

Russian transcript:

Я - Скажите пожалуйста, сколько вы уже дней держите, сколько лет уже держите подряд эту уразу?

А - Я третий год всего

Я - А вы?

Б - А я второй год

Я - И вообще трудно, как бы не есть на протяжении 15 часов?

А - Нет, первые дни вот бывает проголодаешь...в обед хочется есть, а потом уже привыкаешь, через два, три дня

Б - Организм сам уже привыкает, думаешь

А - вечером не кушаете,

Б - значит в течение дня можно не кушать...не хочется есть.

Я - В основном, вот допустим, когда заходит солнце, все члены семьи садятся...ааа едят, или это по домам существует традиция?

А - Ну у нас вот принято приглашать...целая улица...приглашает, допустим, сегодня в один дом, завтра в другой дом, потом точно так третий дом...

English translation:

Y: Could you tell, please, how many day, how many years have you already been fasting?

A: [This is] only the third year [of fasting].

Y: And you?

B: I am only the second year

Y: In general, is it difficult, kind of, not to eat for 15 hours?

A: No, the first days you get hungry...you want to eat lunch, and then you get used, after two, three days.

B: The body gets used to it, [I] think

A: You don't eat at nights.

B: So it means you can refrain from food during the day... [You] don't want to eat.

Y: Mostly, let's say, when the sun sets, all the family members sit... [and] eat, or is it a tradition from house to house?

A: Well, it is a custom to invite...the whole street...invites, let' say, today [we are invited] to one house, tomorrow to another, and then in the same way to the third house...

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