

Welcome International Students!

Welcome to Italy!



Léa SennAssociate Director
International Education

Summary



- International Student Services Team
- Agenda
- Cattolica Curricula
- University Buildings
- Campus Services
- Permit of Stay
- Useful Apps and Websites
- Life in Milan

The International Student Services Team



Francesca De Martini Team Coordinator



Alicia Quijano

- Short mobility programmes
- Buddy MentorProgramme
- ISEP Coordinator



Laura Ferrari

- Academic Curriculum courses
- ItalianLangaugecourses



Martina Peretti:

- General inquiries
- Double Degree



Olivia Menghini

International Curriculum courses

Contacts



Email:

international.advisor@unicatt.it



Phone:

(0039) 02 7234 5801 (Extension: 2)



Office:

Via Carducci, 30. 3rd floor - **Follow the blue arrows on the floor!**



Office hours: Monday - Friday

Morning: 9.30am - 12.30pm

Afternoon: 2.30pm - 5pm



Make sure to check and **BOOKMARK** the **Welcome to Cattolica page** for up-to-date information!

Agenda | Tuesday 29 August |

WHEN	WHERE	WHAT
2.30pm – 3pm	Aula Magna	Welcome Address
3pm - 4.15pm	Aula Magna	Presentation of Campus Services and Life in Milan, Safety, International Reputation Team Presentation, Studium Musicale di Ateneo, ESN presentation, Sports at Cattolica
4.15pm - 6pm	Cloister	Erasmus student network membership registration; International Student Services info point; MIL Service info point; Studium Musicale di Ateneo; International Reputation info point; Sports at Cattolica info poiguided campus tours - every 20 minutes from 4.15pm- 6pm by ESN representatives. Meeting point is located outside Aula Magna.
6pm - 7pm	University Cafeteria (via Necchi, 9)	Welcome aperitivo buffet

Agenda | Wednesday 30 August |

WHEN	WHERE	WHAT
10.30am – 11.30am	G.A03 Franceschini	Session on Cattolica International Curriculum
12pm – 12.30pm	G.A03 Franceschini	Session on Italian Language Course
2pm – 3.30pm	G.A03 Franceschini	Session on Cattolica Academic Curriculum (the session will be held in English language)

Agenda | Thursday 31 August |

WHEN	WHERE	WHAT
9.30am – 10.30am	C.310 (Carducci building)	Info session on Cattolica Academic Curriculum (the session will be held in Italian language)
12pm – 1pm	Online	Online Q&A session

Cattolica Curricula

International Curriculum	Academic Curriculum
Only for International students (you!) If you didn't select it during enrolment, you can't select it now. Finalise your courses during the Add/Drop period	'Regular' Cattolica students AND international students can select. • You can select these courses until October 31
Info session: Wednesday, 30 August 10.30 – 11.30 G.A03 Franceschini	Info session: Wednesday, 30 August 2pm – 3.30pm: G.A03 Franceschini (the session will be held in English language)
International Curriculum Page - Fall 2023	Info session: Thursday 31 August 9.30am – 10.30am: C.310 (Carducci building) (the session will be held in Italian language)
Speak to: Olivia Menghini, Francesca De Martini	Speak to: Laura Ferrari

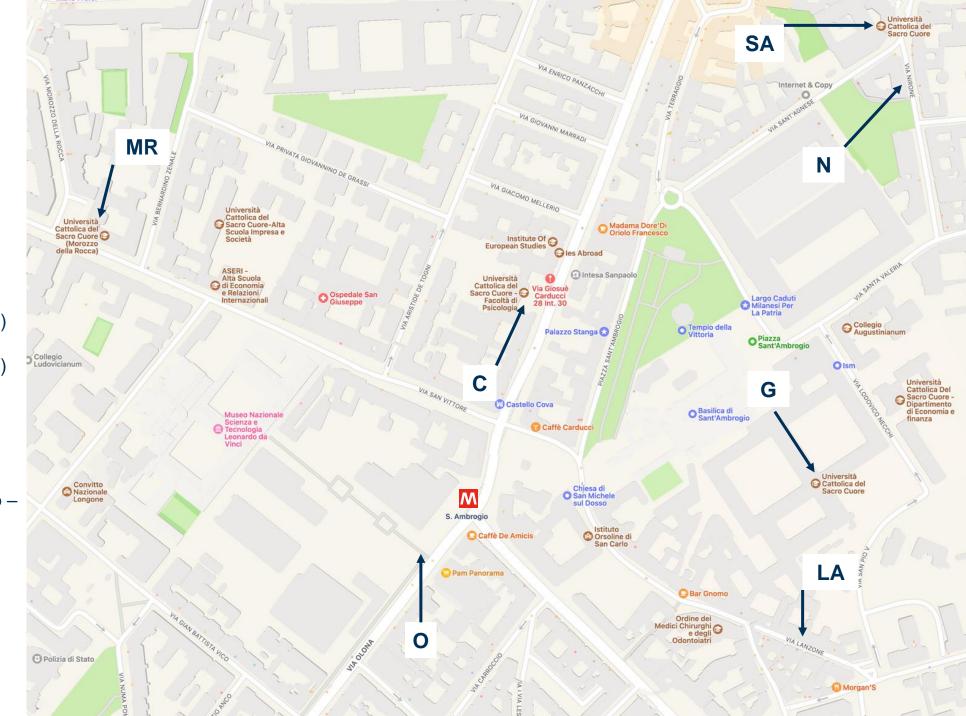
University Buildings

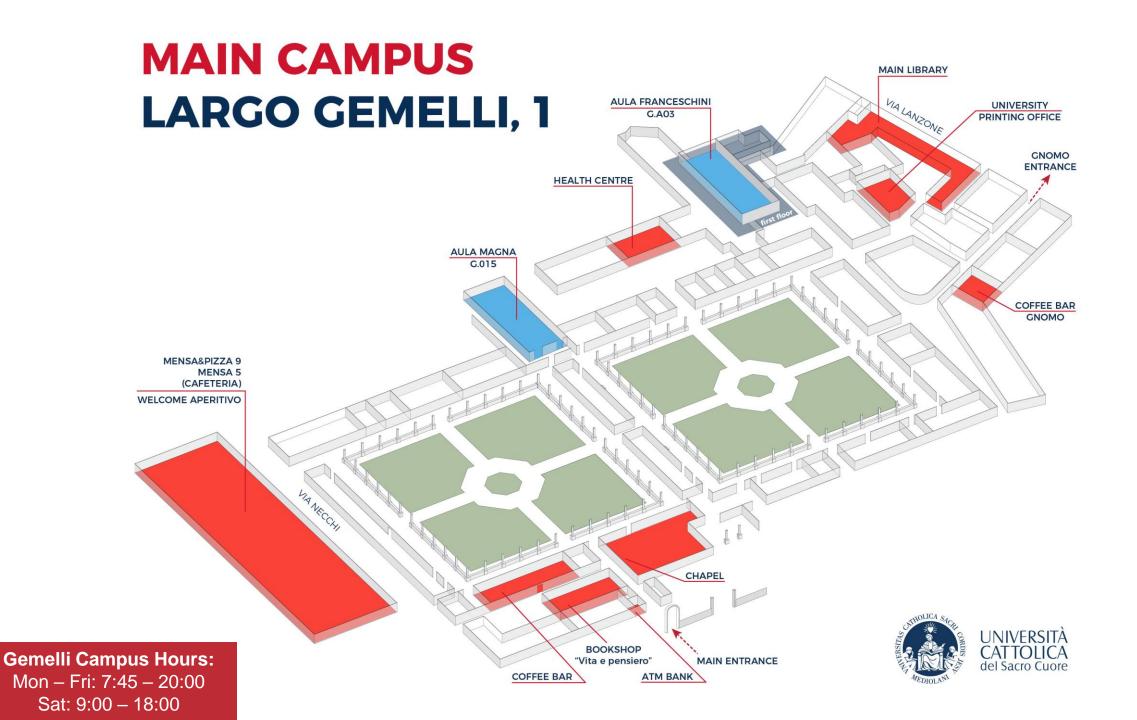
Your courses may be held in various buildings!

Buildings Index:

- G = Gemelli(Main Campus Largo Gemelli)
- C = Carducci (Cattolica International Building)
- SA = Sant'Agnese
- N = Nirone (Via Nirone)
- LA = Lanzone (Via Lanzone)
- O = Olona (Via Olona)
- MR = Morozzo della Rocca
- B = Buonarroti (not on this map –
 10 minute metro ride from Cadorna)

Example: C.311 = Carducci building - 3rd Floor - Room 311





Italian Food 101

Antipasto (Appetizers)



Primi Piatti (First Courses)



Secondi Piatti and Contorni (Second Courses and Side Dishes)









Cafeteria (Mensa)

Locations

- Mensa&Pizza 9 (Via Necchi, 9)
- Mensa 5 (Via Necchi, 5)
- Mensa 18 (Via San Vittore, 18)

Prices

- Complete meal: €7,70
- Lunch meal: €5,00

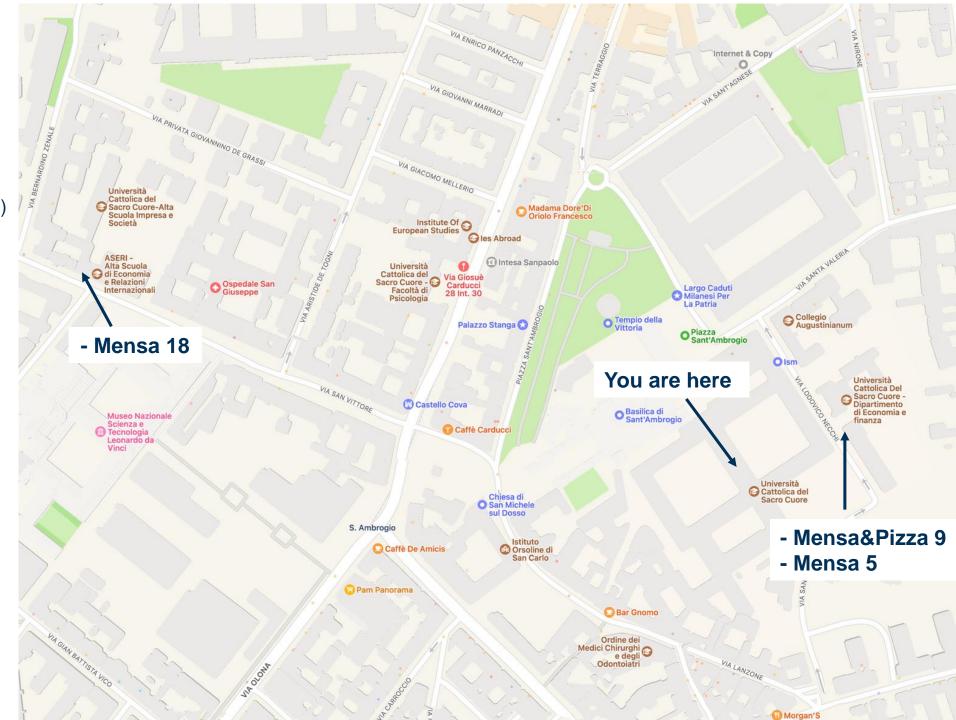
Payment

- Use your student ID card: cash not accepted
- Card top-up machines are located at the entrance of the Mensa&Pizza 9 (Via Necchi, 9)

Learn how to top-up your card in this video

Opening Hours

From 11.30 am until 3.00 pm. For more specific opening times, check online!



Meal Formula

COMPLETE MEAL

First Course
Second Course
Side Dish
Fruit
Bread
Drink (free refill)

LUNCH FORMULA 1 MEAL

First Course
Side Dish
Fruit
Bread
Drink (free refill)

LUNCH FORMULA 2 MEAL

Second Course Fruit Bread Drink (free refill)

LUNCH FORMULA 3 MEAL

Second Course
Side Dish
Bread
Drink (free refill)

BASIC PIZZA

A Slice of Pizza Fruit Drink (free refill)

BASIC PIZZA

A Slice of Pizza
Fries
Drink (free refill)

€7,70

€5,00

€5,00

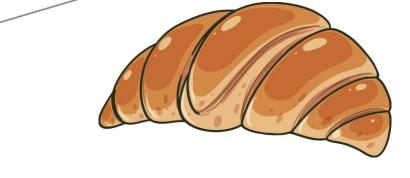
€5,00

€4,50

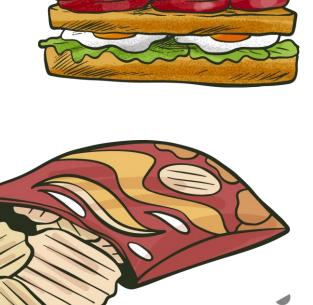
€4,50

Coffee Bars

You can take advantage of the bars around the campus for a quick snack, a coffee or a croissant with cappuccino









Avoid a cultural gaffe: cappuccino with or directly after lunch isn't recommended

Printing & Photocopying

WHAT	WHERE	HOW
Printing Shops	Fotocopie Elicopie (Via Carducci, 37) Galleria Borella (Galleria Borella)	Search «fotocopisteria» in google maps to find the one nearest to you
Printing Machines	On Campus (one also at Carducci building 3 rd floor)	Using your Student ID Card in the Services and Opportunities Section of the iCatt page, you will find instructions on how to use your Student ID Card to print, copy and scan documents. (minimum amount to load on is €5)** A4 black and white x1 = €0.035 A4 colour x1 = €0.30
Ufficio Fotoriproduzioni University printing office	Main Campus (Gregorianum Building - before entering the main library on the left)	You can pay and print there directly. A4 black and white x1 = €0.05 A4 colour x1 = €0.30



**The money you load onto your card for the Cafeteria cannot be used to pay for printing

Main Library

Opening hours:

Monday – Friday : 8am – 8pm

Saturday: 9am - 6pm

Book your spot on **Affluences** (more on this later)





Cattolica Medical Centre

General Doctor

- No appointment required (free access)
- Free visits
- Visiting hours: Mon Fri → 9am 4.45pm
- English and Italian speaking doctor
- Location: Main campus, Dominicanum Building, 1st floor

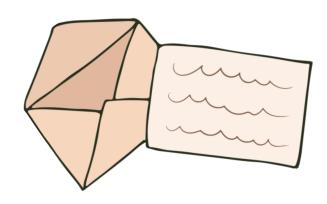
Specialist Visits (Dermatologist and Nutritionist)

- Appointment required (call 02 7234 2217)
- Cost: €50 (only with credit or debit card)
- Italian speaking doctor

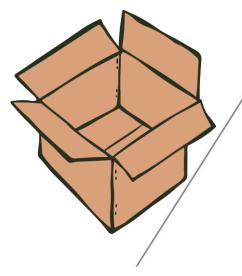
Psychologist

- Appointment required (send an e-mail to: consulenza.psicologica.dsu@educatt.it)
- Cost: first visit FREE; from the second visit €50
- English and Italian speaking doctor

Mail & Letters



If you need to receive **mail**, you can have it sent to the Carducci building (**ONLY LETTERS. NO PACKAGES**). We will notify you when we will receive your mail.



If you need to receive large mail or packages, they cannot be sent to Carducci.

We advise you have them sent by registered mail, or through express mail services (DHL, UPS, FedEx) and use their parcel collection service.



Amazon packages can be shipped to **Amazon Locker 'Nila'** located in the Via Necchi 9 Cafeteria.

POST DETAILS:

Università Cattolica del Sacro Cuore **Your Name and Last Name** c/o International Student Services Via Carducci 28/30 20123 Milano – Italy

Phone: +39 02 7234 5221

How to Use Your Student ID Card



- Swipe it on the card reader to enter the University buildings
- Pay for your meal at the Cafeteria (see slide 14)
- Use University services
 (printers, medical centre, library services, exams)
- If you want to use it as a prepaid card, go to the bank just inside the entrance of Largo Gemelli and to make an appointment. You need the official fiscal code for this.

PERMIT OF STAY (Permesso di soggiorno)

All non-EU students who entered Italy with a study VISA must apply for the Permit of Stay

Non-EU students should have already received the Permit of Stay Kit (the big white envelope) containing the paper application form. If you are a non-EU student and you have **not** received it, let us know!

We strongly advise you to <u>WATCH THIS VIDEO</u> that provides step-by-step guidance on how to complete the Permit of Stay documents



AMICO ··		SCIO/RINNOVO DEL PERMESSO/CARTA R CITTADINI STRANIERI			Tariffa Euro 30,00
	CAP	LOCALITÀ	PR		
		LOURGIA	rn.		
				Centro Servizi - CSA VIALE TRASTEVERE 1 00153 ROMA RM	91
	<u> </u>				

Tax/Fiscal Code (Codice Fiscale - CF)

Your Tax Code is usually required for **rental contracts** and some online purchases incuding the **public transport travel card**.

If you have not received your **official** Tax/Fiscal Code from the Agenzie delle Entrate (Italian Tax Authority) yet, you can find out how to get it directly online at these links:

https://www.yesmilano.it/en/articles/how-get-italian-tax-code-codice-fiscale

https://international.unicatt.it/ucscinternational-8602.htm

You have already received a Fiscal Code from Cattolica via email which is **only** to be used to reset your iCatt / email password.

Cattolica WiFi Connection



search for the network "wifi-unicatt"



To log in, use your user account and password (the same as your iCatt account)

Useful Apps and Websites





Personal student page (Website or Android | Apple)



Blackboard

Manage your courses (Website)



Affluences

Book a study spot in the Library (Website or Android | Apple)



We recommend using Chrome or Firefox browsers

- NOT Safari



iCatt - Personal student page



What is iCatt?

iCatt is the student portal where you will access your **personal page** with **all the information you need** to study at Cattolica including your course times and room numbers.

How do I access iCatt?

You can access iCatt directly at https://icatt.unicatt.it using the same user ID (firstname.lastname01) and password you used for the application portal.

(Note: your user ID may include middle names and could have "02" instead of "01")

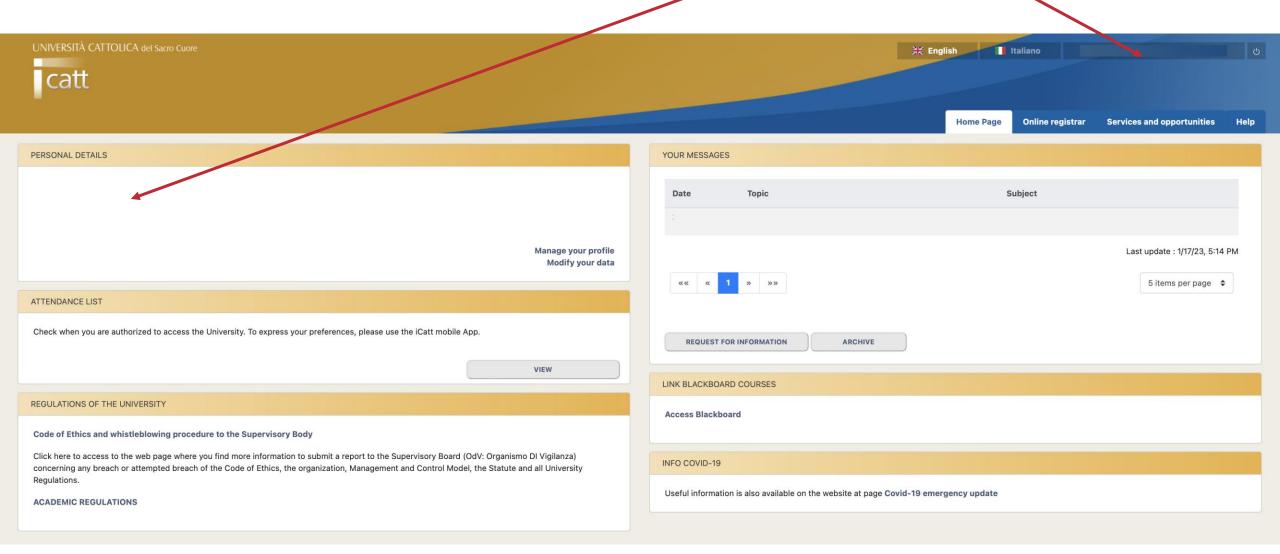
Note:

If you forget your password, click 'forgotten password' and use the Fiscal Code (codice fiscale) that was sent to your email address just before you started your application to Cattolica

iCatt Page (Web version)

Student name and surname student ID number will be shown here





iCatt App

The **iCatt App** shows:

- information about your courses
- schedules and classrooms
- real-time updates about suspended and re-scheduled lessons
- available exam call dates and register for exams (Academic curriculum only)





Your @iCatt email account



Every student enrolled at Cattolica has an iCatt email address: your iCatt username + @icatt.it

How do I access my iCatt email account? Three ways:

1: Directly from your **iCatt page** in the **"Your Messages"** section

2. Click on the **envelope** at the top right of the **www.unicatt.it** homepage

3. Visit the **Outlook website** and **add an account**



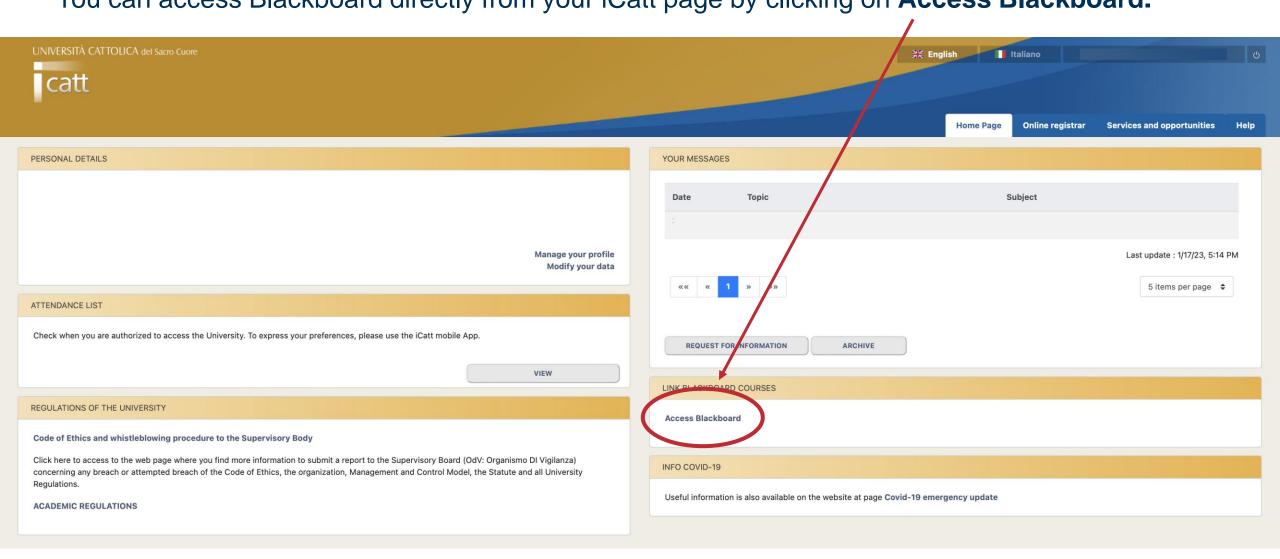
All **Cattolica official communications** related to courses will be directed to your **@icatt mailbox**. **Make sure to check it regularly (and the SPAM box).**For more information visit **this page**.

You may want to <u>add a new account</u> to your current email box in order to access more than one account on your email app and receive push notifications

Blackboard



Blackboard is the platform for accessing course materials, course content, assignments etc.. You can access Blackboard directly from your iCatt page by clicking on **Access Blackboard**.













Activity Stream





Calendar







← Sign Out



John Doe

00000.doe

Basic Information

Full Name	John Doe
Email Address	john.doe01@icatt.it
Student ID	00000

Additional Information

Gender	Male	
Birthday	Jun 15, 2000	

System Settings

Language	English (United States)
Global Notification Settings	Stream notifications
	Email notifications
	Push notifications

You will learn how to activate your courses on Blackboard in the International / Academic curriculum info-sessions tomorrow

Affluences (Website)



Use Affluences to book a study spot in the Library

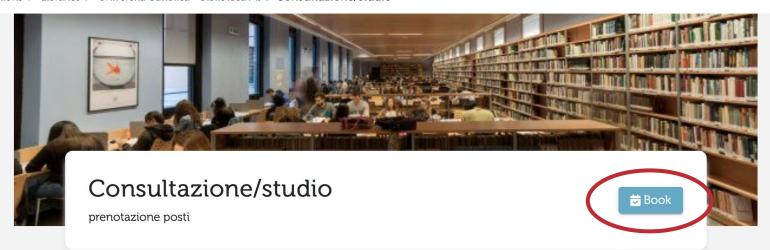
(You don't need to book a spot to enter and take a book)

Type «Università Cattolica - Biblioteca MI» in the «SEARCH» field Click on «Consultazione/studio»
Click on «Book»



English >

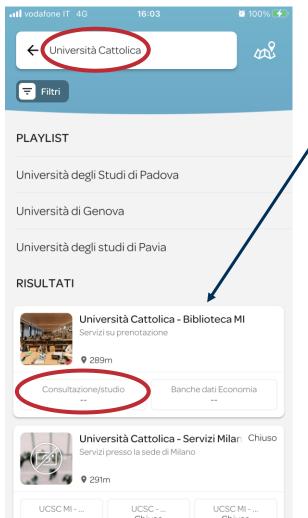
Institutions / Libraries / Università Cattolica - Biblioteca MI / Consultazione/studio



Affluences (App)



Type «Università Cattolica - Biblioteca MI» in the «SEARCH» field Click on «Consultazione/studio» /





A causa dell'emergenza sanitaria, i posti di consultazione/studio in Biblioteca sono utilizzabili solo da utenti che indossano la mascherina e che abbiano igienizzato le mani con i detergenti nei dispenser presso le sale.



20:00

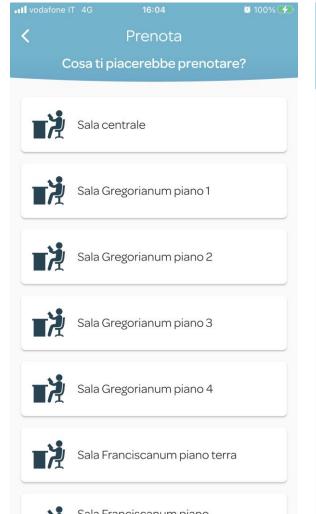
20:00

Orari

20:00







Select duration (*durata*) and time (*ora*) and click «*Prenota*»



in sala, altrimenti la prenotazione sarà annullata.

Life in Milan



- A brief Italian lesson
- Public transport
- General safety tips
- Food and drink
- What to see in Milan

A Brief Italian Lesson (Una breve lezione)

Hello → Buongiorno (formal / for people you don't know)

Hi! / bye! → Ciao

My name is... → Mi chiamo

Please -> Per favore ('per favor-ay')

Excuse me > Mi scusi (asking for a person's attention)

Excuse me -> Permesso (asking for permission to pass/enter)

I would like → Vorrei...

Can I have...? → Posso avere...?

How much does it cost? → Quanto costa...?

Where is...? → Dov'è...? ('Dov-ay...?')

Thank you → Grazie ('gra-tz-ee-ay')

Have a nice day! → Buona giornata!



TIP: Pronounce every vowel in the word

Buongiorno, mi chiamo...

Posso avere un'informazione?

Vorrei sapere dove è l'ufficio immigrazione.

Grazie e buona giornata!

Public Transport: "ATM"

Milan is divided in zones. The basic fare that can be purchased is the 3 zones (Mi1-Mi3).

Costs for Mi1-Mi3:

• Regular ticket (valid for 90 minutes from the first validation): € 2,20

Monthly pass: €22,00 + a 1 time purchase of the electronic card: €10,00 (valid on metro, bus, tram)

Weekly pass and two-day passes are also availbale

Check how to apply for you atm card here!

Be aware of public transport strikes.
Use the ATM app for updates and also to buy virtual tickets

Useful links:

<u>More info here</u>

<u>Download the ATM Milano app!</u>

ATTENTION: Always **validate** your ticket when you get on a bus/tram/metro.

Paper ticket: Insert the ticket in the turnstile barrier (buy it from the machine or from the Tabacco shop)

Virtual ticket: Buy a ticket on the ATM Milano app and scan the QR code (only for the metro; no need to

scan on bus and tram)

Contactless bank card (Metro + most buses/trams): Tap your contactless bank card to enter and exit

Bike Sharing

Cycling is an enjoyable, environmentally-friendly and practical way to travel around the city. Only use cycle lanes or the road – not the sidewalk, but always be **careful!** Some roads are not so safe for bikes in Milan.

Freefloating Bike Rentals (available throughout the city. Use their apps to access the service):







Station-based Bike Rentals (available at specific bike stations):





Parking-based Bike Rentals (available at designated parking spots or safe places on the pavement):

- TIER TIER

Taxi Service

- White taxis are usually cheaper than UBER
- They generally accept card but ask the driver first
- Use an app (below) to book a taxi: put your bank details into the app and pay online for the journey you take.

How to catch a cab:

- At a taxi stand at several points throughout the city
- You can call several taxi services on these numbers:
 024040, 026969, 028585



Mobile Operators

The main mobile companies in Italy are: Vodafone, TIM, Wind3, Iliad

Check online for the best deal for you!



You can get a sim card online if you already have an official fiscal code.

Don't have one yet? No problem – go in store to get the sim without the fiscal code.





General Safety Tips

- Be very aware of pickpockets at train/metro stations, public transport and crowded places
- Always make sure your backpack/handbag is closed. Hold it in your arms on public transport
- Don't leave your **phone/wallet** on the table in bars – be careful of the 'paper trick' thieves
- Avoid putting your bag on the back of your chair when out in public
- Make sure you have scans or copies of your important documents, and keep them safe at home/ online
- Don't walk home alone late at night if you can avoid it - call a taxi

EMERGENCY SERVICE NUMBER: 112 or 911

(Police, Ambulance, Fire Department)

General tips

- If you visit a church, cover shoulders and knees and remove hats
- Appropriate clothing is expected at University: watch and learn from local students
- Be aware of your surroundings: safety, culture, appropriate behaviour
- Quiet hours: generally, 10pm on weekdays and 11pm on weekends
- Get out of your comfort zone!
- Interact with locals
- Join a club /go to events to make friends: e.g <u>Meetup</u>, Facebook groups like <u>IWM</u>

Speak to us if you want to discuss anything! We are here for you.





Milan international group expats & students & travelers >





Food and Drink

- Payment system varies in bars and restaurants (usually pay first in the bar, then order by showing the receipt)
- **Aperitivo**: it's a pre-dinner/relax-after-work moment that usually goes from 6 9pm You can have drinks and snacks or small dishes and sometimes a buffet!
- Tipping isn't expected. In restaurants you will be charged a 'coperto' (service fee) that is usually around €2
 per person this is always clearly written on the bill and is not optional
- Lunch time: 12.00 pm 2.30 pm Dinner time: 7.00 pm 10.00 pm
- Public water fountains: free, clean water. Tap water in Milan is usually fine to drink!
- Visit your local farmers market for an authentic Italian grocery shopping experience
- ask us when and where your local market is! (Viale Papiniano: Tuesdays mornings and Saturdays)
- Typical breakfast at the bar: cappuccino and cornetto (also called brioche or croissant)



What to see in Milan (and whereabouts)

Parks:

- Parco Sempione
- Parco Solari (including indoor swimming pool)
- BAM Biblioteca degli Alberi Milano
- Giardino Indro Montanelli
- Boscoincittà
- Parco Lambro

Monuments:

- Duomo di Milano (and rooftop)
- Castello Sforzesco
- Arco della Pace
- Torre Branca
- Cimitero Monumentale
- Basilica di Sant'Ambrogio

Museums*:

- Palazzo Reale
- Santa Maria delle Grazie (The Last Supper)
- MUDEC Museo delle Culture
- GAM Galleria di Arte Moderna
- Pinacoteca di Brera
- Museo della Scienza e della Tecnica Leonardo da Vinci
- Triennale
- Biblioteca Ambrosiana
- Hangar Bicocca

(Mostly free entry* on first Sunday of the month)

Nightlife Areas (dinners and bars):

- Piazza Gae Aulenti
- Corso Como
- Colonne di San Lorenzo
- Navigli
- Isola
- Arco della Pace

Weekend Trips (close to Milan):

- Como
- Lake Como
- Lake Garda
- Brescia
- Cremona
- Bergamo
- Varese

Weekend Mountain Breaks:

- Piani di Bobbio
- Pila
- Presolana Montepora
- Aprica
- Valmalenco
- Montecampione
- Pontedilegno-Tonale

For any other info you may need,

visit **YesMilano**



YesMilano

Your Guide to the City

<u>YesMilano</u> helps students with bureaucratic steps in Milan including:

- Tax/FiscalCode (Codice Fiscale)
- Permit of stay
- Public transport card

New to the city? **Need assistance with** settling in Milano?

We can help! Find out how:



yesmilano.it/welcomestudents

MILANO&PARTNERS

The official promotional agency of the City of Milano



YESMILANO



Rents in Milano for Students



Get your Tax Code and transportation pass



residence in Milano as Students + Q&A

JUST FOR ONE DAY



How to Access Public Healthcare in Milano

JUST FOR ONE DAY



ITALIAN LANGUAGE COURSES INTAKE

The City of Milano offers affordable



Rents in Milano for Students



Get your Tax Code and transportation pass



How to Access Public Healthcare in Milano



Taking temporary residence in Milano as Students + Q&A

Scan the QR code or click here

Get connected with fellow students

ESN



Help International students in Milan have an unforgettable experience.

Buddy Programme



Get connected with Cattolica students.

Up next...

- International Reputation Team
- Sports at Cattolica
- Studium Musicale d'Ateneo
- Erasmus Student Network (ESN)

Join the International Reputation Team!







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Sport in Cattolica



Studium musicale di Ateneo



Thank you for listening



What's next?

- International students info point
- Campus tours (continuously until 6pm!)
- ESN card sign-up
- Aperitivo buffet: 6pm in the caffetteria!