

Welcome International Students!



Welcome to Italy!



Léa Senn Associate Director International Education

Summary



- International Student Services Team
- Agenda
- Cattolica Curricula
- University Buildings
- Campus Services
- Permit of Stay and Fiscal Code
- Useful Apps and Websites
- Life in Milan
- Extra-curricula activities at Cattolica

The International Student Services Team



Francesca De Martini Team Coordinator



Alicia Quijano

- Short mobility programmes
- Buddy Mentor Programme
- ISEP Coordinator



Laura Ferrari

- Academic Curriculum courses
- Italian
 Langauge
 courses



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!

An Alexandro Marcola M

Agenda | Tuesday 12 September |

WHEN	WHERE	WHAT												
2.30pm - 3pm	Aula Magna	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 point guided campus tours - every 20 minutes from 4.15pm-6pm by ESN representatives. Meeting point is located outside in the first cloister.												
6pm - 7pm	University Cafeteria (via Necchi, 9)	Welcome aperitivo buffet												
		,												

Agenda | Wednesday 13 September |

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)				
	•					

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Agenda | Thursday 14 September |

WHEN	WHERE	WHAT
9.30am – 10.30am	G.A03 Franceschini	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, 13 September 10.30 – 11.30 <u>G.A03 Franceschini</u>	Info session: Wednesday, 13 September 2pm – 3.30pm: <u>G.A03 Franceschini</u> (the session will be held in <u>English</u> language)
International Curriculum Page - Fall 2023	Info session: Thursday, 14 September 9.30am – 10.30am: <u>G.A03 Franceschini (</u> the session will be held in <u>Italian</u> language)
Speak to: Olivia Menghini, Francesca De Martini	Speak to: Laura Ferrari

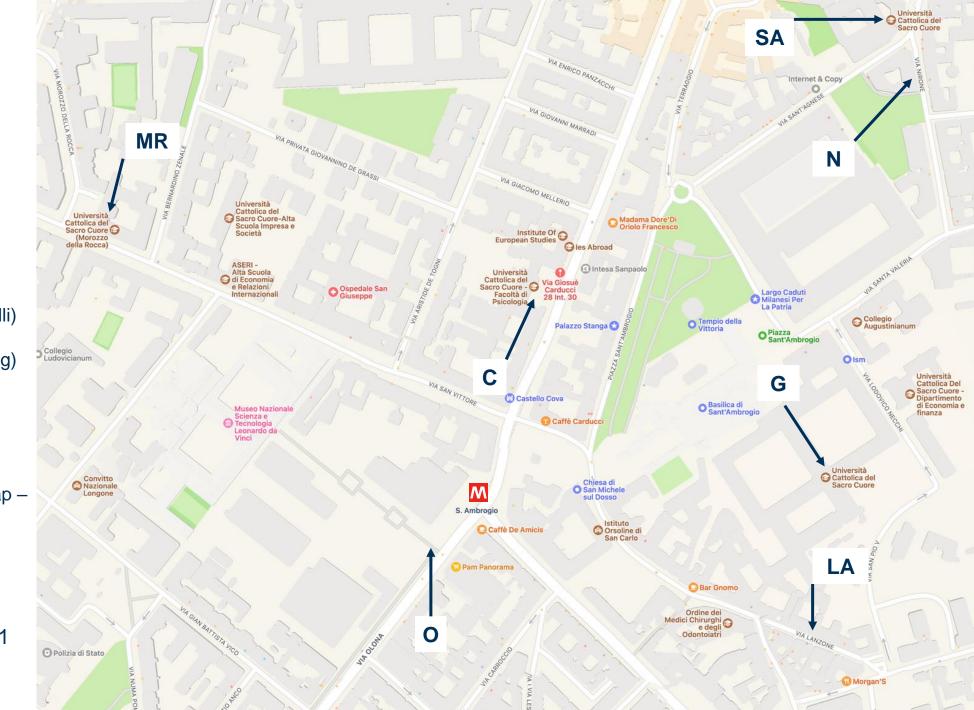
University Buildings

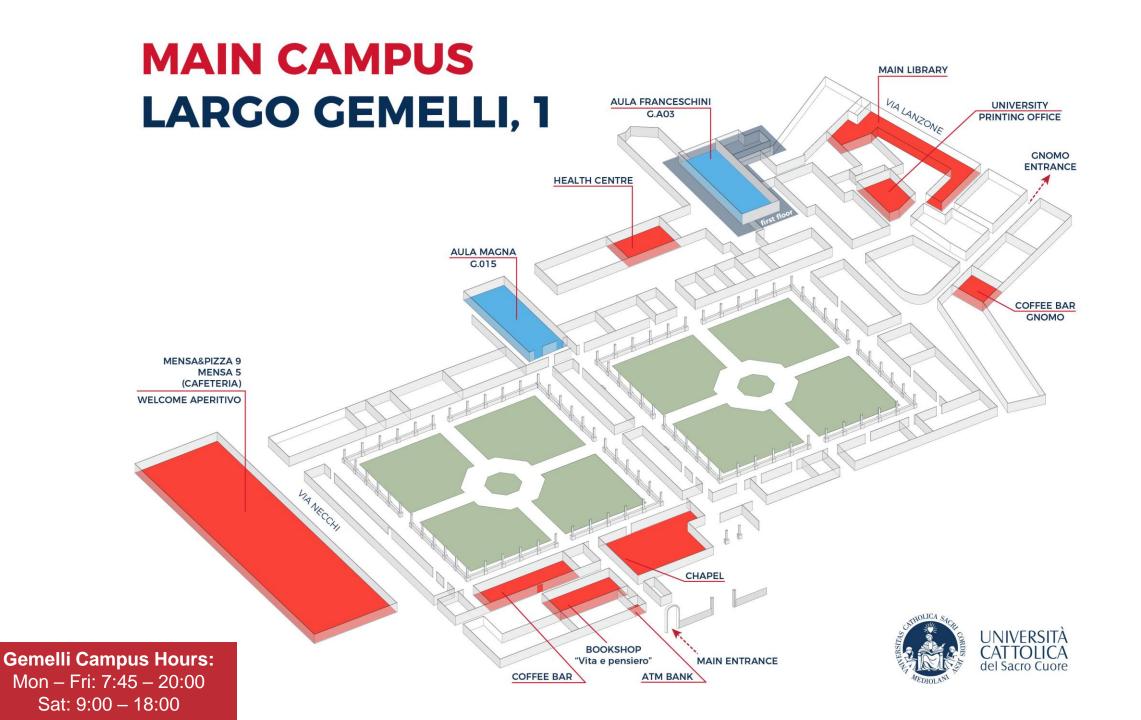
Your courses may be held in various buildings!

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





Cafeteria (Mensa)

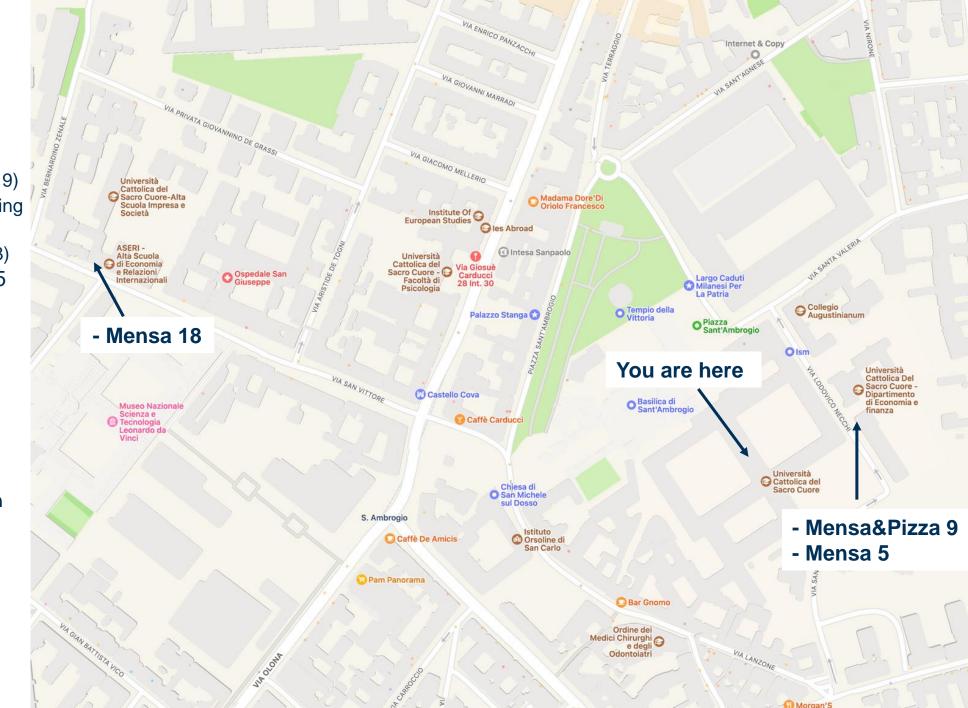
Locations

- Mensa&Pizza 9 (Via Necchi, 9)
- Mensa 5 (Via Necchi, 5, opening soon)
- Mensa 18 (Via San Vittore, 18)
 Prices: range from €6.65 to €5
 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, <u>check online!</u>



Composing your meal

FIRST COURSE (Primo piatto): SECOND COURSE (Secondo piatto):

SIDE DISH (Contorno):

DESSERT:

Pasta/ risotto/ soup

Meat/ fish/ vegetarian option (omelette, pie, big piece of cheese)/ large salad

Vegetables, small salad, small piece of cheese

Yogurt, pudding, fruit



					_			
COMPLETE	LUNCH MEAL	-	LUNCH MEAL	LUNCH MEAL		BASIC		BASIC
MEAL	1		2	3		PIZZA	_	PIZZA
First Course	First Course		Second Course	Second Course		A Slice of Pizza		A Slice of Pizza
Second Course	Side Dish		Fruit	Side Dish		Fruit		Fries
Side Dish	Fruit		Bread	Bread		Drink (free refill)		Drink (free refill)
Fruit	Bread		Drink (free refill)	Drink (free refill)				
Bread	Drink (free refill)							
Drink (free refill)								
22 3 -	65.00		65.00	65.00		64 50		65.00
€6.65	€5.00		€5,00	€5,00		€4,50		€5.00

Your First Time in the Main "Mensa" (Cafeteria)

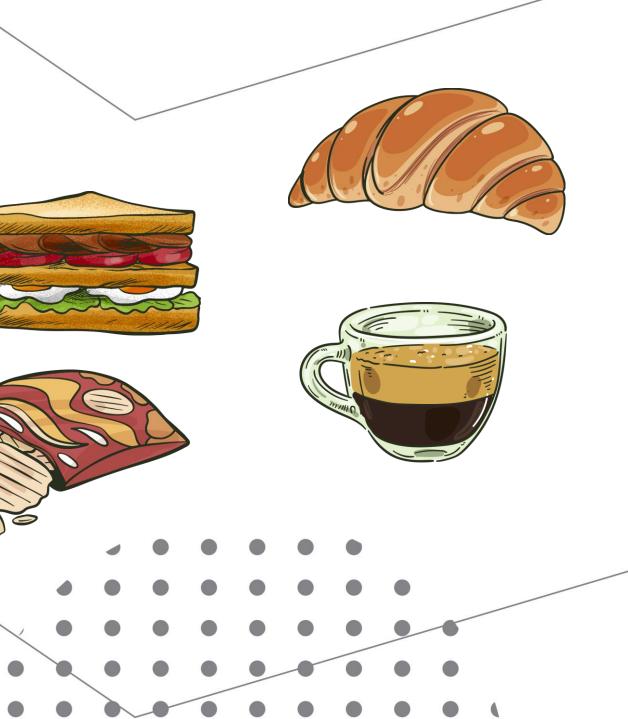
- 1. <u>Load money</u> onto your student ID (insert your ID and remove straight away, as shown on the video)
- 2. Check the day's menu and join the line: there are two lines:
 - Pizza line
 - Regular line (at one point the line splits left and right, but the food is the same)
- 3. Grab a tray, cutlery and bread (optional)
- 4. Choose what you would like based on the options on the previous slide
- 5. Swipe your student ID card at the cash register
- 6. Enjoy! (buon appetito!)
- 7. When you are finished eating, place your tray on the conveyor belt in the dining area on the right.

Coffee Bars

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

Tips:

- At most bars, you pay first, take receipt to the bar and tell the barista what you ordered
- The campus bars do not except payment with student id
- Avoid a cultural gaffe: cappuccino *with or directly after* lunch isn't recommended



Printing & Photocopying

WHAT						WHE	ERE	HOW					
Printing Shops						ocopie Elicopie (Ieria Borella (Ga	(Via Carducci, 37) Ileria Borella)	Search «fotocopisteria» in google maps to find the one nearest to you					
Printing Machines				S		Campus e also at Carducci	i building 3 rd floor)	Using your Student ID Card** You can load a minimum of \notin 5 onto your student id card at this link: <u>https://selfprint.unicatt.it/</u> Follow the instructions in this <u>User Manual</u> or in the video in the Services and Opportunities Section of the iCatt page. A4 black and white x1 = \notin 0.035 A4 colour x1 = \notin 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

Library Services

Book a spot to study on **Affluences** (more on this later)





Cattolica Medical Centre

General Doctor

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

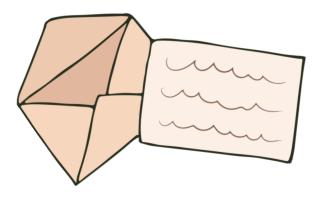
Specialist Visits (Dermatologist and Nutritionist)

- 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 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. Non EU students must have applied for their permit of stay.

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



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 this link:

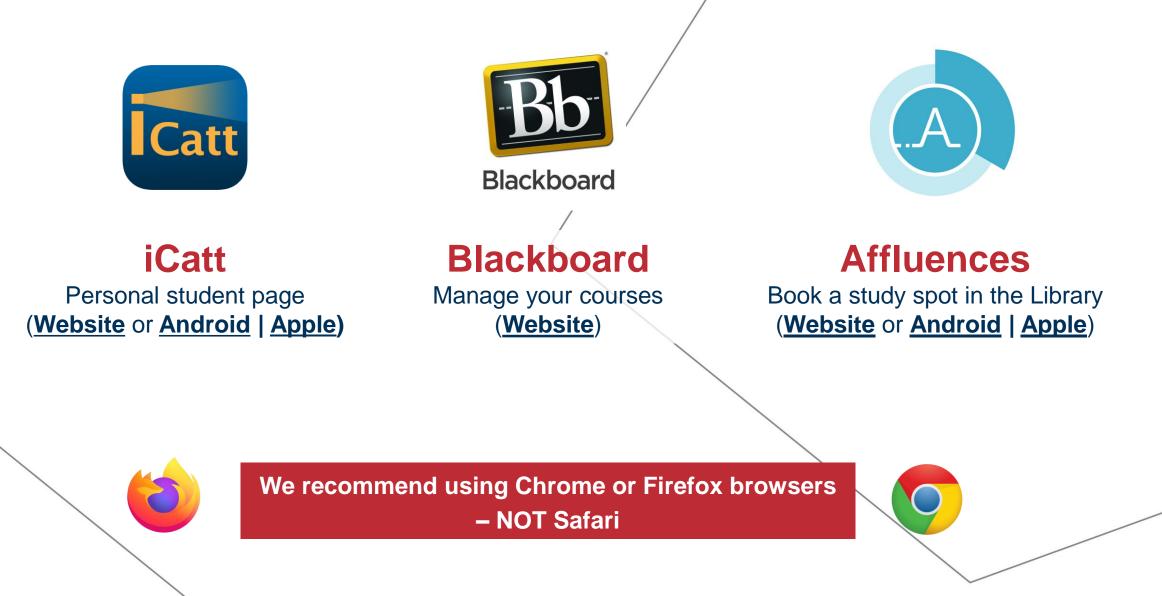
https://www.yesmilano.it/en/articles/how-get-italian-tax-code-codice-fiscale

You have already received a Fiscal Code from Cattolica via email which is a «fake» code and can **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



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.

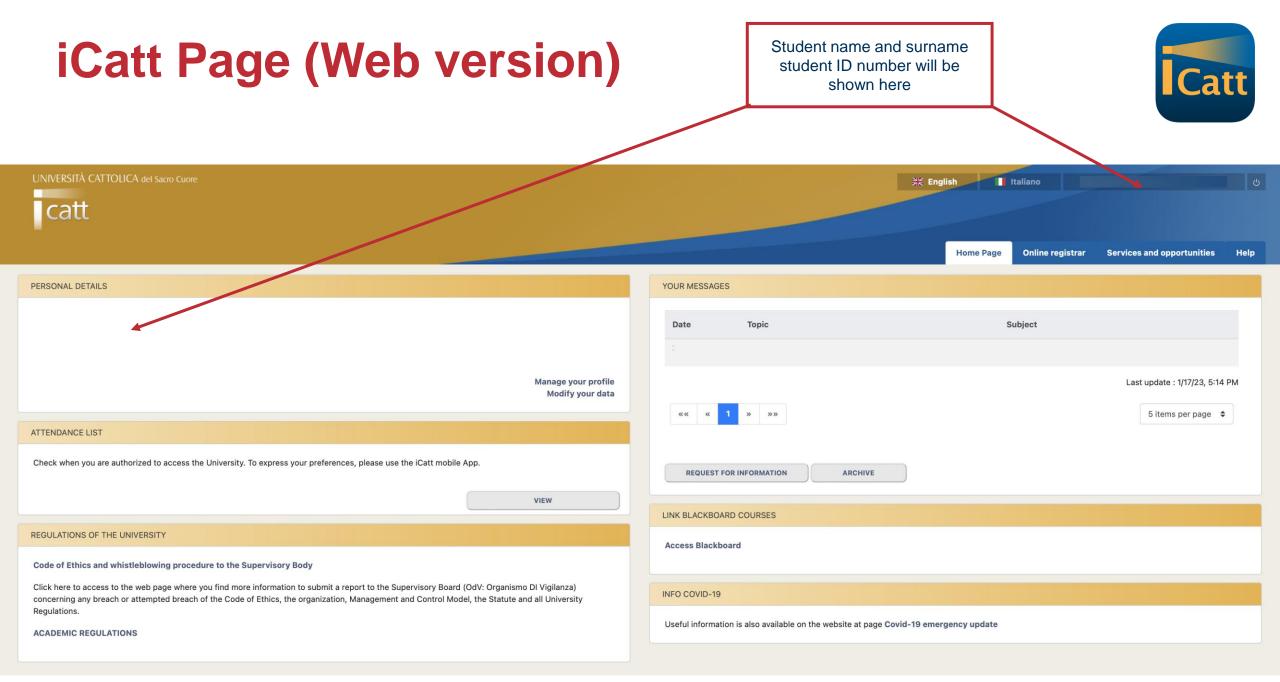
How do I access iCatt?

You can access iCatt directly at <u>https://icatt.unicatt.it</u> 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 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)

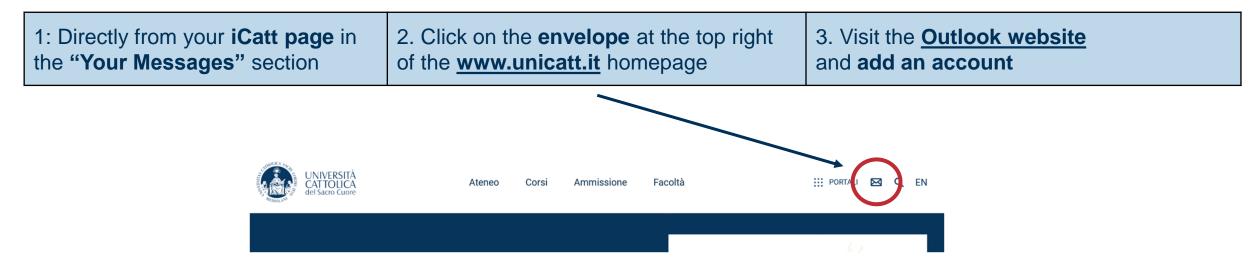


Your @iCatt email account

Catt

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:



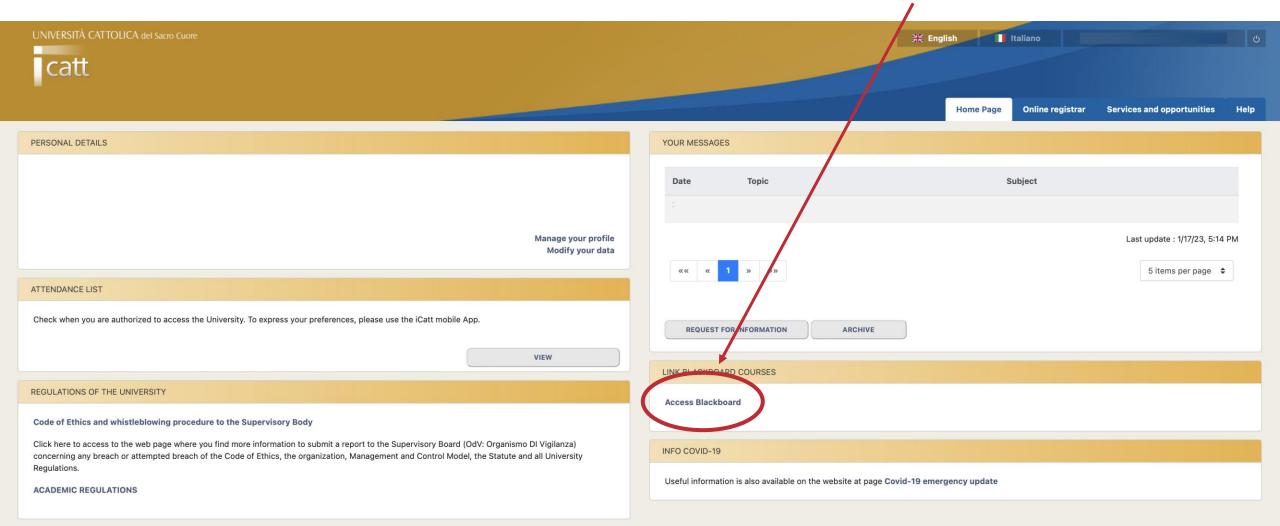
All **Cattolica official communications** related to courses will be directed to your **@icatt mailbox**. **Make sure to check it regularly (and the SPAM box)**. For more information visit <u>this page</u>.

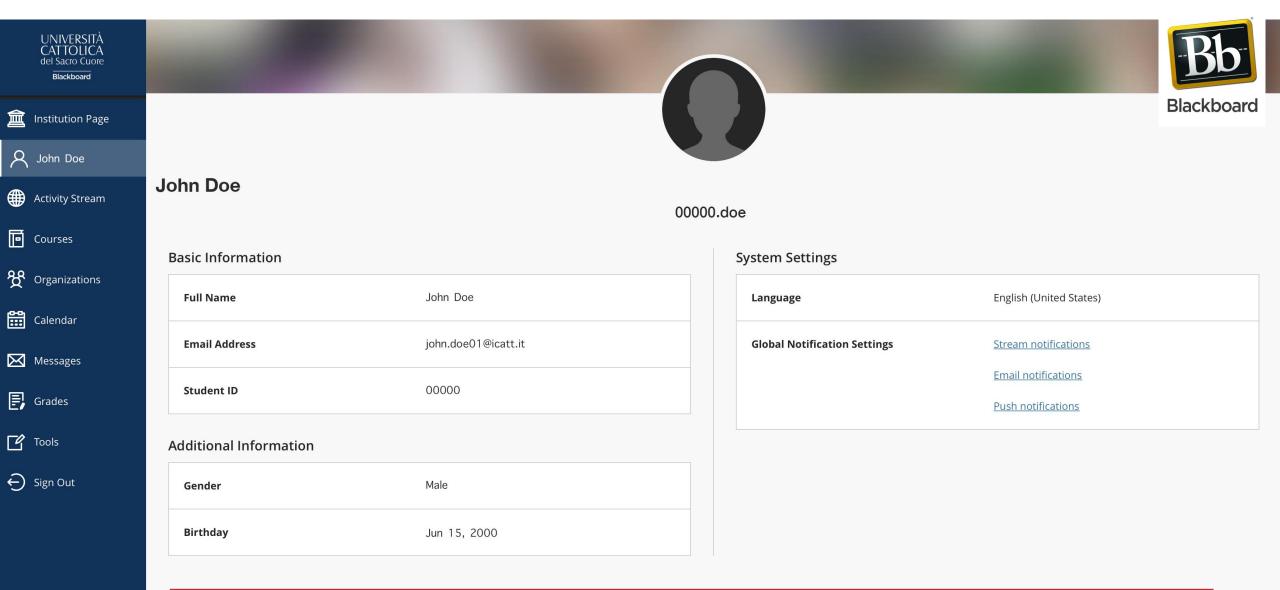
You may want to <u>add a new account</u> to your current email box in order to access more than one account on your email app and receive push notifications

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**.





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»**



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

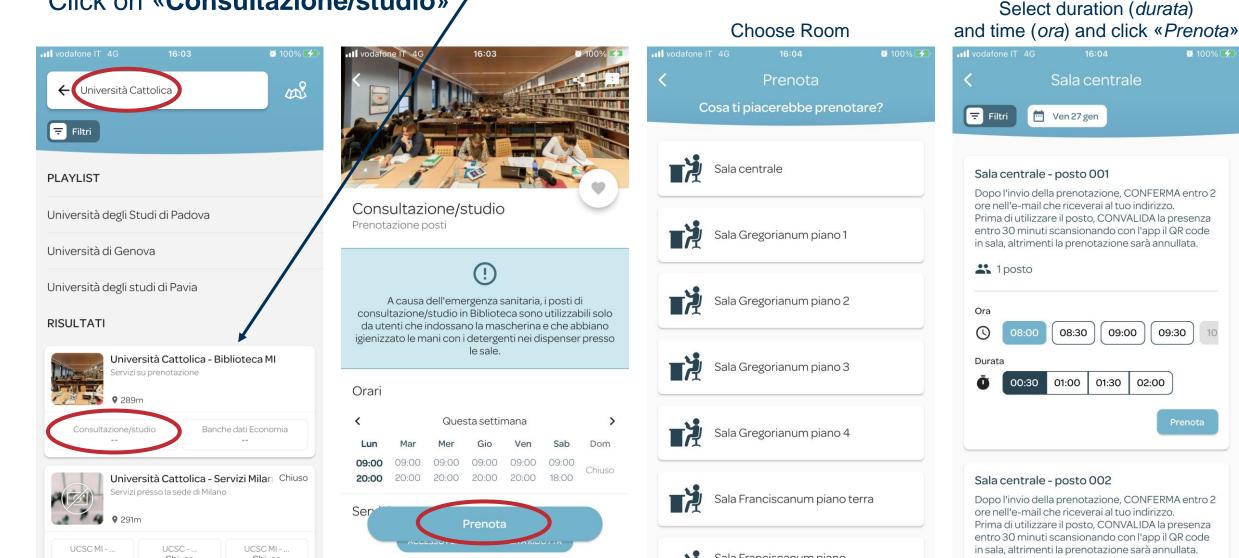




English 🕨

Affluences (App)

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



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!

Buongiorno, mi chiamo...

Posso avere un'informazione?

Vorrei sapere dove è l'ufficio immigrazione.

Grazie e buona giornata!

TIP: Pronounce every vowel in the word

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!

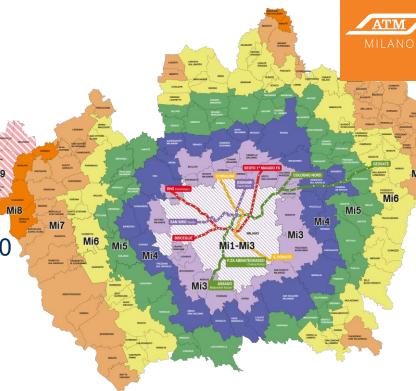
Be aware of public transport strikes. Use the ATM app for updates and also to buy virtual tickets <u>More info here</u> Download the ATM Milano app!

Useful links:

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):



• Lime 🚱 Lime

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



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

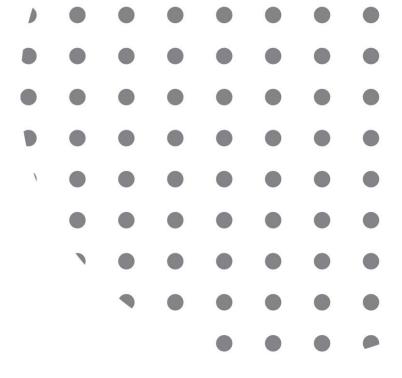


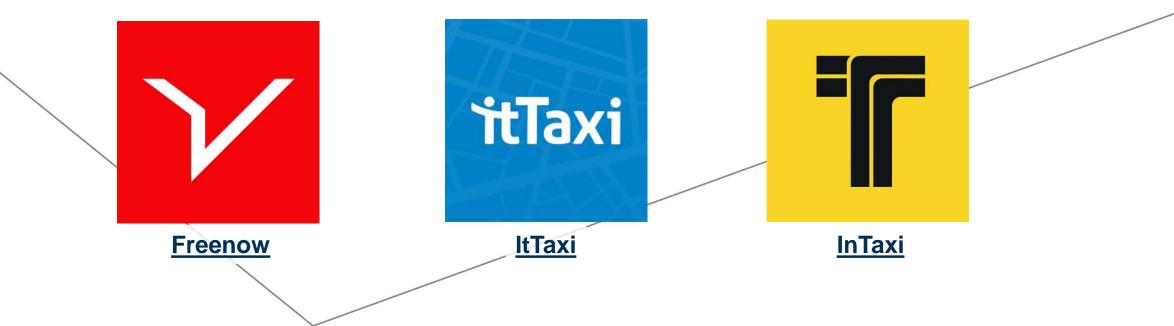
Taxi Service

- White taxis
- 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!

vodafone

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

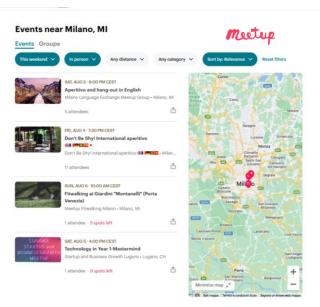
 Don't walk home alone late at night if you can avoid it - call a taxi

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.









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

Check out this article for a guide of Milan!



YesMilano

Your Guide to the City

YesMilano helps students with bureaucratic steps in Milan including:

- Tax/FiscalCode (Codice Fiscale)
- Public transport card

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

We can help! Find out how:



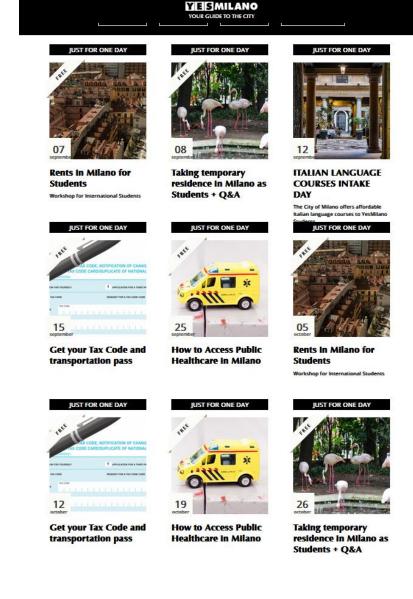
yesmilano.it/welcomestudents

MILANO&PARTNERS The official promotional agency of the City of Milano

Scan the QR code or <u>click here</u>



Y E S MILANO



Get connected with fellow students





Help International students in Milan have an unforgettable experience.

Buddy Programme

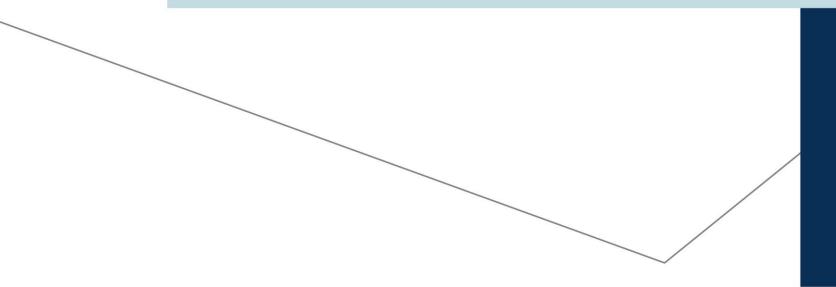


Get connected with Cattolica students.



Up next...

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



Join the **International Reputation Team!** (0) @cattolica.international















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!