

Planning your arrival A.Y 2015/2016



Degree-seeking International Student Guide

Milano



UNIVERSITÀ
CATTOLICA
del Sacro Cuore



Welcome to Milan!

Dear International Student,

Studying in Milan can be an exciting and challenging experience as well as an opening of your social and cultural horizons. This guide has been carefully compiled to provide the essential information to prepare your experience at Cattolica. You will find critical information about courses, visas, residency permits, housing, student life and practical tips for your stay here in Milan.

Further information relevant to your day-to-day experience in Italy will be provided during the welcome days, however this guide should give you a good idea of what to expect upon arrival.

We hope you will make your stay a positive and enriching experience.

UCSC International Staff





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BEFORE YOU LEAVE HOME

Visa requirements

Non E.U. Citizens require a visa for a stay of longer than three months (90 days). Students need to request a student visa at the Italian embassy or consulate of their jurisdiction. Below you will find the basic application requirements. However, it is important that students verify their consulate's web site for any additional requirements:

- Admission letter issued by UCSC
- Passport/ID/Residency Card
- Student visa application to be submitted in person
- Affidavit of financial support of not less than 5,830.76 €
- Proof of adequate health insurance coverage outside your country
- Flight itinerary
- Proof of accommodation in Italy

Medical insurance

If you are a national from either a EU Member State or an EEA country or you are of Swiss nationality, you should have a European Health Insurance Card (EHIC, Italian acronym: TEAM) obtained in your home

country from your national healthcare authority. The European Health Insurance Card (or EHIC) allows to receive medical treatment in another member state for free, or at a reduced cost.

A patient contribution is required for prescriptions, medical examinations, oral and dental care.

Non-EU Citizens must take out an International Health Insurance which covers costs related to medical treatment and admission to hospital. If allowed by the Embassy/Consulate, they can also buy an Italian National Health Insurance upon arrival to Milan. It is called "INA Assitalia" and costs 98 € for a period of 12 months, but only covers emergency treatments. UCSC International will provide all necessary forms during the Orientation Events.

Note: An insurance policy is compulsory if you apply for a residence permit.



WHAT TO BRING TO MILAN

Pre-departure documentations check-list

EU students

- Passport/ID/Residency Card
- Admission letter issued by UCSC
- Health insurance coverage outside your country (for EU students, National Health Insurance Card): any special prescription or medical certificate
- Flight Itinerary/ticket
- Travel Insurance
- Documents/ Details regarding your accommodation in Italy
- Credit/Debit cards (make sure to inform your bank of your stay abroad period)
- Multiple copies of the above documentation

If you are of Christian religion, bring your certificate of Baptism: you will have to submit it during the enrolment procedure. The certificate does not need translation into Italian if it is written in English, Spanish, French or German. If you are not of Christian religion or if you are not baptized, you will have to attend a short interview at UCSC Centro Pastorale.

Addition for NON EU Students

- Valid Student Visa

- Affidavit or financial support
- Go to the dedicated section "Residency Permit Requirements"

Documentation guidelines

Make additional copies of all your documents, certificates, cards etc. Keep copies in a safe place in your home country, and bring the rest to Italy. When traveling remember to keep copies in both your hand luggage and check-in luggage. Upon arrival keep all documents in a safe place in your apartment. For further safety measures, scan all your documents, certificates, cards etc. and email them to yourself as attachments.

Bring receipts of any brand new electrical goods that you are taking with you such as laptops, cameras, iPods, etc. This will serve as purchase proof and warranty.

Packing

Milan is the fashion capital of Italy so remember not to overpack. December to February are the coldest months, but April usually brings nice spring weather. Students on campus generally dress informally but you may want to bring with you something more formal for special occasions.



Useful items

- Chargers
- Adaptor
- Check the weather and temperature according to your departure season in order to bring appropriate clothes
- Informal clothes and few elegant items for special occasion
- Travelers wallet
- Passport size pictures (4 colored and original, dimension 3 X 4cm/2 X 2 inch)

RESIDENCY PERMIT REQUIREMENTS

All Non E.U. Citizens require a visa for a stay longer than three months (90 days). Within eight (8) days of your arrival in Italy you are required to submit the application for a Permesso di Soggiorno (Permit of Stay) which will be issued by the local police (Questura).

You will require the following documents:

- An Application Form which you will be given by UCSC International upon arrival
- Passport
- Photocopy of personal data page of the visa and last page of passport
- Four recent and identical passport size photographs
- VISA documentation and any letter issued and stamped by the

Consulate (make additional photocopies)

- A certificate of enrolment issued by UCSC (provided upon arrival)
- Photocopy of health insurance coverage
- A Marca da Bollo (revenue stamp) of 16 € to purchase upon arrival at any tobacco shop in Milan. It's possible to purchase it from tobacco shops.
- Address of your apartment in Milan including the zip code. After submitting the form, obtain your receipt. The administrative costs will be a total of 155 €.

A special infosession will be organized to assist you.

MEDICAL ASSISTANCE

You can find everything in Milan, so don't worry if you forget to pack something. You will need to buy plug/power converters for your electrical devices. Electricity in Italy and Europe comes out of the wall socket at 220 volts. The Italian plug is a two or three round-prong socket.

Medication

You should verify the availability of certain drugs in Italy, but we suggest that you stock up from home on any specific medication you will need during the stay. Check for custom restrictions before importing medications from outside the EU, especially antidepressant drugs, as you do not want to have your medication confiscated at customs.

If you are under any special treatment, please don't forget to obtain a letter from your General Practitioner specifying the medications you need to bring with you.

Please note that most medications that you purchase over-the-counter in other countries are available only by prescription in Italy.

Health Centre @ Cattolica

There is a Health Centre on campus which provides all registered students with free basic medical care, nursing care and psychological counselling.

Please click here for further details

> <http://educatt.unicatt.it/educatt-assistenza-sanitaria-e-counselling-psicologico-assistenza-sanitaria?rdelocaleAttr=en>

Hospitals

If you require more serious medical assistance you will need to visit the hospital. Remember to always bring a copy of your health insurance. Inform the International Student Services and they can arrange an English speaking assistance if needed.

ACCOMMODATION IN MILAN

Milano International Living Service (MIL Service) was founded in 2007 in order to respond to the accommodation demand for housing: every year more and more students come to Milan from all around the world to spend a semester or a whole year studying at one of the prestigious universities in Milan.

MIL Service allows its customers to focus on their academic life, while leaving the housing problems to the service's care. The housing typology provided by MIL Service makes it possible to fully experience the new international student life by introducing the student to the reality of a real citizen: live MILAN while living IN Milan.

Its young, dedicated and professional team are committed, which is what makes MIL Service competitive within the housing markets. The team tries to understand the students' needs and provide every student with the best residential experience.

In its housing package students will receive many other services, such as fully furnished apartments, 24/7 internet connection, bi-monthly cleaning.

Students placed in any of the Cattolica housing options will be required to pay a refundable housing deposit before your arrival. Students will be notified by MIL Service.

Get in touch:

- › www.milservice.com
- › info@milservice.com

Follow MIL Service on Facebook

- › <https://www.facebook.com/milservice?fref=ts>

Alternative housing solutions

Useful links:

- › www.agenziauni.comune
- › www.educatt.it/bacheca/bacheca_intro.asp

Student associations ESEG and ESN offer students a free counselling service for their living arrangements in Milan.

ATTENTION: Please be aware that it's not recommended to process pre-arrival online payments as rent deposits. This could hide possible fraud and does not guarantee the flat/room availability upon arrival.

STUDYING AT CATTOLICA

The Italian grading and credit system

The Italian grading system ranges from 18/30 to 30/30. The highest mark is 30/30eLode (with high distinction). All the exams under 18/30 are considered as "not passed" and thus are not registered on the final Transcript of Records.

ECTS (European Credit Transfer System) are a numerical value allocated to measure courses workload within an existing degree or curriculum. The workload includes lectures, practical work, seminars, tutorials, fieldwork, private study and examinations or other assessment activities. Within a degree curriculum, 60 ECTS represent the workload of an academic year of study and normally 30 credits for a semester.

- › 1 ECTS corresponds to 1 CFU (Credito Formativo Universitario)
- › 1 CFU corresponds to 25 hours of work and personal study.

Academic calendar

- If you are admitted to a "corso di Laurea triennale o a ciclo unico" taught in Italian, [click here](#) and check the "Calendario".
- If you are admitted to a "corso di Laurea triennale" taught in English, [click here](#) and check "Program

Dates" nuovo link solo per click here

- If you are admitted to a "corso di Laurea magistrale" taught in Italian [click here](#) and check the "Calendario"
- If you are admitted to a "corso di Laurea magistrale" taught in English [click here](#) and check the dedicated program dates for each degree.

NOTE: Please note that the academic calendars are provisional at this stage and may be subject to change. Official calendars will be published in July.

Study plan selection of subjects

Most of the undergraduate degree programmes do not include optional courses in the study plan. Some graduate degrees allow students to choose subjects and create their own study plan. Students will be required to select subjects in the month of October. The schedule of classes will be available as of September.

All degree-seeking students are required to attend a theology seminar aimed at offering a reasoned and critical knowledge of the Christian message. Students enrolled in a *corso di Laurea Triennale* will have to attend three seminars for a total of 36 hours per year. Students

enrolled in a *corso di Laurea Magistrale* will have to attend one seminar only for a total of 30 hours.

Tuition fees

Students will pay the annual tuition fees in three instalments. You already paid the first instalment (1470 €) to reserve your place. The second instalment is due in January and the third in April. For further information see the dedicated section for either Undergraduate or Graduate degree programs at ucscinternational.it

ITALIAN LANGUAGE COURSE

UCSC International organizes Italian Language and Culture Courses, designed for students who want to learn, study and explore the Italian language and culture. The language course is not compulsory but highly recommended.

PRE-SESSION INTENSIVE COURSE
(45 units): held at the beginning of each semester.

SEMESTER COURSE
(45 units): runs throughout the semester in conjunction with other academic coursework.

Further information
Visit the website and select the option degree seeking to find out more about dates and prices:

<http://www.studyitaly.it/student-services-at-cattolica/students-services-in-milan-campus/italian-language-culture-course-in-milan>

ORIENTATION EVENTS

UCSC International will welcome you with dedicated Orientation Events. Please make sure you schedule your arrival to attend one of the two sessions organized.

Click here for updates. (<http://www.studyitaly.it/student-services-at-cattolica/students-services-in-milan-campus/orientation-in-milan>)

Orientation Event 1
September 1 - 2, 2015

Highly recommended:
- if you take part to the pre-session intensive Italian Language Course;
- plan your arrival no later than Monday 31 August, 2015.

Orientation Event 2
September 15 - 16, 2015

Highly recommended:
- if you don't take part to Orientation Event 1;
-if you don't take part to the pre-session intensive Italian Language Course;
- plan your arrival no later than Monday 14 September 2015.

During this 3-days event you will be provided with all necessary information for a successful kick off in the semester. You will receive further details about how to organize your course schedule, select courses, find classrooms, have access to campus facilities (cafeteria, library, health center and sport service etc.). You will also meet student associations and have the chance to do a campus tour with them.

You will receive the program of the orientation event via email a couple of weeks before your arrival.

PUBLIC TRANSPORTATION IN MILAN

Milan public transportation

The Azienda Trasporti Milanesi (ATM) operates within the metropolitan area, including several metro, bus and tram networks.

Bus

Buses are always orange and green. The wide network covers the entire city and it will allow you to access all major city attractions within 30 minutes.

Metro

(Subway; Underground)

The metropolitana (metro) has four primary lines: red (M1), green (M2), yellow (M3), and lilac (M5). Metro entrances are marked with a red square sign with a white "M".

Tram

(Trolley car)

Run throughout the city. The older trams are orange whilst the modern trams are yellow with green interior. Tram stops as well as bus stops are marked by tall orange poles with a diagram of the tram or bus route.

Ticket

All tickets for the public transportation system can be purchased at news kiosks, tabacco shops, or in the metro stations from machines or ticket booths. The same ticket can be used on all three types of transport for up to 90 minutes, however cannot enter twice in the underground with the same ticket even within the 90 minutes.

ATM has a dedicated APP that you can download to purchase urban tickets. Payment can be done with PayPal or by Credit Card.

To know more about it, click here! www.atm.it/en/ViaggiaConNoi/Pages/ATMMobile.aspx

Ticket costs

- One ride is 1.50 € each and is valid for 90 minutes.
- Carnet 10 rides of 90 minutes 13.80 € (one per person, cannot be shared)
- Further information will be provided during the Orientation Events.

For further details on the Milan public transportation system you can also visit the official ATM website at this link.

› www.atm.it/en/Pages/default.aspx



HOW TO REACH US UPON ARRIVAL

Departing the airport

Available from Terminal 1 of Malpensa Airport. Trains depart every 30 minutes; travel time is about 29-36 minutes. Single tickets cost 12 €: you must purchase and validate your ticket before entering the train.

Two destinations are available:

- To Cadorna Railway Station: change here for the red metro line (MM1) and green metro line (MM2).
- To Centrale Railway Station: change here for the green metro line (MM2) and the yellow metro line (MM3).
- Malpensa Airport to Centrale Railway Station: which then connects you to the metro green (MM2) and yellow (MM3) lines. Trains depart every 30 minutes and travel time varies from 29-36 minutes. Cost of a single ticket is 12 €. You must purchase and validate your ticket before entering the train.
› www.malpensaexpress.it

Via bus/coach: Malpensa Shuttle de luxe coaches

Connects Malpensa Airport to Centrale Railway Station, which then connects you to the metro green (MM2) and yellow (MM3) lines. Buses depart every 10 minutes and travel time lasts about 50 minutes. Cost of a single ticket is 10.00 €. You can purchase your ticket before entering the bus.

› www.malpensashuttle.it/web2011/tariffe.php

Single ticket cost is 4.00 €, departing outside Arrivals at Milano Linate Airport.

From Orio Al Serio (BG) Airport
› www.orariautobus.it/autobusmilano-linate.html

Bus

Furthest away from Milan centre. Connects Orio to Centrale Railway Station, which then connects you to the metro green (MM2) and yellow (MM3) lines. Cost of a single ticket is 4 €.

› www.orioshuttle.com

Getting to UCSC International

Address

Via Giosué Carducci 28/30, 20123

Milano

Level 3 - ISS

Via Metro

Our campus is located closest to the green metro line (MM2).

STOP: Sant'Ambrogio

DIRECTION: Abbiategrasso/Assago. Centrale Railway Station and Cadorna Railway Station are both located on the green metro line (MM2)

Bus

Buses #50 and #58 stop outside the Carducci Building.

Via Taxi/Cab (fixed rates):

Malpensa - Milano 90 €

Linate - Milano 30/35 €





STUDENT LIFE

As you may have already heard, being an Exchange student is not only an academic but at the same time an enjoyable, social and fun experience.

Adapting to a different culture can be exciting yet challenging. Student associations ESEG and ESN are also going to welcome you to Milan upon arrival and during the welcome days and assist you throughout the semester. They will help make your stay in Milan.

Some of the activities organized throughout the semester include:

- Language sharing
- Assistance in finding an apartment
- Trips
- Aperitivo and dinner
- Cultural events
- Sporting activities
- City tours
- Nights out

Useful links:

ESEG

› www.facebook.com/groups/eseq.housing.service/
ESN

› www.esnunicattolica.it



LIVING IN MILAN

Milan: A city of movement

People walk everywhere. Their sense of style ranges from casual sophistication to elegant design. Milan is a modern and progressive city, the commercial heartland of Italy, and headquarters to many of Italy's multinational corporations and world famous brands. Yet despite the opportunities which accompany a busy and successful city, the essence of Milan is as true today as in centuries past. In short, Milan is a beautiful, cultured and dramatic city, a city which offers a multitude of features that tourists rarely discover.

Milan is the real Italy, from courtyards and window boxes to small and intimate museums, churches and laneways. Milan is a city to explore and a place to reflect

Milan is a city of trams and Smart cars. Where beautifully dressed people ride scooters to work, where thousands of runners exercise daily in the parks.

Milan is a city of people. A city full of life. The menus of Milanese restaurants have influenced the world's finest cuisines. And the creations of Milanese designers have placed Milan alongside New York, Paris and London as a home of global fashion.

Milan is a living, breathing, exciting city. A friendly and welcoming city. A bustling city on the one hand; yet quiet, contemplative and conducive on the other.

Useful links:

- > www.ucscinternational.it
- > www.atm-mi.it
- > www.vivimilano.it
- > www.easymilano.it/
- > www.comune.milano.it

MONEY MATTERS

You may keep your bank account at home and use your visa check card at any Bancomat around the city.

Note: "ATM" (Azienda Trasporti Milanesi) is the anagram used for the public transportation system in Milan, not to be confused with Automatic Teller Machine. "Bancomat" is an Automatic Teller Machine.

When withdrawing money from a Bancomat be attentive to the people around you. We advise you use Bancomats that are inside banks and not those right off the street.

Unless necessary do not use Bancomats inside or near stations.

If you wish to open a bank account or rent an apartment you will need a Codice Fiscale, Tax code. This card is issued by Agenzia delle Entrate, under presentation of a valid identity document and a copy of your Visa if you are not an E.U. student.

You will receive further information during the Orientation Event.

Average costs (per semester)

Accommodation*:

2,700 to 3,900 €

Food**:

750 to 1,000 €

Personal expenses:

200 to 400 € per month

Books:

200 €

Local Transportation:

102 €

* Cost may vary depending on the area, single or double room.

** University provides you with a badge which allows students to eat in the cafeteria at discounted prices.
Full meal: 7.70 €/Lunch meal: 5 €
Pizza line: 4.50 €

Note: If you activate your card at EDUCatt, you will get a discount price as follows:
Full meal: 5.65 €
Lunch meal: 4.50 €

Average single priced items

- Pizza + Drink: 15 €
- Cinema ticket: 7.50 €
- Gelato (ice-cream): 3 €
- Panino (sandwich): 5 €
- Cafè (coffee): 1.50 €



CONNECTING YOU

Mail

To locate a post office look for the yellow and blue PT sign. For mailing cost information consult the Italian Post web site:

› www.poste.it

If you need to mail sensitive materials we would advise you send them by recommended mail, courier, or through express mail services, such as DHL, UPS or FedEx. Receiving packages from US via priority mail can cost a lot in terms of taxes. Postal & customs taxes are very high depending on the weight and the value of the package's content.

Please note that if you are going to get packages delivered to our office, this is the procedure you are required to follow:

- 1) Inform us that you are expecting a package at our office and the estimated delivery date.
- 2) Since our office is not authorized to keep cash money you are kindly requested to leave us the amount you are supposed to pay at least a couple of days before the foreseen delivery date.

Please note that if you don't respect this procedure, UCSC International will not accept the package and it will be sent back to the central post office (close to Linate Airport).

Telephone

The most convenient way to keep in touch with your new Italian friends and family back home is the cell phone. You can purchase an unlocked GSM phone back home and get an Italian SIM card at cell phone providers such as TIM, Vodafone or Wind.

Only triband and quadband phones will work in Europe. Check with your home cell phone service provider to find out if your current cell phone (once unlocked) can support a foreign SIM card. Once in Italy, you may look into signing up for a plan or simply getting pre-paid/rechargeable service. If you do not have a GSM phone purchased at home you may also buy one at a reasonable cost once in Italy.

INTERNATIONAL ADMISSIONS OFFICE

You will soon find out that Cattolica has much more to offer beyond the few pages of this brochure!

The staff of the International Admissions Office is looking forward to meeting you in Italy!

We will provide you with support and advice upon your arrival to Università Cattolica, hoping that this will contribute to a successful and happy experience in Milan.

Should you have any problem or inquiry, please do not hesitate to contact us:

› international.admissions@unicatt.it

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Follow UCSC International on Facebook at Study in Milan at Università Cattolica.

We look forward to
welcoming you in
Milan!

www.ucscinternational.it

