



# Russian Federation

## Country Fact Sheet 2025

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# Publisher

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For further information on voluntary return and reintegration, please visit the information portal [www.ReturningfromGermany.de](http://www.ReturningfromGermany.de), or contact your local return and reintegration office.

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# 1 Health Care

## General information on health care

Medical services are provided by the state and by private medical institutions. Citizens of the Russian Federation (RF) are entitled to free medical services within the Obligatory Medical Insurance System (OMS) funded by the State. One can receive paid medical services at both state and private clinics, through direct payments to the clinics or in the framework of a Voluntary Medical Insurance (DMS). The benefits of the insurance are:

- emergency medical care
- ambulatory care, including preventative treatments, diagnosis and treatment of diseases both at home and in polyclinics
- in-patient treatment in a hospital
- in some cases, medication can be provided free of charge

Medical services within the OMS are free of charge. Paid medical services are also available both in state and private clinics. Price lists are usually available on the medical institutions' websites, for example in the polyclinic in Grozny: <https://b6-grozny.ru/category/uslugi/>

## Availability of medical facilities and doctors

The list of medical facilities in the country with their contact details can be found on the following website: <https://gogov.ru/clinics>

or you can contact the Ministry of Health of the Russian Federation: <https://minzdrav.gov.ru/>

Patients, also those, who are treated at home, purchase medicine at their own expense, except for those entitled to receive free medication at the expense of the state budget. A 24-hour and daily hospitals free medication is provided to all OMS covered citizens. Free medication is stipulated for those who are entitled to it according to a list provided by the Federal legislation (e.g. people with disabilities). Regional authorities in the Russian Federation may provide free medicines to an additional group of persons. Additionally, free medications are given to patients suffering from certain diseases (Cancer, Diabetes, Epilepsy, HIV, etc.). More information can be found on the following website:

<https://www.mos.ru/otvet-zdorovie/kak-i-gde-poluchit-lgotnye-lekarstva/>

## Admission to medical facilities

The patient should consult the local polyclinic at the place of residence and will be admitted upon presenting a valid ID and OMS card.

## Availability and costs of medication

Availability and the prices of specific medications or their substitutes should be checked before departure in each particular case. In emergency and ambulance situations, medication is free both in clinics and in outpatient care. Russian citizens normally buy the necessary medicine at their own expense.

# 1 Health Care

## Access for returnees

**Eligibility and requirements:** As citizens of the RF, returnees are entitled to free medical services within the OMS. They can also receive paid medical services at both state and private clinics through direct payments to the clinics or in the framework of the Voluntary Medical Insurance (DMS).

**Registration procedure:** Any RF citizen can obtain an OMS policy card upon presentation of a valid RF passport or a birth certificate (for children under 14) at the closest insurance company office at the place of residence.

**Required documents:** Valid RF passport or a birth certificate (for children under 14) and valid registration at the place of residence.



Photo: IOM 2020



## 2 Labour market

### General information on labour market

The labour force in the RF counts around 75.7 million people between the ages of 15 to 64 (as of 2024). Therefore, around 51.8% of the population makes up the country's labour force. The most popular sectors are retail sale, repair service, manufacturing, transport and communications, education, healthcare and social services, construction, state management, and the agricultural sector.

Employment issues are mainly regulated by the Russian Labour Code. Citizens of the RF have the right to work from the age of 14, but with the consent of one of the parents. The consent is needed until the age of 15. Every citizen of the RF has free access to the labour market anywhere in the country. In 2024, the average monthly salary was 87,952 RUB (approx. 973 EUR). Average salaries were: 62,913 RUB (approx. 696 EUR), in education; 77,858 RUB (approx. 861 EUR) in culture and sport; 71,208 RUB (approx. 787 EUR) in medical care and social services; 87,952 RUB (approx. 973 EUR). in science, research and development. The unemployment rate is currently at 2.3%, but varies from region to region.

### Finding employment

Employment Centers are located in all regions throughout the RF. They provide different types of assistance in finding employment. Detailed information and contact details can be found on the following website: <https://trudvsem.ru/czn> The following is an online database of vacancies for all regions of the Russian Federation: [www.trudvsem.ru](http://www.trudvsem.ru). There are also private employment agencies providing services on a paid basis. Online

sources for a possible job search include the following websites:

- [www.hh.ru](http://www.hh.ru)
- <https://topjobfamily.ru/>
- [www.superjob.ru](http://www.superjob.ru)

Unemployed citizens should be proactive in finding employment. Job offers are provided by employment centers but it is necessary to check for vacancies on websites.

### Unemployment assistance

A person can be registered as unemployed at the Employment Center of the Federal Labour and Employment Service (Rostrud) located at the place of his/her permanent residence, and can apply for unemployment allowance. If the Employment Centre does not manage to find a job for the applicant during the first 10 days after applying, the applicant will be recognized as unemployed. This unemployment status means that the unemployment allowance is paid monthly, and the Employment Centre keeps offering vacancies to the applicant. Unemployment allowances are calculated based on the average salary received in the last job and is limited by the minimum and maximum of allowance determined by the state. The minimum allowance is 1,764 RUB (approx. 20 EUR), the maximum allowance for the first three months is 15,044 RUB (166 EUR), and for the remaining three months is 5,880 RUB (65 EUR). For citizens of pre-retirement age the amount of the benefit is calculated according to special rules (75% of the average salary for the first three months; 60% of the average salary the next four months; 45% of the average salary the following months). Benefits are

## 2 Labour market

paid monthly under the condition that the individual is undergoing the necessary re-assessment procedure within the terms and conditions. The procedure is regulated by the federal legislation and is the same in each Employment Center:

- the individual visits the Employment Center every 2 weeks
- the individual does not move to another region
- the individual does not take a professional course with a monthly scholarship/ start to work/ set up their own business
- the individual does not receive a pension

### Further education and training

Unemployed persons registered with the Federal Labour and Employment Service have the right to attend free professional training courses to upgrade their skills. These free courses can be chosen taking into account a list of jobs that are in demand on the local labour market. This list is approved by the local authorities. The person needs to contact a local Employment Center to receive the necessary information. The following is the link to the courses that are offered in Moscow: <https://czn.mos.ru/> Private schools, training centers and institutes providing paid services, are also available. Sample average costs for training:

Computer training (2-4 months): 130-330 EUR

- Driving lessons and license (6 months): 270-625 EUR
- Accounting course (2-4 months): 263-355 EUR
- Hairdressing (2-4 months): 315-727 EUR

- English language courses: 3-4 months): 300-575 EUR

### Access for returnees

#### Eligibility and requirements:

Employment Centers register all persons, who do not have a job and are willing to find employment.

**Registration procedure:** citizens, who want to be registered as unemployed, need to apply to the local Employment Center.

#### Required documents:

- Passport or temporary ID, substituting passport
- Employment record book or its duplicate. (The Employment record should be started at the first workplace. In 2020, an electronic version of the Employment record was introduced)
- Salary statement from the previous job for the last year of work
- Taxpayer Identification Number certificate (INN certificate)
- Pension Insurance Certificate
- Documents proving education and professional skills



Photo: IOM 2020

## 3 Housing

### General information on housing

The average rent in different cities of the RF can be checked on the following website: <https://rosreal.ru/cena/arenda>. Rent prices vary depending on the region. The average price for utilities in the RF per month is currently at around 4,000 RUB (ca. 40 EUR). A good number of apartments and houses are available for rent in all regions of the RF.

Citizens who do not have private accommodation or are living under poor conditions with very low income can apply for a free apartment. However, the waiting period for free apartments is several years or even decades. Local city administration provides clarification of the Housing Code (a primary source of law concerning housing issues) of the RF regarding the people categories, qualifying for free housing and the list of required documents to be submitted. To be eligible for free housing, the following two requirements need to be met:

1. an individual or a family is recognized as low- income by the state
  2. an individual or a family does not have accommodation, or the total area of it is less than 10-12 sqm per person (the local authorities specify this amount of sqm)
- Additionally, orphans and people with severe chronic diseases (e.g. tuberculosis, leprosy, etc.) are entitled to free accommodation.

### Finding accommodation

You can find offers for available housing here:

- <http://www.incom.ru/>
- <https://miel.ru/>
- <https://www.cian.ru/>

- <https://www.495-9256601.ru/>
- <https://www.kvartirant.ru/>
- <https://www.avito.ru/>

### Social grants for housing

There are no subsidies for apartments in the Russian Federation. However, banks offer loans (20-23%) for the purchase of housing. Mortgage rates can be decreased for some categories (e.g. families, IT specialists, those who live in the rural area). Families can use the federal subsidy called the 'maternity allowance' for housing purposes. In 2025 the amount of the 'maternity allowance' for the first child stands at 690,266 RUB (7633 EUR), and for the second child – 912,162 RUB (10086 EUR).

### Access for returnees

In the Russian Federation there are shelter facilities for victims of human trafficking, domestic violence, single mothers and other vulnerable groups. Usually these shelters are managed by local NGOs. It is recommended to find out about possible accommodation in the respective target region before returning.

## 3 Housing



Photo: IOM 2020



## 4 Social welfare

### Social welfare system

There is a basic social security and social welfare system in the Russian Federation, which administers pensions and provides benefits to the most vulnerable citizens. No financial participation of the beneficiary is required. Social benefits depend on the specific case of the returnee.

Types of benefits:

- Temporary incapacity for work benefit
- Unemployment benefit
- Child allowance (maternity leave, one-time child birth benefit, monthly child care allowance, etc.)

#### Access for returnees

**Eligibility and requirements:** There is a basic social security and social welfare system in the Russian Federation which administers pensions and provides benefits to the most vulnerable citizens.

**Registration procedure:** The beneficiary should consult the local Department of the Ministry of Labour and Social Protection of Population and will be given a step-by-step instruction.

**Registration documents:** The set of needed documents will be indicated during the counselling.

### Pension system

Detailed information about the pension system can be obtained from the website: <https://sfr.gov.ru/>  
Persons reaching the retirement age (60 years for women and 65 years for

men) with at least 10 years of insurance record are entitled to the insurance part of old-age pension. Other categories of people entitled to receive a pension also apply. Detailed information is available at: <https://sfr.gov.ru/grazhdanam/invalidam/pensions>. The beneficiary should register at the local pension fund and follow the step-by-step instructions after the initial counselling. The set of needed documents will be indicated during the counselling. No financial participation of the beneficiary is required. All benefits are discussed with the specialist during the initial consultation.

#### Access for returnees

**Eligibility and requirements:** There are no special regulations for returnees: once they reach the retirement age (60 years for women and 65 years for men) with at least 10 years of insurance record, they are entitled to the insurance part of old-age pension. For other categories that are eligible as well please see the link: <https://pfr.gov.ru/grazhdanam/pensions>

**Registration procedure:** The beneficiary should register at the local pension fund and follow the step-by-step instruction after the initial counselling.

**Registration documents:** The set of needed documents will be indicated during the counselling.

### Vulnerable groups

Families with three children or more, elderly people and disabled people are considered as vulnerable groups.

## 4 Social welfare

The following family benefits are available: in 2025, the minimum monthly allowance for child care is 10103.83 RUB (112 EUR). The maximum monthly allowance is 68,995.48 RUB (763 EUR). Detailed information on benefits for families with three children and more is available at [http://www.socialnaya-podderzhka.ru/mery\\_socialnoj\\_podderzhki/mnogodetnyh\\_semej/](http://www.socialnaya-podderzhka.ru/mery_socialnoj_podderzhki/mnogodetnyh_semej/)

Maternity leave is 140 days with 100% of the salary, 70 days before and after childbirth. It can increase to 194 days in the event of a multiple child pregnancy. The minimum maternity benefit is 100% of the official minimum wage up to maximum of 40 hours per week in full-time employment. In 2025 the minimum amount of maternity allowance is 103 285 RUB (1111 EUR), the maximum is 794 355 RUB (8550 EUR). The allowance for child care is paid after the maternity leave benefit. Disability social pension

is paid to those who never worked and have a disability that is officially confirmed. Employed persons or those who were employed in the past with a status implying disability are entitled to disability labour pension. Disability labour pension is granted regardless of the cause of the disability. The pensions are paid for the period of the disability or until reaching the usual retirement age.

In 2023 a Unified allowance for children up to 17 y.o. was introduced. It is a measure of state support for families whose average per capita income is less than the subsistence minimum per person in the region of residence. The amount of this allowance is calculated individually and ranges from 50 to 100% of the subsistence minimum per child in the region of residence.



Photo: IOM 2020

## 5 Education

### General information on education

Every child has the right to preschool and school education. For detailed information, one can visit the following website: <https://edu.gov.ru/>.

### Cost, loans, and stipends

Kindergartens are available for free but some services are provided on a paid basis, such as child care and supervision (the fees vary a lot). Besides, the fee is taken for additional studies (e.g. English lessons, sports, etc.). Education at secondary schools is free. Schools can offer additional service fees. There are private schools and kindergartens, where the prices are quite high.

### Access and requirements to stipends and/or loans for covering tuition

There are state-funded and private higher education institutions in the Russian Federation. Results of the final state exams influence the admission to higher educational institutions (universities, institutes, academies). Those who receive high scores are enrolled on higher education programs free of charge. Results of the internal examinations decide about a possible monthly student allowance, called a stipend. If a student passes exams with “excellent” or “good” marks, a state monthly stipend is granted (the amount depends on the university, but the minimum is 1,967 RUB (ca. 20 EUR) per month. There are no scholarships to cover tuition fees at universities. Higher education is either free (admission is on a competitive basis) or must be paid (there is usually no competition). Some banks can offer special loans for education at rates starting from 3%.

### Access for returnees

**Registration procedure:** Citizens can apply for their children directly at kindergartens or schools. Online applications are also possible via the following website: <https://www.gosuslugi.ru/10999>.

**Required documents:** In order to be enrolled in kindergarten or school the following documents are needed:

- Application form (online or in MFC)
- Birth certificate
- Permanent registration
- Parent's ID
- Medical form issued by the polyclinic
- Vaccination form

In case the child has studied abroad the family should provide a reference from the foreign school and an academic transcript translated into Russian.

## 5 Education

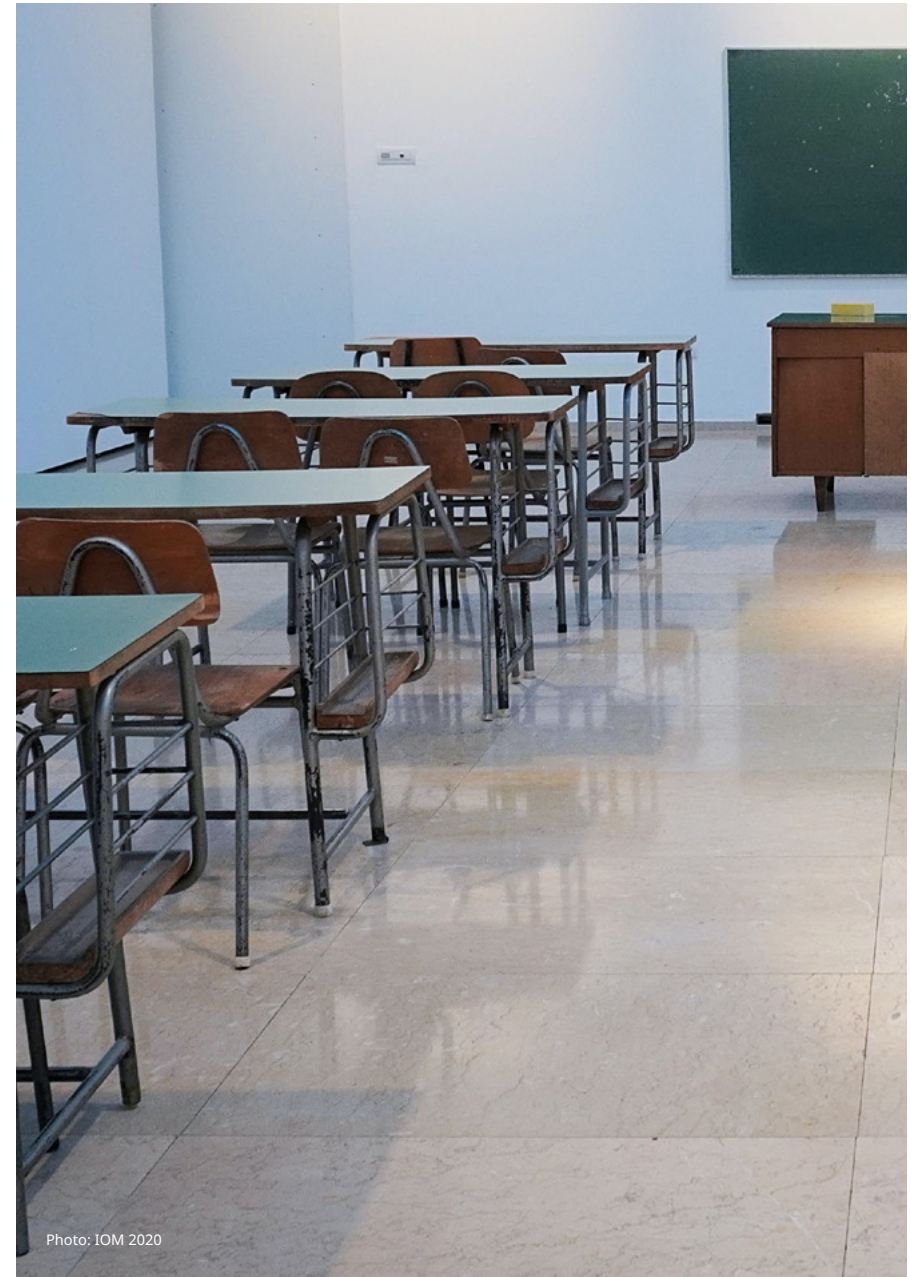


Photo: IOM 2020



## 6 Children

### General situation of children and infants

The rights of the child are enshrined in the Constitution of the Russian Federation and federal laws. Children are guaranteed the right to live and be brought up in a family, the right to communicate with parents and other relatives, the right to protection of their rights and legal interests, the right to maintenance by parents, the right for education and the right to medical treatment.

### (Non-) governmental actors dealing with children's well-being and rights

The governmental actors in the Russian Federation are:

- Children's Rights Commissioner for the President of the Russian Federation
- Children's Rights Commissioners in regions of the Russian Federation

Children's Rights Commissioners are entitled to request the necessary information from authorities, verify the authorities' actions, forward requests to authorities if their actions or inactions led to violation of children's rights and interests and give recommendations on the measures to implement and protect children's rights and interests.

Non-governmental actors:

- Regional Non-governmental Organization for protection of children's rights «Right of the Child» (ROC)
- The National Foundation for the Prevention of Cruelty to Children (NFPCC)
- Social Orphanage Prevention Fund

NGOs dealing with children's well-being and rights mostly implement projects on specific issues such as prevention of cruel treatment of children, support of children brought up in adoptive families, provision of breast milk substitutes for children of HIV-infected women, etc.

### Access for returnees

**Registration procedure:** A birth certificate issued abroad should be apostilled and translated into Russian. The parents should contact the Consulate of the Russian Federation for acquisition of the Russian citizenship and issuance of a valid travel document for the child. Parents should also keep records of vaccinations as this information will be required to obtain a medical certificate to enter school or kindergarten. Upon return parents need to contact local state kindergartens and schools to register children. Admission to kindergartens and schools takes place throughout the year and depends on the availability of free places. There are also private schools and kindergartens that charge fees.

## 6 Children



Photo: Unsplash/ Kazuo ota 2020



## 7 Contacts

### International Organization for Migration

UN agency for migration  
Stasovoy st., 4  
119071, Moscow, RF  
Tel: +7 495 660 7785  
Email: iommoscow@iom.int  
Internet: <http://moscow.iom.int>

### The UNHCR Representation in the Russian Federation

UN agency for protection of refugees  
Leontievskiy lane, 9  
125375, Moscow, RF  
Tel: +7 495 6600901  
Email: [rusmo@unhcr.org](mailto:rusmo@unhcr.org)  
Internet: <https://www.unhcr.org/ru/>

### Russian Red Cross Society Humanitarian aid

Cheryomushkinskiy proezd, 5  
117292, Moscow, RF  
Tel: 8 800 234 07 07  
Email: [mail@redcross.ru](mailto:mail@redcross.ru)  
Internet: <http://redcross.ru>

### Women for Development

Empowerment of women  
I.I. Bisultanov str., 103A  
366041, Grozny, the Chechen Republic, RF  
Tel.: +7 920 789 20 00  
Internet: <https://womenfd.ru/>

### Civic Assistance Committee

Support for migrants and refugees  
Olimpiyskiy ave., 22  
129110, Moscow, RF  
Tel.: +7 (985) 310 08 26, +7 920 613 90 67  
Internet: <https://refugee.ru/>

### Sodruzhestvo

Women and childrens rights  
Magomedtagirova str., 163, apt. 15  
367000, Makhachkala, the Republic of Dagestan, RF  
Tel: +7 989 4701513  
Email: [gelichova@mail.ru](mailto:gelichova@mail.ru)

### Ministry of Labour, Employment and Social Development of the Chechen Republic

labour and social welfare  
Delovaya str., 15  
364006, Grozny, the Chechen Republic, RF  
Tel: +7 (8712) 22-21-22  
<https://www.mtchr.ru/>

### Ministry of Labour and Social Development of the Republic of Dagestan

Ministry for labour and social welfare  
Abubakarova str., 117  
367015, Makhachkala, the Republic of Dagestan, RF  
Tel: +7 (8722) 64-15-04

### Employment Center in Krasnodar

Ordzhonikidze str., 75  
350000, Krasnodar, RF  
Tel.: +7 (861) 992 42 02  
Email: [krasnodar@czn.krasnodar.ru](mailto:krasnodar@czn.krasnodar.ru)

### Employment Center in Stavropol

Labour agency  
Karl Marx str., 92B  
355045, Stavropol, RF  
Tel.: +7 (8652) 31-57-09

### Estate agency 'Region'

Support with housing  
40a Kadyrova Avenue, office 22  
364052, Grozny, the Chechen Republic, RF  
Tel: +79280170172  
Email: [region\\_rielt@mail.ru](mailto:region_rielt@mail.ru)

### Employment Center in Groznenskiy district

Support with job search  
A. A. Kadyrov Avenue, 217  
364052, Grozny, the Chechen Republic, RF  
Email: [3233233@mail.ru](mailto:3233233@mail.ru)  
Tel: +7 928 003 64 84

### Ministry of Labour, Employment and Social Development of Ingushetia

Ministry for Labour and social welfare  
Novaya str., 11  
386001, Magas, the Republic of Ingushetia, RF  
Tel: 8 (8734) 55-20-65

### High Commissioner for Human Rights in the Russian Federation

Human rights  
119121, Smolenskiy blvd., 19 bld. 2  
Tel.: 8 800 707 56 67

### Children's Rights Commissioner for the President of the Russian Federation

Child protection and -rights  
Miuskaya sqr., 7 bld. 1, GSP-3, 125993, Moscow, RF  
Tel.: +7 (495) 132-55-05  
Email: [obr@deti.gov.ru](mailto:obr@deti.gov.ru)  
Internet: <http://deti.gov.ru/>

## 7 Contacts

### Ombudsman for Human Rights in the Chechen Republic

Human rights  
A.A.Kadyrov Avenue, 3/25  
364015, Grozny, the Chechen Republic, RF  
Tel: +7 8712 22-31-35  
Email: [upch\\_chr@mail.ru](mailto:upch_chr@mail.ru)

### Ombudsman for Children's Rights in the Chechen Republic

Children rights  
Garazhnaya st., 7 364061, Grozny, the Chechen Republic, RF  
Tel. +7 928 940 01 60  
Email: [pravarebenkachr@mail.ru](mailto:pravarebenkachr@mail.ru)  
Internet: <http://deti.gov.ru/>

### Ombudsman for Human Rights in Republic of Ingushetia

Human rights  
D. Malsagova st., 11  
386001, Magas, the Republic of Ingushetia, RF  
Tel: +7 (8734) 551175, +7(963) 1724270  
Email: [upch\\_ing@mail.ru](mailto:upch_ing@mail.ru)  
<https://upch-ingushetia.ru>

### Ombudsman for Children's Rights in Republic of Ingushetia

Children rights  
I. Zyazikov ave., 12  
386000, Magas, the Republic of Ingushetia, RF  
Tel.: +7 (347) 55 19 21  
E-mail: [zarema\\_chankieva@mail.ru](mailto:zarema_chankieva@mail.ru)

### Ombudsman for Human Rights in the Republic of Dagestan

Human rights  
Lenin square, 2  
367005, Makhachkala, the Republic of Dagestan, RF  
Tel.: +7 (8722) 67 31 38  
Email: [dag.ombudsman@mail.ru](mailto:dag.ombudsman@mail.ru)

### Ombudsman for Children's Rights in the Republic of Dagestan

Children rights  
Lenin square, 1  
367005, Makhachkala, the Republic of Dagestan, RF  
Tel.: Tel.: +7 (8722) 51 76 58  
Email: [detird@mail.ru](mailto:detird@mail.ru)

## 8 At a glance

### Measures to be undertaken before return

- **Documents:** Request documents from the German authorities that might be needed later. These include birth certificates of children, documents confirming marital status, education level and health condition. All documents should be translated into Russian
- **Transfer:** If arriving in Moscow by plane, use the train services to get to the city-center or ask for VARP benefits
- **Vaccination:** Check vaccinations, especially for children
- **Accommodation:** Find a temporary accommodation

### Measures to be undertaken immediately upon arrival

- **Registration:** Register with the local department of the Ministry of Interior with the travel document and (re-)register for health insurance and the pension insurance system.
- **Welfare:** Apply for social welfare
- **Housing:** Contact services assisting with the search for jobs and housing
- **Education:** Apply for the enrolment of children to a kindergarten, school, or other educational institutions
- **Public authorities:** Consult [www.gosuslugi.ru](http://xn--l1aqq.xn--p1ai/) in order to identify which service can be received online. The majority of the services can also be received by applying in person to Multifunctional Centers (MFC) located in various places within the country: <http://xn--l1aqq.xn--p1ai/>

## 9 Virtual Counselling

### Migrant assistance in The Russian Federation

The Virtual Counselling project is implemented by the International Organization for Migration (IOM) in Germany. Migrants living in Germany who are considering a return are offered return and reintegration counselling by IOM staff in The Russian Federation. Local IOM staff can be contacted in Russian and English through online messengers.

This service aims to empower migrants to return in dignity by informing them about various return and reintegration options and assistance programmes.



### Contact Ekaterina at IOM The Russian Federation

WhatsApp: +7 905 792 671 0

Tuesdays and Thursdays, 09.00 a.m. – 01.00 p.m. (CET)