



NATIONAL RESEARCH
UNIVERSITY

LIFE IN MOSCOW

Orientation Session for International Students

International Student Support Centre

Moscow, 2020



Accommodation in Moscow

PLANNING AND SELECTING A LOCATION

— RENTED APARTMENT

search for accommodation
only at specialized, tested
websites

— HSE DORMITORY

read the [procedures for check-in
and residence at HSE University's
dormitories](#)



RENTED APARTMENT

Cian www.cian.ru

Yandex.Nedvizhimost <https://realty.yandex.ru/>

Avito www.avito.ru

Domofond <https://www.domofond.ru/v-arendu>



1 Rate location

The proximity of the metro, bus stops, shops, the University and other facilities

2 Clarify payment terms

Is a deposit required, do you need to pay extra for utilities, etc.

3 Learn about the apartment

Quality of repair and furniture, availability of everything necessary for a comfortable stay

4 Realtor or owner?

You can conclude an agreement with the owner directly and you don't have to pay a commission to the realtor

5 Clarify about the registration

It is necessary to check with the owner about the registration in advance

HSE DORMITORIES



How to check-in?

Applying for accommodation in your personal account

Appearance of an accommodation referral
in your personal account

Print your accommodation referral

Preparation of all necessary documents

 Check-in at the dormitory 

National Research University Higher School of Economics

ACCOMMODATION REFERRAL

Issued: -
Permanent residence address: -
Faculty: -
Educational Programme: -
Year of study: -

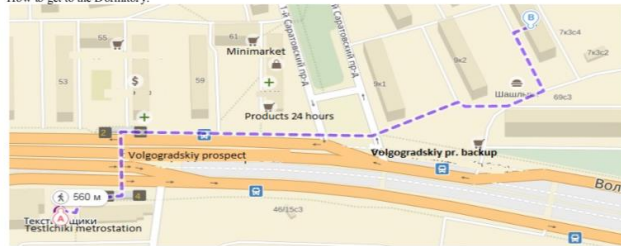
Dormitory address: 7 First Saratovskiy Prospekt, Bldg. (Korpus) 3
Room: -

Directions: Tekstilshchiki Metro Station, exit to the Moskvich Sports Centre, follow the long passage up to the end, turn right, cross the 1-st Saratovskiy Prospekt, and turn left at the V-intersection.

Contact person: LYUDMILA PETROVNA OSIPOVA
8(499)742-98-64
Director of the Office for Dormitory, Guesthouse and Recreation Centre Management
Tel.: V.S. Emelyanov

Date of issue: _____ IS-PRO Code: _____

How to get to the Dormitory:



HSE DORMITORIES

What documents are required for check-in?

- Printed Accommodation Referral;
- Passport (+ copy) or ID (+ copy);
- Migration Card (+ copy);
- Medical Documents:
 - Certificate with a list of vaccinations or a copy of a vaccination certificate;
 - **Health certificate bought before entry to Russia**
 - **a document confirming a negative test result for Covid-19 by PCR.**



All questions related to check-in to HSE Dormitories:

zaselenie@hse.ru



Medical Issues

Medical Insurance (VHI policy)

All foreign citizens in Russia should have medical insurance to cover their entire stay in Russia



When is it necessary to issue?

Before arriving in Russia

Which program should I choose?

Which includes: physical examination, tests for HIV,
hepatitis B and a test for COVID-19 by PCR

Where to issue?

Representatives of insurance companies
recommended by HSE:

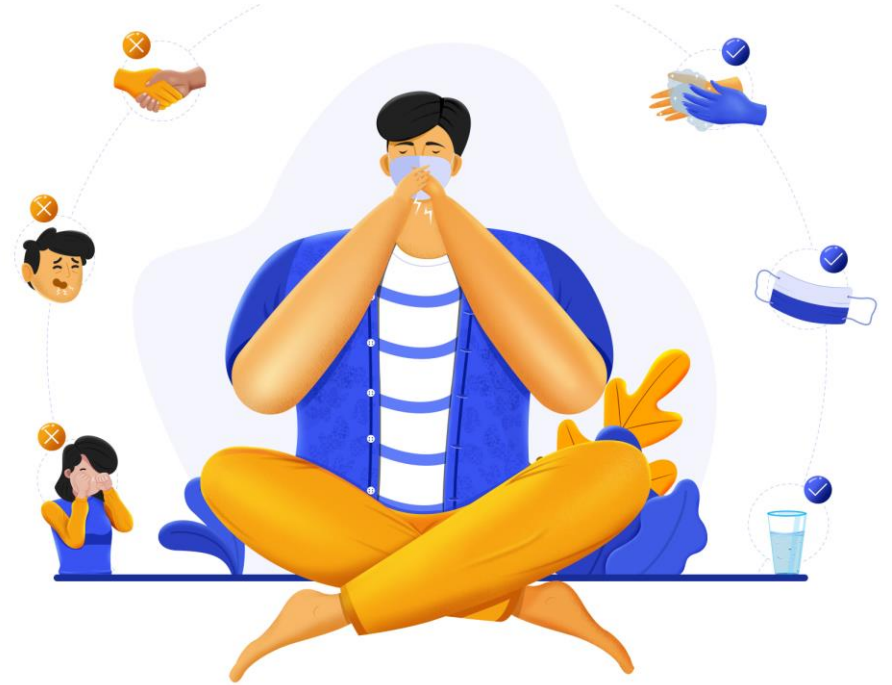
<https://www.hse.ru/en/medical/ins/>



Please inform the manager of your degree programme and send a scan of the medical insurance policy before the academic year starts

14 days self-isolation

After arriving and moving into a dormitory/apartment/hotel, within the next **14 day you must self-isolate.**



Where to self-isolate?

dormitory / apartment / hotel

Can I go outside?

You are only permitted to leave the room to visit a polyclinic, go to a pharmacy or store for necessary goods.

Medical Certificates



BEFORE ARRIVAL TO RUSSIA:

* **Negative test result for Covid-19 (by PCR)**

Present at the checkpoint when crossing the border and when checking into a dormitory. The COVID-19 test must be made no earlier than 3 days before arriving in Russia.

* **Vaccination Certificate**

Must be issued by a medical institution in a free format with information about the inoculation had, as well as dates and types of vaccination.

AFTER ARRIVAL TO RUSSIA:

* **Medical Examination (on 10th day after arrival)**

you should have a medical examination and get a repeat testing for COVID-19 (using the PCR-method)

IF ALREADY ON THE TERRITORY OF RUSSIA:

* **Medical Examination (before the academic year starts)**

you should have a medical examination. It is also recommended to get testing for COVID-19 (using the PCR-method).



Transport Infrastructure

Metro

Operation hours:

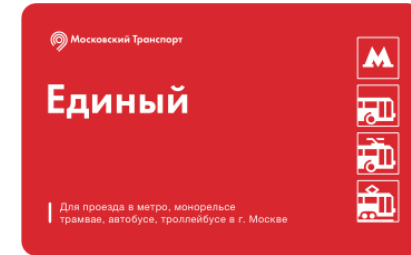
6a.m. – 1 a.m.

Official mobile application of
Moscow Metro:

Metro Moskv



RUB. 40



RUB. 57



Place your ticket on
the validation machine's sensor

Ground Public Transport

Bus, trolley, tram

Operation hours:

5 a.m. – 1 a.m.

Recommended mobile app:
Yandex.Maps



Night buses:

<https://transport.mos.ru/transport/schedule/night>



Place your ticket on
the validation machine's sensor

- * Troika
- * Edinyi
- * Social (transport) card
- * Bank Card (MIR, MasterCard, Visa)

or

By cash to transport driver

Taxi

Please use only official taxi :

[Yandex.Taxi](#)

[Gett](#)

[Citymobil](#)

[Uber](#)



Bicycle/scooter rental



Download [Velobike](#) app

Register in the application and link a bank card

Find a bike station, select a bike, enter your username and PIN and start renting.



Download the [Moscow Transport app](#)

Register in the application and link a bank card

Find the scooter on the map through the app and start renting by scanning the QR code and unlocking the scooter.





Discover Moscow

Sights of Moscow

>400 museums

<https://um.mos.ru/en/>

(virtual walks through the
expositions of museums in
Moscow)

>130 theatres

<https://weheart.moscow/theatres/>

(the list of recommended theatres)

∞ number of attractions

<https://www.freetour.com/moscow>

(Free walking tours in Moscow.)



Mobile communication

Where to buy a SIM card?

You may purchase a SIM card in brand stores of major telecom providers or any mobile phone store, both at the airport or in the city.

What documents do I need?

In order to buy a SIM card, you will need to present your passport.

Approximate communication cost per month = RUB.500



Banking Services

Not all stores or businesses may accept foreign cards, or the exchange rate may not be too favourable. Please check with your bank about the terms for using your card in Russia.

Currency Exchange

We advise using currency exchange points at popular Russian banks:

e.g., Sberbank, VTB, Gazprombank, AlfaBank, etc.)

Currency exchange rate: <https://kovalut.com/>

USD 1 = RUB. 74 (August 20)

ATM's

In every HSE building, you will find an ATM where you can withdraw cash.

The complex on Pokrovsky Boulevard has two VTB Bank ATMs: one each at entrances # 2 and # 3 and an ATM of Sberbank.



Groceries

Grocery Stores

Auchan (Ашан)

Pyatyorochka (Пятёрочка)

Billa (Билла)

Diksi (Дикси)

Magnit (Магнит)

Perekrestok (Перекресток)

VkusVill (ВкусВилл)

Azbuka Vkusa (Азбука Вкуса)

Approximate product cost:

Bread RUB. 40

Milk (1 liter) RUB. 70

10 Eggs RUB. 80

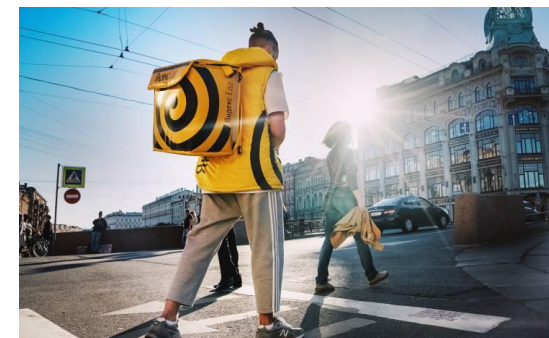
Food Delivery Services

[Delivery Club](#)

[Yandex.Eda](#)

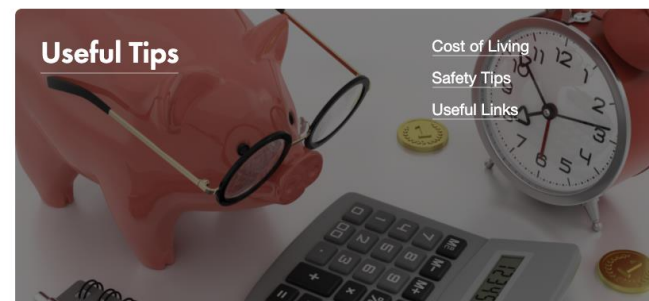
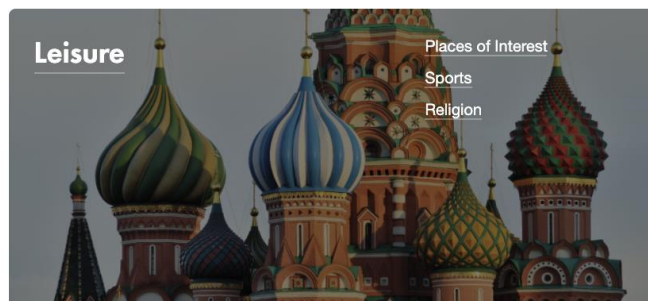
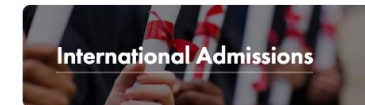
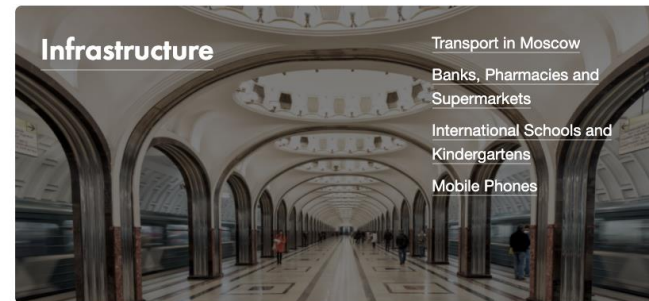
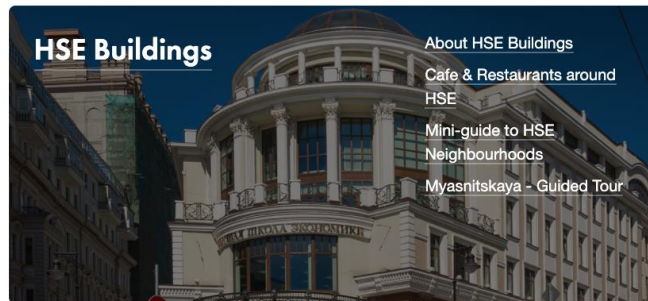
[Samokat \(Самокат\)](#)

[Yandex.Lavka \(Яндекс.Лавка\)](#)



www.hse.ru/recommends/

Life in Moscow





International Student Support

Exchange & Visiting Students

Full Degree Students

Campus Facilities

Arrival in Russia and Measures to Prevent COVID-19

International Student Support Centre Team

Office D626, 11-Pokrovsky blw., Moscow
Working Hours: Mon - Fri: 10 a.m. – 7 p.m.

Emergency Line (24/7):
+7(985) 040-13-55

Email:
istudents.support@hse.ru

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