

Dear participants,

We are delighted to welcome you to the BIOMAT 2017 – 17th International Symposium *Mathematical Biology/Biological Physics*. The workshop will take place in Moscow on 30 October-3 November 2017. We hope that your stay will be enjoyable and professionally rewarding.

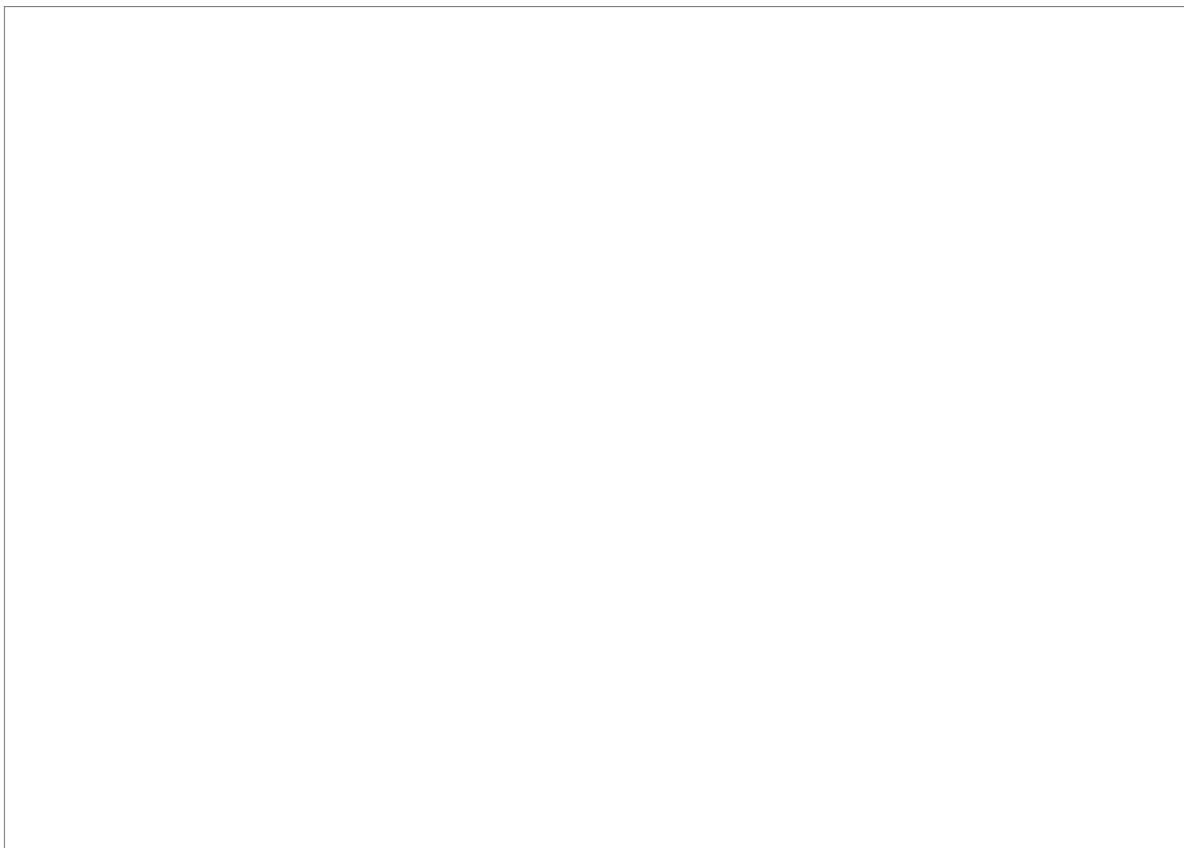
## Arriving in Moscow

### Completing your immigration card

The immigration card will be printed and completed for you at the Passport control. You will need to keep your copy during the whole stay in Russia.

**Accommodation.** Hotel of the Steklov Mathematical Institute (Gubkin street, 8) and [Sputnik Hotel](#) (Leninsky Prospect, 38, Moscow Tel: +7 (495) 930-22-87)

The Institute of Numerical Mathematics RAS (the workshop venue) is situated in the walking distance from the hotel Sputnik:



## Workshop organization details

The Institute of Numerical Mathematics RAS **address:** Gubkin Street, 8, Moscow

Sessions: conference hall on the 9th floor.

Cloakroom: on the 1th floor.

Coffee breaks, lunches, conference banquet will take place on the 6th floor in room 630 (nearby stairs).

Breakfasts for guests of Steklov Mathematical Institute hotel and for guests of Sputnik supported by the BIOMAT consortium will be organized on the 1st floor on Monday since 8.10, on Tuesday – Friday since 8.30.

Wi-Fi **Internet** access is available:

- MIAN-FREE on the 9th floor,
- Login: dodo, password: bolokoilwink , on the 6th floor, room 630.

## During your stay

### Your documents

You should carry your passport (or a photocopy of all the relevant pages including your visa) and your immigration card with you at all times. It is not uncommon to be stopped by the police requesting to check your documents. You also need your passport in order to pay for goods and services by credit card and to get through security when entering private and public office buildings, so have it to hand at all times.

### Your health

We advise you to take out full insurance cover for medical treatment and accidents. No special precautions need to be taken. Pharmacies are well-stocked, and doctors, dentists and opticians of good quality, if expensive. Hygiene standards are high, although normal precautions about washing fruit before consumption should be taken. **Smoking is forbidden in all public transport and public buildings.**

### Water

Although tap water in Moscow is apparently drinkable, we do not recommend drinking large quantities of it. It is however perfectly fine to use for brushing your teeth etc. Most expatriates prefer boiled, filtered or bottled water for drinking. Bottled water can be bought cheaply in any supermarket and also in many kiosks on the street and in metro stations. Common and recommended local brands are Shishkin Forest, Aqua Mineral and BonAqua.

### Electricity

The electricity supply in Moscow is rated as 220 V AC. Russian plugs (eg in hotels) are the two-pin European model so you should bring an adaptor.

### Your money

There are ATMs all over Moscow and in most regional cities. Any debit or credit card with VISA, CIRRUS or MAESTRO works here and you can withdraw rubles, euros and US dollars. This is the most convenient way of drawing cash.

Money should only be exchanged officially through banks, hotel exchange points or the many small exchange bureau.

## Getting around

## Metro

Metro stations are marked by the letter M at their entrance. Although clean and safe during the day and architecturally fascinating, the system is not friendly to those who do not understand the Cyrillic alphabet. Metro trains are however extremely frequent and most visitors manage to complete their journeys with the help of a good metro map. Single travel passes cost about 50 roubles; one pass pays for one unlimited, unbroken journey on the metro system. You can also buy good value multiple passes at the Kassa in the entrance hall of every station.

“Akademicheskaya” metro station is 15 min walk from the workshop venue and “Leninskiy prospekt” station is 15 min walk from Sputnik hotel.

## Tram/trolleybus/bus

Public transport runs regularly and is convenient for travelling around the city if:

- you know where you are going
- you are not frightened of Cyrillic signs

## On foot

Walking distances in Moscow are deceptively large. The best policy is to treat Moscow like any other large European city.

## Going around

You can find detailed information on [www.expats.ru](http://www.expats.ru) and [Moscow in your Pocket](#) or in the Lonely Planet and Rough Guides to Moscow.

## Photography

Photography is permitted almost everywhere; but watch out for signs depicting a camera with a red line through it.

## Telephones

### From hotels

810 + country code + area code (without 0) + number

### From other telephones

Most private telephones in Moscow now have IDD facility but many public telephones do not.

Try 8 (then wait for the tone) + 10 + country code + area code (without 0) + number

### Abroad to Moscow

00 + 7 (country code) + 495 (area code) + number

### Mobile phones

#### Within Russia to Moscow from Russian mobile:

+7, 495, number

#### From your mobile to Russian mobile

Dial +7, full number e.g. 902 761 4156

## Contact details and emergency phone numbers

### Yuri Vassilevski

+7-917-506-17-51

**General emergency number – 112, Fire – 101, Police – 102, Ambulance – 103**