

SECHENOV UNIVERSITY



Year of foundation: 1758

Total students: 15 000

Faculties: 7

Departments: 144

Clinical-teaching facilities: 200

>2 000 international students from more than 70 countries

>80 partner universities from more than 30 countries

>140 employees of the University are members of the international scientific and professional societies and associations

>120 international research & educational events are held annually at the University

Nowadays Sechenov University is the major medical educational and scientific institution in Russia aimed at under- & postgraduate training and accreditation healthcare professionals promoting further advance of medical science and healthcare domestically and in a global scale.

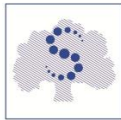


English medical programs: 102

- Bachelor's programs: 4
- Master's programs: 8
- Specialist programs: 9
- CME courses: 81

For more information on the educational courses offered by Sechenov University, please visit the official web-site: <https://sechenov.ru/eng/>





SECHENOV UNIVERSITY

Information for International Exchange Students

The Academic Exchange Program between First MSMU and your home university is a possibility to join us as a non-degree seeking student for a 2-week summer practice, 12-week training course or an individual program.

Attention!

If we have an agreement of cooperation with your home university, please **contact us ONLY via the International Office** of your University.

If we do not have a bilateral agreement with your home University, please apply directly to Sechenov University International Office. We will discuss the terms of your clerkship at Sechenov University (accommodation etc.)

If you have any questions, do not hesitate to contact Sechenov University International Office via **e-mail: id@1msmu.ru**

Accommodation

The University propose **accommodation** for international students. There are 2 or 3-bed rooms. **Wi-Fi** is available. The dormitories are within **5-10 minutes** from the main educational facilities of the University.

General information	Location	Price
University has 3 dormitories №1 – 4. We provide a room in one of them depending on places available.	Address: <i>Moscow, Malaya Pirogovskaya street, 16</i> 5-10 min walk from 2 metro stations, campuses and main buildings of the University.	~12 000 rubles per month

The University has its own Central Scientific Medical Library, Clinical Simulation Center, and Museum of the History of Medicine, Botanic Garden and Stadium (multi-purpose sports complex with a swimming pool).

The University provides rich **cultural and sports facilities**: student clubs (e.g., student scientific clubs), dozens of sports clubs, a youth theater, a choir, a volunteer center.

Approximate Costs

Hot meal:~250-350 rubles (4-6 €) (most cafes provide *business lunch* at dinnertime)

A single **bus trip**: ~ 35-50 rubles(1-2 €)

Accommodation :~ 12000 rubles per month (200 €)

Transfer Airport – accommodation site: ~ 550 rubles (100 €)(by airo-express+metro) or ~ 1500 rubles by taxi (25 €)

List of the Documents required for international students

Who are going to have a short-term internship/practice at SechenovUniversity:

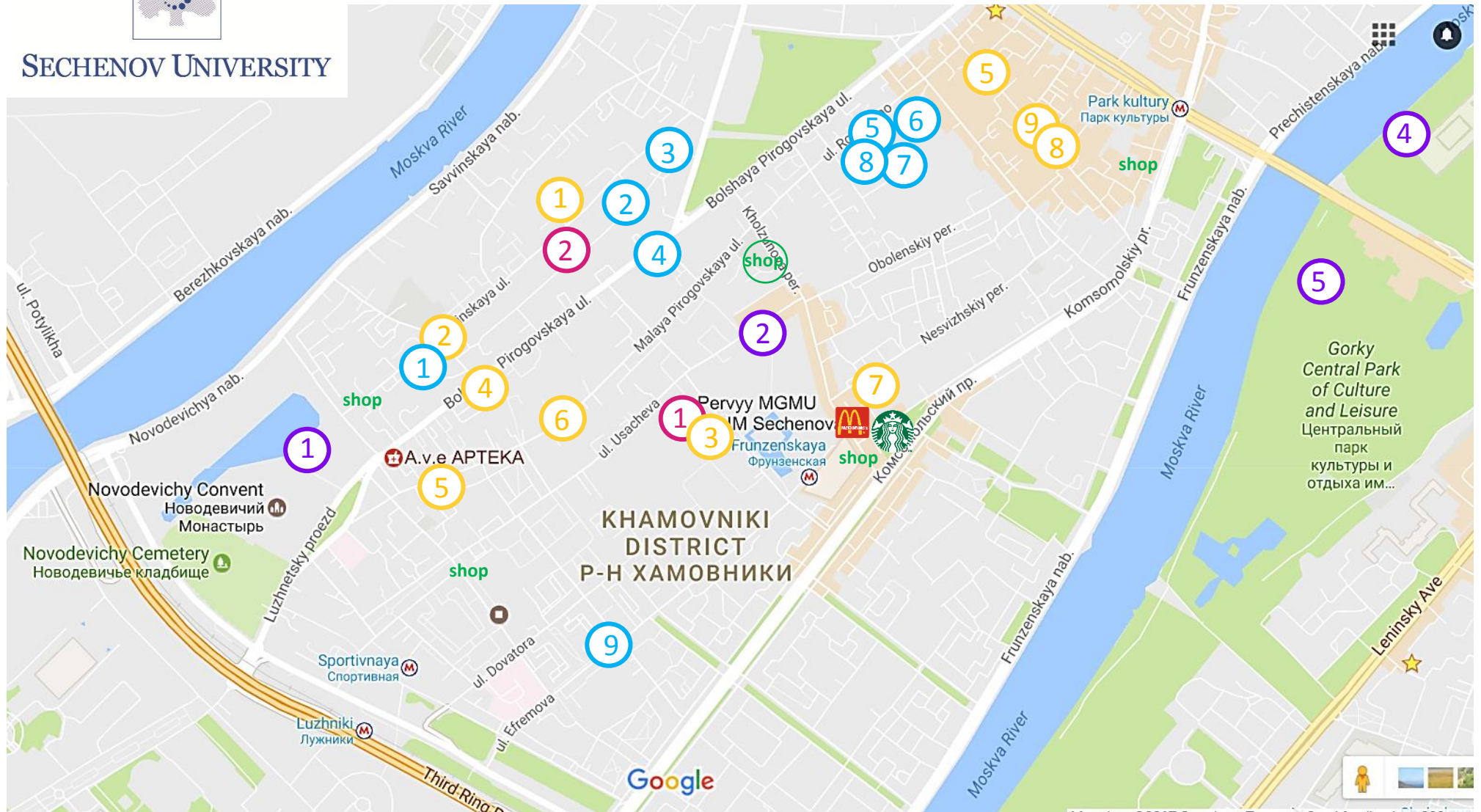
- **CV** with a photo, personal and contact information, transcript of records, research and professional interests, information about the proposed clerkship;
- **Copy of international Passport;**
- **Motivation letter**/Statement of Intent indicating ;
- **Transcript of Academic Record;**
- **Individual plan of the short-term internship** (to decide which department is the best for you and to explain to professors what do you need to do).
- **2 photos 3x4**
- **Medical insurance** for the period of your stay in Moscow,
- **Medical Certificate** with all tests and vaccinations results (scanned copy to send to a.lebedinskaya@1msmu.ru and to **take originals to Moscow**): including dates and results of *Hepatitis (B, C), HIV/AIDS, PPD (Mantoux), WR (Syphilis), Measles (Rubeola), Rubella and Varicella Tests and Immunizations*; **(the test results must be dated no earlier than 1 month before the clerkship begins)**;
- **Medical and surgical suits**, second pair of shoes and all other necessary things.

Visa: after we make an agreement for a period of study between International Offices of the two educational institutions, we will provide you with the Invitation letter from SechenovUniversity, so you can apply for visa in your hometown.

Travel Information: We recommend to come to Moscow at **working days** (it will be much easier to Sechenov University students to meet you at the dormitory and help you with orientation around campus)



SECHENOV UNIVERSITY



- University Administration Buildings
- University Hospitals & clinics
- Places to eat & drink
- Parks & nature

University Administration Buildings

1

SCIENTIFIC RESEARCH INSTITUTE



Malaya Trubetskaya ul., 8, Moskva, 119048

2

- RECTOR'S OFFICE
- International Office



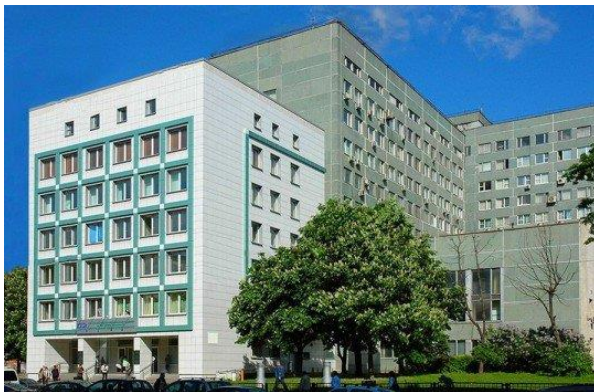
Bolshaya Pirogovskaya ul., 2c4, Moskva, 119435

University Hospitals & clinics

1

University Hospital № 1

(Universitetskayaklinicheskayabolnitsa №1)



Bolshaya Pirogovskaya st., 6/1

2

Urology department



Bolshaya Pirogovskaya st., 2

3

Gynecology and obstetrics department



Elanskogo st., 2/1

4

Pediatrics department



Bolshaya Pirogovskaya st., 19/1

5

Neurology department



Rossolimo st., 11/1

6

Ophthalmology department



Rossolimo st., 11

7

Psychiatry department



Rossolimost., 11

8

University Hospital № 3



Rossolimost., 11

9

University Hospital № 4



Dovatorast., 15

Places to eat & drink

Student restaurants

1

Close to the International Office



Bolshaya Pirogovskaya street 2/6

2

SCIENTIFIC RESEARCH INSTITUTE

1st floor on the left



Malaya Trubetskaya street., 8

3

Close to the University Hospital № 1



Abrikosovskiy per., 1/1

Café & restaurants in student area

4

Gotov! Bolshaya Pirogovskaya street, 37/43



5

Karavaevi



Street 10-letiya oktyabtya, 9

6

Usachevsky market

Usacheva street, 26



7

Му-му [Mu-mu]



Komsomolskiyprospekt, 26

8

Прайм "Prime star"



Timura Frunze street, 11/2

9

Два кренделя [Dvakrendelya]

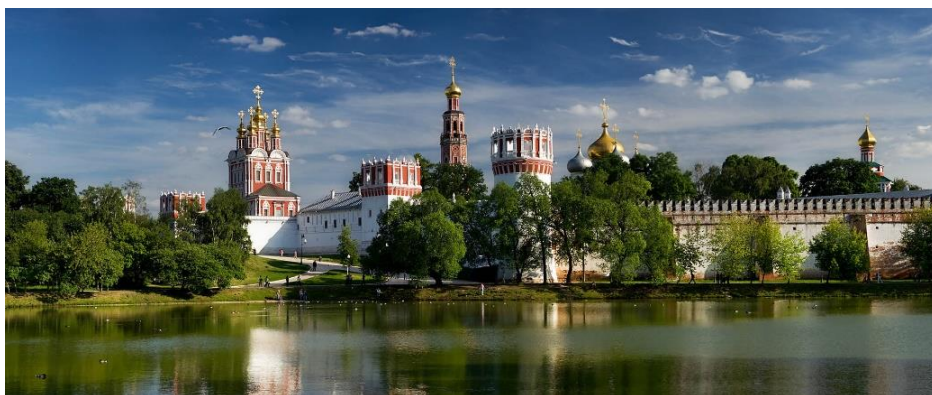


*Timura Frunze street, 11, per.
BolshoyChudov*

Parks & nature

1

Novodevichy Monastery



Novodevichy Passage, 1

2

Trubetskikh park



Usachevast., 1

3

Gorky Central Park of Culture and Leisure



Krim

Krimsky Val, 9

4

Muzeon Park of Arts



Andrey | potrendi.ru

sky Val, 2

and others...

TRANSPORT

MOSCOW METRO (SUBWAY)

You can **buy a ticket** for metro at any metro station in: a) ticket office b) automat

ТРОЙКА(TROIKA)

To go by

- Metro/ bus/ tram
- CITY BIKE



Price for the card

- **ТРОЙКАcard – 50 rub (0.8 €)***

**you receive this money back when you give a card back to ticket office*

Possibility to charge for more trips

You can **charge** TROYKA anytime for any number of trips needed.

You can always **add more money** on via ticket office or automat.

1 trip

- **35 rub (0.6 €)**

2 trips

- **70 rub (1.1 €)***

**less if you go 2 or more times in 90 min*

20 trips

- **700 rub (11 €)**

Interactive Metro Map

YANDEX METRO

To find the **best way** and to calculate the time

<https://metro.yandex.ru/moscow>

There is an APP for Android(Yandex Metro)



Moscow Metro map



- 1 Сокольническая
- 2 Замоскворецкая
- 3 Арбатско-Печерская
- 4 Филёвская
- 5 Коньково
- 6 Каширско-Рязанская
- 7 Таганская
- 8 Кольцевая
- 9 Солнцевская
- 10 Серпуховско-Воскресенская
- 11 Давыдовская
- 12 Троицкий пересадочный центр
- 13 Калужская
- 14 Бутковская
- 15 Тимирязевская — Ул. Сергея Эйзенштейна (интергород)

- 16 Московское центральное кольцо
- 17 Серпуховские участки
- 18 Станция пересадки
- 19 Крест-платформенные пересадки
- 20 Наземные пересадки
- 21 Перехватывающие парковки метро
- 22 Станция, приспособленная для проезда маломобильных пассажиров
- 23 ДМС: Аэропорты
- 24 Автобусные вокзалы и станции
- 25 Автобусные маршруты до аэропортов
- 26 Аэровокзалы
- 27 Вокзалы
- 28 Железнодорожные станции

Линия экстренных вызовов:
 8 499 787-25-86
 Контакт-центр
 «Московский транспорт»:
 8 495 539-54-54
 3210 (в сетях «МegaFon», МТС)
www.transpormos.ru
vk.com/transpormos
 Сервисный центр
 «Московский транспорт»:
 Старая Басманная ул., д. 20, корп. 1

Метрополитен работает
 с 5:30 утра до 1 часа ночи
 Hours of operation: 5:30 a.m. to 1 a.m.

Администрация
 «Московский транспорт»
 Администрация
 «Московский транспорт»

Moscow by **CITY BIKE**



- ✓ City bike rental **Velobike**
- ✓ **300 pick-up and drop-off points** in the city
- ✓ **first 30 min are free**

Prices/ modalities :

A. You canchange bike every 30 min at the nearest station and keep on ridding for free (convenient in the city center)

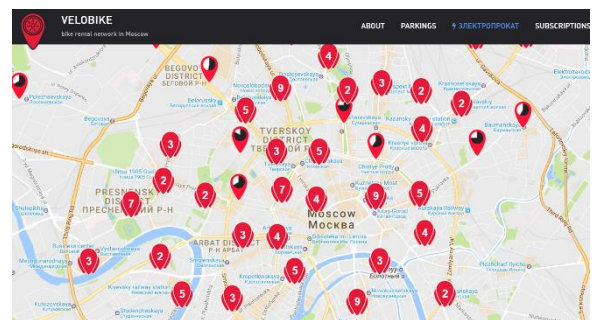
B. Or pay as you go per time you're ridding the same bike (more expensive// advantage: you don't need to hurry)

C. Or buy a tariff

- **day - 150 rub (2.42 €) (recommended)**
- **month - 600 rub (10 €)**
- **season - 1,200 rub (20 €)**

How to rent a bike

- 1) Go to **velobike.ru** to **create an account** using your name, telephone, email and bank details. You then receive a **login** and **pin code** via **SMS** or **email**.
- 2) **Find** your nearest Velobike station via the **website's interactive map** or the **mobile app**
- 3) **Login** to the machine using your registration details or troika transport card. Enter the **number of the bike** you would like to use and then **take it from the bike stand** before the 20-second period ends and it's "locked" back in.
- 4) Once you're finished cycling, **dock** your bike and press "**OK**" on the panel. You should then **receive an SMS confirmation** that your journey has



ended. Make sure you receive that message! If the bike has not been returned correctly, a hefty fee will be charged to your card. **Enjoy!** 😊

- **APP:** <https://play.google.com/store/apps/details?id=bm.velobike.droid>

HOW TO RENT A BIKE

To Register:

- website
- app
- bike station



Receive an **SMS**: your
Login and PIN



Enter your account using **Login**
and **PIN**



Choose a **Tariff** and **pay** via Bank
card

Lorem ipsum dolor sit amet, consectetur
adipiscing elit. Facere, autem, ipsam, nobis
maiores incidunt voluptates error tenetur iure
omnis non perferendis illo neque rem ex fugiat
quisquam repellendus obcaecati voluptatem.

To START cycling:



Press **OK** on bike lock



Follow the instructions **on lock**
display



Display says
Удачной поездки means everything



Take your **Bike**

To FINISH cycling:



Dock (put) the bike at the station



Display shows **«Возврат OK»**



Make sure the bike is locked



Receive an **SMS** confirmation

PRICES:

BUY A **TARIFF**:

- **day** - 150 rub (2.42 €)
- **month** - 600 rub (10 €)
- **season** - 1,200 rub (20 €)



Or **PAY AS YOU GO**

First 30 min are **free**

1 hour – 30 rub (0.5 €)

2 hours – 100 rub (1.6 €)

3 hours – 450 rub (7.2 €)

1 day - 1500 rub (24 €)

2 days - 3000 rub (48 €)

Attention! If a bike is kept for more than 2
days without docking to the station – **FINE**
30 000 rub



SECHENOV UNIVERSITY

True Russian specialties you can find in many restaurants or cafe:

Drinks

Компот (kompOt) - half-sweet drinf from fruits

Морс (mors) - refreshing and a bit acid, made from natural berries

Квас (kvas) - non-alcohol kind-of-beer (tastier than a beer)



Soup

Лapшa (lapshA) - chicken soup with pasta and vegetables

Щи (schi) - a traditional Russian cabbage soup

Борщ (borsch) - a traditional RED soup; there is nothing like this in the whole universe, must try!



Солянка (solyAnka)—soupwith meat and backed in oil cabbage with carrots

Meals with meat

Котлета (kotlEta) - fried meatballs from red or white meat

Пельмени (pelmEni) - traditional Russian dumplings, must try!



Vegetarian meals / side dishes

Гречка (grEchka) - buckwheat, a kind of crops that we like to eat with meat or champignons

Жульен (juliEn) - originally a french dish with cheese and champignons, though we like it too :)

Bread & sweets

Пирожок (pirozOk) - traditional Russian granny's tasty masterpiece; can be with meat or a sweet one with jam and berries



Булка (bulka)—commonname for a sweet soft little bread

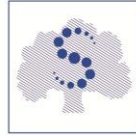
Сырники (sYrniki) - *backed cottage cheese served with sweet addings (honey, jam, caramel)*
it's delicious, should try!



Запеканка (zapеkАnka) - *smth like a cheesecake but less sweet and more healthy ;)*

Варенье (varЕnie) - *again granny's masterpiece: homemade jam with berries and fruits*





SECHENOV UNIVERSITY

Looking forward to see you in Moscow!

