

HSE

Survival  
Guide



# *Dear international student!*

*We are glad to see you at HSE University St. Petersburg!*

*One of the many advantages which Study Abroad Program gives you is our friendly and hospitable international team. We hope that the skills which you will gain during the program will help you in your future life.*

*This Survival Guide was created by HSE students in order to help you adapt to a new environment and cope with everyday difficulties you might have.*

*We hope you will to enjoy each day you spend in Russia! You will have an opportunity to plunge into the Russian culture, get to know national traditions and customs, learn the language via communication with the locals. Finally, you will experience the student life in Russia, full of bright and unforgettable events.*

*Good luck!*

*Best regards,*

*Students of HSE University St. Petersburg*



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## Russia in Brief

The Russian Federation is the largest country in the world with a total area of 17 million square kilometers. The population is 146,5 million people, 83% are Russians. Orthodox Christianity, Islam, Judaism and Buddhism are Russia's traditional religions and part of our historical heritage.

Russian is a presidential republic. The federal government consists of three branches: legislative, executive and judicial. The legislative powers are exercised by the Federal Assembly and the State Duma. The executive power belongs to the government which is headed by the Prime Minister. The judicial branch is represented by the Constitutional Court, the Supreme Court and regional courts.

The Russian Federation comprises 83 administrative divisions called "subjects". These subjects have equal representation in the Federation Council — two delegates each. However, they differ in the degree of autonomy they enjoy. The federal subjects are: 46 oblasts, 21 republics, 9 krajs, 4 autonomous districts, 1 autonomous oblast, and 2 federal cities (Moscow and St. Petersburg). Federal subjects are grouped into seven federal districts, each administered by an envoy appointed by the President of Russia.

The state symbol of Russia is a three-colored flag. The national anthem is the «Patriotic Song» by Glinka. Another national emblem is the two-headed eagle, the most ancient symbol of Russia.



# Holidays and Festivals

Name of holiday	Date
New Year	1.01
Christmas	7.01
Student's Day	25.01
Maslenitsa	Last week of winter
Defender of the Fatherland Day	23.02
International Women's Day	8.03
Easter	Last Sunday of April
International Worker's Day	1.05
Victory Day	9.05
St. Petersburg Day	27.05
National Day	12.06
Knowledge Day	1.09



**New Year** is the most long-awaited holiday, especially for children. During this holiday everybody gives gifts to each other, wishes good luck, happiness and fulfillment of all desires. New Year's Eve is usually celebrated at home, in the bosom of the family, but New Year's balls, parties, children's matinees are also very popular.

**Christmas** is one of the most important religious holidays. During Christmas there are masquerades, fortune-telling and Christmas carols — a very interesting ceremony that allows children to go singing door to door and have a lot of fun. It is celebrated on the 7th of January since in Russia Orthodox (Byzantine) calendar is used while the West uses Julian calendar.

**Maslenitsa** is also one of the most favorite holidays in Russia. Traditionally people burn the straw doll on the central square of the city, as a symbol of leaving winter, bake pancakes and hold various cheerful competitions.

**Easter** is probably the most significant religious holiday in Russia. For Easter Russians traditionally bake and decorate Easter cakes, paint eggs, have egg "fights" and simply enjoy the Sunday with relatives and friends.



# Saint Petersburg

## *Foundation*

- Was founded by tsar Peter the Great on the 27th of May, 1703 as the «Window to Europe».
- Was the capital of the Russian Empire for more than two hundred years (1712-1728, 1732-1918).

## *Facts*

- Is the second largest economic, academic and scientific center in Russia.
- Is famous for white nights and bridges.
- Is home to many prestigious universities.
- Holds The St. Petersburg International Economic Forum (SPIEF) (a leading international economic and business forum).
- Has famous sport teams (FC Zenit, The Hockey Club SKA).

## *Geography and climate*

- Located in northwest Russia on the Neva River.
- Has a favorable geopolitical location due to it's access to the Baltic Sea.
- Has a coastal climate with changeable weather, humid and warm summers and cold winters.
- More than 50 white nights in summer when it doesn't get dark at night because the sun almost doesn't set.



# Saint Petersburg

## Population

- Has more than 5.000.000 inhabitants.

## Culture

- Is home to more than 300 museums.
- Has over 70 theatres (The Mariinsky Theatre, The Mikhaylovsky Theatre, The Alexandrinsky Theatre).
- Has around 800 bridges.
- Was home to outstanding painters (Vrubel, Malevich), composers (Tchaikovsky), writers and poets (Pushkin, Gogol, Akhmatova).

## Money

- Official currency — RUB.
- The usage of Visa, MasterCard credit or debit cards is widely spread but it's better always to have some cash because there are places where they don't accept credit cards.
- You can withdraw cash through ATMs or in banks.
- Flat-rate transaction charges are small, and exchange rates are normally close to the official rate. You can find the current official rate [here](#).

# Saint Petersburg

## *Cost of life (average prices)*

### Café / Market

- Meal (inexpensive restaurant) - 350 rub.
- Meal at McDonald's or similar - 270 rub.
- Milk, 1 liter (in a supermarket) - 50 rub.
- Bread, 1 loaf - 40 rub.
- Water, 1 bottle 1,5 liter - 40 rub.

### Leisure

- 1 cinema ticket - 150-350 rub.
- Entrance ticket to the Hermitage for students (without a guided tour) - free (if you have a student ID).
- Museum entrance ticket for foreign citizens - 300-450 rub.
- Bus excursion around the main sights (day time) — 400-800 rub.

To know, what's on, you can use [this website](#).

### *Tourist office*

You can visit city tourist information offices to get a map, ask about the sights, city tours, excursions and other activities.

We encourage you to visit the [website](#). You can find the list of all tourist centers in St. Petersburg [here](#).

## Sightseeing Alphabet

Find these places in St. Petersburg!

- |  |  |
|--|--|
| <b>A</b> - Admiralty                     | <b>O</b> - Obelisk «Hero city of Leningrad»    |
| <b>B</b> - Bronze horseman               | <b>P</b> - Peter and Paul Forteress            |
| <b>C</b> - Church over the spoiled blood | <b>Q</b> - Queen Catherine II (status)         |
| <b>D</b> - Drama Theater                 | <b>R</b> - Russian museum                      |
| <b>E</b> - Evangelist Lutheran church    | <b>S</b> - Smolny Cathedral                    |
| <b>F</b> - Filarmonia                    | <b>T</b> - Tavrichesky Garden                  |
| <b>G</b> - General staff building        | <b>U</b> - University embarkment               |
| <b>H</b> - Hermitage                     | <b>V</b> - Victory Park                        |
| <b>I</b> - Isaac Cathedrale              | <b>W</b> - Wax museum                          |
| <b>J</b> - John Lenon street             | <b>X</b> - Xmas lights of St Pbg               |
| <b>K</b> - Kazan Cath                    | <b>Y</b> - Yelagrin Island / Youssoupov Palace |
| <b>L</b> - Lenin Square                  | <b>Z</b> - Zinger House                        |
| <b>M</b> - Mariinsky theater             |  |



**N** - Nevsky Prospect

# Climate

St. Petersburg is called the Northern Capital of Russia. The climate changes from temperate continental to temperate marine, with mild winters and warm summers. The city is famous for its changeable weather, abundance of rains and fogs. Sunny days are rare, about 60 a year, so the residents appreciate the clear blue sky.

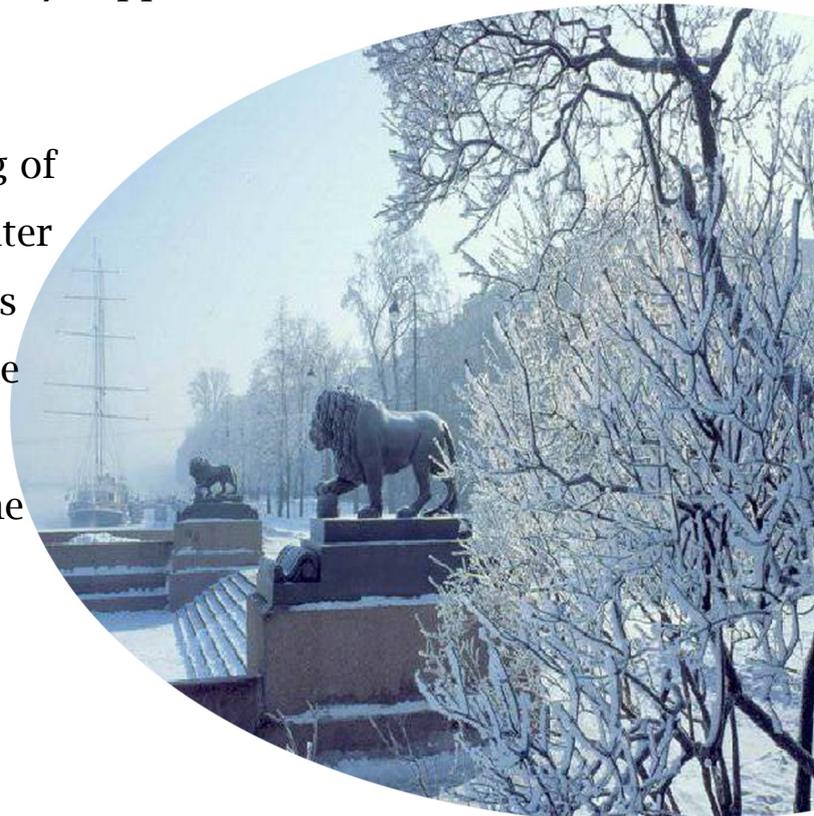
Famous White Nights that start in the end of May are a landmark of the city. They last for about 50 days.

## Autumn

Autumn in St. Petersburg starts in the end of August, when average daily temperature goes down to +15°C. The first half of September is dry and warm; average temperature doesn't exceed +10°C. In the second half of September dull, humid, windy weather starts to prevail. Monthly mean temperature comes down to +0.5°C. The first light frosts may happen in the middle of October.

## Winter

Winter usually starts in the beginning of December. In the first part of the winter the weather is usually unstable, thaws are frequent. Starting from the middle of January it gets much colder. The average temperature is -8.5°C. The lowest registered temperature was -35.5°C in 1883.



# Climate

## Spring

Spring in St. Petersburg usually starts in the end of March. The average daily temperature above 0°C sets in the beginning of April, right after the snow melts. It reaches 5°C in the end of April and 10°C in May. Rains are frequent as well.



## Summer

Summer is the warmest period in St. Petersburg. The average temperature in June is +14.8°C, and in July +17.8°C. There are days when the temperature gets higher than +30°C. Absolute maximum was registered in August 2010, +37.1°C. During summer it also rains a lot.



# Transport

St. Petersburg has a developed transportation system that includes metro, buses, trolley buses, taxis and trams.

**Metro** has 5 lines and 67 stations. Approximate working hours of metro stations are from about 6 a.m. till 0.30 a.m. To use metro you need to buy a coin which costs 35 rubles or a card for multiple trips. You can buy a ticket in each metro station either through a ticket office or through a machine.

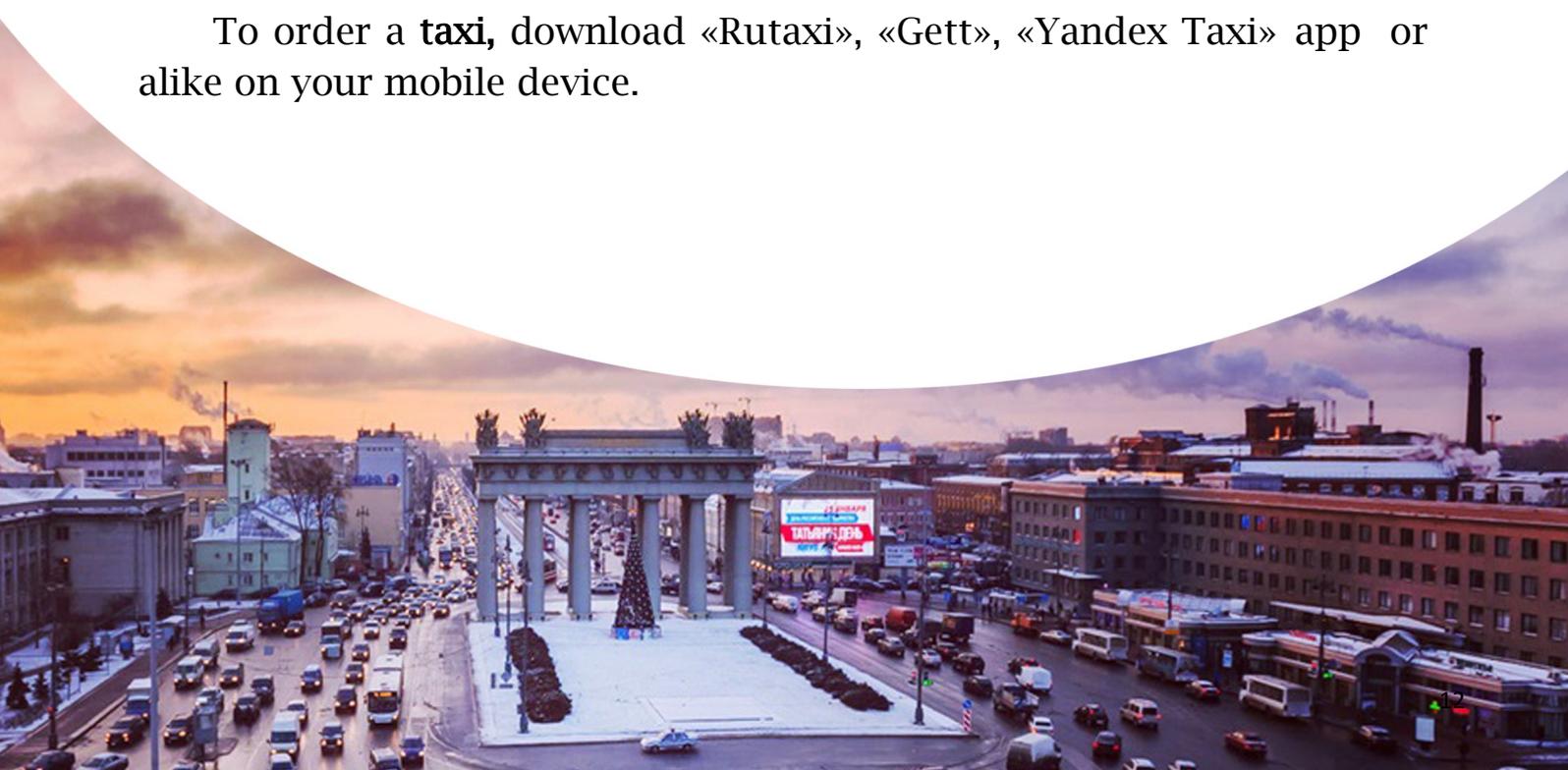


**Ground public transport** operates from around 5.30  $\approx$  7.30 a. m. to 22.30  $\approx$  23.30 p.m. To make a trip you need to pay 30 rub and get a ticket from conductor.

**Buses with letter K** are “commercial” (they are called “*marshrutka*”) and the ticket’s price is higher there — around 40 rub. Note that student travel cards are not valid for “commercial” transport.

Timetable of buses may change at night during bridges’ opening. You can find more information [here](#).

To order a **taxi**, download «Rutaxi», «Gett», «Yandex Taxi» app or alike on your mobile device.



# Transport



You can get a multiple travel card that costs 960 rub per month. It covers 100 metro trips during one month and limitless amount of trips by ground (public) transport.

There are 2 ways to get a student travel card:

## 1. online

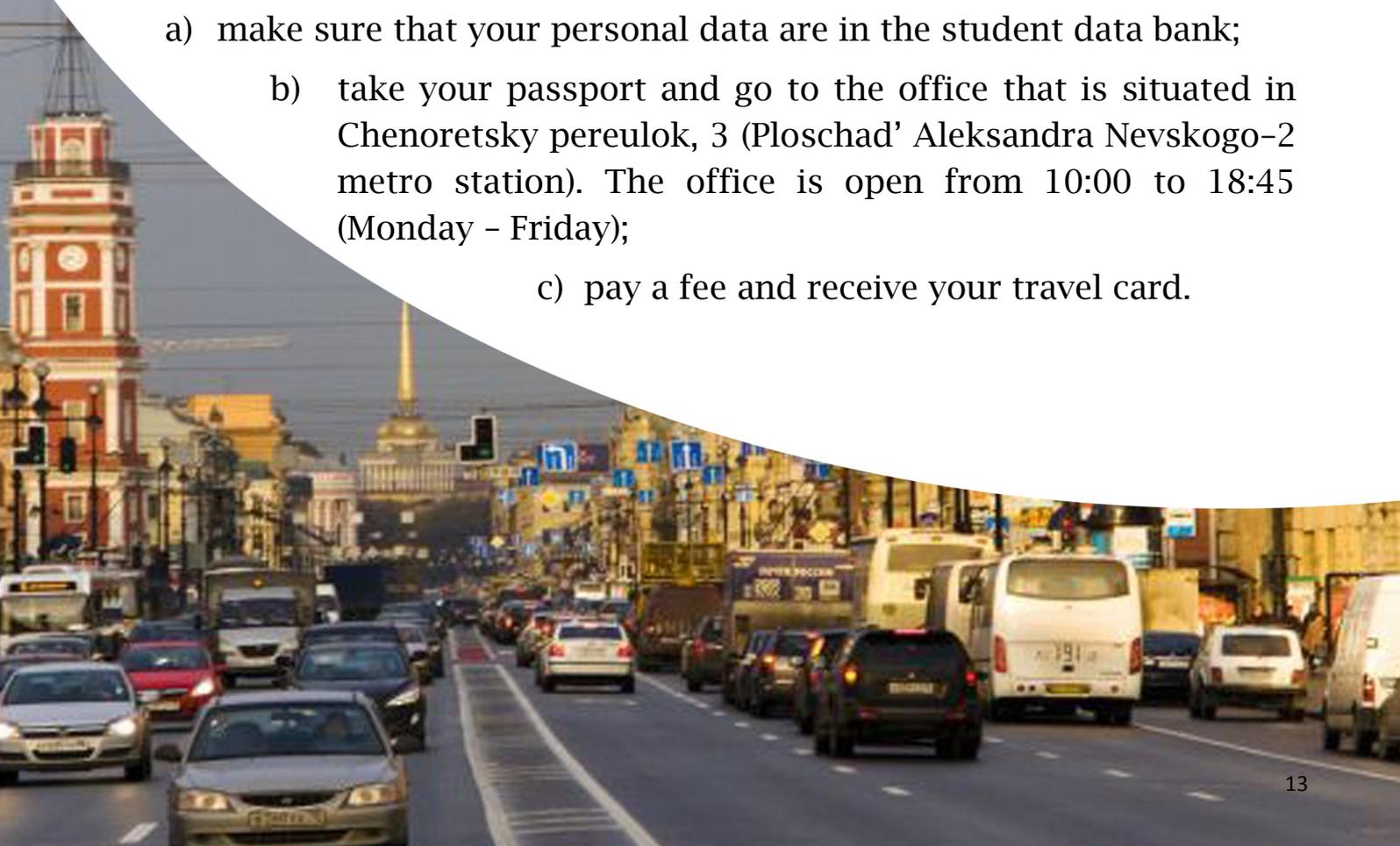
- a) make sure that your personal data are in the student data bank
- b) fill out a form and download your personal photo [on the website](#) (available only in Russian);
- c) transfer 960 rub by credit card;

d) order a delivery of your multiple ticket to a metro station that is convenient for you;

e) take your passport and go to the chosen metro station (if you ordered a multiple ticket and paid for it from 10:30 of Tuesday to 10:00 of Friday, you can get it on Saturday; if you ordered a multiple ticket from 10:30 of Friday to 10:00 of Tuesday, you can get it on Wednesday).

## 2. in the office

- a) make sure that your personal data are in the student data bank;
- b) take your passport and go to the office that is situated in Chenoretsky pereulok, 3 (Ploschad' Aleksandra Nevskogo-2 metro station). The office is open from 10:00 to 18:45 (Monday - Friday);
- c) pay a fee and receive your travel card.





### УСЛОВНЫЕ ОБОЗНАЧЕНИЯ MAP SYMBOLS

     ЛИНИИ МЕТРОПОЛИТЕНА  
SUBWAY LINES

 ЖЕЛЕЗНОДОРОЖНЫЕ ВОКЗАЛЫ, СТАНЦИИ, ПЛАТФОРМЫ  
RAILROAD STATIONS

 АВТОВОКЗАЛ  
BUS STATION

 АВТОВУС В АЭРОПОРТ  
BUS TO AIRPORT

 МУЗЕЙ МЕТРО  
METRO MUSEUM

 ПОРТЫ  
SEA AND RIVER PORTS

 СТАНЦИИ ПЕРЕСАДОК  
CHANGE FOR ANOTHER LINE

 СТАНЦИЯ СТРОИТСЯ ИЛИ ПРОЕКТИРУЕТСЯ  
THE STATION IS UNDER CONSTRUCTION



## Studying at HSE

### Locations of our Campuses

#### 3 Kantemirovskaya street

School of Economics and Management

#### Bachelor's Programs

- «Economics»
- «Management»
- «Logistics and Supply Chain Management»

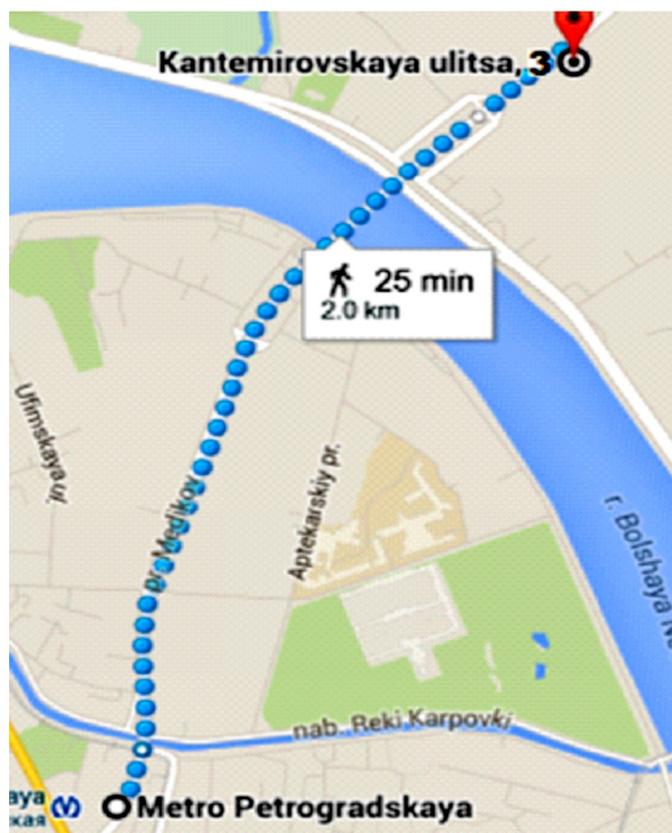
#### Master's Programs

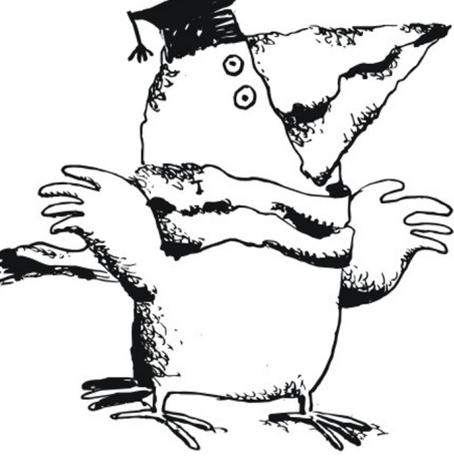
- «Applied Economics and Mathematical Methods»
- «Finance»
- «Strategic Logistics Management»
- «Experience Economy: Hospitality and Tourism Management»
- «Marketing Technologies»
- «Big Data Analysis»

From Lesnaya  
to Kantemirovskaya, 3



From Petrogradskaya  
to Kantemirovskaya, 3





# Studying at HSE

## Locations of our Campuses

### 16 Soyuz Pechatnikov street

#### Bachelor's Program

- «Asian and African Studies»

### 17 Promyshlennaya street

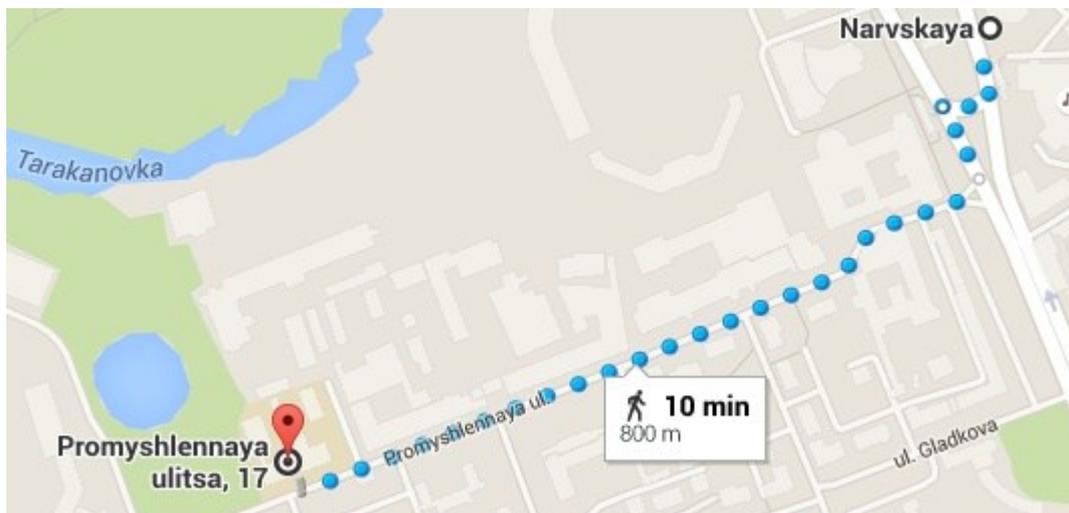
#### Bachelor's Programs

- «Public Administration»
- «History»
- «Philology»
- «Political Science and World Politics»

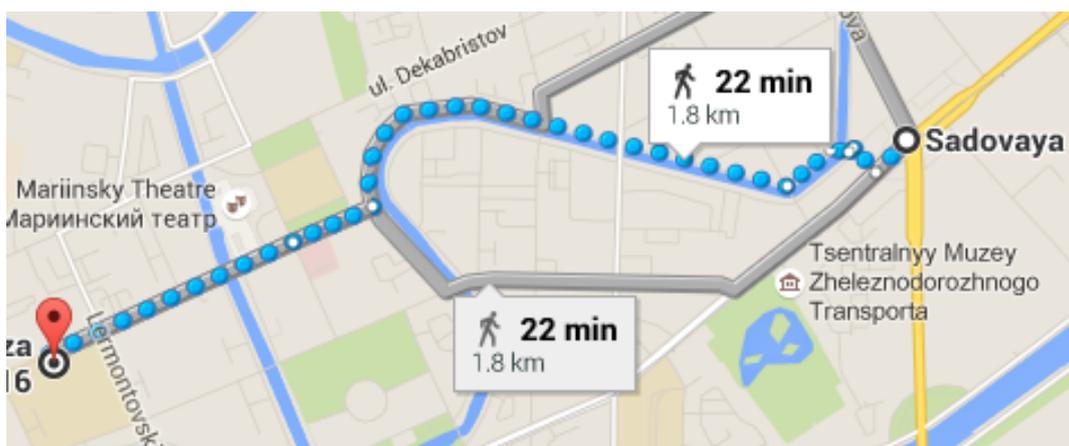
#### Master's Programs

- «Public Administration»
- «Applied and Interdisciplinary History»
- «Politics and Governance»
- «Management in Education»

#### From Narvskaya to Promyshlennaya,17



#### From Sadovaya to Soyuz pechatnikov,16





# Studying at HSE

## Locations of our Campuses

**55/2 Sedov street**

### Bachelor's Programs

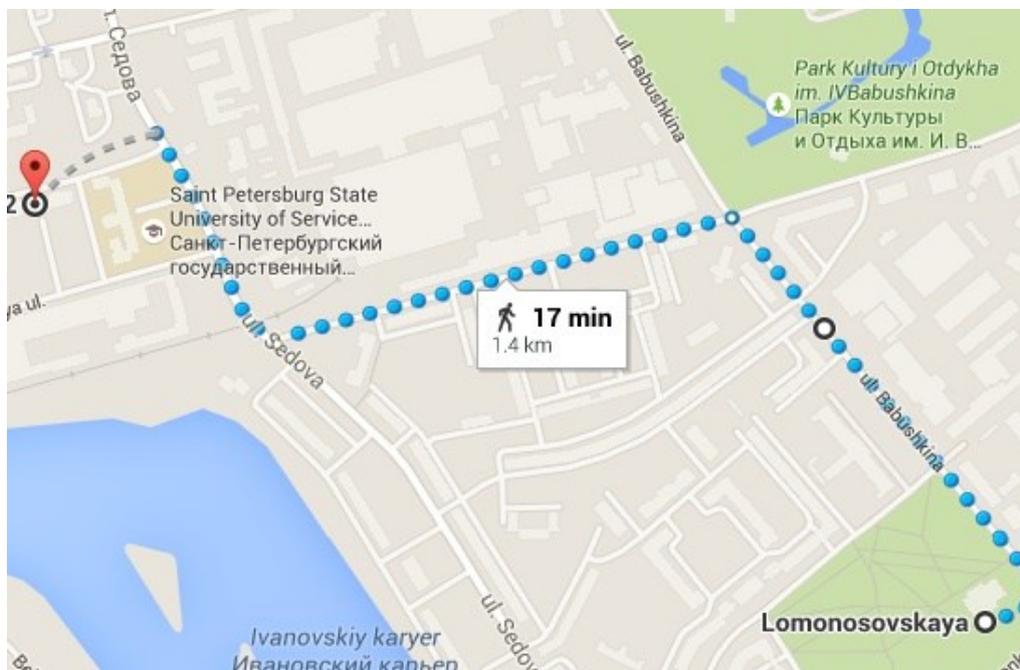
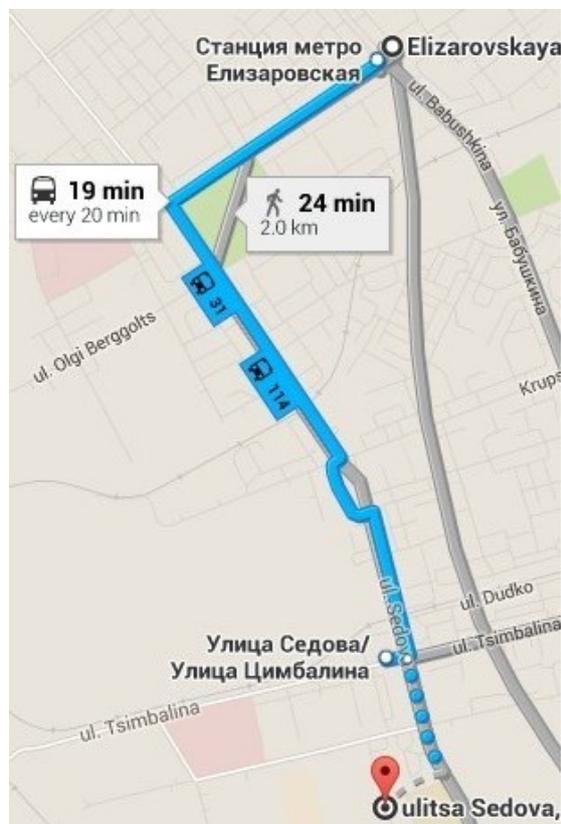
- «Sociology and Social Informatics»

### Master's Programs

- «Modern Social Analysis»
- «Comparative Social Research»

From Lomonosovskaya  
to Sedova,55/2

From Elizarovskaya  
to Sedova,55/2





## Studying at HSE

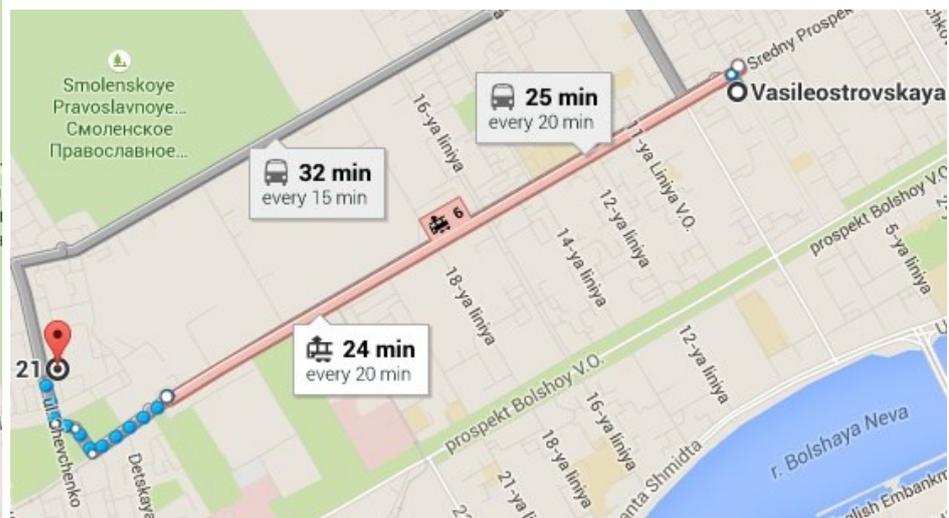
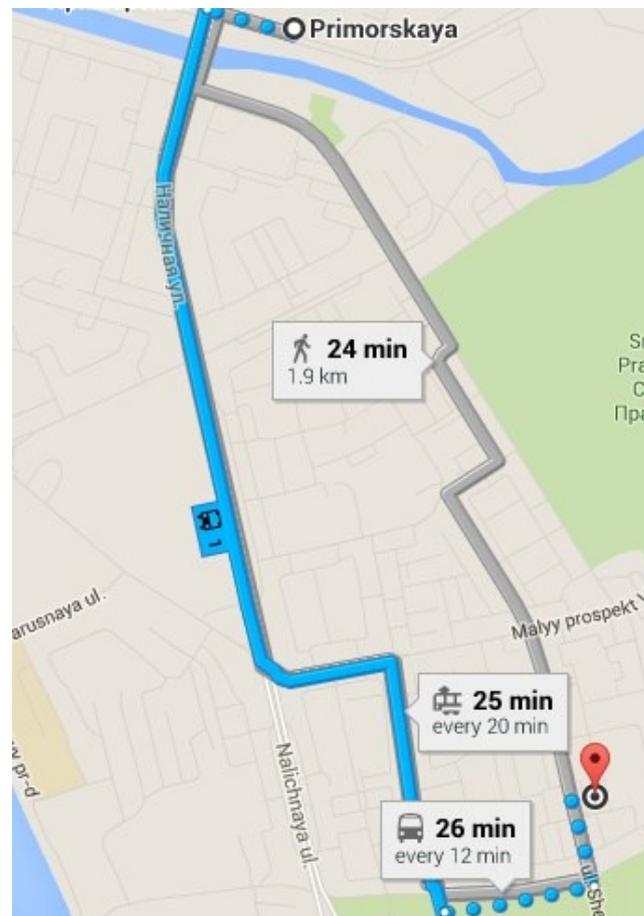
### Locations of our Campuses

**21/1 Shevchenko street**

Department of Physical Education

From Primorskaya to  
Shevchenko, 21/1

From Vasileostrovskaya to  
Shevchenko, 21/1



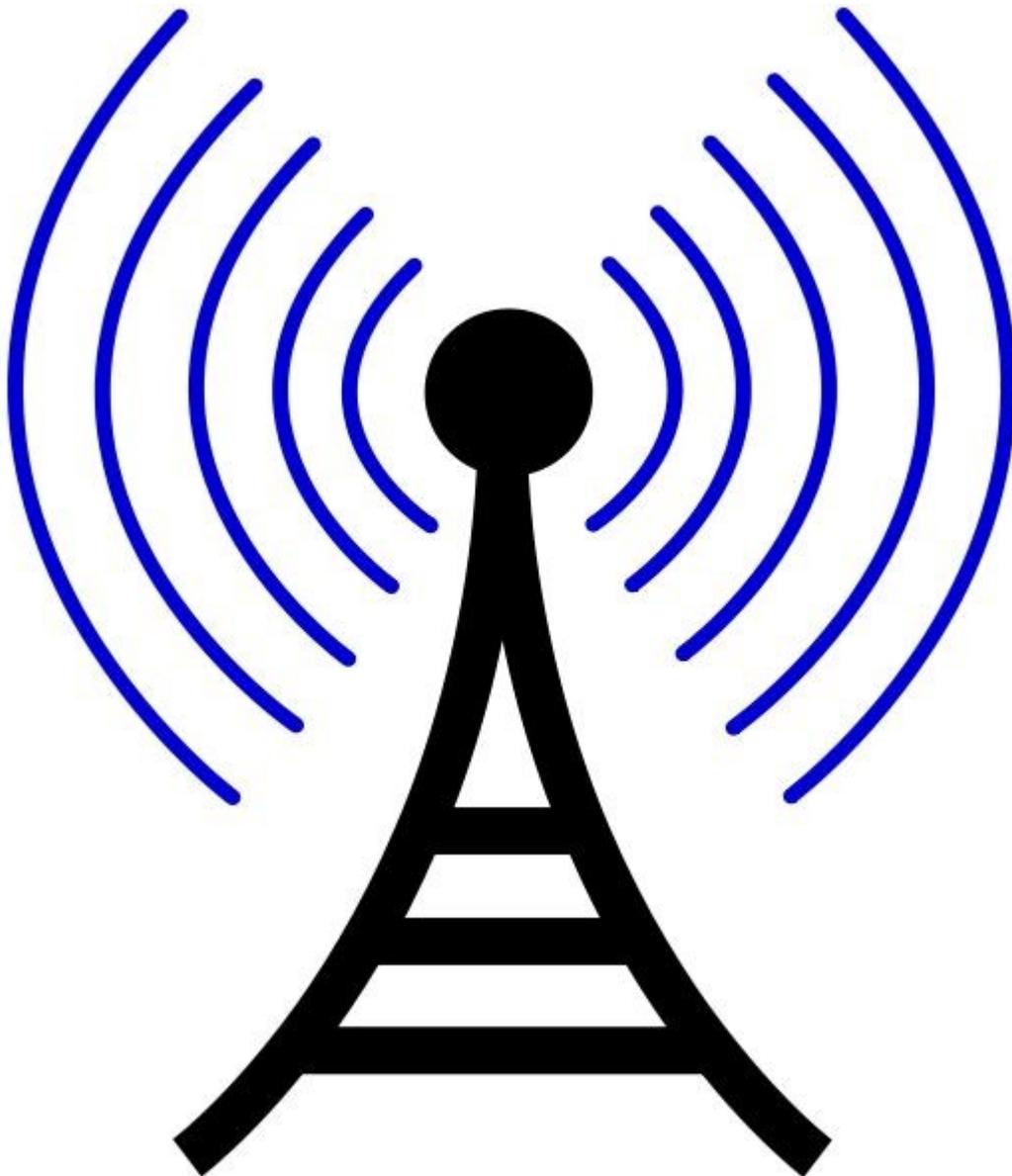
You can find a map of HSE University St. Petersburg [here](#).

## Internet Access

University buildings have free Wi-Fi access. Please use the following login and password:

Login: **hseguest**

Password: **hsepassword**



# Academic Year

The academic year at HSE starts on September 1 and ends on June 30. The year is divided into four parts (quarters).

*1 academic year = 2 semesters = 4 quarters*

Quarter 1	September 1 - October 30
Quarter 2	October 30 – December 31
Winter break	January 1 - 9
Quarter 3	January 10 – April 2
Spring break	May 1 - 9
Quarter 4	April 3 – June 30
Summer break	July 1 - August 31



# Timetable

Classes	Time
1	9.00-10.20
2	10.30-11.50
3	12.10-13.30
4	13.40-15.00
5	15.20-16.40
6	16.50-18.10
7	18.20-19.40
8	19.50-21.10

One class consists of two academic hours (2\*40 minutes).

Course schedules are announced in the beginning of each quarter.

Timetables are displayed on faculty call-boards.

**Note** that schedules can be altered during the quarter. Study Offices will inform the students about any changes that take place. Please check your HSE email daily to keep informed on the current course schedule and any possible changes.

# Credits and Grading System

HSE student academic load is based on «academic hours».

1 academic hour = 40 minutes.

1 ECTS credit = 36 academic hours = 24 astronomical hours.

Total load is made up of contact hours and independent student work. The required load for an academic year is 60 ECTS credits, 30 ECTS credits in each semester.

The main forms of knowledge assessment are tests, essays, presentations and exams. Assessment results are evaluated on a 10-point or 5-point scale and have qualitative characteristics.

ECTS Grades		Exam	
		10-point scale	5-point scale
A+	Excellent	10	5
A	Very good	9	5
A -	Very good	8	5
B+	Good	7	4
B -	Good	6	4
C+	Satisfactory	5	3
C -	Satisfactory	4	3
F	Fail	3	2
F	Fail	2	2
F	Fail	1	2

Forms of assessment and course requirements are determined by the instructor in each course description (syllabus). The instructor determines the structure of the final grade.

The final grade for a course may consist of:

- Attendance
- Work during seminars
- Homework and additional tasks
- Interim tests
- Final exam

# Knowledge Assessment

Knowledge assessment of HSE students comprises the current assessment, intermediate assessment, and the final assessment.

- *Current assessment* is carried out during the course, and is designed to organize students' independent work and a systematic monitoring of their academic knowledge.
- *Intermediate assessment* is aimed at evaluating students' knowledge acquired while studying a part of an academic subject. Assessment is held upon quarter completion during an examination session. Some academic subjects may not require intermediate knowledge assessment.
- *Final assessment* is held upon completion of a course, primarily in written form as a pass/fail test or exam.

Please keep in mind that HSE's academic rules are the same for all students (Russian, foreign, exchange and non-exchange). To succeed in a subject we advise international students to attend all lectures and seminars, prepare their home assignments and meet the deadlines for all essays, reports, etc.

- *Re-examination.* A student who fails an exam may have two extra attempts to retake it. If a student fails both re-examinations, he or she cannot be given a grade for the course. This course also cannot be included in the student's transcript of records.
- *Exam schedule.* Official exam schedules are formed one week before the start of exams. Schedules are then published on the faculty web pages and posted on faculty call-boards.



# Student Cards

When you arrive, coordinators of the International Office will explain how to receive the following cards:

**Student Card**—a document that confirms your student status at a certain university. It gives you an opportunity to have discounts in some stores and museums.

**Library Card**—a document that gives you access to the library and electronic resources of HSE University.

**Entrance Card**—a document that provides you access to university premises including campus buildings and the dormitory.



*Student ID*



*Library Card*

# Printing and Copying Services on Campus

In each building of HSE St. Petersburg you can find multifunctional printers “Xerox”. You can use them for copying, printing and scanning. This is a fee-paying service.

## *Where can I find printing machines?*

- 3 Kantemirovskaya street, 3<sup>rd</sup> floor
- 55 Sedov street, 1<sup>st</sup> floor
- 17 Promyshlennaya street, 4<sup>th</sup> floor
- 16 Soyuz Pechatnikov street, 2<sup>nd</sup> floor

## *How much does it cost?*

- one A4 sheet – 3 rubles
- one A3 sheet – 5 rubles

## *How can I get access?*



**Step 1.** Get your entrance card to the university (“*propusk*”)

**Step 2.** Fill your balance

Deposits to your printing account can be made on weekdays (10.00 – 13.00; 14.00 – 15.00) in the Accounting Department located on Soyuz Pechatnikov 16, office 216. Make sure you keep the receipt after completing the procedure.

**Step 3.** Go to the university library with your receipt

In any university library you can address a librarian and present your entrance card and the receipt. The librarian will fill your balance in the system “Virtual Printer” and will explain you how to register your card in the printing system.

The libraries are located in each university building. Please mind the [working hours](#) of the libraries.

# Library

The HSE Library supports the teaching, learning and research activities of the HSE community through the provision of high-quality international information resources.

The library has a large-scale collection tailored to meet the needs of the programmes and courses delivered at HSE. The majority of the collection relates to the fields of economics, management, and social and political sciences.

The library's reading room provides a quiet space for studying.

The library has an electronic catalogue and makes use of the latest technology available to ensure that the highest level of service is provided.

The facilities include:

- Computers with high-speed internet access;
- Wireless connection to the internet;
- Photocopying & scanning machines;
- Remote access to the Electronic Resources;
- Electronic catalogues;
- Electronic RFID book registry terminals (Self-Service Checkout).

Email: [library-spb@hse.ru](mailto:library-spb@hse.ru)

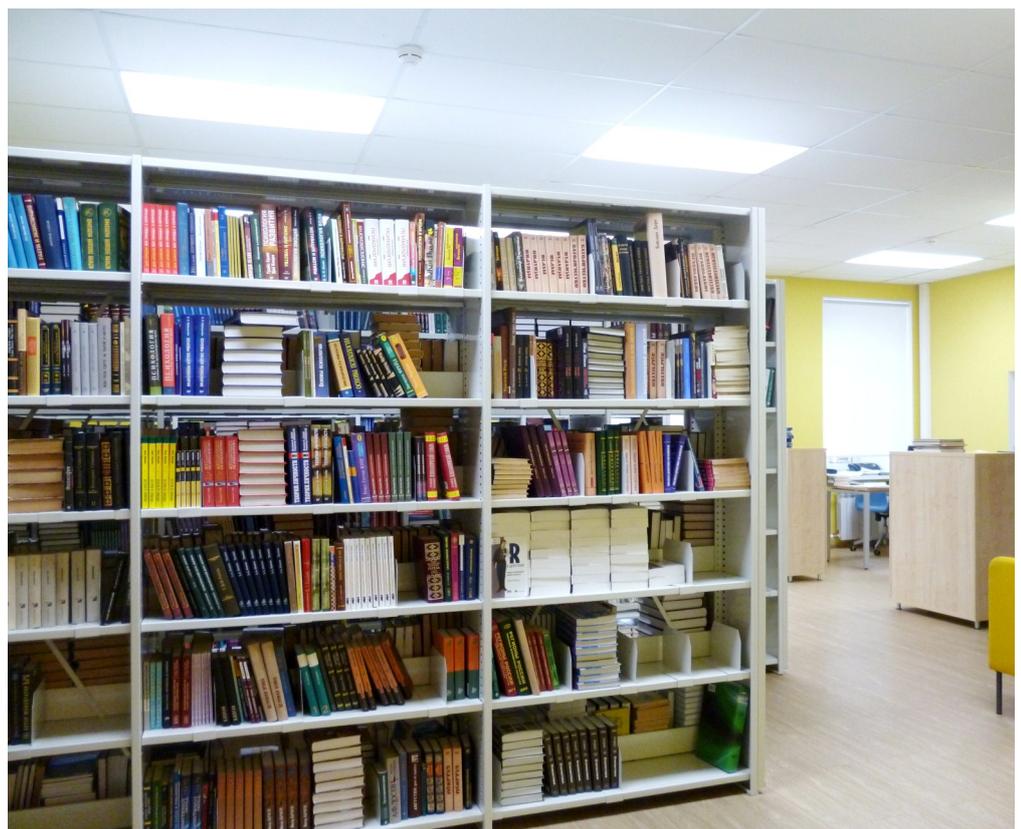
## Opening Hours

Mon - Fri

10.00 a.m. - 6.00 p.m.

Sat - Sun - closed.

To learn more about the Library and remote access to electronic resources, please visit [our website](#).



# Accommodation

## Student Dormitory

HSE offers an option of staying in one of the university dormitories. Please note that accommodation only in shared rooms is available (2 or 4 persons per room).

In 2016-2017 all international students (both full-time and exchange, as well as free-movers) are offered a place at the [new HSE Student Dormitory](#) located at 21A Zaporozhskaya Street, within a 10-minute walk from the Obukhovo (Обухово) metro station (green line).

### Highlights:

- This dormitory is renovated, equipped and furnished in 2015-2016 and offers comfortable accommodation in rooms for two or for four persons. All rooms are furnished with beds, desks, chairs, wall shelves and a wardrobe. Two double rooms with shared facilities and two rooms for 4 persons, each room with its own facilities, make a unit. Each unit has a study room, a hallway with lockers and a shared kitchen with an electric cooker, fridges and microwave.
- Free Wi-Fi spot is available.
- There are a sports hall, a self-service laundry and a student lounge in the dormitory.
- Blankets, pillows and bed sheets are provided to students.

**Accommodation fee is around 700 Rub per Month.**

To learn more about accommodation in St. Petersburg, please [visit our website](#).



# Important Documents

Visa  
Migration Control  
Insurance



## Visa to Russia

Processing a Russian student visa may take much time, so we recommend you to think about it beforehand. It is essential to start the application process as early as possible. Visas are issued by Russian Embassies or Consulates. To find the nearest one, please visit [the web-site](#).

You will need to pay the **consular fee**, which depends on the type of visa, the country where you apply and the speed of processing. The list of documents that are necessary for application may also vary.



When first applying for a Russian student visa, you will receive a single-entry 90-day visa. Soon after your arrival at HSE St. Petersburg you will be required to apply for an extension of your student visa validity period through CIC. The extension will result in a multiple-entry student visa valid for one year (one semester for semester-long Study Abroad Program)

**Please do not plan any trips outside of Russia for the first 2-3 months of your studies, unless you receive a multiple-entry visa!**

# Visa Extension

By no later than **45 days before the expiration date of your current student visa** please visit CIC and submit the following documents to apply for the extension:

- your passport with current visa in original;
- copies of all pages of your passport, including all blank pages;
- your migration card in original + 1 copy;
- one colour portrait photo 3x4 cm size;
- visa extension fee (~1600 Rub) payment receipt (see below for details)

The visa extension fee can be paid at any office of [Sberbank](#).

## **Important!**

While filling out the payment order at the bank it is essential that your first and last name in Russian matches your name in Russian in your visa; check the date of birth and citizenship; indicate the following address: ул. Союза Печатников, 16.

Check it carefully to avoid loss of money and time!

# Migration Control

Upon arrival in the Russian Federation all international students should receive a validated **migration card**. Please make sure «**Study/Учеба**» is indicated as the purpose of visit. Always keep the migration card with your passport.

**On the day of your arrival in St. Petersburg** or on the very next working day (if you arrived after 19:00) at the latest please visit the HSE St. Petersburg International Office in person to perform the required initial registration with the Federal Immigration Office.

To obtain this initial registration certificate for 90 days, you must submit the following documents to the International Office:

- 2 copies of each page of your passport, including all blank + your passport in original (to show only)
- copy of your migration card + its original (to show only)
- copy of your current Russian visa (if you need visa to enter Russia)

It is essential that all of the above documents are submitted **in person** to the International Office situated at: **Kantemirovskaya ulitsa, 3A, office 331**

[Download a how-to-find us guide from our website in advance!](#)

## Migration Control

### Travelling outside Russia, change of residence or trip to another city in Russia

If you plan to:

change your place of residence in St. Petersburg (move to a private apartment, hostel or hotel, etc.)

visit another city in Russia

leave Russia (holiday travel, private reasons, expulsion or graduation from the university, etc.)

be sure to **inform the International Office about your plans** in advance by one of the means below:

by personal visit to our office at Kantemirovskaya ulitsa 3A, office 331

by phone: +7 812 644-59-11 ext. 61577 – ask for Ms. Anna Roshchupko

via email to [aroshhupko@hse.ru](mailto:aroshhupko@hse.ru) (Ms. Anna Roshchupko)

We will then update your registration legally with the Federal Immigration Office, so you won't encounter problems leaving or re-entering the country!

**If, for any reason, you left the Russian Federation:**

when returning (re-entering) to Russia be sure that you receive a **new migration card** on arrival indicating “study” as the purpose of visit

**on the day of your arrival to Russia** or on the next day at the latest please visit CIC and submit the following documents to **renew your registration** with the Federal Immigration Office:

- copies of all pages of your passport, including all blank pages
- copy of your new migration card with “study” as the purpose of visit
- copy of your visa (if you need a visa to enter Russia)

To learn all formalities, please download and study carefully [the Immigration and Visa Guidelines](#) for international students.

# Insurance

All foreign students that come to Russia must have a valid medical health insurance during the whole duration of your stay.

You need to purchase an insurance by yourself through any insurance agency directly or online.

Your insurance will be checked by the staff of the International Office upon arrival.

## **In case you need medical treatment:**

Contact your insurance company — they will have a list of particular St. Petersburg clinics and hospitals they deal with.

Further steps will depend on the type of your insurance. Your insurance company may need to send a guarantee letter to the clinic before your visit, or you may need to pay in cash by yourself and then reimburse the costs with your insurance company. That is why, always call the insurance company first!

We also recommend to contact your insurance company in advance to be aware of the terms in case you may need urgent medical help.

## *Emergency Numbers*

**112** - Universal emergency service (in English and Russian) (free call)

**001** - Fire Department (free call)

**002** - Police (free call)

# Buddy Club

## Who is a Buddy?

Buddy is an HSE student who acts as a mentor for an international student. A buddy basically helps the student to adjust to new environment and the student community.

## Student Buddies should...

- Pick up international students at the airport or train station, accompany them to the dormitory and help them get registered there;
- Show international students around academic buildings and the dormitory, as well as nearby banks, post offices, grocery stores, shopping centres, entertainment and recreation facilities;
- Assist with finding classrooms, offices, the library, rooms for self-study and other places students may need in university buildings;
- Recommend cultural events and entertainment options (e.g. cinemas, theatres, museums, festivals, celebrations);
- Accompany international students during walks and outings;
- Accompany international students during emergencies (e.g. to the hospital, post office, and various official establishments).



## Students' Associations

Students have an opportunity to prove and gain skills which can be useful in the future through sports, creativity, implementation of own projects and the support of social initiatives.



### Debate club

- Weekly workshops on parliamentary debates in the Russian and English languages.
- Opportunity to represent the university in various international debate tournaments.
- Useful skills, drive and energy.

<http://spb.hse.ru/studlife/debate>

### Intellectual HSE

Have you heard about the «Brain Ring»? Perhaps you have even been the member of your school team? Then don't waste your time and join the University team, participate in inter-university and city games! During the season they hold 5 games which give you the chance to show everybody that you are the cleverest student of HSE SPb!

<http://spb.hse.ru/studlife/intellect>



# Students' Associations

## Case Club



- Solution of business cases
- Development of teamwork skills
- Workshops
- Activities are supervised by leading experts
- International companies are waiting for you every week

[http://spb.hse.ru/studlife/case\\_club](http://spb.hse.ru/studlife/case_club)

## Students for Students

«Students for Students» is the biggest student organization of HSE which organizes practically all largest events such as «HSE Party», «Mr. and Ms. HSE», «Ice HSE», HSE Music Festival, «School of the Active» and many other things.

You will learn how to organize events and will develop basic skills of event-management.

[http://vk.com/hse\\_news](http://vk.com/hse_news)



## KVN

*(Club of those who create jokes)*

If you are an active and cheerful student with a good sense of humor, don't pass a set in the KVN's teams which is held at the beginning of an academic year. At HSE there is the interfaculty League of KVN.

<http://vk.com/hsekvn>



## Students' Associations



### *HSE Vocal*

The variety and vocal collective Street Voice unites 16 students of HSE SPb who can't live without music. Follow their creativity and come to their concerts!

[http://spb.hse.ru/studlife/hse\\_vocal](http://spb.hse.ru/studlife/hse_vocal)

### *HSE Dance Club*

If you can't live without dancing or have always dreamed to start dancing, join HSE Dance Club. You are going to have strengthening trainings and finally participate in various competitions.

[http://vk.com/hse\\_dance\\_club](http://vk.com/hse_dance_club)



### *ART-HSE*

No performance is held without posters, scenery and photo reports. Do you like to draw, take photographs or shoot videos? Welcome here!

[http://spb.hse.ru/studlife/art\\_hse](http://spb.hse.ru/studlife/art_hse)



## Students' Associations



### Double Day Studio

Cool videos about events of every semester, and also creative support for students' events.

<http://spb.hse.ru/studlife/ddstudio>

### Film Studio

#### «Bad Black Fox»

The film studio Bad Black Fox provides environment where each student can participate in the creation of a movie and gain skills of carrying out displays at student cinema.

<http://spb.hse.ru/studlife/badblackfox>



### Theatre Studios

There are two theatre studios in our university: «Your own variant» and «Neverland». Don't be shy and take part in their performances!

<http://spb.hse.ru/studlife/theater1>

<http://spb.hse.ru/studlife/theater2>



## Local SIM Card

These are Russia's top four nationwide mobile service providers:



MTS <http://en.spb.mts.ru/>

Beeline <http://spb.beeline.ru/en-us/welcome/general-information/>

MegaFon <https://spb.megafon.ru/>

Tele 2 <http://en.tele2.ru/>

To buy a SIM card, visit a provider's retail outlet or an independent mobile phone dealer (such as Svyaznoy or Euroset'). We strongly advise you against buying used phones in the street or at flea markets. To buy a SIM card, you will need to provide your passport details, so take your passport with you.

To fill the balance of your phone you can use ATM-machines that you find in stores or metro stations. Ask your buddy to show you how to do it. The average cost of mobile services is around 300 rubles per month .

## Useful Websites and Apps

**Yandex.Maps** (detailed scheme of the whole city, information about companies, construction of routes).

**Rail Russia** (application to buy train tickets).

**Yandex.Metro** (search for the optimal route by metro).



**2Gis** (the offline-map and directory contacts of different firms in city).

<http://wikiroutes.info/en/spb> (has a trip planner option which helps to navigate easily in St. Petersburg by public transport).



**Aeroexpress** (service for instant purchase tickets for trains, schedules and scheme of terminals).



**English-Russian Travel Phrasebook** (for those who plan to spend a vacation in Russian-speaking countries and want to avoid the inconveniences created by the language barrier).

## Shopping

### Supermarkets (food, drinks & other)



Okay —working hours 9.00-23.00 or 24 hours



Ashan— working hours 8.30-22.00 or 24 hours



Karusel— working hours 8.00-00.00 or 24 hours



Pyaterochka — working hours 09.00-23.00



Lenta —24 hours

All these shops are open seven days a week.

## IKEA



### Dybenko

Opening hours: Mon-Sun 10:00 — 22:00/23:00

How to get there: from Lomonosovskaya station by bus K-4 or from Dybenko station by bus K-3.

### Parnas

Opening hours: Mon-Sun 10:00 — 22:00/23:00

How to get there: from Prospekt Prosveschenia station by bus K-2.



## Shopping

### Shopping Malls



ГАЛЕРЕЯ  
САНКТ-ПЕТЕРБУРГ



- Gallery («Galeria»)

How to get there: 2-minutes walk from metro station Ploschad Vostaniya (Ligovskiy prospect, 30A)

Opening hours: 10:00-23:00

- Mega Dybenko

Opening hours: Mon-Sun 10:00 — 22:00/23:00

How to get there: from Lomonosovskaya station by bus K-4 or from Dybenko station by bus K-3.

- Mega Parnas

Opening hours: Mon-Sun 10:00 — 22:00/23:00

How to get there: from Prospekt Prosveschenia station by bus K-2.

### Cinema



[Here](#) you can find the cinemas, where it is possible to watch movies in English and other languages.



## Post Office

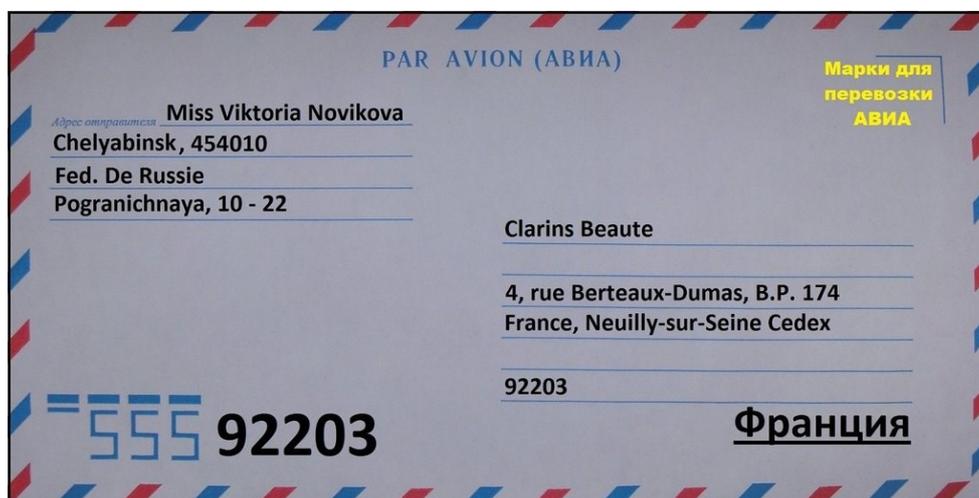
When you come to Russia, find out where the nearest post office is. Be sure to check your new postcode. The cost of stamps is about 15-30 rubles.

For sending / receiving letters / parcels, you are to have a passport.

All post offices can be found [here](#).

If you want to send a letter you will need:

- Envelope
- Post-stamp (you can buy it in the post-office)
- Information about the address of the receiver



# Recommendations

*Advice on how to make your exchange experience successful and unforgettable!*

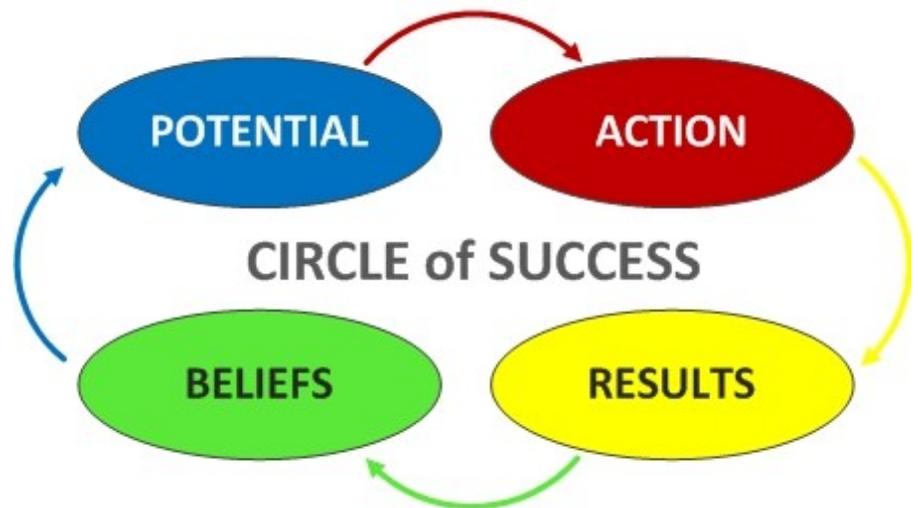
The study abroad experience might change your attitude to life and your own culture. You will see a different way of life, meet new people, discover yourself in the situations, which would never have happened if you had stayed at home. You will not just get knowledge at the University, but will have an opportunity to improve your skills in solving problems, and getting on with unfamiliar people. From this experience you should get confidence and pride that you have managed to overcome all difficulties.

What to expect during your exchange semester:



# Recommendations

- Be active! Take the initiative for making new friends and participating in new activities.
- Be flexible! (change your habits to fit into the new University, city, way of life. Yes, it's not that easy! But don't lose your heart!).
- Be friendly and open for new acquaintances.
- Tell about your own country and culture! (Especially if you don't know how to start the conversation. Anyone would be interested to know something new about a different country).
- Be respectful to everybody.
- Learn everything new.
- Be patient (you might have difficulties, you might want to go home, but arm yourself with patience and get over everything!).
- Remember that it depends on you what your experience be like.



# Check List

## Before arrival

Don't forget to take with you...

- Passport
- Valid visa
- 3 photos 3×4
- Health insurance
- Certificate of HIV test
- Medical pills you were prescribed to take (if any), that could be difficult to obtain at a pharmacy in Russia without visiting a doctor
- X-ray certificate and general health certificate (if you stay in a dormitory)

## After arrival

Check that you have successfully...

- Obtained your migration card at the border, kept it safe
- Met your buddy
- Checked into the dormitory / flat / hostel
- Bought a local SIM card
- Submitted the documents required for registration to the International Office
- Attended the orientation session
- Picked up your registration slip, kept it safe
- Got your student ID, entrance card and library card
- Applied for a student travel card, received it
- Applied for a multiple-entry visa, received it



## Packing your Luggage

It's time to think about packing your luggage! While doing this, keep in mind two things: first of all, climate in Russia might be significantly different from the climate in your country, and secondly, there is no need to take too much clothes. The reasons are: there are certain rules for the size and the amount of luggage on domestic and international flights, so if you have overweight you will have to pay for it or your bag may not be accepted at all. Don't forget that on your way back you might have more things: probably some souvenirs and presents that you will decide to take for your friends and relatives.

Before departure make sure you have read the luggage rules of your airline.

Also you can take some small souvenirs from your country, in case you would like to give them to your future Russian friends.

Think about taking your favorite thing from home, which will remind you of your friends and parents. It may be a cup, a photo, a book etc.





## English–Russian Dictionary

English	Russian	Transcription
Welcome!	Добро пожаловать!	Dabro' pazha'lavat!
Hello!	Здравствуйте!	Zdra'stvooy-tye!
Hi!	Привет!	Privy'et!
Yes	Да	Dah
No	Нет	Nyet
Maybe	Может быть	Mo'zhiht biht'
I don't know	Я не знаю	Ya ni zna'hyoo
Sure	Конечно	Kanye'shna
Thank you	Спасибо	Spase'e'ba
You are welcome	Пожалуйста	Pazha'loosta
Excuse me	Извините	Izvine'e'tye
That's right	Это правильно	E'hta pra'hvilno
That's wrong	Это неправильно	E'hta nipra'hvilno
I understand	Я понимаю	Ya panima'h-yoo
I don't understand	Я не понимаю	Ya ni panima'h-yoo
Do you speak English?	Вы говорите по-английски?	Vih gavare'e'ti pa-angle'e'ski?
Do you speak Russian?	Вы говорите по-русски?	Vihgavare'e'tipa-ro'o'ski?
Repeat, please	Повторите, пожалуйста	Paftare'e'ti, pazha'l'oosta
How much?	Сколько?	Sko'l'ko?
How long?	Как долго?	Kak do'lgo?
Fine	Отлично	Atle'e'chna
Not bad	Нормально	Narmal'no
Bad	Плохо	Plo'ha
Goodbye	До свидания	Da svida'niya
Bye-bye	Пока	Paka
What is your name?	Как Вас зовут?	KakVaszavo'o't?
My name is...	Меня зовут...	Minia' zavo'o't...

## English–Russian Dictionary

One rouble	Один рубль	Ade'e'nro'o'bl'
Excuse me, where is the bank?	Извините, где здесь банк?	Izvine'e'tye, gdye'zdyes' bahk?
I'm looking for currency exchange	Я ищу пункт обмена валют	Yaishcho'o'poonktabmye' navalyo'o'tih
Where can I find a tourist information office?	Где информационный пункт для туристов?	Gdyeinfarmatsio' niypoontdlyatoore'e'staf?
Where is nearest subway station?	Где ближайшая станция метро?	Gdyeblizha'y-shayasta' ntsiyamitro'?
How do I pay the fare?	Сколько стоит проезд?	Skol'ka sto'it pra-ye'st?
Is there an English menu?	У вас есть меню на английском?	Oo vas yest' minyo'o' na angle'e'skam?
The bill, please	Счет, пожалуйста	Shchyot, pazha'loosta



# International Office

For all questions regarding orientation, documents, accommodation, insurance, student life, etc. you may contact the staff of the International Office.

## Contact Details:

3 Kantemirovskaya str., office 331

Metro station: Lesnaya (red line) or Petrogradskaya (blue line)

Tel: +7 (812) 644 59 11 ext. \*61245

Tel: +7 (812) 644 59 11 ext. \*61577 (for migration control issues)

Email: [internationaloffice@hse.ru](mailto:internationaloffice@hse.ru)

Working Hours: Monday-Friday, 10:00-18:00



*See you in  
St. Petersburg!*

