

### Useful information

- > **Dialling code for Russia:** +7
- > **Dialling code for the UK:** +44
- > **Dialling a Russian number from a UK mobile:** You must use the +7 dialling code and remove the first 8. To dial the Embassy switchboard, for example:
  - > **+7 495 956 7200** (calling from UK mobile)
  - > **8 495 956 7200** (calling from Russian phone)

### Emergency numbers

- > International Emergency (from mobile): **112**
- > Police (Russian public phone): **02**
- > Ambulance (Russian public phone): **03**
- > International SOS (private, English speaking ambulance) **+7 495 937 5760**

### Currency conversion

Approximate conversion as of 14/01/14

Rubles	Pounds
50	0.91
100	1.83
1000	18.26
5000	91.30

## Russian language basics

Cyrillic	English	Cyrillic	English
Аа	father	Рр	rolled R
Бб	bad	Сс	see
Вв	vine	Тт	stool
Гг	go	Уу	boot
Дд	do	Фф	face
Ее	yet	Хх	loch
Ёё	yaw	Цц	sits
Жж	pleasure	Чч	chip
Зз	zoo	Шш	sharp
Ии	me	Щщ	sheer
Йй	yes	Ьь	roses/silly
Кк	kitten	Ээ	met
Лл	lamp	Юю	use
Мм	map	Яя	yard
Нн	not	Silent letters	
Оо	more	Ъъ	Soft sign
Пп	spell	Ъъ	Hard sign

### Key phrases

да [da]	Yes	нет [nyet]	No
Здравствуйте [zdrast-vuy-tye]			Hello
до свидания [do svi-da-ni-ya]			Goodbye
Извините [iz-vi-ni-te]			Sorry
Пожалуйста [po-zha-luy-sta]			Please
Спасибо [spa-see-ba]			Thank you

Я не понимаю. Вы говорите по-английски?  
[Ya ne pa-ni-mayu. Vy gavorite po-angliyski?]

I do not understand. Do you speak English?

## Top tips for travelling to Sochi



A guide to help you stay safe and enjoy the Sochi 2014 Winter Olympic and Paralympic Games

## Warm up

### Prepare for your trip

- > **Passport and visa:** British citizens need a visa to travel to Russia, and your passport should be valid for a further six months after your Russian visa expiry date.
- > **Visa expiration:** It is your responsibility to check that all the information on your visa is correct and ensure you do not stay past the expiration date.
- > **Spectator Pass:** Don't forget that as well as your ticket you must also apply for a Spectator Pass to enter the Games:  
**[www.pass.sochi2014.com](http://www.pass.sochi2014.com)**
- > **Travel insurance:** Ensure you have comprehensive travel insurance valid for Russia and check carefully what your policy covers.
- > **Currency:** Russia uses the Ruble which you can pre-order from most currency exchange providers in the UK. You will be able to use your bank card in many shops, restaurants and ATM machines but make sure you inform your bank that you are travelling to Russia to prevent your card being blocked.

## Get off to a great start

### When you arrive

- > **Immigration form:** You will be given an immigration form at passport control which must be kept in your passport. You will need this to register and to exit Russia.
- > **Registration:** If you are staying in Russia for more than 7 working days you will need to register with the local Federal Migration Service. Your accommodation provider should help you do this.

## Stay on piste

### During your stay

- > **Carry your passport and hotel address:** Carry your passport at all times as police conduct ID checks and will want to see originals. Keep a copy of your passport and visa at your hotel in case you lose the originals, and have your hotel address written down in both Russian and English to help people give you directions.
- > **Security procedures and prohibited items:** Please comply with security procedures at the venue, which are there to ensure a safe Games for everyone. Check the Sochi website for a detailed list of prohibited items including food, drink, flags or banners bigger than 2x1 metres and advertising materials.
- > **Terrorism:** Please check the latest travel advice regarding the threat from terrorism regularly here:  
**[www.gov.uk/foreign-travel-advice/russia](http://www.gov.uk/foreign-travel-advice/russia)**
- > **Protests:** There may be political rallies in Sochi, Moscow and other places across Russia. Check media for the latest updates, be vigilant and avoid demonstrations. Any involvement in unsanctioned demonstrations or protests could lead to arrest. We want everyone to have a safe, trouble-free holiday.
- > **South Ossetia and Abkhazia:** The Foreign & Commonwealth Office (FCO) advise against all travel to Abkhazia and South Ossetia. Sochi borders the Georgian breakaway region of Abkhazia. Please see FCO travel advice:  
**[www.gov.uk/foreign-travel-advice/georgia](http://www.gov.uk/foreign-travel-advice/georgia)**

## Keep up to speed

### Sources of information

#### FCO Travel Advice

Please subscribe to email updates at:

**[www.gov.uk/foreign-travel-advice/russia](http://www.gov.uk/foreign-travel-advice/russia)**

#### British Embassy

Please follow us on Twitter: **@ukinrussia**

Website: **[www.gov.uk/government/world/russia](http://www.gov.uk/government/world/russia)**

Facebook: **ukinrussia**

#### Embassy in Moscow:

Smolenskaya Naberezhnaya 10

Moscow 121099

#### Main switchboard:

+7 495 956 7200 (calling from UK mobile)

8 495 956 7200 (calling from Russian phone)

#### Sochi Games

For up to date information about the Games and event times: **[www.sochi2014.com](http://www.sochi2014.com)**

#### Sochi Administration Multilingual Call Centre

For information about visiting Sochi:

**+7 800 234 2014** (please note this will only work from a Russian phone)