



British Embassy
Moscow

Information Pack for British Prisoners in Russia

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Introduction

Who can help

The Foreign and Commonwealth Office (FCO):

The FCO is represented overseas by its Embassies and Consulates (High Commission in Commonwealth Countries). Both employ consular officers, and one of their duties is to provide help and advice to any British National who gets into difficulty in a foreign country.

About the Embassy

We are impartial; we are not here to judge you. We aim to make sure that you are treated properly and fairly in accordance with local regulations, and that you are treated no less favourably than other prisoners.

We can answer questions about your welfare and about prison regulations but you must ask your lawyer or the court about legal matters. The attached list of lawyers is provided by the British Embassy for your convenience, but neither Her Majesty's Government, nor any official of the Consulate, take any responsibility for the competence or probity of any firm/advocate on the list or for the consequence of any legal action initiated or advice given.

We cannot get you out of prison, pay fines or stand bail or interfere with local judicial procedures to get you out of prison nor secure you an earlier trial date; we cannot investigate a crime.

We have tried to make sure that the information in this booklet is accurate and up to date, but the British Embassy cannot accept legal responsibility for any errors or omissions in the information. If in doubt contact a lawyer.

Who are the Consular Representatives?

HM Consul General – based in Moscow

Colin Wells

HM Consul tbc – based in Moscow

Contact Information

British Embassy Moscow

10, Smolenskaya Naberezhnaya

121099 Moscow

Tel.: +7 495 956 7200 – Main switchboard

Fax: +7 495 9567328

e-mail: RussiaConsular@fco.gov.uk

British Consulate General Ekaterinburg

15a, Gogol Street

620075 Ekaterinburg

Tel.: +7 343 2535600 – Main switchboard

Fax: +7 343 3592901

First Steps

Who will know I have been detained?

When a British citizen is arrested and detained in the Russian Federation the Russian authorities must inform the British Embassy or the relevant Consulate. This is usually done by phone or in writing and normally takes anything up to one week to reach us. We may be informed much quicker by friends or relations, or, exceptionally, by a prison social worker.

What will my family be told?

For reasons of confidentiality we are not allowed to tell anyone that you have been detained or what the charges are without your permission. The British Embassy/Consulate must have your permission to discuss your case, or to confirm your detention, with anyone.

However, should you wish to inform your family, we can make contact with them through our colleagues in the FCO in London. We can give your family or next of kin advice on prison procedure, regulations, and how you are doing. We can also pass on any messages from you.

What will the Consulate do?

International law has long recognised that consuls have the right to visit, communicate and assist their nationals who are jailed or imprisoned abroad. Whilst consular assistance for detained nationals can take many forms, each intervention serves three basic purposes.

The first is humanitarian: consuls provide detainees with access to the outside world (e.g. communicating with family and friends) and ensure that they have the basic necessities of life (e.g. adequate food or medicine). The second purpose is protective: consular visits help to ensure that foreign nationals are not mistreated in custody. The final purpose is information: consuls acquaint their nationals with the basic procedures under the local legal system, provide them with lists of local lawyers to defend them and take other appropriate steps to ensure that their nationals receive fair and equal treatment under the laws of the arresting state.

Would I have a criminal record in the UK?

You should be aware that if you have been convicted for certain serious offences, such as sexual assault or drugs trafficking, we are obliged to inform the UK police. It is therefore possible that information about this offence may appear if a Criminal Records Bureau check were carried out by a prospective employer.

Visits

How do my family and friends arrange a visit?

Visitors have to obtain visiting permits. They are issued by the investigating judge, the public prosecutor or the investigator. They can refuse a visit if they think that your case might be prejudiced by it.

If family or friends want to visit you they should contact the Embassy/Consulate before travelling. We will give them the address and telephone number of the investigating judge, the public prosecutor or the investigator so that they can apply for a visit permit.

Visitors must identify themselves when they arrive at the prison by showing an identification document containing a photograph (e.g. – passport and visa). This is held by the prison and returned at the end of the visit.

A prison guard "sits in" at short visits to make sure that what is said between you and your visitor will not adversely affect the case. If the conversation is in English and the prison official is unlikely to understand it, the judge may insist that your visitors employ an interpreter.

How many visits am I allowed?

While serving a sentence in Russia prisoners are entitled to a certain number of short (up to four hours) and long (up to three days) visits a year. A number depends on the detention regime and varies from 2 to 4 short visits and from 2 to 4 long visits a year. Short visits are allowed for relatives, next-of-kin and friends. Long visits are only allowed for close relatives such as wife/husband, parents/stepparents, children/stepchildren, brothers/sisters, grandparents, and grandchildren. Two adults are allowed to visit at the same time. Depending on the type of the prison, minor relatives of the accused, e.g. children, grandchildren, brothers and sisters may also accompany adult visitors.

Consular visits

As soon as we have been notified (whether by family, friends or officially) we will apply for a visit permit and you will be visited within two working days of us receiving the permit, unless you ask us not to. Consular assistance continues throughout the prison term. We strive to visit imprisoned British Nationals on an ongoing basis, ideally every 6– 12 months depending on the location of the prison and other circumstances.

What can visitors bring?

The rules depend on the establishment and can vary from place to place. It is advisable to check the prison website before visiting. Visitors are normally not allowed to bring the items which are prohibited in parcels. Printed matters are checked, materials in a foreign language without translation are likely to be prohibited.

Prison conditions/services

Arrival at police station

Within 3 hours after detention the suspect must be issued with a written report in which the exact time and grounds for detention must be explicitly stated. The prosecutors' office must be notified in writing within 12 hours.

Arrival at prison

When someone arrives at prison they have at least one interview and assessment so they:

- understand prison rules and procedures
- know what their rights are
- get the right healthcare

All communication is in Russian so the language issue is likely to complicate communication.

The prisoner gets a prison number and their property is recorded and put somewhere safe until they're released.

General prison conditions

Prison facilities in Russia are far below British standards. There are three basic types of pre-trial prisons.

- 1) Local police station detention centres. Prisoners can be held here for up to 10-15 days. A cell often looks like a cubical 30x15ft with a bench, but no beds in it. Prisoners are not allowed outside, take no showers, no medical care is available.
- 2) Pre-trial small size prisons/ detention centre. Prisoners are usually held in here for 2-3 months. Cells are overcrowded and often have more inmates than beds in them. Poor medical care.
- 3) Pre-trial main prisons, e.g. Lefortovo, Butyrskaya, Matrosskaya Tishina, in Moscow and Kresty in St Petersburg. Conditions and regulations vary from place to place. Medical care is available but can be limited and/or of poor quality. Food deliveries and visits are allowed.

How can I receive money?

We can give your next-of-kin the address of the prison and the prison bank account number in case they wish to transfer money to you, or tell them how to transfer money to you, without bank charges, through the Foreign & Commonwealth Office in London.

Money received by prisoners in penal facilities goes to their accounts. They can spend certain fixed amounts (there is a limit for each category of prisoners).

Can I work or study in prison?

Detainees are expected to work as long as there are conditions for that in their particular prison. They are offered an opportunity to undertake vocational training.

Can I receive medical and dental treatment?

Detainees have access to medical treatment including dental treatment.

Food and Diet

The prison authorities have assured us that the food they provide is a balanced diet giving the necessary daily nutritional requirements. You can supplement your diet by buying foodstuffs from the prison shop.

Mail/Parcels

There is usually no limit to the number of letters you may send or receive but correspondence needs be in Russian. The prison authorities are obliged to deliver letters with the minimum of delay. All correspondence is checked and read. The judge has the right to limit your correspondence or stop the forwarding of letters, if he thinks they might prejudice the legal proceedings.

Those serving a sentence are allowed to receive from 3 to 6 packages (up to two kilos) and from 3 to 6 parcels (up to 20 kilos) a year depending on the detention regime.

List of items, which cannot be sent (it is not possible to provide a full list of prohibited items but the following must not be sent):

Alcohol or other drinks	Tins, bottle or tubes of preserves
Inflammable substances	Perishable items
Money	Knives, razors
Toiletries (perfumes, deodorants etc)	Drugs, various chemicals
Spray cans	Tea bags
Sugar	Salt
All forms of medication, including vitamins	

Can I make telephone calls?

Detainees have a right to make at least 6 phone calls a year each no longer than 15 minutes. Phone calls are made at detainees' expense. The procedure for requesting a phone call depends on a prison.

Leisure and entertainment

Detainees are entitled to have a daily 90-minutes walk.

Drugs

A separate clause stipulates the terms and conditions for safekeeping and the use of medicines the prisoner has on him/her. "If a prisoner brings in any drugs or medicine, the medical officer shall decide what use shall be made of them."

How can I make a complaint about mistreatment?

If you have been tortured or mistreated, please inform Consular staff as soon as it is safe for you to do so. We will then do our best to visit you; to check on your welfare; discuss the allegations; and inform you of any local complaints procedures and supportive organisations that you may wish to consider. With your permission, and where appropriate, we may also be able to raise your allegations of torture and/or mistreatment with the authorities.

The Russian Judicial System

Is the system the same as the UK?

The judiciary in Russia is not a single whole; it is split into three branches: the regular court system with the Supreme Court sitting over it, the arbitration court system with the High Court of Arbitration over it, and the Constitutional Court as a single body with no courts under it. The vast majority of litigation in Russia is heard through regular courts.

The common link in the regular court system is the magistrate's court. The majority of all civil and criminal cases are handled by the magistrate's courts and by the district level courts. Only a limited category of cases involving the most serious crimes falls directly under the original jurisdiction of the next level of courts – the oblast (regional, provincial) courts.

Cases are tried by one of several methods: by a magistrate (cases where the expected sentence does not exceed 3 years); by a judge (the expected sentence does not exceed 10 year); by a panel of three professional judges; a jury trial (panels of twelve-jurors). A jury trial is only available in serious crimes - those where jurisdiction originates in the oblast courts and on request from the accused.

Decisions of the lower trial courts can be appealed through intermediate courts up to the Supreme Court of Russia. It should also be noted that all higher courts have discretionary trial jurisdiction.

What should happen when I am arrested?

According to Russian criminal procedure, officers of the MVD, the Federal Security Service (FSB), or the Procuracy can arrest an individual on suspicion of having committed a crime. Ordinary crimes, including murder, come under the jurisdiction of the MVD; the FSB and the Procuracy are authorised to deal with crimes such as terrorism, treason, smuggling, and large-scale economic malfeasance. The accused has the right to obtain an attorney immediately after arrest, and in most cases, the accused must be charged officially within 48 hours of arrest. In some circumstances, the period of confinement without charge can be extended.

There is a general right of arrest when one of the following applies:

- an individual is caught or pursued in the act of committing an offence
- where it is suspected he is going to flee
- his identity cannot be established

If you are taken into temporary detention you must be brought before a court by the end of the following day. The judge must either order your release or issue a custody order. There is a procedure to appeal against the court decisions.

For how long can I be remanded in custody?

Whilst you are on remand, the Public Prosecutor's Office (PPO) (Prokuratura) investigates the alleged offence. The PPO may interview you and any witnesses and collect any evidence with the help of the Police. When there is enough evidence to open a prosecution, the investigation stage is formally closed and the trial stage is opened. The PPO must then produce indictment (formal accusation), which sets out the details of the accused, the crime of which he/she is accused, when and where it took place, the legal definition of the crime and the criminal laws applicable to the case. When the judge receives the indictment, date(s) for the trial will be set. Under Item 1 of Article 6 of the Convention on Protection of Human Rights and Basic Freedoms, everyone has the right to court proceedings within a reasonable time period. In

calculating this period on criminal cases the court proceedings shall cover both the pre-trial investigation procedure and the court proceedings.

According to legal positions worked out by the European Court on Human Rights the calculation of the time period starts at the time when the person is charged with an offence or apprehended, or put into custody, or other measures of procedural enforcement have been taken and ends when a sentence has entered into force or a criminal case or criminal prosecution has ceased.

The courts, in deciding the issues relating to the extension of the custody term, should take into account that, under Item 3 of Article 5 of the Convention on Protection of Human Rights and Basic Freedoms every person arrested or apprehended has the right to a court trial within a reasonable time limit, or to be released before the trial. A substantiated suspicion against a person put into custody for having committed an offence, serves as a necessary condition for the arrest to be lawful. At the same time such a suspicion cannot be the only reason for a protracted detention in custody.

There must be other circumstances that could justify the isolation of an individual from society. Such circumstances may include a possibility that the suspect or the accused may continue criminal activities or escape from pre-trial investigation or court prosecution or else falsify evidence on the criminal case, or conspire with witnesses. These circumstances should be real, well-founded, i.e. be proved by credible evidence. In the event of extension of detention in custody the courts should indicate specific circumstances justifying the extension of such a term and give evidence proving the existence of such circumstances.

What happens when I am charged?

In most cases, the accused must be charged officially within 48 hours of arrest. In some circumstances, the period of confinement without charge can be extended.

If you are charged with a crime you will be given a 'charge sheet'. This sets out the details of the crime you are being charged with. The investigator will decide if you:

- can go home until the court hearing - but may have to follow certain rules, known as 'bail'
- are kept in police custody until you are taken to court for your first hearing

What provision is there for bail?

The accused or any other person can deposit money to guarantee attendance of the accused at the investigation and the trial. The investigator determines the size of bail, approval of the prosecutor is required for the use of bail. If the suspect or the accused fails to attend the trial, bail is retained by the State.

What kind of legal assistance is available

After the accusation against him is brought, an accused gains the right to have a lawyer who must be a member of the bar association.

You can employ a lawyer for yourself at any time after your arrest; a list of English-speaking lawyers comes with this information pack. The Embassy cannot pay legal fees or guarantee to a lawyer that you will pay them.

If you do not have a lawyer when you come to trial, the court will appoint a legal-aid lawyer free of charge. The court may also appoint a lawyer at the request of the accused. The court will automatically appoint a legal-aid lawyer if the offence is so serious or the case is so complicated that you will need legal assistance to help defend yourself. The same applies if it is obvious that you are not capable of defending yourself.

What happens at the trial?

The legal proceedings are in Russian or in an official language of a republic with Russian Federation. Those parties who are not proficient in the language of the legal proceedings have a right for free interpretation services. All the documents they have to familiarise themselves with should be translated into their native language or the language they are proficient in.

There are stages: the preliminary investigation and the institution of proceedings.

1) The preliminary investigation consists of

- a) promulgation of court members
- b) identification of the accused
- c) control of attendance of participants in the trial
- d) explanation of rights to participants in the trial
- e) removing witnesses from the hall
- f) examination of petitions

2) Court investigation:

- a) evidence examination
- b) pleadings which consist of speeches delivered by the prosecutor, civil plaintiff, civil respondent, their representatives, counsellors, and the accused defendant if he does not have a counsellor
- c) short second pleadings: all participants of the trial have the right to plea once more
- d) the final word of the defendant
- e) the participants in the trial present to the court their suggestions concerning the sentence
- f) passing a sentence

The accused has the right:

- 1. to be informed of the nature and course of the accusation
- 2. to give explanations in the course of accusation; to present evidence; submit petitions and appeals to the court
- 3. to know the reasons and grounds for arrest
- 4. to examine the materials introduced to the court to validate the charges
- 5. to know the reasons and grounds for the extension of his incarceration
- 6. to examine the records of pre-trial investigation
- 7. to have legal representation
- 8. to reject individual judges or other trial participants
- 9. at the end of investigation, to examine all materials pertaining the case
- 10. to appeal the actions and decisions of an investigator, a prosecutor and or a judge

Sentences

There are several types of sentences in Russia - accusatory sentence with further serving; accusatory sentence without further serving when amnesty is granted; accusatory sentence with postponed serving due to severe disease, pregnancy, etc; justificatory sentence. The majority of sentences issued by Russian courts is accusatory.

How can appeals be made?

Court decisions can be appealed against by yourself, your lawyer or authorised representative. Appeals must be submitted within 10 days and should normally be submitted to a higher level court.

What provision is there for reduction of sentence (remission) e.g. for good behaviour?

Apart from good behaviour the following factors can be taken into account: pregnancy, minor age, disability or poor health, minor dependants, etc.

What provision is there for early release e.g. on parole?

Early release can be considered when

- a) at least one third of the sentence has been served for those convicted for minor to medium offences
- b) at least a half of the sentence has been served in case of major offences
- c) at least two thirds of the sentence have been served for those convicted for very serious offences
- d) at least three quarters of the sentence has been served if it is a drug-related offence or the conviction is for sex with minors
- e) at least four fifths of the sentence have been served if the conviction is for sex with a person below 14

the above applies when the period served exceeds 6 months.

For your benefit under this provision it is important that your conduct whilst in prison is good.

What provision is there for clemency or pardon?

Anyone convicted can appeal for pardon. Decisions are taken solely by the President.

What about any financial penalties?

Financial penalty can be assigned in addition to a prison sentence or can replace the latter. The possibility of getting financial penalty depends on the article under which you are convicted.

Is transfer to another prison within Russia possible?

Normally the whole sentence should be served in one and the same detention facility. However in exceptional circumstances like illness, security issues etc. authorities may decide that a detainee should be transferred to another prison. There is also a possibility for you to get transferred to a detention facility with milder conditions. The appeal should be submitted to the court via the prison administration. Good behaviour is the key fact which the court will take in account.

Is transfer to the UK a possibility?

British citizens sentenced to a term of imprisonment in Russia may be able to transfer home to serve the rest of their sentence in a prison in the UK. Criminal proceedings against you in Russia must be complete. You must normally have at least six months of your sentence left

to serve when you make your application for transfer. The offence for which you were convicted must also be a criminal offence in the part of the UK to which you wish to be transferred. You must have no outstanding fines or other non-custodial penalties. Other conditions may apply, depending on the specific transfer arrangements with each country.

You should normally make your application to the prison authorities in your place of detention but, if you prefer, you can write to the nearest British Consulate, who will pass on your letter to the relevant UK authorities. The UK authorities will then make an application to the foreign authorities on your behalf. The sentencing state and the British authorities have to approve your transfer in all cases. The authorities of the country in which you are serving your sentence make an initial consideration of your application. If they are prepared (in principle) to agree to the transfer, they will forward information about you to the authorities in the UK. This will include details of the offence(s) and length and nature of the sentence. If the UK authorities agree to the transfer, they will tell the foreign authority and provide them with information about how your original sentence will continue to be enforced. If the foreign authorities agree, you will then be provided with the relevant information on how your sentence will be administered in the UK.

The length of time varies from case to case. In some countries it can take more than two years. It is important that you understand this, and are not over optimistic about a speedy transfer. However, we will do everything we can to process your request as quickly as possible. You cannot be prosecuted in the UK for the offence for which you are sentenced. You will, however, be liable to detention or prosecution in connection with any other alleged offence committed in the UK.

Whether you return to the UK as a serving prisoner, or at the end of your sentence, you have a criminal record. You should be aware that if you are arrested for certain serious offences, such as child sex abuse or drugs crimes, consular staff must tell other relevant UK authorities. The majority of the costs of your transfer are the responsibility of the UK and foreign authority. However, with most of prisoner transfer agreements you are required to pay your own airfare.

What are the procedures for release and deportation?

You can be released upon having served your sentence, annulations of sentence by Russian court, clemency or amnesty, severe disease or other grounds. You will have your documents and belongings returned by the prison on the day of release. You must leave Russia after your release.

Prisoners Abroad

Since 1978 the charity Prisoners Abroad has offered practical support and advice to British citizens imprisoned overseas. It is the only UK charity providing this service and it is available to all, whether guilty or innocent, convicted or on remand. Prisoners Abroad is concerned with your health and welfare, both during your imprisonment and also on your return to the UK, through their resettlement service (if you have registered whilst in prison). They can also provide support and advice to your family during your imprisonment. In order

to access any services, prisoners must first register with Prisoners Abroad by signing and returning their authorisation form.

Once you seek help from Prisoners Abroad, the Prisoner & Family Support Service will be your point of contact for advice and information. The type of assistance they can offer will vary from country to country, but generally they can provide you with information, in English, on:

- your rights as a prisoner and issues that may affect you such as health or transfer to the UK
- obtaining magazines, newspapers, books and the regular Prisoners Abroad newsletter
- writing to a pen pal
- learning the language of your country of imprisonment
- translation of documents
- grants for food if you are in a developing country and don't have funds from other sources
- grants for essential medicines and toiletries if you don't have funds from other sources
- preparing for release
- help for your loved ones, including information, family support groups and assistance with the cost of visiting

Prisoners Abroad
89 – 93 Fonthill Road
London N4 3JH
UK

Telephone: 00 44 (0)20 7561 6820 or, for your relatives in the UK, Freephone 0808 172 0098

(Mondays to Fridays 9.30 am to 4.30 pm, UK time)

Email: info@prisonersabroad.org.uk

Website: www.prisonersabroad.org.uk

Glossary of Terms

Useful legal terms

Ugolovny Kodeks	Criminal Code
Ugolovno-protsessualny Kodeks	Code of Criminal Procedure
Zaderzhaniye	Detention
Zaderzhanny	Detainee
Obysk	Search
Arest	Arrest

Arestovanny	Arrestee
Podozrevayemy	Suspect
Obvinyayemy	Accused person, defendant
Protocol	Transcript
Delo	Case
Yurisdiksiya suda	Court venue
Politsiya	Police
Predstaviteli tamozhni	Customs officials
Pogranichnaya Okhrana	Border guards
Procurator	Prosecutor
Procuratura	Prosecutor's office
Gosudarstvenny obvinitel	State prosecutor
Secretar suda	Custodian of legal records
Gosudarstvenny zashchitnik	Court-appointed attorney
Chastny advokat	Private attorney
Svidetel	Witness
Perevodchik	Translator, interpreter
Otvetchik	Defendant
Istets	Plaintiff
Postradavshiy	Victim, the aggrieved party
Sud'ya	Judge
Sud	Court, trial
Rayonny sud	District court
Mosgorsud	Moscow City court
Sudebnoye zasedaniye	Trial
Otlozhit sudebnoye zasedaniye	To postpone trial
Neyavka svidetelya	Witness unable to appear at trial
Doznaniye	Inquiry stage of First Stage of Investigation
Sledstviye	Investigation
Predvaritelnoye sledstviye	Preliminary investigation
Prodleniy sroka sledstviya	Investigation period extension
Obvinitelny act	Indictment
Prigovor suda	Court's decision
Osuzhdyonny	Convict

Key phrases**Russian Translation**

Здравствуйте
 Доброе утро
 Добрый день
 Добрый вечер
 Спокойной ночи
 До свидания
 Да
 Нет
 Спасибо
 Пожалуйста
 Извините
 Можно

Pronunciation

Zdrastvooitye
 Dobroye ootra
 Dobry dyen
 Dobry vecher
 Spakoynoy nochi
 Da svidaniya
 Da
 Nyet
 Spasiba
 Pazhalooista
 Izvinitye
 Mozhna?

English Translation

hello
 good morning
 good day/afternoon
 good evening
 good night (i.e. sleep well)
 good bye
 yes
 no
 thank you
 please/you're welcome
 excuse me/ sorry
 may I...?

Vegetables - Овощи

Фасоль
 Свекла
 Капуста
 Морковь
 Цветная капуста
 Огурцы
 Баклажан
 Чеснок
 Красный перец
 Салат

Fasol
 Svyokla
 Kapoosta
 Markof'
 Tsvetnaya kapoosta
 Agoortsy
 Baklazhan
 Chesnok
 Krasny perets
 Salat

beans
 beetroot
 cabbage
 carrot
 cauliflower
 cucumbers
 aubergine
 garlic
 red pepper
 lettuce

Fruit - Фрукты

Яблоко
 Банан
 Виноград
 Абрикос
 Лимон
 Дыня
 Апельсин
 Персик
 Груша
 Ананас
 Слива
 Изюм
 Клубника
 Арбуз

Yabloko
 Banan
 Veenagrad
 Abrikos
 Leemon
 Dynya
 Apelseen
 Perseek
 Groosha
 Ananas
 Sleeve
 Eesyum
 Kloobneeka
 Arbooz

apple
 banana
 grapes
 apricot
 lemon
 melon
 orange
 peach
 pear
 pineapple
 plum
 raisins
 strawberry
 watermelon

Meat - мясо

Корейка
 Говядина
 Курица
 Ветчина
 Печень
 Свинина
 Сосиски

Kareyka
 Gavyadina
 Kooritsa
 Vyetcheena
 Pechen
 Sveeneena
 Saseesky

bacon
 beef
 chicken
 ham
 liver
 pork
 sausage/hot dog

Fish - рыба

Карп	Karp	carp
Селедка	Selyodka	herring

Miscellaneous Food

Хлеб	Khlyeb	bread
Белый	Byely	white (wheat)
Черный	Chorny	rye
Свежий	Svezhy	fresh
Булочка	Boolochka	bun, roll
Торт, пирог, кекс	Tort, peerog, keks	cake
Варенье	Varenye	jam
Майонез	Mayonez	mayonnaise
Кетчуп	Ketchup	ketchup
Макаронны	Makarony	noodles any type
Пицца	Pizza	pizza
Соль	Sol	salt
Перец	Perets	pepper
Мука	Muka	flour
Сахар	Sakhar	sugar

Beverages - Напитки

Вода	Vada	water
С газом	S gazom	Fizzy
Без газа	Bez gaza	Still
Чай	Chay	tea
Кофе	Kofye	coffee
Сок	Sok	juice

Dairy products – молочные продукты

Молоко	Malako	milk
Сгущенное молоко	Sgooshyonoye malako	condensed milk
Творог	Tvarog	soft cheese
Йогурт	Yoghurt	yoghurt
Сметана	Smetana	sour cream
Сыр	Syr	cheese
Масло	Masla	butter
Растительное масло	Rastitelnoye masla	vegetable oil
Маргарин	Margarin	margarine

Annexes

Annex 1: [List of English-Speaking Lawyers in Russia](#)

Annex 2: [List of Private Translators/Interpreters in Russia](#)

Annex 3: FCO leaflet: [In prison abroad](#) -

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/320638/Annex_3_-_FCO_Leaflet_-_In_Prison_Abroad.pdf

Annex 4: FCO leaflet: [Transfers home for prisoners abroad](#) -

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/454211/Annex_4_-_FCO_leaflet_-_transfers_home.pdf

Annex 5: Prisoners Abroad [authorisation form](#) -

<https://www.prisonersabroad.org.uk/Handlers/Download.ashx?IDMF=4cd7012d-f55d-4e26-8e77-d4c83b90a847>

Annex 6: Prisoners Abroad [family contact form](#) -

<https://www.prisonersabroad.org.uk/Handlers/Download.ashx?IDMF=d5d65efe-779a-4aae-812b-45a365c01221>

Annex 7: Prisoners Abroad [CFF form](#) -

<https://www.prisonersabroad.org.uk/Handlers/Download.ashx?IDMF=1794432a-4441-47db-934a-57f7125e1a70>

Disclaimer

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Thank you.