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## Must-Know Phrases to Introduce Yourself in Russian

The first thing any beginner Russian learner needs is an introduction.

As in, who are you? Where are you from?

Why are you learning Russian and why should anyone care? You should be able to say that in Russian.

You will learn how to introduce yourself in Russian easily and learn TONS here.

- **Как тебя зовут?**
  - *Kak tebya zavoot?*
  - What's your name? (Literally: How are you called?)
- **Меня зовут Ольга.**
  - *Menya Zavoot Olga.*
  - My name is Olga.
- **Меня зовут Катя.**
  - *Menya zavoot Katya.*
  - My name is Katya.
- **Меня зовут Иван.**
  - *Menya zavoot Ivan.*
  - My name is Ivan.
- **Меня зовут Александр.**
  - *Menya zavoot Aleksandr.*
  - My name is Alexander.

Below is the most important phrase of the audio lesson. Remember it.

- **Меня зовут** (*insert your name here*).
  - Menya zavoot (*insert your name here*).
  - My name is (*insert your name here*).

### Part 2 – 6 Easy Lines to Introduce Yourself

Now, how would you introduce yourself in Russian?

Take a look at the 6 lines below. You will learn how to say them in Russian. This is your Russian introduction or elevator pitch that you'll use over and over.

1. Hello, My name is ..... What's your name?
2. I am from .....
3. I am ..... years old.
4. I am a (student/occupation).
5. I'm learning Russian because...
6. I've been learning Russian for...

### Here's how you introduce yourself in Russian.

We'll go from 1-6 and translate it so you can easily have something to say in Russian and start talking ASAP.

1. **“Hello, My name is .... What's your name?” in Russian**
  1. Здравствуйтe, Меня зовут (name). А как вас зовут?
  2. Zdrastvuyte, menya zavut (name). A kak vas zavut?
    1. *Example: Zdrastvuyte, menya zavut Bob. A kak vas zavut?*
      1. Don't worry too much about saying your name in Russian pronunciation.
2. **“I am from .....” in Russian.**
  1. Я из (country or city)
  2. Ya iz (country or city)

1. Example: Я из **США**. Ya iz **Sa-Shi-Ah**. I am from America.
  1. **США** is the Russian abbreviation for the United States of America.
3. “I am .... years old” in Russian
  1. Мне (**age #**) лет.
  2. Мне (**age #**) let.
    1. Example. Мне **двадцать пять** лет. Мне **dvadsat pyat** let. I am 25 years old.
4. “I am a (student/occupation)” in Russian.
  1. Я – (**occupation**)
  2. Ya – (**occupation**)
    1. Example: Я – **студент**. Ya **stoo-dent**. I am a **student**.
5. “I am learning Russian because...” in Russian
  1. Я изучаю русский потому что (**reason**).
  2. Ya izuchayu russkiy potomu shto (**reason**).
    1. Example: Я изучаю русский потому что **мне язык нравится**. Ya izuchayu russkiy potomu shto **mne yazik nraivitsa**. I’m learning Russian because **I like the language**.
6. “I’ve been learning Russian for...” in Russian
  1. Я изучаю русский язык уже (**duration**).
  2. Ya izuchayu russkiy yazik uzhe (**duration**).
    1. Example: Я изучаю русский язык уже **2 года**. Ya izuchayu russkiy yazik uzhe **dva goda**. I’ve been learning Russian for **2 years** already.

Here’s your Russian self introduction script you might want to use.

Zdrastvuyte, menya zavut **Bob**. Мне **dvadsat pyat** let. Ya **stoo-dent**. Ya izuchayu russkiy potomu shto **mne yazik nraivitsa**. Ya izuchayu russkiy yazik uzhe **dva goda**.

Just substitute the red parts with your details. This is a simple and easy way to introduce yourself in Russian.

[Useful Phrases for Introducing Yourself in Russian](#)

Ready for a review? Here are some Russian phrases that will be useful for Russian introductions.

- **My name is ...**
  - Меня зовут...
  - Menya zavut
- **My last name is ...**
  - Моя фамилия...
  - Moya familiya...
- **You can call me ...**
  - Можете меня называть...
  - Mozhete menya nazyvat'...
- **My hobby is ...**
  - Мое хобби...
  - Moyo hobbi.....
- **In my free time I like ...**
  - В свободное время я люблю...
  - V svobodnoye vremya ya lyublyu...
- **I do ... (work or education)**
  - Я занимаюсь...
  - Ya zanimayus'...
- **I work in...**
  - Я работаю в...
  - Ya rabotayu v...
- **I'm learning ...**
  - Я изучаю..
  - Ya izuchayu...
- **I'm studying at ...**
  - Я учусь в...
  - Ya uchus' v...
- **I do not like**
  - Я не люблю...

- Ya ne lyublyu...
- *Мне не нравится...*
  - Mne ne nravitsya..

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