

**HANDBOOK FOR
INTERNATIONAL
STUDENTS
IN CORE DEGREE PROGRAMMES**

HSE UNIVERSITY MOSCOW

CONTENTS

Moscow Arrival Checklist	5
Migration Rules	6
Student Documents	8
HSE University Support Programmes	10
Student Life	13
University Infrastructure	14
Dormitory Life	17
Access to Online Resources	19
Health & Safety	21
Life in Moscow	24
International Student Support Centre	26

'Non scholae sed vitae discimus'
'We learn not for school, but for life'



Dear international students,

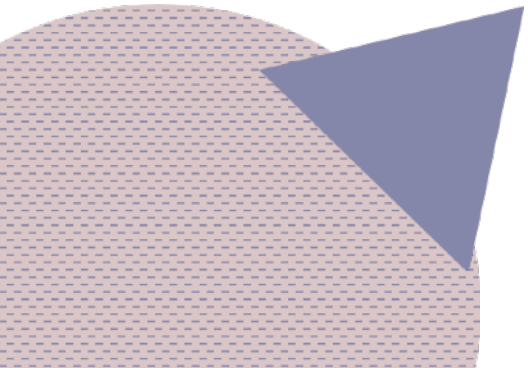
We are pleased to welcome you to National Research University Higher School of Economics (HSE University), one of the leading academic institutions in Russia, which has achieved a high standing not only in this country but globally as well. The University aims to foster conditions, whereby learners can acquire the skills and knowledge necessary for becoming high-class specialists.

You are at the outset of the most thrilling stage of your life. It is our hope that your experience here not only brings new discoveries, but also becomes a starting place for your future academic achievements.

This handbook provides international students with answers to commonly asked questions and issues, which you may face upon your arrival in Moscow. It will also help you to better immerse yourself in this new environment. For your comfort, each section features useful links to HSE University's online resources, where you can find detailed information. To learn more important and useful information, we also recommend visiting the International Student Support website at: istudents.hse.ru/en/.

We wish you all the best!

Ivan Prostakov
Vice Rector, HSE University



MOSCOW ARRIVAL CHECKLIST

Migration Rules

- Acquaint yourself with Russian migration legislation rules (see p. 6-7);
- Move into the dormitory or rented accommodation. Prepare your documents and get registered at your place of residence (see p. 6-7);
- Make sure you remember and set a reminder of the dates for extending your visa (if applicable) and registration;
- Always carry your passport, migration card and registration slip.

Arrival

- Submit all necessary documents to the Admissions Office on the first working day after your arrival;
- Obtain medical insurance for your entire period in Russia (unless you have done so earlier);
- Obtain a medical certificate confirming your health (unless you have one already).

Preparing for Studies

- Obtain access to your corporate e-mail and LMS;
- Get your student ID card issued (see p. 8);
- Get your e-pass (see p. 8);
- Read information about issuing other types of student documents (see p. 8-9);
- Check your class timetable.

In the City Centre

- Buy a SIM card at a mobile store (see p. 24);
- Make an application and get a social transport card from one of the «My documents» multifunctional centers (within two weeks after receiving your student ID card) (see p. 9).

Orientation and Induction Events

- We advise taking part in the orientation session for international students, so that you can adapt smoothly and learn more about academic life at HSE University;
- Take part in your Programme Office's induction meeting to get more information about the learning process;
- Take the e-course on everyday safety and learn more about life and studies in Moscow.

MIGRATION RULES

REGISTRATION

Upon arrival in the Russian Federation, every foreign citizen is obliged to get registered at his/her actual place of residence. With this in mind, we strongly recommend submitting your documents for migration registration **on the first working day** after your arrival.

Your migration slip is the document confirming the legality of your stay in the Russian Federation.

The image shows two versions of the Russian migration registration form (Form No. 1). The left form is for registration in a dormitory (общежитие), and the right form is for registration in a rented apartment (аренда). Both forms include fields for personal information, passport details, and a signature. The forms are filled out with example data.

How to get registered properly:

- if you live in a dormitory, enquire with the dorm's passport officer;
- if you live in a rented apartment, ask your landlord to help you get registered at the local migration office of the Russian Ministry of Internal Affairs (MVD).

IMPORTANT! Getting registered is obligatory every time you enter the Russian Federation or change your actual place of residence.

For more information, visit this site: <https://visa.hse.ru/en/admreg/>.

VISA AND REGISTRATION EXTENSION

If you need a visa for traveling to the Russia

Visa extension. This procedure allows you to extend your legal presence in the Russian Federation for a period of up to one year. This can be done for single-entry and multi-entry visas.

To extend your visa, you need to prepare a full package of documents and submit it in person to HSE University Visa and Registration Centre no earlier than 90 calendar days, but no later than 45 calendar days, prior to the expiration of your current visa.

Registration at one's place of residence can be extended after receiving a new visa for the period of a multi-entry visa. Documents for prolonging registration must be submitted on the first working day after you receive a new visa.

If you do not require a visa to come to Russia

Your registration may be extended for a period of up to one year from the date of your arrival in Russia. To extend your registration, you will need to prepare a full package of documents and submit it no less than 30 calendar days prior to the date when your original registration slip expires.

If you reside in a dormitory, contact its passport officer. If you live in a rented apartment, contact your landlord and go together to the local migration office of the MVD to extend your registration.

IMPORTANT! Along with extension of your registration, your migration card needs to be extended as well.

We ask that you be aware of the validity period of your documents and prepare them for submission in good time.

For more detailed information, please visit: <https://visa.hse.ru/en/extenvisa/> and <https://visa.hse.ru/en/extenreg/>.

REGISTRATION WHEN CHANGING PLACE OF RESIDENCY / TRAVELLING THROUGHOUT RUSSIA

All hotels and hostels in Russia, including Moscow, are legally obliged to register visiting foreign citizens, even if the guest is staying for just one night. Therefore, if you are staying in a hostel or hotel, the registration slip for your dormitory or apartment residence will be automatically cancelled out. After your return, you must renew your registration at your place of residence.

For more information, please visit: <https://visa.hse.ru/en/trip/>.

If you are hospitalized, certain medical institutions will register you there as your place of residence. Before being discharged from a clinic or hospital, confirm with the staff whether you have been registered there; if so, they should provide you with a valid registration slip.

HSE UNIVERSITY VISA AND REGISTRATION CENTRE

Visit the Centre's website to learn more about registration procedures and rules.

Office D005/D006, 11 Pokrovsky Bulvar, Moscow

+7 (495) 531 00 63

visa-registration@hse.ru

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

STUDENT DOCUMENTS

STUDENT ID CARD

Your Programme Office will draw up and issue your student ID card on the basis of the directive for your admission/transfer/reinstatement. Your student ID card is the first document that you should receive so that you can then collect all remaining documents, which are listed below in this section of the handbook.

The timeframe for issuing student ID cards is **3 to 7 working days**. Students admitted to their first year of study will receive their cards at an induction meeting held by your Programme Office.



HSE UNIVERSITY E-PASS



Electronic passes work in all HSE University buildings. To get an e-pass, contact the HSE University Pass Collection Centre, present your student ID card or a certificate from your Programme Office, along with your passport.

Please visit the Security Office's website and learn more about getting your e-pass: <https://www.hse.ru/org/hse/aup/security/ubr>.

LIBRARY CARD



During the academic year, a library membership can give you access to all resources at the HSE University Central Library, which is located at: Building N, 11 Pokrovsky Bulvar (telephone: +7 (495) 916 89 27). You can sign up for a membership Mondays through Fridays, 12pm-8pm, and on Saturdays, 12pm-6pm. You can visit the HSE University Library website and learn more about lending and other rules at: https://library.hse.ru/en/reg_library/.

SCHOLARSHIP BANK CARDS



All types of scholarships, as well as financial help, compensation and grants (see p. 10) provided to students, are transferred to bank cards (via the Russian MIR payment system). HSE University's accountants, along with VTB Bank, issue MIR scholarship bank cards with free services and an HSE University brand design (our Crow mascot).

If you have questions related to issuing scholarship bank cards, contact the University's Accounting Office: std@hse.ru.

SOCIAL (TRANSPORT) CARD



All full-time students can obtain a social card, which can be used to get discounts on public transport fares, as well as serve as a bank card for paying for goods and services. To get your social card, within two weeks after getting your student ID card, visit the nearest My Documents Multifunctional Centre (<https://www.mos.ru/pgu/ru/md/>) and submit required documents.

Before submitting your documents, you must check whether your personal data has been included in the Student Register on the website of the Moscow Social Register at: <https://www.mos.ru/karta-moskvicha/services-proverka-grazhdanina-v-reestre-studentov/>. It usually takes up to 30 calendar days to issue a social card.

Please visit the University's Office for Staff and Student Benefits website to learn more about getting your social card set up: <https://benefits.hse.ru/en/transport/>

HSE UNIVERSITY SUPPORT PROGRAMMES

LANGUAGE COURSES

Courses for Students with Beginner-level Proficiency in Russian and English

At HSE University, international students in their first and second years of study (learners studying under intergovernmental agreements on providing subsidies from the federal budget) have the option to receive additional free-of-charge instruction in Russian and English by joining specially designed programmes held in a group format (260 contact hours).

To take part in a competitive selection of candidates, you must submit an application to the Centre for International Preparatory Programmes no later than October 10, 2020. To get more information about Russian and English language programmes, visit the Centre's homepage at: <https://preparatory.hse.ru/en/#contacts>.

Russian as a Foreign Language Courses

HSE University's Russian Language Centre offers international students specially developed programmes for learners with any level of proficiency in Russian.

The Centre offers courses in Russian, from Beginner to Advanced. Studying in small groups, learners can actively develop their reading, writing and speaking skills, as well as pursue studies under unique syllabi, which include grammatical and conversational practice with native speakers.

The programmes can vary from short summer classes to intensive courses with full-scale immersion.

Please visit the Russian Language Centre's website to learn more about its programme offerings - <https://www.hse.ru/en/rfl/>.

SCHOLARSHIPS

Learners at HSE University can apply for various scholarships, including state academic and increased academic scholarship. In addition to academic scholarships, Presidential and Government Scholarships are offered, along with grants and scholarships provided by the University's partners, private and social scholarships for certain categories of students.

You can apply for a scholarship, if:

- You are a good learner. If you are studying in a government-funded place and have finished the semester above a 'satisfactory' grade, you may qualify for a state academic scholarship in the next semester.
- You actively study and engage in research activities. In this case, even if you study on a fee-paying basis, you still have the opportunity to avail yourself of a multitude of scholarships from various charitable funds and non-commercial organizations.
- You actively take part in life at the University. If you are studying in a government-funded place and are engaged in research, public, cultural and creative activities, and you can

confirm this with documentation, you may apply for an increased state academic scholarship.

We advise visiting the website of the Centre for Scholarships and Charitable Programmes to find more information about scholarships and other types of financial help available at HSE University - <https://www.hse.ru/en/scholarships/>.

CAREER OPPORTUNITIES

While studying at HSE University, students have the opportunity to work (if so desired). The University has a Career Development Centre where staff can assist students with career advice, job search and employment opportunities.

You can visit the Career Centre website to learn more about job opportunities for international students at: <https://career.hse.ru/en/>.

ACADEMIC MOBILITY

Academic mobility includes educational services provided to HSE University students outside of their given faculty or campus, where they normally study, with the obligatory transfer of credits and learning outcomes.

This is an excellent opportunity to gain experience in studying at other universities, learn about other educational systems, get new knowledge and experiences and discover new professional prospects.

Types of academic mobility:

– Intra-HSE academic mobility:

Students may receive educational services at HSE University's regional campuses by studying there on a full-time basis.

– Russian academic mobility:

Students can study at another Russian university on a full-time or part-time basis, as well as in a distance-learning format.

– International academic mobility:

Students may receive educational services at a foreign university by taking part in exchange programmes as full-time students.

– Distance academic mobility:

Students may receive educational services by taking online courses via dedicated distance-learning sites.

The following persons may apply to take part in academic mobility programmes:

- ◆ HSE University Bachelor's and Specialist students (who have passed at least four examinations periods at the time of their application);
- ◆ HSE University Master's students (who have passed at least one examination period at the time of their application).

View the HSE University Academic Handbook to get more information about academic mobility opportunities: <https://www.hse.ru/en/studyspravka/acmob/>.



STUDENT LIFE

STUDENT ORGANIZATIONS AND CLUBS

Student life at HSE University is vibrant and diverse, offering something for everybody. The only way to learn about this is to experience it directly. If you want to take a break from your studies and find like-minded people at the University, you can always join one of our many student organizations (over 120 at present). Each student can find an organization best suited to their own interests: from charity efforts to business clubs, or from sports organizations to language clubs.

You can find more detailed information about student organizations and clubs at the HSE Family portal: <https://family.hse.ru/stud>.

If you are interested in taking part in student self-government, learn more about the Student Council.

HSE UNIVERSITY CORPORATE EVENTS

University life is not just tests and conferences. In addition to academic life, students enthusiastically engage in fun and useful activities both inside and outside of HSE University. Each year, we have all-University holidays and events, which bring together students, teachers and staff, giving each and every one of us the possibility of being part of the extended HSE family.

HSE University Annual Events:

- **HSE Day** (September)
- **Mental Health Day** (October)
- **Golden HSE Award** (November)
- **Night Festival** (December)
- **Charity Xmas** (December)
- **HSE Snow Fest** (February)
- **April Conference** (April)
- **Iron Egg Student Award** (May)
- **HSE University Graduation** (June)

You can follow the latest information about our events at: <https://www.hse.ru/en/our/>.

STUDENT INITIATIVE SUPPORT CENTRE

With every passing year, the most talented people of their generation become admitted to HSE University. With this in mind, the main objective of the Centre is to step up their potential and creative energies, support student initiatives, clubs, organizations, informal associations, and support all-University activities. The Centre's staff work to foster a comfortable and friendly environment at HSE University, encourage team spirit, and instruct students on how to be leaders by sharing their best practices. Together with the Centre, students can acquire the skills necessary for enhancing their capacity to compete on the job market, as well as bolster their own professional and personal growth.

At the website <https://studlife.hse.ru/en/>, you can learn more about how student life at HSE University and find out about events held by student clubs. In addition, <https://studsupport.hse.ru/en/> can be useful for those interested in launching their own initiatives at the University.

UNIVERSITY INFRASTRUCTURE

HSE UNIVERSITY LIBRARY SERVICES



The HSE University Library includes over 700,000 items covering topics such as economics, management, social and political science, etc. The majority of publications, in fact, are the latest Russian and foreign research materials.

Furthermore, the library subscribes to around 200 recognized Russian periodicals and 80 international journals.

Our library services are located at several premises, with the Central Library located at Building N, 11 Pokrovsky Bulvar in Moscow.

Information about getting a library membership and card can be found on p. 8 of this handbook. If you are interested in learning about accessing our library's multitude of electronic resources, please visit: <https://library.hse.ru/en/e-resources/>.

CANTEENS AND CAFES



One of the points of attraction for students at any HSE University campus is invariably a canteen. Our canteens are known for their high-quality foods, variety of meals and reasonable prices. A typical meal usually costs 120-135 roubles. In addition to canteens, HSE University buildings are also home to coffee shops and vending machines.

More detailed information about canteens and food services at HSE University can be found at: <https://www.hse.ru/en/buildinghse/dining/>.

SPORTS AND RECREATION



If you cannot imagine your life without sports, HSE University can offer you a wide range of sports clubs, facilities and gyms. In fact, the University has over 20 sports clubs and over 15 student sports organizations. Furthermore, all dormitories, as well as the HSE University buildings on 3 Bolshoy Tryokhsvyatitsky Pereulok and 11 Pokrovsky Bulvar, are equipped with gyms.

Please note that, in order to join sports clubs and use gyms, you need to obtain a medical certificate, which confirms that your health allows you to pursue sports activities. The student sports organizations at the university do not require such certificates for participation. As part of a sports organization, you can both train on your own and become one of its core members to organize and launch new projects.

In the section of the Department of Physical Training of the HSE University website, you can find out about our various sports facilities and events: <https://sport.hse.ru/en/>. In addition, by visiting HSE Family you can learn about student sports organizations and more: <https://family.hse.ru/stud>.

HSE UNIVERSITY BOOK STORES

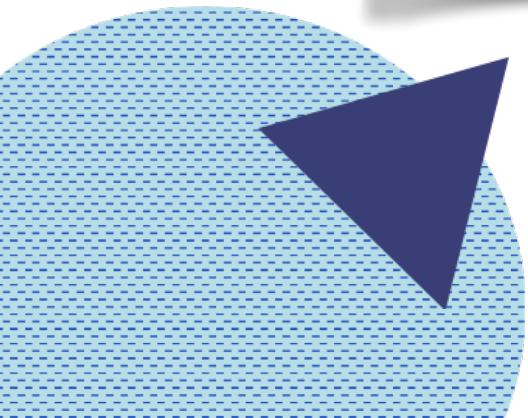
At our bookstore BukVyshka, you can select from a wide range of HSE Publishing House publications, as well as Russian and international publications on a multitude of topics. You can browse through around 8,000 books at its location in Moscow.

Moreover, it's not just books, as the store also sells many different HSE souvenirs, t-shirts, hats, cups, mugs, bracelets, etc. In addition, all students get a discount on brand products! Our bookstores are located at 20 Myasnitskaya Ulitsa and 11 Pokrovsky Bulvar.

PRINTING DOCUMENTS

If you need to print or copy documents, you can do this in classrooms and computer classes, which are designated for student self-study, as well as at the University's own printing services and libraries. You can find information on the locations and working hours of printing and copy centres by visiting the following links:

- classrooms and computer classes for self-study: <https://www.hse.ru/en/studyspravka/uchprocess/>;
- HSE University Printing Services: <https://print.hse.ru/en/contacts/>;
- HSE University Libraries: <https://library.hse.ru/en/subdiv/>.



DORMITORY LIFE

RESIDENCY RULES

- Respect other residents and dorm staff;
- Keep your place clean;
- Dispose of garbage into specially designated containers;
- Do not cook food in your room; use the kitchen on your floor;
- Follow the fire safety rules;
- Smoking, drinking alcoholic beverages and using narcotic substances are forbidden in the dormitory;
- Observe quiet hours from the 11pm until 8am.

Learn more about the [HSE University internal dormitory regulations](#).

DORMITORY PENANCE FEES

Dormitory tenancy fees must be paid in accordance with your tenancy agreement for the period starting from the check-in date (when a student starts occupying a dorm room), every month, and no later than the 10th of each month following the month for which the payment is made. More information on dormitory fees can be found here: <https://www.hse.ru/en/dormitory/price/>.

Dormitory residence can be paid in two ways:

1. Transfer through a bank:

- Obtain a form with relevant bank details from your dormitory's administration;
- Fill out the form and make the payment at Sberbank;
- Submit a receipt confirming the payment to the dorm's administration.

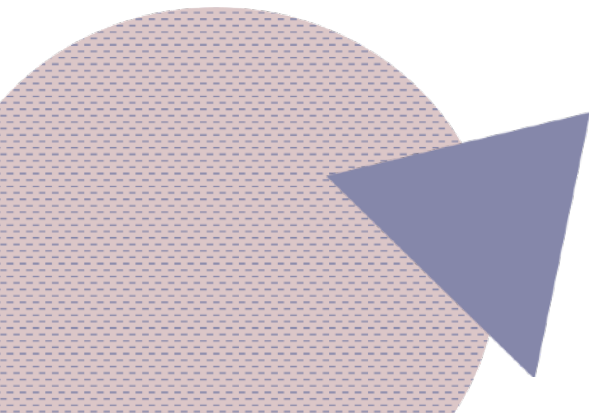
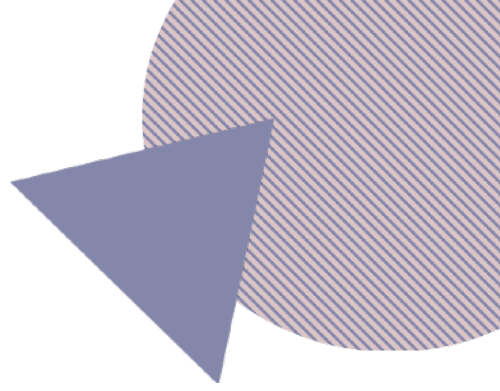
2. Using HSE University's own online payment service - <https://pay.hse.ru/moscow/prg>.

DORMITORY STUDENT COUNCILS

Student councils are in operation at the majority of HSE University dormitories. You can go to your dorm council with both your concerns and requests to settle disputes that arise between dorm tenants and ideas about life in the dormitory or arranging leisure activities, entertainment and other events.

Dorm student councils are eager to consider the opinions of all dormitory residents, while ensuring efficient feedback with the dorm administration.

Contact information for dormitory student councils can be found at: - <https://studsovet.hse.ru/contact>



ACCESS TO ONLINE RESOURCES

CORPORATE E-MAIL ACCOUNTS FOR STUDENTS

HSE University provides all students with a corporate e-mail address, which can be used during their time at our institution. You can use your e-mail address to access official information and receive notifications from staff.

You can get your e-mail address from the Programme Office of your degree programme. The web-interface can be accessed at:

<http://edumail.hse.ru> or <http://mail.office365.com>.

HSE UNIVERSITY'S LEARNING MANAGEMENT SYSTEM (LMS)

LMS (Learning Management System) – is HSE University's unified information system, which connects all participants in the learning process. Teachers can upload course materials, assignments and tests, while students, in turn, can upload their home assignments.

You can access the LMS at: <http://lms.hse.ru>.

Login: *your corporate e-mail address*

Password: *your student ID card number*

When accessing the LMS, you will be redirected to your personal account, where you will see a list of all courses you have registered for as per your individual curriculum.

All questions and enquiries about the LMS can be sent to the LMS Support Service at: lms@hse.ru.

MYHSE SERVICE ACCOUNT

The MyHSE Services Account is the University's unified information and services space. To access your account, start your browser and paste the following address: <https://lk.hse.ru/>.

HSE University students can log into their MyHSE Services accounts by using their login (login@hse.ru) and their password.

INTERNET

All HSE University buildings, including dormitories, are equipped with Wi-Fi access.

Login: hseguest

Password: hsepassword



HEALTH & SAFETY

SAFETY AT HSE UNIVERSITY

One of the most important areas of the University's operations is ensuring safety for all learners. HSE University puts great emphasis on creating a safe environment at our campus.

- **An e-pass system** has been set up at all HSE University buildings. You can gain entry to our buildings by using your e-pass (see p. 8). All students, staff and guests must have an e-pass, which is used to monitor all entries and departures from the University's premises. Access to buildings is monitored by our security staff, who rely on a special check-in system (SKUD).
- **Round-the-clock security.** Electronic turnstiles are in place at the entrances to all HSE University buildings where round-the-clock security operates. You can find out where the security posts are located in the 'Safety at HSE University' section at: <https://istudents.hse.ru/en/safety/>.
- **Video surveillance** is in effect at all HSE University premises for the purpose of identifying, preventing and dealing with security and other violations, be it simple roughhousing or more serious incidents like theft.
- **Fire safety measures** at the University are given special attention. Ensuring fire safety at our facilities is the responsibility of our Fire Safety Office. You can read regulations, rules and other documents governing fire safety measured at HSE University in the 'Safety at HSE University' section on the website: <https://istudents.hse.ru/en/safety/>.
- **Anti-terrorism and extremism measures.** HSE University is particularly concerned with implementing anti-terrorism measures, as per a comprehensive plan to maintain safety of citizens and combat extremist ideologies approved by the Russian Government.

You should report all incidents that may present a threat to your safety and that of others at HSE University buildings and their adjacent territories to our security officers, who are located at entrances, or to a supervisor of the building on duty, or call **112** (Russia's emergency number, which can be called from anywhere in the country and from mobile phones without a SIM-card).

If you experience any emergency situation, please inform the International Student Support Centre about it (**the Centre's emergency line is – 8-985-040-13-55**).

Please visit the website of the International Student Support Centre to get more useful information about safety and security at our University - <https://istudents.hse.ru/en/safety/>.

Medical Assistance

To call for an ambulance, dial the emergency service number **112**. If you are in a dormitory, you can also ask the administrator to call for an ambulance.

Emergency medical assistance for acute chronic illnesses and serious injuries, which may pose a clear threat to one's life, are provided to foreign citizens free of charge.

International learners may visit district polyclinics (in the areas where you are registered) on a fee-paying basis, or go to medical institutions indicated in your insurance policy.

Please remember that all foreign citizens should have a medical insurance policy covering their entire period in the Russian Federation. Insurance is necessary for receiving medical assistance, getting tested for different conditions, and receiving health certificates.

You can obtain an insurance policy from representatives of insurance companies recommended by HSE University. Please visit: <https://www.hse.ru/en/medical/ins/>

First-aid rooms operate at HSE University for learners, where you can receive primary medical care whenever necessary. Their locations are:

- Office M106, 11 Pokrovsky Bulvar;
- Office 105, 20 Myasnitskaya Ulitsa;
- Office 118-119, 1 Uitsa. Denisa Davydova, Dubki Student City, VNISSOK, Odintsovo District, Moscow Region.

First aid kits are available in all HSE University buildings at certain locations, which can be viewed via the 'Safety at HSE University' section on the website: <https://istudents.hse.ru/ru/safety>.

Centre for Psychological Counselling

HSE University has a 24/7 psychological help line, which is free of charge. By calling this number or contacting it via online chat, you can have a consultation with an experienced psychologist. The help line's psychologists are always ready to listen to you, provide support when you are dealing with your fears and concerns, and help you to devise the best course of action when you are facing a challenging life situation. If necessary, you can arrange a face-to-face meeting by contacting the HSE University Centre for Psychological Counselling.

Psychological support hotline: **8 800 250 0433**.

E-mail: cphse@hse.ru

You can visit the website of the Centre for Psychological Counselling at: <https://www.hse.ru/en/cpc/>.

BEING SAFE IN THE CITY

If an emergency arises, you can call Russia's emergency services line at: **112**:

- accessible throughout all of the Russian Federation;
- accessible for calls from mobile devices without a SIM card;
- it has English-speaking dispatchers;

In addition, please report any emergencies to the International Student Support Centre at: **8 985 040 1355**

General advice and recommendations:

- always keep your documents on your person, including your passport, migration card, registration slip and student ID card;
- store your documents and valuables in a safe place;
- make and keep copies of your documents;
- be prepared to have your documents and belongings checked by law enforcement officers;
- when being out and about, go to places with sufficient illumination and lots of people;
- only use official and reliable taxi services;
- keep these useful contacts: International Student Support Centre (see p. 24), your embassy and insurance company;
- confirm with your insurance company where and how you can receive medical assistance;
- only consume food and beverages that you are sure about – be careful around unknown food products;
- never drink water from the tap;
- pay attention to weather reports and dress appropriately.



LIFE IN MOSCOW

MOBILE SERVICES

So as to avoid high roaming fees, we recommend getting a SIM-card from one of the top operators in Russia. You can learn more about mobile service fees and choose the most suitable service from the following:

- Beeline beeline.ru
- MegaFon megafon.ru
- MTS mts.ru
- Tele2 tele2.ru
- Yota yota.ru

You can pick up a SIM card at a mobile salon, which is either operator-owned or independent.

PUBLIC TRANSPORT

Moscow Metro

The Moscow Metro is one of the main types of urban transport in the metropolis. Many of its stations are historical sites and major national treasures of architecture and culture.

Metro stations in Moscow are open for entry and transfers from one line to another every day from 6am until 1am.

Please follow the following rules while in the Moscow Metro:

- Be aware of your belongings and pockets, especially during rush hour;
- Hold to the right side when on the escalators in the metro, while facing forward; you can pass on the left side, while making sure to hold the railing; never step on the steps' cordon line and keep moving when stepping off the escalator; sitting and putting items on escalator steps is forbidden, as is running and using inactive escalators;
- On the metro platform: avoid standing on the edge of the platform if the metro train has not fully stopped; when the metro car stops, make sure you give way so that passengers can board and disembark; never descend on to the rails;
- In metro cars: refrain from leaning against the doors and trying to open them while the car is still in motion; do not block the movement of other passengers exiting or entering the cabin; do not place your baggage on the seats. Hold onto the railing when the train is moving. Should a dangerous situation arise, press the 'пассажир-машинист' button to inform the driver.

To better navigate through the complex metro system, we advise downloading the useful app - **Метро Москвы** (Metro.Mosvsky).

Taxis

We strongly recommend using official taxi services. Unofficial taxis, while offering cheaper rates, may be an unsafe choice. We recommend using the following apps to order a taxi:

- Яндекс.Такси (Yandex Taxi);
- Gett
- Ситимобил (Citymobil);
- Uber.

Ground Transport

Moscow's aboveground transportation system includes buses, trolleys and trams.

You can buy tickets from drivers and machines at transit stops. You can also get tickets at metro kiosks. Ground transport in Moscow operates from 5am until 1am. Several all-night routes are in operation as well.

Stops for buses are designated with an "А", trolleybus stops – "Т", and tram stops – "Тр".

We recommend using the Яндекс.Карты (Yandex.Maps) app to navigate easily around the city.

Aeroexpress

The Aeroexpress train is a comfortable and fast way to get from the airport to the centre of Moscow. Train stations, along with express buses, are conveniently located next to the airport terminals.

To take the train, you will need to purchase an Aeroexpress ticket at a ticket outlet or vending machine, or via the aeroexpress.ru website, or by using the [mobile app](#). To pass through the turnstile, just press the ticket with the QR code to the scanner while walking through.

- Vnukovo Airport to Kyivsky Railway Station (Kyivskaya Metro Station);
- Domodedovo Airport to Paveletsky Railway Station (Paveletskaya Metro Station);
- Sheremetyevo Airport to Belaruskaya Railway Station (Belarusskaya Metro) with express stops at several stations near the metro (*if you plan to stay at the dormitory in Odintsovo, please remember that the train goes to stations in this district*).

MOSCOW'S CULTURAL AND HISTORICAL ATTRACTIONS

Moscow is world-renowned for its large number of cultural attractions – over 400 museums, around 1,000 monuments, 130 theatres and dozens of concert halls. Every day, many events and exhibitions of various types are held.

We recommend that you visit the following online resources to learn more about Moscow's many attractions and events happening in the city:

<https://www.tripadvisor.ru/>

<https://um.mos.ru/en/> (discover Moscow)

INTERNATIONAL STUDENT SUPPORT CENTRE



HSE University's Centre for International Student Support provides consultation to international students in regards to various issues and support in adapting to life in Moscow. For instance, the Centre organizes orientation sessions for international students in core programmes, meetings between students and the University's administration, and other induction activities in tandem with the University's many subdivisions.

If you have an emergency or any questions, please contact the Centre's 24/7 hotline at: **8 985 040 1455**.

Our Team:



Vitaliy Sochnov
Director



Naina Ksenofontova
Manager



Tatiana Borisova
Manager

USEFUL LINKS

HSE University official website:

<https://www.hse.ru/>

International Student Support website:

istudents.hse.ru

HSE University's official social networks:

https://vk.com/hse_university

<https://www.facebook.com/hse.ru/>

https://twitter.com/SU_HSE

youtube.com/user/hse

HSE University International Students page on social networks:

<https://vk.com/hse.issc> (only in Russian)

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

The Feedback Hotline:

<https://www.hse.ru/our/expresspolls/poll/226209630.html>

(leave a thank-you note or send ideas for improving life at HSE University)

USEFUL APPS



RUZ HSE (РУЗ НИУ ВШЭ)

Class Timetables



HSE Navigation (Вышка.Навигация)

Pokrovsky Complex Navigator



Yandex.Maps (Яндекс.Карты)




Moscow Metro (Метро Москвы)



Yandex.Taxi (Яндекс.Такси)

International Student Support Centre

 Office D626, Building D, 11 Pokrovsky Bulvar, Moscow

 Mon-Fri, 10am – 7pm

 8 985 040 1355 (24/7)

 istudents.support@hse.ru

 istudents.hse.ru/en/