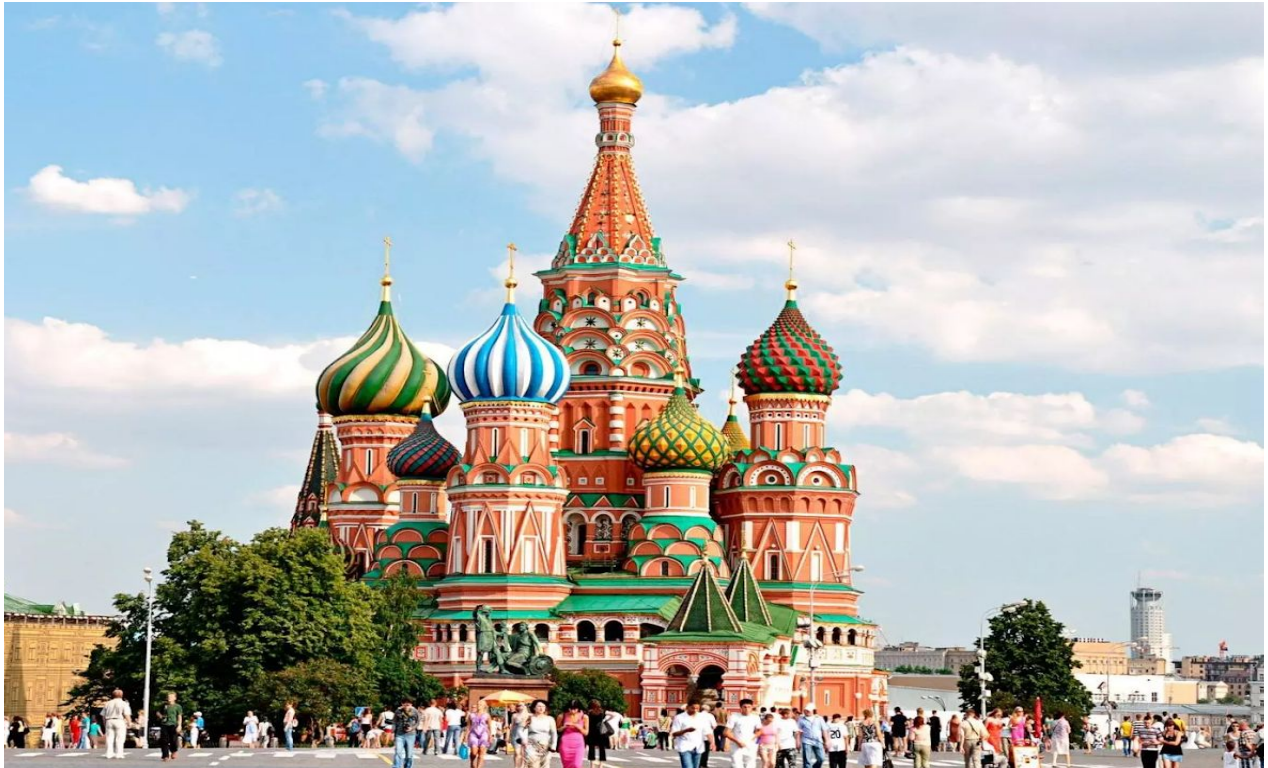


PTO PRESENTS

QUICK GUIDE: WELCOME TO MOSCOW AND AAS!



Foreword

Welcome, new families, to your first year at AAS! We're happy to have you on board. On behalf of the PTO, I wish you a smooth transition into our 2021-22 school year. We've put together this guide to ensure ease and comfort in your first few weeks in Moscow and at AAS. If you have any questions or concerns not covered in this guide, feel free to contact our Newcomers Coordinator, Myrte Dijkman-Schouten at pto.newcomers@as.ru. I wish you a fantastic first year in our wonderful community and am looking forward to meeting you in person and connecting with you.

- Signed, Celia Schweizer, PTO President 2021-22

Practical Recommendations

Our goal is to make your transition to Moscow life as smooth and comfortable as possible. Here are some of our top recommendations when it comes to settling into your first few weeks in our beautiful city.

Download the following apps

1. Yandex Maps/Navigator
2. Yandex Metro/Transport
3. Google Translate
4. Yandex Taxi
5. Gett Taxi

Online Checklist

1. Check your home wifi for its password and functionality.
2. Check that your mobile data and SIM card function outside your home.
3. Join AAS Facebook groups to receive school-related news and updates.

Delivery Quicklist

1. Food
 - a. Groceries: seasonmarket.ru, utkonos.ru, av.ru, vkusvill.ru, iherb.ru, moscowfresh.ru, perekrestok.ru
 - b. Dining: deliverclub.ru & yandex.eda
2. House/utilities
 - a. Everything: ozon.ru & wildberries.ru
 - b. Pharmacy: piluli.ru
 - c. Appliances: M. Video, technopark.ru
3. Pets:
 - a. dogeat.ru, vetlek.ru, petshop.ru



Money and Banking

1. **ATMs at AAS:** On-campus ATMs dispense both rubles and US dollars.
 - a. Note: at times, especially on occasions during which lots of people are on campus, these ATMs may be running low or out of order.
2. **ATMs around Moscow:** ATMs around town are readily available and can be found in banks, and commonly inside grocery stores and pharmacies.
3. **Cash:** You will need cash to purchase items on streets (e.g. fresh fruit, trinkets, etc.) and you may want to leave small tips (100rub) at restaurants or taxis.
4. **Money around Moscow:** Credit cards are widely accepted, and you will often see Apple Pay or Google Pay users paying with their phones. Most Visa and Mastercard work without issues. Amex is not commonly accepted.
5. **Paying nannies, cleaners, and dog walkers:** Most household helpers are paid in rubles, though some may request to be paid in USD. Check the small database for an idea of range, and make arrangements directly with the person you choose to help you at home.
6. **Online Payments:** You are often presented with the option to pay for certain items online, such as movie or train tickets. However, some sites don't accept non-Russian cards. Paypal is often a useful workaround.

Public Transit

1. Metro

- a. The metro is the fastest way to get around the city. Connections between stops are well marked and easy to get between underground walkways.
- b. As you go down the escalator, stand on the right, and walk on the left. No need to hurry—trains come every 2 minutes.
- c. Be conscious of your exits into the city - if you aren't sure, take the side with the escalator or check the maps app for the nearest exit number.

2. Troika Cards

- a. Troika cards work on the metro, the bus, the trolley, the Aeroexpress, and the tram. Tap your card when you enter any form of transport.
- b. Top up your troika card at any metro station with the bilingual kiosks or at the cash desks.

3. Taxis

- a. Taxi Apps: Yandex taxi and Gett taxi.
- b. *ALWAYS* use an app to take a taxi, never one from the street or the group at the airport. Taking a taxi from the street or airport is often a way to be charged excessive money or face uncomfortable situations
- c. Pay with cash or try to link your card to the app.

4. Buses, trams, and Trolleys

- a. The buses are a nice way of seeing the city as you move about the city. Use the "Troika card" to pay.
- b. Download the Yandex Maps app and see an overlay of buses to discover routes, real-time bus movement, and options for transit.

Getting to and from School

1. **AAS Address:** 1 Beregovaya St. 125367 Moscow, Russia
2. **By Metro:**
 - a. Sokol Shuttle: A school shuttle and public shuttle bus (412) run morning and afternoon times to and from school. See a schedule below. Find an updated copy on the school entrance door.
 - b. Voykovskaya Metro: Walk through the forest (approx. 45 minutes) to get to Metro Voykovskaya (Green line) and Metropolis Mall.
 - c. Tushinskaya Metro: Walk across the canal and along the road (approx. 30 minutes) to get to Metro Tushinskaya (Purple line).
3. **By Taxi:** Taxis aren't allowed into the main gate without prior information given to security, and often it is easier to go down the hill to catch one
4. **By Sokol Shuttle:** find [**detailed schedule here**](#)

COVID Social Distancing Protocols:

- Bus drivers and riders who display symptoms related to COVID-19 will not be permitted on the school bus. Bus drivers will be equipped with digital thermometers to check and prohibit those with fevers over 37.1c to board.
- There will be a hand sanitizer dispenser located at the entry to each bus, and everyone is required to use it before entering the bus. Drivers will use hand sanitizer on a regular basis.
- All riders, monitors and bus drivers must wear face masks; bus drivers must also wear gloves.
- All buses will be wiped down with disinfectant 2x daily.



Medical Services

All of the clinics below offer ambulance services and have English speaking operators available 24/7. Many clinics offer wide hours for non-emergencies, with appointments available at non-school times and during the weekend.

1. European Medical Center (EMC) , phone: +7 495 510 5414

- a. <https://www.emcmos.ru/en/main>
- b. Located at M. Prospect Mira, Patriarch Ponds, and women's center at Belorusskaya.
- c. One EMC location is walking distance from school, but only on certain days.

2. Global Medical Services, phone: +7 495 781 5577

- a. <https://www.gmsclinic.com/>
- b. Conveniently located at Smolenskaya, close to Arbat street.
- c. GMS Expat manager can be contacted via: +7 917 597 57 03 (Phillip)

3. Intermed Center, phone: +7 495 937 5757

- a. http://en.intac.ru/o_kompanii.html

Russian Emergency Numbers

- 1. Fire:** 101
- 2. Police:** 102
- 3. Ambulance (English support):** 112

Discover by Yourself, Featuring Useful Websites

1. moscowliving.com
2. bridgetomoscow.com

Afterword

We hope you found our quick guide to Moscow/AAS life useful. Thank you to the wonderful people that allowed this guide to happen, listed below:

1. **Myrte Dijkstra-Schouten**, for putting the guide's content together.
2. **Kelsey Hedrick**, for her generous contributions in sharing her ideas and materials.
3. **Helena Tadic**, for designing the guide.

Together, we make a difference!



