



NATIONAL RESEARCH
UNIVERSITY

SIMO-Student International Mobility Office

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

Moscow, 2019



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Semester dates

Arrival dates	<i>Module A:</i> 19.08 – 20.08.2019 <i>Module B:</i> 25.08 – 26.08.2019
Orientation session	<i>Module A:</i> 21.08 – 23.08.2019 <i>Module B:</i> 27.08 – 30.08.2019
Study period: <i>Fall semester</i> <i>Full academic year</i>	01.09.2019 – 31.12.2019 01.09.2019 – 30.06.2020
Departure dates: <i>Fall semester</i> <i>Full academic year</i>	31.12.2019 – 05.01.2020 30.06.2020 – 03.07.2020

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
August – November

- 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
November – January
(Fall semester)
November – July
(full year)

- applied for *in Moscow via HSE University [Visa and Registration Center](#)*.

Expiration date is linked to the end date of semester.

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



МВД России

Электронное приглашение на въезд в Российскую Федерацию
Electronic invitation to enter the Russian Federation

Номер приглашения
Invitation number

Орган, оформивший приглашение
Invitation issuing authority

Дата и место рождения Date and place of birth	<input type="text"/>			Пол Sex	<input type="text"/>
Гражданство Nationality	<input type="text"/>				
Документ, удостоверяющий личность / Passport or other ID					
Номер Number	<input type="text"/>		Дата выдачи Date of issue	<input type="text"/>	
Категория и вид визы Category and type of visa	ОБЫКНОВЕННАЯ УЧЕБНАЯ [OU]		Кратность визы Number of entries	ОДНОКРАТНАЯ [O]	
Въезд с Entry from	19.08.2019	Пребывание по Stay until	16.11.2019	На срок (дней) Duration of stay (days)	0090
Место получения визы Place of visa issuance	<input type="text"/>				
Цель поездки Purpose of entry	УЧЕБА				
Приглашающая сторона Invited by	НИУ ВШЭ, 101000, Г МОСКВА УЛ МЯСНИЦКАЯ, Д 20				




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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.

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

A large red exclamation mark icon is centered on the page, partially overlapping the text on the right.

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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>



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

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TICKETS

▶ Book a flight on starting *from August 19/25* or later;

▶ 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-August*;
- ▶ Students` *bedrooms are shared*, arranged on the basis of double occupancy;
- ▶ Prices: *1 200,00 – 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.



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DORMITORY ACCOMMODATION

Приложение № 8
к Правилам внутреннего
распорядка студенческого
общежития Национального
исследовательского
университета «Высшая школа
экономики»

To be issued on the official letterhead
Печатается на официальном бланке

Справка о состоянии здоровья _____
Health certificate (First Name, Family Name/ ФИО)

TO: National Research University – Higher School of Economics
В Национальный исследовательский университет «Высшая школа экономики»

This is to confirm that
Настоящим подтверждаю, что

(First Name, Family Name/ ФИО)

has no communicable diseases (tuberculosis, measles, HIV, hepatitis B) or infection disease
and is allowed to stay in a dormitory.

не имеет заразных заболеваний (туберкулез, корь, ВИЧ, гепатит В) или
инфекционных заболеваний и может проживать в общежитии.

Name, signature and stamp of the doctor and/or a medical institution
Имя, подпись и печать врача и/или лечебного учреждения
Date of certificate issuing
Дата выдачи справки

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PRIVATE HOUSING

- ▶ HSE University 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: 400-650 rub



LEISURE: min 5,000 rub



HOUSING:

1200-1,600 rub (dormitory)

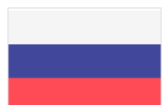
20-40,000 rub (private housing)



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



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USEFUL LINKS

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

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

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

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

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

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

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



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<https://istudents.hse.ru>