



Welcome,
student!

HANDBOOK

FOR HSE UNIVERSITY INTERNATIONAL STUDENTS

Moscow, 2023

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**Dear students!**

A new phase of your life is about to start. At HSE University, you are now part of an extensive community, which strives for new knowledge and pursues the most challenging tasks, while also focusing on personal development and growth as an integral part of life. You will be studying at an institution, which has produced over 100,000 graduates now working at top Russian and international companies, carrying out cutting-edge research and applying their skills and experience in the highest echelons of public and state service.

Studying at HSE University is not a simple task. By joining a flagship Russian academic institution, you must be ready to work hard and pursue every course, subject and exam seriously and in good faith. The quality of education and academic integrity offered at the University receives special attention, and it is for this reason too that we are the first choice for talented young people.

I am very sure that HSE University will guide you in fully discovering your talents, defining your professional goals and making important steps to future success in your career and in life.

Best of luck to you!

Nikita Anisimov
Rector, HSE University



Dear students!

We are happy to welcome you to National Research University Higher School of Economics – one of Russia's top academic institutions, famous for its accomplishments, both inside and outside of the country. Our institution is focused on fostering the skills and knowledge necessary for you to become a high-quality expert in your chosen field.

You are now at the start of the most exciting phase of your life. Moreover, in addition to new experiences, we want HSE University to be the best platform for your future academic success.

This handbook for international students will provide you with answers to questions that may arise during your time in Russia, as well as help you adjust to a new environment. Each section provides useful links to the University's online resources, where you can find more detailed information. We also advise you to visit this website for international students — www.istudents.hse.ru.

Your fantastic journey at HSE University is only just beginning.

Welcome aboard!

В добрый путь!

祝大家万事如意!

¡Buen camino!

حاجنل لك مكل ىنمأ

Bon voyage!

भाग्य खुल जाइए

Victoria Panova
Vice Rector, HSE University

About HSE University

The Higher School of Economics is a national research university, which was founded on November 27, 1992.

1st

ranks first among the Top-100 Russian academic institutions according to Forbes (2022)

5

campuses: in Moscow, St. Petersburg, Nizhny Novgorod and Perm, as well as online

>300

Bachelor's, Master's and doctoral programmes

>50,000

Bachelor's and Master's students

In addition, HSE University students may apply to take part in all-Russian professional competition "Rediscovering Russia",

visit Russia's various regions and get involved in long-term regional development projects.

In 2022, together with 35 partner universities, over 100 expeditions took place involving over 1,500 participants and mentors from 58 Russian academic institutions.

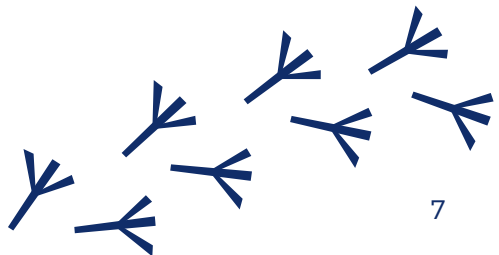
The University:

- **uses a modular system**, selections of individual study tracks and mandatory project activities;
- **applies VR-technologies** for its face-to-face classes and online courses;
- allows students of all degree programmes to pursue obligatory **Data Culture and Digital Literacy courses**.

Along with its degree programmes, HSE University offers continuing professional development, executive education, pre-University foundation courses, and various Olympiads for schoolchildren, students and professionals, while also serving as a home to many research institutes, international laboratories, a lyceum, student organizations, etc.

Join our official social media communities where you can!

- HSE University's official website:
 - www.hse.ru/en
- Keep abreast of HSE University life and events:
 - [VK](#)
 - [Telegram channel](#)
- Follow updates for students and staff:
 - [HSE Live](#) Telegram channel
- Be the first to check out interviews, lectures and broadcasts:
 - [YouTube](#)
- [Learn](#) about other social media groups





Migration rules

Migration Card

- Necessary for all international students (with the exception of citizens of the Republic of Belarus and holders of temporary residence permits, permanent residence permits and student residence permits);
- issued free of charge upon every entry to the Russian Federation at official border crossings;
- necessary for your legal stay in the Russian Federation.

Российская Федерация Russian Federation		Республика Беларусь Republic of Belarus	
Миграционная карта Migration card	Серия/Serial 46 19	№ 1111111	
Фамилия/Surname (Family name)	И В А Н О В		
Имя/Given name (s)	П Е Т Р		
Отчество/Patronymic	В А С И Л Ь Е В И Ч		
Дата рождения/Date of birth	Муж/Male <input checked="" type="checkbox"/> Жен/Female <input type="checkbox"/>		
Дни/Day	Месяц/Month	Год/Year	
01	01	1994	
Документ, удостоверяющий личность/passport or other ID		Номер визы/Visa number:	
A 011111111			
Цель визита (укажите наименование юридического лица, фамилию, имя (отчество) физического лица), населенный пункт Name of host person or company, locality: Учёба/Education		НИУ ВШЭ	
Срок пребывания/Duration of stay		Подпись/Signature	
С/From: 01.09.2019		Д/To: 29.11.2019	
Выезд в Российскую Федерацию/Республику Беларусь/ Date of arrival in the Russian Federation/ Republic of Belarus		Выезд в Российскую Федерацию/ Республику Беларусь/ Date of arrival in the Russian Federation/ Republic of Belarus	
			

Important!

Please note that when your migration card is issued, you need to check that all information is correct, e.g., the number of the ID document used to enter Russia, as well as that the purpose of your visit is stated as **"Education" (учёба)**.

Visa

- Necessary for all international students for whom a visa is obligatory.
- An initial visa is issued by consular services or Russian visa centres in your main country of residence and is valid for a single entry; this visa does not exceed 90 days.
- Necessary for legally entering and living in the Russian Federation.

Initial Migration Registration

- Obligatory for all foreigners in Russia.
- Necessary for legal stay throughout Russia.

You must get registered every time you enter the Russian Federation or change your actual place of residence in Russia.

We recommend submitting your documents for migration registration on the following working day after your arrival in Russia or the date when you actually change residence.

Procedures for getting registered at your place of residence:

- if you live in a dormitory or alternative accommodation for HSE University students — contact the dorm's passport official;
- if you rent an apartment — contact your landlord (refer to the section "Life in the Big City");
- if you stay in a hotel or hostel — contact the hotel's administrator.

[illegible]

These services
are provided free
of charge!

Migration registration after changing place of residence and during travels throughout Russia

- **Please remember** that, if you stay in a hotel or hostel, your previous registration with a dormitory or privately rented apartment will be automatically cancelled. Upon returning, you will need to get registered again.

- In case of hospitalization, prior to signing out of the hospital, confirm with its staff whether you have been registered there — you should be provided with a new registration slip. After being discharged, you will need to get registered again at your next place of residence.

Medical Examinations, Fingerprinting and Official Photographing

According to Russian legislation, international students arriving in Russia for a period of more than 90 days must undergo a medical examination, fingerprinting and official photographing (within 90 days after their entry).



Individuals who are exempt from these procedures

- Citizens of the Republic of Belarus
- Family members of officials of international organizations, as well as employees of diplomatic and consular institutions in Russia
- Persons with dual citizenship, one of which is Russian citizenship
- Foreign citizens who hold temporary or permanent residency permits (RVP or VNZh) - we request that you inform the University about this by sending scanned copies of these documents to isdocuments@hse.ru

Who must undergo these procedures

These procedures are obligatory for all international students (with the exception of the above-mentioned categories) staying in the Russian Federation for more than 90 days.

How long it takes to complete these procedures

Up to three weeks. We recommend starting the process as soon as possible (i.e., immediately upon arriving in the Russian Federation).

What if one doesn't undergo the procedures

Sanctions may be imposed resulting in the reduction of the duration of a foreign citizen's stay in Russia.

Step-by-step instructions for the new procedures.

Extending Your Registration

For visa holders

- Your visa may be extended for a maximum of one calendar year; furthermore, it is necessary to extend your student visa each year until the end of studies.
- Submit documents to extend your student visa no earlier than three months, but no later than **45 calendar days** prior to the date when the initial visa expires.
- For consultations on visa extensions, please contact the HSE Visa and Registration Centre.
- After receiving your new visa, you have only three working days to submit your documents for migration registration.

For persons residing in Russia visa-free

- Migration registration may be extended for a maximum of one calendar year one time during your studies.
- Submission of documents to extend registration for students from visa-free countries should take place no earlier than three months, and no later than 25 working days before the expiry of their initial migration registration.
- If you are from a visa-free country, to extend your registration, you may need to receive a special request from HSE University; you can order this document at: [ivisa.hse.ru/en](https://visa.hse.ru/en); applications will be processed within three working days, after which you will be notified via e-mail that it is ready.

Important! You should always have your migration papers on you, including your passport, migration card, migration slip, and fingerprint card.

Do you have any questions? Contact the HSE Visa and Registration Centre for consultations.

**Inquiries can also be made
at the Student Service Centre.**

Visit us at:
Office D006, 11 Pokrovsky Boulevard
(Pokrovsky Bulvar), Moscow

Office hours for students:

3pm–6pm, Mon – Fri
Tel.: +7 (495) 772-95-90, *27687
E-mail: visa-registration@hse.ru
Website: ivisa.hse.ru/en



Voluntary medical insurance

Voluntary medical insurance allows its holders to visit medical institutions in Russia and receive qualified medical assistance.

- A voluntary medical insurance policy is obligatory for international students, as it confirms their right to reside in the Russian Federation; every international student arriving in Russia must acquire a policy for the entire period of their stay.
- International students may acquire a policy from one of the insurance firms recommended by HSE University.

Important! Acquisition of a voluntary medical insurance policy is obligatory!

More information on recommended policies and how to purchase one can be found [here](#).



Student documents

Student ID

- Required for all students.
- Issued by your programme's study office (the ID should be issued within three to seven working days).
- Confirms student status for receiving documents and student benefits.
- Subject to prolongation by your programme's study office every year.

If you have lost your student ID, you can request a replacement from your programme's study office or the HSE Student Service Centre.



E-pass

- Allows access to all HSE University buildings.
- Only issued upon presenting your student ID or a notification from your study office.



To get an e-pass, contact the HSE Pass Collection Desk. You can find its address and office hours on the Security and Operations Office [website](#).

Library e-card

- Allows you to use the services and resources of HSE University's libraries, e.g., remote access to e-resources.
- To obtain a library e-card number, register on the HSE University Library's website by filling in an application, either on the Library's page or via the HSE App X.

Find out more about [HSE University Library](#) services.

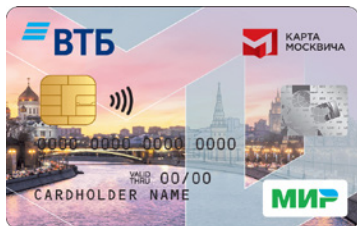
Personal insurance account number (SNILS)

- Necessary for students applying for a Moscow social (transport) card.
- Applications for a SNILS card should be submitted in person at the nearest Russian Pension Fund office or the Moi Dokumenty (MFTs) centre.

You can learn more about how to apply for SNILS [here](#).

Moscow social card

- Available for all full-time undergraduate and graduate (e.g., doctoral) students.
- Discounts on public transport in the City of Moscow and suburban train services.
- Applications for the issue of a Moscow social card can be made at www.mos.ru; you can then collect an issued card from the Moi Dokumenty (MFTs) centre, which you selected when making an application.



Find out more about issuance of [Moscow social card](#)

Scholarship bank card (not applicable to exchange students)

- Necessary for students to receive scholarships and other support funds.
- All payments at HSE University are made with bank cards issued by the MIR national payment system.



To obtain a MIR bank card, contact the University's [**Financial Office**](#)

Other documents (requesting certificates)

To obtain various types of study certificates, please contact your programme's study office or the HSE Student Service Centre.

Find out more about available services at the [**HSE Student Service Centre**](#).



Online resources

Student e-mail

- Use your student e-mail for communications between yourself and teachers, the study office of your programme and the University's administration.
- Student e-mail account is provided by the University for the entire period of your studies.
- Your login and initial password for accessing your HSE University e-mail account will be sent to your personal e-mail address prior to the start of your courses.
- Access your student account via mail.yandex.ru.

[Find out more](#) about student e-mail.

HSE University's virtual learning environment (SmartLMS)

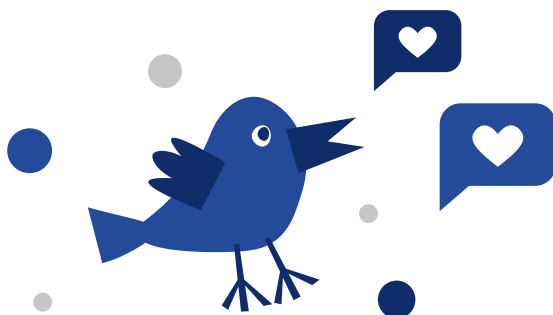
HSE University's unified educational space involves all stakeholders in the learning process: teachers upload course materials, assignments and tests, while students can submit their homework assignments.

How to access

Website: smartedu.hse.ru

Students can activate their accounts in SmartLMS with their login (login@edu.hse.ru) and password to their student e-mail.

More information about SmartLMS can be found [here](#).



My HSE Services account (ELK)

Provides access to various services.

How to access

Website: lk.hse.ru

Students can access their personal account by using their student e-mail login and password (login@edu.hse.ru).

More information about your MyHSE Services account can be found [here](#).

Course timetabling system (RUZ)

Provides students and teachers with the opportunity to view current course and examination timetables.

How to access

Сайт: ruz.hse.ru

[Learn more](#) about RUZ

Internet

Wi-Fi is available free-of-charge at all HSE University buildings, including its dormitories.

Two Wi-Fi networks have been set-up for students in the University's administrative buildings:

- **HSE.RU student network** — to access this network, you can use your student e-mail and password (login@edu.hse.ru);
- **HSE guest network** — you need to use the following to access the guest network:
 - login: hseguest
 - password: hsepassword

Further information about online access in dormitories can be found at dorm.hse.ru.

HSE hotline

The hotline's specialists can provide assistance and consultations on working with our digital platforms, systems and services.

Get in contact

- **By telephone**

+7 (495) 625 50-15 or +7 (495) 772-9590 *55555.

If you are using HSE University's campus network, you just need to dial 55555.

- **Through your MyHSE Services account**

You can access the [HSE Hotline](#).

- **Via e-mail**

digital@hse.ru

Operators work Monday through Friday, from 8am to 8pm, Moscow time. Inquiries can be received electronically 24/7.

[More information](#) about the service.

Digital Buddies — digital support for international students

Digital Buddies are assistants from HSE University, who can help international students navigate the University's digital platforms, services, systems and resources.

How to get in contact

- **Through your MyHSE Services account**

Use the ["Digital Buddies"](#) button.

Buddies work Monday through Friday, from 8am to 8pm, Moscow time. Inquiries can be received electronically 24/7.

Find out more information about Digital Buddies [here](#).



Useful mobile apps

- **HSE App X**

At the tips of your fingers, you can have access to your timetable, course grades and ratings for any period, as well as extend borrowed books, check if you have active remote access to e-library resources, and more.

Do not forget to upload scans of your migration documents (migration card and registration slip) with this App!

- **HSE.Navigation**

HSE.Navigation — this is a detailed navigator with a map of the HSE University complexes on Pokrovka, Shabolovka, Myasnitskaya and Malaya Ordynka.

Download the apps [here](#).

HSE University support programmes

Russian as a foreign language

Russian Courses

An opportunity to study Russian, from beginner to advanced levels (grammar and conversational practice with native speakers).

You can find out more [here](#).

Conversational clubs

If you want to learn more about Russian culture and the arts, we invite you to join the:

- Conversational Club;
- Cinema Club.

Get-togethers are held by teachers from the International Preparatory Programmes once a month for all those interested.

You can find out more [here](#).

Scholarships

(not applicable to exchange students)

Students are eligible for the following scholarships at HSE University:

- state academic scholarships and increased state academic scholarships;
- scholarships of the President of the Russian Federation and the Government of the Russian Federation;
- scholarships offered by the University's funds and partners;
- HSE University named scholarships.

You may apply for a scholarship, if you are:

- a successful learner;
- engaged in academic activities;
- actively involved in events at the University.

Find out more about scholarships at the [website](#) of the Centre for Scholarships and Charitable Programmes.

Financial and social support (not applicable to exchange students)

Financial Support

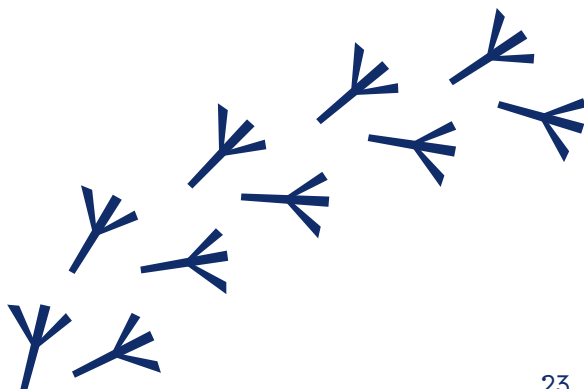
Students at HSE University have the option of receiving financial support. Students facing certain difficulties and able to provide evidential documentation to support their request may be eligible for financial support.

Social Support

Along with options for financial aid, students are entitled to receive social support, including:

- trips to recreational sites outside of Moscow during the winter and summer holidays;
- student discounts for RZD railway tickets;
- corporate loyalty programmes of fitness clubs and health centres.

Find out more about social and financial support on the [website](#) of the HSE Office of Staff and Student Benefits.



Job finding

- International students do not require a work permit to work in Russia.
- International students have the opportunity to find jobs both at HSE University (in labs, faculties, etc.) and outside organizations.

You can find out more [here](#).

Academic mobility (not applicable to exchange students)

Academic mobility is the opportunity for students to garner academic experience at other universities, learn about other education systems, get new impressions and discover new professional opportunities.

Types of academic mobility

- Intra-HSE: studies at one of the University's regional campuses
- Intra-Russian: studies at a partner institution in Russia
- International: studies at a foreign partner university
- Remote: studying online

Find out more about our [academic mobility programmes](#).



Extracurricular activities

HSE University is not just grades and ratings. It is also home to over 100 student organizations, its own system of student self-government, academic projects and boundless career opportunities. Student life at the University is extremely dynamic, diverse and offers something for everybody. The only way to truly see what's going on is to take part directly.

Student organizations

- National clubs and associations of fellow countrymen
- Sports and music clubs
- Student charitable initiatives
- Scientific clubs

You can find more information on student organizations [here](#).

HSE student council

- Core body for student self-government at HSE University
- Oversees quality assurance processes
- Deals with social issues
- Provides support in disciplinary actions and legal information
- Helps international students to adapt to life and studies in Russia, as well as corresponds with other academic institutions
- Involves students in academic activities
- Deals with issues related to accommodation in dormitories
- Takes part in the development of HSE University policies and practices related to digital support

If you want to make life and studies at HSE University better and find new friends, or if you are interested in helping your fellow students and our community, come and join the Student Council!

Find out more about the HSE Student Council [here](#).

Support centre for student initiatives

- Here, you can meet like-minded people and get consultations as to how to implement your project, as well as find assistance with selecting a grant programme and drafting grant proposals.
- The Centre holds regular internal grant competitions on behalf of the Student Initiative Foundation where anyone can file their grant application and win up to RUB 300,000 to start-up an initiative.

More information about the Centre and the competition's rules can be found [here](#).

Leadership and volunteer centre

The HSE Volunteer Centre is a large team of volunteers, where learners, staff and graduates can offer assistance and contribute to charitable and other efforts.

HSE volunteers:

- take part in major urban projects;
- provide support to participants in the Moscow Longevity project;
- hold e-courses for children from orphanages and care homes;
- partner with charitable funds and NGOs.

Throughout the year, volunteers organize their own events, where they discuss and demonstrate how they can provide assistance, e.g., donor drives or developing charity games, devising quests or writing postcards for kids through charities, and organizing collections of humanitarian aid or food for animal sanctuaries.

Follow the Centre's social media accounts and keep updated on its events:

[VK](#)

[Telegram](#)

Find out more about the [HSE Volunteer Centre](#).

HSE University digital assistants

- Digital practice vis-à-vis the University's top IT specialists
- A chance to join University's digital team, take part in outside projects, help students and staff live in a new virtual reality, all while enhancing one's digital skills without leaving the confines of HSE University

Find out more about the [HSE University Digital Assistant](#) project and submit an application.

Non-academic mobility

Non-academic mobility provides you with an option to receive funding from the Student Initiative Support Centre for trips not related to your curriculum - to forums, seminars, championships, etc.

Find out more about [programme rules](#).



"Rediscovering Russia" student expeditions

Through student expedition programmes, you can join a research student group to travel to one of Russia's regions with an experienced specialist. Through field research, participants learn about daily life in a specific area, as well as find out more about people's attitudes and lifestyles, while also exploring dialects, collecting anthropological data, etc.

You can select an expedition and apply to take part via the SmartPro platform smartpro.hse.ru. Participation in research may become part of your project or term paper work and you will be awarded credits for completed assignments.

Trips take place every year, from March to October. Trips may last from five to 14 days.

Keep in mind that you need to get registered with the local migration authorities during your travels throughout Russia (refer to the "Migration Rules" section above).

Find out more about the programme and previous expeditions [here](#).





HSE University infrastructure

Cafes and cafeterias

- Located in all HSE University buildings.
- Offer a wide range of meals at affordable prices.

You can find out more [here](#).

Sports and recreation

- Sports clubs
- Sports teams for various sports;
- Gym facilities;
- HSE University's championships for various sport

More information can be found [here](#).

Gyms

- Located in campus buildings and dormitories;
- For going to the gym, you will need to have a medical certificate on your health status; this should be issued by a medical institution; the certificate must state: "for visits to gyms" (in Russian: "Для занятий в тренажерном зале").
- You can read the rules for gym visitors at sport.hse.ru/gymrules.
- Every time going to the gym, register your visit in the visitor log.
- If the rules are not followed, gym administrators (e.g., instructors, on-duty staff, head, etc.) may decline further visits from the students until the reasons for the rejection are rectified.

You can find more information on workouts [here](#).

HSE libraries

- The HSE University's Library resources include over 600,000 printed book copies and more than 50 databases available via e-subscription.
- HSE University operates a total of nine libraries on its campuses.
- The Central Library is located on floors 2 through 5 of the main complex at Building N, 11 Pokrovsky Boulevard (Pokrovsky Bulvar).
- The Central Library's reading room operates 24/7 (floor 2).
- You can access our library services if you are a registered user (refer to the "Student Documents" section); to access reading rooms, you will need a pass.

You can find out more about HSE University libraries [here](#).



BookVyshka – HSE University bookstore

At the BookVyshka store, you can buy:

- materials printed by the HSE Publishing House;
- literature by Russian and foreign writers on various topics;
- gifts, souvenirs and clothing items with the HSE University logo.

Students are offered discounts.

The stores are located at 20 Myasnitskaya Street (Myasnitskaya Ulitsa) and 11 Pokrovsky Boulevard (Pokrovsky Bulvar).

More information can be found [here](#).

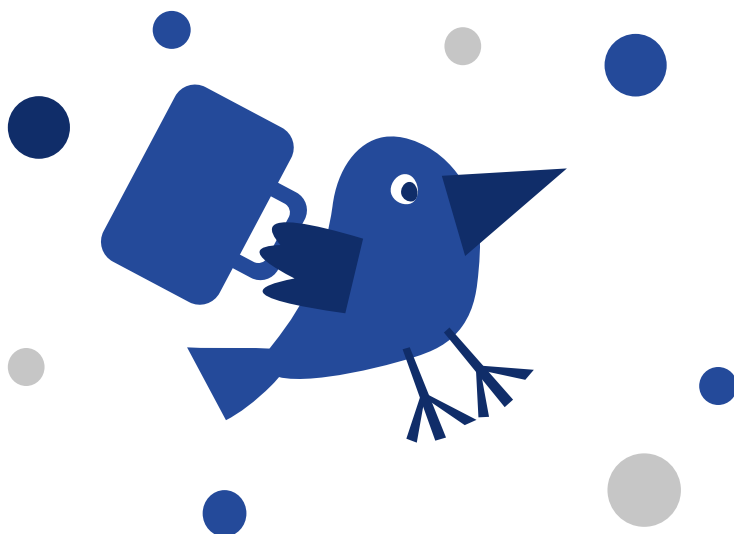
Printing documents

You can print documents at the HSE Printing Office's various outlets.

You can find information about printing facilities [here](#).

HSE University buildings

Learn more about locations of many HSE University buildings and campuses, e.g., regional locations, [here](#).



Life in the big city

HSE University dormitories

The dormitory system includes 12 dorms located in the City of Moscow and its surrounding region.

Accommodation rules

- Respect other residents and dormitory staff.
- Observe migration rules; inform the administration if you are absent from your dorm.
- Maintain cleanliness.
- Do not make meals in bedrooms.
- Observe silence between 11pm and 8am.
- Smoking, consumption of alcoholic beverages and use of narcotic substances are strictly forbidden in dormitories.

Paying for accommodation

There are two ways of making accommodation payments.

- **Payments via bank**
 - Pick up a receipt with payment information from your dormitory's administration.
 - Fill in the receipt and make a payment at Sberbank.
 - Submit the payment receipt to the dormitory administration.
- **Via online payment**

Find out more about [HSE University's dormitories](#).

Dormitory student council

- Acts as a student representative and an intermediary with the dormitory administration.
- Settles domestic conflicts and accommodation issues.
- Helps organize events at dormitories.

More information can be found [here](#).

Student housing office

HSE University's Student Housing Office can help you find accommodation options. The Office's staff consult on all issues affecting housing searches, as well as provide support to students living in rented apartments if issues arise.

Students may also have access to free-of-charge services provided by the Student Housing Office, e.g., apartment preview service and accompanying a student tenant to a rented place, as well as the provision of legal consultation upon the signing of the rental agreement.

The HSE Student Housing Office may offer various types of accommodation, including:

- Sevastopol Hotel;
- Student Housing Centre (6 Burakova Street (Burakova Ulitsa));
- rented apartments;
- hotels in the City of Moscow.

More information on accommodation options can be found [here](#).

Independent accommodation searches

- If you have decided to find accommodation online, make sure that you use reliable websites, e.g., [Cian](#), [Yandex.Realty](#), [Domofond](#), [Domclick](#).
- If you plan to rent an apartment independently, prior to signing an agreement, make sure that your landlord can get you officially registered at the location.
- HSE University **does not register** students residing in rented apartments! You must do this with the owner of the apartment. Even if a landlord tries to tell you otherwise, you should know that it's not true to the fact.
- **Beware of fraudsters!** Never make a payment and/or a deposit prior to your arrival in Russia and signing an agreement.



Safety tips in the big city

Emergency contacts

- If you experience an emergency, please dial Russia's unified number for all rescue services at **112** (free-of-charge):
 - applies throughout Russia;
 - calls to this number go through even from mobiles without sim cards;
 - English-speaking dispatchers.
- Inform the Support and Career Centre for International Students and Alumni of all incidents by calling the hotline at **+7 (985) 040-13-55**.

Pass system and campus security

- Access to campus buildings requires passes (refer to the "Student Documents" section).
- If you feel unsafe while on campus, immediately go to the nearest security post.
- All HSE University campuses are monitored 24/7 by professional security services.

Medical assistance

- If you or other people need immediate medical assistance, phone Russia's emergency number **112** (calls are free of charge).
- Contact your insurance company (contact details are specified on the policy) about medical issues or paid urban clinics in Moscow.
- On campus, there are first-aid stations where you can receive immediate medical assistance when necessary.

Psychological counselling centre

If you are in need for psychological support services, you can use the following contacts:

- the Centre's hotline: **8 800-250-0433** (24/7 and free of charge);
- via e-mail: cpkhse@hse.ru.

The hotline's psychologists are always ready to listen, help you deal with fear and anxiety, provide support and find solutions to difficult situations. All calls and messages are anonymous and confidential.

Find out more [here](#).

General recommendations and advice

- Always keep original versions of the documents confirming your legal stay in Russia on your person, e.g., passport, migration card, registration slip, fingerprinting certification, medical insurance policy.
- Keep copies of all of your official documents (both in hard and e-copies).
- Follow the procedures to check your documents and belongings on the part of the police with understanding; remain polite.
- While crossing the street, make sure you use designated walkways and illuminated areas.
- Only use officially recognized taxi services (please refer to the "Life in the Big City" section).
- Keep important contacts in your phone, e.g., Support and Career Centre for International Students and Alumni (+7 985 040-13-55), your embassy/consulate, insurance company, etc.
- Confirm with your insurance company where you can receive medical treatment.
- 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 be mindful of local climate conditions; dress appropriately.

Life in Moscow

Cellular communication

Cellular and internet services can cost between RUB 500 and 1,000 a month.

Top cellular operators in Moscow

- [Beeline](#)
 - [MegaFon](#)
 - [MTS](#)
 - [Теле2](#)
 - [Yota](#)
-

Do not use SIM cards sold in underground passages or near Metro entrances. They are illegal! Only purchase SIM cards from official cellular outlets. To obtain a SIM card, you will need a passport and its notarized translation in Russian.

Currency exchange

We recommend taking cash funds in convertible currency (USD, EUR or CNY) for your first few weeks in Russia. In Moscow airports, as well as in the city itself, you can find currency exchange offices, where you can change foreign currency for Russian rubles. Banks also provide currency exchange services.

Major banks

- [Sberbank](#)
- [VTB](#)
- [Alfa Bank](#)
- [Gazprombank](#)

Public transport

Metro

- Hours of operation: every day, from 5.30am till 1am.
- Payment: with any transport ticket (Ediny or Troika card), or your Russian bank card; students can receive transport discounts with their Moscow social card (refer to the "Student Documents" section).
- Moscow Metro [mobile app](#)

[Find out more](#) about the Moscow Metro system.

Moscow Central Circle and Moscow Central Diameters

The Moscow Metro and the stations of the [Moscow Central Circle](#), as well as stations of the [Moscow Central Diameters](#), form an integrated transport system of the metropolis. You can change trains without additional fare from the Moscow Metro to the Moscow Central Circle and change back to the metro within 90 minutes from the moment of entering the system.

Street Transport

- Moscow's urban transportation system uses buses, electric buses and trams.
- Hours of operation: every day, 5am till the late evening; certain lines work late at night.
- Transport fares payment: with any urban ticket (Ediny or Troika card), or with your Russian bank card; students can get ticket discounts by using their Moscow social card (refer to the "Student Documents" section).
- Press your metro pass or bank card against the yellow validator to board.
- Regular checks are carried out to make sure that passengers of the Moscow transport have paid their fares; if passengers travel without paying a fare or a valid ticket, this is an administrative offence; two administrative infractions may have negative consequences for foreign citizens, e.g., ban on entering Russia.
- Select a route by using: yandex.ru/maps.

Taxi Services

We highly recommend only using official taxi services, as this guarantees safety and quality. Private or unofficial car services may be unsafe.

The following services have agreements with the City of Moscow. Therefore, you will be guaranteed licensed taxis:

- Yandex GO
- Uber
- Citimobil
- Vezet

We also recommend using official taxi apps to order taxi rides effectively and quickly.

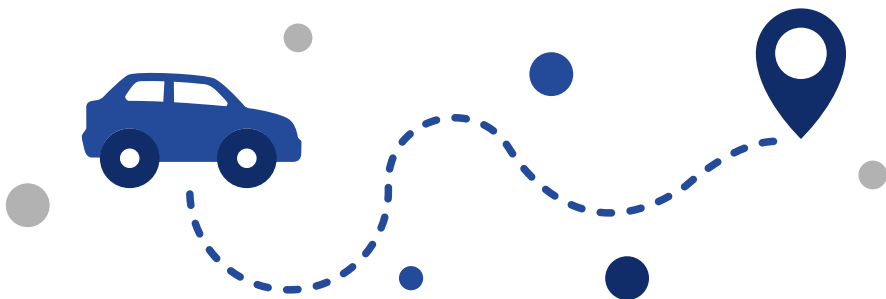
Aeroexpress

This high-speed train service runs between central metro stations and Moscow's airports.

Aeroexpress routes:

- Kievsky Railway Station (Kievskaya Metro Station) — Vnukovo Airport;
- Paveletsky Railway Station (Paveletskaya Metro Station) — Domodedovo Airport;
- Belorusskiy Railway Station (Belorusskaya Metro Station) — Sheremetyevo Airport

[Find out more](#) about transportation services in Moscow.



Useful apps

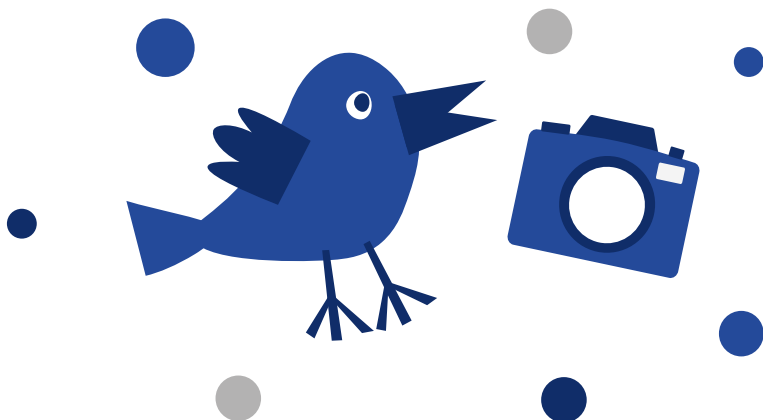
- Yandex.Metro — offline metro map
- Yandex.Maps — online maps
- Yandex. Transport — online timetable for public transport
- 2GIS — offline maps
- Uber — taxi services
- Yandex GO — taxi services
- Citimobil — taxi services
- Vezet — taxi services

Sights and attractions of Moscow

Moscow is famed for its enormous number of cultural sites, with over 400 museums, around 1,000 monuments, 130 theatres and dozens of concert halls. Events for every taste are held on a daily basis.

We recommend the following online resources to learn more about the sights and attractions, as well as events, in the City of Moscow:

- [KudaGo](#)
- [Afisha](#)
- [Tripadvisor](#)
- [Mos-holidays](#)



My to-do list

Migration Requirements

- ☐ Download and register with the HSE App X; fill in the "Migration Registration" module (see more at: istudents.hse.ru/mobileapp).
- ☐ Register with the migration authorities at your place of residence (see more at: ivisa.hse.ru/en, section "Entry to Russia").
- ☐ Set a reminder as to timeframes for the extension of your visa (if applicable) and migration registration.
- ☐ Complete medical examinations, fingerprinting and official photo (see more at: ivisa.hse.ru/en, "Obligatory procedures for international students" section).

HSE University Events

- ☐ Attend the induction meeting held by your programme office (date and place of the meeting can be requested from your programme manager).
- ☐ Get involved in at least three HSE University's events (follow the updates of upcoming events at extra.hse.ru и hse.ru/en/our).

Preparing for Studies

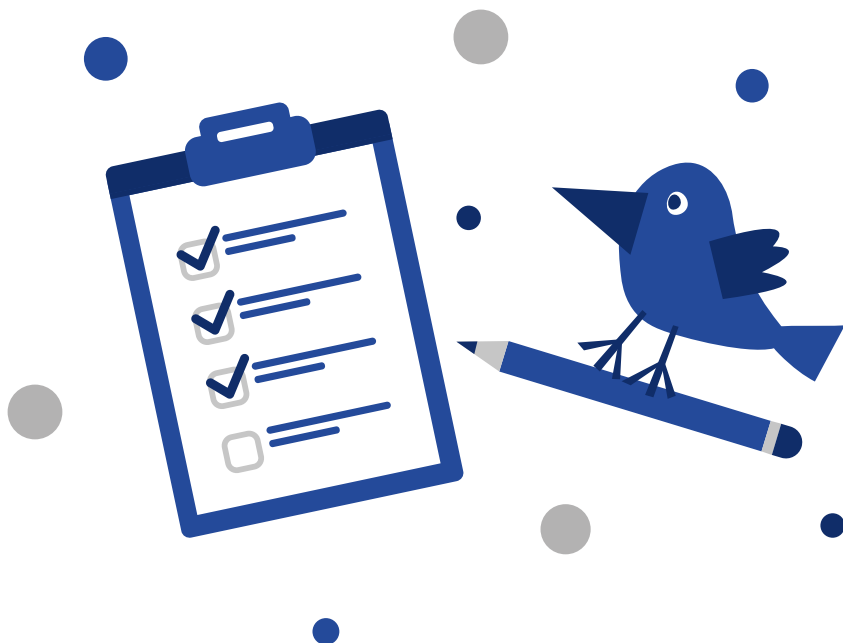
- ☐ Get access to your student e-mail and SmartLMS system.
- ☐ Get a student ID card issued.
- ☐ Apply for an e-pass.
- ☐ Register with the HSE University Library and get remote access to its e-resources.

In the City

- ☐ Acquire a medical policy and save insurance company's contacts.
- ☐ Apply for a SNILS and a social (transport) card.
- ☐ Download useful apps for getting around the city: Yandex.Metro, Yandex.Transport and Yandex Go.
- ☐ Save contacts of your embassy and register with your consular office upon entry to Russia (learn more at students.hse.ru/en, "Consular Registration" section).

Subscribe to the social media of the Support and Career Centre for International Students and Alumni:

- ☐ [VK](#)
- ☐ [Telegram](#)



HSE University's contacts

Support and career centre for international students and alumni

The Centre provides support regarding non-academic issues, offers consultations and can help you adapt to your new life here. It can also assist international learners and graduates with finding jobs and internship placements. The Centre organizes and holds orientation sessions for international students pursuing studies under degree programmes, as well as meetings between international students and the University's administration and various adaptation activities together with other HSE University subdivisions.

Visit us at: Office D626, 11 Pokrovsky Boulevard (Pokrovsky Bulvar)

Office hours: 10am–7pm, Mon – Fri

In case of any emergencies or inquiries, international students can call the Support and Career Centre's hotline:

- 24/7 hotline: **+7 (985) 040-14-55**
- e-mail: istudents.support@hse.ru
- website: istudents.hse.ru

Social network pages

- [VK](#)
- [Telegram](#)



Our team

Zhanna Sorokina —
Centre Director



Vitaly Sochnov —
Centre Deputy Director



Maria Mamonova —
Manager



Antonina Kvachuk —
Manager



Valeria Iuzyshina—
Manager



Centre for international student mobility

The International Student Mobility Centre provides student exchange programmes with Russian and international partner universities:

- provides support for exchange students from partner universities in all matters, e.g., the organization of study processes, receiving necessary documentation, consultations and assistance with respect to difficulties they may face;
- organizes competitions for HSE University students to take part in international academic mobility under University-wide agreements.

Visit us at: Office D605, 11 Pokrovsky Boulevard (Pokrovsky Bulvar)

Office hours: 10am–1pm, Mon – Wed;

2pm–5pm, Thurs – Fri

- e-mail: international.study@hse.ru
- website: istudents.hse.ru

Social media

- [VK](#)
- [Telegram](#)

Our team

Valeria Sokolova —
Centre Director



Anna Kozhevnikova —
Centre Deputy Director



Tatiana Gremyakina —
Manager



Farida Gasratova —
Manager



Useful contacts



HSE Visa
and Registration
Centre



Student
Housing Office



Centre
for Scholarships
and Charitable
Programmes



Student Service
Centre



Office of Staff
and Student
Benefits



HSE Central
Library



Student Initiative
Support Centre



Psychological
Counselling
Centre



Russian
Language
Centre



Office for Dormitory,
Guesthouse
and Recreation
Centre Management



Career
Development
Centre

112

Russia-wide
Emergency
Number



Good luck!