

- ▶ **Prosto:** Just, simply (oughaki)
- ▶ **Davay:** Come on! Let's...
- ▶ **Podyezd:** Entrance
- ▶ **Razvorot:** U-turn
- ▶ **Svetofor:** Traffic light
- ▶ **Probka:** Traffic jam
- ▶ **Povorot:** Turn
- ▶ **Zazhigalka:** Lighter
- ▶ **Podval:** Basement

## LIFESTYLE



### ▶ POSTAL SERVICES

Armenia's national post is [HayPost](#), from whence you may send and/or receive parcels, packages, and money. You may pick up pensions, open a PO Box, conduct business, and even shop from America through its ShopIn program. Money transfers through RIA and a few other services are also available from Haypost. Other postal services working out of Armenia include: [FedEx](#), [DHL](#), [UPS](#), [Cargo Jet Line](#), [CDEK](#) (post-soviet countries).

**PRO TIP:** You might face customs hassles when receiving packages. It is preferable simply to use these express ones to send. [Globbing](#) and [Onex](#) also allow you to ship out as well as receive from a warehouse in the countries they work out of.

HayPost also implements social payments from the state budget. These are benefits and pensions which are paid either at the post offices of HayPost or via home deliveries by postmen.

### ▶ RECYCLING

As of 2025, Armenia still doesn't have any laws pertaining to recycling. However, there are multiple NGOs and private companies dealing with the issue, offering services to businesses, households, and individuals. Recycling plants do exist in Armenia, and bins specifically for the recycling of glass, plastic and paper are beginning to pop up around the city. Deposit systems are also to be implemented across the country.

At the moment, residents of Armenia have three options:

- Take the recyclables to the plants yourself
- Follow NGOs such as [EcoAghb](#) and drop off your recyclables at specific locations
- Sign up for private pickup service with [Apaga](#) (household pickup) or [ISSD](#) (business). At the moment Apaga is the only service provider which accepts all types of plastic (other than PS and PET, which they sort out themselves).
- In all districts of Yerevan, recycling containers are available for plastic, paper and glass. The container map is available [here](#).

### ▶ DOMESTIC TOURISM

We recommend the following service providers:

[ArmLand Adventure Group](#), [Armenian Geographic](#), [Go Armenia](#), [HIKEArmenia](#) – hiking in the mountains

[Oneway Tour](#), [Hyur Service](#), [Yerani Travel](#) – classic group and individual tours

[Scream of Soul](#), [Overz Club](#), [Yell Extreme Park](#) – extreme tours, rock climbing

[Armenian Speleo Team](#) – caves of Armenia