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Pauline Hands Director of Marketing & Business Engagement City College Plymouth

The word sleuths among you might be able to work it out - they both amount to an irrational fear of numbers.

How about hippopotomonstrosesquipped aliophobia? It's possibly the world's most ironic name for a phobia - meaning a fear of long words. Whoever came up with it clearly didn't have much sympathy for its There's nothing wrong with getting a little

scared at Halloween. Who wouldn't be a little frightened by eerie costumes, tales of the undead rising up and chilling campfire stories?

But there's something you can do about peing spooked by spelling or being mortified by maths, whatever time of year it might

If you've said (or heard your staff say) the ghoulish phrases "I don't do numbers" or "spelling's never been my thing" then they could come to haunt you.

That's because any business owner will tell you literacy and numeracy are essential skillsets in running a successful company.

Yet figures by charity National Numeracy show around 17 million adults in the LIK have the maths skills of a primary school pupil And here's a really scary fact - England ranks almost bottom for literacy in the western world, according to international think tank OECD.

The fundamentals at the heart of ousiness are built on these core skills - from basics like stock checking and quoting professionally to strategic financial and ousiness planning.

Investing in English and maths often results in improvements to lifelong practical skills - both in professional and personal development. This leads to better communication, efficiency and productivity in business and the possibility of career and salary progression.

City College Plymouth offers courses covering English, maths and ICT that will give you and your employees valuable

We're one of 21 colleges to be named a Maths Centre of Excellence, because our innovative and engaging approach yields relevant and confidence-boosting results. Our courses are friendly, affordable and designed to help people improve their professional and personal lives.

Don't let nightmares about struggling with English and maths at school hold you back. To discover how the College can help you support your organisation's training needs, please contact the College's Business

Engagement team on 01752 305026 or e-mail employers@ cityplym.ac.uk.

Sadly, we can't do anything about being scared



Our Russian twin has

thrived on oil exportation

The shopping centre, Red Square, and the sweeping harbour in Novorossivsk

The Herald's Business Editor William Telford has visited Plymouth twin city Novorossiysk in southern Russia to discover the remarkable similarities and differences between the two waterfront cities

mouth – but our Russian twin has a port that has flourished on oil exportation and a shopping mall that dwarfs Drake Circus.

Novorossiysk, on the banks of the Black Sea in southern Russia, is twinned with Plymouth, and it is not hard to see why.

Both cities are about the same size, they are both marine focused, have stunning waterfronts, respected universities and both heroically stood up toe the Nazi onslaught in World War

But when The Herald visited Novorossiysk (the name means New Russia) it found a city with a tomers." thriving economy based mainly on Russia's oil wealth.

With petrol being sold at around 50p a litre in the Krasnodar Krai region, and oil wells and refineries dotting the surrounding countryside, it is not hard to see where the riches come from.

Igor Zharinov, president of Novorossiysk Chamber of Commerce and Industry, explained how the city is on ice-free Tsemes Bay, ideal for its port to become the most significant on the black

"Novorossiysk is a city port," he revenue driver for the city. said. "All the economy is based on

IT IS a city very much like Ply- providing services for port facil- "They used to export plenty of

provide the shipments of all kinds construction most of the cement of cargo, that's containers, oil and is being used inside the country. oil products, grain and general cargoes, ores and metals. But the biggest volume is oil

and oil products. "We've found oil in the for local markets. Krasnodar region, and very good

That explains the plethora of finds itself as a non-tourist city in a filling stations, and Mr Zharinov region that attracts tourists. said: "Filling stations are a good business, very convenient for cus-

Novorossivsk even had its own but the biggest resort is Sochi, host independent shipping firm Nov- of the 2014 Winter Olympics. oship, but it has now merged with the giant state-owned Sovcomflot

"One of the biggest shipping companies in the world, based in Russia," said Mr Zharinov.

The city is also home to the Maritime State Academy, the edumerchant shipping. cational institution which trains marine officers and sailors for the of its kind in the country.

But the port is not the

cement but with the development "Several stevedoring companies of Russia building industry and

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Estradivarius

ections for education, that

By that he means the inex-

orable shift towards the tech

economy, "We are moving

"I don't know if we even export cement now, but we used to have to import it from Turkey. Now all the cement manufactured is used

"And we have hotels and resquality. But the main oil comes taurants to serve people, but we from Siberia and Kazakhstan. It are trying to develop tourism in arrives in pipes and is exported by this city, but it is very difficult." Like Plymouth, Novorossiysk

> Krasnodar Krai had the resort towns of Gelendzhik and Anapa, 20 and 50km away respectively,

> "We should develop recreation facilities, first for local people, we can't compete with Sochi, that's impossible," Mr Zharinov said.

Novorossiysk's population i St Petersburg it is the biggest in now heading towards 300,000 and the city is growing as more people move in to work, particularly, in

"Unemployment is not very maybe a problem." much of a problem, but as everymerchant navy and is the biggest where in the world the employment needs are moving towards new horizons," Mr Zharinov said.

"Like everywhere in the world creativeness of Russian people "We also have a lot of cement the education system is not flex- is known all over the world," Mr the port and the companies factories," said Mr Zharinov. ible enough to provide new dirneeds to grow but is, however, well well as marine industry employ- occupied Crimea. integrated into other sectors such ees, and a fifth for the military. as logistics.

Novorossiysk also has two hospitals for the general populace. one large one small, a third for

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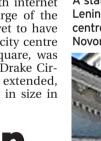
Then there is the naval base. Russian President Vladimir Putin has overseen a significant increase in Russia's military presence in the Black Sea, mainly due

He said the tech economy still now used by the general public as to the build-up of its forces in the A naval base for the Black Sea

Fleet was under construction, and due to be finished by 2020, but an effect. The main city centre mall, named Red Square, was work appears to have stopped. "We are not very familiar with

signs of slowing, with internet A statue of

shopping, that scourge of the already bigger than Drake Circus before it was extended.



Chambers signs pact of friendship

THE Plymouth and Devon Chamber of Commerce has signed a friendship pact with its mirror image chamber in Russia. A delegation of business bosses has just

returned from Plymouth's twin city: Novorossiysk in the Krasnodar Krai region of Russia

The delegation visited the Black Sea port to develop future business, educational, and cultural opportunities between the two peninsulas. That involved the chamber signing a

memorandum of understanding with its counterpart Novorossiysk Chamber of Commerce and Industry. At a meeting in the centre of Novorossiysk

Linda Middleton-Jones, managing director of International Trade Matters (ITM) and director of the Plymouth and Devon Chamber of Commerce, said; "We extend to you the hand of friendship and prosperity."

And Igor Zharinov, president of Novorossiysk Chamber of Commerce and Industry, said: "This is a special procedure. We are signing a contract of interaction between the chambers of Devon and

Ms Middleton Jones explained that chambers in the UK and Russia both exist to help companies trade internationally.

"We get to hear the challenges and opportunities and share them with our

opportunity for us to talk chamber to chamber, country to country, which will make us both stronger. We can learn from each

"We want to work with your chamber and your city and share in prosperity and, most importantly, friendship," she told the

Mr Zharinov explained that the Novorossivsk Chamber of Commerce and Industry is part of the system of chambers for the Russian Federation, which is based on the British, Anglo Saxon, model with voluntary membership unlike in Europe.

It is itself a member of the 181-member, Moscow-based, Chamber of Commerce and Industry Russian Federation, but there is also a Krasnodar Krai regional chamber which includes 32 municipal chambers.

"We are a small city but we are usually amongst the 10 best chambers in Russia." Mr Zharinov said.

Novorossiysk's chamber has 238 members and is growing. They include SMEs, which make up 80%, up to large employers.

They pay each a small fee but most of the chamber's income comes from the 70 services it provides for firms.

'The main idea is to represent the interests of the business community," Mr Zharinov said. "To achieve a business' goals of working



Linda Middleton-Jones, managing director of International Trade Matters (ITM) shakes hands with Igor Zharinov, president of Novorossivsk Chamber of Commerce and

legally and being competitive, we are the mechanism that will help to do this.

"Russia is a huge country, geographically, the region round St Petersburg has a good connection to the UK.

"But here, because of geography and logistics, we have no access to the North Sea and the UK has no access to the Black Sea, but we still think the UK is a good country to work with, a strong economy, though there are geographical obstacles.'



