



# HANDBOOK FOR INTERNATIONAL STUDENTS



Moscow, 2022

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*Non scholae, sed vitae discimus*  
It's not for school but for life that we study



### Welcome international students!

We are very pleased to welcome you to National Research University Higher School of Economics (HSE University), one of Russia's top universities, known not only for its accomplishments in its own country, but also in the global academic arena. Our institution's development has been focused on fostering conditions for instilling skills and knowledge, which will help you become a first class specialist in your chosen field.

You are now at the threshold of the most exciting stage of your life. With that in mind, it is our hope that your experience here is not only full of discovery but also a launchpad for future successful academic endeavors and beyond.

This guide can help international students find answers to their frequently asked questions, which may arise upon their arrival in Moscow, while also helping them to better orient themselves to life in this new environment. Each section of this guide provides useful links to HSE University's online resources, where you can access more detailed information. We recommend visiting our website for international students – [istudents.hse.ru/en/](http://istudents.hse.ru/en/) – to learn more!

We wish you the best of luck!

**Ivan Prostakov**  
**Vice Rector, HSE University**

# Moscow arrival checklist

## Migration Rules

- You can read about the migration rules of the Russian Federation (refer to [ivisa.hse.ru/en/](http://ivisa.hse.ru/en/) in the section «For Students: Visa Rules», «For Students: Visa-free Regime»).
- Getting registered at one's place of residence (refer to [ivisa.hse.ru/en/](http://ivisa.hse.ru/en/) in the section «Arrival to Russia»).
- Set a reminder about the timeframe for extending your student visa and migration registration.
- Undertake the procedures for international students for a medical examination, fingerprinting and official photographing (refer to [ivisa.hse.ru/en/](http://ivisa.hse.ru/en/) in the section «Obligatory Procedures for International Students»).
- Always carry the originals of your migration documents on you at all times: passport, migration card, registration notification, and fingerprinting confirmation card.

## Onboarding at HSE University

- Take part in the orientation session for international students – there, you will learn about life and studies in Moscow, as well as the myriad of services offered by HSE University (visit the [istudents.hse.ru/en/](http://istudents.hse.ru/en/) in the section «Obligatory Procedures for International Students»).
- Visit the study office of your degree programme – meet with the staff members of the study office of your programme and learn more about the study processes at HSE University (you can find out more on your degree programme website).
- Take the e-course on security (using the SmartLMS platform).

## Getting Ready for Studies

- Gain access to your corporate e-mail through the SmartLMS system (more information can be provided by your programme's study office).
- Get issued a student ID and HSE pass (more information about these cards and other student documents can be found in the «Student Documents» section at [istudents.hse.ru/en/](http://istudents.hse.ru/en/)).
- Learn about class timetables (timetables are posted on your programme's website, and you may also request them from your programme manager).

## **Life in Moscow**

- Purchase a SIM card in any mobile shop in Moscow (refer to the «Life in Moscow» section of this Handbook).
- Draw up an application for a Moscow social card at the local My Documents Multifunctional Centre (the timeframes for submission and receipt of cards can be found in the «Student Documents» section at [istudents.hse.ru/en/](http://istudents.hse.ru/en/)).
- Learn more about transport and getting around Moscow (visit the «Moscow Transport» section at [istudents.hse.ru/en/](http://istudents.hse.ru/en/)).
- Make sure you have the contact info for your country's embassy or consulate; we also recommend registering with your consulate/embassy (more information can be found in the «Consular Registration» section at [istudents.hse.ru/en/](http://istudents.hse.ru/en/)).



# Migration rules

## Migration Card

- Necessary for all international students (with the exception of citizens of the Republic of Belarus)
- Issued **free of charge** upon every entry to the Russian Federation at official border crossings
- Necessary for legally staying in the Russian Federation.

When your migration card is issued, check that all information is correct, e.g., that the purpose of your visit is «**Education**».

## Visa

- Necessary for all international students for whom a visa is obligatory.
- An initial visa is issued by a consular services or Russian Visa Centre in your main country of residency (single-entry); this visa does not exceed 90 days.
- Necessary for legally entering and living in the Russian Federation.

## Initial Migration Registration

- Obligatory for all foreigners in Russia.
- Necessary for legal residency in the Russian Federation.

You must get registered every time you enter the Russian Federation or change your actual place of residence.

We recommend submitting your documents for migration registration on the following working day after your arrival or the date when you actually change residence.

Procedures for getting registered at your place of residence:

- Living in a dormitory or an alternative living arrangement for HSE students – contact the dorm's passport official;
- Living in a rented apartment – contact your landlord (refer to the section "Life in the Big City");
- Staying in a hotel or hostel – contact the hotel administrator.

**The service is free of charge!**

## **Migration Registration after Changing Place of Residence in Russia**

- All hotels and hostels in the Russian Federation are legally mandated to officially register foreign guests, even if they are staying for just one night. As such, if you stay in a hotel or hostel, your registration at a dormitory or privately rented apartment will be automatically cancelled. Upon returning, you will need to get registered again.
- If you require hospitalization, certain medical institutions will register you there as your temporary place of residence. Prior to signing out of the hospital, confirm with its staff whether you have been registered there – you should be provided with a new registration slip. After being discharged, you will need to get registered again at your subsequent place of residence.



# **Extending your registration**

## **For Visa-holders**

- Your visa may be extended for a maximum of one calendar year; further, it is necessary to extend a student visa each year until the end of your studies.
- Submit documents to extend your student visa no earlier than three months but no later than 45 calendar days prior to the date when the initial visa expires.
- For consultations on visa extensions, please contact the HSE Visa and Registration Office ([ivisa.hse.ru/en/](http://ivisa.hse.ru/en/)).
- After receiving your new visa, you have only three working days to submit documents for migration registration.

## **For persons residing in Russia visa free**

- Migration registration may be extended for a maximum of one calendar year one time during the course of your studies and shall expire along with the validity of your passport.
- Submission of documents to extend registration for students from visa-free countries should take place no earlier than three months, and no later than 25 working days before the expiry of their initial migration registration.
- If you are from a visa-free country, to extend your registration you will need to receive a petition from HSE University (you can order this document here [ivisa.hse.ru/en/](http://ivisa.hse.ru/en/)); applications will be processed over a period of three days, after which you will receive a notification that it is ready by e-mail.

**Do you have any questions?**

**You can forward them to the HSE Visa and Registration Centre!**

Office D006, 11 Pokrovsky Bulvar, Moscow

**Office hours for students:**

Mon-Fri – 3pm-6pm

Тел.: +7 (495) 772 95 90 \*27687

E-mail: [visa-registration@hse.ru](mailto:visa-registration@hse.ru)

Website: [ivisa.hse.ru/en/](http://ivisa.hse.ru/en/)



## For notes

## Medical examinations, fingerprinting and official photographing

Owing to amendments to Federal Law "On the Legal Status of Foreign Persons in the Russian Federation" international students arriving in Russia for a period of more than 90 days must undergo a medical examination, fingerprinting and official photographing.



### Who are exempt from the new procedures:

- Citizens of the Republic of Belarus;
- Family members of staff of international organizations, as well as employees of diplomatic and consular institutions in Russia;
- Persons with dual citizenship, one of which is Russian citizenship;
- Foreign citizens who hold temporary or permanent residency permits (RVP or VNZh) - we request that you inform the University by sending scanned copies of these documents to [isdocuments@hse.ru](mailto:isdocuments@hse.ru).

These procedures are **obligatory** for all international students (with the exception of the abovementioned categories) staying in the Russian Federation for more than 90 days.

Undergoing these procedures and receiving the respective documentations may take up to three weeks. As such, we recommend starting the process as soon as possible (i.e., immediately upon arriving in the Russian Federation).

Persons who do not undergo such procedures or fail to engage in them within 90 days of their arrival may be subject to the following sanctions: an administrative fine and/or reduction in the time of their stay in Russia.

Step-by-step instructions  
for the new procedures:



**Any more questions?** Contact the HSE Visa and Registration Centre by e-mail at [visa-registration@hse.ru](mailto:visa-registration@hse.ru) or call **+7 (985) 800 56 93**.

## For notes

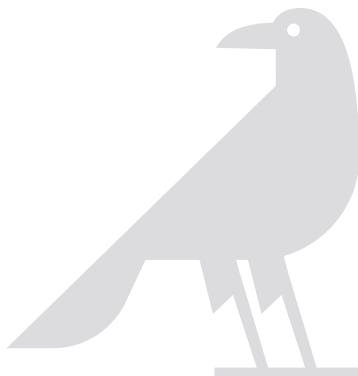
## **Voluntary medical insurance for international students**

Voluntary medical insurance is a type of personal insurance policy, allowing its holder to visit a medical institution in Russia and receive qualified medical assistance:

- A voluntary medical insurance policy is one of the obligatory documents for international students, as it confirms their right to reside in the Russian Federation; every international student arriving in Russia must acquire a policy for the entire period of their stay.
- International students may acquire a policy from one of the insurance firms recommended by HSE University.
- Medical policies should be acquired prior to arriving in the Russian Federation.

**Important!** Disciplinary measures, as per the University's internal bylaws, may be applied in regards to international students who fail to acquire a medical insurance policy.

More information on recommended policies and how to purchase one can be found on the website of the HSE Office of Staff and Student Benefits:



## For notes

# Student documents

## Student ID

- Required for all students.
- Issued by your programme's study office (shall be issued within three to seven working days).
- Confirms student status for receiving remaining documents and student benefits.
- If you have lost your student ID, you can request a replacement from the study office or the Student Service Centre.



## E-pass

- Allows you access to all HSE buildings.
- Only issued upon presenting your student ID or a notification from your study office.



To get your e-pass, contact the HSE Pass Collection Desk. You can find its address and office hours on the Security and Operations Office website:



## **Library card**

- Gives you the opportunity to use services and resources of HSE University's libraries.
- Find how to join the Library on the Library website.

Find out more about HSE Library services:



## **Scholarship bank card**

(this doesn't apply to exchange students)

- Necessary for students to receive scholarships and other support funds.
- All payments to HSE University are made with bank cards issued by the MIR national payment system.



To get a MIR bank card,  
contact the University's Accounting Office:

## **Passport translation**

To translate your passport, send a scan of its bio page to the HSE Expert Translation Centre at: [translation@hse.ru](mailto:translation@hse.ru).



More information about this service:

## **Moscow social card**

- Available for all full-time undergraduate and doctoral students.
- Discounts on public transport in the City of Moscow and suburban train services.
- May be used as a bank card for cashless purchases of goods and services;
- Provides discounts for certain stores and pharmacies in Moscow.



A Moscow social card can be issued at any of the city's My Documents Multifunctional Centres. It usually takes 30 calendar days to issue these cards.

Learn more about getting your Moscow social card:



## **Other documents (ordering certificates)**

To order the issue of various types of study certificates, contact your programme's study office or the HSE Student Service Centre.

Find out more about available services at the HSE Student Service Centre:



## For notes

## Online resources

### HSE e-mail

- Your login and \*initial password for accessing your HSE e-mail will be sent to your personal e-mail address prior to the start of your courses.
- Each student's HSE e-mail is provided by the University for their entire period of study.
- Use your HSE e-mail for confirming exchange of documents and official information between yourself and HSE staff.
- Serves as a means of communication with teachers, study offices and the University's administration.

*\* The initial password is created by the University once a user registers their personal information and is presented as a sequence of symbols. Students must change their password after their initial entry to the system.*

To reset your password. You will need to confirm activation through your telephone and add your personal e-mail to your personal account. This will allow you to change your password.

You can read more details about this process in the instructions for confirming your number in your personal account and changing your password on the Confluence platform.

Starting in the 2022/2023 academic year, access to personal accounts can be made through [mail.yandex.ru](mailto:mail.yandex.ru).



Find out more  
(in Russian only):

### HSE University's information academic environment (SmartLMS)

- HSE's unified academic space, brings together all stakeholders in the learning process.
- Teachers upload course materials, assignments and reviewed works; students can submit their assignments and works.

## Information for access

- Website: [smartedu.hse.ru](http://smartedu.hse.ru)

Students can activate their accounts in SmartLMS by using their login (login@edu.hse.ru) and password to their HSE e-mail.



More information about SmartLMS  
(in Russian only):

## Personal account (ELK)

- The University's digital ecosystem and intellectual environment for bringing users together.
- Provides access to HSE University's many varied services.

## How to access

- Website: [lk.hse.ru](http://lk.hse.ru)

Students can access their personal account by using their HSE e-mail login and password (login@edu.hse.ru)



Scan QR code to find out more  
(in Russian only):

## Course timetable planning system (RUZ)

- Centralized system for planning course timetables.
- Provides students and teachers the opportunity to review actual course and examination timetables.

## For access

- For access: [ruz.hse.ru](http://ruz.hse.ru)

Viewing course time tables or finding free rooms in RUZ does not require special system setup: you just need a computer or a mobile device with internet access (you can use any browser).



Learn more about RUZ  
(in Russian only):

## **Internet**

Wi-Fi is available at all HSE buildings, including its dormitories.

Two Wi-Fi networks have been set-up for students to use in HSE administrative buildings:

- HSE.RU student network – to access the network, you can use your HSE e-mail and password ([login@edu.hse.ru](mailto:login@edu.hse.ru)).
- HSE guest network – you need to use the following to access the guest network:

**Login:** hseguest

**Password:** hsepassword

Information about Internet access in dormitories is available at [dorm.hse.ru](http://dorm.hse.ru).

## **HSE hotline**

- Digital support at HSE University.
- The Hotline's specialists can provide assistance and consultations on working with our digital platforms, systems and services.

### **Get in contact**

- By telephone

You can call +7 (495) 625 50-15 or +7 (495) 772-9590 \*55555.

While using HSE's campus corporate network, you just need to dial 55555.

- Through your personal account

You can access the HSE Hotline through your personal account.

- Via e-mail:

Send a request to [digital@hse.ru](mailto:digital@hse.ru).

The operators work 8am-8pm (Moscow time)

Monday to Saturday,

while e-mails can be sent at any time.



More information about the service (in Russian only):



## Digital Buddies – digital support for international students

- HSE University's digital support services aims to meet the requests of HSE international students;
- Digital Buddies are assistants from HSE University, who can help international students with life in the new digital sphere;
- Assistants can help you with the University's digital platforms, services, systems and resources;
- Enquiries not regarding digital services are passed on to respective HSE services.

### How to get in contact

- Through your personal account

Use the «Digital Buddies» button in your personal account.

Buddies work Monday to Friday from 8am to 8pm, Moscow time.  
Enquires can be received electronically 24/7.



To send application scan here:

## **Useful mobile apps**

- **HSE AppX**

The HSE App X is the most useful mobile app for HSE students. It can provide you with your timetable, course grades, ratings for any period and more.

Don't forget to upload scans of your migration documents (migration card and registration) using this App!

Download the app  
at the App Store:



Download the app  
at Google Play:



Download the app  
at Huawei AppGallery:



- **HSE Navigation**

HSE.Navigation – this is a detailed navigator with a map of the HSE complexes on Pokrovka, Shabolvoka, Myasnitskaya and Malaya Ordynka. This app is the best resource for not getting lost while on campus.

Download the app  
using App Store:



Download the app  
using Google Play:



More information about  
HSE mobile apps (in Russian only):





WHAT IS  
**VYSHKA?**

The power  
of education

The power  
of education

# HSE University support

## Russian as a foreign language

### Speaking clubs

If you want to discuss interesting and timely issues, or learn more about Russian culture and the arts, we invite you to join the:

- Speaking Clubs
- Cinema Club

Get-togethers are held by teachers from the International Preparatory Programmes once a month for all those interested.

More information can be found here:



### Russian courses

- Opportunity to study Russian, from beginner to advanced levels (grammar and conversational practice with native speakers).

Scan the code to learn more:



### Scholarships

(this doesn't apply to exchange students)

Students may apply for the following scholarships:

- State academic scholarship and increased state academic scholarship ;
- Scholarships of the President of the Russian Federation and of the Government of the Russian Federation;
- Scholarships offered by the University's funds and partners;
- HSE Scholarship.

You may apply for a scholarship, if you are:

- A successful learner;
- Engaged in academic activities;
- Actively involved with events at HSE University.

Find out more about scholarships  
at the website of the Centre for Scholarships  
and Charitable Programmes:



**Material and social support**  
(this doesn't apply to exchange students)

**Material assistance**

Students pursuing studies at HSE University have the option of receiving material assistance. The instances whereby a learner may request material assistance, as well as submit an application for it, are specified in the Regulations on Scholarships and Other Means of Financial Support for Students at HSE University.

**Social Support for Students**

Along with the option for material assistance, students may also receive social support, including:

- Trips to recreation sites outside of Moscow during the winter and summer holidays;
- Receive student discounts or RZD railway tickets;
- Participate in corporate loyalty programmes of fitness clubs and health centres.

Find out more about social  
and material support on the website  
of the HSE Office of Staff  
and Student Benefits:



## **Job finding**

- Effective August 5, 2020, amendments to legislation were made, whereby international students no longer require a work permit to work in Russia;
- International students have the opportunity to find jobs both at HSE University (in labs, faculties, etc.), as well as outside organizations

Find out more on the homepage  
of the HSE Career Development Centre:



## **Academic mobility**

(this doesn't apply to exchange students)

Academic mobility is the opportunity for students to gather academic experience at other universities, learn about other education systems, get new impressions and discover new professional opportunities.

### **Types of academic mobility:**

- Intra-university: studies at one of HSE's regional campuses;
- Russian: studies at a Russian university partner;
- International: studies at a foreign university partner;
- Remote: studying online.

Find out more about our  
academicmobility programmes:





НАЦИОНАЛЬНЫЙ  
ИССЛЕДОВАТЕЛЬСКИЙ  
УНИВЕРСИТЕТ



НАЦИОНАЛЬНЫЙ  
ИССЛЕДОВАТЕЛЬСКИЙ  
УНИВЕРСИТЕТ



НАЦИОНАЛЬНЫЙ  
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SED VITAE  
DISCIMUS



# **Extracurricular activities**

HSE University isn't just grades and ratings, it also is home to over 100 student organizations, its own student self-government, academic projects and limitless career opportunities. Student life at the University cannot be described in simple words, as it is extremely dynamic, diverse and offers something for everybody. The only way to truly see what's going is to take part directly!

## **Student organizations**

- Get involved at HSE!
- Meet likeminded people!
- Take up a sport and hobbies!

You can find more information here:



## **HSE student council**

(this doesn't apply to exchange students)

The HSE Student Council is the core body for student self-government at the University.

## **What does the Student Council do:**

- Monitors quality of educational processes;
- Deals with social issues;
- Provides support in disciplinary actions and legal information;
- Helps international students to adapt to life and studies in Russia, as well as correspond with other academic institutions;
- Involves students in academic activities;
- Deals with dormitory issues;
- Arranges activities with HSE's digital services.

If you want to make life and students at HSE University better and find new friends, as well as are interested in helping your fellow students and the HSE community, come and join the Student Council.

Scan the QR code and find out more about the HSE Student Council (in Russian only):



### **Council of international students association**

Within the student self-government structure at HSE University, the International Students Association represents the international students at HSE. Every year during the elections of student government at HSE, international students elect the Council of International Students Association (CISA).

#### **What does CISA do:**

- Represents and protects the rights of international students;
- Participate in the HSE Student Council through its delegates;
- Runs information channels for international students in English;
- Serves as a platform for international students to share ideas and resolve problems;
- Coordinate with the university administration to improve the experience of international students.

Get connected with CISA at:

- E-mail: [isa@hse.ru](mailto:isa@hse.ru)
- VK: [vk.com/internationalhse](https://vk.com/internationalhse)
- Telegram Channel: [t.me/hseinter](https://t.me/hseinter)

### **HSE corporate events**

HSE University holds many topical events. You can keep up to date about them on the «HSE Events» page:



## **Support Centre for student initiatives**

- Helps learners to create and develop student organizations and projects
- Students can develop their skills, enhance their competitiveness for the job market and develop their professional and personal qualities

More information about the Centre  
can be found here:



## **Leadership and volunteer centre**

The HSE Volunteer Centre is a large team of volunteers, where learners, staff and graduates can offer their assistance and contribute to charitable and other efforts

- HSE volunteers take part in major urban projects;
- Support the Moscow Long-Living project;
- Hold e-courses for children from orphanages and children's hospitals;
- Partner with charitable funds and NGOs;
- In addition to events, take part in long-term in-depth projects.

Throughout the years, volunteers organize their own events, where they discuss and demonstrate how they can provide assistance, e.g., donor drives or developing charity games, coming up with quests or holding drives for funds, organizing collections of goods or food for animal sanctuaries.

Scan this code and find out more  
about the HSE Volunteer Centre::



## **HSE digital assistants**

- Get involved in the University's digital world along with top IT specialists;
- Help students, teachers and staff in their digital activities;
- Take part in projects outside of the University;

- Acquire soft and hard skills for the 21st century and core digital competencies, without leaving the confines of HSE University;
- Get involved in digital projects.

Interested? Find out more  
about the «HSE Digital Assistant» project  
and submit an application:



# HSE university infrastructure

## Cafes and cafeterias

- Located at all HSE campuses;
- Offer a wide range of meals at an affordable price.

Scan the code  
and find out where the food is:



## Sports and recreation

### Gyms

- Located in campus buildings and dormitories.

You can find more information here:



### **Sports sections and groups:**

- To take part in sport sections or visit a gym, you will need to acquire a health certificate, confirming you are in appropriate condition.



Scan this QR code to view the complete list of sports sections and groups:

### **Student sports organizations:**

- You can get in shape, work as an organizer or develop new sports projects in student organizations;
- You don't need to submit a health certificate to take part in student sports organizations.



A full list of students sports organizations is provided here:



## **HSE libraries**

- The University's library resources include over 700,000 study aids;
- HSE University operates a total of nine libraries on its campuses;
- The Central Library is located in the main complex at Corpus N, 11 Pokrovsky Bulvar;
- The Central Library's reading room operates 24/7;
- You can access our library services with your library card (refer to the «Student Documents» section).

You can find out more about HSE libraries here:



## **University's bookstore**

At the BookVyshka store, you can buy:

- HSE published materials;
- Literature by Russian and foreign writers on various topics;
- Souvenirs with the HSE logo.

## **HSE students are offered discounts!**

The stores are located at 20 Ul. Myasnitskaya and 11 Pokrovsky Bulvar.

More information can be find here:



## **Printing documents**

You can print documents at the following campus locations:

- HSE Printing Office [print.hse.ru/en/](http://print.hse.ru/en/)

More information about the service:





# Life in the big city

## HSE dormitories

HSE University's dormitory system is a network of buildings, providing comfortable residence for students. This system includes 12 dorms located in the City of Moscow and its surrounding region.

General administration of dormitories, as well as the distribution and check-in of students, is the responsibility of the HSE Office for Dormitory, Guesthouse, and Recreation Centre Management.

## Accommodation rules

- Respect other residents and dormitory personnel;
- Maintain cleanliness;
- Dispose of garbage and waste in specially designated containers;
- Not eat food in bedrooms;
- Smoking, consumption of alcoholic beverages and use of narcotic substances are strictly forbidden in dormitories;
- Observe silence between 11pm and 8am.

## Paying for accommodation

There are two ways of paying for accommodation:

1. Payments via bank:
  - Pick up a receipt with payment information from your dormitory's administration;
  - Fill in the receipt and make the payment at Sberbank;
  - Submit the payment check to the dormitory administration.
2. Via online payment [pay.hse.ru/en/moscow/](http://pay.hse.ru/en/moscow/)

Scan the QR code  
to find out more:



### **Dormitory student council**

- Acts as an intermediary with dormitory administrations;
- Settles domestic conflicts, accommodation issues, assists in the organization of events at dormitories.

Follow this QR code for more information  
(in Russian only):



### **Student housing office**

HSE University's Student Housing Office can help you find options for your housing needs. The Office's staff consult on all issues affecting housing searches, as well as provides support to students living in rented apartments if issues may arise.

The HSE Student Housing Office may offer various types of accommodation, including:

- Rented apartment (support services: from finding accommodation to reviewing tenant agreements, checking apartments before signing agreements, etc.);
- Hotels;
- Student Housing Centre

More information can be found here:



## **Independent accomodation searches**

- Use HSE University's «Homeet» app to find a rented apartment ([info.homeet.styleru.org](http://info.homeet.styleru.org)).
- If you have decided to find accommodation online, make sure you use reliable websites, e.g., «Cian» ([cian.ru](http://cian.ru)) or «Yandex.Realty» ([realty.yandex.ru](http://realty.yandex.ru)).
- If you plan to rent an apartment independently, it's important to keep in mind the rules to avoid any possible problems when moving in and living there; prior to signing an agreement, inform your landlord that you need to get officially registered at the location.
- HSE University does not register students residing in rented apartments! You must do this with the owner of the apartment. If a landlord tries to tell you otherwise, don't believe them!
- Beware of fraudsters! Never make a payment and/or a despite prior to your arrival in Russia and signing an agreement!





# Everyday safety

## 1. Safety at HSE university

### Pass system and campus security

- Access to campus building require e-passes (refer to the «Student Documents» section);
- If you feel you are unsafe while on campus, immediately go to the nearest security post;
- All HSE campuses are monitored 24/7 by its professional security services.

### Medical assistance

- If you need immediate medical assistance, phone Russia's emergency number **112** (calls are free of charge);
- Contact your insurance company about medical issues or paid urban clinics in Moscow;
- You must have a valid insurance policy to receive qualified medical assistance;
- Acquire medical insurance from an insurance company recommended by HSE University (refer to «Voluntary Medical Insurance» section).

First aid posts are located throughout every campus, where you can receive immediate medical assistance.

All HSE buildings are also equipped with sanitary stations with first aid kits.

Scan this QR code  
to view the locations  
of first aid stations on campus:



### Psychological counselling Centre

If you are in need for psychological support services, please contact the following:

- Hotline: **8 800 250 04 33** (24/7 and free of charge);
- Via e-mail: [cpkhse@hse.ru](mailto:cpkhse@hse.ru)

By calling the hotline or sending an e-mail, you will receive the consultation of a specialist. The hotline's psychologists are always ready to listen, help you deal with fear and anxiety, provide support and find solutions to difficult situations. Calls and messages are anonymous and confidential.



Find out more here:

#### **Emergency hotline for international students**

- If you find yourself in an emergency, contact the Centre for International Student Support at **+7 (985) 040 13 55**.



Scan this QR code  
to receive further information:

## **2. Safety in the big city**

- If you experience an emergency, you can call Russia's emergency number **112** (free of charge):
  - Works everywhere in Russia;
  - Accessible from cellular phone even without SIM cards;
  - English speaking dispatchers are available.
- You can also contact the Centre for International Student Support about any unsafe situations **+7 (985) 040 13 55**.

#### **General recommendations and advice**

- Always keep the original versions of documents confirming your legal stay in Russia on your person, e.g., passport, migration card, registration, fingerprint certification, medical insurance policy;
- Keep copies of all of your official documents;
- Regard procedures to check your documents and belongings on the part of the police with understanding; always be polite;
- While traversing the street, make sure you use designated walkways and illuminated areas;
- Only use officially recognized tax services (refer to the section «Life in the Big City»);

- Keep important contacts in your phone, e.g., Centre for International Student Support (**+7 985 040-13-55**), your embassy/consulate, insurance company, etc.;
- Confirm with your insurance company, where you can receive medical treatment;
- Only consume food and beverages that you are sure about; regard unknown products with caution;
- Do not drink water from the tap; boil or filter your water, or use a bottled water delivery service;
- Always bear in mind climate conditions; dress appropriately.

# HIGHER SCHOOL OF EVERYTHING



# **Life in Moscow**

## **Cellular communication**

Cellular and online services can cost between 500 and 1,000 RUB a month.

### **Leading cellular operators in Moscow:**

- Beeline ([beeline.ru](http://beeline.ru))
- Megafon ([megafon.ru](http://megafon.ru))
- MTS ([mts.ru](http://mts.ru))
- Tele2 ([tele2.ru](http://tele2.ru))
- Yota ([yota.ru](http://yota.ru))

Do not use SIM card sold in underground passages or near Metro entrances.

Only purchase SIM cards from official cellular outlets.

## **Currency exchange**

We recommend taking cash funds for your time in Russia.

In Moscow airports, as well as in the city itself, you can find currency exchange offices, where you can change foreign currency for Russian roubles (usually USD or EUR).

## **Major banks:**

- Sberbank
- VTB
- Alfa Bank
- Gazprombank

## **Public transport**

### **Metro**

- Hours of operation: every day, from 5.30pm till 1am;
- Payment: with any transport ticker (Ediny or Troika card), or your bank card; students can receive transport discounts with their Moscow social card (refer to the «Student Documents» section);
- Mobile app «Moscow Metro» - [mosmetro.ru/app](http://mosmetro.ru/app).

Follow the safety rules of the Moscow Metro:

- Watch out for your belongings and pockets, especially during rush hour;
- While on escalators, keep to the right side facing forward; you can ascend or descend on the left side, holding onto the railing;
- At metro stations: do not stand at the edge of the platform; after your train stops, stand clear of the doors so that passengers can enter and exit;
- While riding in metro cars, don't lie against doors or try to open them while in transit; try not to block the movement of other passengers boarding or leaving the metro car; do not place your bags on seats; hold onto the handles when the train is moving;
- Use the emergency intercom to report emergencies to the metro operator.

### **MCC and MCD (Moscow urban rail transit)**

Moscow Metro, the Moscow Central Circle (or MCC) and the Moscow Central Diameters (or MCD) form a single metropolitan transport system. There are no extra charges when changing from the metro to the MCC or MCD and back within 90 minutes of the first pass.

### **Street Transport**

- Moscow's urban transportation system uses buses, electric buses and trams;
- Hours of operation: every day, 5am till the late evening; certain lines work late at night;
- Transport payment: with any urban ticket (Ediny or Troika card), or with your bank card; students can get ticket discounts by using their Moscow social card (refer to the «Student Documents» section);
- Press your metro pass or bank card against the yellow validator to board;
- Select a route by using - [yandex.ru/maps](https://yandex.ru/maps).

### **Taxis**

We highly recommend only using official taxi services.

This guarantees safety and quality services. Private or unofficial car services may be unsafe.

The following services have agreements with the City of Moscow. Therefore, you will be guaranteed licensed taxis.

We recommend:

- Yandex GO;
- Uber;
- Citimobil;
- Vezet.

We also recommend using official taxi apps to order rides effectively and quickly.

### **Aeroexpress**

This high-speed train service runs between central metro stations and Moscow's airports.

Aeroexpress routes:

- Kievskiy Railway Station - Vnukovo Airport;
- Paveletskiy Railway Station – Domodedovo Airport;
- Belorusskiy Railway Station –Sheremetyevo Airport.

Scan the QR code to find out more about transportation in Moscow:



### **Useful apps**

- «Yandex.Metro» – offline metro map;
- «Yandex.Maps» – online maps;
- «Yandex. Transport» – online timetable for public transport;
- «2GIS» – offline maps;
- «Uber» – taxi services;
- «Yandex GO» –taxi services;
- «Citimobil» – taxi services;
- «Vezet» – taxi services.



### **Sights and attractions of Moscow**

Moscow is famed for its enormous number of cultural sites – over 400 museums, around 1,000 monuments, 130 theatres and dozens of concert halls. Events for every taste are held on a daily basis.

We recommend the following online resources to learn more about the sights and attractions, as well as events, in the City of Moscow:

- [kudago.com/msk](http://kudago.com/msk)
- [afisha.ru](http://afisha.ru)
- [tripadvisor.ru](http://tripadvisor.ru)
- [mos-holidays.ru](http://mos-holidays.ru)

# International student support Centre

HSE University's Centre for International Student Support provides support with respect to non-academic issues, offers consultation, and can help you to adapt to your new life here. For instance, the Centre organizes and holds sessions for international students pursuing studies under core degree programmes, as well as meetings between international students and the University's administration and other adaption activities with other HSE subdivisions.

**Address:** D626, 11 Pokrovsky Bulvar, Moscow

**Office hours:** Monday to Friday: 10am - 7pm

In case of emergencies or enquiries, international students can call the International Student Support Centre's hotline:

- Tel. (24/7): **+7 (985) 040 14 55**
- E-mail: **istudents.support@hse.ru**
- Website: **istudents.hse.ru**

Social network pages:

- VK: **vk.com/hse.issc**
- Telegram: **t.me/istudents\_hse**

## Our team:

Vitaly Sochnov –  
Centre Director



Sakina Nazarshoeva –  
Manager



Maria Mamonova –  
Manager



## **International student mobility Centre**

The Student International Mobility Office provides full support to international student mobility programme participants including organizing their study process, issuing necessary documents, advising on and helping solve possible problems.

**Located at:** D605, 11 Pokrovsky Bulvar, Moscow

**Office hours:**

Monday to Wednesday: 10am - 1pm;

Thursday to Friday: 2pm - 5pm

E-mail: [international.study@hse.ru](mailto:international.study@hse.ru)

Website: [istudents.hse.ru](http://istudents.hse.ru)

**Our team:**

Valeriya Sokolova –  
Deputy Director



Tatiana Gremiakina –  
Manager



Farida Gasratova –  
Manager



## **Useful contacts**

HSE Visa and Registration Centre



Centre for International Student Mobility



Student Service Centre



Russian Language Centre



Student Initiative Support Centre:



Office for Dormitory, Guesthouse  
and Recreation Centre Management



Student Housing Centre



Office of Staff and Student Benefits



Psychological Counselling Centre



Career Development Centre



Centre for Scholarships  
and Charity Programmes

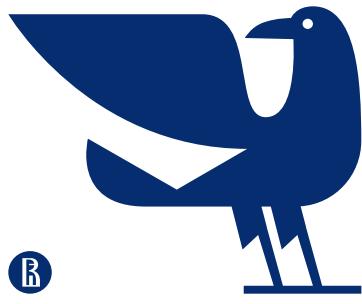


HSE Central Library



Russia-wide Emergency Number

**112**



[hse.ru](http://hse.ru)