

Slide 1: Memo for foreign students in Russia: Migration and adaptation.

This video will help you easily and quickly adapt to the new environment, successfully pass the migration stage and comfortably start studying in Russia.

Slide 2:

Before traveling to Russia, you need to learn about Russian cultural peculiarities: familiarize yourself with the basic rules of etiquette and behavior to avoid misunderstandings. Learn basic phrases in Russian: Knowing at least a few basic phrases in Russian will make your adaptation much easier.

Prepare the necessary documents.

Consider the climate of Russia and the time of year. Warm clothes (necessary in some regions even in summer)

Don't forget an adapter for your electrical appliances. In Russia, type C and F sockets are used.

Slide 3:

The list of required documents for a foreign student in Russia is quite extensive and may vary slightly depending on the university, program of study and citizenship.

Slide 4:

In Russia, foreign students are required to comply with migration laws, the key aspect of which is registration at the place of stay. This means that you must officially notify government agencies of your location in the country. Let's look at two main options:

1. Accommodation in the university dormitory:

- In most cases, universities take responsibility for registering students living in university halls of residence. This usually happens automatically when they move in, and the student does not need to register themselves. However, it is important to check with your university, as the procedure may vary slightly.

2. Accommodation in rented accommodation (apartment, room):

- If you rent an apartment or room outside of a university dormitory, you are responsible for your own registration. There are several options:

- * Self-registration: You can register yourself with the Migration Department of the Ministry of Internal Affairs of the Russian Federation. To do this, they will need a lease agreement, passport and other documents.

- * Registration through the owner of the property: The owner of the property can register you himself. To do this, he will need your passport and a lease agreement. However, not all owners are willing to do this.

* Registration through an intermediary: There are intermediary organizations that provide registration services. However, you should be careful and choose trusted companies to avoid fraud.

The law sets certain deadlines for registration upon arrival in Russia. These deadlines depend on the student's citizenship and can range from several days to several weeks. Failure to comply with the deadlines entails administrative liability, including fines and possible problems with further stay in the country.

Important:

- Living at a fictitious address (without actually living there) is a serious violation of the law and carries significant fines.
- Before signing a rental agreement, carefully read its terms.
- If you have problems with registration, please contact your university or the Main Directorate of the Ministry of Internal Affairs of Russia for assistance.

Slide 5.

Medical care for international students in Russia is regulated by several factors, including the availability of medical insurance and the type of visa. In general, the system works as follows:

To obtain a student visa and legally stay in Russia, foreign students are required to have a medical insurance policy (VHI - voluntary medical insurance). Without it, you may be denied entry or have problems with registration.

The VHI policy must cover the costs of medical care for the entire period of study. The level of coverage may vary depending on the insurance company and the chosen tariff. It usually includes emergency medical care, treatment of acute diseases and some types of planned medical care.

If you have a voluntary health insurance policy, you can seek medical care at clinics and hospitals that cooperate with the insurance company. In this case, you pay for services only in accordance with the terms of your policy.

Without a voluntary health insurance policy, medical care will be paid for, and the cost can be quite high. In emergency cases, you will be provided with care, but you will be required to pay for it yourself.

CMI (compulsory medical insurance):

In some cases, international students may be eligible for compulsory medical insurance (CMI). This usually applies to students enrolled in state programs or who have a certain status. Check with your university or immigration office to see if you can get CMI. CMI coverage is usually more limited than VMI.

Dental services are usually not included in the basic health insurance package and are paid for separately.

Slide 6.

Opening a bank account for an international student in Russia is an important step to ensure financial stability during their studies. The procedure may vary slightly depending on the bank, but generally includes the following steps:

1. Selecting a bank:

Choose a bank that has English language services or English speaking staff. This will make the process much easier.

Choose a bank located close to your place of residence or university.

Please note the availability of online banking and other convenient services.

Compare rates and fees of different banks to choose the most advantageous option.

To open an account, you will need to personally visit a branch of the selected bank.

Opening a bank account may take some time. Start this process early to avoid financial difficulties after arriving in Russia. Don't forget to check all the details with your chosen bank.

Slide 7.

There are several options for organizing mobile communications and Internet access for a foreign student in Russia. The choice depends on your needs, budget and where you live.

There are several major mobile operators in Russia, such as MTS, MegaFon, Beeline and Tele2. They offer various tariff plans, including packages with Internet, calls and SMS. Before choosing a tariff, evaluate your needs for calls, SMS and Internet. Pay attention to the cost of calls abroad if you need to call home often. Many operators offer special tariff plans for students. SIM cards can be purchased at operator stores, electronics stores and some supermarkets. A passport is usually required for purchase.

Please note that most university dormitories provide students with Wi-Fi access. Check the availability and conditions of Wi-Fi access in your dormitory.

The choice of the best option for mobile communications and the Internet depends on your individual needs and financial capabilities. Study the offers of different operators and providers in advance to choose the most suitable option.

Today I have given you the basics of life and study in Russia. Now your task is to use this information for successful adaptation. Be active, ask questions, look for solutions and do not be afraid of difficulties. Success depends on you!