



International Student Support Centre

Department of Internationalisation

Moscow
2022

SAFETY AND WELLBEING IN MOSCOW





WELLBEING

- ↓ **Student documents**
- ↓ **Moscow transport**
- ↓ **Shopping**
- ↓ **Mobile connection**
- ↓ **Cost of living**
- ↓ **Currency exchange**
- ↓ **Cultural life in Moscow**

SAFETY

- ↓ **General recommendations**
- ↓ **Safety in transport**
- ↓ **Communication with the police**
- ↓ **Health care**
- ↓ **Consular registration**
- ↓ **Useful contacts**





International Student Support Centre

Safety and Wellbeing in Moscow

Moscow
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WELLBEING & LIFE IN MOSCOW





STUDENT DOCUMENTS

MIGRATION

- ☐ Passport;
- ☐ Migration card;
- ☐ Registration slip;
- ☐ Plastic card confirming that you've undergone the obligatory procedures of medical examination, fingerprinting and photographing.

OTHER

- ☐ Student ID Card;
- ☐ Electronic ID Badge;
- ☐ Moscow Social Card;
- ☐ Scholarship Bank Card;
- ☐ Library Card;
- ☐ Voluntary Medical Insurance.



STUDENT DOCUMENTS

STUDENT ID CARD



- ✓ Issued by your degree programme's study office (takes 3-7 days);
- ✓ If you have lost your student ID, apply for a replacement from the Student Service Centre.

ELECTRONIC ID BADGE



- ✓ Issued by the Pass Collection Desk (take your student ID card or a certificate from your programme's office).
- ✓ Allows you to enter all HSE University buildings.



SCHOLARSHIP BANK CARD



How to issue a card



- ✓ Necessary for students to receive scholarships or other allowances;
- ✓ To order a MIR card, contact the [HSE Accounting Office](#).



LIBRARY CARD



- ✓ Issued by the HSE Library [online](#) after you get your Student ID Card.



[More about libraries](#)



MOSCOW SOCIAL CARD



- ✓ Check whether you are on the student register here: <https://www.mos.ru/karta-moskvicha/services/>;
- ✓ Choose the closest Multifunctional Centre here www.md.mos.ru.
- ✓ Processing time – 30 days;
- ✓ More information on [Office of Staff and Student Benefits Website](#).



MOSCOW METRO

- Open daily from 5:30 a.m. to 1 a.m.;
- Reduced fares for the metro and Moscow Central Circle – 435 rubles per month;
- You can get to Odintsovo on the [Moscow Diameters](#). Social card provides a 50% discount on a ticket;
- [Metro map](#) by Yandex;
- Mobile App [«Moscow Metro»](#).



[DETAILED
INFO](#)





BUSES AND TRAMS

- Operate daily from 5 a.m. till late at night;
- Pay with Troika card until you get your Social Transport card;
- Build your route at <https://transport.mos.ru/en>.



MORE
INFO





TAXI

- Use only official taxi services;
- If a driver threatens you, call the police on 112 for help.



[FIND DETAILS
HERE](#)

Яндекс Go

Ситимобил

диспетчерская служба
ВЕЗЁТ
ЗАКАЗА ТАКСИ

UBER



Food and necessities

Affordable prices



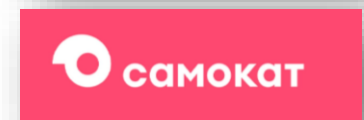
Premium



Organic | Vegan



Delivery





MOBILE SERVICES

- ☐ You can buy a SIM card at official stores of mobile providers upon arrival both at the airport and in the city;
- ☐ In Russia, you can only buy a SIM card if you have your **passport**.
- ☐ The approximate cost per month is 350-1000 ₽, depending on the option.



CURRENCY EXCHANGE

- ☐ Choose official [ATMs and banks](#);
- ☐ It's **safer to exchange in banks**.





COST OF LIVING IN MOSCOW



Medical insurance (DMS) – from **4000 ₺ per year**



Obligatory procedures of medical examination, fingerprinting and official photographing for foreign students – **5900 ₺ per year**



Visa extension – **1600 ₺ per year**



Transport: Student Social Card fees for Moscow Metro and the Moscow Central Circle – **435 ₺ per month**, ground transport – **280 ₺ per month**



Lunch at HSE: lunch in cafeterias – **180 ₺**, a cup of cappuccino – **100-150 ₺**



Food spendings: from **15 000 ₺ per month**



Mobile and Internet connection: **500-1000 ₺ per month**



Accommodation: HSE dormitory – **750-1700 ₺ per month**, alternative HSE housing options – from **10 000 ₺ per month**

To receive transfers from abroad, upon arrival, **open a bank account** in a Russian bank that [has not been sanctioned](#)



CULTURAL LIFE IN MOSCOW

- ✓ Yandex Afisha
- ✓ Kuda Go
- ✓ Culture.Ru
- ✓ Afisha
- ✓ Kassir.ru
- ✓ Mos.ru Afisha
- ✓ Kultura v gorode (VK group)





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Moscow
2022



SAFETY IN MOSCOW



GENERAL RECOMMENDATIONS



Always keep the original versions of documents confirming your legal stay in Russia on your person:

- Passport
- Migration Card
- Registration Slip
- Plastic card (fingerprinting and photographing)
- Voluntary Medical Insurance



Keep copies of all documents



Save useful contacts to your phone





USEFUL CONTACTS

- Emergency phone number **112**
- The Police **112** or **102**
- Ambulance **112** or **103**
- International Student Support Centre **+7 985 040 1355**
- Contacts of your embassy/consulate
- Contacts of your insurance company
- Centre for Psychological Counselling HSE **8 800 250 0433**





SAFETY PUBLIC TRANSPORT



**DO NOT LEAN
ON DOORS!**



**Stand behind
the yellow line**



We highly recommend only using official taxi services



COMMUNICATION WITH THE POLICE

Always keep the original versions of documents confirming your legal stay in Russia on your person:

- Passport
- Migration Card
- Registration Slip
- Plastic card (fingerprinting and photographing)
- Voluntary Medical Insurance

Regard procedures to check your documents and belongings on the part of the police with understanding. Always be polite.





HEALTH

- Confirm with your insurance company, where you can receive medical treatment;
- If you need psychological support, contact the Centre for Psychological Counseling;
- Only consume food and beverages that you are sure about. Regard unknown products with caution;
- Do not drink water from the tap; boil or filter your water, or use a bottled water delivery service;
- Always bear in mind climate conditions; dress appropriately.





MEDICAL ASSISTANCE

if you need **immediate** medical assistance, phone Russia's emergency number **112** (calls are free of charge);

For other medical treatment, contact your **insurance company** or **paid urban clinics** in Moscow;

You must have a **valid insurance policy** to receive qualified medical assistance;

First aid posts are located throughout every campus, where you can receive immediate medical assistance. All HSE buildings are also equipped with sanitary stations with first aid kits.

[View the locations of first aid
stations on campus:](#)





VOLUNTARY MEDICAL INSURANCE



All foreign citizens are required to have valid medical insurance for the entire period of stay in Russia

- You must purchase health insurance upon arrival;
- Buy online if you have Russian bank card or
- After purchase, provide a copy of the insurance to the study office.





HSE CENTRE FOR PSYCHOLOGICAL COUNSELING (CPC)

The Psychological Counseling Centre provides free counseling for students in times of stress, and encourages them to ask for help with their most immediate concerns.

In order to make a personal counseling appointment, complete the [online form](#).

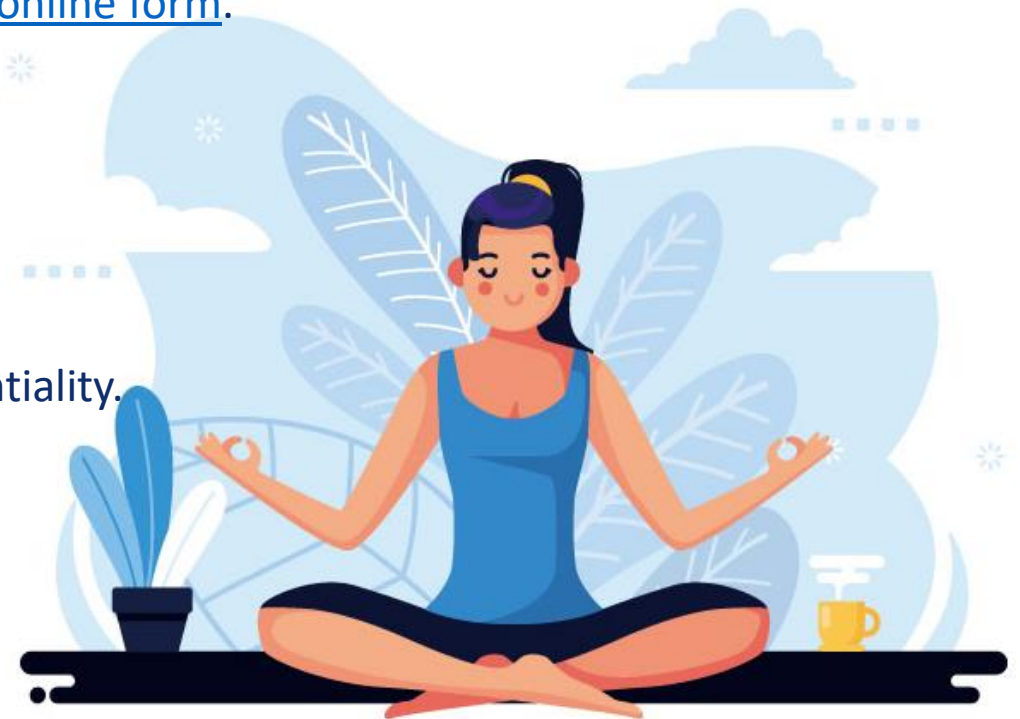
Contacts:

- 24-hour hotline **8 800 250 0433**
- E-mail: **cpkhse@hse.ru**

The Centre maintains the strictest standards of privacy and confidentiality.



[MORE
INFO](#)





CONSULAR REGISTRATION

What is consular registration?

Consular registration is the registration of foreign nationals who are permanently or temporarily staying in the Russian Federation at a consular office. To obtain consular registration, foreign nationals must provide their contact details to the consular office (national embassy or consulate).

Why is it important?

In the event of emergency, consular office will be able to contact your family quickly.

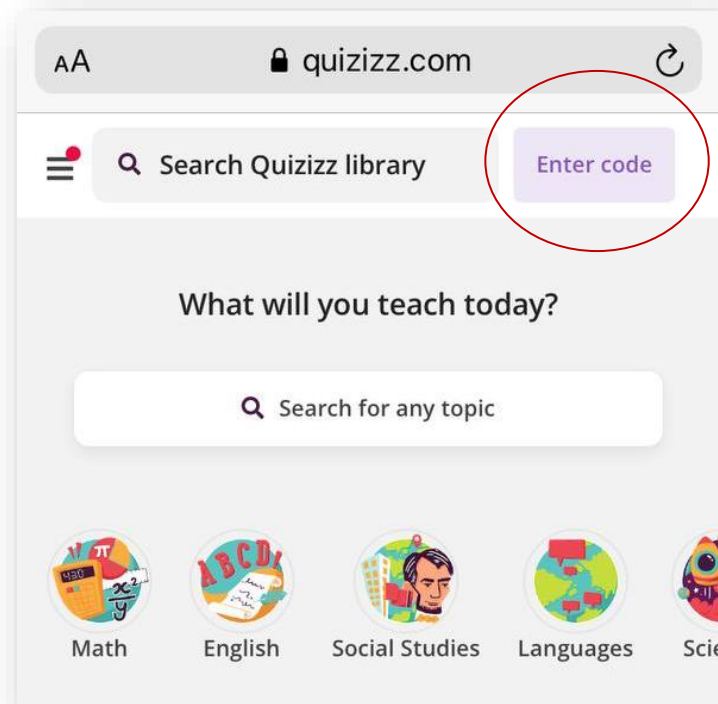
Consular registration also facilitates the recovery of personal documents in case of theft or loss.



[DETAILS HERE](#)



QUIZ



SCAN THE QR-CODE





OUR TEAM



SOCHNOV Vitaly
Head



NAZARSHOEVA Sakina
Manager



MAMONOVA Maria
Manager



KOZHEVNIKOVA Anna
Manager

CONTACTS

Emergency line

+7 (985) 040-13-55

E-mail:

istudents.support@hse.ru

Address:

**11 Pokrovsky Bulvar, Korpus D,
Office D626
Moscow, Russia, 109028**

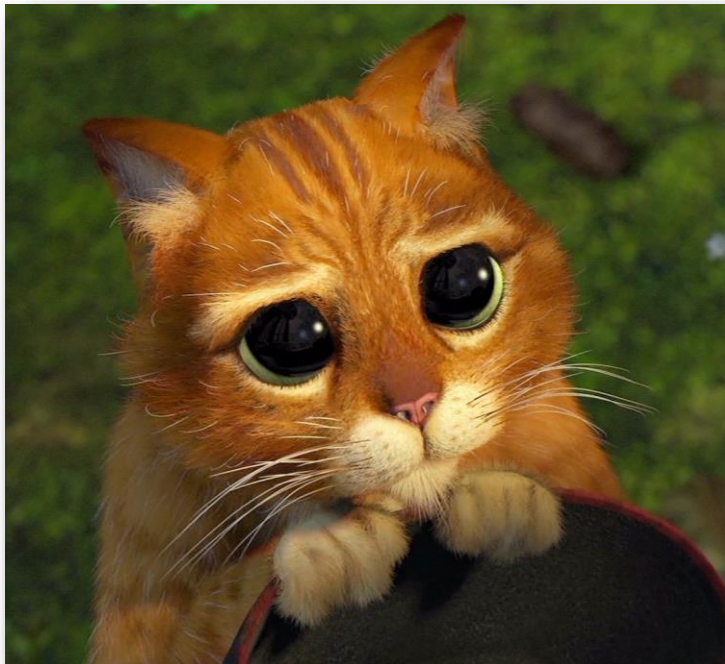
Follow us on social media





FEEDBACK

Your opinion would help us to make service better for YOU! Please fill in the form (^_^)






International Student Support
Centre

Safety and Wellbeing in Moscow

Анонс мероприятий

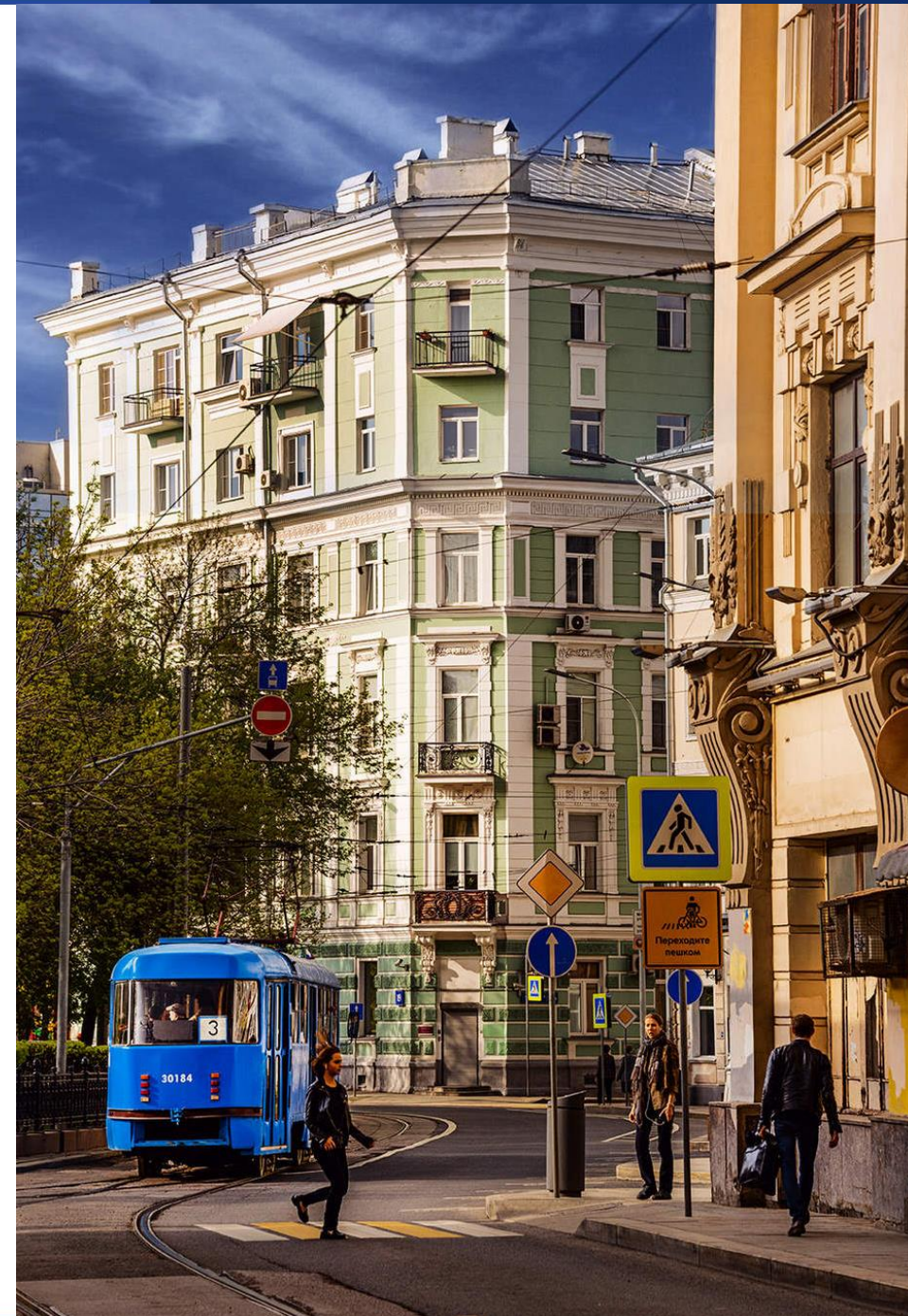
TODAY'S EVENTS

 **3:00 PM**

- ERASMUS STUDENT NETWORK PRESENTATION
- CAMPUS & CITY CENTER TOUR



Erasmus Student Network
HSE Moscow





AUGUST 25TH EVENTS

SEMINARS:

- “RUSSIAN AS A FOREIGN LANGUAGE”
- “CULTURE SHOCK”

GET REGISTERED





USEFUL SOURCES

HSE International Student Support Telegram – https://t.me/istudents_hse

HSE International Student Support V Kontakte – <https://vk.com/hse.issc>

Telegram channel “НИУ ВШЭ International” – send a request with your full name to @mashe_grustno and I will add you to the group

HSE Erasmus Student Network – <https://vk.com/esnhsemsk>

HSE University Life official website – <https://www.hse.ru/en/our/news/>

Telegram channel “Adventures of foreigners in Russia” –
[https://t.me/inostranets v RF](https://t.me/inostranets_v_RF)