Moscow. Address: Manezhnaya Square 1, (M. Okhotny Ryad) Open: Tue. - Sun., 10 a.m. - 6 p.m. Closed: Monday



The Armory. The Diamond Collection exhibit

Holds the richest collection of decorative and applied arts. Collection of early weaponry (from 13th century), furniture, jewellery, carriages, gold and platinum nuggets, precious stones, including one of the largest diamonds in the world.

Address: Kremlin, (M. Alexandrovskiy Sad)

Open: daily 12 - 4.30 p.m. Closed: Thursday

The State Tretyakov Gallery

It is one of the best-known picture galleries in Russia & perhaps in the world. Housed in a small and very Russian looking building not far from its founder Tretyakov who began to collect Russian paintings for the purpose of bringing art close to the people. In the gallery there are halls devoted to old Russian paintings, to great painters of the 17-20 c. such as Ivanov, Repin, Serov, Surikov & to the Soviet period of art.

Address: Lavrushinskiy Pereulok 2, (M. Tretyakovskaya)

Open: Tue.-Sun., 10 a.m.-6.30 p.m. Closed: Monday

Tretyakov Gallery, new premises

Exhibition hall on Krymskiy Val Collection of pictures of contemporary artists beginning from October Revolution up to these days.

Address: Ulitsa Krimskiy Val 10/14, (In the Central House of Artists) M.Oktyabrskaya. Open: Tue. - Sun., 10 a.m.-6.30 p.m. Closed: Monday

Museum of decorative and folk arts

Exhibitions: Artistic Textiles of the 17th -19th centuries from collection of Princes Shabelsky. Folk crafts, clothing, lacquer boxes and unique collection of Russian samovars.

Ulitsa Deligatskaya 3, (M. Mayakovskaya, M. Novoslobodskaya)

Open: daily 10 a.m.-4 p.m. Closed: Friday

The State Historical Museum

Permanent archeological exposition dedicated to the history of Ancient and Medieval Russia.

Red Square 1/2, (M. Ploshchad Revoljutsii.)

Open: daily 11a.m.-7 p.m. Closed: Tuesday

Pushkin Museum

It is a unique literary museum of Pushkin and his epoch. Though he never lived in this house, and thus it is not a memorial museum, it resurrects the atmosphere so lovingly that you feel the presence of the poet himself, as if he has just left the house

Ulitsa Prechistenka 12/2, (M. Kropotkinskaya)

Open: daily 11a.m.-6 p.m. Closed: Monday for you to walk around and enjoy the beauty and grandeur of the past

The Pushkin State Museum of Fine Arts



At present the collection of the Pushkin Museum of Fine Arts constitutes more than 500.000 works of art - paintings and sculptures, graphic art, decorative art, archaeological monuments and numismatic items, photography. Documents on the history of the Museum, scientific and epistolary heritage of its founders, other museum's prominent individuals and important arthistorians and artists are kept there. Archives of some other museums whose collections have been passed to the Pushkin Museum are preserved as well. In 1991 the Pushkin State Museum of Fine Arts acquired a status of the "Institution of particularly valuable cultural heritage of the Russian Federation".

Ulitsa Volkhonka 12, (M.Kropotkinskaya)

Open: Tue. - Sun., 10 a.m.-6 p.m. Closed: Monday

Kolomenskoye Museum Preserve

Excellent examples of church and secular architecture from the 16th-19th centuries adorn the enormous territory of the preserve. Some of them were transported from different regions of Russia. The house of Peter the Great was brought from Arkhangelsk in 1934. The Czar lived there in 1702 while supervising the laying of keels for the ships of the Northern Fleet. Historical objects from everyday Russian life: decorative arts and architectural ceramics.

Prospect Andropova 39, (M. Kolomenskaya)

Open: daily 10.30 a.m. – 5.30 p.m. Closed: Monday

Kremlin Museum

The Moscow Kremlin is country's greatest historical monument, a creation of Russian national genius. There are several ancient Kremllins in Russia, but the one in Moscow is superior to all of them, as it also is to many famous architectural monuments of the world, in the integrity and picturesque of the ensemble, which is a perfectly finished work of art. Being the historic center of Russia, and the center of national crafts and culture, the Moscow Kremlin always attracted the finest builders, masons, carpenters, smiths and artists whose works was the embodiment of Russian artistic traditions, experience and craftsmanship.

The Kremlin (M. Alexandrovskiy Sad)

Open: daily 10 a.m. - 4.30 p.m.

Kuskovo

The palace and park of Kuskovo are one of the outstanding monuments of Russian culture. The palace, ponds, canals, pergolas and the park form the ensemble of the 18th century. The palace of count Sheremetyev was built in the second half of the 18th century, in the early classical style. The palace and park pavilions contain an exhibition of the State Ceramics Museum.

Ulitsa Yunosti 2, (M. Ryazanskiy Prospekt)

Open: Wed.– Sun., 10 a.m.-4 p.m. Closed: Monday, Tuesday.



8.5. Theatres

Opera theatres:
Bolshoy Theatre Teatralnaya Ploshad 1, (M. Teatralnaya) Tel (sales): +7 (495) 455-55-55 sales@bolshoi.ru www.bolshoi.ru
Helikon-Opera New Arbat str., bld. 11, (M. Arbatskaya) Tel: +7 (495) 695-65-84 (sales), 690-09-71 Fax: +7 (495) 691-13-23 www.helikon.ru
Novaya Opera Karetny Ryad 3, (Hermitage Garden) M. Pushkinskysys, Tverskaya Tel (sales): +7 (495) 694-08-68 www.novayaopera.ru
Ballet:
Bolshoy Theatre Teatralnaya Ploshad 1, (M. Teatralnaya) Tel (sales): +7 (495) 455-55-55 www.bolshoi.ru sales@bolshoi.ru
Stanislavsky & Nemirovitch-Danchenko Musical Theatre Ulitsa Bolshaya Dmitrovka 17, (M. Chekhovskaya) Tel: +7 (495) 723-73-25 http://www.stanmus.ru/
Classical Music the great Hall of the Conservatoire Ulitsa Bolshaya Nikitskaya 13, (M. Okhotny Ryad) Tel: +7 (495) 629-81-83 Chaykovsky Concert Hall Triumphalnaya Ploshad 4/31, (M. Mayakovskaya) Tel: +7 (495) 629-39-57
Operetta Moskovskaya Operetta 6 ul. Bolshaya Dmitrovka (M. Teatralnaya)



Tel: +7 (495) 925-50-50

<http://www.mosoperetta.ru/>

Drama Theatres

Maly Theatre

Teatralniy proezd, bld.1

Tel: +7 (495) 624-40-46

theatre@maly.ru

<http://www.maly.ru/>

Lenkom

Ul. Malaya Dmitrovka 6, (M. Pushkinskaya)

Tel: + 7 (495) 699-07-08 / 96-68

www.lenkom.ru

Satiricon

Ulitsa Sheremetevskaya 8

Tel: +7 (495) 618 1019

<http://www.satirikon.ru>

Oleg Tabakov Theathre

Ul. Chaplyna 1, (M. Chistye Prudy)

Tel: +7 (495) 628 9685 (sales)

<http://www.tabakov.ru/>

Theatre na Maloy Bronnoy

Ul. Malaya Bronnaya 4, (M. Pushkinskaya)

Tel: +7 (495) 690-40-93 / 59-53, 728-66-49 Tel: +7 (495) 694-42-41 information

<http://mbronnaya.theatre.ru/>

Mossovet Theatre

16, ul. Bolshaya Sadovaya (M. Mayakovskaya)

Tel: +7 (495) 699-20-35

<http://www.mossoveta.ru/>

MkhAT imeni A. P. Chekhova

Kamergerski pereulok 3, (M. Pushkinskaya, Teatralnaya)

Tel (sales): + 7 (495) 646-3-646, 692-67-48

mxat@theatre.ru

<http://www.mxat.ru/>



8.6. Concert Halls

Great & Small halls of Moscow Conservatory
Ul. Bolshaya Nikitskaya 13, (M. Biblioteka imeni Lenina)
Tel: +7 (495) 629-94-01 / 81-83, 629-94-03 / 74-46
Tchaikovsky Concert Hall
Triumfalnaya ploschad 4/31, (M. Mayakovskaya)
Tel: +7 (495) 699-36-81 / 39-57