Russian with Nadya ♡

FREE GUIDE FOR BEGINNERS

Your Russian Starter Guide

Привет!



Первые шаги в русском языке

How lessons work, a sample beginner programme and fun materials to start reading and speaking Russian today.

Inside: a welcome from your teacher · how the trial lesson works · a 10-step beginner plan · mini-games · survival phrases

Поздравляю!

Congratulations — you've started!

Hi, and welcome! If you're holding this guide, you've already done the hardest part of learning any language: **you've begun**.

Russian has a reputation for being difficult: a new alphabet, cases, endings. Here's a little secret: with a clear plan and a bit of practice every week, it quickly becomes **logical, beautiful and genuinely fun**. Hundreds of millions of people speak it every day, and soon you will too.

I wrote this guide to give you a gentle, confident start. Read it, try the mini-games, say the words out loud — and when you're ready to go further, I'd love to guide you personally, step by step.

— Nadya, your teacher



Nice to meet you!

3 tips for a strong start

1

Little and often. 15 minutes a day works better than 3 hours once a week.

2

Say it out loud. Your mouth needs practice, not just your eyes.

3

Mistakes are welcome. *Ошибки — это нормально!* They show you're learning.

Learning with a teacher is the fastest way to turn these tips into real progress. Keep reading to see how lessons work.

Your first step

It all starts with a trial lesson

30 minutes | Half the price of a regular lesson

In just 30 minutes I'll get to know you: what you already know, what comes easily and what feels tricky. I'll see your **strengths and weak spots**, and based on them I'll build an **individual learning plan** around your goals, your pace and your schedule.

No pressure, no tests to fail — just a friendly conversation and your first real Russian words.

Where our lessons happen

Calls in Microsoft Teams

We see and hear each other in a clear video call. Nothing complicated: you just follow a link at lesson time, on your computer, tablet or phone.

Lessons on the Holst board

A convenient interactive online board where we work together in real time: exercises, pictures, audio and notes all in one place. Every lesson stays saved, so you can come back to it anytime.

How to book, in 4 easy steps

1 Message me on Instagram

2 Choose a time that suits you

3 Meet me at your trial lesson

4 Get your personal plan

✉ Write to me on Instagram: **@nadya.russian**. Just say *«Привет!»* — that already counts as your first Russian word.

A sample plan

Your beginner journey in 10 steps

Here's an example of what a beginner programme can look like. After your trial lesson, I'll adapt it to you: we might move faster, slow down or add topics you need for work, travel or exams.

1. **Hello, Cyrillic!** The Russian alphabet, vowels and first consonants.
   А, О, У · М, Н, Л, Р
2. **Sound secrets.** Voiced and voiceless consonants, and why unstressed vowels change.
   хлеб [хлеп] · молоко́ [малако]
3. **First sentences.** Simple sentences and introducing yourself.
   Как вас зовут? Меня зовут…
4. **The trickiest letters.** Ж, Ш, Щ, Ц, Ч, Й; Е, Ё, Ю, Я; hard and soft sounds, Ь and Ъ.
   жук · щи · мать · подъезд
5. **Small talk.** Asking how someone is, asking why and explaining.
   Как дела? · Почему? Потому что…
6. **Who and what.** Personal and possessive pronouns, gender of nouns, names.
   он, она, оно · мой, моя, моё · Надя, Марк
7. **More than one.** Plural nouns and joining ideas together.
   дом → дома · А, И, ТОЖЕ
8. **My day.** Verb conjugations, where things are and numbers 1–10.
   Я читаю, ты говоришь · здесь, там
9. **Your first case.** The prepositional case, numbers 11–20, months and seasons.
   в Москве · в июле · летом
10. **What you love.** The accusative case and numbers 21–100.
    Я люблю музыку и Москву!

Every step ends with a short review: «*Вы уже умеете!*» — look what you can do already!

Useful materials · part 1

Cyrillic in 10 minutes

Good news: you already know several Russian letters. Some are **true friends**, and some are **tricksters** that look familiar but sound different.

True friends

Look and sound almost like English:

А	К	М	О	Т
a	k	m	o	t

Tricksters

Look familiar, but sound different:

В	Н	Р	С	У	Х
v	n	r	s	oo	kh

A few new faces: **Б** = b · **Д** = d · **Л** = l · **П** = p · **Ф** = f · **И** = ee · **Е** = ye

Game: crack the code

Using the letters above, read these words. You know them all!

МЕТРО	ТАКСИ	КОФЕ	БАНАН
ПАРК	ТЕАТР	СУП	РЕСТОРАН bonus ★

Answers: metro · taxi · coffee · banana · park · theatre · soup · restaurant

Sound secret: О → А

When О is not stressed, it sounds like А. That's why Russians write one thing and say another:

молоко́ → [малако]
хорошо́ → [харашо]
Москва́ → [масква]

Sound secret: final letters

At the end of a word, "loud" consonants go quiet: Б → П, Д → Т, В → Ф.

хлеб → [хлеп]
го́род → [горат]
Ивано́в → [иваноф]

★ In our first lessons we go through all 33 letters on the Holst board, with audio, pictures and little games, so reading Russian feels easy surprisingly fast.

Want to hear these sounds live? We practise them in the very first lessons.

Useful materials · part 2

Speak from day one

Russian shortcut: no "am, is, are"!

In the present tense Russians simply skip "to be". Two words — and you've made a sentence:

Я студент.	*Мама дома.*	*Это кофе.*
I am a student.	Mum is at home.	This is coffee.

Game: gender detective

Every Russian noun is **he**, **she** or **it** — and the last letter gives it away!

OH · he	OHA · she	OHO · it
ends in a consonant or Й	ends in -A or -Я	ends in -O or -E

Your turn: write он, она or оно next to each word.

дом _____	мама _____	окно _____	чай _____
книга _____	море _____	парк _____	неделя _____

Answers: он · она · оно · он · она · оно · он · оно · она

Don't forget about the exceptions!

8 phrases to survive your first conversation

Здра́вствуйте!
zdrástvuyte · Hello (polite)

Приве́т!
privét · Hi!

Меня́ зову́т...
menyá zavút · My name is...

Как дела́?
kak delá · How are you?

Хорошо́!
kharashó · Good!

Спаси́бо!
spasíba · Thank you!

Я не понима́ю.
ya ne panimáyu · I don't understand

Повтори́те, пожа́луйста.
paftaríte, pazhálusta · Please repeat

Mini challenge: introduce yourself

Привет! Меня зовут _____.

Я из _____. Я учу русский!

Bring this to your trial lesson and read it to me — I can't wait to hear it!

Ты сможешь!

You can do this.



You've just read your first Russian words, cracked a secret code and found out that nouns have a gender. That's a real start! The next step is to **start speaking** — and that's exactly what we'll do together, with a plan made just for you, in a friendly atmosphere where mistakes are welcome.

Жду вас на своих занятиях!

I'm waiting for you in class!

Book your trial lesson

30 minutes · half price · your personal plan

@nadya.russian →

До встречи! — Nadya