



HANDBOOK

FOR INTERNATIONAL STUDENTS
AT HSE UNIVERSITY

Moscow, 2024

CONTENTS

MIGRATION RULES



STUDENT DOCUMENTS



HSE SERVICES



LIFE IN MOSCOW



CONTACTS



Dear students,



It gives me great pleasure to welcome you here within the halls of National Research University Higher School of Economics, or HSE University, the leading Russian university with recognised global standing and an internationally renowned name. We are pleased that you have chosen HSE University to pursue your educational goals and obtain a higher education, and we will strive to do everything in our power to provide you with the full spectrum of opportunities for your full-fledged development, enabling you to become true professionals in your chosen fields of study.

What we expect to see from you are a sense of responsibility toward your work, a conscientious attitude toward the academic process, and a serious approach to each subject you study as well as to each examination you take. For our part, we guarantee you the highest level of quality of teaching and instruction, all manner of support from your teachers and the HSE University staff, and a highly positive atmosphere that is both conducive to learning and comfortable and convenient for day-to-day living.

You are all now starting out on a brand new stage in your individual life journeys, during which you will not only be augmenting your store of knowledge. You will also be making many new friends here as you pursue your scholarly paths. Moreover, you will enjoy the opportunity to get acquainted with our country up close, to learn about and experience her ancient and richly diverse culture for yourself, while enjoying our traditional Russian hospitality.

I am confident that the experiences and impressions that you gain here will help you to succeed in reaching your goals and that you will remain members of the HSE University family throughout your lives.

I welcome you to HSE University and wish you every success!

Nikita Anisimov
Rector, HSE University



Dear students,

You have begun your journey not just at Russia's leading university with a globally recognised name, which has consistently placed high in both national and international rankings, but also at a university that enjoys one of the best reputations among employers.* With the proper diligence and desire on your part, obtaining an education here will help you to be more successful and more in-demand in the job market already at the very start of your career. During your studies, you will meet various challenges and perform real-world tasks set by HSE University's partners in diverse industries, and you will have a wide range of optional courses to choose from combined with the ability to determine your own educational track.

Our students are united by their common aspiration to obtain a high-quality education with instruction in Russian or English, as well as to make new friends, discover Russia, and enjoy the freedom of their student years to experience as many new things as possible. Toward these ends, HSE University offers you all types of opportunities and state-of-the-art infrastructure: you can join a business accelerator or a sports club, attend arts festivals, take part in volunteer initiatives and other unique projects, or create something of your own. Across all campuses, more than 5,400 students are currently pursuing their education. They come from nearly 140 countries, thus giving us the right to say: HSE University brings the whole wide world together!

We are continuously working toward strengthening our relationships with our international partners. Every year, the number of international academic programmes grows, which in turn opens up greater opportunities for you to gain invaluable experience studying and living in diverse countries. And your choice of where to go is virtually unlimited in this regard as the range of eligible countries now numbers over 50.

New beginnings are always exciting but can also cause a bit of anxiety. I am confident, however, that all of you can succeed and accomplish your goals here in our supportive environment as part of the HSE University family! I wish you all great success!

Victoria Panova
Vice Rector, HSE University

*by Forbes Education 2024

ABOUT HSE UNIVERSITY

HSE University is a national research university founded on November 27, 1992; a university with a wide spectrum of competencies and outstanding scholarly expertise in STEM disciplines (Science, Technology, Engineering, Mathematics); Social Sciences, Economics, and Humanitarian disciplines; as well as fields of study related to the creative industries.

No. **1**

in 11 subjects among Russian universities in the Shanghai ranking (ARWU)

A+

Awarded the highest quality rating for training specialists in Artificial Intelligence (AI) (2023)

5
campuses

Moscow, St. Petersburg, Nizhny Novgorod, Perm and online

> **300**

individual degree programmes offering bachelor's, master's, and doctoral degrees

> **55⁰⁰⁰**

students enrolled in undergraduate (bachelor's level) and master's level degree programmes

> **5400**

international students from nearly **140** countries worldwide



HSE University offers:

- a modular system, a choice of individual study options, and mandatory project-based learning as an integral component of the academic process;
- the implementation of virtual reality (VR) technologies in both lecture-based and online courses;
- students enrolled in all degree programmes take courses in Data Culture and Digital Literacy;
- international academic exchange programmes in > 50 countries: unique experience of studying in another country while studying at HSE.

Join the HSE University community!

Visit the official HSE University website at www.hse.ru

Be in the know about what's happening at HSE University via popular social media platforms

VK (formerly VKontakte)

vk.com/hse_university

Telegram

t.me/s/hse_official

Be informed of HSE University news for students and staff on the **"University Life"** webpage at

www.hse.ru/en/our

or the **"Вышка для своих" ("Vyshka dlya svoikh") Telegram channel** at

t.me/hse_live

(in Russian only)

Watch fresh HSE University videos with interviews, lectures, and news reports on **YouTube** at

www.youtube.com/user/hse

MIGRATION RULES





HSE UN

NON
SCHOLAE
SED VITAE
DISCIMUS

Logo: HSE UN

International
University of Applied Sciences
Hamburg

MIGRATION CARD

- A Russian migration card is a required document for all international students (with the exception of citizens of the Republic of Belarus and holders of temporary residence permits [in Russian: ПВП, or RVP], temporary residence permits for education [in Russian: ПВПО, or RVPO], or permanent residence permits [in Russian: ВНЖ, or VNZh]).
- A migration card is issued free of charge upon every entry into the Russian Federation at official border crossings.
- It is required to stay legally in the Russian Federation.

"А" (Въезд/Arrival)											
Российская Федерация Russian Federation						Республика Беларусь Republic of Belarus					
Миграционная карта Migration Card				Серия/ Serial							
				N							
Фамилия/Surname (Family name)				Иванов							
Имя/Given name(s)				Иван							
Отчество/Patronymic				Иванович							
Дата рождения/Date of birth						Пол/Sex					
День/ Day		Месяц/ Month		Год/ Year		Муж./Male <input checked="" type="checkbox"/>		Жен./Female <input type="checkbox"/>			
01		02		2006		Казахстан					
Документ, удостоверяющий личность/Passport or other ID						Номер визы/Visa number:					
A10000000											
Цель визита (нужное подчеркнуть)/Purpose of travel (to be underlined): Служебный/Official, Туризм/Tourism, Коммерческий/Business, Учеба/Education, Работа/Employment, Частный/Private, Транзит/Transit						Сведения о приглашающей стороне (наименование юридического лица, фамилия, имя, (отчество) физического лица), населенный пункт/Name of host person or company, locality.					
Срок пребывания/Duration of stay: C/From:						Подпись/Signature: Do/To:					
Служебные отметки/For official use only											
Въезд в Российскую Федерацию /Республику Беларусь/Date of arrival in the Russian Federation/Republic of Belarus						Въезд из Российской Федерации /Республики Беларусь/Date of departure from the Russian Federation/Republic of Belarus					

Sample of a migration card

Important! Please note that upon receiving your migration card you must immediately check it to verify that all of the information shown on it is correct, including that it states the purpose of your visit as «Study» на «purpose of your visit as «Education» (in Russian: "Учёба") and that the number of your ID document that you used to enter Russia (usually, a passport) is correct.

VISA

- A valid visa is absolutely necessary for all international students from countries whose citizens must have a visa for entering the Russian Federation.
- It is required for entering Russia and staying legally in Russia.

An initial entry visa is issued by a Russian Federation consulate or visa centre in the student's primary country of residence and is valid for a single entry only. Such an entry visa is only valid for 90 days and requires extension – please check **EXTENDING YOUR STAY IN RUSSIA** section.



Sample of a Russian visa

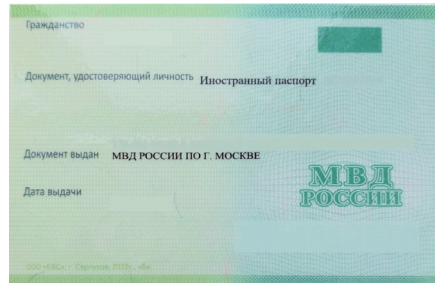
MIGRATION REGISTRATION

- Migration registration is mandatory for all international students in Russia.
- It is required to stay legally in the Russian Federation.
- You must be registered each time you enter the Russian Federation or change your actual place of residence:
 - If you stay at a hotel or hostel, your previous registration at a dormitory or rented private apartment will be cancelled automatically. If you leave Russia, upon returning you must be registered once again at your place of residence after re-entering the country.

MEDICAL EXAMINATIONS, FINGERPRINTING AND TAKING OFFICIAL PHOTOGRAPHS

By Russian law, international students arriving in Russia for a period of more than 90 days must undergo a medical examination and fingerprinting and have official photographs taken within 90 days from their date of entry.

Sample of document confirming fingerprinting and taking of official photographs



Individuals who are exempt from these procedures include:

- citizens of the Republic of Belarus;
- family members of officials of international organisations, as well as employees of diplomatic and consular institutions in the Russian Federation;
- persons with dual citizenship, one of which is Russian citizenship;
- foreign nationals who hold Russian temporary residence permits (in Russian: РВП, or RVP) or permanent residence permits (in Russian: ВНЖ, or VNZh).

Important!

! International students must inform HSE University if they hold an RVP or VNZh by sending scanned copies of the relevant documents to **isdocuments@hse.ru**.

How long do these procedures take to complete?

Undergoing these procedures and obtaining the relevant documents may take up to three weeks. Given this, we recommend that you start the process as soon as possible (i.e., immediately upon your initial registration in the Russian Federation).

What happens if I fail to undergo these procedures?

Persons who fail to undergo these procedures, or fail to complete them within 90 days after their arrival, may be sanctioned by having the period of their stay in Russia cut short.

Please familiarise yourself with the step-by-step instructions for mandatory procedures **visa.hse.ru/en/medst**



EXTENDING YOUR STAY IN RUSSIA

For visa holders:

- Your visa may be extended for a maximum of one calendar year, meaning that you will need to extend your student visa each year until you complete your studies.
- Make sure to submit documents for extending your student visa no earlier than three months, but **no later than 45 calendar days** before the expiration date of the initial visa.
- For consultations on visa extensions, please contact the HSE Visa and Registration Centre.
- After receiving your new visa, you will have **only three business days** to submit documents for extending your **migration registration**.

For persons residing in Russia on a visa-free basis:

- Your migration registration may be extended for a maximum of one calendar year one time during the course of your studies.
- Make sure to submit documents for extending your registration no earlier than three months, but no later than 25 business days before the expiration date of your initial migration registration.
- You will need to obtain a request petition from HSE University to apply for extending your registration. You can request this document at <https://ivisa.hse.ru/>. Applications will be processed within three business days, after which you will be notified via email that your registration document is ready to pick up.

If you plan to study in Russia for more than six months, you can apply for a temporary residence permit for education (in Russian: ПБТЮ, or RVPO). For more detailed information on obtaining an RVPO, please visit ivisa.hse.ru/rvpo.

Do you still have more questions?
Visit the HSE Visa and Registration Centre for a personal consultation with one of their knowledgeable staff members.

You can make an appointment through the Student Service Centre.

Address: 11 Pokrovsky Bulvar, Pokrovka Complex, Office D006, Moscow

Office hours for students:

Monday–Friday, 2 pm–6 pm

Tel.: +7 (495) 772-95-90, ext. 27687

Email: visa-registration@hse.ru

Website: ivisa.hse.ru/en

VOLUNTARY HEALTH INSURANCE

With coverage under a voluntary health insurance policy, the insured party is guaranteed medical assistance within the scope provided for under the given insurance programme.

- Holding a voluntary health insurance policy is mandatory for international students, and is one of the documents that confirms their right to reside in the Russian Federation.
- Every international student arriving in Russia must take out a voluntary health insurance policy that provides coverage for the entire period of their planned stay in Russia.
- International students can take out a voluntary health insurance policy from any one of the insurance providers recommended by HSE University.

To learn more about voluntary health insurance policies and how to take one out
www.hse.ru/en/medical/ins

Important!

You should always carry your migration documents with you, including your passport, migration card, notification of arrival form (registration slip), and fingerprinting confirmation card.



STUDENT DOCUMENTS





STUDENT ID

- required for all students;
- issued by your programme's study office for a period of one year;
- confirms student status for receiving documents and student benefits;
- subject to prolongation by your programme's study office every year.

If you lose your student ID, you can request a replacement from the Student Service Centre.

Sample of a student ID



E-PASS

- gives you access to all buildings on the HSE University campus.
- only issued with a student ID card and after submitting copies of migration documents to the Visa Support Centre (during the orientation session for foreign students on 27-31.08.2024 or during September in G004).

Sample of an e-pass



To obtain an e-pass, contact the HSE University Pass Collection Desk
www.hse.ru/aup/security/propusk

You can find its address and office hours on the webpage of the HSE University Security and Operations Office.

LIBRARY E-CARD

- A library e-card gives you access to the services and resources of HSE University libraries, including remote access to e-resources.
- To obtain your library e-card, register on the webpage of the HSE University Library. Within two business days after you file your registration form, your library card will be available in the HSE App X application.

Find out more about HSE University Library services library.hse.ru/en

PERSONAL INSURANCE ACCOUNT NUMBER (in Russian: СНИЛС, or SNILS)

- A SNILS number is required to apply for a Moscow Social Card (for public transportation) (see below) or to get a job in Russia.
- You can apply for a SNILS number in person at the nearest office of the Pension Fund of Russia, or visit a “Moi Dokumenty” Multifunctional Public Services Centre (in Russian: МФЦ, or MFTs).

To learn more istudents.hse.ru/en/stud_documents

You can learn more about how to apply for a SNILS number here.

Sample of a SNILS card



MOSCOW SOCIAL CARD

- All full-time undergraduate and graduate (e.g., doctoral) students are eligible to get a Moscow Social Card.
- This card gives you discounts for riding on public transportation within the City of Moscow and on suburban trains.
- You can then pick up the issued card at the “Moi Dokumenty” centres of public services (in Russian: центр госуслуг) that you selected in your application.

Sample of a Moscow Social Card



To learn more about how to obtain a Moscow Social Card
benefits.hse.ru/en/transport



SCHOLARSHIP BANK CARD (not applicable for exchange students)

- This card is required for receiving scholarship disbursements and other financial aid funds.
- All payments by HSE University are made by direct deposit transfer to bank cards issued under the Mir national payment card system.

Sample of a scholarship bank card



For obtaining a Mir bank card, apply for the lk.hse.ru/service-detail/60 (page in Russian)

OTHER DOCUMENTS (REQUESTING CERTIFICATES)

If you need a study certificate, please contact the HSE Student Service Centre.

To learn more about all of the services available from the HSE Student Service Centre studentcentre.hse.ru/en



HSE SERVICES

The image features a solid dark blue background. In the bottom right corner, there is a large, light blue curved shape that resembles a quarter-circle or a large arc, extending from the bottom edge towards the right edge. The text 'HSE SERVICES' is centered in the upper half of the image in a white, serif font.



HSE DIGITAL SERVICES

STUDENT EMAIL

- HSE University's corporate email system is the main channel for communicating with your teachers, your programme office, and the University administration.
- Your HSE University email account will be provided by the University for the entire period of your studies.
- Your login and initial password for accessing your HSE University email account will be sent to your personal email address before your first day of studies.
- You can access your student email account via **mail.yandex.ru**.

To learn more about student email it.hse.ru/edu

VIRTUAL LEARNING ENVIRONMENT (SmartLMS)

HSE University's virtual learning environment (SmartLMS) brings together all participants in the learning process: teachers use it to upload course materials, assignments, and tests, while students submit completed homework assignments via SmartLMS.

Website: edu.hse.ru (homepage in Russian)

Information for accessing SmartLMS

To sign in, please use your login (**login@edu.hse.ru**) and password for your HSE University student email account.

MyHSE SERVICES ACCOUNT

Your personal MyHSE Services Account gives you easy access to various University services.

Website: lk.hse.ru (change language to English in top right corner)

Login information:

To sign in, please use your login (login@edu.hse.ru) and password for your HSE University student email account.

To learn more about MyHSE Services www.hse.ru/en/our/news/388010551.html

E-TIMETABLING SYSTEM (RUZ SYSTEM)

The E-Timetabling System (known as RUZ) allows students and teachers to view current timetables for courses and examinations.

Website: ruz.hse.ru

Login information:

The system can be accessed via the HSE University network.



INTERNET

Wi-Fi is available in all HSE University buildings, including dormitories.

Two dedicated Wi-Fi networks have been set up specifically for student use in the University's administrative buildings:

- HSE.RU student network: To access this network, please use your student email address (**login@edu.hse.ru**) and password.
- HSE guest network: Please use the following credentials to access the guest network:
login: hseguest
password: hsepassword

DIGITAL SUPPORT (HSE HOTLINE)

HSE Digital Support specialists provide assistance and give consultations via the HSE Hotline on working with the University's digital platforms, systems, and services.

Contact the HSE Hotline:

Via phone: Dial +7 (495) 625-50-15, or +7 (495) 772-95-90, ext. 55555.

Via your MyHSE Services Account: Just press the Hotline button in your MyHSE Services Account.

Via email: Simply send an email to **digital@hse.ru**.

You can reach Digital Support team operators Monday through Saturday from 8am to 8pm, Moscow time. Inquiries and requests are received electronically on a 24/7 basis.

To learn more about Digital Support **it.hse.ru/#support**

DIGITAL BUDDIES – DIGITAL SUPPORT FOR INTERNATIONAL STUDENTS

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

Contact the HSE Hotline:

Via your MyHSE Services Account: Click on **Digital Buddies**.

Digital Buddies are available Monday through Saturday from 8am to 8pm, Moscow time. Inquiries and requests are received electronically on a 24/7 basis.

To learn more about Digital Buddies istudents.hse.ru/en/digitalbuddy

USEFUL MOBILE APPS

HSE App X

The HSE App X application is a handy tool for quickly checking your class schedule, course grades, and evaluation rating, as well as for extending the due dates for borrowed books, seeing if you have active remote access to e-library resources, paying dormitory fees, and much more.

Please remember to upload scans to the HSE App X of your migration documents (migration card and registration slip) and confirmation certificates for mandatory medical exams and fingerprinting.

HSE.Navigation

HSE.Navigation is a navigator with detailed maps of the key building complexes that make up HSE University's Moscow campus: the Pokrovka (Pokrovsky Bulvar), Shabolovka, Myasnitskaya, and Malaya Ordynka complexes.

istudents.hse.ru/mobileapp download the apps

SUPPORT PROGRAMMES

RUSSIAN AS A FOREIGN LANGUAGE

Russian Language Centre

Native-speaker teachers of Russian as a Foreign Language help international students with various levels of proficiency to learn and gain fluency in Russian, from beginning students to those who already have an advanced knowledge of the language.

To learn more www.hse.ru/en/rfl

Conversation clubs

If you wish to learn more about Russian culture and art, you are welcome to join the:

- Conversation Club, or
- Cinema Club

Teachers from HSE's International Prep Year programmes hold get-togethers once a month for all who wish to attend.

To learn more preparatory.hse.ru/en

SCHOLARSHIPS **(not applicable for exchange students)**

Students may be eligible for the following scholarship programmes at HSE University:

- State Academic Scholarship and Advanced State Academic Scholarship.
- Scholarship of the President of the Russian Federation.
- Scholarships offered by the University's foundations and partners.
- HSE University named scholarships (named after famous and outstanding scholars).

You can apply for a scholarship if you:

- are in good academic standing;
- participate in research projects;
- are actively involved in University life and events.

To learn more about scholarships on the webpage of the Centre for Scholarships and Charitable Programmes (CSCP) www.hse.ru/en/scholarships

You can also subscribe to the CSCP's Telegram channel at t.me/CSiBP.

FINANCIAL AID AND SOCIAL SUPPORT **(not applicable for exchange students)**

Financial aid

Financial aid is an available option for students pursuing degrees at HSE University. Financial aid may be granted to assist certain students experiencing specific life circumstances. To receive financial aid, eligible student applicants must submit a number of supporting documents.

Social support

Together with the option of financial aid, HSE University students are entitled to receive social support, including:

- trip vouchers for visiting recreational facilities and holiday retreats in the Greater Moscow area during winter and summer vacations;

- student travel fare discounts for rail tickets on Russian Railways (RZD);
- membership discounts for fitness clubs and health centres that partner with HSE University.

To learn more about financial aid and social support, visit the webpage of the HSE Office of Staff and Student Benefits benefits.hse.ru/en

JOB OPPORTUNITIES

The Career Development Centre:

- advises students on job search issues and helps them to draft effective resumes;
- publishes job vacancies both at HSE University (including opportunities in research laboratories and within various University faculties, etc.) as well as at various external organisations and businesses.

To learn more career.hse.ru

The Support and Career Centre for International Students and Alumni

- advises students and employers on the procedures for hiring international students.

Important!

- International students do not need work permits in Russia; all they need to be eligible for employment is a certificate of attendance at an educational institution. The Student Service Centre can provide them with the necessary certificate.
- Students will need both a SNILS number and a tax ID, or Individual Taxpayer Number (TIN) (in Russian: ИНН, or INN), to be hired for a job in Russia. You can obtain both numbers by visiting “Moi Dokumenty” centres of public services (in Russian: центр госуслуг).

● The personal income tax (PIT, known in Russian by the abbreviation “НДФЛ,” or “NDFL”) rate depends on the individual's tax residency status. A Russian tax resident is deemed any individual who is physically present in the Russian Federation for at least 183 days over the previous 12-month period. The PIT rate for Russian tax residents is 13%, while for non-residents it is 30%. Income earned by citizens of member states of the Eurasian Economic Union (EAEU) is taxed at 13% regardless of the length of their physical presence in Russia. More details are available on the website of the Federal Tax Service of Russia at www.nalog.gov.ru.

To learn more istudents.hse.ru/en/career

ACADEMIC MOBILITY **(not applicable for exchange students)**

Academic mobility opens up valuable opportunities for HSE University students to study and gain academic experience at various universities, become familiar with other educational systems, obtain numerous and diverse new impressions, and discover new professional prospects.

Types of academic mobility:

- within HSE University: study at one of the University's regional campuses.
- within Russia: study at a Russian partner university.
- internationally: study at a foreign partner university.
- remotely: study online.

To learn more about taking part in HSE University's academic mobility programmes www.hse.ru/en/studyspravka/acmob



EXTRACURRICULAR ACTIVITIES

HSE University isn't just about grades and ratings. It also hosts over 150 student organisations, has its own student government body (the Student Council), and offers academic projects across diverse disciplines and limitless career opportunities. Every student is guaranteed to find something that interests them.

STUDENT ORGANISATIONS

- national clubs and associations of compatriots;
- sports and music clubs;
- charitable and volunteer organisations;
- creative arts associations;
- science clubs;
- educational communities for spreading knowledge in specific disciplines;
- film clubs.

To learn more about student **organisations** studsupport.hse.ru/en
and to the Telegram channel (in Russian) t.me/studsupport_studlife.

HSE UNIVERSITY STUDENT COUNCIL

As the fundamental body for exercising student self-government at HSE University, the Student Council:

- oversees quality monitoring and quality assurance for University programmes;
- addresses social issues;
- provides support for disciplinary actions, and promotes legal awareness and education;
- helps international students to successfully adapt to living and studying in Russia;
- works to get students involved in research activities;
- helps resolve various issues concerning student accommodations in dormitories;
- facilitates the implementation of digital technologies at the University.

If you would like to represent and protect the rights of students, help develop the student community, and make living and studying at HSE University even more stimulating and interesting, consider getting involved by joining the Student Council.

To learn more about the Student Council studsovet.hse.ru

STUDENT INITIATIVE SUPPORT CENTRE

- At the Student Initiative Support Centre (SISC), you can meet like-minded people and make your project a reality, as well as get advice on seeking project financing, including choosing a grant programme and preparing a grant application.
- The SISC conducts regular internal grants competitions for supporting student initiatives. Anyone with an idea can take part and potentially win financing for carrying out their project.

CENTRE FOR LEADERSHIP AND VOLUNTEER WORK

The HSE Volunteer Centre is made up of a large team of volunteers, and is a place where students, staff, and alumni can offer their assistance to those in need and contribute to charitable efforts.

HSE University's volunteer community:

- takes part in major city-wide initiatives and long-term systemic projects;
- provides support for the Moscow Longevity social initiative for senior citizens;
- conducts e-courses for children living in orphanages and foster homes;
- partners with charitable foundations and NGOs.

All year round, HSE University volunteers also host their own events, where they discuss and demonstrate how to:

- join a donor drive;
- develop a charity-themed game;
- devise a patronage-themed quest;
- write postcards to kids under the care of various charities;
- organise collection drives for humanitarian aid;
- conduct events to collect food for animals living in shelters.

Follow the HSE Volunteer Centre's social media to keep updated on its events:

VK: vk.com/hse_volunteers

Telegram: t.me/volunteerhse

To learn more about the HSE University Centre for Leadership and Volunteer Work
volunteer.hse.ru/en

CENTRE OF MUSIC PROJECTS

- The Centre of Music Projects hosts classical music concerts at the HSE University Cultural Centre during the academic year, featuring performances by both HSE student musicians and well-known Russian musicians.
- It also oversees and sponsors such student organisations as Hudozhka HSE (HSE Art School), the "Chisty List" ("Blank Slate") festival, and "Guitarnyk" acoustic music evenings, among other events.

Students can also join creative collectives at HSE. For example, they can play in the HSE Symphony Orchestra, sing in the Force Major choir band, and act in performances of the HSE Theatre. Joining a creative collective requires passing an audition. Auditions are usually held twice per year, in September at the start of the academic year and in January right after the New Year's holiday.

But you don't have to be part of a formal creative arts association to get involved in the arts. You can always attend a play or concert, or take part in master classes.

Subscribe to the following HSE social media pages to always be in the know about HSE University's rich offering of diverse cultural events:

Orchestra: vk.com/hseorchestra

Theatre: vk.com/hsetheatre

Choir: vk.com/hsechoir

Art School: vk.com/hsehudogka

To learn more music.hse.ru/en

HSE UNIVERSITY DIGITAL ASSISTANTS

- Get involved in HSE University's digital initiatives together with top IT specialists.
- The Digital Assistants project offers you the chance to join HSE University's digital team, take part in projects beyond the University, and assist HSE students and staff in adapting to the digital environment and developing their own digital competencies.

Learn more about the Digital Assistants project and submit an application

it.hse.ru/en/it_assistants

EXTRACURRICULAR MOBILITY

Extracurricular mobility gives you the option to receive support for travel that is not directly related to your academic curriculum in order to participate in forums, seminars, championships, and other events.

To learn more about the programme rules studsupport.hse.ru/en/mobilnost

REDISCOVERING RUSSIA STUDENT EXPEDITIONS

Under the Rediscovering Russia Student Expedition Project, you can join a research team to travel to one of Russia's 89 regions with an experienced mentor. Through field research, you can learn more about daily life in a specific region, as well as find out more about people's attitudes and ways of life, while also exploring regional dialects, gathering anthropological data, etc.

You can select an expedition and apply to take part via the SmartPro platform (smartpro.hse.ru). Participation in such a research team may be incorporated into your own work on a project or term paper and you will be awarded credits for completed assignments.

Expedition trips take place every year, from March through October, and usually last from 5 to 14 days.

Important! Please bear in mind that you will need to be registered with the local migration authorities during your travels throughout Russia (see the "Migration Rules" section above).

To learn more about the programme and previous expeditions
foi.hse.ru/openrussia

UNIVERSITY INFRASTRUCTURE

BUILDINGS

Learn more about HSE University campus facilities and infrastructure

www.hse.ru/en/buildinghse

DORMITORIES

HSE University has 12 student dormitories in Greater Moscow (the City of Moscow and the surrounding Moscow Region).

Dormitory rules:

- Respect other residents and dormitory staff.
- Comply with migration rules; inform the dormitory administration if you plan to be away from your dorm.
- Keep your dorm room clean, neat, and tidy.
- Prepare food only in designated areas.
- Maintain quiet between 11 pm and 8 am.
- Refrain from smoking and drinking alcohol on dormitory premises.

Paying your dormitory fee:

There are three ways to pay your dorm fee.

1. Through a bank:

- Pick up a payment form with the necessary bank details from your dormitory's administration.
- Fill out the form and pay the fee at a Sberbank branch.
- Submit the bank payment receipt to the dormitory administration.

2. Online payment at pay.hse.ru/moscow/prg.

3. Via the HSE App X mobile app.

4. Via HSE personal account of a student.

To learn more about HSE University's dormitories www.hse.ru/en/dormitory

DORMITORY STUDENT COUNCIL

- The Dormitory Student Council serves to represent the interests of students and as an intermediary in dealings with the dormitory administration.
- It helps to resolve day-to-day conflicts among students and accommodation issues.
- It assists in organising events at dormitories.

STUDENT HOUSING OFFICE

HSE University's Student Housing Office (SHO) can help you find other accommodation options. The SHO staff advises students on all issues relating to their search for suitable housing and provides support for students living in rented apartments if they face any issues.

Students may also have access to free-of-charge services provided by the SHO, e.g., an apartment viewing service and accompanying a student tenant to rented accommodations, as well as legal consultations before signing a lease.

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

- The Sevastopol Hotel at 1A Bolshaya Yushunskaya Ulitsa, Building 3, in Moscow, a six-minute walk from the Sevastopolskaya metro station and a reasonable distance from HSE academic buildings (25–30 minutes on public transportation).
- The Student Housing Centre at 6a Burakova Ulitsa in Moscow, not far from the Semenovskaya metro station and 40–50 minutes by public transport to HSE academic buildings.
- The Level Amurskaya residential apartment complex at 1A Amurskaya Ulitsa, Building 3, in Moscow, located near the Cherkizovskaya metro station.
- Hotels in Moscow.

To learn more about accommodation options www.hse.ru/en/sho

HSE UNIVERSITY LIBRARIES

- The Moscow campus operates a total of nine libraries.
- The Central Library is located on Floors 2–5 of Building N in HSE University's main Pokrovka Complex at 11 Pokrovsky Bulvar in Moscow.
- The Central Library's reading room on Floor 2 is open 24/7.
- You can access library services if you are a registered user (see the “Student Documents” section). A pass is required to access the reading rooms.
- More information on getting a library card and remote access to e-resources is available on the library website.

To learn more about HSE University Libraries library.hse.ru/en/

BookVYSHKA – THE HSE UNIVERSITY BOOKSTORE

At the BookVyshka store, you can buy:

- materials published by the HSE Publishing House;
- literature by Russian and foreign writers on a wide range of topics;
- HSE branded gifts, souvenirs, and clothing items.

Students are eligible for discounts!

The BookVyshka bookstore has two locations in Moscow at 20 Myasnitskaya Ulitsa and 11 Pokrovsky Bulvar in the Pokrovka Complex.

To learn more about items for sale at the bookstore (page in Russian) bookshop.hse.ru

PRINTING OFFICE

Services offered:

- printing of documents and other print media materials;
- ordering printed mementos and other HSE branded souvenirs.

Information on addresses of Printing Office divisions print.hse.ru/en/contacts

SPORTS AND RECREATION

- sports clubs;
- teams for various sports;
- gyms;
- HSE University championships in various sports.

To learn more sport.hse.ru/en

Gyms

- Gyms are located in campus buildings and dormitories.
- To visit a gym, you will need to have a relevant medical certificate attached to your health status record; you can get one at any medical centre. The medical certificate must state that it is “for working out at gyms” (in Russian: “Для занятий в тренажерном зале”).
- When visiting a gym, you must sign into the logbook.
- If a student violates the gym rules, the management (on-duty managers, supervisors, or instructors) are entitled to bar the student from using the gym facilities until the relevant violation has been rectified.
- You can familiarise yourself with the gym rules at this link: sport.hse.ru/gymrules.

To learn more about working out at HSE University gyms sport.hse.ru/en/dormgyms

DINING ROOMS AND CAFETERIAS

- Dining facilities are located in all HSE University buildings.
- They offer a wide range of meals (including vegetarian dishes) at affordable prices.

To learn where you can have a delicious and nutritious meal www.hse.ru/en/buildinghse/dining



LIFE IN MOSCOW





MOBILE COMMUNICATIONS

Mobile telephone and internet services can cost between RUB 500 and RUB 1,000 per month, depending on your specific plan.

Major mobile operators in Moscow:

Beeline:	beeline.ru
MegaFon:	megafon.ru
MTS:	mts.ru
Tele2:	tele2.ru
Yota	yota.ru

NEVER use SIM cards that are sold or offered for free in underground passages or near Metro station entrances. They are fraudulent and illegal!

ALWAYS purchase SIM cards only from official mobile operators. To obtain a SIM card, you will need your passport and a notarized translation of it into Russian.

CURRENCY EXCHANGE

We recommend taking cash funds (in EUR, USD, or CNY) for your first few weeks in Russia. Currency exchange offices can be found at all Moscow airports, as well as in the city itself, where you can exchange foreign currency for Russian roubles (RUB).

Current exchange rates can be found on the websites of major banks.

Sberbank:	www.sberbank.ru
VTB:	www.vtb.ru
Alfa-Bank:	alfabank.ru
Gazprombank:	www.gazprombank.ru

PUBLIC TRANSPORTATION

The Moscow Metro (subway or underground rapid transit system)

- The Moscow Metro operates every day from 5:30 am until 1 am the next morning.
- You can pay metro fares with any city transport pass (Ediny or Troika cards, sold at all Metro stations), or with a Russian bank card. Students are eligible for transport discounts with their Moscow Social Card (see the “Student Documents” section).
- Download the Moscow Metro mobile app at mosmetro.ru/app.

To learn more about the Moscow Metro system mosmetro.ru

Moscow Central Circle and Moscow Central Diameters

The Moscow Metro with its 263 stations, together with the 31 stations of the Moscow Central Circle (MCC) and the 140 stations that make up the Moscow Central Diameters (MCD), form an integrated transport system serving the residents of the City of Moscow and the greater metropolitan area. No additional fares are charged when a passenger changes trains from the Moscow Metro to the MCC and/or the MCD and then changes back to the Metro within 90 minutes from the time they enter the transport system.

Ground transport

- Moscow's urban transportation system features buses, electric buses, and trams.
- Hours of operation: every day from 5 am until late in the evening. Certain lines and routes operate during late night and early morning hours.
- You can pay transport fares with any city transport pass (Ediny or Troika card, sold at all Metro stations), or with a Russian bank card. Students are eligible for transport discounts with their Moscow Social Card (see the "Student Documents" section).
- Press your transport pass or bank card against the yellow validator to enter or board.
- Fare checkers carry out regular inspection patrols to ensure that passengers of the Moscow transport system have paid their fares. Passengers found to be riding without having paid their fares will be charged with administrative offences. A foreign national who has two or more administrative violations can be barred from entering Russia for one year.
- You can map out and preview the route for any trip with the Yandex Maps web mapping service: yandex.ru/maps/.

Taxi services

We strongly recommend using only officially licensed taxi services, as this will guarantee safety and quality. Private or unofficial car services may be unsafe.

The following services have agreements with the Moscow City Government, thus guaranteeing that you will be served by licensed taxis:

- **Yandex GO**
- **Uber**
- **Citimobil**
- **Vezeet**

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

Aeroexpress

This high-speed airport train service runs on several lines linking central Metro stations to Moscow's airports.

Aeroexpress routes:

- Paveletsky Railway Station (Paveletskaya Metro Station) – Domodedovo Airport.
- Belorussky Railway Station (Belorusskaya Metro Station) – Sheremetyevo Airport.

To learn more about transportation services in Moscow istudents.hse.ru/en/transport

USEFUL NAVIGATION APPS

Yandex.Metro	offline metro map
Yandex.Maps	online maps
Yandex.Transport	online schedules for public ground transport
2GIS	offline maps

SIGHTS AND ATTRACTIONS AROUND MOSCOW

Moscow is renowned for its enormous number of cultural sites, with over 400 museums, around 1,000 monuments, 130 theatres, and dozens of concert halls. Exhibitions and performances catering to virtually every taste are staged nearly every day.

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

KudaGo	kudago.com/msk
Afisha	afisha.ru
Tripadvisor	tripadvisor.ru
Mos-holidays	mos-holidays.ru



SAFETY TIPS FOR LIVING IN THE BIG CITY

SEARCHING FOR AN APARTMENT ON YOUR OWN

- If you have decided to find accommodation online, make sure that you use reliable websites, e.g., Cian (www.cian.ru), Yandex.Realty (realty.yandex.ru), Domofond (domofond.ru), or Domclick (domclick.ru).
- If you plan to rent an apartment independently, prior to signing a lease agreement, make sure that the landlord is willing to provide you with official registration at the location.
- HSE University does NOT register students residing in rented apartments! Officially registering a tenant is the responsibility of the owner of the apartment. If a prospective landlord tries to tell you otherwise, you should know that this is not true.
- Beware of fraudsters! Never make a payment and/or a deposit before you arrive in Russia and sign an agreement.

PASS SYSTEM AND CAMPUS SECURITY

- You need a pass to access HSE University's campus buildings (see 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.

EMERGENCY CONTACTS

If you experience an emergency, dial **112** (free of charge), which is Russia's consolidated number for all emergency services.

- operates throughout Russia;
- calls to this number go through even from mobile phones 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**.

MEDICAL ASSISTANCE

- If you or other people need immediate medical assistance, dial emergency numbers 112 or 103.
- If you have other medical inquiries, contact your insurance company (see your policy for contact details) or the paid medical services division at one of Moscow's public polyclinics.
- The HSE University campus has first-aid stations, where you can get immediate medical assistance if necessary.

More information on medical assistance for international students is available on the webpage of the Office of Staff and Student Benefits: www.hse.ru/medical/ins.

PSYCHOLOGICAL COUNSELLING CENTRE

If you feel you need psychological support, call the Psychological Counselling Centre hotline at **+7 (800) 250-04-33** (24/7 and free of charge).

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 strictly confidential.

To learn more about the Psychological Counselling Centre and make an appointment for a consultation with a psychologist www.hse.ru/en/cpc



GENERAL RECOMMENDATIONS AND ADVICE

- Always keep the original copies of documents confirming the legal basis of your stay in Russia on your person, e.g., passport, migration card, registration slip, fingerprinting certification, and medical insurance policy.
- Keep copies of all of your official documents (both hard copies and e-copies).
- Please show patience and understanding if you are stopped by the police for a document check or for an inspection of your belongings. Always remain polite in such situations.
- When on the street, always use designated walkways and stay in illuminated, populated areas.
- Only use officially approved taxi services (see the “Life in Moscow” section).
- Keep important contact numbers in your phone:
 - Support and Career Centre for International Students and Alumni:
+7 (985) 040-13-55
 - Contact number of your home country's embassy or consulate
 - Contact number of your health insurance company
- Confirm beforehand with your health insurance company where and how you can receive medical treatment.
- Don't consume any food or beverages if you have doubts about their quality. Show caution about any unfamiliar or unknown food products.
- Do not drink water directly from the tap; boil or filter your water, or use a reputable bottled water delivery service.
- Always be mindful of local climatic conditions and dress appropriately.



HSE UNIVERSITY STAFF CONTACTS





HSE UNIVERSITY STAFF CONTACTS

SUPPORT AND CAREER CENTRE FOR INTERNATIONAL STUDENTS AND ALUMNI

The Support and Career Centre for International Students and Alumni provides support and offers consultations regarding non-academic issues, and can help you adapt to your new life here, as well as assist international students and alumni in finding jobs and internships. For instance, the Centre conducts orientation sessions for international degree students, arranges meetings between international students and the University's administration, and carries out various adaptation-related activities together with other HSE University subdivisions.

Visit us at: 11 Pokrovsky Bulvar, Pokrovka Complex, Office D626, Moscow
Office hours: Monday–Friday, 10 am–7 pm

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

24/7 hotline: **+7 (985) 040-13-55**
Email: **istudents.support@hse.ru**
Website: **istudents.hse.ru**

Social media

Telegram channel in Russian: **t.me/istudents_rus**
Telegram channel in English: **t.me/istudents_hse**



Our team



Zhanna Sorokina,
Centre Director



Vitaly Sochnov,
Centre Deputy Director



Hamza Samran,
Manager



Valeriia Luzyshina,
Manager

CENTRE FOR INTERNATIONAL STUDENT MOBILITY

The Centre for International Student Mobility oversees and manages student exchange programmes with Russian and international partner universities:

- Provides support for exchange students from partner universities in all matters, e.g., academic processes, obtaining necessary documentation, and consultations on and assistance with various issues facing exchange students.
- Organises competitions for HSE University students to take part in international academic mobility programmes under University-wide agreements.

Visit us at: 11 Pokrovsky Bulvar, Pokrovka Complex, Office D605, Moscow

Office hours:

Monday–Wednesday, 10 am–1 pm

Thursday–Friday, 2 pm–5 pm

E-mail:

international.study@hse.ru

(for students from partner universities)

studyabroad@hse.ru

(for HSE University students)

Website: **studyabroad.hse.ru/en/**

Social media

VK: **vk.com/hse_international_exchange**

Telegram: **t.me/studyabroadHSE**



Our team



Valeriya Sokolova,
Centre Director



Anna Kozhevnikova,
Centre Deputy Director



Tatiana Gremiakina,
Manager



Farida Gasratova,
Manager



OTHER USEFUL CONTACTS

Visa and Registration Centre

ivisa.hse.ru/en

Student Service Centre

studentcentre.hse.ru/en

Student Initiative Support Centre

studsupport.hse.ru/en

Office for Dormitory, Guesthouse,
and Recreation Centre Management (Rus)

www.hse.ru/dormoffice

Student Housing Office

www.hse.ru/en/sho

Office of Staff and Student Benefits

benefits.hse.ru/en

Psychological Counselling Centre

www.hse.ru/en/cpc

Career Development Centre (Rus)

career.hse.ru

Centre for Scholarships and Charitable Programmes

www.hse.ru/en/scholarships

HSE University's Central Library

library.hse.ru/en

Russian Language Centre

www.hse.ru/en/rfl

Russia-Wide Emergency Services Number

112

MY TO-DO LIST

Migration rules

- Download and register with the HSE App X, and 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, “Entry to Russia” section).
- Set yourself reminders of the deadlines for extending your student visa (if applicable) and migration registration.
- Complete all necessary medical examinations, fingerprinting, and official photographing (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 (contact your degree programme manager for details on the date and place of the meeting).
- Participate in at least three HSE University events (check updates of upcoming events at extra.hse.ru/en and www.hse.ru/en/our).

Preparing for your studies

- Get access to your personal student email account and the SmartLMS system.
- Get a student ID.
- Get an e-pass.
- Register with the HSE University Library and get remote access to its e-resources.

In the city

- Take out a voluntary health insurance policy and save your insurance company's contact information.
 - Apply for a SNILS number and a Moscow Social Card.
 - Download useful apps for navigating and getting around the city (see the “Life in Moscow” section).
 - Save the contact numbers of your home country's embassy and register with your consulate upon arrival in Russia.
-
- Follow the Support and Career Centre for International Students and Telegram channel t.me/istudents_hse

