

NATIONAL RESEARCH MOSCOW STATE  
**UNIVERSITY  
OF CIVIL  
ENGINEERING**

*mgsu  
international  
student*

*handbook*

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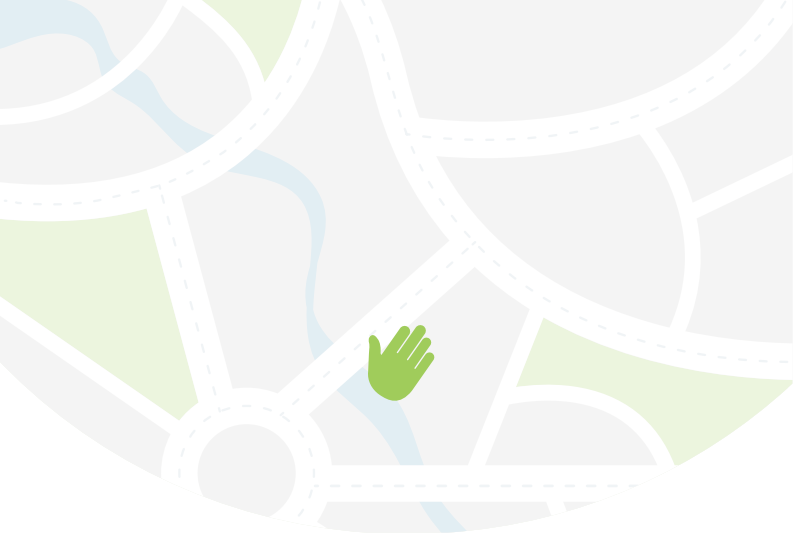
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*Greetings*  
from the  
international  
department



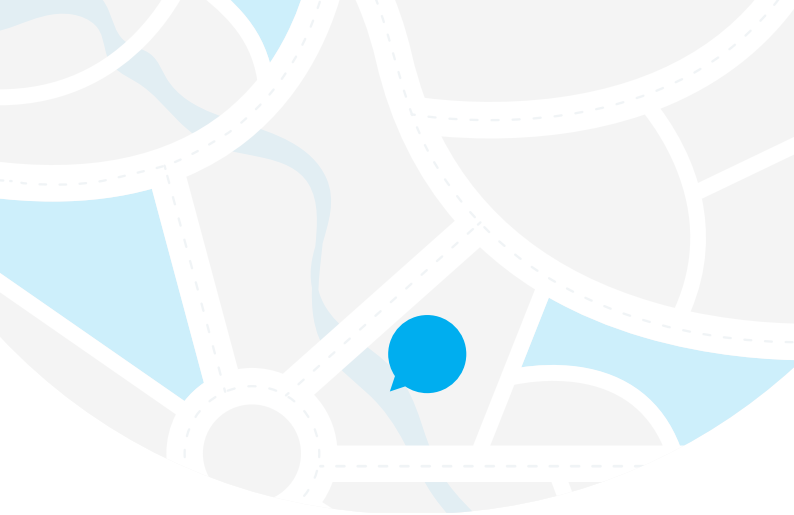
*Please, accept the warmest greetings  
from MGSU International Department!*

We are happy that you have decided to join us at Moscow State University of Civil Engineering (National Research University). We hope that you will keep memories of the time spent at MGSU 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 MGSU 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 Department. 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!*



*Contact*  
*information*

## CONTACT INFORMATION

The International Department is the primary contact for foreign students at MGSU.

*For Bachelor's Degree Programs in Russian language – Center for International Education Contacts:*

tel.: +7 (499) 929-50-12,

e-mail: [inter@mgsu.ru](mailto:inter@mgsu.ru)

Our Address: 26, Yaroslavskoye shosse, Moscow, 129337 Russia, office 201 «A»

*Exchange students – International Academic Mobility Office*

tel.: +7 (499) 183-38-01

e-mail: [MagomedovMM@mgsu.ru](mailto:MagomedovMM@mgsu.ru)

Our Address: 26, Yaroslavskoye shosse, Moscow, 129337 Russia, office 604

*Visiting students - International Academic Mobility Office*

tel.: +7 (499) 183-38-01

e-mail: [MagomedovMM@mgsu.ru](mailto:MagomedovMM@mgsu.ru)

Our Address: 26, Yaroslavskoye shosse, Moscow, 129337 Russia, office 604

*International Summer School - International Academic Mobility Office*

tel.: +7 (499) 183-38-01

e-mail: [MagomedovMM@mgsu.ru](mailto:MagomedovMM@mgsu.ru)

Our Address: 26, Yaroslavskoye shosse, Moscow, 129337 Russia, office 604

The International Department 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, International Department 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 Department also runs the International Summer School, which conducts its classes in the last weeks of August (a two-week course).

Our International Summer School includes several modules, such as “Russian language”, “Architecture and Urbanism”, “Sustainable Engineering” and others. All modules are taught in English. Upon successful completion, participants of the Summer School will be awarded with 2 ECTS credits.





# Facts about mgsu

**FOUNDATION:** 1921 r.

**NUMBER OF STUDENTS:** 20000

(600 postgraduate and doctoral students)

**STAFF:** 1300

**Pre-university programs for Foreign Students:**

Russian language, mathematics, physics and informatics.

**Institutions:**

- Institute of Construction and Architecture
- Institute of Hydraulic Engineering and Power Plant Construction
- Institute of Environmental Engineering and Mechanization
- Institute of Economics, Management and Information Systems in Construction and Real Estate
- Institute of Basic Education

**Bachelor's Programs**

- Applied mathematics
- Architecture
- Reconstruction and restoration of architectural heritage
- Urban planning
- Construction
- Construction of unique buildings and facilities
- Informatics and computer science
- Information systems and technologies
- Ground transport and process complexes
- Management in technical systems
- Housing services and communal infrastructure

- Automation of technological processes and productions
- Technosphere safety
- Standardization and metrology
- Economics
- Management
- State and municipal management

### Master's Programs

17 Master's degree programs

### PhD Studies

16 Directions of training

Full information about programmes you will find:

[www.mgsu.ru/en/education/higher-education](http://www.mgsu.ru/en/education/higher-education)

### ACADEMIC CALENDAR:

- **Fall semester**

Semester starts – 1st September

Semester ends – 31st December

Examination period – 8th – 25th January

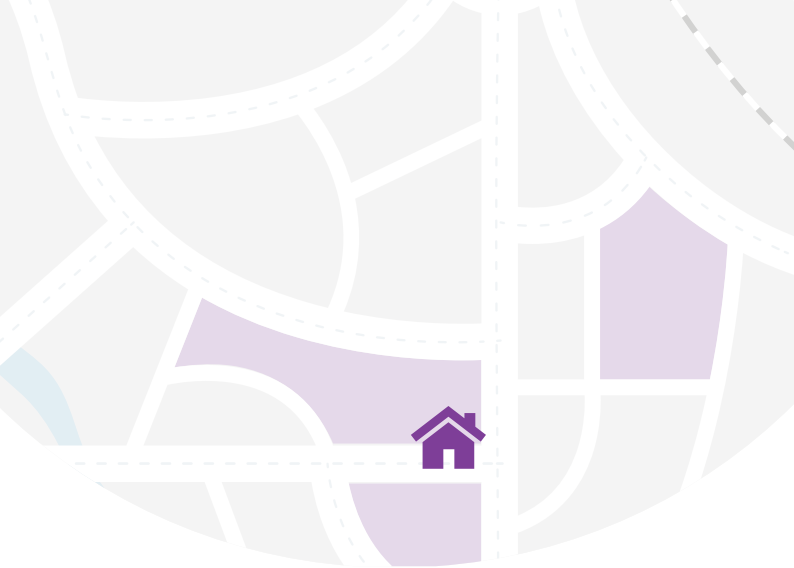
- **Spring semester**

Semester starts – February 8th

Semester finishes – 31st May

Examination period – 1st – 25th June

Alumni: 40,000



*Before  
you leave home*



*After you received an official confirmation of your enrollment at MGSU, 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 recommendation in this handbook. This will enable you to start off your smoothly and on time.*

**Attention!** Be sure to inform the staff of the Center for International Education about the date of your arrival at MGSU by e-mail: [inter@mgsu.ru](mailto:inter@mgsu.ru)

## 4.1. OBTAINING YOUR STUDENT VISA

### 4.1.1 GENERAL INFORMATION.

Russian maintains a visa-free regime with many countries, and yet a visa is a compulsory requirement for the citizens of some 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, MGSU International Department 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's visa, your passport should be valid for no less than 1 year after the expiry of your visa.

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



If you face any problems while sorting your visa, please contact the International Department right away so that we can help you get the process back on track without further delay. Incorrectly completed application forms and illegible passport details are the most common causes of delays in granting visas.

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 Department team will assist you in getting a multiple entry visa for the entire academic year without having to leave the country.

#### **4.1.3. SUPPORTING DOCUMENTS**

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

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 on 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 the results of the fluorography X-ray;
4. A copy of your previous entry visa to the Russian Federation;
5. Health insurance valid in Russia;
6. Eight photos, 3 x 4 cm, matt.

#### 4.1.4 IMMIGRATION PROCEDURES.

Relevant questions: 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.

Please read the card carefully. In the field «Purpose of your entry» the word «Studies» - «УЧЁБА» should appear. Please, retain the migration card to MGSU Center for International Education, so that we can proceed with your official registration in the country.

The migration card is 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 your documents with you at all times while in Russia.

Please remember that you have to re-registration. Withdrawals from migration records before departure (1 week before departure). Every time you leave the Russian Federation and carry out a migration check-in on arrival on the 1st day after arrival.

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

#### 4.1.5. MEDICAL INSURANCE.

**IMPORTANT:** All foreign nationals who come to study at MGSU, are required to take out health within one month of the date they enrolled. We urge you to purchase a comprehensive medical insurance policy with dental and repatriation 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 MGSU once you have arrived. MGSU has agreements with several health clinics, among which you can select a program and benefit from preferential rates and terms.



#### 4.1.6. 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 country that issued your school certificate, additional conditions could still be stipulated under various treaties.

Upon arrival at MGSU, you must hand over to the International Department the legalized (apostilled) or consular legalization 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 documents was issued. As a rule, these documents are presented to the International Department at the admissions stage, but if this has not been done, you are to bring us these documents upon arrival.

In accordance with 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 MGSU. The documents which you need to submit are as follows:

- a) your original diploma or proof of your qualifications with annexes (if applicable) with the seal of consular legalization or with apostille;
- b) a copy of the document supporting the identity of the applicant (if he/she applies in person);
- c) a certified copy and translation into Russian (if the document is in a foreign language) of the diploma with the translator's signature, his/her contact information, a document proving the identity

of diploma holder; the copy is to be verified by the notary office or any other individual with similar rights;

d) a power of attorney drawn up in both English and Russia (if the applicant is not the holder of the diploma or his legal representative).

## 4.2. USERUL TIPS

### 4.2.1. 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  $-10^{\circ}\text{C}$ , it may drop down to  $-20^{\circ}\text{C}$  ( $-30^{\circ}\text{C}$  exceptionally) and remain low for weeks. The summer, on the other hand, is bright and some days can get particularly hot.



#### **4.2.2. 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 is 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 MGSU students to observe basic safety rules in order to avoid putting themselves at risk.

All buildings on campus have a reliable security system. MGSU campus can only be accessed with a pass (permanent ones for students and guest passes for external visitors).

If you lose your pass you must call +7 (499) 929-50-12. If you find yourself in a difficult situation, please contact the International Department immediately or, in the case of emergency, dial 112 from your mobile phone to reach the Moscow emergency services.

#### **4.2.3. TIME ZONE.**

Russia has 9 time zones. Moscow time is used as a reference point for all the other time zones in Russia. Moscow time is GMT +3.

#### **4.2.4. MONEY.**

Russia’s currency is the rouble. There are many banks and exchange offices in Moscow, including a bank outlet in MGSU, 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.



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 town centre. However, some small stores and shops far from the center only accept cash, so carry a small amount on you at all times.

#### 4.2.5. COMMUNICATIONS.

In Moscow there are four main cellular operators:



**MTS** [www.mts.ru](http://www.mts.ru)

**Beeline** [www.beeline.ru](http://www.beeline.ru)

**Megafon** [www.megafon.ru](http://www.megafon.ru)

**Tele 2** [www.tele2.ru](http://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](http://www.euroset.ru)

**Svyaznoy** [www.svyaznoy.ru](http://www.svyaznoy.ru)

**ION** [www.i-on.ru](http://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 like E1 [www.e1tele.com](http://www.e1tele.com).

#### **4.2.6. 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.

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

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

#### **4.2.7. PLUGS AND SOCKETS.**

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



Getting to  
MGSU

## 5.GETTING TO MGSU

### 5.1. MOSCOW AIRPORTS.

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

**Domodedovo**, located 42 kilometres (26 min) to the south of Moscow, is Russia's largest airport. It has only one terminal which is divided into different sectors for domestic and international flights, arrivals and departures. It takes about one hour or slightly more to reach the city centre or the MGSU campus by car from the airport. You can also get on Aeroexpress trains from Domodedovo to Paveletsky train station; they depart every 30 minutes.

**Sheremetyevo**, located 29 km (18 min) to the north-west of Moscow, is Russia's second-largest airport. It has several terminals connected by passages or shuttle buses. Aeroflot, the national Russian carrier and other Sky Team alliance members use Sheremetyevo as the principal hub for their passenger flights. It takes just over one hour to reach the city centre or MGSU campus from Sheremetyevo by car. You can also take Aeroexpress trains from Sheremetyevo to Belorussky train station; they depart every 30 minutes.

**Vnukovo**, located 28 kilometres (17 min) southwest from the centre of Moscow, is Moscow's third-largest airport. It has two adjacent terminals. Vnukovo has been evolving rapidly and is now starting to offer flights to an increasing number of destinations. Several discounters have decided to fly into Vnukovo.



## 5.2. MOSCOW TRAIN STATIONS.

There are 9 train stations (“vok`zal” in Russian) in Moscow, typically named after the main direction of the trains that depart from a specific railway station. All the railway stations are located close to the city centre and just by metro stations.

### **Belorussky train station.**

Where: 7 Tverskaya zastava square, Belorusskaya metro station (green or brown line, north).

Main destinations: Minsk, Kaliningrad, Lithuania, Belarus, Poland, Germany, Czech Republic. Aeroexpress to Sheremetyevo airport.

### **Kazansky train station.**

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

### **Kievsky train station.**

Where: Kievskaya metro station (blue, light blue or brown line, west). Main destinations: Western Ukraine, Southeastern Europe, etc. Aeroexpress to Vnukovo airport. Kursky train station where: Kurskaya metro station (blue or brown line, east). Main destinations: southern Russia, the Caucasus, Eastern Ukraine, Crimea, etc.

### **Leningradsky train station.**

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

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

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

### **Savyolovsky train station.**

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

### **Yaroslavsky train station.**

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

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:**

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

### 5.3. TAXI

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 MGSU should cost around 1500 rubles (about 27 dollars or 25 euros).

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!**

#### 5.4. “AEROEXPRESS”

The high-speed trains called Aeroexpress are the safest, fastest, and the most convenient way to get from any airport to the center of Moscow. It’s a practical option which spares you the hassle of getting caught in traffic.

The Aeroexpress is accessible from all three central airports: from Domodedovo airport to Paveletskaya station, from Sheremetyevo airport to Belorussky railway station, from Vnukovo airport to Kievsky train station. All stations are next to Moscow subway station which enables you to quickly change from the Aeroexpress to the metro.

The Aeroexpress takes from 30 to 45 minutes to reach destination, depending on the airport you’re catching it from. Tickets can be purchased at the ticket office or through self-service machines at the stations prior to boarding (470 roubles for a one way ticket) or on the Internet (420 rouble





## 5.5. 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 circle line, stopping at 196 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 train stations 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 ticket for a 90-minute trip, which will also allow you to use the bus, tram or trolleybus. The ticket costs 65 roubles. A regular metro ticket will cost you 55 roubles, but you will have to purchase another one upon getting on a bus, tram or trolleybus (in a box office by the stops or directly from the driver).

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

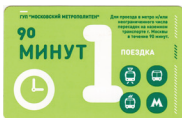


## Tickets (Troika card)

As part of its wide-ranging public transport modernization program, the Moscow City Government is offering new ticket options. Select one of the new ticket options to suit your purpose, or purchase the new Troika card.

Unified ticket (in Russian, Yediniy bilet) – a ticket valid for the Metro and all types of ground level transport.

- 90 Minute ticket (in Russian, Bilet devyanosto minut) – a ticket valid for one ride on the Metro plus unlimited surface transport within a 90-minute period.



- Trolleybus-Bus-Tram (or use the Russian acronym, TAT! stands for trolleibus – avtobus – tramvai) – a ticket for all forms of surface transport. Note, this does not include marshrutka or elektrichka.



- Troika is an electronic transport card which is easy to top up, add any public city transport ticket or railway pass to.



## 5.6. TO MGSU BY METRO

MGSU is located on the red branch of the Kaluga-Riga line. It will take you on average 30 minutes to make it to VDNKh from any station you will end up at if you take an Aeroexpress train. From the Belorusskaya, Kurskaya, Kievskaya or Paveletskaya Railway Station, take the roundabout line to Prospect Mira. Then you need to go to the Kaluga-Riga border and drive to the VDNKh station.

Please, note that all the stations on the circle 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 [www.metro.yandex.ru/moscow](http://www.metro.yandex.ru/moscow)



## 5.7. FINDING YOUR WAY FROM

Once you have made it to the tube station VDNKh, you have nearly reached your destination! You just need to catch a bus to MGSU campus.

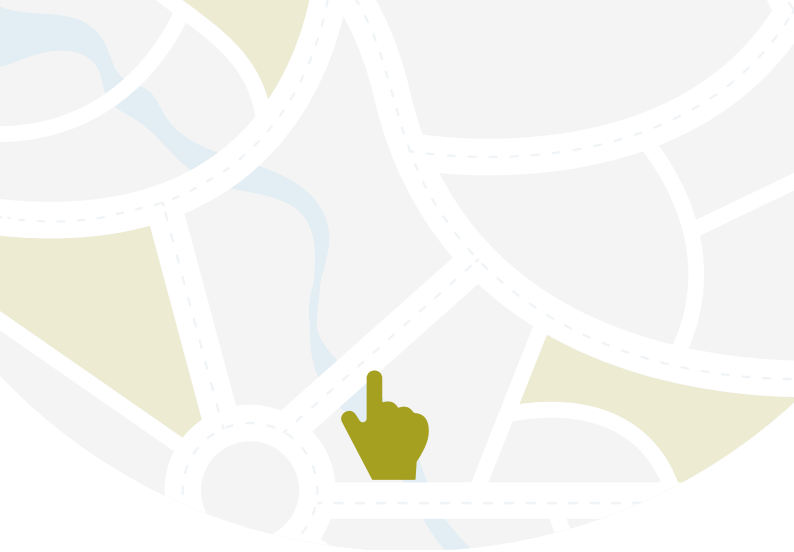
When you arrive at VDNKh station, walk down the platform towards the first carriage of the train you have just got off. Then go up the stairs and walk through the glass doors and turn left, then take the first right up the stairs.

Thus you will come to the bus stop. There are several different buses taking you to MGSU: № 136, № 172, № 244, trolleybus № 76 or shuttle buses.

You can get straight on, if you previously purchased a 90-minute ticket 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 "ulitsa Veshnikh Vod". You will see the central building of the University campus, with steps leading up to the main entrance hall.



*Necessary*  
**Formalities**  
and arrangements upon your  
arrival at mgsu

## 6. NECESSARY FORMALITIES AND ARRANGEMENTS UPON YOUR ARRIVAL AT MGSU

### THE METRO STATION TO MGSU

#### 6.1. SETTLING IN STUDENT ACCOMMODATION

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

The student accommodation which is located on campus (also called Dormitory – Obschezhitie – number 2) is to the right of MGSU's main entrance. You walk alongside the building until you come across a tall white stone structure. To locate your whereabouts, you can use the detailed map of MGSU (on the “MGSU Campus” site).

Most foreign students live in this dormitory by the University. If this is not the case for you, upon arrival in Moscow, please, go first to your dormitory to drop off your suitcase. You should agree upon the date of your arrival with your program coordinator. 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.

Please, let the International Department know in good time when you plan on arriving, so that the dormitory staff is expecting you on that date. Upon arrival, 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.

Upon your arrival at MGSU, please go to the Division responsible for student accommodation to fill out the necessary documents and sign a contract for your lodging.

Relevant questions topics

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

## **6.2. REGISTERING AT THE CENTER FOR INTERNATIONAL EDUCATION**

As soon as you have left your belongings in the dormitory, you must come to the Center for International Education to register your arrival at MGSU.

MGSU 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 (Building A on MGSU map).

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

Then come to the Center for International Education: we will be expecting you. Our office hours are Monday to Thursday from 09 a.m. to 6 p.m. and Friday from 09 a.m. to 4:45p.m. Address of the Center for International Education: Moscow, Russia, 129337, Yaroslavskoe shosse, 26, office 201 «A»



### 6.3. REGISTERING WITH THE FEDERAL MIGRATION SERVICES

Relevant questions: 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 filled out when you formally entered Russia is necessary for registering.

Your registration must be fully processed within 3 working days of your arrival in the country. Therefore, the day you arrive at MGSU or the following day at the latest, you need to bring to the International Department a copy of your migration card, of your passport and visa (if applicable). Next, the staff of the International Department 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 MGSU's International Department.

**IMPORTANT:** You should have with you at all times the registration documents which were processed for you by the Center for International Education staff. We recommend that you attach them to your passport with your migration card or put 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.**

Before **two weeks** your registration expiration date, you must have the staff of the Center for International Education 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. After your return to MGSU you should to register again at the Center for International Education.

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

If you did not comply with Temporary Registration, or did not renew your registration in time, you will face severe penalties.

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 comply with the registration rules.

#### **6.4. IMMIGRATION REGULATIONS**

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

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

- Passport
- A copy of the pages of your passport containing personal data and the validity period of the passport – 1 copy.
- Migration card – original.
- Migration card – 1 copy.
- Photo 3X4 – 1.
- Medical insurance.

##### **For countries with which Russia has a visa regime:**

- Passport
- A copy of the pages of your passport containing personal data and the validity period of the passport – 1 copy.

- Visa – original
- Visa – 1 copy.
- Migration card – original.
- Migration card – 1 copy.
- Photo 3X4 – 2.
- Medical insurance.

**IMPORTANT:** You should submit these documents to the Center for International Education on the day of your arrival in Russia, or the next working day at the latest.

## 6.5. KEY POINTS

**Step 1:** You receive from MGSU the news that you are enrolled.

**Step 2:** You contact MGSU and fill out the requested questionnaire that you send to the Center for International Education along with a copy of your passport.

**Step 3:** The Center for International Education sends you the invitation, by the methods you chose in application form 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.

**Step 5:** You inform Center of International Education about your arrival date by e-mail: [inter@mgsu.ru](mailto:inter@mgsu.ru)

**Step 6:** You arrive at MGSU before September 1st. You move into the student accommodation.

**Step 7:** You bring to the Center for International Education 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.

Address of the Center for International Education: Moscow, Russia, 129337, Yaroslavskoe shosse, 26, office 201 «A»

**Step 8:** 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 9:** You apply for a student card and purchase medical insurance



*mgsu Campus*

# 7. MGSU CAMPUS

## MAP OF THE UNIVERSITY



## 7.2. LIBRARY

MGSU scientific and technical library is one of the largest university libraries in the civil engineering industry; it was founded in 1921. Initially, the library had about 3,000 books. Since then, it has retained unique publications of both domestic and foreign origin. Its antiquarian publications include the Bulletin of the Moscow Society of Architects for 1909 – 1916, Collected Papers of the 1st and 2nd Congresses of the Russian Architects held in 1892 and 1895, respectively; architectural designs and other rare editions in German, English and French.

Initially, the library had about 3,000 books. Since then, it has retained unique publications of both domestic and foreign origin. Its antiquarian publications include the Bulletin of the Moscow Society of Architects for 1909 – 1916, Collected Papers of the 1st and 2nd Congresses of the Russian Architects held in 1892 and 1895, respectively, architectural designs and other rare editions in German, English and French. Presently, the library has four lending rooms, five reading halls and three computer classrooms that have 780 workplaces.



Students and lecturers have access to the electronic catalogue where different books can be searched for according to various criteria. Its database has 25,000 entries. Over 400,000 readers attend our library every year. Its unique collection and comfortable environment facilitate the nurture of highly qualified specialists in all specialities offered at our University.

### **Opening hours:**

Monday - Friday from 10h00 a.m. to 7h00 p.m .

With a break from 12:00 to 13:00.



### **7.3. SPORTS FACILITIES**

MGSU students have plenty of opportunities to work out, as the University has a sports centre equipped with modern infrastructure. Students can play football, mini-football, rugby, 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, the tennis hall, the aerobics, fitness and martial arts rooms.

MGSU on campus there are open playing fields, which can be used when the weather is warm and includes a soccer field, a running track, volleyball and basketball courts, outdoor tennis courts, and playgrounds for mini-football and other sports.

Gym is open daily from 8 am - 11pm in summer from 8 am - 22pm students can purchase a gym membership with a 50% discount.

### **Track and Field Manege.**

In the arena, in addition to the stadium, there are running tracks, sectors for discus throwing, nuclei, jumps in length and height, a basketball and volleyball court, a power training hall and a warm-up hall. In the underground part there is a place for games in table tennis. A multifunctional atrium with the function of an exhibition and demonstration hall for various events.

## **7.4. MEDICAL CENTER**

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 it and how to use it, is available in a memo which will be handed out to all new foreign students upon arrival (in Russian and in several other languages). For further information on insurance schemes, please consult MGSU's.

A year's health coverage costs 5,000 roubles (about 82.23EUR). For more information about insurance, please consult the paragraph of this brochure entitled "Before You Leave Home: Medical Insurance" (see 4.1.5.).

MGSU has its own First-aid station 2nd floor located right on its premises, offering students and faculty members up-to-date first aid. The First-aid station is open Monday to Thursday from 9 am to 6 pm, Friday from 9 am to 4:45 pm.



## 7.5. RESTAURANTS AND COFFEE SHOPS

*MGSU houses a vast selection of places to eat: canteens, cafés and kiosks. A meal costs on average – 300 rubles (\$5 or 4 Euro).*

### **The canteen and cafe “Grabli”**

Currently, the modern dining room “Grabli”, providing daily meals of 3,000 students and 900 teachers, and about 1000 students food is free of charge. In addition to the cafeteria in the university, there is a network of cafes “Grabli-Express”, a mini-dining room with 130 seats.

## 7.6. ADDITIONAL FACILITIES

### **ATMs, banks, payment cards**

On campus, you should be willing to pay for most cash services. Increase the number of restaurants and shops, however, now accepts credit cards.

On the first floor of the main building, in the first and second hall you can find an ATM from the “Sberbank”.

Opening hours: 24 hours.

The main branch of “Sberbank” is located to the left of the main entrance across the road.

### **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.

### **Shopping**

On the second floor in the central hall of the main building there are several small shops where you can buy stationery and other items for study.

### **The bookstore**

This is the main shop 2nd floor where you can buy books in foreign languages, textbooks, small presents and souvenirs with the symbols of MGSU.

### **Parking**

There are several car parks on MGSU campus for students and teachers to be able to leave their private vehicles. To park your car on MGSU, you need to buy a ticket.

Students can purchase monthly / semester / annual parking Passes. On campus, there are also racks for locking up bicycles.

### **7.7. STUDENT ACCOMMODATION**

MGSU campus has 10 comfortable dormitories for more than 5 000 students. They are arranged as three groups of buildings in Moscow and the Moscow region. All dorms are located in close proximity to lecture halls.

Each dorm room is designated for two or three students. Each dorm floor has fully equipped kitchens. Guest rooms are ready to accommodate guests of MGSU. Each guest room has a refrigerator, a television, and an electric kettle. The dorms have Internet access.

The dorms have washing machines, lockers, stores, refreshment rooms and cafeterias.

The dorms are patrolled by the security service.

The campus has multiple leisure and sports facilities. Football, five-o-side football, chess tournaments are held by the physical training and sports department of the University between teams representing different dorms. A skating rink is open in winter. Students can practice race walking, jogging, skiing and bicycling at Lossiny Ostrov forest nearby.

MGSU has a Student club, a Youth center of leadership improvement, the Club of the cheerful and quick-witted, a Creativity center, and an International communications club "Interclub".

### **Payment**

You can pay your accommodation fees in MGSU 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.



### **Construction**

After meeting with the chief of the residence hall and settling into the room; you can collect the furnishings: chairs, pillows, bedding. If you have brought your own furniture, please inform the head of the residence hall.

### **Internet**

Most residence halls 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 accommodation number 3.

### **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 Thursday from 3 p.m. to 5 p.m.

### **Dry-cleaners**

In Moscow, there is also a large network of commercial laundromats. To find out where your nearest laundromat is, please go to: [www.yell.ru/moscow/top/khimchistka/](http://www.yell.ru/moscow/top/khimchistka/)

### **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 residence halls.

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, informs 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.

## **CONTACTS:**

### **The Residence Hall Director**

If for some reason you want to change rooms or solve any other matter, please contact the residence hall director.

### **The residence hall chief**

The residence hall 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 residence hall chief (in Russian «commendant»).



# *Student Life*



## 8. STUDENT LIFE

### 8.1. ACADEMIC CALENDAR AND CLASSES TIMES

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

You will receive your classes schedule at the beginning of each semester. A reliable way to check the latest updates on your timetable is to check it online on the MGSU website [http://mgsu.ru/student/Raspisanie\\_zanyatii\\_i\\_ekzamenov/](http://mgsu.ru/student/Raspisanie_zanyatii_i_ekzamenov/) or to check 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 lectures and seminars. Please make sure you attend all classes. If you miss more than 30 academic hours of lessons and fail to provide a valid excuse, you will be expelled.

### 8.2. STUDENT CLUBS AND ASSOCIATIONS

#### STUDENT UNION

Voluntary organizations which brings students together and helps them take their first steps at MGSU. The Student Union 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.

#### THE MGSU PLANET

The Council consists of a myriad of clubs and associations which unite international students from 26 nations. It seeks to promote,

within MGSU, awareness of different cultures, of different countries' political, scientific and business specificities and to bolster the spirit of friendship and cooperation between Russian and international students. More than a hundred events are organized every year by members of the Council, including cultural events, encounters with prominent people, and debates on current political issues and international events.

### **STUDENT ACADEMIC SOCIETY (NSO)**

The Student Academic Society conducts research 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.

### **THE TRADE UNION**

Students MGSU, invited to the Trade Union of workers of public education and science of the Russian Federation, on all issues of student life can apply to the trade union committee (trade union) MGSU. The trade union is today the only public organization in the University that represents the interests of the students. The trade union of workers of national education and science of the Russian Federation conducts its work in accordance with the Charter with the aim of protecting the rights and legal requirements of students, creating favorable conditions for study, life and leisure. The trade union of MGSU takes part in making decisions on the appointment of a state social scholarship, material assistance and subsidies.

### **ASSOCIATION OF FOREIGN ALUMNI**

This is the place where you can find your fellow students from around the world, with whom you can share your impressions.

## **CURATORS OF MGSU**

Curators of MGSU training groups is work with first year students, help in adapting to life at the University.

## **STUDENT'S CLUB**

The work of clubs is aimed at fostering civic consciousness: it contributes to the formation of a world outlook, labor and patriotic education, raising of education and culture, development of talents and talents of students. The clubs conduct educational and cultural-educational work among the students of MGSU; create initiative groups from among the asset in various sections of the club's activities. Here there are evenings of amateur performances, the organization of work and rehearsals of clubs: dance, theater, club of KVN, variety collectives, etc.

## **8.3. IMPORTANT EVENTS**

### **KNOWLEDGE DAY – 1ST SEPTEMBER**

#### **MGSU WELCOME DAY**

A cultural and sports event held on 1st September to congratulate new students on their admittance to MGSU. The event starts with a welcome word from the Rector, and then the students get acquainted with their group and the university.

#### **DEDICATION TO STUDENTS**

The homecoming of alumni takes place in October. This is an important event in the life of every freshman!

This is the same day, thanks to which the group rallies into a single

whole! This day gives an opportunity to rest a little from every day and difficult studies. You are waiting for unforgettable moments, vivid emotions and a sea of pleasant surprises.

### **MGSU WELCOME DAY**

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

### **STUDENT'S DAY.**

Student's Day Tatyana's Day - celebrated on January 25, is traditionally considered a holiday of students in Russia.

After a few concert numbers in the Assembly Hall, all the guests were invited to the student dining room, where tables were already laid with the traditional treat for that day: fruits, first of all, apples, sandwiches, mead (of course, non-alcoholic), traditional Russian fruit drinks, a variety of pastries. And it was prepared so much that everyone had enough until the end of the holiday. Variety numbers alternated with creative competitions, in which everyone could take part.

### **MISS MGSU**

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

### **THEATRICAL PERFORMANCES**

The Theatre Studio puts up with the participation of students,

classic and contemporary drama productions. Foreign language departments also present their own short productions in different languages. MGSU Spanish, English and German cultural soirees are amongst the most renowned. All students can watch or participate in the productions.



### **SPRING AND AUTUMN BALLS**

University students from across Moscow take part in dazzling classic and modern dancing events. Everyone is welcome to participate in the events, even if they have never danced before. Participants can attend dance classes from the beginning of the year and then display their skills during the balls.

### **KVN**

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

## **THE MGSU PLANET**

There is a special sense of unity between MGSU 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, read poems, and perform on stage. These evenings bring together students.

## **MASLENENITSA**

Feast of the wares of winter. In the program of the holiday - sports, contests, merry dances, concert performances, riding horses, tea with pancakes and treats, a contest of pancakes, burning stuffed winter.

## **BRAING RING**

A game in which the most erudite person (or team) wins, answering the questions of the presenter.

## **8.4. MGSU CAREER CENTRE**

MGSU Career Centre provides a wide range of career and recruitment opportunities. Its main goal is to help students and graduates launch their The Career Centre holds up to 40 events annually including MGSU Career days, professional master-classes, workshops, case-studies and simulations, companies' presentations, etc. The Career Centre has supported hundreds of students and graduates in finding internships and full-time jobs.

Tel.: +7 (495) 781-21-21;

E-mail: [kaska@mgsu.ru](mailto:kaska@mgsu.ru)



*Around mgsu*



## 9. AROUND MGSU

### 9.1. MGSU SURROUNDINGS

MGSU is located in the North-East Administrative District of Moscow. It is one of the greenest and quietest areas in Moscow. It is one of the greenest and quietest areas in Moscow.

The vicinity of MGSU has a good infrastructure. By the metro station, there are large shopping centers, shops and cinemas. The National Park “Losinnyy ostrov” is within walking distance from the University.

### 9.2. POST OFFICE AND PHARMACY

#### POST-OFFICE

The closest post-office to MGSU is located on Yaroslavskoye shosse, 55.

The office is open Mondays to Fridays from 8 a.m. to 8 p.m. and Saturdays from 9 a.m. to 6 p.m. It closes for a lunch break from 1 p.m. to 2 p.m.

MGSU postcode is 12933. A number of international logistics companies operate in Russia such as DHL, FedEx, Pony Express, TNT, UPS, etc.



## **PHARMACY**

The pharmacy nearest to MGSU the 24 hour pharmacy called « Doctor Stoletov». It is also located on Yaroslavskoye sh., 2. The nearest pharmacy called Farmizenna to the University is located at Yaroslavskoye sh., 28.

### **9.3. BANKS AND ATMS**

Sberbank outlet offers currency exchange services. It is located Yaroslavskoye sh., 28.

Working hours: Mondays to Fridays 09h30 a.m. to 8 p.m.; Saturdays and on the last working day of each month: 09h30 a.m. to 5 p.m.; lunch break: 1 p.m. - 1h45 p.m.

There are hundreds of currency exchange points in Moscow, which are usually located in the outlets of different banks.

There are also exchange points that are not affiliated to any bank. They are usually offer lower rates but also present you only exchange.

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

### **9.4. COFFEE SHOPS AND RESTAURANTS**

You can also have a snack in a wide range of cafés at the Zolotoy Vavilon shopping centre (Prospekt Mira, 221). There you will find McDonald's, KFC, Kroshka-Kartoshka (Russian fast food offering jacket potatoes with various fillings), Mu-Mu (fast food), Starbucks, Shokoladnitsa (a café with good coffee and snacks), IL Patio (an Italian restaurant).

Tipping is a common practice in Russian cafes, 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 of the cafes mentioned have stores around Moscow and they offer anything from a drink or snack to a full dinner at an affordable price.

## 9.5. SUPERMARKETS AND GROCERY STORES

The nearest supermarket is «Billa». Most students living on campus prefer to buy food at «Lenta» (Yaroslavskoye sh., 54) supermarket as most food items are cheaper. Other services are available there including a dry-cleaners, a photo shop and a pharmacy.

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.





# Sightseeing in Moscow

## 10. 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 town. We will only mention here the main cultural sites of the capital, with which you can begin exploring the City.*

### 10.1. MAIN SIGHTS

The Kremlin is at the heart of the historic district of Moscow. The fortified complex 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. Subway stations: Borovitskaya (grey line), Biblioteka Imeni Lenina (red line), Alexandrovsky Sad (light blue line).

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 cafes, 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 a splendid view of the Moskva River.

## 10.2. 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** is a classic venue for ballet and other performances, known and admired the world over.

Web: [www.bolshoi.ru](http://www.bolshoi.ru)

**The Maly Theatre**, established in 1806, has been performing on Teatralnaya Square since 1824 and traces its origins back to the Moscow University drama company, established in 1756. In the 19th century, it was universally recognized as Russia's leading dramatic theatre.  
Web: [www.maly.ru](http://www.maly.ru)

**Moscow Operetta Theatre** 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".  
Web: [www.mosoperetta.ru](http://www.mosoperetta.ru)

**Vakhtangov Theatre**, founded more than 90 years ago, stages performances of different genres, ranging from classic tragedies to mischievous vaudevilles. Popular Russian actors perform at this theatre.  
Web: [www.vahtangov.ru](http://www.vahtangov.ru)

**Lenkom Theatre**, founded to house a Merchant's Club in 1907 and then renamed as Lenkom during the Soviet epoch, produces theatrical and musical shows. Over its 80-year history, Lenkom has revealed its ability to innovate and stage experimental pieces, in the Soviet period, and nowadays still.  
Web: [www.lenkom.ru](http://www.lenkom.ru)

**Sovremennik Theatre** was founded in 1956 by a group of young Soviet actors. The company has created over the year's dozens of drama productions, many of which have become iconic.  
Web: [www.sovremennik.ru](http://www.sovremennik.ru)



### 10.3. 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 the City's museums, please visit [museum.ru](http://museum.ru)*

#### **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 the website: [kreml.ru](http://kreml.ru)

**Tretyakov Gallery** It is the most important museum of Russian art in the world. It houses priceless works that appear in every funda-

mental text about Russian art. You can view portraits of historical figures, famous landscape scenes, and illustrations of Russia's cultural life through the centuries.

[tretyakovgallery.ru](http://tretyakovgallery.ru)

### **The Pushkin Museum of Fine Art**

It is Moscow's best museum for non-Russian art. It displays works from many different historical periods, ranging from ancient Egypt and Rome through to modern 21st century pieces.

[arts-museum.ru](http://arts-museum.ru)

### **The Moscow Museum of Modern Art**

This state museum concentrates on 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](http://www.mmoma.ru)

## **10.4. 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 some time. Muscovites enjoy going for walks in parks. Let's mention a few parks:*

**The Park of the 50th anniversary of October** 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](http://www.park50let.ru)

### **Gorky Park**

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.

[park-gorkogo.com](http://park-gorkogo.com)

### **Viktory Park**

It was only completed in the mid-nineties, 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.

### **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.

### **Kuskovo Estate**

It is a cultural monument of the 18th century, a preserved counts residence with a unique greenhouse and the Museum of Ceramics. [kuskovo.ru](http://kuskovo.ru)

### **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.

### **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 in the area.

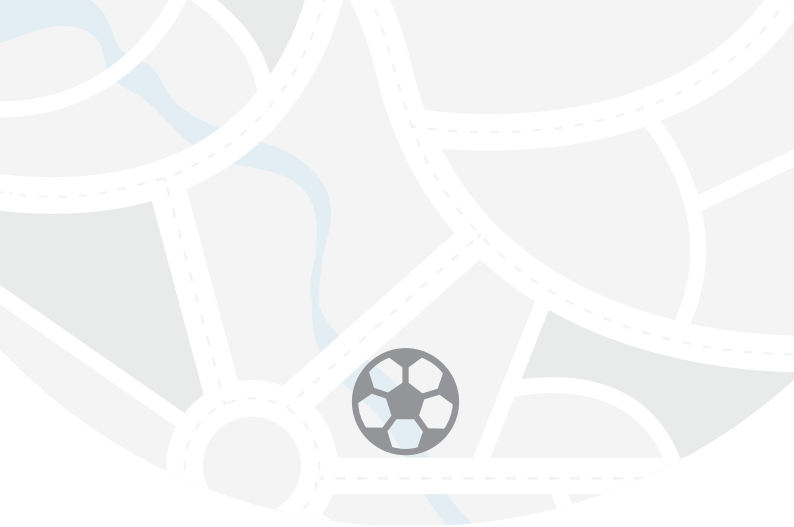
**VDNKH** is the closest to MGSU.

### **Aptekarsky Ogorod**

Russia's oldest botanic garden was founded by Peter the Great in 1706 to grow medicinal plants. "Aptekarsky" means "apothecary" in Russian.

### **Tsaritsyno Estate**

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



*Sport  
in Moscow*



## 11. SPORT IN MOSCOW

### 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.*

**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.

**VDNKH:** It is the nearest place to MGSU for roller-skating and cycling (equipment available for rental).

**Vorobievi Gori:** A big outdoor park where you can also rent rollers and bicycles.

**Izmailovskiy Park:** Roller and bicycle rent available every day in summer.

**Fantasy Park:** It's 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.

**Roll Hall:** This is an indoor facility stretching out over more than 1500 sq.m. You can roller-skate there, get a drink at the bar, go bowling and play billiards. The average price for renting rollers is 100-300 rub/hour. Remember that in most places, you must leave some document as a pawn. Alongside the rinks mentioned above,

there are many other places you can skate and cycle. You can look them up online.

## WINTER SPORTS

*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.*

**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 Red Square and offers a view of the Kremlin and the main Russian New Year tree.

**VDNKH:** 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 cafe and skates rental.

**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 infrastructures and the admittance is free of charge.

**SNEJKOM:** This is a big indoor compound for winter sports with a slope for skiing and snowboarding. It also contains an ice-rink, a paintball arena and a swimming pool.

**Moscow Alps:** One of the biggest outdoor mountain skiing complexes in Moscow. It is located at Nagornaya metro station (grey line). There are 8 routes and all the necessary equipment is available for rental on site.

**Vorobievi Gory:** The closest place, which has a slope for snowboarding and skiing.

**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 cafe.



**i**

*Other  
information*

## 12. OTHER INFORMATION

### 12.1. HOLIDAYS

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

**December, 31st** – New Year, the biggest Russian holiday

**January 7th** – Orthodox Christmas

**February 23rd** – Defender of the Motherland Day

**March 8th** – International Women's Day

**May 1st** – May Day

**May 9th** – Victory Day (Second World War)

**June 12th** – The Day of Russia

**November 4th** – National Unity Day

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

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.

**January, 14th** – Old New Year (non-official)

**January, 25th** – Students Day or Tatiana's Day

**On the Sunday after the Great Lent** – **Orthodox Easter**

**February, 14th** – St. Valentine's Day

**April, 12th** – Cosmonautics Day

### 12.2. CUSTOMS AND TRADITIONS

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 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 don’t have to buy expensive gifts when you are a guest. A box of chocolates or a bottle of 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 tapochki (tah-puhch-kee; slippers). 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 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’s a good idea to check up on the dress code required;
- Russians don’t go Dutch. Here’s where Russians differ strikingly from Europeans. So, if you ask a lady out (doesn’t matter whether it’s a date or you just decide to drink coffee while walking around the city) don’t 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 the elderly and pregnant women on public transport. Sometimes women, even 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 women 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;
- Russians have 2 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’s 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, 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 don’t know a person. At a later stage, one of you can offer to “shift to ‘ti’ ” – “перейти на ты”.

### 12.3. 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 aft 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), butterbrots (a sandwich made with a single slice of bread and a topping such as butter or ham), boiled or fried eggs, tvorog (similar to cottage cheese) or cereal for breakfast. Russians drink a lot of tea and coffee.



#### 12.4. 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 oft en 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, 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”. Drinking tea is an inalienable part of Russian culture. In modern Russia, samovars are not used to boil water for tea as originally intended, but are sold in shops for decorative purposes and so that some families can use them during holidays as a tribute to ancestors and traditions.

What 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 Ushankas (winter hats). You can find souvenirs shops in touristic parts of Moscow such as Old Arbat Street and Red Square.

# MGSU

## International Student Handbook



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