



HSE University Moscow

Centre for International Student
Mobility and Educational Projects

Moscow 2026

Orientation Session for Exchange and Visiting Students

Student Documents

Life in Moscow

Student Life

Dorm Rules





Centre for International Student Mobility and Educational Projects



**Tatiana
Gremiakina**



**Arnella
Grigoryan**

Our email:

international.study@hse.ru

Drop off paper forms:

Pokrovsky Boulevard, house 11, building D, 6th floor,
rooms D605, D612

Mon, Tue, Thu: 14:00-17:00

Wed, Fri: 10:00-12:30



1. Student Documents



Documents: personal

Passport

**Health
insurance**

Upload to **ASAV** and HSE App X

SNILS

Social Fund or Sber

**Notarised
translation of
your passport**
(first pages)

**Gosuslugi
account**

SIM-card



Translation Agency:

Agency TLS:

<https://www.tlservice.ru/en/>



Insurance company with a centrally-located office:

ЛЕКСГАРАНТ:

Maly Zlatoustinsky Pereulok, house 10, building 2, room 112

Малый Златоустинский пер., дом 10, стр. 2, комната 112

<https://yandex.ru/maps/-/CLdAMK21>

Mon-Fri: 10 am – 6.30 pm



**SNILS+Gosuslugi+SIM-card+
Bank card**

G114

T-bank representative



Documents: foreign citizens

Migration card

Upload to [ASAV](#) and HSE App X

Russian visa

- Upload to [ASAV](#) and HSE App X
- Needs to be extended

Medical check-up and Fingerprint submission

Red Foreign Citizen card

(at the student's
expense)

Registration slip

- Needs to be extended



Medical check-up and fingerprint submission

Medical check-up

Bolshaya Bronnaya Street, house 3
ул. Большая Бронная, д. 3

Fingerprint submission

1st Krasnogvardeysky proezd, house 21,
building 1

**Red card of a foreign
citizen**

1-й Красногвардейский проезд, 21, стр. 1
(Башня «Око»)



Documents: HSE students

Forms (4)

**Electronic
enrollment
certificate**

**NO
Student ID card**

Pass card
(at the Access
Control Office)

**Paper enrollment
certificate**
(at the Centre for
Mobility)

**NO
social (transport)
card**



HSE Access control office:

Pokrovsky Boulevard, house 11, building Z (Culture Centre), room Z101
Покровский бульвар д. 11, корпус Z (Культурный центр), каб. Z101

Mon-Fri: 10 am – 5.30 pm

Lunch: 1 pm – 2 pm

Sat, Sun - closed

<https://yandex.ru/maps/-/CTDvZIPB>



Monthly check-ins for exchange and visiting students

Who, when:



**all foreign
citizens**



- **from October**
- **every two weeks on fixed dates in the Centre for Mobility office**

What to do:



- Put a signature in a paper register form



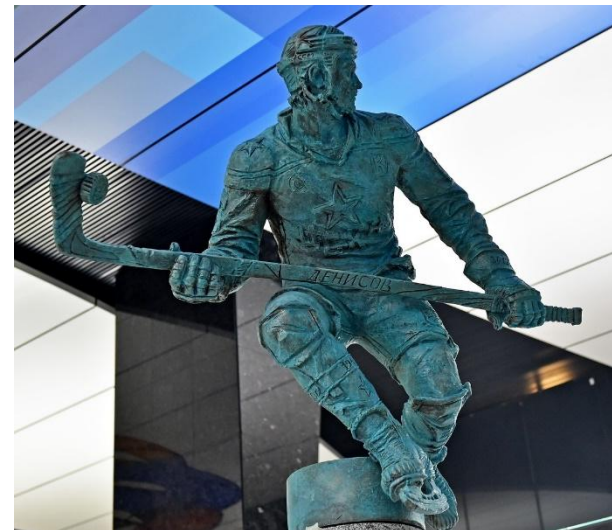
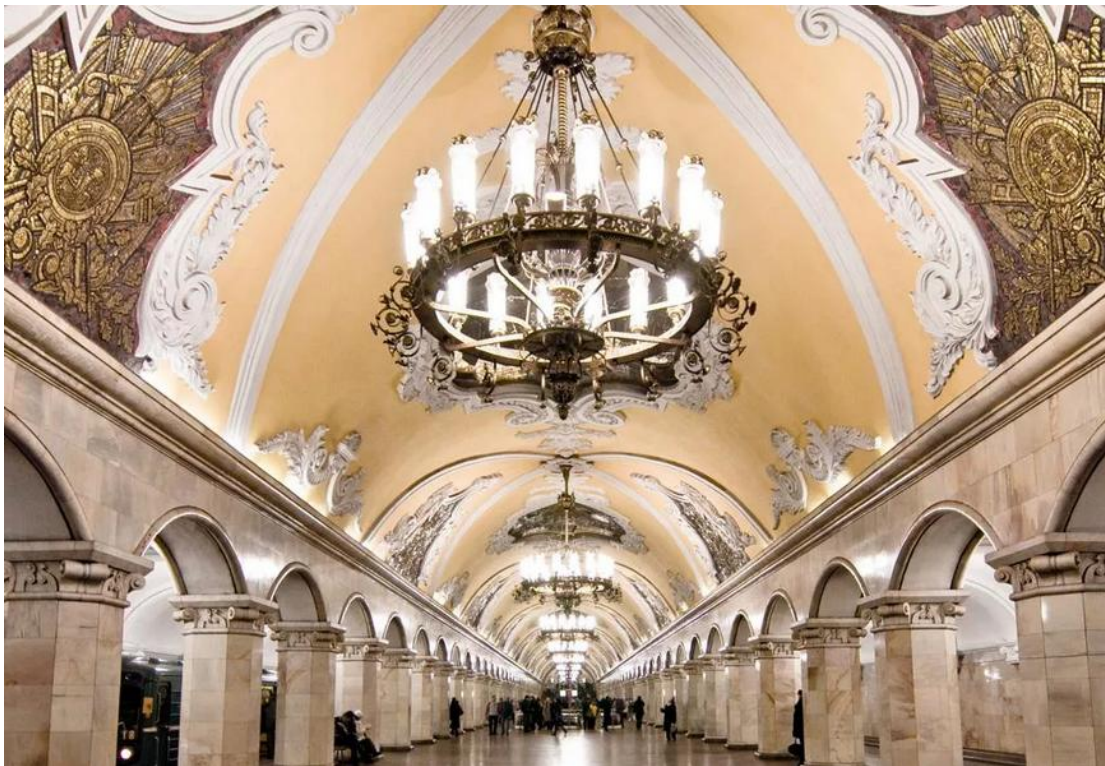
If a student misses two check-in sessions in a row, their mobility will be finished and visa cancelled



2. Transport



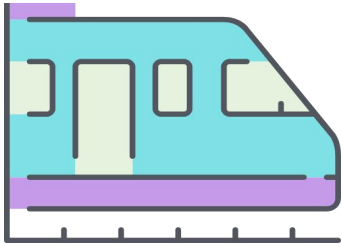
Moscow transport: Metro





Metro

from 6 am until 1 am



Ground Public Transport

from 6 am until 1 am
+ night buses (1 am – 5.30 am)



Troika Plastic Card

Metro, buses, trams



1 trip	75 r
30 days (unlimited)	3460 r
90 days (unlimited)	8450 r



3. Safety Tips



Safety Tips



Finalize all visa and registration procedures on time



- **Carry documents in a separate pocket**
- **Make photocopies of all your documents and keep them at home**



Always carry with you original documents:

- **passport, registration slip, migration card, fingerprint card**



Beware of scammers:

Don't share your Gosuslugi access code with anyone

- **Don't talk to strangers on the phone**
- **Buy theatre and museum tickets on official websites**



Safety Tips



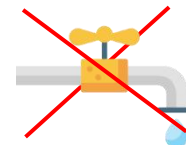
Check with your insurance company where (list of hospitals) and how you can use your insurance (payment / reimbursement)



Be moderate with unfamiliar food and drinks



Use only official registered taxi services (e.g. YandexGo)



Do not drink tap unfiltered water

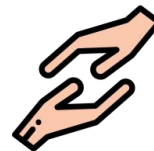


Useful contacts

- **Universal emergency line – 112**
- **Dormitory**
- **Insurance company**
- **Embassy**
- **Centre for International Student Mobility and Educational Projects (Mon-Fri, 9.30-18.30): +7-495-772-9590, extensions 27806 or 27688**



**Emergency number for migration issues:
+7 985 040 13 55**



**HSE University Centre for Psychological
Counselling**

<https://www.hse.ru/en/cpc/>

- **Book a free meeting on the website**
- **24-hour hotline 88002500433**



4. Student Life



International Student Network



Buddies



Tandem meetings



Trips



Charity events



Telegram group: <https://t.me/isnhsemस्क>



Campus Life

International Student News
https://t.me/istudents_hse
(HSE International Student Support)
<https://www.hse.ru/en/our/news/>

Sport clubs
<https://sport.hse.ru/en/>

Music meet-ups
<https://m.vk.com/lnaevening>

English Speaking Club 'Saturday'
https://t.me/club_saturday

Russian Speaking Club
<https://preparatory.hse.ru/ruspclub/>

Russian Language and Culture Online Club
«GLAGOL'» <https://lang.hse.ru/russian-online>

Board Games Club
<https://t.me/hsegg>

Arab Club:
<https://t.me/ArabClubHSE>

Chinese Club:
<https://vk.com/chinaclubhse>



5. Events in Moscow



Events and Culture in Moscow

Telegram groups:

- **Куда пойти в Москве**
- **KudaGo: Москва**
- **Москва Life**
- **Мама! Я в Москве**

Websites:

- <https://www.mos.ru/afisha/>
- <https://www.afisha.ru/>



Moscow Museum Week

- **Every third week of a month**
- **Museums on the list have a certain day when access is free of charge.**

<https://www.mos.ru/city/projects/museums/week/>

Tip: Use Google or Yandex Translate



6. Dorm Life

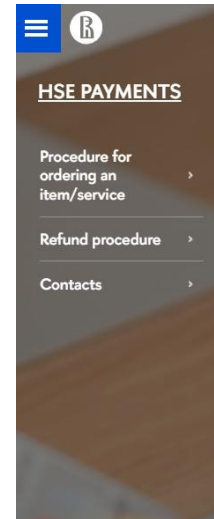


Read and sign

- ✓ **Dormitory Internal Regulations**
- ✓ **Contract**

Payments

- **After signing your contract:**
 - ✓ **in HSE App X**
 - ✓ **on HSE website**
 - ✓ **in a bank**
- **Every month, check the deadline with the dorm staff**
- **You are expected to pay for the days when you are away (e.g. travelling)**



[HSE University](#) → [HSE Payments](#) → [HSE Payment Moscow](#) → Payment for HSE Moscow dormitory

Payment for HSE Moscow dormitory

Method of payment



HSE App X

Payment without entering the name and contract number

You can download or update the app in the [App Store](#), [Google Play](#) and [AppGallery](#)



Credit card



If you're sick, contact:

1. **Dorm staff**
2. **Your insurance company**
3. **Your instructors**
4. **Centre for Mobility**



Your guests

- ✓ **from 8 am until 11 pm**
- ✓ **when you are in**



Your parties

- ✓ **agreed with dorm administration**
- ✓ **do not disturb others**



обще

житие

shared

+

living

dormitory



To Do

Clean

Check the room number and time for weekly bed linen change

Make sure you remember about your kitchen shift

- ✓ **Keep your room neat & clean**
- ✓ **Leave the kitchen clean**
- ✓ **Dispose of rubbish in designated areas**
- ✓ **Change bed linen & towels once a week**





To Do

Considerate

- ✓ **Keep quiet from 11 pm until 7 am**
- ✓ **Be polite to dorm staff**

Safe

- ✓ **Use electrical appliances in designated areas**
- ✓ **Submit documents for passport registration in a timely manner**

Problems with the Internet? – E-mail wifi@hse.ru

Avoid

- × **Using electrical appliances (stoves, boilers, irons, etc.) in your room**
- × **Lightning candles**
- × **Making loud noises**
- × **Bringing and using alcohol, drugs**
- × **Smoking outside designated areas**
- × **Bringing pets into the dormitory**

