

USEFUL TIPS ABOUT AKADEMGORODOK

The organizing committee wishes you to have pleasant stay in Akademgorodok! Here we present a short list of places and services that might be helpful during your stay. Should you have any questions please do not hesitate to ask the organizers.

FOOD AND DRINK IN AKADEMGORODOK

Many old Russian dishes are still popular in Russia. They are various soups, such as cabbage soup (“щи”), borsch (“борщ”), rassolnik (“рассольник”), solyanka (“солянка”), ukha (“уха”), as well as kasha (“каша”), pirogi (“пирог”), bliny (“блины”), rye bread, sour cabbage and pickles. The Russians also like chops (Pozharskie Kotlety and Chiken Kiev as the most popular), salads (such as Russian Vinaigrette Salad), kompot, a fruit drink, which appeared on the Russian tables as a result of European influence. After the Soviet-era, Russian cuisine was enriched by such dishes as Uzbek plov, Caucasian shashlik, Kazakh manti and Siberian pelmeni (“пельмени”). After dinner the Russians usually drink tea with sweets and have something for dessert.

Akademgorodok has a number of places available for breakfast, lunch and dinner in 15-30 minutes walking distance from the conference venue. Although most of the places do not have English menu, the personnel and waiters are ready to help you in placing an order.

- The lunch menu is called “Business lunch” which is only available during lunch time, it is cheaper and is served quicker;
- All restaurants accept cash in rubles or debit/credit cards (Visa, MasterCard, Maestro, Diners Club);
- All restaurants have free WiFi;
- Usual tip for waiters is 5-10%.

Below is the list of the recommended places combined by the topic.

Breakfast:

Чашка кофе
 (“Chashka
 coffee”)



- Coffee house. Sandwiches, Japanese, European cuisine, seafood. Lunches available too
- Vegetarian dishes available
- English menu available
- Average bill: 600-800 Rub, lunch: 250-350 Rub
- Working hours: 07.30 – 02.30, lunch: 12.00 – 16.00.

Address: Morskoy avenue 54 (Морской пр-т, 54), 1st floor.
(You won't miss its large summer terrace)

[On Google Maps](#) [On Foursquare](#)

Traveller's coffee



- Coffee house. Sandwiches, Fusion, International cuisine. Lunches available too
- Vegetarian dishes: salads, side dishes, pastry
- English menu available
- Average bill: 500 Rub, lunch: 200-250 Rub
- Working hours: 08.30 – 00.00, lunch: 12.00 – 16.00.

Address: Morskoy avenue 2 (Морской пр-т, 4), ground floor; Ilyicha str. 4 (ул. Ильича, 4), 1st floor (both with summer terraces)

Branch on Ilyicha: [On Google Maps](#) [On Foursquare](#)

Branch on Morskoy pr-t: [On Google Maps](#) [On Foursquare](#)

Lunch:

Веранда
("Veranda")



- International, Georgian and Middle-Asian cuisine
- Vegetarian dishes available
- English menu available
- Average bill: 600 Rub, lunch: 250-350 Rub
- Working hours: 11.00 – 24.00, lunch: 11.00 – 16.00.

Address: Ilyicha str., 10 (ул. Ильича, 10)
(in the building of the hotel "Zolotaya dolina" ("Golden valley"))

[On Google Maps](#) [On Foursquare](#)

Восток-Запад
("Vostok-Zapad")



- International and Russian cuisine
- Vegetarian dishes: salads, side dishes, pastry
- English menu available
- Average bill: 350 Rub, lunch: 200 Rub.
- Working hours: 08.00-23.00, lunch: 12.00-16.00

Address: Ilyicha str., 6 (ул. Ильича, 6)
(in the building of the shopping center "Torgoviy center", grocery store entrance, second floor)

[On Google Maps](#) [On Foursquare](#)

Печки-Лавочки
("Pechki-
Lavochki")

- Russian and Ukrainian cuisine
- English menu available
- Average bill: 500-800 Rub, lunch: 300-350 Rub
- Working hours: 11.00-24.00, lunch: 11.00-16.00



Address: Ilyicha str., 6 (ул. Ильича, 6)
(in the building of the shopping center "Torgoviy center", entrance opposite to the grocery store)

[On Google Maps](#) [On Foursquare](#)

Cafeterias and fast-food restaurants:

Kukuruzza



- Average priced cafeteria
- Russian and international cuisine
- Vegetarian: salads, side dishes, pastry
- No English menu, please ask personnel on the spot
- Average bill: 250-400 Rub
- Working hours: 8.30 – 16.30

Address: Nikolaeva str., 12 (ул. Николаева, 12)
High-tech campus of Akademgorodok ("Technopark Akademgorodka")

[On Google Maps](#) [On Foursquare](#)

Вилка-Ложка
("Vilka-Lozhka")



- Average priced cafeteria
- Russian and international cuisine
- Vegetarian: salads, side dishes, pastry
- No English menu, please ask personnel on the spot
- Average bill: 200-400 Rub
- Working hours: 9.00-22.00; special breakfast menu: 9.00-11.00

Address: Ilyicha str., 6 (ул. Ильича, 6)
(in the building of the shopping center "Torgoviy center", entrance opposite to the grocery store)

[On Google Maps](#) [On Foursquare](#)

Spot & Choo's



- Burger joint
- English menu available
- Average bill: 200-400 Rub
- Working hours: 9.00 – 24.00

Address: Tsvetnoy pr-d, 10 (Цветной проезд, 10)
(behind the hotel "Zolotaya dolina" ("Golden valley"))

[On Google Maps](#) [On Foursquare](#)

Dinner (in addition to lunch places):

Sparks

The logo for Sparks is written in a stylized, cursive font.

- International cuisine
- Vegetarian dishes: salads, appetizers, side dishes, desserts
- No English menu, please ask waiters
- A la carte only, special wine list
- Average bill: 500-800 Rub
- Working hours: 12.00 – 1.00

Address: Ilyicha str., 10 (Ильича, 10)
(in the building of the hotel “Zolotaya dolina” (“Golden valley”),
entrance opposite to Veranda)

[On Google Maps](#) [On Foursquare](#)

Clever Irish Pub



- Serves mostly drinks, but food also available
- International cuisine
- No English menu, please ask waiters
- A la carte only
- Average bill: 500-800 Rub
- Working hours: 12.00 – 2.00

Address: Morskoy avenue, 54 (Морской проспект, 54)

[On Google Maps](#) [On Foursquare](#)

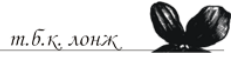

Koln Gastst tte



- International and German cuisine
- Vegetarian: salads, side dishes
- English menu available
- Average bill: 800-1000 Rub, lunch: 250-350 Rub
- Working hours: 12.00 – 2.00, lunch: 12.00 – 16.00

Address: Uchenih str., 4 (Ученых, 4)

[On Google Maps](#) [On Foursquare](#)

<p>ТБК Лонж (“Т.В.К. Lounge”)</p> 	<ul style="list-style-type: none"> ● International, Russian and European cuisine ● Vegetarian dishes available ● English menu available ● Average bill: 2000 Rub ● Working hours: 12.00 – 00.00 <p>Address: Zolotodolinskaya str., 11 (ул. Золотодолинская, 11) (Near the Akademgorodok expocentre)</p> <p>On Google Maps On Foursquare</p>
<p>Grill Bar People’s</p> 	<ul style="list-style-type: none"> ● Grill, American, Mexican and European cuisine ● Vegetarian dishes not available ● English menu available ● Average bill: 950 Rub, lunch: 300-400 Rub ● Working hours: 11.00 – 02.00, lunch: 11.00-17.00 <p>Address: Tereshkova str., 12a (1st floor) (ул. Терешковой, 12a)</p> <p>On Google Maps On Foursquare</p>
<p>Beer restaurant GUSI</p> 	<ul style="list-style-type: none"> ● Asian, Russian and European cuisine ● Vegetarian dishes available ● English menu available ● Average bill: 700 Rub ● Working hours: 12.00 – 00.00 <p>Address: Nikolaeva str., 12/2 (ул. Николаева, 12/2), High-tech campus of Akademgorodok (“Technopark Akademgorodka”)</p> <p>On Google Maps On Foursquare</p>

SHOPPING & PHARMACY

There are two major grocery stores in Akademgorodok. The first one is located in a big central shopping mall of Akademgorodok and has practically everything, while the other one is a small local supermarket. Both stores have pharmacies (in Russian “Аптека” (“Apteka”)) attached nearby. By the state law all alcohol is sold **only** from 9.00 till 22.00! Cigarettes are available at the cashier without direct brand exposure – please ask the cashier for the particular brand.

Торговый центр
("Torgoviy
center")



- Premium supermarket: grocery store, household items, pre-cooked food, sweets, alcohol and wine
- Pharmacy in the building
- Working hours: 24 hours.

Address: Ilyicha str., 6 (ул. Ильича, 6) (entrance on the side of the hotel "Zolotaya dolina" ("Golden Valley"))

[On Google Maps](#)

Холидей Классик
("Holiday Classic")



- Budget local supermarket: grocery store, household goods, pre-cooked food, sweets, alcohol and wine
- Pharmacy in the building
- Two price tags: with and without discount card (3-5% difference). Discount cards are available after purchases above than 500 rubles
- Working hours: 8.00 – 24.00

Address: Tereshkova str., 12 (ул. Терешковой, 12)

[On Google Maps](#)

POST OFFICE

The main post office ("Почта") is located on the opposite side of the hotel "Zolotaya dolina" ("Golden valley").

Address: Ilyicha str. 8 (ул. Ильича, 8)

[On Google Maps](#)

LAUNDRY

The laundry service is located in the basement floor of the NSU dormitory 1b.

Address: Lyapunova str. 2. (ул. Ляпунова, 2)

[On Google Maps](#)

TAXI

Taxi drivers are not likely to speak English; thus the organizing committee does not recommend you using taxi cars available on the spot or through operator. Everything in Akademgorodok is situated in the 15-30 minutes walking distance from the place of your stay. In case you need a taxi, we advise you to use convenient taxi apps available in Russia:

- [UBER](#)
- [Gett](#)
- [Yandex.Taxi](#)

CURRENCY EXCHANGE

The currency change is available in particularly any bank office. We suggest some branches of large banks available nearby the conference venue.

Important: please bring a passport with you!

- **Sberbank office**, Ilyicha str. 6 (ул. Ильича, 6), [On Google Maps](#)
- **Levoberezhny bank office**, Morskoy avenue 24 (Морской пр-т, 24), [On Google Maps](#)
- **MDM Bank office**, Lavrentyeva avenue, 16 (пр-т Лаврентьева, 16), [On Google Maps](#)

Remark: there is no currency exchange in Alfabank (Альфа-банк), Morskoy avenue, 54 (Морской пр-т, 54))

EMERGENCY PHONE NUMBERS

- **Organizing committee:**
 - Elena Konstantinova – +7-913-770-7786
 - Ev Sotnikova – +7-913-953-0523
 - Alexey Medvedev – +7-952-935-4860
- **Police:** 002 or 112
- **Ambulance:** 003 or 112

USEFUL RUSSIAN PHRASEBOOK

Привет! (Privet!) – Hi!

Пока! (Poka!) – Bye!

Доброе утро! (Dobroe utro!) – Good morning!

Спасибо (Spasido) – Thank you.

Сколько стоит? (Skol'ko stoit?) – How much?

Я не говорю по-русски! (Ya ne govoryiu po russki!) – I don't speak Russian!

Здравствуйте! (Zdravstvuyte!) – Hello!

До свидания! (Do svidaniya!) – Goodbye!

Добрый вечер! (Dobryi vecher!) – Good evening!

Пожалуйста (Pozhaluista) – You are welcome.

Да/Нет (Da/Net) – Yes/No

At the conference:

Ваш доклад (не) впечатляет! (Vash doklad (ne) vpechatlyayet!) – Your talk is (not) impressive!

Это уже было доказано в ... (Eto uzhe bilo dokazano v ...) – This has already been proven in ...

Обсудим это за чашечкой кофе. (Obsudim eto za chashechkoi kofe.) – Let's talk about it with a cup of coffee.