Enhancing the well-being of young Russians
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The transition from socialist state to a market economy caused inequalities and social stratification in most Former Soviet Union countries, but especially in Russia. The economic and social changes in Russia have led to insecure and individualized position where the young people should define their position through the process of overcoming of the contextual barriers.

As Martha Nussbaum points out in *Women and Human Development* (2000), unequal social and political circumstances lead to unequal human capabilities and unequal chances to have the life people have reason to value. In other words, our preferences and choices are shaped and informed or deformed by society and public policy (Walker 2003). The choices of young people in Russia are strongly shaped by the socio-economical and political transformation which distributed unequally the chances of young people to prosper or at least to have equal opportunities in education, leisure activities, mobility, and medical care. Moreover, the place of residence, namely large cities, small towns, or rural areas, defines economic opportunities, as well as educational opportunities, diversity of leisure activities and choice of social services and medical care.

Adults usually tend to make decisions for young people as well as define the conditions of the "good life" for them. But young people already have own experiences, they have something to value, to wait for, to aspire and they have own understanding of well-being.

Thus, the paper gives insight into the life chances young Russians see for themselves under these conditions of insecurity. 16 problem-centred interviews have been conducted with adolescents at the age of 15-18 in the Northwest of Russia, namely in the Leningrad and Novgorod regions and in Saint Petersburg and have been analysed using the Capabilities Approach of Martha Nussbaum as theoretical framework.