



NATIONAL RESEARCH  
UNIVERSITY

SIMO-Student International Mobility Office

**EXCHANGE AT HSE:**  
**READY, STEADY, GO!**

Moscow, 2018



# EXCHANGE AT HSE: **READY**, STEADY, GO!

## Semester dates

<b>Arrival dates</b>	<b>08.01.2018 – 09.01.2019</b>
<b>Orientation session</b>	<b>09.01.2019 – 11.01.2019</b>
<b>Study period:</b>	
<i>Spring semester</i>	<b>09.01.2019 – 30.06.2019</b>
<i>Spring + Fall semesters</i>	<b>09.01.2019 – 31.12.2019</b>
<b>Departure dates:</b>	
<i>Spring semester</i>	<b>01.07.2019 – 03.07.2019</b>
<i>Full academic year</i>	<b>31.12.2019 – 05.01.2020</b>

Click [here](#) for *HSE Academic calendar*



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## Visa

Official Acceptance package

- includes digital copies of *Visa Invitation + Acceptance Letter (optional)*.  
*The Acceptance package* is sent to your email.

Single entry visa valid  
January – April

- applied for at a *Russian consulate* in your country of residence.

**!** If you need to leave Russia while having a single-entry visa *apply for a new Visa Invitation 45 days ahead* to get a new single-entry visa.

Multiple-entry visa valid  
April – July  
(Spring semester)  
April – January  
(Spring + Fall semesters)

- applied for *in Moscow via HSE [Visa and Registration Center](#)*.  
Expiration date *is linked to the end date of semester*.

***NB!*** HSE does not sponsor student visas and does not provide any visa support for family members or friends.

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## MEDICAL INSURANCE

A large, semi-transparent red prohibition sign (a circle with a diagonal slash) is overlaid on the text to the right of the slide.

According to HSE internal regulations, international students are *obliged to have a medical insurance*.

▶ Purchased *by a student*;

▶ Must cover *the whole period of stay* in Russia;

▶ Must include: *tests, basic diagnostics, medical certificates, dental procedures, trauma assistance, repatriation*;

▶ If *any special treatment* is required, make sure that your insurance plan will cover it as well;

▶ If you suffer from a *disease* or *allergies* make sure that you will be able to get the necessary medication in Russia/bring it with you. **!** Check with the Russian embassy the medication transportation policy.

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## BUDDY ASSISTANCE

▶ Who is a buddy?

<https://istudents.hse.ru/esn>

▶ What buddies do/don't do: <https://istudents.hse.ru/esn>

Request a buddy here:

▶ <https://esnhsemsk.broaddy.com/register/international>



ESN HSE MOSCOW

If you have any questions or need to report a problem, contact the board of ESN HSE Moscow:  
[buddy@hsemsk.esnrussia.org](mailto:buddy@hsemsk.esnrussia.org)

# EXCHANGE AT HSE: **READY, STEADY, GO!** TICKETS

- ▶ Book a flight on January 8th or 9th;
- ▶ Choose *any Moscow airport*, since all airports are equally connected to the city center via Aeroexpress trains;
- ▶ Pick the flight not by the airport but rather *the time of arrival*: daytime or early evening is always preferable;
- ▶ Aeroexpress train schedule can be found at: <https://aeroexpress.ru/en/aero/toMoscow.html>





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## DORMITORY ACCOMMODATION

- ▶ Dormitory is *requested for in online HSE profile* – dormitory is guaranteed to every student who checked ‘yes’;
- ▶ Information about dormitory of your stay will be sent in *mid-December*;
- ▶ Students` *bedrooms are shared*, arranged on the basis of double occupancy;
- ▶ Price *~1,600 rub per month*;
- ▶ [Health certificate](#) signed and stamped by a physician in your home country must be submitted to check into a dormitory;
- ▶ Address your special requests or questions in regards to the dormitory to Lyubov Nikolaevna Barminova in the Dormitory Management Office at [lbarminova@hse.ru](mailto:lbarminova@hse.ru).



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## DORMITORY ACCOMMODATION

Annex No. 8  
to Internal Dormitory Regulations  
of National Research University  
Higher School of Economics

To be issued on an official letterhead  
Печатается на официальном бланке

**Справка о состоянии здоровья** \_\_\_\_\_  
**Health certificate** (first name, middle name, last name/ ФИО)

To: National Research University Higher School of Economics

В Национальный исследовательский университет «Высшая школа экономики»

This certificate hereby confirms that:  
Настоящим подтверждаю, что

\_\_\_\_\_  
(first name, middle name, last name/ ФИО)

has no communicable diseases (i.e., tuberculosis, measles, HIV, hepatitis B, etc.) or  
infectious diseases and shall be allowed to stay in a dormitory.  
не имеет заразных заболеваний (туберкулез, корь, ВИЧ, гепатит В и пр.) или  
инфекционных заболеваний и может проживать в общежитии.

Name, signature and stamp/seal of the doctor and/or a medical institution  
Имя, подпись и печать врача и/или лечебного учреждения



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## PRIVATE HOUSING

- ▶ HSE does not provide assistance in renting an apartment.
- ▶ Trustworthy estate agents and relocation agencies which have English-speaking staff:

### Prime Relocation Services

#### Move One

#### Evans

Facebook group [Flats for friends](#) (in Russian)

[airbnb.com](#) (short-term rentals)

[thelocals.ru](#) (in Russian, small membership fee)



**NB!** Safety and security issues are student's responsibility when renting accommodation in private market!



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## LIVING IN MOSCOW

### Per month:



**FOOD: 15,000 rub**



**PHONE BILLS: 500-800 rub**



**TRANSPORTATION: 400 rub**



**LEISURE: min 5,000 rub**



**HOUSING:**

**~ 1,600 rub (dormitory)**

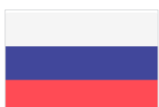
**min 17,000 rub (private housing)**



**CLOTHES AND OTHER PURCHASES:**

**min 5,000 rub**

### Fees for official requirements:



**VISA PROLONGATION: 1,600 rub**



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## LIVING IN MOSCOW

- ▶ Prices depend on the *personal lifestyle and activities* you engage in;
- ▶ The average amount of basic expenses varies between **15,000** and **25,000** rub/month;
- ▶ More information at:  
<https://www.hse.ru/recommends/costs>  
<https://www.numbeo.com/cost-of-living/in/Moscow>
- ▶ Compare the cost of living in Russia with your home country at:  
[www.numbeo.com/cost-of-living/compare\\_countries.jsp](http://www.numbeo.com/cost-of-living/compare_countries.jsp)



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## USEFUL LINKS

Student International Mobility Office website: <https://istudents.hse.ru/>

Visa: <https://visa.hse.ru/en/>

Health insurance: <https://istudents.hse.ru/medical>

HSE Dormitories: <https://www.hse.ru/en/dormitory/>

Life in Moscow: <https://www.hse.ru/recommends>

Map of HSE buildings: <https://www.hse.ru/en/buildinghse/list>

Facebook group: <https://www.facebook.com/groups/hse.international.students/>



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Address: 11 Myasnitskaya Str., office 301

Phone: +7 (495) 772 95 90

<https://istudents.hse.ru>