



Basic Russian Expressions for Peace Corps Trainees in Kazakhstan

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- 1. KZ_Russian_Lesson_1.mp3 (Time: 3:41) (File Size: 3.38 MB)
- 2. KZ_Russian_Lesson_2.mp3 (Time: 1:48) (File Size: 1.66 MB)
- 3. KZ_Russian_Lesson_3a.mp3 (Time: 3:03) (File Size: 2.79 MB)
- 4. KZ_Russian_Lesson_3b.mp3 (Time: 5:29) (File Size: 5.03 MB)
- 5. KZ_Russian_Lesson_4.mp3 (Time: 4:37) (File Size: 4.23 MB)
- 6. KZ_Russian_Lesson_5.mp3 (Time: 1:07) (File Size: 1.02 MB)
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- 8. KZ_Russian_Lesson_7.mp3 (Time: 1:05) (File Size: 0.99 MB)
- 9. KZ_Russian_Lesson_8.mp3 (Time: 1:31) (File Size: 1.39 MB)
- 10. KZ_Russian_Lesson_9.mp3 (Time: 2:00) (File Size: 1.84 MB)
- 11. KZ_Russian_Lesson_10.mp3 (Time: 0:54) (File Size: 844 KB)
- 12. KZ_Russian_Lesson_11.mp3 (Time: 1:11) (File Size: 1.09 MB)
- 13. KZ_Russian_Lesson_12.mp3 (Time: 0:57) (File Size: 902 KB)
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**Track 1. Brief Introduction to the Russian Language:**

Today Russian is still spoken by the overwhelming majority of people in the former Soviet Union. It will be useful to learn a few phrases of courtesy, for example: to express initial greetings, to ask about well-being of others, to introduce oneself etc.

The Russian language belongs to the Slavic group of the Indo-European language family and is considered one of the most important world languages. Russian was the official state language of the Soviet Union. After the disintegration of the USSR, Russian remains the state language of Russia and it is still the language of about 200 million people, including 16 million in Kazakhstan. Although Kazakh is the state language of Kazakhstan, Russian is the predominant language spoken.

Russian belongs to the inflectional languages (i.e. languages in which words have endings). A Russian word can have many different forms, and therefore not every word encountered in a text can be found in dictionaries. Russian words that have endings are entered in the dictionaries in a definite form. The definite form for nouns is the Nominative case singular, for adjectives it is the Nominative case singular masculine, and for verbs – the infinitive. Adverbs, prepositions and conjunctions are invariable.

Characteristic features of the Russian language are:

- Genders of the nouns and adjectives (masculine, feminine or neuter)
- Declension of the nouns, pronouns, adjectives, and numerals
- Conjugation of the verbs
- Aspect of the verbs
- Absence of articles
- Shift of stress

The Russian alphabet is comprised of 33 letters.

Stress, in Russian, can fall on any syllable in a word. One word has only one stressed syllable which is longer than others. Usually, the stress is indicated in dictionaries.

Verbs: there are three tenses: the present, the past, and the future. All verbs also have an aspect – imperfect and perfect.

Most local people are delighted and flattered by foreigners who attempt to speak their language. Your efforts will be generously rewarded.

It will be useful to learn a few phrases of courtesy, for example: to express initial greetings, to ask about well-being of others, to introduce oneself etc.



Track 2. Russian Alphabet:

	Printed	Name of Letters	Approximate English sound equivalent		Examples	Transcription	English meaning
1.	Аа	ah	like "a"	in "ba <u>r</u> "	бар	[bar]	<i>bar</i>
2.	Бб	beh	like "b"	in "ba <u>t</u> "	босс	[boss}	<i>boss</i>
3.	Вв	veh	like "v"	in "vo <u>i</u> ce"	ваниль	[vaNEE]	<i>vanilla</i>
4.	Гг	geh	like "g"	in "gra <u>n</u> t"	грант	[grant]	<i>grant</i>
5.	Дд	deh	like "d"	in "da <u>y</u> "	да	[dah]	<i>yes</i>
6.	Ее	yeh	like "ye"	in "ye <u>s</u> " ²	если	[YESli]	<i>if</i>
7.	Ёё	yo	like "yo"	in "yo <u>l</u> k" ²	ёж	[yosh]	<i>hedgehog</i>
8.	Жж	zhe	like "zh"	in "	журнал	[zhoorN]	<i>magazine</i>
9.	Зз	zeh	like "z"	in "zo <u>n</u> e"	зона	[ZOHna]	<i>zone</i>
10	Ии	ee	like "ee"	in "me <u>e</u> t" ¹	мир	[meer]	<i>peace</i>
11	Йй	Short ee (ee kratkoe)	like "y"	in "bo <u>y</u> "	мой	[moi]	<i>my</i>
12	Кк	kah	like "k"	in "ka <u>r</u> ate"	каша	[KAHsha]	<i>porridge</i>
13	Лл	əl ^y	like "l"	in "lo <u>o</u> k"	лук	[look]	<i>onion</i>
14	Мм	em	like "m"	in "ma <u>s</u> k"	маска	[MASKa]	<i>mask</i>
15	Нн	en	like "n"	in "no <u>t</u> " ¹	нос	[nos]	<i>nose</i>
16	Оо	oh	like "o"	in "po <u>r</u> t" ¹	порт	[port]	<i>port</i>
17	Пп	peh	like "p"	in "pa <u>r</u> k"	парк	[park]	<i>park</i>
18	Рр	ər	like "r"	in "ro <u>o</u> k"	рот	[rot]	<i>mouth</i>
19	Сс	əs	like "s"	in "spo <u>r</u> t"	спорт	[sport]	<i>sport</i>
20	Тт	təh	like "t"	in "ti <u>e</u> "	там	[tam]	<i>there</i>
21	Уу	oo	like "oo"	in "so <u>o</u> n"	суп	[soop]	<i>soup</i>
22	Фф	əf	like "f"	in "fi <u>v</u> e"	фанта	[FANta]	<i>Fanta</i>
23	Хх	kha	like "h"	in "ho <u>o</u> bb <u>y</u> "	хобби	[HOHbi]	<i>hobby</i>
24	Цц	tsəh	like "ts"	in "ca <u>t</u> s"	центр	[tsentr]	<i>center</i>
25	Чч	ch eh	like "ch"	in "cha <u>i</u> r"	час	[chas]	<i>hour</i>
26	Шш	shah	like "sh"	in "sho <u>r</u> ts"	шорты	[SHORT]	<i>shorts</i>
27	Щщ	shch ^y ah	like "shch"	in "ra <u>s</u> h cho <u>i</u> ce"	щи	[scheeh]	<i>cabbage soup</i>
28	Ъ	hard sign (tvorydy znak)	Indicates preceding hardness of consonant, transcription [·]; mark which separates a hard consonant from a soft vowel within a word.		отъезд	[at:YES T]	<i>departure</i>
29	Ы	i [hard}	like "i"	in "ti <u>l</u> l"	ты, вы	[tyh,	<i>you</i>
30	Ь	soft sign (myakhkii)	Indicates softness of preceding consonant		мать,	[mat ^y],	<i>mother,</i>

.		znak)	(transcription [ʸ])		пальто́	[paɪʸTO H]	overcoat
31	Ээ	э	like "a"	in "and"	это	[ƏHtah]	this (is)
32	Юю	yu	like "yu"	in "union"	юмор	[YOUHm]	humor
33	Яя	ya	like "ya"	in "yard"	я	[ya]	I



Track 3a. How to greet and respond to a greeting:

A. Common greetings are the following:

ENGLISH

RUSSIAN

Dialogue I.

A: - Hello!	[ZDRASTvooitih]	- Здравствуйте!
B: - Hello!	[ZDRASTvooitih]	- Здравствуйте!
A: - How are you (doing)?	[kak dihLAH]	- Как делá?
B: - Very well, thanks.	[spahSEEbah, Ochiny haraSHOH]	- Спасíбо, óчень хорошó.

Dialogue II.

A: - Hello!	[ZDRASTvooitih]	- Здравствуйте!
B: - Hello!	[ZDRASTvooitih]	- Здравствуйте!
A: - How are you (doing)?	[kak diLAH]	- Как делá?
B: - Fine.	[haraSHOH / prikRASnah]	- Хорошó! /Прекрáсно!
And you?	[A oo VAS]	А у Вас?
A: - Well, thanks.	[spahSEEbah, haraSHOH]	- Спасíбо, хорошó.

Dialogue III.

A: - Hello!	[ZDRASTvooitih]	- Здравствуйте!
B: - Hello!	[ZDRASTvooitih]	- Здравствуйте!
A: - How are you (doing)?	[kak diLAH]	- Как делá?
B: - It's OK. And you?	[narMALynah /A oo VAS]	- Нормáльно! А у Вас?
A: - Well, thanks.	[spahSEEbah, haraSHOH]	- Спасíбо, хорошó.

Dialogue IV.

A: - Hello!	[ZDRASTvooitih]	- Здравствуйте!
B: - Hello!	[ZDRASTvooitih]	- Здравствуйте!
A: - How are you (doing)?	[kak dihLAH]	- Как делá?
B: - It's OK, not bad.	[nihcnihVOH]	- Ничегó.

Dialogue V.

A: - Hello!	[ZDRASTvooitih]	- Здравствуйте!
B: - Hello!	[ZDRASTvooitih]	- Здравствуйте!
A: - How are you (doing)?	[kak dihLAH]	- Как делá?
B: - So-so.	[tak siBYEH]	- Тáк себе!
A: - What happened?	[shto slooCHEElasyn]	- Чтó случíлось?
B: - I am very tired.	[ya OOchinyn oosTAhlah]	- Я óчень устáла (<i>female</i>).

Dialogue VI.

A: - Hello!	[ZDRAStvooiti]	- Здра́вствуйте!
B: - Hello!	[ZDRAStvooiti]	- Здра́вствуйте!
A: - How are you (doing)?	[kak dihLAH]	- Как дела́?
B: - So-so.	[tak siB ^Y E]	- Та́к себе́!
A: - What happened?	[shto slooCHEElas ^Y]	- Что случи́лось?
B: - I am very tired.	[ya OOchin ^Y oosTAL]	- Я о́чень уста́л (<i>male</i>).

Dialogue VII.

A: - Hello!	[ZDRAStvooitih]	- Здра́вствуйте!
B: - Hello!	[ZDRAStvooitih]	- Здра́вствуйте!
A: - How are you (doing)?	[kak dihLAH]	- Как дела́?
B: - Bad.	[PLOha]	- Пло́хо!
A: - What happened?	[shto slooCHEElas ^Y]	- Что случи́лось?
B: - I feel bad.	[ya PLOhah siB ^Y A CHOOSTvuyu]	- Я пло́хо себя́ чу́вствую.

**Track 3b. How to greet and respond to a greeting:****B.**

1. Boys and girls of the same age use only the first name when they talk to each other. When they greet each other they use [ZDRAStvui].

Dialogue

A: - Hello, Dimitri!	[ZDRAStvooi Dimitri]	- Здра́вствуй, Дими́трий!
B: - Hello, Lena!	[ZDRAStvooi L ^Y EHna]	- Здра́вствуй, Ле́на!
A: - How are you (doing)?	[kak diLAH]	- Как дела́?
B: - It's OK. And you?	[narMAL ^Y nah / a OO tihBYA]	- Нормально! А у тебя́?
A: - It's OK.	[narMAL ^Y nah / a OO tihBYA]	- Нормально!

2. When a young person greets a group of boys and girls or an adult s/he uses the word [ZDRAStvuitih].

3. If you are addressing a person older than you or any adults, then use that person's first name and patronymic. Remember that a foreigner addressing a local person for the first time should use this form, unless greeting a young child. Locals do not use patronymic when addressing a foreigner, since most foreign first names would form rather strange-sounding patronymics.

A: - Hello, Dimitri Dimitrievich!	[ZDRAStvooitih diMEETriivich]	- Здра́вствуйте, Дими́трий Дими́триевич!
B: - Hello, Yelena Mikhailovna!	[ZDRAStvooitih yeL ^Y Ehna Mikhailovna]	- Здра́вствуйте, Еле́на Миха́йловна!

A: - How are you (doing)?

[kak VAGshee diLAN]
- Как Ва́ши дела́?

B: - Thanks, it's OK. And you?

[spahSEEbah / narMAL^ynah / a OO vas]
- Спаси́бо, норма́льно, а у Вас?

A: - Well, thanks.

[spahSEEbah, haraSHOH]
- Спаси́бо, хорошо́.

4. The greetings that are given below are the same whether you greet adults or children:

A. - Good morning!

[DOBraye OOTra]

- До́брое у́тро!

B. - Good morning!

[DOBraye OOTra]

- До́брое у́тро!

A. - Good morning!

[DOBraye OOTra]

- До́брое у́тро!

B. - Good morning!

[DOBraye OOTra]

- До́брое у́тро!

A. - Good afternoon!

[DOBry d^yen^y]

- До́брый де́нь!

B. - Good afternoon!

[DOBry d^yen^y]

- До́брый де́нь!

A. - Good afternoon!

[DOBry d^yen^y]

- До́брый де́нь!

B. - Good afternoon!

[DOBry d^yen^y]

- До́брый де́нь!

A. - Good evening!

[DOBry V^yEchir]

- До́брый ве́чер!

B. - Good evening!

[DOBry V^yEchir]

- До́брый ве́чер!

A. - Good evening!

[DOBry V^yEchir]

- До́брый ве́чер!

B. - Good evening!

[DOBry V^yEchir]

- До́брый ве́чер!

5. But 'Good night!' means: 'Споко́йной но́чи' [spaKOInai NOchi]

A: Good night!

[spaKOInai NOchi]

- Споко́йной но́чи!

B: Good night!

[spaKOInai NOchi]

- Споко́йной но́чи!

6. До свидания (literally “Until our meeting”) is used by both adults and children when saying goodbye to one or more person.

A: - Hello, Dimitri Dimitrievich!	[ZDRAS ^t vooitih Dimitri diMEETriivich]	2x
B: - Hello, Yelena Mikhailovna!	- Здра́вствуй, Димíтрий Димíтриевич! [ZDRAS ^t vooitih yeL ^y Ehna Mokhailovna]	
A: - How are you (doing)?	- Здра́вствуйте, Еле́на Миха́йловна! [kak VAGshee diLAN]	
B: - Thanks, it's OK. And you?	- Как Ва́ши дела́? [spahSEEbah / narMAL ^y nah / a OO vas]	
A: - Well, thanks.	- Спасу́бо, нормáльно, а у Вас? [spahSEEbah, haraSHOh]	
B: - Good bye.	- Спасу́бо, хоро́шо. [dasvihDAHniya]	
A: - Good bye.	- До свидáния. [fsihVOH haROshihvah]	
	- Всегó хоро́шего.	

Note: “**Всегó хоро́шего**” [fsihVOH haROshihvah] and “**До свидáния**” [dasvihDAHniya] are used more or less interchangeably in saying “**Good bye.**”

a.		
A: - Good bye.	[dasvihDAHniya]	- До свидáния.
B: - Good bye./ All the best.	[fsihVOH haROshihvah]	- Всегó хоро́шего.
b.		
A: - Good bye./ All the best.	[fsihVOH haROshihvah]	- Всегó хоро́шего.
B: - Good bye.	[dasvihDAHniya]	- До свидáния.
c.		
A: - Good bye.	[dasvihDAHniya]	- До свидáния.
B: - Good bye.	[dasvihDAHniya]	- До свидáния.
d.		
A: - Good bye. /All the best.	[fsihVOH haROshihvah]	- Всегó хоро́шего.
B: - Good bye. /All the best.	[fsihVOH haROshihvah]	- Всегó хоро́шего.
e.		
A: - Good bye.	[dasvihDAHniya]	- До свидáния.
B: - Good bye. /All the best.	[fsihVOH haROshihvah]	- Всегó хоро́шего.
f.		
A: - Good bye. /All the best.	[fsihVOH haROshihvah]	- Всегó хоро́шего.
B: - Good bye.	[dasvihDAHniya]	- До свидáния.

7. And more:

See you (<i>informal</i>).	[ooVEEdimsya]	Увídимся!
See you (<i>informal</i>).	[dasKOrava / paKA]	До скóрого!
See you later.	[dafstRYEchih]	До встрéчи!
See you later.	[daSKOrai fstRYEchih]	До скóрой встрéчи!
See you tomorrow.	[daZAFTrah]	До зáвтра!

8. There two more forms, such as Hi 'Привéт!' [priV^yET] and Bye 'Пока!' [pahKAH]

A: - Hi, Dimitri!	[priV ^y ET Dimitri]	- Привéт, Димíтрий!
B: - Hi, Lena!	[priV ^y ET L ^y EHna]	- Привéт, Лéна!
A: - How are you (<i>doing</i>)?	[kak diLAH]	- Как делá?
B: - It's OK. And you?	[narMAL ^y nah / a OO tihBYA]	- Нормáльно! А у тебя?
A: - It's OK.	[narMAL ^y nah / a OO tihBYA]	- Нормáльно!
B: - Bye.	[pahKAH]	- Пока!
A: - Bye.	[pahKAH]	- Пока!

These forms are used only among very good acquaintances. A young person would never use these forms in speaking to an adult. If you want to avoid mistakes in greeting people or saying goodbye, use the forms that are acceptable in polite and formal relationships: [ZDRASTvuitih] and [dasvihDAHniya].



**Track 4. How to ask people about themselves /
How to say something about yourself:**

A. How to ask people about themselves?

1. You already know that adults and children are addressed in different ways. You must also ask adults and children for their names differently. A child or a teenager is asked **Как тебя зовúт?** [kak tihBYA zaVOOT?] which means "What is your name?"
2. But an adults hears: Как Вас зовúт? [kak vas zaVOOT = kak vazzaVOOT] "What is your name?"
3. When you ask [kak tihBYA zaVOOT], local children usually give a first name. When you ask adults [kak vas zaVOOT], they will give a first name and patronymic.
4. To learn the last name requires a second question: "Как твоя фамúлия?" [kak tvahYA fahMEElihya] (for children) or «Как Вáша фамилия» [kak VAHshah fahMEElihya] (for adults).

5.

What is your name? (<i>polite, formal</i>)	[kak vaz zaVOOT]	Как Вас зовут?
What is your name? (<i>child, buddy</i>)	[kak tihBYA zaVOOT]	Как тебя зовут?
How old are you? (<i>polite, formal</i>)	[SKOL ^y ka vam l ^y et]	Сколько Вам лет?
How old are you? (<i>child, buddy</i>)	[SKOL ^y ka tiB ^y E l ^y et]	Сколько тебе лет?
What do you do?	[Kto vy papraF ^y Esii]	Кто Вы по профессии?

B. How to say something about yourself?

My name is...	[miN ^y A zaVOOT]	Меня зовут
I'm 25 years old. (- see special chapter for numbers)	[mn ^y e DVAtsat ^y p ^y at ^y l ^y et]	Мне 25 лет.
I'm an American (<i>for a man</i>).	[YA amiriKANits]	Я америкáнец.
I'm an American (<i>for a woman</i>).	[YA amiriKANka]	Я америкáнка.
I'm from America.	[YA izaM ^y Eriki].	Я из Амéрики.
I'm a Peace Corps Volunteer.	[YA valanT ^y OR KORpoosa ME ^E rah]	Я волонтёр Кóрпуса Мúра.
I'm a teacher of English.	[YA ooCHEEtil ^y angLIIskahvah izyKAN]	Я учítель англéйского языка́

C. How to ask people about themselves? How to say something about yourself?

A: - What is your name? (<i>polite, formal</i>)	[kak vaz zaVOOT]	- Как Вас зовут?
B: - My name is ...	[miN ^y A zaVOOT ____]	- Меня зовут
A: - How old are you? (<i>polite, formal</i>)	[SKOL ^y ka vam l ^y et]	- Сколько Вам лет?
B: - I'm 25 years old.	[mn ^y e DVAtsat ^y p ^y at ^y l ^y et]	- Мне 25 лет.
A: - Where are you from?	[atKOOdah vy]	- Откúда Вы?
B: - I'm from America.	[ya izaM ^y Erikih].	- Я из Амéрики.
A: - What are you doing?	[ch ^y em vy zaniMAHitis ^y]	- Чем Вы занимаéтесь?
B: - I'm Peace Corps Volunteer.	[YA valanT ^y OR KORpoosa ME ^E rah]	- Я волонтёр Кóрпуса Мúра.
A: - What do you do?	[kto vy papraF ^y Esii]	- Кто Вы по профессии?
B: - I'm a teacher of English.	[YA ooCHEEtil ^y angLIIskahvah izyKAN]	- Я учítель англéйского языка́.

**Track 5. How to be polite:**

Thank you.	[spahSEEHbah]	Спаси́бо!
You are welcome.	[pahZHAlOosta]	Пожáлуйста!
Thank you very much.	[bal ^y SHOye spahSEEHbah]	Большóе спаси́бо!
That's all right.	[N ^y EHzashtah]	Нé за что!
Excuse me. / Sorry.	[prasTEEtih / izvihNEEtih]	Простúте./Извинúте.
Yes.	[dah]	Да.
No.	[n ^y et]	Нет.
Please.	[pahZHANloostah]	Пожáлуйста.
Good.	[hahrahSHOH]	Хорóшо!

**Track 6. How to agree and disagree:**

Yes.	[dha]	Да.
No.	[N ^y ET]	Нет.
I (don't) agree (for a man).	[YA nisagLASin]	Я (не) соглáсен.
I don't agree (for a woman).	[YA nisagLASna]	Я (не) соглáсна.
You are right.	[vy PRAVy]	Вы прáвы.
You are wrong.	[vy niPRAVy]	Вы не прáвы.
That is true.	[eta PRAVda]	Это прáвда.
That is not true.	[eta niPRAVda]	Это непра́вда.

**Track 7. What do you say to make people pay attention to your language abilities?**

Do you speak English?	[vy gavaREEtI paangLISki]	Вы говорúте по-англúйски?
I don't speak Russian.	[ya nigavaR ^y U paROOSki]	Я не говорю по-рúсски.
I don't speak Russian well.	[ya PLOha gavaR ^y U paROOSki]	Я плóхо говорю по-рúсски.
Do you understand? (polite, plural)	[vy paniMAitih]	Вы понимáете?
Do you understand? (child, buddy)	[ty paniMAish]	Ты понимáешь?
I'm sorry. I don't understand.	[izviNEEtih, ya nipaniMAyu]	Извинúте. Я не понимáю.
I'm a foreigner (for a man).	[ya inastRAnits]	Я иностра́нец.
I'm a foreigner (for a woman).	[ya inastRAnka]	Я иностра́нка.

**Track 8. How to ask question:**


Can you please tell me...	[skaZHIti paZHAlOosta]	Скажі́те, пожа́луйста, ...
Where is (are) ... ?	[gd ^y e]	Где?
Where is a bathroom?	[gd ^y e tooaL ^y ET]	Где туалéт?
Where (to) ... ?	[kooDA]	Куда́?
Who?	[kto]	Кто?
Who's that?	[kto ʒtah]	Кто́ это?
What?	[shto]	Что?
What's that?	[shto ʒtah]	Что́ это?
What does that mean?	[shto ʒta ZNAHchit]	Что́ это зна́чит?
When?	[kagDA]	Когда́?
How?	[kak]	Как?
Why?	[pachiMOO]	Почему́?
How much? / How many?	[SKOL ^y ka]	Ско́лько?
How much is it?	[SKOL ^y ka ʒta STOit]	Ско́лько это сто́ит?
How much is it?	[paCHOM]	Почём?

**Track 9. You want to know if this or that thing is available:****A.**

Do you have	[OO vas yest ^y ...]	у Вас есть ...
↘ an iron?	[ooT ^y Uk]	утю́г
detergent?	[stiRAL ^y ny paraSHOK]	стира́льный порошо́к
a washing machine?	[stiRAL ^y naya maSHEEHnah]	стира́льная машíна
a lint brush?	[SCH ^y OTkah dl ^y a aD ^y EZHdy]	щё́тка для оде́жды
a needle?	[iGOLkah]	иго́лка
a thread?	[NEETkih]	ну́тки
scissors?	[NOZHnitsy]	но́жницы
hot water?	[gahR ^y Achiya vahDAH]	горя́чая вода́

B.

Where can I ...	[gd ^y e MOZHnah]	Где мо́жно ...
do laundry?	[pastiRAT ^y]	постира́ть?
iron?	[pagLAdit ^y]	погла́дить?
take a shower?	[prihN ^y AT ^y doosh]	приня́ть душ?
wash myself	[pahMYtsa]	помы́ться?
Can I use your phone?	[MOZHnah pazvaNEET ^y]	Мо́жно позвонíть?


 **Track 10. Can I / May I?**

If you want to **request/ask something** or offer your assistance to someone, you can simply say:

Can I / May I? [MOZHna] Можно?

The rest of the idea can be expressed by your eyes, your hands, or your actions.

I can.	[ya maGOO]	Я могу́.
I can't.	[ya nimaGOO]	Я не могу́.
Can you tell me...	[skaZHEEtih paZHAlOosta]	Скажи́те, пожа́луйста...
Can you help me...	[pamaGEEti mn'ye paZHAlOosta]	Помоги́те мне, пожа́луйста!
You can't.	[nil'Z'YA]	Нельзя!

 **Track 11. How to express your wishes:**

I want ...	[ya haCHOO]	Я хочу́...
I want to sleep.	[ya haCHOO spat'y]	Я хочу́ спать.
I don't want.	[ya nihaCHOO]	Я не хочу́...
I'm hungry.	[ya haCHOO yest'y]	Я хочу́ есть.
I'm not hungry.	[ya nihaCHOO yest'y]	Я не хочу́ есть.
I'm thirsty.	[ya haCHOO peet'y]	Я хочу́ пить.
I'm not thirsty.	[ya nihaCHOO peet'y]	Я не хочу́ пить.
I'm tired (for a man).	[ya oosTAL]	Я уста́л.
I'm tired (for a woman).	[ya oosTAla]	Я уста́ла.
It's important.	[Eta VAZHnah]	Это ва́жно.
It's urgent.	[Eta SROCHnah]	Это срóчно.

 **Track 12. How to express likes and food preferences:**

It is very tasty.	[Ochin'y FKOOSnah]	о́чень вку́сно.
I don't eat meat.	[ya niYEM M'yAHsah]	Я не ем мя́со.
I don't eat fat.	[ya niYEM ZHEERnavá]	Я не ем жи́рного.
I don't eat eggs.	[ya niYEM YAItsah]	Я не ем яи́ца.
I don't drink (alcohol).	[ya niP'yYU]	Я не пью́.
I don't drink milk.	[ya niP'yYU mahlahKOH]	Я не пью́ молоко́.
I'm a vegetarian.	[ya vigitariAHnits]	Я вегетариáнец (<i>male</i>).
I'm a vegetarian.	[ya vigitariANKah]	Я вегетариáнка (<i>female</i>).

**Track 13. How to react to a knock on the door:**

Who is that?	[kto tam]	Кто там?
Wait a minute please. пожалуйста.	[padazhDEEtih miNOOtoo]	Подождите минуту,
I'm coming.	[YA siCHAs]	Я сейчас.
Come in.	[vaiDEEti]	Войдите.

**Track 14. How to count:****One through thirty**

1 [aDEEN] один	11 [aDEEnatsatʲ] одиннадцать	21 [DVAtsatʲ aDEEN] двадцать один
2 [dvah] два	12 [dviNAtsatʲ] двенадцать	22 [DVAtsatʲ dva] двадцать два
3 [tree] три	13 [triNAtsatʲ] тринадцать	23 [DVAtsatʲ tree] двадцать три
4 [chihTYrih] четыре	14 [chiTYRnatsatʲ] четырнадцать	24 [DVAtsatʲ chihTYrih] двадцать четыре
5 [pʲatʲ] пять	15 [pitNAtsatʲ] пятнадцать	25 [DVAtsatʲ pʲatʲ] двадцать пять
6 [shyestʲ] шесть	16 [shisNAtsatʲ] шестнадцать	26 [DVAtsatʲ shyestʲ] двадцать шесть
7 [sʲemʲ] семь	17 [simNAtsatʲ] семнадцать	27 [DVAtsatʲ sʲemʲ] двадцать семь
8 [VOHsimʲ] восемь	18 [vasimNAtsatʲ] восемнадцать	28 [DVAtsatʲ VOsimʲ] двадцать восемь
9 [DʲEvitʲ] девять	19 [divitNAtsatʲ] девятнадцать	29 [DVAtsatʲ DʲEvitʲ] двадцать девять
10 [DʲEsitʲ] десять	20 [DVAtsatʲ] двадцать	30 [TREEtsatʲ] тридцать

Tens, hundreds and thousands

10 [DʲEsitʲ] десять	100 [sto] сто	1000 [TYschah] тысяча
20 [DVAtsatʲ] двадцать	200 [DVʲESTih] двести	2000 [dvʲe TYschih] две тысячи
30 [TREEtsatʲ] тридцать	300 [TREEStah] триста	3000 [tree TYschih] три тысячи
40 [SORak] сорок	400 [chihTYristah] четыреста	4000 [chihTYrih TYschih] четыре тысячи
50 [pindhSʲAT] пятьдесят	500 [piTYʲSOT] пятьсот	5000 [pʲatʲ tysch] пять тысяч

60	[shizdihS ^y AT] шестьдесят	600	[shiSOT] шестьсо́т	6000	[shyest ^y tysch] шесть ты́сяч
70	[S ^y EM ^y dis ^y at] се́мьдесят	700	[sim ^y SOT] се́мьсо́т	7000	[s ^y em ^y tysch] се́мь ты́сяч
80	[VOsim ^y dis ^y at] во́семьдесят	800	[vasim ^y SOT] во́семьсо́т	8000	[Vosim ^y tysch] во́семь ты́сяч
90	[diviNOSTa] девяно́сто	900	[diviTSOT] девя́тьсо́т	9000	[D ^y Evit ^y tysch] де́вять ты́сяч
100	[sto] сто	1000	[TYscha] ты́сяча	10000	[D ^y Esit ^y tysch] де́сять ты́сяч