

RUSSIA

PLANNING GUIDE

A flight attendant's guide to cuisine, hotels, airports, health, security, and country requirements in Russia.

Your creativity and knowledge make the trip.

The largest country in the world, Russia has a sizable and growing business aviation market. Not only is Russia a major destination for international travel, but also Russian travelers rank among the world's most prolific users of air charter flights. Because of all this, if you haven't been to Russia already, there is a good chance you will in the future.

We recognize the critical role you play as a vital member of the crew. To help you avoid the unexpected and manage expectations when traveling to Russia, while delighting your passengers along the way, we have developed this planning guide.

Enclosed you'll find tips to help you plan for visas, airports, hotels, health, and security from Universal Weather and Aviation, Inc., as well as a guide to Russian cuisine from Air Culinaire Worldwide, a Universal® company.

We hope this information is useful in helping you navigate Russia's local culture and unique operational requirements.

And, as always, know that you're not alone, and we are here for you whenever you need us.

добро пожаловать

Russian – "Dobro Pozhalovat'," which means "Welcome."



A Universal Weather and Aviation, Inc. company

You navigate a complex world. Avoid the unexpected. Manage expectations.

Below is a list of important operational considerations when planning a trip into, within, or out of Russia.

COUNTRY

Be aware of the following recommendations and requirements before operating to Russia:

- Depending on the nationality, crew members may require visas for Russia
- Visas for this country can't be obtained on arrival, and immigration authorities may fine or even ban travelers from the country for a period of five years, if they do not have appropriate visas
- A country health briefing should be obtained in advance
- A navigator is generally required onboard for domestic routes or operations to domestic airports

AIRPORT

Confirm the following information prior to your trip:

- Airport operating hours
- Ground handler operating hours, meeting point, and phone numbers
- Customs, Immigration, and Quarantine (CIQ) clearance procedures
- Regulations for crew bringing aboard catering for departure
- Fluid limitations if bringing own catering (e.g., from a restaurant) for departure
- Restricted food items (e.g., agricultural restrictions)
- Ability to store food items on aircraft, with ground handler, or with caterer
- In-flight catering delivery time (particularly, how far in advance catering is recommended to be delivered)
- Ramp access availability (when needed during your stay and on day of departure)

SECURITY

Research the following information prior to your trip:

- Security considerations for city, including tourist destinations
- Areas in city that should be avoided
- Public transportation (not recommended)
- Currency and buying practices prior to travel. It's recommended that any exchange obtained should be in 10 and 50 rubles rather than 100 and 500 rubles
- Public transportation systems prior to using them
- Things to avoid doing while at destination (e.g., walking alone, etc.)
- Security reports you should acquire to understand potential risks (e.g., city, hotel, country)

HOTELS

Confirm the following with your hotel prior to booking:

- Meets western standard for 4- and 5-star accommodations
- Location
- Grocery stores or markets nearby
- Restaurant options at or near hotel
- Advance booking requirements (critical if stay coincides with major local events)
- Minimum number of stays needed for booking
- Down payment or pre-payment requirements
- Lead time to arrange direct bill for rooms through 3rd party
- Cancellation policy
- Availability of courtesy transportation
- Rate cap limitations on rooms
- Lead time required by hotel restaurant to order catering
- Room refrigerator requirements
- Rewards program information on file with hotel for elite status qualification and points

This information was provided by Universal Weather and Aviation, Inc. If you have questions or need trip support assistance with any of the above, contact us at: **N. America** +1 (800) 231-5600, ext. 3300 or **Worldwide** +1 (713) 944-1622, ext. 3300.

Russian Cuisine

Vast and home to many diverse ethnic groups, Russia has an eclectic cultural history that is reflected in its cuisine. Here, our executive chefs have identified some popular local dishes and their culinary influences. We recommend that you consult with your caterer about local specialties as well as what's available and in-season.

URAL

LOCAL DISHES

Pelmeni – is a traditional Russian dish usually made with minced meat or fish filling, wrapped in thin dough. For the filling, mostly pork, lamb, or beef is used. The Ural recipe of pelmeni is considered the best in Russia.

Pirogi or Pirozhki – are small stuffed buns made of yeast dough or short pastry. They are filled with different ingredients, such as green onion and boiled eggs, mushrooms, meat and rice stuffing and sometimes carrots. They may be baked or shallow-fried.

Solyanka – is a soup with beef, ham, sausage, chicken breast meat, fresh dill and pickled cucumbers and mushrooms.

CULINARY INFLUENCE

Russia, Germany, Eastern Europe, Kazakhstan

SIBERIA

LOCAL DISHES

Stroganina – is like sashimi: very thin slices of raw frozen fish seasoned with just salt and pepper.

Ukha – is a clear Russian soup made from various types of fish, such as bream, wels catfish, or even ruffe. It usually contains root vegetables, parsley root, leek, potato, bay leaf, dill, tarragon, and green parsley, and is spiced with black pepper, saffron, nutmeg, and fennel seed. Fish such as perch, tenches, sheatfish, and burbot are sometimes used to add flavor to the soup.

CULINARY INFLUENCE

Russia, Siberia, Mongolia, Eastern Europe, Asia

SOUTH

LOCAL DISHES

Okroshka – is a classic soup with a mix of raw vegetables (like cucumbers and spring onions), boiled potatoes, eggs, and cooked meat such as beef, veal, sausages, or ham with kvass, which is an alcoholic beverage made from fermented black or rye bread. Garnish with sour cream.

Kotlety (minced cutlets, meatballs) – are small pan-fried meatballs, not dissimilar from Salisbury steak and other such dishes. Made primarily from pork and beef (sometimes also from chicken or fish).

CULINARY INFLUENCE

Russia, Eastern Europe, Turkey

NORTH CAUCASUS

LOCAL DISHES

Shashlyk – is a form of shish kebab (marinated meat grilled on a skewer). Served with grilled vegetables, adjika (red pepper sauce) and local red wine.

Golubtsi – is minced meat with boiled rice and/or buckwheat wrapped in cabbage leaves, with a variety of different fillings.

CULINARY INFLUENCE

Russia, Turkey, Middle East, Eastern Europe

NORTHWEST

LOCAL DISHES

Borscht – Borscht is a soup of Ukrainian origin that is popular in many Eastern and Central European countries. In most of these countries, it is made with beetroot as the main ingredient.

Blini – is a mini pancake made from buckwheat, served with caviar, jam, or other toppings.

Bulviu Maltiniai – is a fried potato patty.

CULINARY INFLUENCE

Russia, Ukraine, Finland, Germany

VOLGA

LOCAL DISHES

Bashkir Roll – is sauteed vegetables rolled in a thin dough, and then steamed.

Lamb Shanks Ufa – is a savory lamb dish with vegetables.

Coulbiac – is a Russian dish consisting of a filled pie usually made with salmon or sturgeon, rice or buckwheat, hard-boiled eggs, mushrooms, onions, and dill. The pie is baked until golden brown in a pastry shell, usually of brioche or puff pastry.

CULINARY INFLUENCE

Russia, Kazakhstan, Turkey, Eastern Europe

CENTRAL

LOCAL DISHES

Shchi Soup – is a soup made with cabbage with a distinctive sour taste. When sauerkraut is used, it is called "sour shchi," and when the soup is made from green vegetables (such as spinach), it is called "green shchi."

Olivje (from French name "Olivier")

Salad – is a mayonnaise-based potato salad distinguished by its diced texture and the contrasting flavors of pickles, hard-boiled eggs, and peas.

Vinegret – is a salad made of boiled beets, potatoes, carrots, pickles, onions, sauerkraut, and sometimes peas or white beans.

CULINARY INFLUENCE

Russia, Germany, Eastern Europe, Italy, China

FAR EAST

LOCAL DISHES

Kufta Bozbash – Azerbaijan dish which is popular in the Far East. Pea soup with lamb balls and vegetables. Kufta is served with greens.

Rassolnik – is a traditional Russian soup made from pickled cucumbers, pearl barley, and pork or beef kidneys.

Syrniki – are fried curd fritters, garnished with sour cream, jam, honey, and/or applesauce.

CULINARY INFLUENCE

Russia, China, Siberia



Popular Dishes:

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This information was provided by Air Culinaire Worldwide. If you have questions or need catering assistance, contact us at: **N. America** +1 (800) 247-2433 or **Worldwide** +1 (813) 449-6000.