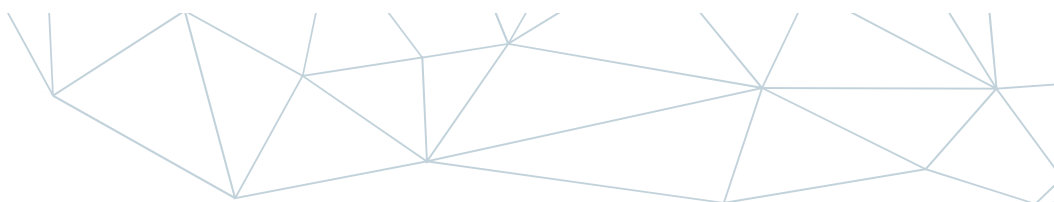


MGIMO STUDENT HANDBOOK

Your stay in Russia:
useful information,
answers to most
popular questions





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GREETINGS FROM THE INTERNATIONAL OFFICE

1. GREETINGS FROM THE INTERNATIONAL OFFICE

Please, accept the warmest greetings from MGIMO International Office!

We are thrilled that you have decided to join us at MGIMO University. We hope that you will keep memories of the time spent at MGIMO as that of unprecedented academic challenges, of vivacious social interaction and that it will take you one step closer to accomplishing your cherished goals.

This brochure has been designed to help you painlessly adjust to the MGIMO University environment and settle comfortably in Moscow. Alongside important administrative information, it provides an overview of the University, the campus, its social and academic life.

Should you need any further details, do not hesitate to reach out to us. You are always welcome at our office. We can also answer your queries by e-mail, phone or via the University's social networks. All contact information can be found on the following page.

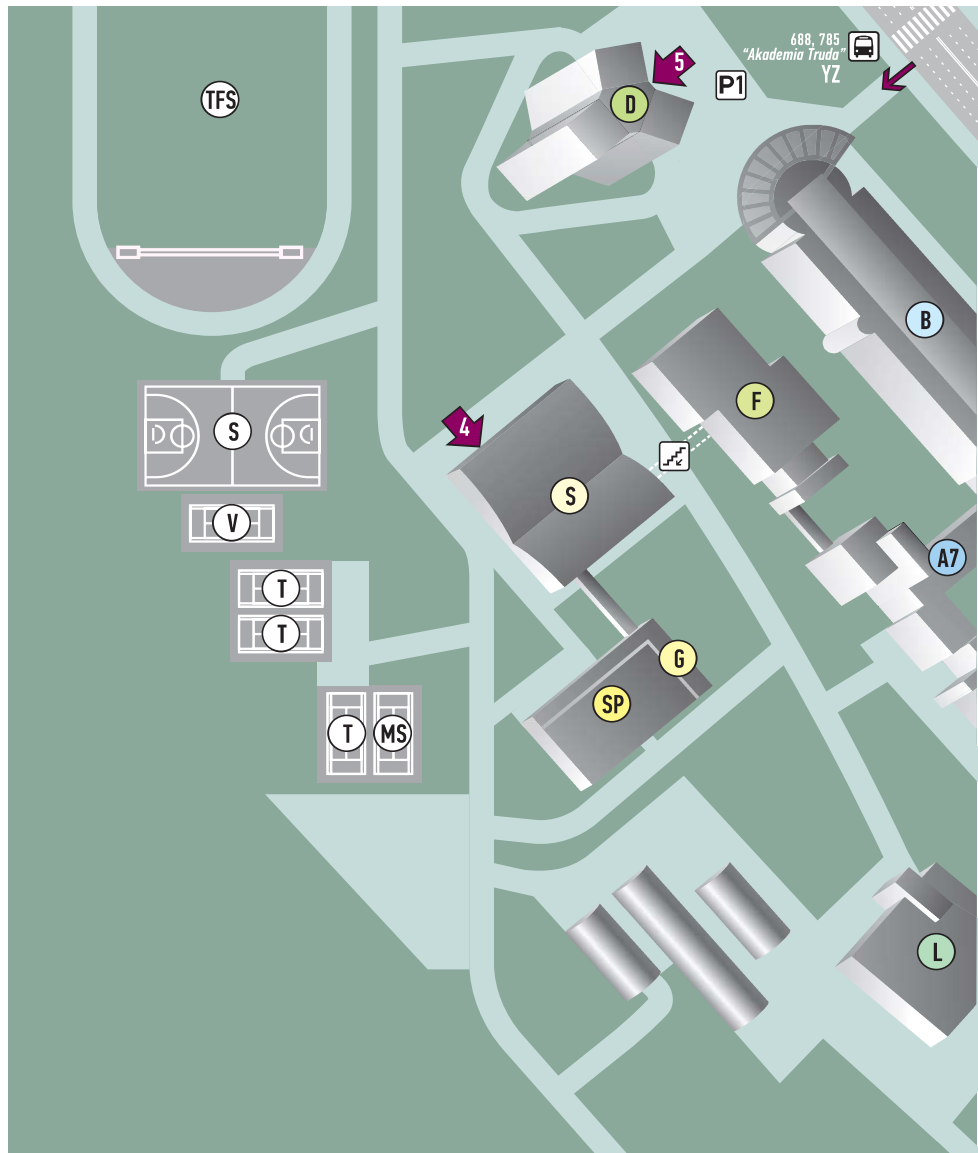
We wish you a pleasant stay with us and hope that this period of your life will be exciting and memorable.

Welcome!





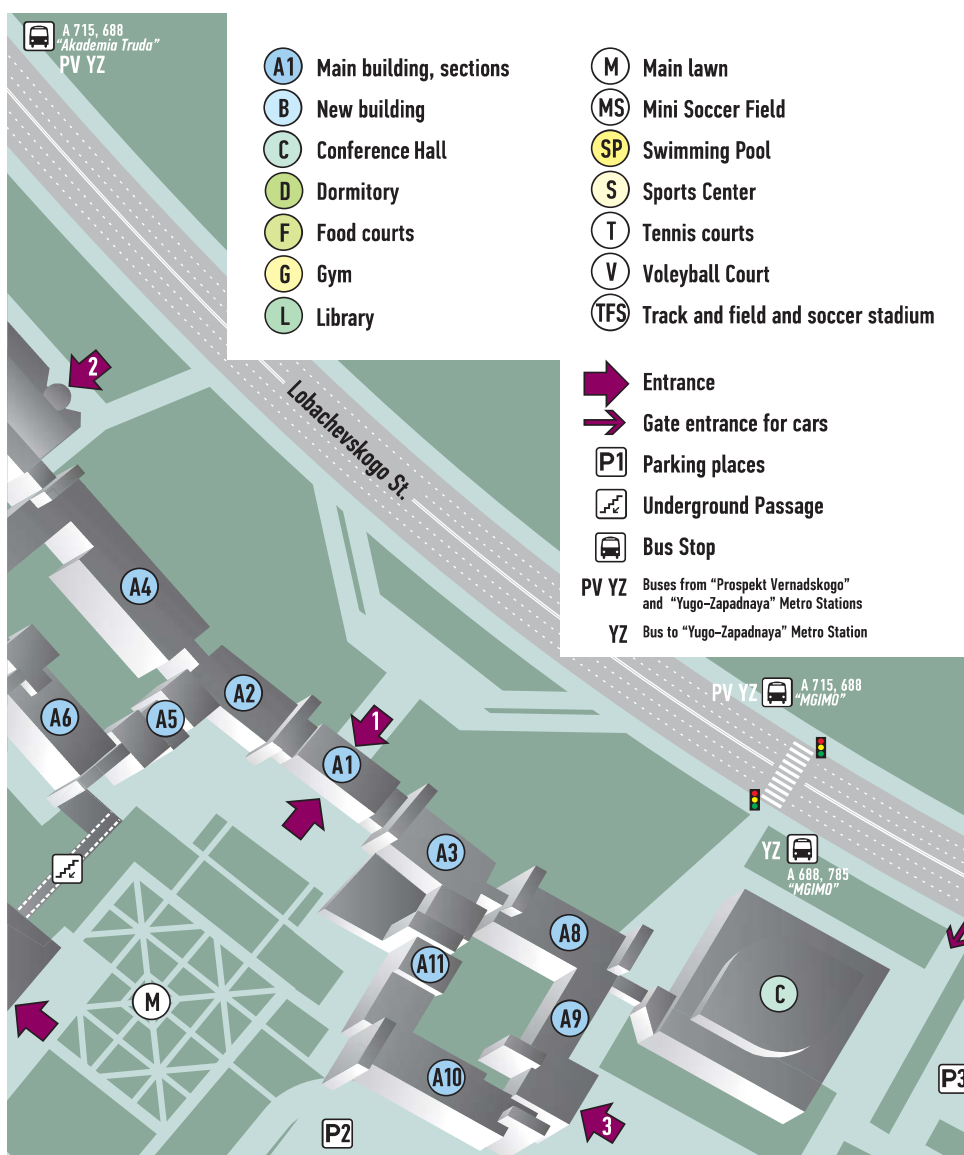
2. MAP OF THE UNIVERSITY





You can get to know MGIMO's layout by visiting the following page

"MGIMO Panorama" mgimo.ru/360/





3. CONTACT INFORMATION


The International Office is the primary contact for foreign students at MGIMO. However, depending on what program you are in, you should contact different departments.

- For **Bachelor's Degree Programs in Russian**
Exchange Students
Visiting Students
International Summer School

INTERNATIONAL OFFICE

Telephone: +7 495 434 90 74; +7 495 234 84 61

E-mail: international@inno.mgimo.ru

Office: 1037  1st floor (see MGIMO map)

Address:

International Office

MGIMO University

119454, Prospekt Vernadskogo 76, Moscow, Russia

The International Office helps foreign students in dealing with practical matters related to their stay in Moscow, such as obtaining their visas, going through the registration process with immigration authorities, and securing accommodation. Alongside providing guidance as regards academic issues whenever necessary, The International Office offers a full-year program of Russian training for those who want to improve their language skills before applying for a regular degree program. The International Office also runs the International Summer School for students to be attended in June and July.

- For **Bachelor's Degree Program in English**

SCHOOL OF GOVERNMENT AND INTERNATIONAL AFFAIRS

Telephone: +7 495 234 84 92

E-mail: bac@inno.mgimo.ru

Office: 4157  4th floor (see MGIMO map)

Address:

School of Government and International Affairs

MGIMO University

119454, Prospekt Vernadskogo 76, Moscow, Russia





CONTACT INFORMATION



The School's main responsibility is the Bachelor's Degree Program in Government and International Affairs. During their studies, students complete a set of courses in World Politics, Political Science, Governance and Management, Economics, Business, Law, Social Sciences and other humanities. The program consists of four years of full-time training. B.A. graduates may apply for the Master's programs taught in English at MGIMO, or dual Master's programs with partner universities.




For **Master's Degree Programs in English** **Double Degree Master's Programs**

MASTER'S DEGREE DEPARTMENT

Telephone: +7 499 431 39 14

E-mail: master@my.mgimo.ru, masters@inno.mgimo.ru

Office: 1042B  1st floor (see MGIMO map)

Address:

Master's Degree Department

MGIMO University

119454, Prospekt Vernadskogo 76, Moscow, Russia

Master's Degree Department is the educational and administrative division of MGIMO which carries out the organization and direct implementation of the study process for all master's level programs and provides admission of applicants for all master's degree programs available at MGIMO.

Master's Degree Department runs both international Master's Degree programs where students are taught in English at MGIMO and a great number of Dual Degree Master's Programs where students for one year study at MGIMO and for another year with partner universities such as Science Po, HEC Paris, Bologna University, University of St. Andrew's, University of Geneva, Free University of Berlin, University of Barcelona, etc.



4. FACTS ABOUT MGIMO

FOUNDATION DATE:

October 14th, 1944

ACADEMIC STAFF:

1,100 (including over 20 Full and Correspondent Members of the Russian Academy of Sciences, over 150 Full Professors, over 400 holders of "Candidate of Sciences" degree including 300 Associate Professors)

NUMBER OF UNDERGRADUATES:

6,000 (including 1,000 foreign students from over 70 countries)

NUMBER OF ALUMNI:

over 40,000 (including over 5,500 foreign graduates from over 60 countries)

NUMBER OF STUDENTS:

7,000 (including 1,000 foreign students from over 70 countries)

LANGUAGES:

54 (20 foreign language departments)

FACULTIES:

- The Faculty of International Relations
- The Faculty of International Economic Relations
- The Faculty of International Law
- The Faculty of International Journalism
- The Faculty of International Business and Business Administration
- The Faculty of Applied Economics and Commerce
- The Faculty of Management and Political Science
- The Faculty of Pre-university Training

EDUCATIONAL INSTITUTES:

- International Institute of Energy Policy and Diplomacy
- European Studies Institute

SCHOOLS:

- School of Government and International Affairs
- School of Business and International Competence

BACHELOR'S AND MASTER'S PROGRAMS:

16 areas of training

59 master's degree programs

- International Relations
- Regional Studies
- Political Science
- Economics
- Law
- Management
- State Administration and Government Control
- Antimonopoly Regulation
- Journalism
- Public Relations and Advertising
- Sociology
- Environmental Management

POSTGRADUATE STUDIES:

28 postgraduate and doctorate level programs

ACADEMIC CALENDAR:

Fall semester

Semester starts – 1st September

Semester ends – 31st December

Examination period – 9th–25th January
(Examination period starts on the first working day after New Year Holidays)

Spring semester

Semester starts – 7th February

Semester finishes – 31st May

Examination period – 1st–25th June





5. BEFORE YOU LEAVE HOME

After you have received an official confirmation of your enrollment at MGIMO, you will need to make a few necessary arrangements for your travel to Russia. Please, take some time to carefully study all the requirements and recommendations in this handbook. This will enable you to start off your studies smoothly and on time.

5.1. OBTAINING YOUR STUDENT VISA



5.1.1. GENERAL INFORMATION

Although Russia maintains a visa-free regime with some countries, a visa is a compulsory requirement for the citizens of many foreign countries. Please, consult the website of the Ministry of Foreign Affairs of your country and of the Russian Embassy / Consulate in your region to ascertain whether you require a visa to enter Russia. If you do, MGIMO International Office will provide you with the necessary supporting documents so that you can apply for it.

According to the regulations of the Russian Foreign Ministry, to obtain a student visa, your passport should be valid for no less than 1 year after the expiry of your visa.

The academic year at MGIMO starts on 1st September. The invitation from MGIMO which you will use to obtain your visa normally states that you should come to Russia a week before your studies start. We expect you to arrive a few days before the onset of the term so that you have ample time to settle in.





After your visa application is approved you will receive an e-mail from IO with the reference number of your electronic invitation and the dates of your visa. The Russian consulate where you apply for your visa will already have this number. Once it has been communicated to you, contact the Russian consulate in the city you indicated in your MGIMO application form and fulfill the required procedures. You will not need any invitation letters or other supporting documents to collect the Russian visa.



Please, note that you cannot come to Moscow before the date shown on your visa. When applying in your home country, you will receive a single entry visa valid for 90 days. Upon arrival in Russia, the International Office team will assist you in getting a multiple entry visa for the entire academic year without having to leave the country.



5.1.3. SUPPORTING DOCUMENTS

List of documents (originals) you must have when arrive at MGIMO:

1. Document supporting your identity and proving your nationality (the original and its certified copy in Russian).
2. Diploma with the list of subjects studied and corresponding grades (the original and its certified copy in Russian).
3. Medical certificate indicating you do not suffer from chronic diseases, certificate of the established form confirming you are HIV-negative, your results of RV and hepatitis B tests and a medical report that you are up to date on your vaccinations (tetanus, measles, diphtheria, tuberculosis), stamped by a medical institution with the date of vaccination stated, and fluorography or X-ray examination results.
4. A copy of your entry visa to the Russian Federation (in the case you required a visa).
5. Health insurance valid in Russia.
6. Eight photos, 3 x 4 cm, matt.





BEFORE YOU LEAVE HOME



5.1.4. IMMIGRATION PROCEDURES

? Relevant question: Why do I need to fill out a migration card?

When you pass through immigration control in Russia, you will need to present your passport with a valid visa. A passport control officer will have you sign a migration card filled in automatically.

"А" (Въезд/Arrival)		Российская Федерация Russian Federation		Республика Беларусь Republic of Belarus		Russian Federation	
Миграционная карта Migration Card		Серия / Serial No					
Фамилия/Surname (Family name)		Иванов		Иванов		Иванов	
Имя/Given name(s)		Иван		Иван		Иван	
Отчество/Patronymic		Иванович		Иванович		Иванович	
Дата рождения/Date of birth		1990		1990		1990	
Пол/Male <input type="checkbox"/> Жен/Female <input type="checkbox"/>		Муж/Male		Жен/Female		Жен/Female	
Гражданство/Nationality		Россия/Russia		Беларусь/Belarus		Россия/Russia	
Документ, удостоверяющий личность/Passport or other ID		Паспорт/Passport		Паспорт/Passport		Паспорт/Passport	
Цель визита (при въезде в Россию) Purpose of visit (on entry to Russia)		Служебный/Official, Туризм/Tourism, Коммерческий/Business, Учеба/Study, Работать/To work, Другое/Other		Служебный/Official, Туризм/Tourism, Коммерческий/Business, Учеба/Study, Работать/To work, Другое/Other		Служебный/Official, Туризм/Tourism, Коммерческий/Business, Учеба/Study, Работать/To work, Другое/Other	
Срок пребывания/Duration of stay		До: 24.10.2007		До: 24.10.2007		До: 24.10.2007	
Подпись/Signature							
Въезд в Российскую Федерацию /Республику Беларусь/Date of arrival in the Russian Federation/Republic of Belarus				Выезд из Российской Федерации /Республики Беларусь/Date of departure from the Russian Federation/Republic of Belarus			

"Б" (Выезд/Departure)		Российская Федерация Russian Federation		Республика Беларусь Republic of Belarus		Russian Federation	
Миграционная карта Migration Card		Серия / Serial No					
Фамилия/Surname (Family name)		Иванов		Иванов		Иванов	
Имя/Given name(s)		Иван		Иван		Иван	
Отчество/Patronymic		Иванович		Иванович		Иванович	
Дата рождения/Date of birth		1990		1990		1990	
Пол/Male <input type="checkbox"/> Жен/Female <input type="checkbox"/>		Муж/Male		Жен/Female		Жен/Female	
Гражданство/Nationality		Россия/Russia		Беларусь/Belarus		Россия/Russia	
Документ, удостоверяющий личность/Passport or other ID		Паспорт/Passport		Паспорт/Passport		Паспорт/Passport	
Цель визита (при выезде из России) Purpose of visit (on departure from Russia)		Служебный/Official, Туризм/Tourism, Коммерческий/Business, Учеба/Study, Работать/To work, Другое/Other		Служебный/Official, Туризм/Tourism, Коммерческий/Business, Учеба/Study, Работать/To work, Другое/Other		Служебный/Official, Туризм/Tourism, Коммерческий/Business, Учеба/Study, Работать/To work, Другое/Other	
Срок пребывания/Duration of stay		До: 24.10.2007		До: 24.10.2007		До: 24.10.2007	
Подпись/Signature							
Въезд в Российскую Федерацию /Республику Беларусь/Date of arrival in the Russian Federation/Republic of Belarus				Выезд из Российской Федерации /Республики Беларусь/Date of departure from the Russian Federation/Republic of Belarus			

Please, read the card carefully. In the field "Purpose of your entry" the word "Studies" should appear. Please, retain the migration card during the whole duration of your stay in Russia.

You are also required to provide a copy of the migration card to MGIMO International Office, so that we can proceed with your official registration in the country.

The migration card is to be returned to passport control as soon as you leave Russia and you will need to fill out a new one each time you come.

It is highly recommended that you carry the copies of all your documents with you at all times while in Russia.

Please, remember that you have to re-register (on the next working day) every time you leave the Russian Federation and Moscow and then re-enter.

IMPORTANT: DOCUMENTS FOR VISA EXTENSION MUST BE SUBMITTED 45 CALENDAR DAYS BEFORE IT EXPIRES.



5.1.5. MEDICAL INSURANCE

IMPORTANT: All foreign nationals who come to study at MGIMO are required to take out health coverage within one month of the date they are enrolled. We urge you to purchase a comprehensive medical insurance policy with dental care included.

In Russia, foreign citizens can take out what is called a "voluntary health insurance" from one of a range of private companies on the market. You can organize it yourself by selecting a company accredited in the Russian Federation.



Alternatively, you can choose to purchase your medical insurance at MGIMO once you have arrived. MGIMO has agreements with several health clinics, among which you can select a program and benefit from preferential rates and terms. The University also has its own clinic which provides basic services.



5.1.6. LEGALISING AND NOTARISING DOCUMENTS

IMPORTANT: The diploma recognition procedure is not necessary for citizens of countries which have signed treaties with the Russian Federation on the equivalence of diplomas. Please, keep in mind that even if such a treaty exists between Russia and the country that issued your school certificate, additional conditions could still be stipulated under various treaties.

Upon arrival at MGIMO, you must hand over to the International Office the legalized (apostilled) original of your secondary school or Bachelor's diploma and its translation into Russian certified by a Russian public notary or the Consulate of the Russian Federation in the country where the document was issued. As a rule, these documents are presented to the International Office at the admissions stage, but if this has not been done, you are to bring us these documents upon arrival.

In accordance with the legislation of Russia, you need to perform a procedure to confirm compliance of your international diplomas with the requirements of the Russian Federation. This can be done at MGIMO. The documents which you need to submit are as follows:

- a) the original diploma or any other proof of a student's qualifications with annexes (if applicable);
- b) a certified copy and translation into Russian (if the document is in a foreign language) of the diploma with the translator's signature along with his/her contact information; the copy is to be verified by the notary officer or any other individual with similar rights;
- c) a document proving the identity of the diploma holder and its photocopy (if applied in person);
- d) a power of attorney drawn up in both English and Russian (if submitted not by the holder of the diploma or his legal representative).





5.2. USEFUL TIPS



5.2.1. CLIMATE

Stereotypes generally tend to blow out of proportion the harshness of the Russian climate. Nonetheless, it is worth remembering that Russia is a northern country and in wintertime while the temperature averages at -10°C , it may drop down to -20°C (-30°C exceptionally) and remain low for weeks. The summer, on the other hand, is bright and some days can get particularly hot.



5.2.2. SAFETY

Moscow is a very large and relatively safe metropolitan city. There are certain "dodgy" areas that we recommend you not walk through on your own at night, as in the case with most other major European capitals, but, generally speaking, most of the city is fairly safe and the crime rate is quite low. We ask MGIMO students to observe basic safety rules in order to avoid putting themselves at risk.

If you find yourself in a difficult situation, please, contact the International Office immediately or, in case of an emergency, dial 112 from your mobile phone to reach the Moscow emergency services.



BEFORE YOU LEAVE HOME



5.2.3. TIME ZONE

Russia has 11 time zones. Moscow time is used as a reference point for all the other time zones in Russia. Moscow time is GMT +3.



5.2.4. MONEY

Russia's currency is rouble (RUB). There are many banks and exchange offices in Moscow, including a bank outlet in MGIMO, where you can exchange foreign currencies for roubles.

While some banks do exchange various foreign currencies for roubles; euros and dollars tend to be the easiest to convert. In recent years, there has been a lot of fluctuation in the exchange rate of the rouble against the euro and the dollar, sometimes on a daily basis, so we strongly recommend that you check the exchange rate on the official website of the Central Bank of Russia before you set out to change money (www.cbr.ru).



Exchanging money at the airport is not a good idea as the exchange rate may not be advantageous. Never accept a private individual's offer to exchange money.

We suggest that you acquire some roubles when you are still at home for small expenses you will encounter upon your arrival in Moscow, for example, buying a ticket for a fast train and a subway ticket, etc.

In Russia, credit and debit cards are widely accepted in large shops, supermarkets and boutiques in the city centre. However, some small stores and shops far from the center accept only cash, so carry a small amount with you at all times.



5.2.5. COMMUNICATIONS

In Moscow there are four main cellular operators: MTS www.mts.ru, Beeline www.beeline.ru, Megafon www.megafon.ru, and Tele 2 www.tele2.ru.



They operate 3G and 4G (LTE) networks in Moscow and the provinces.

The main retailers for mobile phones, SIM-cards and accessories are Euroset www.euroset.ru, Svyaznoy www.svyaznoy.ru, and ION www.i-on.ru.

SIM-cards can be purchased in big stores but also in small shops near subway stations, etc. Do not buy SIM-cards from non-official street sellers.

If you use your Moscow SIM-card in other Russian regions, roaming tariffs for calls, text messages and Internet surfing may apply. For more details, please, visit the operators' websites.

For cheap (or free) calls home we advise you to use Skype, Viber software or purchase packages from companies such as, for example, E1 www.e1tele.com.



5.2.6. INTERNET

Moscow is a modern city and wireless network is available in most public places: cafes, restaurants, in the subway and on public transport. To use the Wi-Fi in the subway you must register on the network.

Moscow is also actively working towards providing complimentary Wi-Fi in major parks and recreation areas, such as the Gorky Park which is already equipped with it.

Free Wi-Fi is available at MGIMO student accommodation facilities and anywhere on campus.



5.2.7. PLUGS AND SOCKETS

Electricity throughout Russia is 220 volt/50 Hz. Standard European thin two-pin plugs are used in Russia. If necessary, it is best to bring with you an adaptor for your laptop and other electronic devices.



GETTING TO MGIMO

6. GETTING TO MGIMO



6.1. MOSCOW AIRPORTS

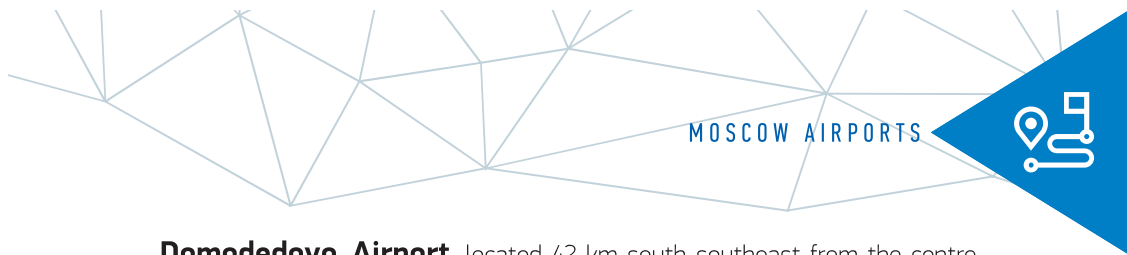
Moscow is one of the biggest cities in Europe and is at a crossroads between Europe and Asia. It has three airports: Sheremetyevo, Domodedovo and Vnukovo, so you are recommended to double-check before you leave, where precisely you will be landing.

Sheremetyevo Airport, located 29 km northwest of central Moscow, is Russia's largest and busiest international airport. It has four operating passenger terminals and one special terminal reserved for the use of private and business aviation. The airport's terminals are divided into two groups based on geographical location: the north and south terminal areas. The two terminal areas are linked by regular internal and external bus services. Aeroflot, the national Russian carrier, and other SkyTeam alliance members use Sheremetyevo as the principal hub for their passenger flights.

- It takes just over one hour to reach the city centre or MGIMO campus from Sheremetyevo by car. You can also take Aeroexpress trains from Sheremetyevo to Belorussky railway terminal.

For further information go to: <http://www.svo.aero/en/>.





Domodedovo Airport, located 42 km south-southeast from the centre of Moscow, is Russia's second busiest airport. It has one terminal building comprising two separate concourses for domestic (and some former Soviet republic countries) and international flights, respectively.

- It takes about one hour or slightly more to reach the city centre or the MGIMO campus by car from the airport. You can also get on Aeroexpress trains from Domodedovo to Paveletsky railway terminal.

For further information go to: <http://www.dme.ru/images/info/english.htm>.

Vnukovo Airport, located 28 km southwest from the centre of Moscow, is Moscow's third busiest airport. Vnukovo is Moscow's oldest operating airport. It was opened in 1941. During the Great Patriotic War, it was used as a military airbase; passenger services started after the war. The airport has two passenger terminals (Terminal A and Terminal B), one general aviation terminal (for charter and business flights), one cargo terminal, and 60 aircraft stands.

Of the three Moscow airports, Vnukovo is the highest (204 m above sea level). Hence, in case of fog, it has frequently served as an alternative airport.

Vnukovo Airport is equipped with the government VIP transport wing which operates head-of-state flights for many political leaders and high-ranking officials visiting Russia. The Russian President also uses Vnukovo's VIP facility.

- This airport is the closest to MGIMO campus, and can be reached within 30- 40 min. by car. You can also take Aeroexpress trains from Vnukovo to Kievsky railway terminal.

For further information go to: <http://www.vnukovo.ru/en/>.

All three airports are located at a certain distance from downtown Moscow. However, it is possible to get into town within about 45 minutes by public transport.

You can get from the airport to your destination by:

- Aeroexpress and Metro
- Taxi
- Car (if someone comes to pick you up)





GETTING TO MGIMO



6.2. MOSCOW RAILWAY TERMINALS

There are 9 railway terminals (*vokzal* in Russian) in Moscow, typically named after the main direction of the trains that depart from a specific railroad station. All the railway terminals are located close to the city centre or just nearby metro stations.



Belorussky Railway Terminal

Where: Belorusskaya metro station (green or brown belt line, north). Main destinations: Minsk, Kaliningrad, Lithuania, Belarus, Poland, Germany, Czech Republic. Aeroexpress to Sheremetyevo airport is accessible.

www.belorussky.dzvr.ru

Kazansky Railway Terminal

Where: Komsomolskaya metro station (red or brown belt line, northeast). Main destinations: Kazan, Ryazan, Ufa, Samara, Novorossiysk, Central Asia, etc.

www.kazansky.dzvr.ru

Kievsky Railway Terminal

Where: Kievskaya metro station (blue, light blue or brown belt line, west). Main destinations: Western Ukraine, Southeastern Europe, etc. Aeroexpress to Vnukovo airport is accessible.

www.kievsky.dzvr.ru

Kursky Railway Terminal

Where: Kurskaya metro station (blue or brown belt line, east). Main destinations: southern Russia, the Caucasus, Eastern Ukraine, Crimea, etc.

www.kursky.dzvr.ru



Leningradsky Railway Terminal

Where: Komsomolskaya metro station (red or brown belt line, northeast). Main destinations: St. Petersburg, northwest Russia, Finland, Estonia, etc.

www.leningradsky.dzvr.ru

Paveletsky Railway Terminal

Where: Paveletskaya metro station (green or brown belt line, south). Main destinations: Voronezh, Tambov, Volgograd, Astrakhan, etc. Aeroexpress to Domodedovo airport is accessible.

www.paveletsky.dzvr.ru

Rizhsky Railway Terminal

Where: Rizhskaya metro station (orange line, north). Main destinations: Latvia.

www.rizhsky.dzvr.ru

Savolovsky Railway Terminal

Where: Savolovskaya metro station (grey line, north). Main destinations: Kostroma, Cherepovets, Vologda, etc.

www.savelovsky.dzvr.ru

Yaroslavsky Railway Terminal

Where: Komsomolskaya metro station (red or brown belt line, northeast). Main destinations: Siberia, Russian Far East, Mongolia, China, etc.

www.yaroslavsky.dzvr.ru





GETTING TO MGIMO



6.3. AEROEXPRESS

Aeroexpress Ltd. is the operator of air rail link services in Russia. It is founded in 2005 and since then the company has provided the rail transportation services between Moscow railway terminals and Moscow airports.

It is the fastest, safest and the most convenient way to get from any of the three international airports to the center of Moscow and from there back to the airport. These high-speed trains offer adjustable seats, luggage compartments, restrooms, electric outlets. It is a practical option which spares you the hassle of getting caught in traffic.

Aeroexpress routes:

- ▶ Moscow, Sheremetyevo Airport – Belorussky Railway Terminal; the Aeroexpress trains go non-stop every 30 min., travel time – 35 min.:
 - from Belorussky Railway Terminal to Sheremetyevo Airport since 05.30 a.m. till 00.30 a.m.;
 - from Sheremetyevo Airport to Belorussky Railway Terminal since 05.00 a.m. till 00.30 a.m.;





- ▶ Moscow, Domodedovo Airport – Paveletsky Railway Terminal; the Aeroexpress trains go non-stop every 30 min., travel time – 45 min.:
 - from Paveletsky Railway Terminal to Domodedovo Airport since 06.00 a.m. till 00.30 a.m.;
 - from Domodedovo Airport to Paveletsky Railway Terminal since 06.00 a.m. till 00.00 a.m.;
- ▶ Moscow, Vnukovo Airport – Kievsky Railway Terminal; the Aeroexpress trains depart every 60 min. (within some hours every 30 min.) since 06.00 a.m. till 00.00 a.m., travel time – 40 min.

All above-mentioned railway terminals are next to the corresponding metro stations which enables you to quickly change from the Aeroexpress to:

- ▶ Belorusskaya metro station (green or brown belt line);
- ▶ Paveletskaya metro station (green or brown belt line);
- ▶ Kievskaya metro station (blue, light blue or brown belt line).

Tickets can be purchased in ticket offices or through ticket vending machines and turnstiles at the stations and the airports prior to boarding (500 RUB for a one-way standard ticket) or via mobile application and website (420 RUB). Business-class coaches are also available at a fixed price of 1,000 RUB (about 18 USD or 17 EUR) regardless of the type of its purchase.

Aeroexpress trains make trips between Moscow airports and railway terminals daily, according to the timetable, including weekends and holidays.

When planning your journey, visit the Aeroexpress webpage in English at <https://aeroexpress.ru/en>.



GETTING TO MGIMO



6.4. TAXI

Taxi service market in Moscow has changed dramatically over the recent years. New technology and service platforms such as Yandex.Taxi, Uber and Gett (ex-GetTaxi) displace many private drivers and small service providers.

A taxi can be called using a smartphone, tablet or PC in 5–15 minutes. Commercial taxi services are available. In addition, route taxis are in widespread use.



In all three airports, at Arrivals, there are stands where official taxi companies offer their services. Only these companies, which expect you to walk up to their stand, are licensed taxi companies. The staff behind the counters will take down your order, process your payment and direct you to the driver who will take you to your destination. The prices are fixed, regardless of the time spent on the go.

We recommend that you find out how much your journey will cost you before you leave home. As a rule, the price depends on the mileage. Your trip to MGIMO should cost around 2,000 RUB (about 30 USD or 26 EUR).

If anyone hails you upon arrival, offering you taxi services at a "reduced rate", they do not work for an official company and we strongly recommend you avoid them, as their prices are always higher than expected and change during the course of the journey. Besides, riding with an unofficial taxi driver is not safe!



6.5. THE MOSCOW METRO

The Moscow Metropolitan is one of the oldest and definitely the most beautiful subway in the world. The first subway station was inaugurated in 1935. The subway constitutes the core of the capital's transport system and consists of 12 lines, including a belt line, stopping at 203 stations. On weekdays, the subway has an average daily ridership of over 9 million people, by far the highest worldwide.

There are subway stops by all three railway terminals that the Aeroexpress train takes you to. The entrance to the Metro is immediately obvious thanks to a red letter **M**. Every metro station has a ticket office and self-service machines where you can purchase tickets to travel.

We recommend that you buy a regular ticket for a 90-minute trip, which will also allow you to use the bus, tramway car or trolleybus within 90 min. A single one-trip ticket will cost you 55 RUB (less than 1 USD or 1 EUR), but you will have to purchase another one upon getting on a bus, tramway car or trolleybus (in a box office by the stops or directly from the driver) which will cost you another 50 RUB.

At a later stage, you can buy travel cards for students at reduced rates.

Public Transport Ticket Types

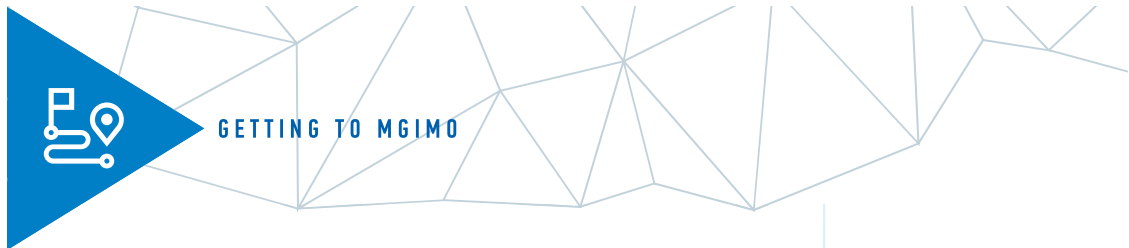
As part of its wide-ranging public transport modernization program, the Moscow City Government is offering new ticket options.

All-in-One ticket (in Russian, *yediniy билет*) – a ticket valid for one ride by Metro or any other means of ground level transport.

You may select one of the three modern ticket options to suit your purpose, or purchase the newest Troika card.

- ▶ **90-minute Ticket** (in Russian, *билет devyanosto minut*) – a ticket valid for one ride by Metro and unlimited number of connections by land transport within a 90-minute period.
- ▶ **Trolleybus-Bus-Tram** (or use the Russian acronym **TAT** which stands for *trolleybus – avtobus – tramvay*) – a ticket for all forms of surface transport. Note, this does not include *marshrutka* (minibus) or *elektrichka* (suburban electric train).
- ▶ **Troika card** is an electronic transportation card that allows you to top-up the balance, add tickets for all means of city transport and a season pass for commuting trains.





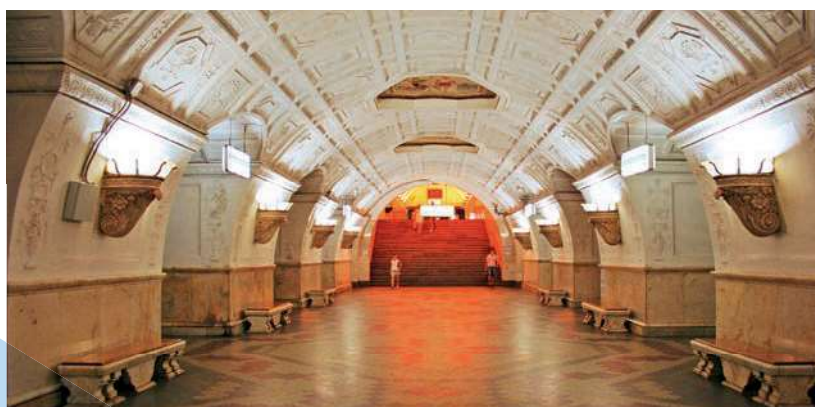


6.6. TO MGIMO BY METRO

MGIMO is conveniently situated between the two subway stations (called Prospekt Vernadskogo and Yugo-Zapadnaya) on the red Sokolnicheskaya line.

It will take you on average 30 minutes to make it to Prospekt Vernadskogo from any station you will end up at if you take an Aeroexpress train.

From the Belorussky railway terminal, you should get onto the belt line at Belorusskaya metro station and get off at Park Kultury station. You then need to change over to the Sokolnicheskaya line and ride down to the station Prospekt Vernadskogo or Yugo-Zapadnaya.



If you arrive at the Kievsky railway terminal, you should get onto the belt line at the station Kievskaya and get off at the station Park Kultury. You then make your way to the Sokolnicheskaya line and ride straight down to the station Prospekt Vernadskogo or Yugo-Zapadnaya.

Upon arrival at Paveletskaya station, walk to the Paveletskaya station on the belt line, head underground to the Sokolnicheskaya line and then board a southbound train and alight at Prospekt Vernadskogo or Yugo-Zapadnaya.

Please, note that all the stations on the belt line carry the same names as their corresponding stations on the radial lines. Stations on other lines have different names even if they are close by.

We suggest you study your route before departure by using the Yandex interactive map metro.yandex.ru/moscow.



Once you have made it to the station Prospekt Vernadskogo, you have nearly reached your destination! You just need to catch a bus to MGIMO campus.

When you arrive at Prospekt Vernadskogo station, walk down the platform towards the first carriage of the train you have just got off. Then go up the stairs and walk through the glass doors and turn left, then take the first right up the stairs. Thus you will come to the bus stop.

There are several different buses taking you to MGIMO: No 715, 793, 616, 810 or 830. You can get straight on, if you previously purchased *yediniy билет* when going down the Metro. If you didn't, you can buy a ticket at the ticket kiosk or from the driver. You board the bus through the front door; if there is a queue, make sure you stand at the end of it. It is very badly viewed to not wait your turn and push your way to the front.

As you get on the bus, you tap your ticket on an automatic portal and walk through it by pushing the bar in front of you.

You then need to get off the bus at the station called "MGIMO". You will see the central building of the University campus, with steps leading up to the main entrance hall. To cross the road you may use the underpass. When facing the University, to the right of the main entrance there is a high-rise building. This is your student accommodation, if you live on campus.

You can also walk from the station Prospekt Vernaskogo all the way up to MGIMO but it will take you 15-20 min. and is most likely not the best option as you will have luggage to drag along.



7. NECESSARY FORMALITIES AND ARRANGEMENTS UPON YOUR ARRIVAL AT MGIMO

Shortly after you have arrived at MGIMO and before you start your studies, you must comply with some administrative formalities.

IMPORTANT: Remember to inform in advance your program coordinator at the International Office about the date and estimated time of your arrival at MGIMO.



7.1. SETTLING INTO THE STUDENT ACCOMMODATION

IMPORTANT: Upon your arrival at MGIMO, please, go to the Department responsible for student accommodation to fill out the necessary documents and sign a contract for your lodging.

Please, let the International Office know in good time when you plan to arrive, so that the dormitory staff is expecting you on that date. Upon arrival in Moscow, please, go first to your dormitory to drop off your suitcase. Get your passport ready and produce it at the reception. You will be let through the security gates and taken to meet the Dormitory Director, who will take down your details, hand you the keys to your room and show you round the premises.

The student accommodation which is located on campus (also called Dormitory No 2, in Russian *obschezhitie*) is to the right of MGIMO's main entrance. You walk alongside the building until you come across a tall white stone structure. It is easy to spot as there are no other stand-alone relatively high-rise buildings next to MGIMO. To locate your whereabouts, you can use the detailed map of MGIMO (on the "MGIMO Campus" site).

You can move in and keep your room until the end of June when your exams period and the academic year have drawn to a close.



NECESSARY FORMALITIES

Relevant topics

- ▶ Checking into the Student Accommodation
- ▶ Registering with the International Office
- ▶ Registering with the Federal Migration Services



7.2. REGISTERING WITH THE INTERNATIONAL OFFICE

As soon as you have left your belongings in the dormitory, you must come to the International Office to register your arrival at MGIMO and contact your program coordinator.

MGIMO has a number of access points, but the first time you are to enter it you will need to use the main entrance of the Main building **A1**.

The University has a security system in place and students get in using their digital entry passes and student ID cards. The first time you come in, please, present your passport to security to get your name ticked on the list. Later on, you will have a permanent electronic pass which will enable you to access the building through any point of entry.

Then come to the International Office: we will be expecting you. To find our office, turn left when you enter through main entrance and walk down the corridor. The team from the International Office will inform you about your next steps. Our office hours are Monday to Friday from 10 a.m. to 7 p.m.





7.3. REGISTERING WITH THE FEDERAL MIGRATION SERVICES

? Relevant question: Why is registering with the Federal Migration Services so important?

Registering is a compulsory migration procedure for foreign citizens in Russia. It should be done as soon as possible after arrival.

The migration card you have filled out when you formally entered Russia is necessary for registering.

Your registration must be fully processed within 7 working days since your arrival in the country. Therefore, the day you arrive at MGIMO or the following day at the latest, you need to bring to the International Office a copy of your migration card, of your passport and visa (if applicable). Next, the staff of the International Office will help you fill in the registration forms.

You can find out more about the migration rules for foreign students and the registration process by reading the migration memo put at your disposal at MGIMO's International Office.

IMPORTANT: You should have with you at all times the registration documents which were processed for you by the International Office staff. We recommend that you keep them attached to your passport with your migration card or preserve them in a special file.

Every time you leave and re-enter Russia, you will have to go through the process of registration once again.

If your registration is about to expire, you must have the staff of the International Office extend it.

If you travel within Russia, you have to register again each time you stay somewhere new. Hotels usually perform registration for foreign guests staying with them.

When you leave Russia, your registration will be checked by border officials at Passport Control.





If you fail to comply with temporary registration, or have not renewed your registration in time, you will face severe penalties. In addition, MGIMO will have to pay a large fine.

Cases of repeated violation of the registration terms are punishable with sizeable fines and can result in deportation and entry bans for a period of 2 to 5 years.

Therefore, we ask you to strictly abide by the registration rules.



7.4. IMMIGRATION REGULATIONS

Please, review the list of documents which must be submitted to the International Office for migration registration.

For countries which enjoy a visa-free regime with Russia:

- ▶ Passport
- ▶ Photocopy of the pages of your passport containing personal data and the validity period of the passport
- ▶ Migration card – original and one photocopy

For countries with which Russia has a visa regime:

- ▶ Passport
- ▶ Photocopy of the pages of your passport containing personal data and the validity period of the passport
- ▶ Migration card – original and one photocopy
- ▶ Visa – original and one photocopy

IMPORTANT: You should submit these documents to the International Office on the day of your arrival to Russia, or the next working day at the latest.





7.5. KEY POINTS

- Step 1:** You receive from MGIMO the news that you are enrolled.
- Step 2:** You contact MGIMO and fill out the requested questionnaire that you send to the International Office along with a copy of your passport.
- Step 3:** The International Office sends you the number of your electronic invitation (TELEX) and the dates of the visa invitation.
- Step 4:** You put together all the required documents and apply for your visa at the closest Russian Consulate or Embassy. You collect your visa.
- Step 5:** You arrive at MGIMO before 1st September. You move into the student accommodation.
- Step 6:** You bring to the International Office your legalized diploma and its notarized copy. You also need to present your passport with your Russian visa stuck in it and your migration card to get yourself registered with the immigration authorities. Please, bring photocopies of all these documents.
- Step 7:** Within the first month after arrival you need to make sure that the University's authorities have received all documents required (see 4.1.6. Legalising and Notarising Documents) and have no questions about them.
- Step 8:** You apply for a student identification card and purchase medical insurance.



MGIMO CAMPUS

8. MGIMO CAMPUS



8.1. LIBRARY

MGIMO's library  is named after Professor Ivan Tyulin. The library was opened as early as 1944, when the Moscow State Institute of International Relations was set up as a separate educational institution.

Today the library counts around one million items in 55 different languages: books, monographs, periodicals, historical editions, and maps.

The library has modern equipment and a variety of electronic catalogue databases.

The spacious reading room offers ideal conditions for self-study and has a complimentary wireless connection.

The library takes special pride in the Museum of Rare Books, which was founded in 1995. The museum includes 21,000 unique volumes on Russian and foreign policy-making, some dating back to the 13th century. The collection includes rare antique oriental manuscripts in Arabic and Farsi.

For further information see: www.rarebook.mgimo.ru

Opening hours: Monday to Friday from 8.15 a.m. till 5.15 p.m., with a lunch break from 12 p.m. to 13 p.m.





8.2. MGIMO CAREER CENTRE



MGIMO Career Centre provides a wide range of career and recruitment opportunities. Its main goal is to help students and graduates launch their careers in:

- ▶ Russian public/government bodies and agencies;
- ▶ Russian and international organizations and firms;
- ▶ National and International research centers and think-tanks.

The Career Centre holds up to 40 events annually including MGIMO Career days, professional master-classes, workshops, case-studies and stimulation sessions, companies' presentations, etc. The Career Centre has supported hundreds of students and graduates in finding internships and full-time jobs.

Tel.: +7 495 434 90 68

For further information visit: www.career.mgimo.ru



MGIMO CAMPUS



8.3. SPORTS FACILITIES

MGIMO students have plenty of opportunities to work out, as the University has a highly developed state-of-the-art sports centre **(S)** equipped with advanced health-improving infrastructure facilities.

Students can play football, mini-football, volleyball, basketball, tennis, badminton, table tennis, and practice shooting. There are several combat classes students can attend, as well as group fitness sessions.

Students can also use the gym **(G)**, the tennis hall **(T)**, the aerobics, fitness and martial arts rooms as well as the sauna.

MGIMO boasts a swimming pool **(SP)**, which is one of the best in Moscow.

MGIMO has on campus an outdoor stadium **(TFS)** which can be used when the weather is warm and includes a football field, jogging lanes, volleyball and basketball courts, outdoor tennis courts, and grounds for mini-football and other sports. In winter, an ice rink is created outdoors.



The pool and the gym are open every day from 7 a.m. to 11 p.m. In the summertime from 8 a.m. to 22 p.m. students can purchase a subscription to the gym with a 50% discount.





8.4. CANTEENS AND CAFETERIAS

MGIMO houses a vast selection of places to eat: canteens, cafés and kiosks. A meal costs on average 300 RUB (5 USD or 4 EUR).

► The canteen and café Furshet.ru

This is the largest canteen on site occupying three floors (F) 1st, 2nd, 3rd floors, so don't hesitate to go up and down the stairs. The first floor (in English 'ground floor') is a food court selling pizzas, burgers, sushi and the like. The second floor is a regular canteen mainly for students. The third floor is a hall for faculty and support staff members. And there is also a café.

► Café Gorod

This café (in Russian *gorod* means 'city or town') placed on the first floor to the left of the main entrance of the Main building (A1) is open for a proper breakfast, lunch and dinner throughout the long study/working day.

► Coffee House

In Russian Coffee House means *Kofeinya*. It can be found on the first floor to the right of the main entrance of the Main building (A1). It is the perfect place where you can enjoy hot and cold coffee and coffee-related beverages, tea, and other drinks. It also serves light snacks, muffins, and pastries.

► Café Stupenka

In Russian *stupenka* means 'step, or stair'. This café is a good option if you have no time to visit canteen. It is nearby Café Gorod, under the main entrance (A1).





MGIMO CAMPUS



► Fresh Café

It is situated nearby Café Stupenka and Coffee House, under the main entrance (A1). Another good variant for hot snack and some drink at an affordable price if you are in a hurry.

► Café Booffet

The café offers a basic menu and a budget business lunch. It is located on the first floor in the Main building (A10).

► Café Monte Christo

Here on the ground floor of the Conference Hall you can buy a full lunch, have a coffee or a refreshing drink (C).

► Univer-café

Placed on the first floor of the New building (B) it is a regular canteen and an excellent coffee shop which also serves fresh juices, milk cocktails and various kinds of ice-cream.

► Café

It can be found on the 5th floor of the New building (B). Particular emphasis is placed on coffees, teas and other non-alcoholic beverages along with a wide range of snacks which are served hot.



8.5. CLINIC

You can acquire an insurance policy at the reception desk of the clinic. A detailed description of the medical insurance you need, how to purchase and use it, is available in a memo which will be handed out to all new foreign students upon their arrival (in Russian and in several foreign languages). For further information on medical insurance options, please, consult MGIMO's online page "Clinic" <http://mgimo.ru/about/structure/units/clinic/>.

MGIMO has its own private medical center on the first floor (A7) located right on its premises, offering students and faculty members up-to-date medical care.

The clinic provides assistance in the following areas: general practice, physical therapy diagnosis, ophthalmology, otolaryngology, dental care, and psychological counseling.

In order to gain access to these services, foreign students must take out health insurance.

A year's health coverage costs 7,500 RUB (about 120 EUR). For more information about insurance, please, see 4.1.5. Before You Leave Home: Medical Insurance.

The clinic is open from Monday to Friday since 9 a.m. till 6 p.m.





MGIMO CAMPUS



8.6. ADDITIONAL FACILITIES

BANK OFFICES, ATMS, PAYMENT CARDS

On the 1st floor of the Main building (A1), next to room 1004, you can find a Gazprombank branch.

Opening hours: Monday – Friday from 9.30 a.m. to 8 p.m. On Saturday and the last working day of each month: from 9.30 a.m. to 5 p.m. Lunch break: from 1 p.m. to 1.45 p.m.

Sberbank and Gasprombank ATMs can be found:

- ▶ on the 2nd floor to the left of the main entrance of the Main building (A1);
- ▶ on the 1st floor near café Gorod in the Main building (A1);
- ▶ on the 1st floor near Coffee House in the Main building (A1);
- ▶ on the 1st floor of the New building next to the entrance (B).

On campus, you should be prepared to pay for most services in cash. An increasing number of restaurants and shops, however, is now accepting credit cards.



INTERNET

Free Wi-Fi is available on campus in the main buildings, in the library and in the multi-media halls. At the student accommodation, you will need to pay a small monthly fee to be able to surf on the Internet in your room.

ADDITIONAL FACILITIES



SHOPPING

On the first floor in the central hall of the Main building (A1), there are several small shops where you can buy stationery and other items for your studies.

THE "ARGUMENT" BOOKSTORE

This is the main shop on the 1st floor (A1) floor where you can buy books in foreign languages, textbooks, small presents and souvenirs with the MGIMO University symbols.



PHOTOCOPYING SERVICES

You can print out documents or make photocopies, for a small fee, in a special section of the library (L) or at a designated area on the 1st floor near the Gazprombank outlet (A1).

PHARMACY

The pharmacy is located on the 1st floor by the main entrance. Opening hours: Monday – Thursday from 10 a.m. to 6 p.m. (Friday until 5 p.m.) (A1).

PARKING


There are several car parks (P) on MGIMO campus for lecturing staff and students to be able to leave their private vehicles.

To park your car on MGIMO grounds, you need to buy a ticket, which will cost 100 RUB per hour. Students can purchase monthly/semester/annual parking passes.

On campus, there are also racks for locking up bicycles.



8.7. STUDENT ACCOMMODATION

MGIMO has four buildings for student accommodation. Foreign students tend to live in the Dormitory No 2 "Vernadsky"  which is located on campus, a three-minute walk from the University.

CONTACTS:

Regarding all questions and requests related to moving in to changing and leaving a dormitory as well as issues linked to refunds and conflict situations, please, contact the MGIMO Department responsible for student accommodation:

Office: 1108B

Telephone: +7 495 434 91 75

E-mail: mgimo1108@mail.ru

For further information consult:

<http://mgimo.ru/territory/infrastructure/dorms/>

Dormitory No 1 "Cheremushki"

Address: Novocheremushkinskaya Street, 26.

It is a 5 floor brick building.

Tel.: +7 499 125 33 84

The hostel has rooms designed for two or three people. Kitchens are located separately on each floor. The hostel has a student café, a room with Internet and a gym.

Directions: from the University metro station, get on the tramway car No 26 to the stop "Novocheryomushkinskaya Street". Altogether, the trip takes about 30 min..

Dormitory No 2 "Vernadsky"

Address: Prospekt Vernadskogo 76.

This modern 13-storey panel building is located on campus, a few steps away from the University's main entrance.

Tel.: +7 495 434 94 51



STUDENT ACCOMMODATION



The hostel has double rooms with all amenities (bathroom, toilet). Kitchens are located separately on each floor. On the 6th floor, there is a café. In the lobby of the 1st floor there are international telephone machines.



Dormitory No 3 "Teply Stan"

Address: General Tulenev Street, 13.

It is a 12-storey building with apartments.

Tel.: +7 495 337 75 33

This accommodation is constituted of two- and three-room apartments. Each flat has its own kitchen, bathroom, and toilet. There are two to three beds in each room.

Directions: from metro station Yugo-Zapadnaya you can take buses 144, 227, 281 to the bus stop "General Tulenev Street". Altogether, the trip takes about 30-40min.

Dormitory No 4 "Tsaritsyno"



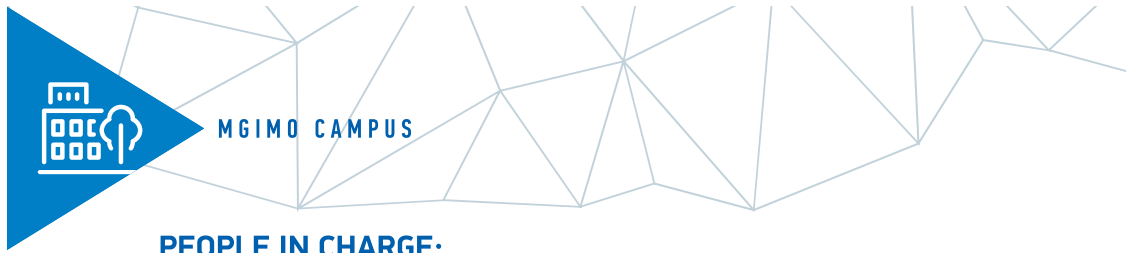
Address: Caspian Street, 28/1.

It is a 5-storey building with flats.

Tel.: +7 499 725 71 96

The dormitory comprises one-, two- and three-room apartments. Each flat has a kitchen, toilet, and bathroom. Each flat accommodates from three to six people.

Directions: catch the tube from Yugo-Zapadnaya or Prospekt Vernadskogo to Okhotny Ryad station, then switch to the station Teatralnaya and go to the station Tsaritsyno. Altogether, the trip takes 1h to 1h 20 min.



PEOPLE IN CHARGE:

The Dormitory Director

If for some reason you want to change rooms or solve any other matter, please, contact the Dormitory Director.

The Dormitory Chief

The Dormitory Chief is responsible for maintaining order, discipline, and safety in the building. If you need help with the equipment in your room, or you need to prepare for the arrival of guests, please, contact the Dormitory Chief (in Russian *comendant*).

SOME IMPORTANT RULES FOR YOUR DORMITORY

It is forbidden to enter the building after 1 a.m.

It is forbidden to bring pets into your room.

It is forbidden to smoke in the rooms and elsewhere in the dormitories.

If you purchase additional appliances to use in your room, please, advise the management of the dormitory.

If anything breaks in your room, either a piece of furniture or bathroom equipment, please, inform the hostel management by leaving a note on the ground floor, in the special register to be found next to the security checkpoint.

You can always ask your roommate to help you out if you are in trouble. Most students speak good English.

MOVE-IN ESSENTIALS

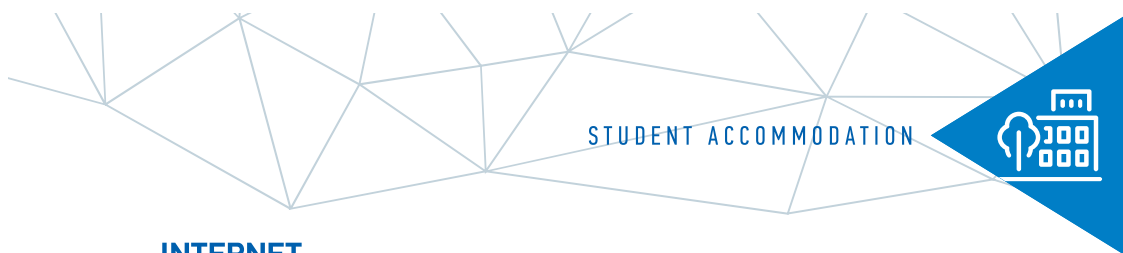
After meeting with the chief of the dormitory and settling into the room, you can collect the furnishings: chairs, bedding, pillows, etc.

If you have brought your own furniture, please, inform the chief of the dormitory.

PAYMENT

You can pay your accommodation fees in the Gazprombank outlet. You need to make your monthly payment on time. In case you fail to fulfill the terms and conditions of the accommodation contract the University's authorities are entitled to ask you to leave.





INTERNET


Most dormitories have free wireless Internet coverage in public areas. If you wish to connect to the network in your room, in some of the dormitories, you can do so for an additional fee.

VISITING RULES


If you invite a guest over, you must fill out a request form for the chief of the dormitory and upon approval, leave it with security at the entrance to the hostel.

To be admitted in the building, all guests must have a passport or any other ID document.

Guests are allowed until 11 p.m.

If your relatives (parents, siblings) come to visit and you would like them to be put up in the dormitory, you ought to plan out the logistics ahead of time and file a request to the administration of the dormitory, which is located in MGIMO's Main building  on campus (room BL-05).

LAUNDRY

The laundry room  can be found on the ground floor of the dorm. You are welcome to use the washing machines free of charge. Please, check the opening times on site. In addition, there is a centralized system for washing bed linen on Wednesday from 3 p.m. to 5 p.m.

DRY-CLEANERS

Students living in the dormitory can do their washing in the first floor laundry room. For more details, refer to the section 7.8. Student Accommodation.

In Moscow, there is also a large network of commercial laundromats. One of the main chains is called "Diana". To find out where your nearest laundromat is, please, go to: www.dryclean.ru.

If you believe the staff of your division do not correctly perform their job, provide incorrect information or infringe upon your rights, you can appeal to the Director of Operations and Maintenance of Buildings and Structures Department (+7 499 431 30 71 or write an e-mail to DERZIS@yandex.ru).





9. STUDENT LIFE



9.1. THE ELECTRONIC ENTRY PASS SYSTEM

All buildings on campus have a reliable security system. MGIMO campus can only be accessed with a digital entry pass (permanent ones for regular students and one-time guest passes for external visitors).

If you lose your electronic entry pass you must call +7 495 434 93 72.



9.2. ACADEMIC CALENDAR AND CLASSES TIMES

Your timetable will depend on the faculty or program at which you have been enrolled.

You will receive your classes schedule at the beginning of each semester. A reliable way to keep yourself updated with the latest changes in your timetable is to check it online on the MGIMO website (www.mgimo.ru/schedule/) or to see the paper version hanging on the stand by the Dean's office.

Your coordinator will help you understand the system during your first days at the University.

Attendance is strictly compulsory in higher education establishments in Russia and this applies equally to both lectures and seminars. Please, make sure you attend all classes. If you miss more than 30 academic hours (30 academic hours are equal to 15 classes) and fail to provide a valid excuse, you will be expelled.





9.3. THE STUDENTS' ACADEMIC RATING SYSTEM

Since 2003, the academic rating of students has been firmly embedded in the structure of MGIMO's educational system.

The system of students' academic ranking is seen as an effective tool to enhance the quality of the educational process – the teaching process as well as the system to correctly assess students' knowledge and encourage students to become independent learners and thinkers.

One of the indicators of the education quality is its efficiency in fulfilling the state's requirements to have highly qualified specialists in demand in modern professional environment.

The academic ranking system which is in operation at MGIMO is a complex mechanism that allows to effectively implement the competence approach to be applied in educational institutions.

9.3.1. THE FORMATION OF A STUDENT'S RATING INDEX

The essential thing to define a student's rating is integral rating indicators.

- ▶ Integral rating indicators are formed on the basis of the assessment of a student's study progress in the disciplines to be studied during the semester:
 - the intermediate evaluation of study progress (Block 1);
 - the passes (in Russian Cyrillic *zachet*) and exams (Block 2);
 - the assessment of a student's social characteristics (Block 3).
- ▶ The rating indicators for each discipline studied during the semester form the final rating index for the semester and the average rating index achieved by the student for all years of study at the University and all other rating indicators.
- ▶ The maximum result that can be achieved by a student for each of the blocks of the rating evaluation is 100%.

A. The System of Mid-term Passes – the Intermediate Evaluation of Study Progress

- ▶ Evaluation of a student's study progress throughout the semester is executed by the leading lecturer in accordance with his/her own system of control over the process of covering various sections of the course studied. The control system can combine both written and oral, group and individual forms.
- ▶ Throughout the semester, the lecturer should hold at least 3 control checks of a student's study progress.



- For the disciplines to be studied during the whole semester, the following control dates are set: 6th, 12th and 15th-16th weeks of the semester.

semester	Fall Semester	Spring Semester
1st mid-term pass	15 th October	15 th March
2nd mid-term pass	20 th November	20 th April
3rd mid-term pass	15 th December	15 th May

- The final grade for Block 1 is calculated as ***the arithmetic average mean of all grades to be acquired by a student within the semester*** at the weeks of intermediate knowledge check.

$$\text{Final Grade} = \frac{\text{Mid-term Pass 1} + \text{Mid-term Pass 2} + \text{Mid-term Pass 3}}{3}$$

B. The Passes and Exams in Session Periods.

- The rating indicator for Block 2 is the grade received by a student at an exam or a pass and is estimated in % and backed up with two other alternative scores in accordance with the 5-point rating grade and European grade systems.
- The final grade of the pass (not of the exam) for a particular course covered by a student is shaped considering a student's study progress to be achieved for the given course during the semester.
- An ***automatic pass*** for the course is provided in case ***a student's final grade for the course in the semester (based on the results of the intermediate study performance evaluation) is above or equal to 70%.***
- The final grade securing the automatic pass ***is fully equivalent to the arithmetic average mean*** estimated for a course to be covered in the semester.
- Students whose ratings are below 70% are to take a traditional pass. ***In that case the final grades received by these students cannot exceed 70%.*** This rule is not applicable to the final grade for the exam.
- In case a student at the exam or pass receives a grade under 60% which corresponds to his/her real knowledge, this rating grade is displayed in the academic record.
- In case of re-taking an exam or a pass, the following rule is used to calculate the final grade:
 - in case of first re-taking an exam or a pass, the current grade a student obtains for his/her answer is to be reduced by 10%;
 - in case of second (and last) re-taking an exam or a pass, the current grade a student obtains for his/her answer is to be reduced by 20%.





C. The Assessment of a Student's Social Characteristics.

- ▶ Evaluation of the social characteristics of a student is considered as an integral part of the educational process and is conducted to increase the responsibility and self-discipline of students, their motivation for profound and comprehensive mastering of knowledge as well as developing their skills of systematic work.
- ▶ The assessment of social characteristics of the student is originated from the combination of the following parameters with a 5-point grade to be attached to each of them where 5 is a max grade and 0 is a min grade:
 - attendance;
 - involvement and participation in classroom's activities;
 - diligence;
 - home assignments to be done properly and handed in on time;
 - respectful and correct communication with a lecturer;
 - general erudition.
- ▶ The assessment of personal social characteristics of students is carried out by the teaching staff once at the end of the semester.

9.3.2. THE SCALE OF GRADES CONFORMITY

5-Point Grading Scale		100-Point Rating Grade System	European Grade
«5»	Excellent	90 – 100%	A
«4»	Very Good	82 – 89%	B
	Good	75 – 81%	C
«3»	Average	67 – 74%	D
	Marginal	60 – 66%	E
«2»	Failure	under 60%	F

If you have any questions about your grades you can consult the Quality Education Division within the Department of Studies and Organizational Work (room 3069a).
Tel.: +7 495 434 91 42.





9.4. DRESS-CODE

MGIMO is a university with an elitist tradition, which trains the future political elite of Russia and many other countries. The level of education and the diplomatic status of the University require a specific dress-code to be respected in the University by professors and students alike.

The dress-code may vary depending on the timetable, and some classes may require formal attire. Shorts and flip-flops are prohibited in the University at all times.

On official occasions, for example, at meetings with visiting guests of the University, we recommend you to wear a suit, a shirt or blouse and appropriate footwear.

Do bear in mind that the University has a gym and swimming pool and you will need sportswear and trainers to work out. Sports clothes are sold at the shop by MGIMO's swimming pool and in a multitude of shops around Moscow as well.





9.5. STUDENT CLUBS AND ASSOCIATIONS



STUDENT UNION

The Student Union is a voluntary organization which brings students together and helps them take their first steps at MGIMO (room 137a [A7](#)). It can act as a mediator between students and the University administration. The organization plans and organizes a range of social and artistic events, and contributes to students' professional development by providing information and organizing meetings with state and business representatives.

FWD – FUTURE WORLD DIPLOMATS

FWD is a student-led organization centered on the fields of international relations and diplomacy. The FWD aim is to facilitate free and open-minded communication between future diplomats, officials, businessmen, and other professionals from governmental and non-governmental organizations, from public and private sectors.

COUNCIL OF INTERNATIONAL FRATERNITIES

The Council consists of a great number of clubs and associations which unite students from 26 countries. It seeks to promote, within MGIMO, awareness



of different cultures, their political, scientific and business peculiarities and to bolster the spirit of friendship and cooperation between Russian and foreign students. Over a hundred events are organized every year by the Council members, including cultural occasions, meetings with prominent people, and debates on current political issues and international news.

STUDENT ACADEMIC SOCIETY (NSO)

The Student Academic Society conducts scientific activities and holds practical workshops. Its participants have the opportunity to gain practical experience and carry out their own research projects. NSO is structured in various interest clubs: Business Club, Debate Club, Germanic Studies Club, French Club, etc.

MGIMO UNITED NATIONS MODEL

The UN Model is held at MGIMO each year and involves over 700 students from Russian and foreign universities. They emulate the proceedings of the General Assembly, the Security Council, and the principal UN Committees. The working language of the UN Model is English. Many senior UN officials, including the Secretary-General, made opening remarks for the MGIMO UN Model in the past.

MGIMO ALUMNI ASSOCIATION

Over the years, the top-notch education delivered at the University has turned MGIMO into a prestigious brand. Established in 1991, MGIMO's Alumni Association (MAA) has proved highly instrumental in preserving life-long ties amongst MGIMO graduates (3rd floor, room 3170 **A5**).

MAA is a rapidly growing organization uniting over 9,000 alumni of various generations with other 25,000 people involved in the life and activities of MGIMO. Alumni often take an active part in the Association's work and "give back" to the University by mentoring, philanthropy, volunteering or providing job opportunities to current students and graduates. Their support makes it possible to improve the activities of the Association and keep on generating new programs and projects.





9.6. IMPORTANT EVENTS

MGIMO WELCOME DAY (KNOWLEDGE DAY)

A cultural and sports event held on 1st September to congratulate new students on their admittance to MGIMO. The event starts with a welcome word from the Rector, an initiation ceremony for the first-year students, followed by sports activities, a concert, and a disco.

THE INSTITUTE DAY

The homecoming of alumni takes place in October. The Minister for Foreign Affairs usually opens the event.

FRIENDSHIP EVENING

This event is organized by MGIMO's Council of International Fraternities and serves as an outstanding example of friendship and tolerance between nations. Friendship Evening welcomes not only students but also members of the diplomatic corps and international cultural centers working in Moscow.

LANGUAGE SOIREES

There is a special sense of unity between MGIMO students who learn the same languages. Language departments organize evenings so that students can practice their language skills in an informal way: they sing, dance, recite poetry, and perform on stage. These evenings bring together students, alumni, professors, and employees of Embassies.

MGIMO MUSIC AWARDS

A competition of MGIMO singers usually takes place in April or May. To get to the final show you should undergo two casting sessions and shoot a video about yourself.

THEATRICAL PERFORMANCES

The Theatre Studio is engaged in classic and contemporary drama productions performed by students. Foreign language departments also do their own short presentations in different languages. MGIMO Spanish, English and German



cultural soirees are amongst the most renowned. All students can watch or participate in the dramatized programmes.

SPRING AND AUTUMN BALLS

University students from across Moscow take part in dazzling classic and modern dancing events. Everyone is welcome to prove himself in the events, even if he or she has never danced before. Participants can attend dance classes from the beginning of the study year and then display their skills at the balls.

KVN

A competition for those who enjoy comedy. The abbreviation KVN in Russian stands for "Club of the Merry and the Witted". KVN games are very famous in Russia, they are broadcast on TV and played all over the country at schools and universities. KVN is a team game, and it doesn't matter how many people are in your team, as the sole objective is to make the audience laugh. To reach the final KVN game, you should win several pre-final games.

MISS MGIMO CONTEST

This contest has become a tradition and allows young women studying at the University to show their individuality, intelligence, and charm.





10. AROUND MGIMO



10.1. MGIMO'S SURROUNDINGS

MGIMO is located in the South-West Administrative District of Moscow. It is one of the greenest and quietest areas in Moscow. There are many universities nearby, including Moscow State University (MGU), People's Friendship University of Russia (RUDN University), the Russian Presidential Academy of National Economy and Public Administration (RANEPA).

The vicinity of MGIMO has a good infrastructure. By the metro station, there are large shopping centers, convenience stores and cinemas. The Park of the 50th Anniversary of October is within walking distance from the University and in winter has a skating rink.



10.2. POST OFFICE AND PHARMACY

POST-OFFICE

The closest post-office to MGIMO is located on Koshtoyantsa Street 33.

The office is open Monday to Friday from 8 a.m. to 8 p.m. and Saturday from 9 a.m. to 6 p.m. It closes for a lunch break from 1 p.m. to 2 p.m.

MGIMO's postcode is 119454.

A number of international logistics companies operate in Russia such as DHL, FedEx, Pony Express, TNT, UPS, etc.



PHARMACY

The pharmacy nearest to MGIMO is called 36.6. It is also located on Koshtoyantsa Street 33. This drugstore chain has many other outlets in Moscow.

The 24 hour drug-shop called *Stolichnaya* is located on Prospekt Vernadskogo 62.



There are small pharmacies at the entrance of the supermarkets *Victoria* and *Sedmoy Kontinent* (in English "The Seventh Continent").

The cheapest pharmacy is *Samson Pharma* and its nearest outlet is situated on Leninsky Prospekt 119.



10.3. BANKS AND ATMS

The official currency of Russia is rouble and this has long been no formality. By all means, it cannot be ruled out that, in some antique shop in the Arbat, they will happily accept your dollars or euros. However, generally, you will not be able to buy anything in Moscow with foreign cash.

In the city center there are hundreds of currency exchange kiosks to be found at every turn, bank branches and ATM machines, which are usually located in the outlets of various banks, where you can send and receive money transfers, buy currency or withdraw cash.

Never approach exchange points that are not affiliated to any bank. They usually offer more appealing rates but also present a greater risk of forgery, so we recommend that you exchange currency only in official banks.

VISA and MasterCard cards are accepted virtually everywhere and soon, according to the Moscow authorities, there will be no shop or café where you would not be able to pay by card. Moscow open markets are the places where they accept both cards and cash.

As in many other countries, VAT (value added tax) is applied to almost all payments and purchases on the territory of the Russian Federation. In Russia VAT is 18% and can only be refunded to foreign tourists coming to Russia for short stays.

You can check the official currency rates at the website of the Russian Central Bank www.cbr.ru.



10.4. CAFÉS AND RESTAURANTS

There are several sushi bars near MGIMO: *Tanuki* (Koshtoyantsa Street 1a), *Planet Sushi* (Udaltsova Street 40a), *Asia* (Prospekt Vernadskogo 39a).

You can also have a snack in a wide range of cafés at the *Zvezdochka* shopping centre (Pokryshkina Street 4, nearby Yugo-Zapadnaya metro station). There you





will find *McDonald's*, *KFC*, *Burger King*, *Planet Sushi*, *Pancake House*, *Kroshka-Kartoshka* (Russian fast food offering jacket potatoes with various fillings), *Mu-Mu*, *Starbucks coffee*, *Tea Funny Bubble Tea*, *Il Patio* (an Italian restaurant).

There are also several restaurants, cafés and bars (among them *Seasons*, *Dunkin' Donuts*, *The Noodle house*, *Coffeetun/Sushitun*) in Rio Shopping Mall (Leninsky Prospekt 109). There one can visit *Teremok* – a fast food chain serving dishes of traditional Russian cuisine.

Next to Prospekt Vernandskogo metro station, you can stop for a drink or snack at *London Pub*, *Krujka Pub*, *Coffee House* and *Shokoladnitsa* (a café with good coffee and snacks).

Tipping is a common practice in Russian cafés, restaurants and other public places and shows that you have enjoyed the service. The average tip is 10% of your bill. Leaving tips, however, is not compulsory. Please, note that no tips are needed on campus.

All the cafés mentioned have stores around Moscow and they offer everything from a drink or snack to a full dinner at an affordable price.



10.5. SUPERMARKETS AND GROCERY STORES

The nearest supermarket is *Sedmoy Kontinent* (in English "The Seventh Continent"). To reach it from MGIMO cross the road (Lobachevskogo Street), turn left and walk to the first intersection, then turn right and walk along Koshtoyantsa Street up to building 21a.

Most students living on campus prefer to buy food at *Victoria* supermarket as most food items are cheaper there. Other services are also available there including a dry-cleaner, a photo shop and a pharmacy.

There is a convenience store *Ryabinka* across the street from the University, where you can purchase bread, milk, soft drinks, snacks, and other basic items.

One can find everything needed in *Perekryostok* (a food retail chain) in shopping center Avenue South-West nearby Yugo-Zapadnaya metro station. *Perekryostok* (in Russian *crossroads*) is renowned for its own bakery, a huge assortment of ready-made salads and cooked dishes.

Most supermarkets and shops in Moscow are open from 9 a.m. till 10 p.m., though opening times may vary from one store to another, while some supermarkets work 24/7.





11. SIGHTSEEING IN MOSCOW

Russia is a country with a very rich and diverse history. Its capital, Moscow, is the historical, cultural, and business center of the country and is home to hundreds of museums, exhibition halls, libraries and cultural sites. Every day a dozen of cultural events take place around the city. We will only mention here its main cultural sites, with which you can begin exploring the capital.



11.1. MAIN SIGHTS

The Kremlin is at the heart of the historic district of Moscow. The Kremlin is the largest existing fortress town in the world. It contains palaces, churches and museums, and is the official residence of the Russian President. The Kremlin should come first on your list of sites to visit. Enjoy the phenomenal beauty of the Kremlin cathedrals, the famous Bell Tower of Ivan the Great and the treasures of the Armoury Chamber and the Diamond Treasury. If this is not enough for you, there is Lenin's Mausoleum in the Red Square. Yes, you can still go in there. Metro stations: Borovitskaya (grey line), Biblioteka Imeni Lenina (red line), Alexandrovsky Sad (light blue line).

The Red Square is the main and most prominent square in Moscow. Its main sights are Saint Basil's Cathedral, "GUM" the State Department Store, a Historical Museum, Kazan Cathedral and Spasskaya Tower. The nearby Tverskaya Street is the main avenue of Moscow which combines various styles from different epochs: famous Fillipov's Bakery, Eliseevsky Food Store, Moscow City Hall, a monument to the founder of Moscow Yuri Dolgoruky, the Russian Museum of Modern History, Chekhov Moscow Art Theatre, Ermolov Moscow Drama Theatre. Muscovites like to meet by the monument to the famous Russian poet Alexander Pushkin on Pushkin Square.

Old Arbat Street is a pedestrian street in the historic centre of Moscow. Its appearance and atmosphere speak volumes about Old Moscow. It also has plenty of cafés, restaurants and souvenir shops. New Arbat Street runs in parallel to the Old Arbat Street and has a number of restaurants, shops (including a large bookstore) and a cinema. To reach Old and New Arbat Streets, you can get off the Metro at the stations Arbatskaya or Smolenskaya. Vorobyovy Gory is another place to go, this time to admire from high up the wonderful vista of the Moscow City panorama and enjoy a splendid view of the Moskva River.





11.2. THEATRES



Moscow is renowned for its theaters. Dozens of performances are held all over Moscow on weekdays and weekends. The most famous Moscow theatres are:

The Bolshoi Theatre

It is a classic venue for opera and ballet, and other performances, known and admired the world over.

www.bolshoi.ru

The Maly Theatre

Established in 1806, it has been performing on Teatralnaya Square since 1824 and traces its origins back to the Moscow University drama company, founded in 1756. In the 19th century, it was universally recognized as Russia's leading dramatic theatre.

www.maly.ru

The Lenkom Theatre

Founded to house a Merchant's Club in 1907 and then renamed as Lenkom in the Soviet epoch, it produces theatrical and musical shows. Over its 80-year history, Lenkom has revealed its ability to innovate and stage experimental pieces both during the Soviet period and nowadays.

www.lenkom.ru



SIGHTSEEING IN MOSCOW

The Vakhtangov Theatre

Founded more than 90 years ago, it stages performances of different genres, ranging from classic tragedies to mischievous vaudevilles. Popular Russian actors perform at this theatre.

www.vahtangov.ru

The Sovremennik Theatre

It was founded in 1956 by a group of young Soviet actors. The company has created over the years dozens of drama productions, many of which have become iconic.

www.sovremennik.ru

The Moscow Operetta Theatre

It has been running since 1927 and traditionally stages the classics of light opera. Its repertoire includes the works of Lehar, Strauss, and Kalman, alongside the "Soviet operetta".

www.mosoperetta.ru



11.3. MUSEUMS

Moscow boasts an impressive array of museums catering for every taste. Some are very large and famous and contain outstanding masterpieces; whereas others are original, erudite or dedicated to a specific field of interest. Making a visit to a museum in Moscow can be fascinating. We will only mention here the most famous ones:

To learn more about Moscow museums, please, visit www.museum.ru.

The Moscow Kremlin Museums

There is a large museum complex in the Moscow Kremlin. The Kremlin museums contain the treasures of the Russian Diamond Fund and a rich collection of Armory. You can check the ticket prices and the museum's opening hours on

www.kreml.ru





The Tretyakov Gallery

Together with the Russian Museum in Saint Petersburg, this is the main collection of national art. The collection of Pavel Tretyakov, who was a merchant and gifted the collection to Moscow, is packed with masterpieces: from the main Russian icon of all times – the Trinity by Andrey Rublev, to the works of Repin, Vereschagin, Surikov, Vrubel and Serov. Apart from its static exhibition, the Tretyakov Gallery always has interesting temporary expositions.

www.tretykovgallery.ru

The Pushkin Museum of Fine Arts

Unlike the Tretyakov Gallery, the Pushkin Museum was intended as a western museum demonstrating the world art. The intention indeed materialised, as its collection includes Cranach and Botticelli, Rembrandt and Poussin. However, the main pearl of the museum is its collection of French impressionists and post-impressionists.

www.arts-museum.ru

The Moscow Museum of Modern Art

This state museum concentrates on the 20th and 21st century art. Its main building is situated in Petrovka Street, but it also has spacious galleries on Tverskoy and Gogolevsky Boulevards.

www.mmoma.ru



SIGHTSEEING IN MOSCOW



11.4. PARKS

Moscow has lots of parks and gardens where you can walk, ride a bike, roller skate or try out nearly every type of sport. In recent years Moscow's parks have undergone renovations and are now modern and comfortable areas to spend time. Muscovites enjoy going for walks in parks. Here is a list of a few.

The Gorky Park

The Gorky Park is one of the most famous parks in Moscow. Laid out in 1928, it was the first park of its kind, and served as a prototype for hundreds of others across the Soviet Union.

www.park-gorkogo.com

The Viktory Park

It was only completed in the mid-1990s, but still reflects the Soviet tradition of monumental triumphal art. Located on and around the Poklonnaya Gora – the hill where Napoleon waited in vain to be given the keys to the city when his troops were surrounding Moscow in 1812 – the park is set in an area rich in Russian military history.

www.poklonnaya-gora.ru

The Main Botanical Garden

The largest and most famous botanical gardens of Moscow and Russia are located in the northwest part of the city. This 360-hectare (890-acre) park was officially founded in 1945.

www.gbsad.ru

Aptekarsky Ogorod

The Apothecaries' Garden – Russia's oldest botanic garden – was founded by Peter the Great in 1706 to grow medicinal plants. This garden is now known as Moscow State University's Apothecary Garden. This tiny piece of Russia's natural and cultural heritage is now the most well-groomed, photogenic, accessible, informative and cosy garden in Moscow. The nearest metro station – Prospekt Mira (see brown belt line) – is 200 meters from the entrance to the Garden.

www.hortus.ru

The Park of the 50th Anniversary of October

It is the closest to MGIMO. It stretches out over 60 hectares and contains woods, as well as an ice-rink in winter. The park is usually quiet and rarely crowded. Among the residents in the area, there is a rumor that the park contains an underground city – a bomb shelter.

www.park50let.ru





The Sokolniki Park

Located not far from the centre of the city, the park received its name from the Sokolnichy Quarter, the 17th century home of the sovereign's falconers (*sokol* is the Russian word for falcon). It was created by Tsar Alexei Mikhailovich (father of Peter the Great), a keen hunter who loved to go falconing there.

www.park.sokolniki.com

Serebryany Bor

Serebryany Bor is a famous pine forest park located in the north west of Moscow. With over 200 forms of plant life, it is also home to a watersports complex, as well as various marinas and stables. Serebryany Bor's beaches are the cleanest in the city and very popular among Muscovites and tourists to escape from the hustle and bustle of the city.

The Museum-Reserve Tsaritsyno

The Museum-Reserve Tsaritsyno is an ensemble of "Russian gothic style" palaces and gardens. It is famous for its unique fountain complex.

www.tsaritsyno-museum.ru

The Kuskovo Estate

It is a cultural monument of the 18th century, a preserved counts residence with a unique greenhouse and the Museum of Ceramics.

www.kuskovo.ru



12. SPORT IN MOSCOW

12.1. SUMMER SPORTS: ROLLER-SKATING AND CYCLING

If you enjoy roller skating and/or cycling, below you will find a list of the most famous places where you can have fun.

The Gorky Park

One of the largest outdoor parks in Moscow, where you can rent rollers and bicycles. It also offers the opportunity to play table tennis or volleyball.

www.park-gorkogo.com

VDNKH (from Russian Exhibition of Achievements of the National Economy)

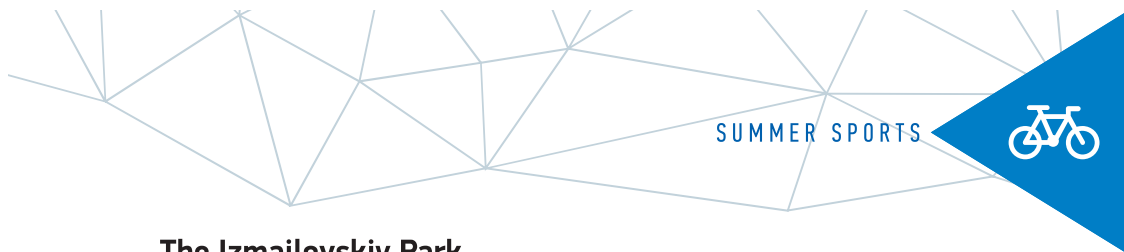
A big outdoor park where you can also rent rollers and bicycles.

www.vdnh.ru

Vorobievy Gory

It is the nearest place to MGIMO for roller-skating and cycling (equipment available for rental).





The Izmailovskiy Park

Roller and bicycle rent available every day in summer.

www.izmailovsky-park.ru

The Fantasy Park

It is an entertainment center which offers different activities such as an aqua park, billiards, bowling, a karaoke. On the 4th floor of Fantasy Park, there is a big indoor roller skating rink for 1,500 people. Skating classes are also available.

www.fpark.ru

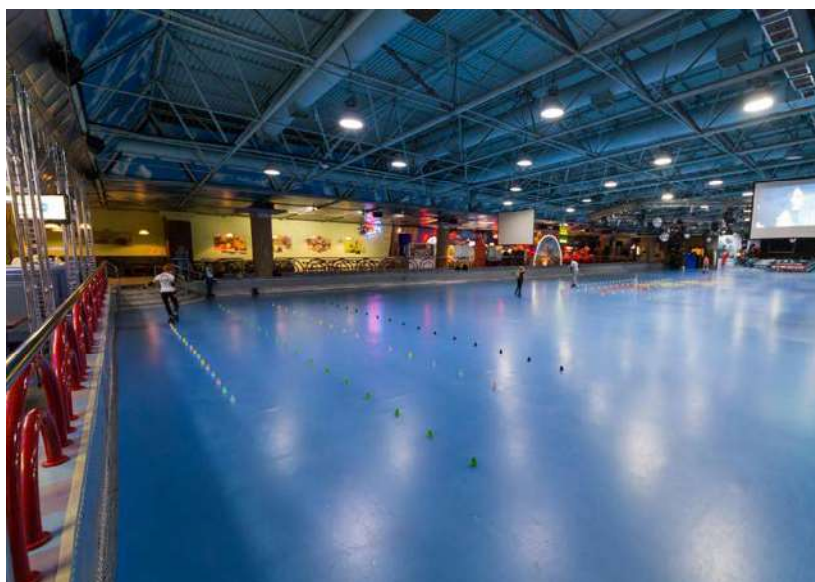
Roll Hall

This is an indoor facility stretching out over 1,500 sq.m. You can roller-skate there, get a drink at the bar, go bowling and play billiards.

www.rollhall.ru

The average price for renting rollers is 100-300 RUB/hour. Remember that in most places, you must leave some ID document as a pawn.

Alongside the rinks mentioned above, there are many other places you can skate and cycle. You just need to look them up online.





12.2. WINTER SPORTS: ICE-SKATING AND SKIING

Ice-skating is very popular in Russia among kids and adults alike. Below you will find Moscow's best skating rinks. Almost all parks offering roller skating in summer turn into ice-rinks in winter.

The Red Square

Ice-skating here at least once is a must if you get to spend a winter in Moscow. This is the major ice rink in Moscow. It is located in the middle of the Red Square and offers a view of the Kremlin and the main Russian New Year tree.

The Gorky Park

This park is really huge and in the winter its pathways are iced-over to enable ice-skating all around it. The park has modern infrastructure and the admittance is free of charge.

VDNKH (from Russian Exhibition of Achievements of the National Economy)

One of the biggest open air rinks in Europe and the most modern one in Moscow. Opened in the winter of 2014, it has great infrastructure, a café and skates rental.

Vorobiev Gory

The closest place to MGIMO which has a slope for snowboarding and skiing.





The Year-Round Ski Resort SNEJKOM

Not only the ski slope, but also the ice rink, entertainment and recreation complex, including a fitness center, aqua-zone, slot machines, laser paintball, are at the service of visitors.



The Moscow Alps Ski Complex

The ski complex "Moscow Alps" (KANT) is located at Nagornaya metro station (grey line). It was founded in the 1970s and has been developing rapidly since then. On its slopes eight different lengthways (from 80 to 300 meters) are now in operation. The width of the route is from 25 to 100 meters, the height difference to 55 meters.

At leisure time, in addition to the mountain slope, visitors are also provided with the following services: trampoline complex, sauna, sports and fitness center, cafés and restaurants, oriental martial arts hall, aerobic room, sports goods shops, indoor tennis court.

The Park of the 50th Anniversary of October

There is a skating rink in the park, which is equipped with heated changing-rooms and a café.



13. OTHER INFORMATION



13.1. HOLIDAYS

Russian holidays reflect all aspects of Russia's history, customs and traditions. Here is a quick list of official public holidays and other Russian festivities.

31st December – New Year, the biggest Russian holiday

7th January – Orthodox Christmas

23rd February – Defender of the Motherland Day

8th March – International Women's Day

12th April – Cosmonautics Day

1st May – May Day

9th May – Victory Day (it is a holiday that commemorates the victory of the Soviet Union over Nazi Germany in the Great Patriotic War)

12th June – Russia's Day

4th November – National Unity Day

In addition to national holidays, there are some religious holidays or popular holidays which are celebrated in the whole country but are not official days off. Unless they fall on weekends, they are working days.

14th January – The Old New Year, or the Orthodox New Year (it is an informal traditional holiday, celebrated as the start of the New Year by the Julian calendar)

25th January – Students' Day, or Tatiana's Day (according to the Russian Orthodox Church Saint Tatiana is declared the patron saint of students)

14th February – St. Valentine's Day

The last week before the Great Lent – Maslenitsa (sometimes referred to in English as Pancake Week)

The Sunday after the Great Lent – Orthodox Easter (also called Paskha, or Resurrection Sunday)





13.2. CUSTOMS AND TRADITIONS

- ▶ Moscow is a modern secular European city, where no strict rules of public behavior apply. However, Muscovites are somewhat conservative and demonstrating passionately one's political or religious beliefs or sexual identity in public could be taken by others with disapproval. In Moscow, it is prohibited to consume alcoholic drinks in public. Police are strictly monitoring abuses and no paper packs would pass for a camouflage of a bottle.
- ▶ Smoking is prohibited near and inside metro stations, schools, hospitals, at stadiums and in any premises, apart from one's own apartment. Smoking is also prohibited in cafés and restaurants.
- ▶ Russians have two pronouns to address people: Ты (Ti) and Вы (Vi). In English both of them are translated as "You". But in Russia it makes a difference which pronoun you use. "Ты" is reserved for a friend or a kid. It is also alright to address an unknown young person with "ты", e.g., if you are both students. A person who is much older, even if you have never met before, may address you with "ты" – age has its privileges. However, this does not mean you can answer them with "ты". It is best to start off with "Вы", especially if you want to be polite and do not know a person. At a later stage, one of you can offer to "shift to 'ti'" – "перейти на ты".
- ▶ Russians dress up to go out more often than foreigners do. Even getting ready to go for a casual walk, a Russian woman may wear high heels and a nice dress, and a man may wear a shirt. Foreigners run the risk of being dressed too informally for the occasion, whatever it may be. So if you are invited to a dinner party, to the theater or a restaurant, even if you think the event is informal, it is a good idea to check up on the dress code required.
- ▶ Russians just love to entertain guests and are really great hosts. Russians like visiting each other, meeting up with friends for dinner, or just stopping by to catch up on the latest news. The latter is called "to drop in for a cup of coffee". It is very uncommon to leave guests without a treat. You will always be offered something to eat or drink when visiting Russians in their homes. It is also considered to be good manners to bring something with you, when you pay a visit to someone. Russians even have an expression "прийти с пустыми руками" that literally means "to come empty-handed". You do not have to buy expensive gifts when you are a guest. A box of chocolates or a bottle of fine wine both make adequate gifts. If you are visiting a family with children make sure to bring a treat for the kids: sweets, chocolate or some fruit will do just great. Theme parties are quickly



gaining popularity among young Russians. A group of friends may choose to fix a sushi night, a pajama party or meet up for beers.

- ▶ Russians always take off their outdoor shoes when they get home. The host usually offers a pair of slippers (in Russian *tapochki*). In some cases, for example if you are invited to a party, you can bring a pair of clean shoes to wear inside. Russian students often bring a change of shoes to university, especially in winter.
- ▶ Russians do not go Dutch. Here is where Russians differ strikingly from Europeans. So, if you ask a lady out (it does not matter whether it is a date or you just decide to drink coffee while walking around the city) do not expect her to pay for herself, not at a restaurant or anywhere else.
- ▶ Russians believe that men should help women who are carrying heavy things, as men are stronger than women. If you do not lend a helping hand you will be considered impolite. Sometimes men help even unknown women if they notice they are struggling with weighty bags.
- ▶ In Russia people offer a seat to the elderly and pregnant women in public transport. Sometimes women, even (or especially) young ones, are offered seats on public transportation. Getting up and offering a seat to the elderly is compulsory. There are special seats for the aged, pregnant women and people with children in public transport, but you still ought to give up your seat if they are standing by you.
- ▶ Russians like to serve a festive dinner to guests on occasions such as birthdays, the New Year and Easter. These dinners include hot dishes, a selection of cold appetizers and salads, and cake for dessert. Russian housewives prefer to cook everything themselves. Alcohol also has its importance in a holiday dinner. Russians usually put all alcoholic beverages on the table at once so that guests may pick their favorites themselves, rather than bringing out the wine during the main course and the spirits at dessert, for example.





13.3. RUSSIAN CUISINE



Russia has its own ideas about how and what to eat. Russian people like to eat home-cooked foods and usually eat three times a day. The three meals of the day in Russia are called *zavtrak*, *obed* and *uzhin*. With the exception of *zavtrak* (breakfast), there are no exact English translations for these daily meals. For example, the second meal, *obed*, is served around 2 p.m. and can be called either "lunch" or "dinner" in English. The third meal, *uzhin*, is served after 6 p.m. and can be called either "dinner" or "supper".

It is very common for Russian families to have *kasha* for breakfast (a type of porridge made from different grains), *butterbrot*s (a sandwich made with a single slice of bread and a topping such as butter, cheese, or ham), hard- or soft-boiled or fried eggs, *tvorog* (similar to cottage cheese) or cereal for breakfast. Russians drink a lot of tea and coffee.



OTHER INFORMATION



13.4. RUSSIAN SOUVENIRS AND SYMBOLS

One of the most popular symbols of Russia is undoubtedly a traditional Russian *matryoshka doll*. These finely decorated wooden dolls "with a secret" are often called "babushka dolls" by foreigners, but it is incorrect. Tourists are very fond of taking matryoshkas back home with them after a trip to Russia.

Banya (a Russian type of sauna, a kind of a steam room) is one of the oldest Russian traditions. It remains popular to this day. You can find *banyas* in large cities and small towns. Usually those Russians who have summer houses (or *dacha*), also have their own *banya* there.

A *samovar* is a device traditionally used to heat and boil water for tea. The name can be loosely translated into English as a "self-boiler or kettle". Drinking tea is an inalienable part of Russian culture. In modern Russia, samovars are not used to boil water for tea as originally intended. In fact, they are sold in shops for decorative purposes so that some families can use them during holidays as a tribute to ancestors and traditions.

What other souvenirs can you bring back from Russia? Alongside samovars and matreshkas, Russia is famous for different authentic crafts like *gzhel* or *khokhloma* paintings.

Tourists also like to bring *valenki* (winter felt boots) and *ushanka* (a winter hat). You can find souvenirs shops in touristic parts of Moscow such as Old Arbat Street and the Red Square.





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