



NATIONAL RESEARCH  
UNIVERSITY

SIMO-Student International Mobility Office

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



Moscow, 2021

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

**1. Your next steps**

**2. Documents**

**3. Packing tips**

**4. Orientation Session**



**Tatiana Gremiakina**

*Incoming mobility coordinator*

**Valeria Sokolova**

*Deputy Director of SIMO*



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

## NEXT STEPS

Step 1

Let SIMO know  
about your arrival  
date



Step 2

Sign up for an  
ESN buddy  
(optional)

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## BUDDY ASSISTANCE

▶ Who is a buddy?

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

▶ What buddies do/don't do:

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



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!**

## NEXT STEPS

### Step 1

Let SIMO know  
about your arrival  
date



### Step 2

Sign up for an  
ESN buddy  
(optional)



### Step 3

Take the 1<sup>st</sup> PCR-test (not  
earlier than 72 hrs before  
arrival in Russia)



### Step 4

Arrive in Russia by a  
direct flight  
Take your migration  
card



### Step 5

Take an express PCR-test  
at the airport and go to  
the dorm

or

Go to the dorm/flat  
Stay on quarantine  
and take a PCR-test within  
72 hours



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## NEXT STEPS

### Step 5

#### Option 1

1. Take an express PCR-test at the airport (for a fee)
2. Go to the dorm and check in
3. No quarantine required

or

#### Option 2 - Dorm

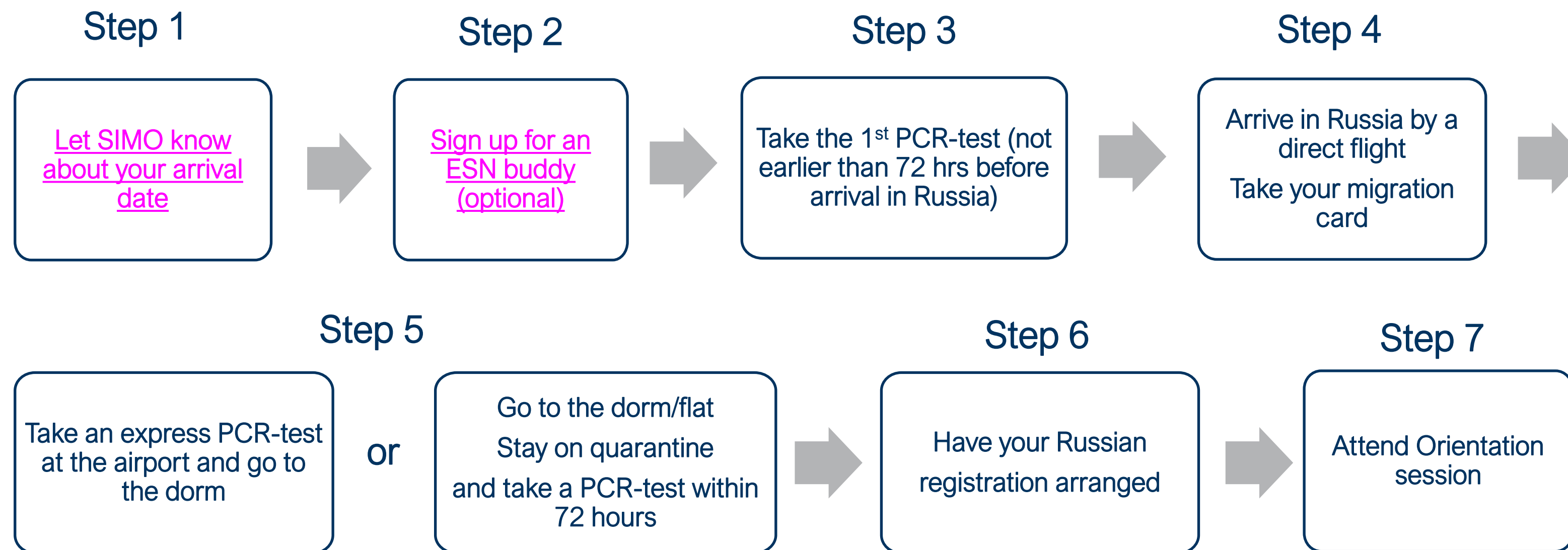
1. Go straight to the dorm from the airport
2. Buy food, medicines, and a sim card on the way to the dorm
3. Stay on quarantine for up to 72 hours
4. Take a PCR-test (for free)
5. Get a negative result and finish quarantine

#### Option 2 - Flat

1. Go straight to the flat from the airport
2. [Contact HSE Staff & Benefits Office to book a PCR-test](#)
3. Stay on quarantine for up to 72 hours
4. Take a PCR-test (for free)
5. Get a negative result and finish quarantine

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## NEXT STEPS





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## DOCUMENTS

- ☐ Passport with a Russian visa
  - Receive a letter of invitation & apply for a visa to your local Russian Consulate
  - Upload to your [ASAV Personal Profile](#)
- ☐ Medical insurance ([requirements](#))
  - Upload to your [ASAV Personal Profile](#)
- ☐ Vaccination status
  - COVID-status to [lk.hse.ru](https://lk.hse.ru)
- ☐ 1<sup>st</sup> PCR-test result
- ☐ Dorm referral
- ☐ Medical certificate for the dorm





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## DOCUMENTS

- ☐ Plane ticket
- ☐ HSE Acceptance letter
- ☐ Digital and hard copies of all documents



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## DOCUMENTS

lk.hse.ru

**Вышка Digital** | **Smart Point**    Main /

Search staff directory, subdivisions, or services

**Services** 11

**Convey information about COVID-19**

**Register for COVID-19 vaccination**  
Register for COVID-19 vaccination with the first and second components, revaccination



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## DORMITORY – A MEDICAL CERTIFICATE

Печатается на официальном бланке  
To be issued on the official letterhead

Справка о состоянии здоровья

Health certificate

(ФИО, 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

(ФИО/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

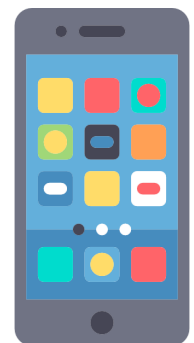
Дата выдачи справки  
Date of certificate issuing

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## PACKING TIPS



### DOCUMENTS



### MOBILE PHONE

- ☐ Has enough battery power
- ☐ Home provider has a roaming agreement with a Russian mobile company
- ☐ Charger
- ☐ Socket in Russia looks like



### ESSENTIAL CONTACTS

- ☐ Buddy
- ☐ [Dormitory](#)
- ☐ [SIMO-Student International Mobility Office](#)
- ☐ Embassy

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## PACKING TIPS



### MONEY

- ☐ Some cash (3 000-5 000 rub)
- ☐ More tips are [here](#)

NB! Don't keep large amount of cash on you!



### MEDICATIONS

- ☐ Check with the Customs control the medication transportation policy
- ☐ Some masks
- ☐ Towel



### APPROPRIATE CLOTHING

- ☐ A warm jacket
- ☐ A warm hat and scarf
- ☐ An umbrella
- ☐ No formal clothing is required

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## UPON ARRIVAL



### PASSPORT CONTROL

- ☐ Keep the Migration Card that you receive when you enter Russia
- ☐ Upload your Migration Card to your ASAV online profile



### CHECKING INTO A DORMITORY

- ☐ Check in 24/7
- ☐ Present your Dorm referral and Health Certificate signed by a physician in your home country



### REACHING ACCOMMODATION

- ☐ [Aeroexpress](#) trains
- ☐ Taxi services: Yandex, CityMobil, Gett
- ☐ Yandex.metro map app



### REGISTRATION: within 3 working days

- ☐ HSE dormitory: done by the dorm passport specialist
- ☐ Rented accommodation: apartment owner [must apply](#) to a local territorial body of the Russian Ministry of Internal Affairs.

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## ORIENTATION SESSION



### FOR ALL STUDENTS ON PHYSICAL MOBILITY

- **Day 1 (23 August)** – Official Greeting, Visas and registration, Dorm rules (**online**)
- **Day 2** (one day between 24 and 27 August or in September) – Paperwork (**face-to-face**)
- **Day 3 (30 August)** – HSE Quiz, MSTeams and LMS workshop (**optional, online**)
- **Day 4 (31 August)** – Academics, Russian as a Foreign Language Centre, Library (**online**)

Schedule on <https://istudents.hse.ru/en/orientation/>



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## USEFUL LINKS

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

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

Request a buddy: <https://istudents.hse.ru/en/buddy/>

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

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

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

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

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

Aeroexpress: <https://aeroexpress.ru/en/aero.html>





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Address: 11 Pokrovskiy blvd., office D605

Phone: +7 (495) 772 95 90

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