

Traveling to Russia

Below is some general information to help facilitate your travel planning. You may also find <http://www.stilit.com/> has useful tips on traveling to Russia.

Exchange Rates

The *approximate* exchange rates for the Russian Ruble are:

1 USD	27.8 Roubles
1 Euro	33.5 Roubles
1 Japanese Yen	0.24 Roubles

International Sponsors/Visitors

Non-Russians are required to have a visa for entrance into the country. Please consult your local Russian embassy or consulate for further details. This process can take up to several weeks, so please plan accordingly.

Moscow Hotels

Below is a list of various hotels that are in close proximity to the Nu Skin Enterprises Russia Office. Hotels in Moscow are generally quite fully booked and can be fairly expensive so please plan ahead to ensure availability.

Hotels close to the Metro station “Belorusskaya”

BEGA Бера***

125284 Москва, Беговая аллея, 11
Tel. 495-945-5213, 946-1052; Fax. 495-946-1537

MARRIOTT TVERSKAYA Марриотт Тверская****

125047 Москва, Тверская-Ямская 1-я ул., 34
Tel. 495-105-6993

SOVETSKII Советский***

125040 Москва, Ленинградский просп., 32/2
Tel. 495-960-2000; Fax. 495-250-8003

HOLIDAY INN LESNAYA Холидей Инн Лесная****

125047 Москва, Лесная ул., 15
Tel. 495-783-6500; Fax. 495-783-6501

SHERATON PALACE Шератон Палас*****

125047 Москва, Тверская-Ямская 1-я ул., 19
Tel. 495-931-9700; Fax. 495-931-9704

GELIOPARK AMPIR Гелиопарк Амбир
Москва, 1-я Брестская ул., 60/1
Tel. 495-937-5545, 917-2314; Fax. 495-917-2314

ELMOS Елмос
125284 Москва, Беговая аллея, 11 (5-ый этаж)
Tel. 495-946-1453, 946-1160; Fax. 495-946-1454

РЕКИН Пекин
123001, г. Москва, ул. Большая Садовая д. 5.
Tel. 495-209-22-15 /16...25/; Fax. 495-200-14-20