



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	08.01 – 09.01.2020
Orientation session	09.01 – 13.01.2020
Study period:	
<i>Spring semester</i>	09.01.2020 – 30.06.2020
<i>Full academic year</i>	09.01.2020 – 31.12.2020
Departure dates:	
<i>Spring semester</i>	30.06.2020 – 03.07.2020
<i>Full academic year</i>	31.12.2020 – 03.01.2021

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



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Visa

Official Acceptance
package

- includes digital copies of *Visa Invitation* + *Acceptance Letter*
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
(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!



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<https://istudents.hse.ru/en/medical>

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.*

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BUDDY ASSISTANCE

▶ Who is a buddy?

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

▶ What buddies do/don't do:

<https://istudents.hse.ru/en/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 January 08.
- 
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;
- ▶ Prices: *1,200-1,600 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»

Печатается на официальном бланке
To be issued on the official letterhead

Справка о состоянии здоровья

Health certificate

(Ф.И.О., Дата рождения / First Name, Family Name

Date of birth)

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

Данные о состоянии здоровья на момент обследования:
Health status at the time of examination:

Рентгенодиагностика. Данные рентгеновского (флюорографического) обследования.
Radiodiagnosis. X-ray data examinations.

Лабораторная диагностика (Laboratory diagnostics).
Анализ крови на ВИЧ, гепатит В (Blood test for HIV. Hepatitis B).

Сведения о прививках (с обязательным указанием сведений о прививках против кори)
(заполняется на основании прививочного сертификата)
Information about vaccinations (with obligatory information about vaccinations against
measles) (filled in on the basis of vaccination certificate).

Врачебное заключение.
Medical report.

Настоящим подтверждаю, что

(Ф.И.О./First Name, Family Name)

инфекционных заболеваний не имеет и может проживать в общежитии.

This is to confirm that

has no infection diseases and is allowed to stay in a dormitory.

Имя, подпись и печать врача и штамп, печать лечебного учреждения
Name, signature and stamp of the doctor and stamp of a medical institution

Дата выдачи справки
Date of certificate issuing

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PRIVATE HOUSING

- ▶ HSE University does not provide assistance in renting an apartment.
! Make sure your landlord can **register** you upon your arrival!
- ▶ 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)

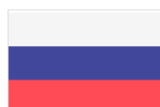
20-40,000 rub (private housing)



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>