

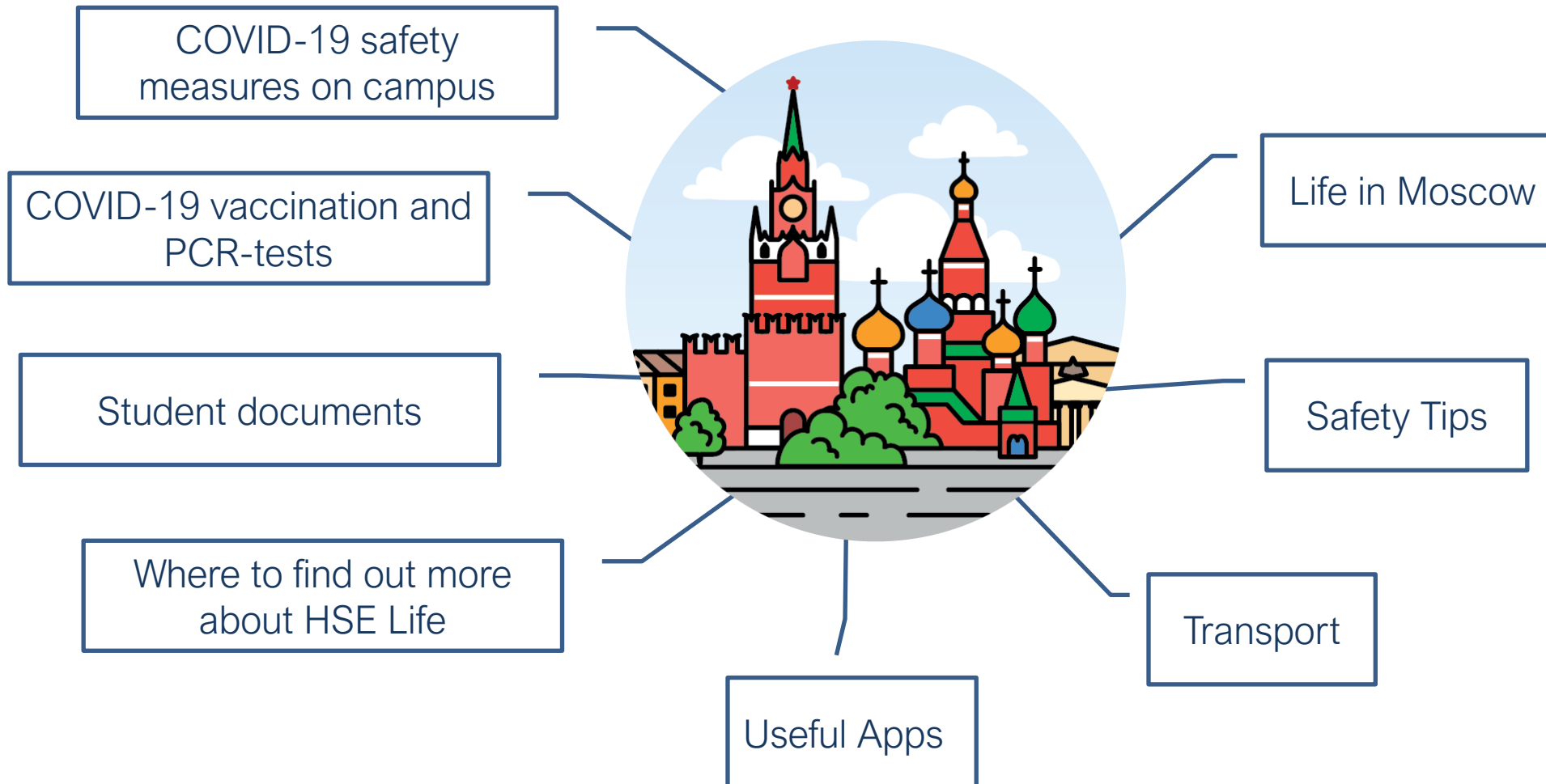
An aerial photograph of Moscow, Russia, showing a mix of architectural styles. In the foreground, several large, ornate, light-colored buildings with many windows and decorative elements are visible. In the background, a river flows through the city, and a dense cluster of modern, glass-clad skyscrapers rises against a hazy sky. The text 'HSE UNIVERSITY & MOSCOW' and 'BASIC INFO KIT' is overlaid on the lower half of the image.

# **HSE UNIVERSITY & MOSCOW**

## **BASIC INFO KIT**



# AGENDA



# COVID-19 MEASURES IN MOSCOW

- Masks in public transport and public places
- QR codes for visiting museums and events
- How to get a Russian QR code?
- ✓ take a PCR test (valid for 48 hours)
- ✓ or get vaccinated in Russia



Waiting for possible new regulations about QR codes for public places (restaurants, non-grocery shops) from February, 2022 (more news in January).



More info about Moscow life on <https://www.themoscowtimes.com/>

# COVID-19 MEASURES IN MOSCOW

## Where to take a PCR-test

### Free option: at HSE University

- Sign up in [lk.hse.ru](https://lk.hse.ru)
- Limited number of time options
- Results ready in several days



**Registration for testing for COVID-19**

Registration for testing for COVID-19

### Paid option: laboratories around Moscow

- Examples:

<https://gemotest.ru/for-travelers/>

<https://lab.rzd-medicine.ru/>

- Flexible time options
- Results can be ready faster

# COVID-19 MEASURES IN MOSCOW

## How to get vaccinated in Russia

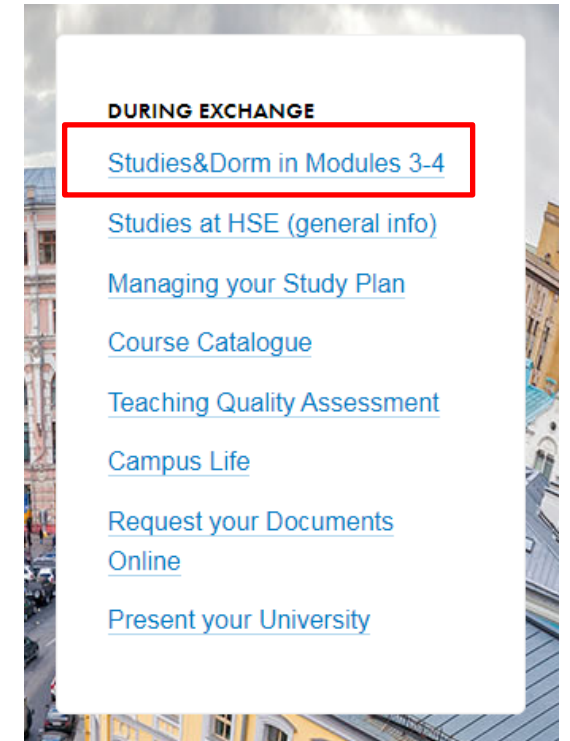


Vaccine: one component Sputnik Light

Fee:

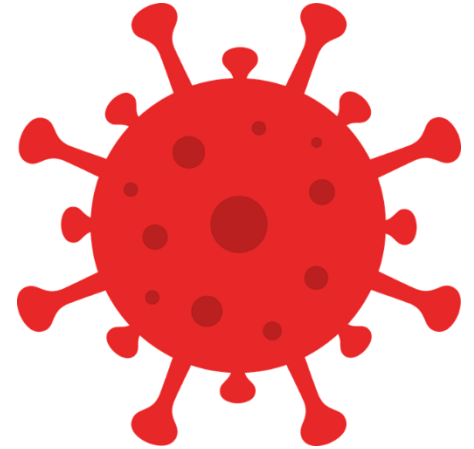
- free option (you need SNILS – Individual insurance account number)
- paid option: 1 300 roubles

More info: <https://istudents.hse.ru/en> [COVID-19 Vaccination](#) and Studies&Dorm in Modules 3-4



# COVID-19 MEASURES ON CAMPUS

- Masks
- Social distancing
- Report your COVID-19 status in HSE App X
- E-mail SIMO a scan of a certificate if you got vaccinated within past 6 months or you got COVID-19 within past 6 months



## FEELING SICK?



### DORM

1. Inform your dorm staff
2. [E-mail](#) SIMO



### APARTMENT

1. Phone 122 or the ambulance 103
2. [E-mail](#) SIMO



# STUDENT DOCUMENTS

SIMO-Student International Mobility Office  
Orientation Session for Spring 2022 Exchange and Visiting Students

**In your home  
country**

Passport + Visa

Health Insurance

Valid for the whole study  
period

Health  
certificate

1<sup>st</sup> PCR test

Vaccination certificate/  
Certificate confirming COVID-19 within the past 6  
months

**Day of arrival**

**Student ID  
Pick-up Day**

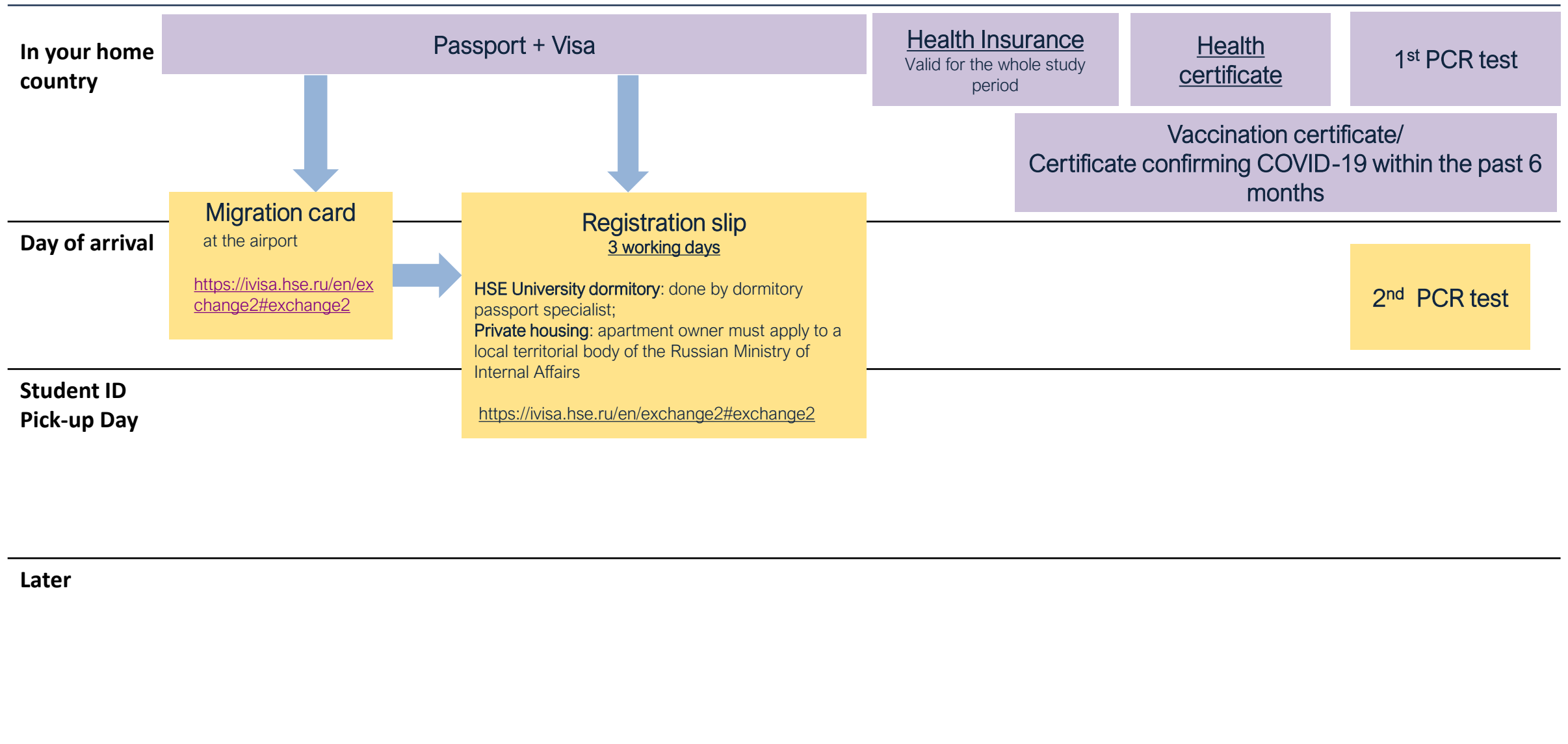
**Later**





# STUDENT DOCUMENTS

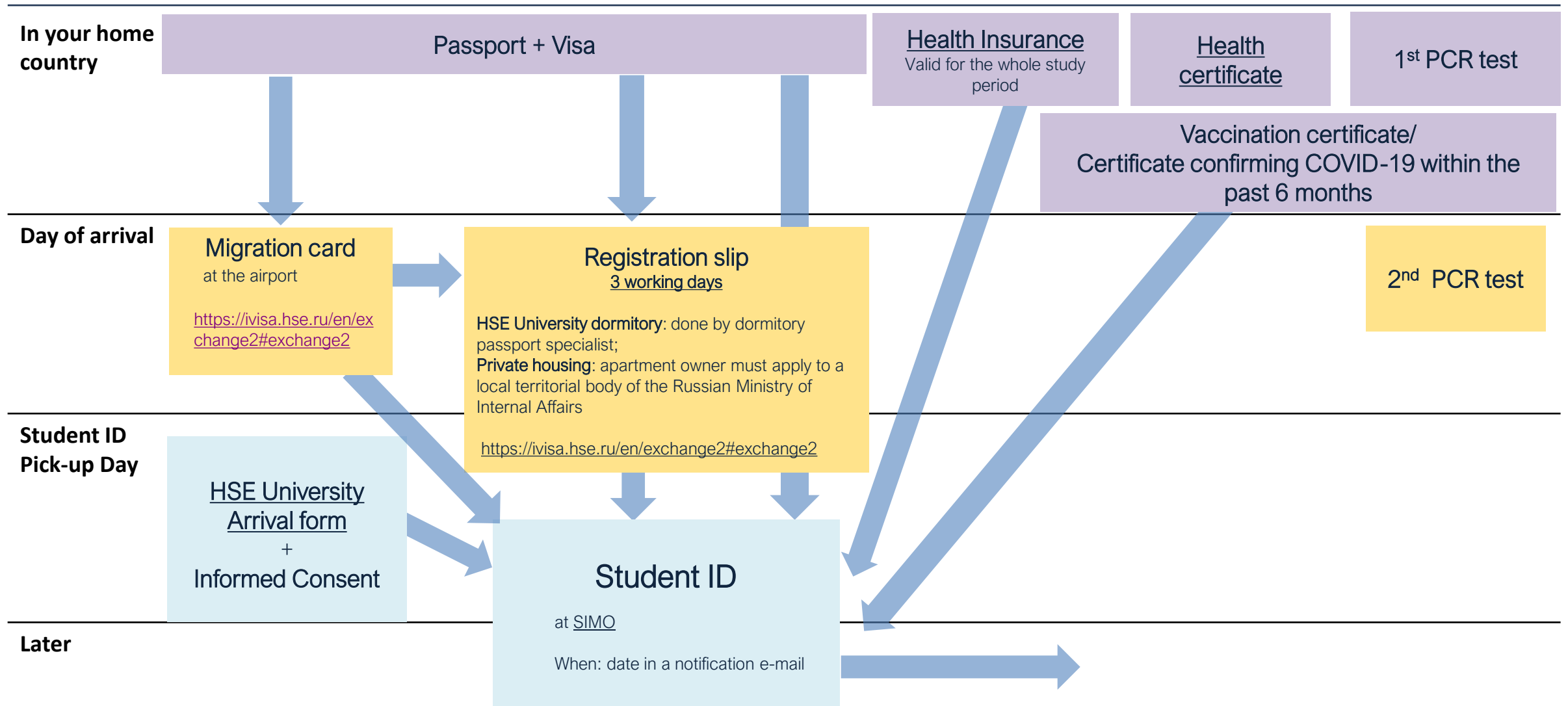
SIMO-Student International Mobility Office  
Orientation Session for Spring 2022 Exchange and Visiting Students





# STUDENT DOCUMENTS

SIMO-Student International Mobility Office  
Orientation Session for Spring 2022 Exchange and Visiting Students





# STUDENT DOCUMENTS

SIMO-Student International Mobility Office  
Orientation Session for Spring 2022 Exchange and Visiting Students

In your home  
country

Passport + Visa

Health Insurance

Valid for the whole study  
period

Health  
certificate

1<sup>st</sup> PCR test

Vaccination certificate/  
Certificate confirming COVID-19 within the  
past 6 months

Day of arrival

Migration card

at the airport

<https://ivisa.hse.ru/en/exchange2#exchange2>

Registration slip

3 working days

HSE University dormitory: by dormitory passport  
specialist;  
Private housing: apartment owner  
<https://ivisa.hse.ru/en/exchange2#exchange2>

2<sup>nd</sup> PCR test

Student ID  
Pick-up Day

HSE University  
Arrival form  
+  
Informed Consent

Student ID

at SIMO

When: date in a notification e-mail

Pass card

[Access Control Office](#) (3  
Bolshoy Trekhsvyatitsky  
Pereulok, room 114)

Later

Passport translation

HSE University Expert Translation  
Centre

Social card

at Multifunctional Centres in Moscow

After receiving an e-mail from SIMO  
<https://istudents.hse.ru/en/document/>

Library card number

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

# INFO ABOUT HSE UNIVERSITY CAMPUS LIFE

- HSE University Life <https://www.hse.ru/en/our/> (ENG, RUS)
- Facebook: [HSE International Students](#) (ENG)
- Campus Life: <https://istudents.hse.ru/en/campus> (ENG, RUS)
- [The Moscow Times](#) (ENG)

- HSE Speaking Clubs:

[German Speaking Club](#)

[Italian Club](#)

[French Club](#)

[Japanese Club](#)

[Poboltaem? Multilingual Speaking Club](#)





# HSE ERASMUS STUDENT NETWORK



Buddies



Fun events and trips



ESN Football Team



Charity events

Facebook group: <https://www.facebook.com/esnhsemsk>



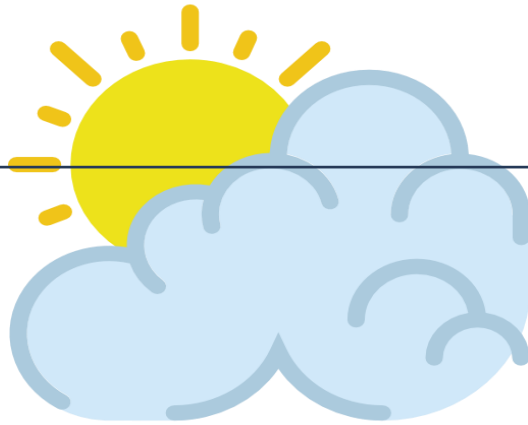
# SIMO INSTAGRAM

Tell others about  
your study abroad experience  
on IG @hse\_aroundtheworld





# LIFE IN MOSCOW



Winter **clothes** and **footwear**

[Decathlon](#)  
[Sportsmaster](#)



Visit [Life in Moscow](#)

Kitchen utensils

[Perekrestok](#)  
[Auchan](#)  
[IKEA](#)

[List of grocery stores](#)



- Check **terms of using your card abroad**
- All ATMs have a menu to select a language
- [List of reliable banks](#)



ESN HSE Moscow

Language barrier?  
[Buddies](#) are there to help!

+

[Google Translate App](#)



# SAFETY TIPS

SIMO-Student International Mobility Office  
Orientation Session for Spring 2022 Exchange and Visiting Students



Respect laws  
Apply **common sense**



Finalize all **visa** and  
**registration**  
procedures **ON TIME**



Always **carry with you**:

- passport,  
registration,  
migration card
- your student ID



Carry documents in  
a **separate pocket**

Make **photocopies**  
of all your  
documents and  
keep them at home



Check with **your insurance** company  
**where** (list of  
hospitals) and **how**  
you can use your  
insurance (payment /  
reimbursement)



Use only official  
registered **taxi**  
**services**



Be moderate with  
unfamiliar **food** and  
**drinks**



Do not drink tap water



HSE University Centre  
for Psychological  
Counselling



Save **emergency numbers** on your mobile phone:

- Universal emergency line – 112
- Dormitory
- Insurance company
- Embassy
- SIMO (Mon-Fri, 9.30-18.30):  
• +7-495-772-9590\*27806; +7-495-772-9590\*27671

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





# MOSCOW TRANSPORT: METRO

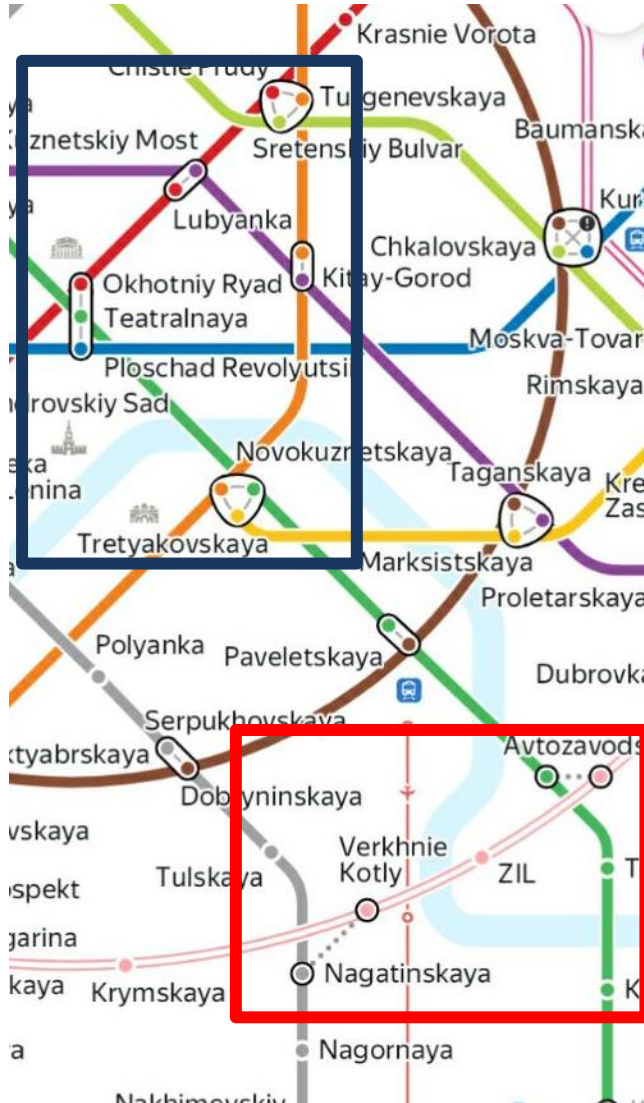
SIMO-Student International Mobility Office  
Orientation Session for Spring 2022 Exchange and Visiting Students





# MOSCOW TRANSPORT: METRO

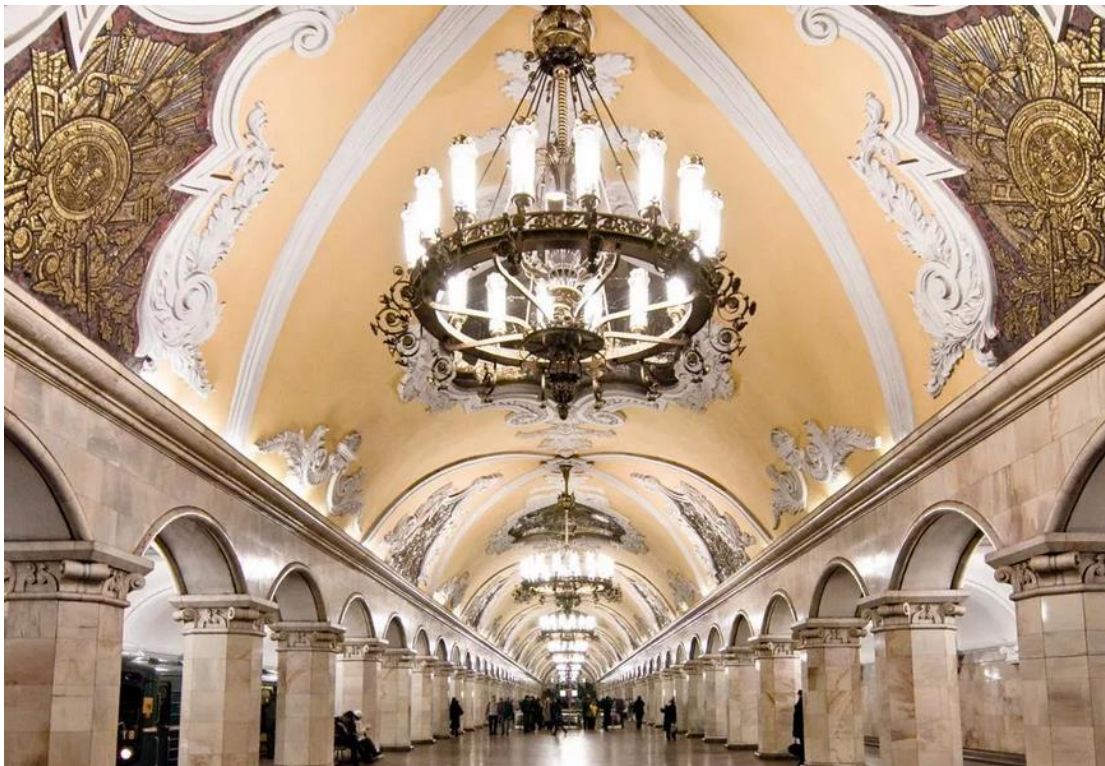
SIMO-Student International Mobility Office  
Orientation Session for Spring 2022 Exchange and Visiting Students



- ❖ Stations connected with a line:  
direct underground line change
- ❖ Stations connected with a dotted  
line: you need to walk on the street  
to change lines
- ❖ Lines D1 & D2: run by a schedule,  
suburban trains



# MOSCOW TRANSPORT: METRO





# MOSCOW TRANSPORT

SIMO-Student International Mobility Office  
Orientation Session for Spring 2022 Exchange and Visiting Students

**Ground Public Transport:** operates from 6.00 a.m. until 1 a.m + night buses (1 am – 5.30 am)

Stops are marked by a sign with:

'A' for bus

'Т' for trolley;

'Тр' for tram

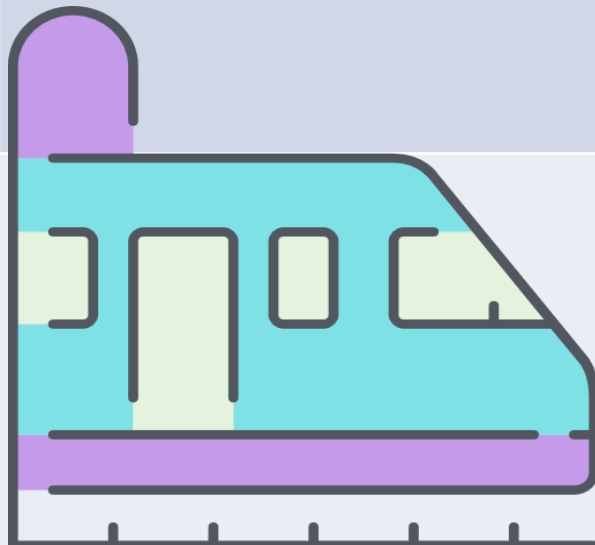


Tap your ticket on **validation machine** sensor

Use apps for Moscow transport



**Metro:** operates from 6.00 a.m. until 1 a.m

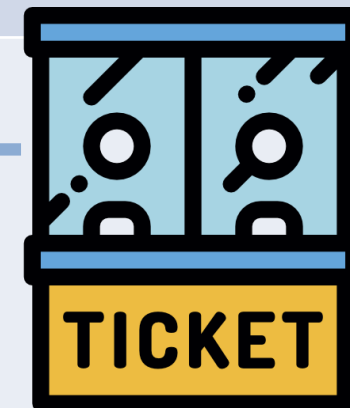


Ticket for

- 60 trips (45 days): 2 400 r
- 1 month (unlimited rides): 2360 r

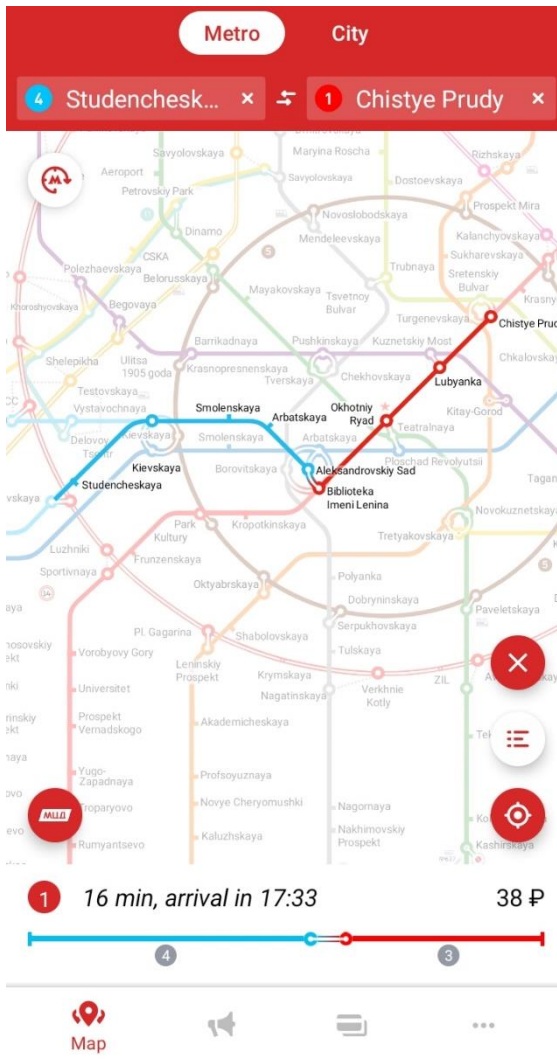


TROIKA card: 50 r





# USEFUL APPS



## PUBLIC TRANSPORT

- Ground transport:  
Yandex.Maps
- Metro:  
Mosmetro or Yandex.Metro

## TAXI

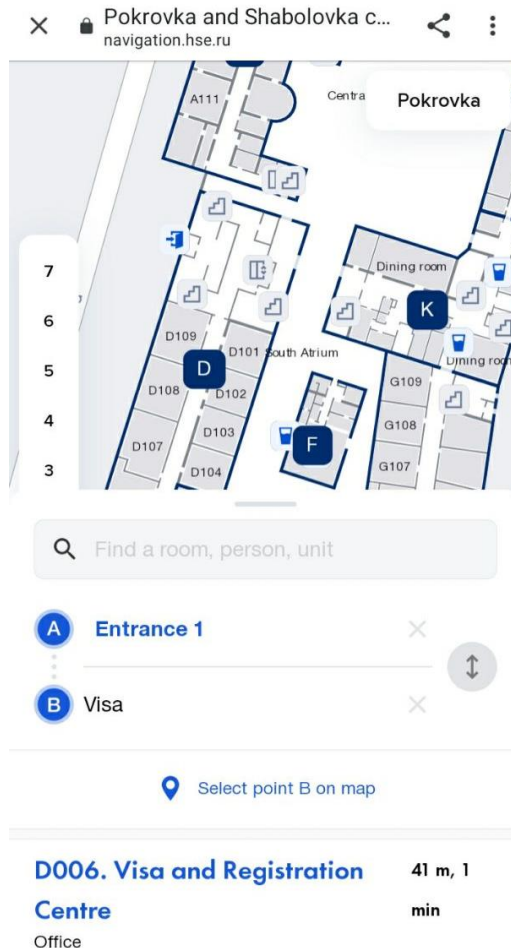
- Yandex Go
- Citymobil Taxi
- Uber Russia
- Gett

## LANGUAGE

- Google Translate



# USEFUL APPS: HSE X APP



## Interactive Maps:

- 11 Pokrovsky Boulevard
- Shabolovka

## Schedule (after Shopping Period)

## People search

## Your COVID-19 status

## More features are coming

# USEFUL INFORMATION:

- [Student International Mobility Office](#)
- [HSE University Exchange and Visiting Student Handbook](#)
- [ESN Buddies](#)
- [HSE University Library](#)
- [Map of HSE University buildings](#)
- [Maps.Me \(offline maps\)](#)
- [Transport in Moscow](#)
- [Mobile phones](#)
- [Life in Moscow](#)