



PARTICIPANT HANDBOOK

WELCOME TO THE HEALTHY LIFE FORUM: TOWARDS 80+!



Olympic Park Main Media Centre
([1, Olimpiysky Prospekt, Adler, Sochi, Krasnodar Region](#))

13 February

08:00–20:00

Participants are kindly requested to arrive at the Forum venue 30–40 minutes before the start of an event.

Information centre



+7 (495) 640 6547 (Russian Investment Forum information centre)



healthylife@roscongress.org



forumhealth.ru

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ARRIVAL IN SOCHI

VISAS

A valid passport and visa are required to enter the Russian Federation.

Visitors with an invitation to the Healthy Life Forum are eligible to apply for a short-term visa through a simplified process in Russian consulates abroad.

We recommend Forum guests apply for a visa in advance. For more information, contact the Russian Embassy or Consulate in your country of residence. It is not recommended to apply for an entry visa through intermediaries.

CUSTOMS CONTROL

Commercial airline passengers are advised to familiarise themselves with any luggage size and weight limits to avoid extra charges and inconvenience. For safety reasons, carrying dangerous materials, objects, and liquids in hand or checked luggage is prohibited.

WEATHER IN SOCHI

Sochi has a favourable subtropical damp climate. The average temperature in February can range from +5 °C to +10 °C.

The combination of high humidity and wind means that the weather always seems colder than it is. For this reason, we recommend that you bring warm clothing and an umbrella with you.

TIME ZONE

Sochi is on Moscow time (UTC+3).

ELECTRICITY

Russian outlets run at a voltage of 220 volts and a frequency of 50 Hz. Type C and F sockets are common.

BANK CARDS AND EXCHANGE RATES

Although the majority of restaurants and many shops in Sochi accept bank cards, we recommend carrying cash as well.

For the latest exchange rates, please see the Central Bank of the Russian Federation website:

 www.cbr.ru

SOCHI INTERNATIONAL AIRPORT

Sochi International Airport, also known as Adler Airport, is the largest airport in Krasnodar Region and is located near the coast of the Black Sea. It takes an average of 15–20 minutes to get from Sochi International Airport to the Olympic Park Main Media Centre.

Between 12 and 15 February, a Russian Investment Forum **information and services point** will be open at Sochi International Airport (next to the exit in the arrivals hall) to provide Forum participants with any information they may need. Transport coordinators will also be on hand at the airport to assist with transfers to official hotels and the Forum venue.

Sochi International Airport contact information

+7 (800) 301 1991
info@aer.basel.aero
www.aer.aero

First aid station

+7 (8622) 497 703

VIP terminal

The VIP terminal at Sochi International Airport is located in a separate building to the left of the main terminal building. More information on VIP terminal services and pricing can be found on the [airport website](#).

+7 (8622) 400 075, +7 (8622) 497 642
special_services@aer.basel.aero

Business lounge

A comfortable lounge for business class passengers is located on the second floor of Sector B at Sochi International Airport. More information on business lounge services and pricing can be found on the [airport website](#).

+7 (8622) 497 757 (domestic flights)
+7 (8622) 497 748 (international flights)

RAIL TRAVEL

Adler Railway Station

113, Ulitsa Lenina, Sochi

It takes an average of 15–20 minutes to get from Adler Railway Station to the Main Media Centre.

Sochi Railway Station

56, Ulitsa Gorkogo, Sochi

It takes an average of 50 minutes to get from Sochi Railway Station to the Main Media Centre.

Russian Railways call centre

+7 (800) 775 0000
info@rzd.ru
eng.rzd.ru

HOTEL ACCOMMODATION

Forum participants can book rooms at special rates at the official Forum hotels:

- Radisson Blu Resort & Congress Centre 5*
- Radisson Blu Paradise Resort & Spa 5*
- Sochi Park Bogatyr Hotel 4*
- Omega Sirius Park 3*

You can book rooms in recommended hotels by yourself in the [Hotels](#) section or by contacting the Roscongress Foundation's accommodation department:

booking@rusinvestforum.org

FORUM VENUE

The main events of the Healthy Life Forum will take place in the Olympic Park Main Media Centre ([1, Olimpiysky Prospekt, Adler, Sochi, Krasnodar Region](#)).

The Olympic Park Main Media Centre is located approximately 15–20 minutes from Sochi International Airport and about an hour from Sochi city centre and Krasnaya Polyana ski resorts.

A detailed map of the Main Media Centre is provided on the [official Russian Investment Forum website](#).

Access rules

In order to avoid any inconveniences when accessing the Forum venue, participants are advised to leave any [prohibited items](#) at their hotel or in their personal vehicle.

ACCREDITATION

ACCESS TO THE FORUM VENUE

The events on the Healthy Life Forum programme may only be accessed with an accreditation badge.



The badge is personalized and may not be transferred to third parties.

Participants should keep their badges and identity documents with them at all times at the Forum venue.

If their accreditation badge is lost or damaged, participants should go to the Help Desk or any accreditation point, or call +7 (495) 640 6547.

PARTICIPANT BADGE

Badges may be collected from one of the Russian Investment Forum accreditation points in Moscow, Krasnodar, or Sochi. Accreditation point locations and operating hours can be found in the [Participant accreditation](#) section on the Russian Investment Forum website.

We kindly ask that you collect your accreditation badge in advance in order to ensure easy access to the Forum venue.

Before collecting their badges, participants are advised to ensure that:

- 1 — PARTICIPATION IN THE FORUM IS CONFIRMED VIA THE PERSONAL WEB OFFICE
- 2 — PERSONAL INFORMATION PROVIDED IN THE PERSONAL WEB OFFICE MATCHES PARTICIPANT'S ID (PASSPORT) EXACTLY
- 3 — A BADGE PHOTO HAS BEEN UPLOADED TO THE PERSONAL WEB OFFICE*
- 4 — PARTICIPATION FEE IS PAID**

* Colour photo against a white background in JPEG or JPG format, photo size 480×640 pixels, full-face photo with no headgear, and the image must make up at least 70% of the photo.

** For paid participants only.



Before collecting your badge, we recommend that you check that the registration details in your [personal web office](#) correspond to your ID. If there are incorrect data in your personal web office, you should tell about an error and send the current information to your contact person at the Roscongress Foundation.

Before issuing a badge, an accreditation point attendant will make sure that the data specified in the application form is correct and up to date. In the event of any discrepancies, it will not be possible to issue a badge the same day.



* Russian Investment Forum information centre: +7 (495) 640 6547.

** The relevant contact information can be found in the [personal web office](#). A participant can confirm the contact details of the specialist by calling the Forum information centre.

Participant badges can be collected either in person (upon presentation of the identity document specified in the registration details) or by power of attorney.

If a participant's badge is collected by a third party using a power of attorney, the authorized person must present:

- Authorized person's passport
- Original standard power of attorney*
- List of participants
- Copies of participants' passports**

* A [power of attorney form](#) and an [example of how to fill it out](#) can be found in the [Participant accreditation](#) section on the Russian Investment Forum website.

** Without a list and copies of the passports of all participants to be accredited, the power of attorney will not be valid. Copies of passports will be returned once badges have been issued.

ACCREDITATION OF PERSONAL VEHICLES

Forum participants may obtain accreditation for a personal vehicle in order to access the Olympic Park Main Media Centre and pick-up/drop-off zones at the official Forum hotels.

Once applied for, drivers' accreditation badges and transport passes can be collected either in person (upon presentation of ID) or by power of attorney from the accreditation point located at Omega Sirius Park Hotel ([3, Olimpiysky Prospekt](#)).

Location	Date	Time
Omega Sirius Park Hotel (3, Olimpiysky Prospekt)	7–12 February	10:00–19:00
	13 February	08:00–20:00



Collecting transport passes and drivers' badges by power of attorney

Authorized person must present:

- Authorized third party's passport
- Original standard power of attorney*
- Copies of the drivers' passports**

* A [power of attorney form](#) and an [example of how to fill it out](#) can be found in the [Accreditation of personal vehicles](#) section on the Russian Investment Forum website.

** Copies of passports will be returned once badges are issued.



Each transport pass is issued to a single specific vehicle and is linked to the vehicle's data and parking access rights.

Transport passes and drivers' badges may not be transferred to third parties.

FINANCIAL SERVICES AND PAYMENT FOR PARTICIPATION

Participants can pay the participation fee and the cost of any additional services provided by the Roscongress Foundation at the Forum venue. The Forum financial services stands also issue closing documents.

Cash and bank cards are accepted for payment.

A 5.5% commission fee is charged when paying for participation and services at the Forum venue.

Location	Date	Time
Main Media Centre, checkpoint 1 (1, Olimpiysky Prospekt)	11 February	10:00–19:00
	12 February	09:00–20:00
	13 February	08:00–20:00

FORUM PROGRAMME

BUSINESS PROGRAMME

The Healthy Life Forum: Towards 80+ will be held at the Main Media Centre on the starting day of the Russian Investment Forum.

The Healthy Life Forum: Towards 80+ is a priority platform for direct dialogue between government agencies and the expert community, and for jointly seeking (and developing) practical proposals on the implementation of national programmes and projects to increase life expectancy in Russia. The Forum is supported by the Russian Federation Ministry of Health.

The Forum will include a business programme, the Healthy Life Innovative Solutions Contest, presentations, and exhibitions enabling participants to discuss the key questions on demographic development, protecting people's health, and raising living standards. Participants will also have

the opportunity to learn more about innovative projects in healthcare, and to network with other people working in this sector.

The key event at the Forum will be **the plenary session 'Towards life expectancy of 80 years in Russia: challenges and solutions'**. The programme consists of three thematic pillars:

- The Contribution of Healthcare to Quality of Life
- Demographics: On the Threshold of Societal Change
- Infrastructure for Healthy Living

The Forum programme may be subject to change. The latest version of the programme can be found in the [Programme](#) section on the Forum website.

Conference of the Russian Young Endocrinologists Society, with International Participation: Hormones in Longevity Management

During the meeting, industry professionals will discuss pertinent issues concerning scientific development, the prospects and achievements of modern treatment methods as well as modern approaches to treating diseases of the endocrine system.

The main focuses of the meeting programme are: 'Pertinent issues in endocrinology', 'Disease without symptoms. How dangerous is osteoporosis?', 'Harmony in hormones', 'Diabetes under control!' and 'Obesity and diabetes mellitus 2: A strategy for managing the pandemic of the 21st century'.

Healthy Life Innovative Solutions Contest

The purpose of the Contest is to identify, select and support the most promising developments in the field of therapeutic and diagnostic medical equipment, digital medicine and new medications of high social significance and improving the quality of life for the public.

Healthy Life Innovative Solutions Contest semi-finalists will take part in pitch sessions at the Forum venue, and will also be able to present their innovative solutions at the Healthy Life Forum exhibition.

Detailed information about the Contest, as well as the list of the semi-finalists can be found in the [Innovative Solutions Contest](#) section on the Forum website.

CULTURAL AND SPORTING PROGRAMMES

📍 Cultural and sporting programmes stand (first floor, next to entrance 1)



Gala concert presented by the Youth Symphony Orchestra of Russia, conducted by Yuri Bashmet

🕒 14 February, 19:00–21:00

📍 Winter Theatre ([2, Teatrnaya Ulitsa](#))

Access: tickets can be purchased via the [personal web office](#) and will need to be paid for separately.



Play: Don't Leave Your Planet

🕒 15 February, 19:00–21:00

📍 Winter Theatre ([2, Teatrnaya Ulitsa](#))

Access: tickets can be purchased via the [personal web office](#) and will need to be paid for separately.



Gala opening concert for the Winter International Arts Festival in Sochi

🕒 16 February, 19:00–21:30

📍 Winter Theatre ([2, Teatrnaya Ulitsa](#))

Access: tickets can be purchased via the [personal web office](#) and will need to be paid for separately.



‘10,000 Steps For Life’ Initiative with Academician Leo Bokeria

- 🕒 13 February, 14:30–16:00
- 📍 Sochi Olympic Park ([21, Olimpiysky Prospekt](#))

Free entry. To get a commemorative participation certificate, [registration](#) required.



ROSCONGRESS CUP. Governors' Cup

- 🕒 14 February, 06:00–08:00
- 📍 Sochi Autodrom, Formula One track ([26, Triumfalnaya Ulitsa](#))

To participate in the run, preliminary registration on the Russian Investment Forum [website](#) is required.

Detailed information about the events can be found in the [personal web office](#).

GUIDED TOURS AND THEATRE TICKETS

Participants can book tickets and order personal guided tours of Sochi and the surrounding area via the [personal web office](#) and at the Forum venue.

- 📍 Guided tour and theatre ticket booking stand (first floor, next to entrance 1)

Contact person: Daria Spirina

☎ +7 (988) 488 9118 (from 09:00 to 18:00)

✉ holiday@rusinvestforum.org

EXHIBITIONS

HEALTHY LIFE FORUM EXHIBITION

- 📍 First floor, exhibition pavilion 2
- 🕒 13–15 February, 09:00–18:00

At the Healthy Life Forum exhibition, companies will present achievements made in the medical sector within Russia and internationally, as well as breakthrough technological and innovative projects aimed at supporting public health.

Healthy Life Forum exhibition participants:

- Armed
- Axion Concern
- BIOCAD
- GSK
- Healthy Life Innovative Solutions Contest finalists
- Kivach Clinic
- MyGenetics
- Sanofi
- Skolkovo Foundation

RUSSIAN INVESTMENT FORUM EXHIBITION

- 📍 First floor, exhibition pavilions 1 and 2
- 🕒 09:00–18:00

The Russian Investment Forum exhibition is a unique platform for promoting and developing projects whose implementation has reached the investment and operational stages. It is also a communication platform for promoting partnership between representatives of investment projects, official state bodies, and the business community.

Russian Investment Forum exhibition participants:

- Association of Innovative Regions of Russia (AIRR)
- Belgorod Region
- City therms
- Federal Agency for Youth Affairs
- Federal Labor and Employment Service
- Federal Subsoil Resources Management Agency
- Irkutsk Region
- Greenhouses of Russia
- Kaluga Region
- Khanty-Mansi Autonomous Area – Yugra
- Kierge Jewelry House
- KNL ecosystem
- Krasnodar Region
- Kursk Region
- Leningrad Region
- Lipetsk Region
- LUCOIL
- Ministry of Education of the Russian Federation
- Ministry of North Caucasus Affairs of the Russian Federation, North Caucasus Development Corporation, Northern Caucasus Resorts
- Moscow
- Nenets Autonomous Region
- Nizhny Novgorod Region
- Novgorod Region and Mobile Medical Complex
- Novosibirsk Region
- Penza Region
- Perm Territory
- Primorsky Territory
- Republic of Adygea
- Republic of Bashkortostan
- Republic of Crimea
- Republic of North Ossetia – Alania
- Republic of Tatarstan
- Rostov Region
- RTS-tender
- Russian Copper Company
- Ryazan Region
- Saratov Region
- Sevastopol
- TechPlasma
- Tula Region
- Tver Region
- Udmurt Republic

More information on the exhibition participants can be found in the [Exhibitors](#) section of the Russian Investment Forum website.

THEMATIC ZONES AT THE FORUM VENUE



SOCIAL IMPACT LOUNGE

📍 First floor, exhibition pavilion 2

🕒 10:00–19:00

The Social Impact Lounge is a unique communications platform for hosting events focusing on social issues and presenting successful charitable and community projects. It is also a place for building dialogue between government, non-profit organizations, and companies engaged in charitable initiatives.

An **exhibition supporting inclusivity in art** will open for the first time to a wide audience. Entitled **‘Inalienable’**, it will feature paintings by people with special needs.

In addition, the lounge will feature an area for interviews with Russian business leaders, government representatives working in the field, and public figures. There will also be a networking area and a library with a wide range of literature focusing on current social themes.

The latest version of the Social Impact Lounge programme can be found in the [Social Impact Lounge programme](#) section on the Russian Investment Forum website.

CASE ZONE

📍 First floor, exhibition pavilion 2

🕒 09:00–20:00

The Case Zone is a communication platform located in the Russian Investment Forum exhibition area and is open to all Forum participants.

Visitors can enjoy a cup of coffee while watching investment project pitch sessions. Practical sessions will feature leading experts in the investment market and representatives of Expert RA, the Case Zone's knowledge partner.

There will also be an opportunity to be among the first to view a presentation on Expert RA's Regional Economic Health Map. This new, specially developed analytical product will demonstrate each region's competitive advantages in terms of opportunities and incentives for investors.

The latest version of the programme can be found in the [Case Zone programme](#) section of the Russian Investment Forum website.



EY BUSINESS NETWORKING PLATFORM

📍 First floor, exhibition pavilion 2

🕒 08:00–20:00

The business networking platform provides an opportunity to schedule and hold business meetings at the Forum venue. Participants can schedule meetings online via the [personal web office](#) (under 'Day Planner').

Terms of service:

- Meetings are to be held in the specially prepared space according to the schedule in the appointment system
- The individual meeting space is booked for the selected time if the meeting requested by the initiator is confirmed by the invitee within 72 hours but not less than one hour before the meeting's scheduled start time (otherwise the booking is cancelled)
- To be admitted to the meeting room, the meeting participants must present themselves at the business networking platform administrator's stand and show their participant badges
- Meetings are to be held strictly to schedule, lasting 25 minutes. Extensions may be made only if free space is available
- Forum participants who have not arranged a meeting in advance may be admitted to a meeting room only if free space is available



ROSCONGRESS INFORMATION AND ANALYTICAL SYSTEM

The Roscongress Information and Analytical System – a knowledge library

The Roscongress Information and Analytical System takes best practices from global development institutions and combines them with Russian information analysis tools to provide quick and easy access to all resources related to Roscongress Foundation events.

Features of the interactive:

- Descriptions of more than **1,300 sessions** across **153 topics** covering national development
- Talks, interviews, and insights from more than **6,000 speakers**
- Research studies, articles, and analytical digests

The information on the website is constantly updated and augmented.

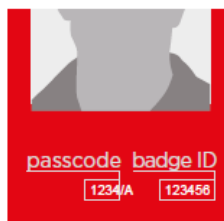
During the Russian Investment Forum, the Summary service will be integrated into the system. This is a Roscongress Foundation and TASS News Agency product, providing analytical summaries of key discussions. These include overviews of conclusions, problems, and solutions covered at the event. The resources can be viewed on the Roscongress Information and Analytical

System website (link below). Simply visit the page of the session of interest, and click on the Discussion tab:

 roscongress.org

BUSINESS SERVICES

INTERNET



Internet access is available free of charge at the Forum venue.

Network name: **ForumSochi2019**

Wi-Fi connection:

Please set the language to English. Then enter the **badge ID** (6 digits) and **passcode** (4 digits) listed on your badge.

LINGUISTIC SUPPORT

Simultaneous interpreting between English and Russian will be provided at the Forum plenary session and several business programme events. On the panel session 'Demand for Beauty: How to Look 10 Years Younger in 10 Years' simultaneous interpreting between Korean and Russian will be provided.

Receivers for simultaneous interpreting are issued at the entrance to the event halls. In the conference hall 13 (Pushkin) receivers for simultaneous interpreting are located in the pockets of the seats in front.

BROADCASTS OF FORUM EVENTS


The plenary session and other Forum events will be broadcast live on TV screens located at the Forum venue. In addition to session feeds, the TV screens will also display informational bulletins, navigation information, session schedules, and much more.


A live broadcast and the broadcast archive of the plenary session and other Forum events will also be accessible in the [Healthy Life Forum programme](#) section on the official Russian Investment Forum website.

CONCIERGE SERVICE

With the concierge service, participants are assigned a personal consultant who can effectively handle questions and make arrangements related to both work and leisure. The concierge service is not included in the Russian Investment Forum participation fee; each service is charged separately, including a personal concierge service fee of 10%.

A full list of services can be found in the [Concierge service](#) section on Russian Investment Forum website.

 Concierge service stand (first floor, next to entrance 1)

 +7 (800) 700 4755, +7 (499) 130 9309

 congressattache@roscongress.org

 congressattache.com

INVESTMENT PROMOTION AND BUSINESS SUPPORT

The Roscongress Foundation provides a special service for Russian and international companies working in Russia or the CIS, offering them support in attracting investment and bringing their project to fruition.

The Roscongress Foundation's status as an institution which promotes economic development in Russia allows it to provide effective support for business projects. The events which the Foundation organizes are large-scale platforms for communication which bring together key market players and shape the economic and political agendas.

The service helps companies to target their efforts to attract investment from Russia and abroad, identify promising business projects, build a risk management model, and coordinate their work with others engaged in investment activities.

Roscongress Foundation Investment Promotion and Business Support Department:

Contact person: Alexander Shatirov

+7 (495) 212 0319

investment_support@roscongress.org
alexander.shatirov@roscongress.org


HOLDING PRESS EVENTS

Forum participants and media representatives can reserve specially created spaces at the Forum venue to hold press events of any format (press conferences, briefings, agreement signing ceremonies, interviews, press access events).

Agreement signing hall 1	First floor, press centre
Agreement signing hall 2	First floor, conference halls area
Press conference hall	First floor, press centre
Interview room	
Media work area	
Press point 1	First floor, Passage, opposite Russian Investment Forum plenary session hall
Press point 2	First floor, Passage, opposite conference halls area
Press point 3	First floor, press centre
Signing ceremony point 1	First floor, Passage, opposite Russian Investment Forum plenary session hall
Signing ceremony point 2	First floor, exhibition pavilion 2

Details of the conditions for using press centre services and the press event schedule can be obtained from:

 Media information and services point (first floor, press centre)

 [Organizing and holding press events](#) section on the Russian Investment Forum website

Protocol and organizational support

Protocol and organizational support services for agreement signing ceremonies and press conferences will be available at any venue within the press centre provided by the Forum Organizing Committee for press events.

 [Protocol and organizational support](#) section

TASS PHOTO BANK

The host photo agency (TASS) takes photos of all official events at the Healthy Life Forum. The images are promptly placed in the [TASS photo bank](#).

The service can also be accessed from mobile devices. The archive materials may be used subject to an obligatory reference to the Healthy Life Forum.

ROSCONGRESS PHOTO BANK

The Roscongress Foundation provides photography for all business, cultural, and sporting programme events at the Healthy Life Forum and other events organized by the Foundation. The photographs are posted in the [Roscongress photo bank](#) in real time. For easy searching, the images can be ranked according to the headings and dates of the photo shoot. The photographs are available for viewing and free download in high resolution, and may be used, provided a reference to the Roscongress Foundation is included.

BOOKING PHOTOGRAPHY AND VIDEO SERVICES

Healthy Life Forum participants can book photography and video services for Forum programme events. To place a booking, please submit a request in the 'Booking photography and video services' section of the [personal web office](#). Photography service must be paid for separately.

Applications may be submitted **until 11 February 2019**.

Contact person: Polina Chizhikova

+7 (921) 961 9402

polina.chizhikova@roscongress.org

INFORMATION AND SERVICES POINTS

Sochi International Airport

Main Media Centre (checkpoint 1; first floor, next to entrances 1 and 2; Passage near the plenary session hall; in conference halls area, near entrance to exhibition pavilion 1)

At Russian Investment Forum information and services points you can obtain information on the Healthy Life Forum programme, available services, and directions around the venue and other sites.

The information and services points at the Forum venue also offer the following services:

- Copying and printing of documents
- Copying and writing information to electronic media
- Distribution of Forum information materials

DINING AT THE FORUM VENUE

There are restaurants (payment required) at the Forum venue, and coffee and light refreshments are available free of charge.

COFFEE AND LIGHT REFRESHMENTS (FREE OF CHARGE)

Coffee break	First floor, Conference halls area	08:00–19:00	Tea, coffee, light refreshments
--------------	---------------------------------------	-------------	---------------------------------

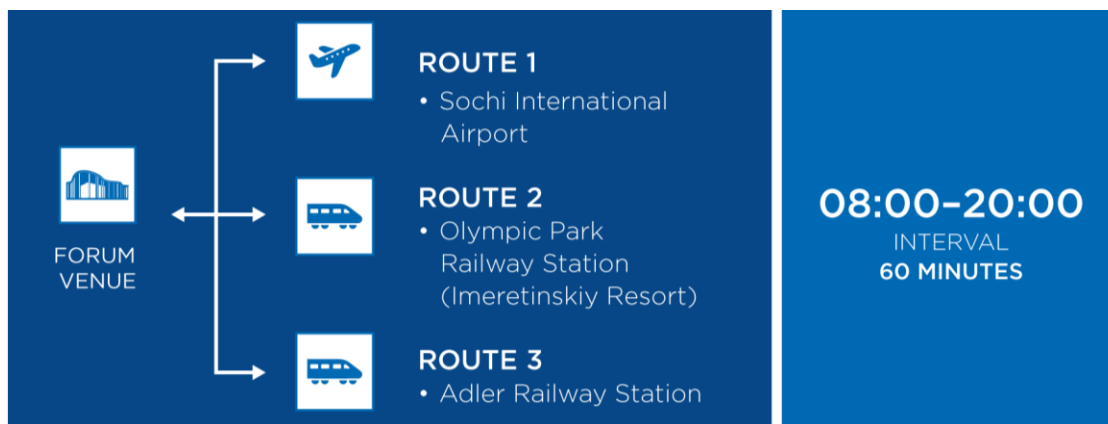
CAFÉS AND RESTAURANTS (PAYMENT REQUIRED)

Forum restaurant	First floor, Passage , food court area	11:30–18:00	Set menu (Russian, Mediterranean, Pan-Asian cuisine)
Forum café		09:00–18:00	Tea, coffee, snacks and desserts
Case Zone	First floor, exhibition pavilion 2	09:00–19:00	
Kubansky Kuren restaurant	Pavilion near Main Media Centre	09:00–20:00	À la carte

FORUM SHUTTLES

Healthy Life Forum participants can use Russian Investment Forum free shuttle buses, that will run 13–15 February from the official hotels, Sochi International Airport, Olympic Park Railway Station (Imeretinskiy Resort), and Adler Railway Station to the Forum venue and back.

ARRIVAL POINTS



OFFICIAL HOTELS



The free shuttle bus timetable may be subject to change. For exact shuttle departure times and locations, please ask Forum staff at arrival points, official hotels, and at the Forum venue.

REFERENCE INFORMATION

USEFUL INFORMATION

For participants with limited mobility

If participants need assistance with navigating the Forum venue, they should make an appropriate note in the [personal web office](#).











Dress code

We request that participants observe the official dress code (traditional business attire) at the Forum venue. Evening wear is requested for the main events on the cultural programme: dark-coloured suits for men and cocktail dresses for women. For the events on the sporting programme, comfortable clothing is advised.

Waste sorting and collection

Special containers for the separate collection and subsequent recycling of paper, plastics, and general waste have been introduced at the Healthy Life Forum venue. Please dispose of all paper and plastic bottles in the appropriate containers.

FIRST AID AND SERVICES AT THE FORUM VENUE

First aid	Cloakroom
 Ground floor, room 13  +7 (964) 949 0802	 First floor, to the left of entrance 1  08:00–20:00
Mobile device charging	Luggage room
 Information and services points next to entrance 1 and in conference halls area  08:00–20:00	 First floor, to the left of entrance 1  08:00–20:00
Russian post	Lost & found
 First floor Using this service, you can send a letter, postcard, or package to anywhere in the world free of charge.	To enquire about items lost and found during the Forum, please visit any information and services point at the Forum venue, or contact the Russian Investment Forum information centre:  +7 (495) 640 6547

SOCHI REFERENCE INFORMATION

EMERGENCY SERVICES

Rescue service (for mobile phone users): 112

Fire brigade: 101 (from mobile phones), 01

Police: 102 (from mobile phones), 02

Ambulance: 103 (from mobile phones), 03

Free city information (24 hours): +7 (862) 990 9111

ADDRESSES OF PHARMACIES CLOSEST TO THE FORUM VENUE

Name	Address	Operating hours	Telephone
Leto	23, Kaspiyskaya Ulitsa	24 hours	+7 (862) 263 8787
Formula Zdorovya	3, Starookhotnichya Ulitsa	08:00–21:00	+7 (988) 281 1003

EMERGENCY PROCEDURES

The Forum venue is furnished with modern safety equipment, including video surveillance and fire extinguishing systems.

In the event of an evacuation announcement, participants should do the following:

- Keep calm and follow the instructions given by Forum staff, police and other persons responsible for maintaining public order and fire safety, as well as the voice alarm instructions
- Do not interfere in the work of rescue personnel, police, and transport services
- Leave the venues in accordance with the evacuation plans and follow the exit signs
- Give way to emergency vehicles

We ask you to immediately report smoke, fire, or any suspicious objects by calling 112 from your mobile device. Please also immediately notify Forum staff.



This information is valid as at 10 February 2019.

The latest information about the Forum can be found on the official website forumhealth.ru.