



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore

## **CREMONA AY 2023/2024**

### **PLAN YOUR ARRIVAL**

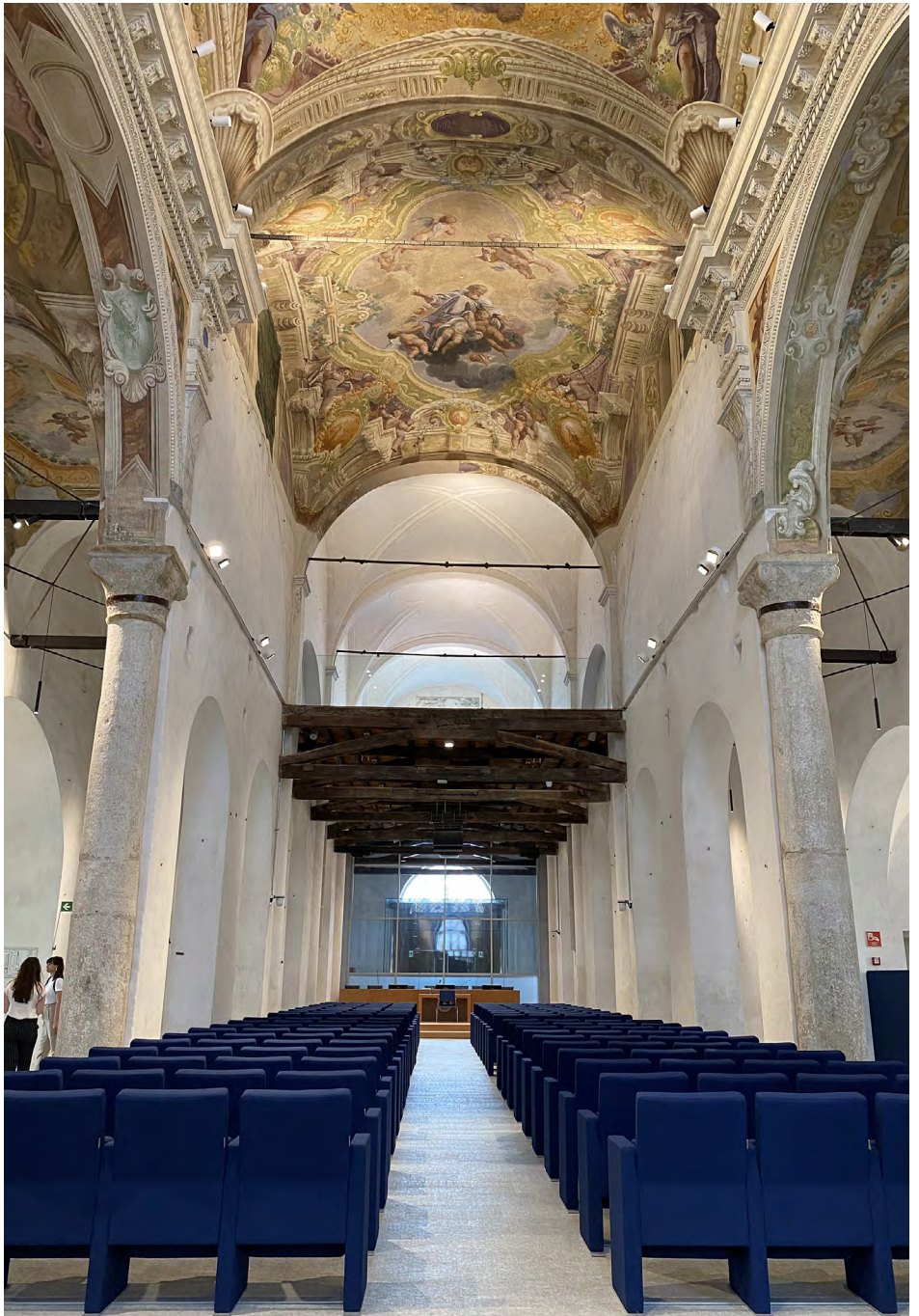


# **INTERNATIONAL**

*student guide*

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# WELCOME TO CREMONA

Dear International Student,

Studying in Cremona can be an exciting and challenging experience, as well as an opening to your social and cultural horizons.

This guide has been carefully drawn up to provide the essential information about courses, visa, student life and practical tips for your stay in Cremona and your experience at Cattolica.

Please check regularly the International Student Web Portal:

› <https://international.unicatt.it/>

in order to keep up-to-date on academic issues concerning your stay.

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.

Cattolica International Staff





# BEFORE YOU LEAVE HOME

## Application Form

You can refer to our website for guidelines about the application procedure.

› [Exchange in Cremona](#)

Please note that you will first need to be nominated by your Home University, and then you will be able to submit your online application.

## Placement Confirmation and Course Selection

Your international student advisors will send you information via email regarding your placement, forms, and courses. If you need further help you can send an e-mail to:

@: [ucsc.international-pc@unicatt.it](mailto:ucsc.international-pc@unicatt.it)

## 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 your 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 host institution
- Passport
- Student visa application to be submitted in person

- Proof of enrolment at home institution
- Affidavit of financial support
- Proof of adequate health insurance coverage outside your country
- Flight itinerary

Please refer to our [website](#) for post-admission for non-EU students.

Once in Italy, you will have to apply for a Residency Permit. All information will be provided at the Welcome Days.

## Residency Permit Requirements

If you are a non-EU Citizen holding a visa, you will have to submit an application for a Residency Permit (permesso di soggiorno) within 8 days of your arrival into Italy. The Residency Permit will be issued by the local police (Questura). You will require the following documents:

- An Application Form ('yellow kit') available from any Post Office
- Your passport and the photocopy of every page of your passport (one copy per page)
- VISA documentation and any letter issued and stamped by the Consulate (make additional photocopies)
- Admission letter issued by Cattolica International and available for download on the enrollment portal, after you have completed your application
- A copy of your health insurance
- A revenue stamp (Marca da Bollo) of €16 that you can purchase upon

- arrival from any Tabacconist shop
- Your address in Cremona, including the zip code.

The total amount of fees you will have to pay is €116.46 (subject to change)

After submitting the form at any Post Office, you will be given a receipt. Please keep it in a safe place as proof of your application.

Further details on how to apply for the Residency Permit are available on our [website](#).

## Travel Insurance

Your health insurance will likely not cover any damage or loss of belongings during travel and stay in Cremona. We highly advise you to insure your most precious and expensive belongings such as laptop and other electronics. Travel insurance would also cover any loss of important documents such as passport, credit cards, etc. Your travel insurance may also cover emergency medical expenses and

medical evacuation. Do a search and compare the benefits and see how they complement your health insurance abroad.

Never leave your belongings unattended anywhere on campus, library, computer lab, etc. Do not mail your laptop as it will be held at customs and will only be released by paying a customs fee.

## Medical Insurance

If you are a citizen from either a **EU Member State or an EEA country** or 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. The patient will be charged for prescriptions, medical examinations, oral and dental care.

**Non-EU Citizens** must purchase International Health Insurance protection to cover any cost related to medical treatment and/or admission to hospital.

Please refer to

› [WAITALY](#) for further details. The cost is of €81 for 6 months or €130 for a year. Higher levels of cover are also available

**Note:** An insurance policy is compulsory if you apply for a Residency Permit (Non EU Students only).



# WHAT TO BRING TO CREMONA

## Documentations

### Check-list

- A valid passport/ID card
- A valid student visa (if applicable)
- Travel itinerary/ticket
- Travel insurance
- Health insurance
- Credit cards & other cards
- Any medical certificates
- Admission letter issued by Cattolica
- Four colour and original passport size photos (3 x 4 cm). They can not be scanned.

### 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 electrical goods such as laptops, cameras, mobile phones, etc. This ensures when and where the items were purchased.

## Packing

The weather in Cremona varies considerably depending on the season. December to February are the coldest months, but April usually brings nice spring weather. July and August are the hottest months.

Students on campus generally dress informally but you may want to bring with you something more formal for special events. You can find everything in Cremona so don't worry if you forget to pack something.

You will need to buy plug/power adaptors for your electrical devices. Electricity in Italy and Europe comes out of the wall socket at 220 volts. The Italian plug is the 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 the custom restrictions for importing medication as you do not want to have it confiscated at customs. For safety measures, ask your General Practitioner (GP) to write a letter advising of the specific medication you will bring with you.

## Pharmacy

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

## 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 or Health Insurance card. If you require an interpreter, please ask the International Office to arrange one for you (this may attract a fee).

# ACCOMODATION IN CREMONA

We have reported below a list of accommodation options in Cremona. We strongly recommend that you book some temporary accommodation for when you first arrive. This will allow you some time to check out other options for the semester or meet other students and share a flat.

Renting an entire flat ranges between €450 and €500 per month. If you rent a room in shared accommodation, the monthly cost will be around €250.

Cattolica students can enquire at 'Informagiovani' office in the city centre. This office provides free information and advice on accommodation for students, amongst other things.

## **Servizio Informagiovani Cremona**

Via Palestro, 17  
26100 Cremona (CR)

### Opening hours:

- Mo: 10am - 1:30pm
- Tue: 10am - 1:30pm and 4-6pm
- Wed: 10am - 6pm
- Thu: 10am - 1:30pm
- Fri: 10am - 1:30pm
- Sat: closed

Please contact the office to make an appointment (in person or online).



### Contacts:

Phone: +39.333.6143338

@: [informagiovani@comune.cremona.it](mailto:informagiovani@comune.cremona.it)

› [Informagiovani](#)

### Useful websites:

Check out [this website](#) for up-to-date information about different kinds of accommodation solutions in Cremona.

We also suggest that you check the following useful websites:

› [Cremona University alloggi](#)

› [Fabbrica Digitale Stuneed](#) (Stuneed app, to be downloaded on your mobile phone)



# CATTOLICA REGULAR COURSES

## ECTS

You can select your courses by consulting our online course offer. Please note that CFU corresponds to ECTS credits.

› [ECTS Guide](#)

Please check course requirements when you select subjects to fill out your Learning Agreement.

You may also have a look at the Cattolica homepage:

› [Unicatt Cremona](#)

## Registering for Cattolica Courses

You may attend as many courses as you want and within three weeks from the beginning of the lectures you must decide which courses you want to confirm for the rest of the semester.

Attending a course does not mean you are supposed to take the exam.

For instance, you can attend 5 courses but decide to take 4 exams.

Remember that you will not have any written proof of your attendance to the courses unless you take the corresponding exams.

**Note:** You will not get any credit by Cattolica International if you take a class but drop (or fail) the exam at the end of the semester

## The Italian Grading System

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

1 ECTS corresponds to 1 CFU (Credito Formativo Universitario).

## Academic Calendar

### Fall Semester

- **Lectures:** September - December
- **Examination Session:** January - mid-February

### Spring Semester

- **Lectures:** February - May
- **Examination Session:** June - July

- **Economics and Law**

› [Courses Details](#)

- **Agricultural, Food and Environmental Sciences**

› [Course Details](#)

Please check the Academic Calendar of your Faculty at › [Unicatt](#)



# PUBLIC TRANSPORTATION IN CREMONA

## Bus Tickets

Tickets may be bought in many authorized shops (tobacconists, news-agents, kiosks, etc), and directly on the bus, by paying an overcharge.

## Fares

- Single ride: €2,00 (valid for 90 minutes)
- Multi-user pass: 10 tickets - €18
- Single-user pass (you must hold an ID card, cost €6.50, valid for 3 years):
  - › Student one month pass - €42,50 (valid from 01 to 30 or 31 of the month)
  - › Student 12-months pass - (valid from 01/September to 31/August) - €327

To purchase an ID card (price €6.50 - valid for 3 years) you should go to the Arriva Italia Office (via Postumia 102) with the following:

- 1 Passport-size photograph
- Your passport or ID card
- Your Cattolica Student Card
- Your *Codice Fiscale*

For information on timetables and routes please visit the [website](#).

Additional information will be given during the Welcome days.

## Info Point

Via Postumia, 102  
26100 Cremona CR  
@: [info.km@arriva.it](mailto:info.km@arriva.it)  
Tel. +39 02 84121000

## Bus Station

Via Dante, 90  
26100 Cremona CR

For more information visit the  
› [Arriva Italia - Cremona](#)



# HOW TO REACH US UPON ARRIVAL

Cremona is located in the north of Italy, 90km South-East of Milan.

Cremona lies in Lombardy, at a crucial crossroads for road and rail transport, both at national and international level.

## **Campus address:**

Via Bissolati, 74 - 26100 Cremona

## **By Plane**

Here follows a list of the closest airports and their distance from Cremona:

### **Airports:**

- Brescia Montichiari (G. D'Annunzio): 60km from Cremona  
› [Brescia Aeroporto](#)
- Parma (G. Verdi): 60km from Cremona  
› [Aeroporto di Parma](#)
- Bergamo Orio al Serio: km 80  
› [Milan Bergamo Airport](#)
- Verona (V. Catullo): 100km from Cremona  
› [Verona Aeroporto](#)
- Milano Linate: 95 km from Cremona  
› [Milano Linate](#)
- Milano Malpensa: 150 km from Cremona  
› [Milano Malpensa](#)

## **By Train/Bus**

Most airports are connected to the train station by bus or train. Once you have reached the Railway Station, you can catch a train to Cremona.

Please check the train timetable at:

› [Trenitalia](#)

Please check out the time table at:

› [Arriva Italia - Cremona](#)

› [Star](#)

From Cremona Railway station, you can walk to the Santa Monica (Cattolica) campus (about 800mt).

If you prefer to take a taxi you can call the following number:

Radio Taxi: +39 0372 807808

## **By Car**

Motorway A21 (Torino-Piacenza-Brescia): Exit "Cremona." Follow signs for the town centre.



# LIVING IN CREMONA

Cremona is in the heart of the Italian agricultural food production. The city is ideal for living and studying. Cremona boasts Roman origins and a long history of agriculture interwoven with art and culture. This can be seen in the historic center, organised around the central piazza and its medieval and Renaissance monuments: the cathedral, the baptistery, the tower, and the council buildings.

In this lively and cosy city, where gastronomic pleasures are valued as much as hard work, we can still find the panoramic views and the intellectual stimuli that inspired the music of Claudio Monteverdi, the painting of Sofonisba Anguissola belonging to the late Renaissance, and the many generations of Cremona violin makers.

Cremona is dedicated to Sport and Culture. This can be seen in the indoor and outdoor sports facilities, the cinemas, the opera and theatre seasons, and the international character and dance cycles which are held in the city.



## Useful links:

› [Cattolica International](#)

## Cremona online:

› [Comune di Cremona](#)

› [Provincia di Cremona](#)

## Art, culture, music and shows:

› [Cremona Turismo](#)

## Local newspaper:

› [La Provincia](#)





# ENJOY A WEEKEND IN MILAN

Cremona is located very close to Milan, so we advise you to take the opportunity to visit the city. Below is a guide of places to visit in Milan:

## The Duomo

One of the most remarkable landmarks in Italy - *Il Duomo*, located in *Piazza del Duomo* is the heart of Milan so be sure to soak in the atmosphere of this beautiful Cathedral and square.

## Galleria Vittorio Emanuele II

A huge glass-roofed shopping arcade lined with exclusive shops, bars, and restaurants. It has mosaics with the symbols of the cities forming the newly united Italy. Some people consider it good luck to spin on the bull of Turin.

## La Scala

Built in 1778 it has a very opulent interior. You can also visit the museum. Prices vary depending on the production and seating.  
› [Teatro alla Scala](#)

## Castello Sforzesco

The castle was originally built in the 15th century by the ruling Visconti but was destroyed and rebuilt by the Sforzas soon after. It became a museum

complex in the 19th century and is one of Milan's major landmarks.

## Santa Maria delle Grazie

This is the church which contains Da Vinci's famous fresco, the Last Supper. Although the building was bombed in 1943, the fresco survived. To visit, it is necessary to book in advance.

› [Cenacolo](#)

## National Museum of Science and Technology Leonardo Da Vinci

The museum is housed in what was once a 16th century monastery. The museum has a vast collection showing the history of science and technology starting from Leonardo Da Vinci's machines.

› [Museo Scienza](#)

## Sant'Ambrogio

It is the fourth-century church of Milan's patron saint Sant'Ambrogio. Inside you will be stunned by many beautiful relics, carvings, and mosaics.

## Pinacoteca di Brera

Originally started by Napoleon, this is Milan's most prestigious art gallery. It holds a huge collection of over 600 works in 40 rooms.

› [Brera Pinacoteca](#)



## Shopping in Milan

Milan is a fashion lovers paradise so you will easily find top quality clothing, footwear, and accessories. Visit Corso Vittorio Emanuele II near Piazza della Scala, via Monte Napoleone near the Duomo, or Via Dante between the Duomo and Castle. For exclusive fashions, try the area around via della Spiga called the Quadrilatero d'Oro. Corso Buenos Aires has many chain stores. Markets are held around the canals.

### Trains from Cremona to Milano

Trenitalia - Italian Railways:

› [Trenitalia](#)



You may keep your bank account at home and use your debit/credit card at any ATM around the city.

When withdrawing money from an ATM be mindful of the people around you. We advise you to use ATMs that are inside banks and not those right off the street. Unless necessary do not use ATMs inside or near stations.

## Bank Account and Codice Fiscale

If you wish to open a bank account or rent an apartment you will need a Tax code/tax file number, *Codice Fiscale* (Please note that the Tax Code is free of charge.). This card is issued by the Agenzia delle Entrate - Via Amilcare Ponchielli, 2 - CREMONA. You will need to bring your Passport and a copy of your Visa if you are a non-EU student. More information will be given at the Welcome Day and orientation sessions.

## Average Expenses (per semester)

- Accommodation\*: € 2,400 to € 3,300
- Food\*\*: € 650 to € 1,000
- Personal expenses: € 200 to € 400 per month
- Books: €200
- Local Transportation: € 100 - 200

\* The price for accommodation may vary depending on the area, single or double room and possible program benefits.

## Average Single Priced Items

- Pizza & Beer: € 20
- Cinema ticket: € 10
- Ice-cream, *gelato*: € 3
- Sandwich, *panino*: € 5
- Coffee, *caffè*: € 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:

› [Poste Italiane](#)

If you need to mail important documents or fragile items we would advise you send them by recommended mail, courier, or through express mail services, such as DHL, UPS or FedEx. Postal & customs taxes are very high depending on the weight and the value of the package content.

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

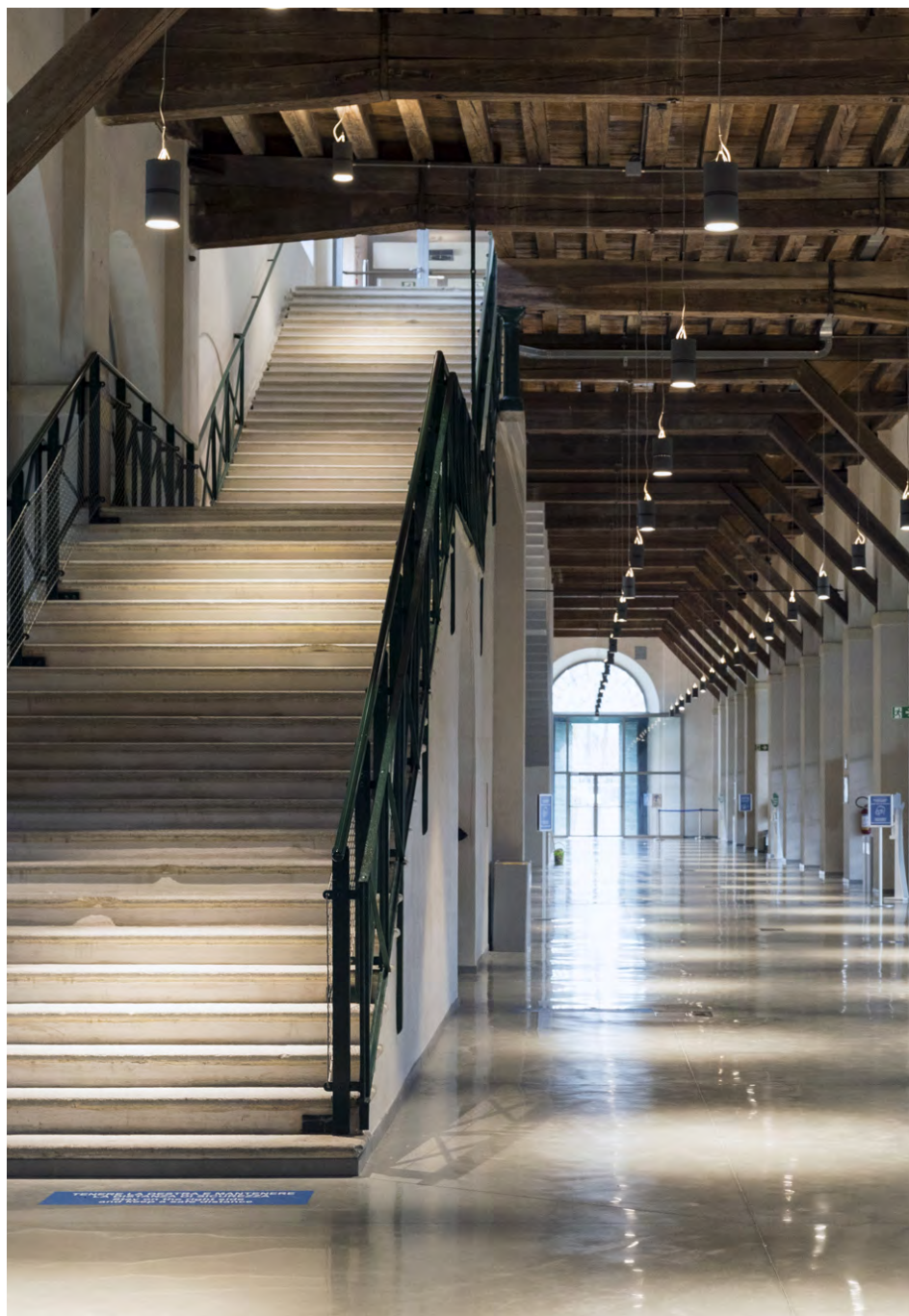
1. inform us that you are expecting a package and the estimated delivery date;
2. since our office is not authorized to keep cash money, you are kindly requested to leave us the amount you are supposed to pay at least a couple of days before the foreseen delivery date.

Please note that if you don't respect this procedure, Cattolica International will not accept the package and it will be sent back to the post office head quarters.

## Telephone

The most convenient way to keep in touch with your new Italian friends and family back home is the mobile phone. You can purchase an unlocked GSM phone back home and get an Italian SIM card at local providers such as TIM, 3, Vodafone or Wind. Only triband and quadband phones will work in Europe. Check with your home mobile phone service provider to find out if your current phone (once unlocked) can support an international SIM card. Once in Italy, you may look into signing up for a plan offer or simply getting prepaid/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.







At Cattolica we have so much to offer. Much more than can be contained in the few pages of this brochure.

The International Office gives support and advice to all International Students upon arrival at the University and helps you have a happy and successful time in Cremona.

Should you have any problems or inquiries, please do not hesitate to contact us over the phone/via mail or request an appointment.

## Contacts:

Tel: +39 0523 599 106

› [ucsc.international-pc@unicatt.it](mailto:ucsc.international-pc@unicatt.it)

## For academic issues:

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› [daniele.rama@unicatt.it](mailto:daniele.rama@unicatt.it)

Prof. Claudio Soregaroli

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# Contacts

## UNIVERSITÀ CATTOLICA DEL SACRO CUORE

### CATTOLICA INTERNATIONAL OFFICE

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