

## Travel Tips

### What to Bring

The city of Tver is far from the provincial backwater that it used to be several years ago. The availability of western styled and brand named

items seems to be increasing by the minute, meaning that there is very little that visitors need to bring that isn't available here already.

Here are a few things to consider when packing for your trip.

### Power Converters/Plug Adapters

For anything you bring that must at some point be plugged into the wall, i.e. electric shavers, computers, cell phones, rechargeable battery charger,

etc., you will need to consider how, if necessary, you must adapt or convert to the local power standards. Russian power outlets, as with most of

Europe, are 220V/50Hz and require European type "D" plugs.

If you are from North America, you should inspect the power

supplies of each device you plan to bring along to figure out what you need. For example, if the "input" listing says something like

"100-240V/50-60Hz" then all you need is the "D" type plug adapter. If the input power requirements of your device do not

allow for 220V/50Hz, then you will need a power converter, the size of which will depend on how many Watts you will use at any given time.

### Photo/Digital Camera

Don't forget your camera! Even if you are not a rabid snapshot fiend, you will likely want at least some photos as keepsakes from your trip.

Your embassy may also ask to see photos of you and your girl together as well. One hour film processing is available at several photo shops here,

as are film and batteries. Compact Flash cards for digital cameras are also available should you fill them up, but you are likely to find them

to be much less expensive in your native country.

### Flashlight

Electricity is fairly reliable here in Tver, but no matter where you go in the world, it's never a bad idea to have a mini-Mag light on hand.

### Copy Of Passport And Visa

Although it rarely ever happens, if you should happen to lose your documents, you can greatly soften the blow by having photocopies of the

main pages of your passport and visa. You should obviously store your copies in a different bag than your originals when you are in transit

or if you take an excursion outside of Tver for more than one day, and either carry your originals or copies (never both) when you are out

and about town. Also as an added precaution, when you first arrive, we will make copies to keep in our office for the duration of your stay.

### Clothing (A Few Things To Consider)

Obviously, you should plan to dress according to the season. Prepare for weather in winter to be cold enough to avoid skin exposure

(at about -25C/-13F), changing conditions in the spring and autumn that require a sweater or light jacket on hand, and summer to be hot and

humid where light and loose fitting clothing seems to fit the bill (see "Climate" for more about this). To get a good idea of the

current weather in Tver, we recommend [weather.com](http://www.weather.com) and [wunderground.com](http://www.wunderground.com) (be sure to spell Tver as TVER' with

the apostrophe at the end, as  
that is how it is officially translated into western characters).

No matter what the season, you should plan to look sharp while you  
are dating, even on first date/meetings, as most of the women you will be meeting will undoubtedly dress to impress  
you, some of them with the  
nicest clothes they own. Remember that if you wear sneakers, jeans, and a t-shirt on dates, you are conveying a  
non-verbal message that the  
person you are meeting may not be worth the extra effort. This is not to say that you should sport a suit and tie, but  
clean-cut, casual attire  
is probably best for most situations.

Additionally, you will certainly want to bring along at least one nice outfit that includes  
a sport jacket, collared shirt, nice trousers, and nice polished shoes. (Strangely enough, many women will judge a  
man by the care he takes  
with his shoes). Should you be invited to meet the family of the woman you are courting, it goes almost without  
saying that you should look  
your best. You will also not be admitted to many clubs and restaurants in sneakers and a t-shirt.

#### Umbrella and/or Light Raincoat

Always good to have on hand when the weather is above freezing. It can rain anytime from early spring until after  
the first couple of  
snowfalls in late autumn/early winter, although the height of the rainy season is mid-summer.

#### Travel Alarm Clock

A battery powered travel alarm will keep you on track and help you get through any jetlag you may be experiencing.

#### Medications/Specialty Toiletry Items

If you take any prescription medications or use a particular medication from time to  
time for whatever reason, you should definitely bring it along just to play it safe. Most meds are available here in  
Tver, many over the counter,  
however brand names will likely differ and therefore identifying exactly what you need may be difficult. Many basics  
are, however, available,  
easily identifiable, and inexpensive. Ibuprofen, for example, is widely available for less than 3 rubles for 10 150mg  
pills. Western branded  
toiletries like Gillette, Mennen, Reach, Aqua Fresh, etc, are also widely available.

#### Small Gifts or Souvenirs from Your Home

A small sign of your appreciation can often mean a lot more than you could imagine. Items like postcards, baseball  
hats, small toys, etc.,  
are not only fun to give as gifts, but serve as keepsakes of your visit. Consider that a book with photographs of your  
hometown or area is  
an excellent present for a woman who is special to you.

#### Leisure Items

When winding down at your flat or hotel room, it's always good to have a good book, or a CD player, etc., to chill out  
with. Although you will likely have a television wherever you stay, unless  
you have cable or satellite access there, you are unlikely to find any programming in your language. If you are  
indeed a media addict, you may  
consider bringing along a short wave to tune into BBC, VOA, and several other European news broadcasts.

#### Etiquette Tips

Russians typically are not strict about formalities by any means, however, there are some local customs which you  
should be aware of to avoid  
accidentally offending anyone, as well as some suggestions as to what is regarded as good form.

#### Flowers

If you give or send flowers to anyone who is still alive, make sure they are in odd numbers, as even quantities are for

funerals and the deceased.

For example, don't EVER give a woman a dozen roses, instead make it 11 (13 isn't such a great number either). Russians are very superstitious about such things, especially when it comes to matters of the heart, and it is very possible that a mistake will be taken as a bad omen, rather than simply a faux pas.

#### Other Superstitions (Mostly for Fun)

Don't whistle in a house or at a place

of business, or the owner or proprietor will have difficulty with money matters; don't offer your hand or embrace anyone in the threshold

of a doorway; if you step on someone's shoe, they must return the favor; when you empty a bottle of liquor, put it on the floor&hellip; The

list goes on and on, but an ignorant mistake of the above will likely result in good-hearted laughter rather than morbid horror.

#### General Customs Between Men and Women

Although Russian culture is slowly changing with the times, customs between men and women are still deeply rooted in tradition. It is very much appreciated, therefore, when men open doors and offer an arm to the ladies whom they accompany. Offering coats in chilly weather, taking their hand when they enter or exit a car, etc., are all seemingly small behaviors that make big impressions on Russian women.