



UNIVERSITÀ
CATTOLICA
del Sacro Cuore

MILAN

PLANNING YOUR ARRIVAL



INTERNATIONAL

student guide

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WELCOME TO MILAN

Dear International student,

Studying in Milan can be an exciting and daunting experience as well as an opportunity to challenge and open yourself to new social, cultural, and academic perspectives.

This guide has been carefully compiled to provide you with the essential information to prepare you for your experience at Cattolica. You will find critical guidance about courses, visas, housing, student life and practical tips for your stay here in Milan.

Please check regularly the International Student Web Portal: › international.unicatt.it in order to remain updated 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 have a wonderful time with us and an enriching personal and academic experience.

Cattolica International Staff



BEFORE YOU LEAVE HOME

Visa requirements

Most students from outside the E.U. and Schengen Area will need to apply for a student visa for programmes of 90 days or longer.

To verify whether you must apply for a student visa, check the Italian Ministry of Foreign Affairs website [here](#).

Non-EU residents require a visa for a stay longer than three months (90 days). You need to request a **student visa** at the Italian embassy or consulate for your jurisdiction. You will find below the basic application requirements.

It is however important that you check your consulate's website for any additional requirements which could include:

- Admission letter sent via mail by Cattolica
- Passport
- Student visa application to be submitted in person
- Proof of enrolment at home institution
- Proof of adequate health insurance coverage outside your country

IMPORTANT: Before contacting your Consulate/Embassy you will need to complete the online VISA request procedure via the [University portal](#).

Permit of stay

All **Non-EU residents** 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 Questura, (**local police**).

You will require the following documents:

- An Application Form provided by Cattolica International staff upon your arrival at University
- Passport
- Photocopy of personal data page of the visa
- Four recent and identical passport size photographs
- VISA documentation and any letter issued and stamped by the Consulate (make additional photocopies)
- Admission Letters issued by Cattolica upon Enrolment and available in the Enrolment Portal
- Photocopy of health insurance coverage
- A "Marca da Bollo" (revenue stamp) of €16 which you can purchase from a Tabacco shop upon arrival.

Cattolica will provide you the Permesso di Soggiorno/Permit of stay kit upon your arrival. You will collect it along with your Carta Ateneo+ (Cattolica student card).

After submitting the form to the Post office you will obtain your receipt.

The administrative costs will be a total of €101,96.

An information session will be held during the Orientation event where we will provide guidance to you for the Permit of Stay (Permesso di Soggiorno) application.

Travel registration

We strongly advise you to register your contact details online with your own country's representation in Italy. This is particularly useful in case of emergency and need to have contact with your home country.

Travel insurance

Your health insurance will likely not cover any damage or loss of belongings during travel and stay in Milan.

We highly advise you to insure your most precious and expensive belongings such as laptop and other electronics.

A 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.

If you do bring your laptop it is important you insure it against damage or theft. 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 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 you to receive medical treatment in another member state for free, or at a reduced cost.

In addition, Università Cattolica provides a backup insurance to all its international students staying in Milan. This insurance policy covers COVID-19 related costs for the duration of your programme. [See Policy description.](#)

International Health Insurance, which covers costs related to medical, treatment and admission to hospital and most importantly medical evacuation and repatriation to their home country.

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

Non-EU Citizens are advised to enrol in any international health insurance as directed by their home institution and/or study abroad provider. If you have no such requirements, the Cattolica health insurance will cover you for the exact duration of your programme at Cattolica. If you plan to travel prior to your arrival or at the end of your programme, you should be sure to have proper coverage for the entire duration of your stay away from your home country.

WHAT TO BRING TO MILAN



Documentation checklist

- A valid passport
- A valid student visa (if applicable)
- Travel itinerary/ticket
- Travel insurance
- Health insurance
- Credit cards & other cards
- Any medical certificates
- Admission letter issued by host institution (if applicable)

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 safe place in your apartment.

As a further safety measure, scan all your documents, certificates, cards etc and email them to yourself as an attachment or upload them to an account that you can access from a device (Dropbox, Google Drive)

Bring receipts of any electrical goods that you bring such as laptops, cameras, iPods, etc. This ensures when and where the items were purchased.



Packing

Milan is the fashion capital of Italy so remember not to over pack. The weather in Italy can be variable from one day to another and you might experience significant temperature variations.

You can find everything in Milan so don't worry if you forget to pack something.

Your device chargers (phone, computer, tablet) will likely have incorporated voltage converters (230 volts in Italy and Europe) however if you bring other electrical devices, you will need to check whether a power converter is required in addition to a plug adapter. Italy has 3 different types of plugs but the most common one for small electrical devices is the 2-round pronged plug (European standard).





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 your stay. Control the custom restrictions for importing medication as you do not want to have your medication confiscated at customs. For safety measures, obtain a letter from your General Practitioner specifying the medication you will bring with you.

Pharmacies

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

The COVID-19 Antigen Rapid Test can be done in most of the pharmacies in Milan area.

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.

Medical Centre at Cattolica

There is a Medical Centre on campus which provides all enrolled students first-aid care and referrals for specialist care, and psychological counselling.

If you require medical assistance, contact the International Student Services to arrange an appointment with the Health Centre and make sure an English speaking medical staff is available if needed.

The Medical Centre operates Monday to Friday, 9.00a.m - 4.30p.m. and it is located in Largo Gemelli, 1.

Cattolica also has a psychological counselling centre that students can access on a fee-paying basis for a maximum of 10 appointments.

Get in contact with ISS to make sure they can support you in booking an appointment

Useful emergency numbers

Telephone Directory Medical Guard for the City of Milan: 800 193 344

Pharmacy Directory: 800 801185

Emergency contact number: 112 (for any type of emergency, fire or to contact the police)

HOW TO REACH UNIVERSITÀ CATTOLICA UPON ARRIVAL

From the airport

From Malpensa Airport

Via Train: Malpensa Express (Ferrovie Nord Milano Trains)

Departs directly from Terminal 1. Connects Malpensa Airport to Cadorna Railway Station (final stop), which then connects you to the metro red (MM1) and green (MM2) lines. You can also catch a Malpensa Express Train from Malpensa Airport to Centrale Railway Station (final stop), which then connects you to the metro green (MM2) and yellow (MM3) lines. Trains depart every 30 minutes and travel time varies from 29-57 minutes. Cost of a single ticket is 13€. You must purchase and validate your ticket before boarding the train.

› malpensaexpress.it

Via bus/coach: Malpensa Shuttle 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€. You can purchase your ticket before boarding the bus.

› malpensashuttle.it

From Linate Airport

Via Bus

You can catch bus #73 outside the airport to San Babila metro station red (MM1) line.

Via Starfly buses

Connects Linate Airport to Centrale Railway Station, which then connects you to the metro green (MM2) and yellow (MM3) lines.

Cost of a single ticket is 5€.

› milano-aeroporti.it

From Orio Al Serio (BG) Airport

Via Bus

Furthest away from Milan city 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 10 €.

› orioshuttle.com



FINDING THE CATTOLICA INTERNATIONAL OFFICE

Address

Via Giosué Carducci 28/30,
20123 - Third Floor - International
Student Services



Via Metro

Our campus is located closest to metro green (MM2) line.
Stop: Sant'Ambrogio
Direction: Abbiategrasso/Assago.
Centrale Railway and Cadorna Railway Station are both located on the metro green line.

By Bus

Bus #94 stops outside the university and takes you easily to the city centre.

Via Taxi/Cab

- Malpensa - Milano: 110€ (fixed rate)
- Orio al Serio - Milano City Centre: about 100/120€
- Linate - Milano: 25-50€ (depending on distance)



MIL SERVICE

(ACCOMMODATION IN MILAN)



Milano International Living Service (MIL Service) was founded in 2007 in order to respond to the high demand of international students for housing: Milan hosts students from all around the world to spend a semester or a whole year studying at one of the city's most prestigious universities.

MIL Service will take care of housing matters on your behalf to allow you to focus on your academic and social life, that is to: "live Milan while living In Milan."

The MIL Service team will assist you in finding the best place at the best price. Please note that availability is limited and places are offered on a first come, first served basis and places cannot be guaranteed if you do not already have a place with MIL Service prearranged as part of your program.

› milservice.com

› info@milservice.com

For up-to-date information about housing solutions available to you check our [dedicated page](#) for accommodations in Milan.

FOOD SERVICES



You can have your lunch and dinner at any of the following canteens (cafeterias) managed by our sister organization Educatt. Simply top up your student ID card (Carta Ateneo+) at any of the charging stations on campus and pay with the balance on the card (additional information will be provided during orientation).

Self service - via Necchi, 9
(the canteen is located right in the campus)

Monday to Friday:

Lunch from 12.00pm to 2.30pm

Dinner from 7.00pm to 8.30pm

Saturday

Lunch from 12.00pm to 2.00pm

Dinner closed

Sunday

Closed

Self service c/o il Collegio Marianum - via San Vittore, 18

Monday to Friday:

Lunch from 12.00pm to 2.00pm

Dinner from 7.00pm to 8.15pm

Saturday and Sunday:

Lunch from 12.30pm to 1.45pm

Dinner from 7.00pm to 8.15pm

Self service c/o il Collegio Paolo VI - via Verga, 9

Monday to Friday:

Lunch from 12.00pm to 2.00pm

Dinner from 7.00pm to 8.15pm

Ristorante Buonarroti - piazza M. Buonarroti, 30

Monday to Saturday:

Breakfast from 7.15am to 9.00am

Monday to Friday:

Lunch from 12.00pm to 2.30pm

Dinner closed



Milan has 11 pools and 6 sport centers available to the public to provide greater opportunity to exercise.

To find a pool or sport center near you, download the “Sport a Milano” app or look on the [milanosport website](#).

The website also includes information about opening times, cost, courses available, how to register, and public transportation directions.

Centro universitario sportivo (CUS)

The [CUS \(Centro Universitario Sportivo\)](#) has 11 division teams, athletics, rugby, tennis, sailing, swimming and water polo, ice hockey, rowing, canoeing, volleyball, softball and basketball, and a number of fitness courses that are open to any student at any level. CUS Milano is the perfect place for anyone who loves sport: it offers the chance to participate in the various activity sections and sports clubs either on a recreational or a competitive basis. And that's not all: CUS Milano also organises tournaments between the various university faculties, and both summer and winter

international sports meetings with representatives of foreign universities and campuses.

The CUS information point is located on main campus (Largo Gemelli), @ Polo studenti, counter 7.

PUBLIC TRANSPORT IN MILAN

The Azienda Trasporti Milanesi (ATM) operates within the metropolitan area, comprising of a metro, bus and tram network.

Bus

Buses are always orange or green. The wide network of buses covers the entire city. It will allow you to access all major city attractions on an average of 30 minutes.

Metro

(Subway/underground) The metropolitana (metro) currently has four lines (the construction of a 5th, M4, is ongoing): red (M1), green (M2), yellow (M3), and lilac (M5). Metro entrances are marked with a red square sign with a white "M." The Milano metro runs from 5:40 until 00:30.

Tram

(Trolley car)
Runs 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 map 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. You can also enter the metro using your contactless bank card on the turnstiles with the silver contactless reader on the top. Be sure to swipe it upon exiting or you will be overcharged.

Ticket costs

- A regular 90 minute ticket costs €2.20
- Carnet 10 rides of 90 minutes €18 (one per person, cannot be shared)

Information will be given at the Orientation Events.

For further details on the Milan public transportation system visit

> atm.it





EXPERIENCING MILAN

Milan: a city of movement

Milan is a modern and progressive city, the economic and financial 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 dynamic 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 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.

Milan is proud of its reputation as an international city and in particular is honored to be the home of international students just like you. In order to help you make the most of your time here, the City of Milan offers students a series of digital services.



Register on to the [YesMilano](#) student community and discover what the City has reserved for you.

On the YesMilano website you will get the YesMilano students digital card for free, that will enable you to access discounts, useful information, and exclusive cultural offers for free.

Last but not least, you will be able to get the latest news on events for students and register for workshops and talks on student life in Milan.

Useful links

- › [atm.it](#)
- › [vivimilano.it](#)
- › [comune.milano.it](#)



SAFETY TIPS

Milan is a large city inhabited by all sorts of individuals. You will likely be and feel very safe in and immediately around campus and the downtown area.

There are just a few places we would recommend that you be careful and most particularly attentive to your belongings: stations are target areas for thieves and pickpockets. Make sure your backpack is properly closed, your ID documents are inaccessible or in plain view. You may want to keep your passport, credit cards, etc., separate from your cash. If you take your passport and other sensitive documents, we suggest you keep them in a money belt on you and not in your purse, backpack, etc.

Remember that it is not a good idea to be out alone at night. Take precautions: walk in well-lit, busy areas and travel home in a group or by taxi; if you are travelling by bus avoid isolated bus stops, especially after dark and on an empty bus sit near the driver; avoid the area around train stations late at night.

Holidays over the year

January

01 New Year's Day (Capodanno)

06 Epiphany (Epifania)

April

25 Liberation Day (Anniversario della Liberazione d'Italia)

May

01 Labour Day (Festa del Lavoro)

June

02 Republic Day (Proclamazione della Repubblica, Festa della Repubblica)

August

15 Assumption of Mary (Ferragosto)

November

01 All Saint's Day (Tutti i santi)

December

07 St. Ambrogio Day (Patron Saint of Milan)

08 Day of the Immaculate Conception (Immacolata Concezione)

25 Christmas Day (Natale)

26 St. Stephen's Day (Santo Stefano)



You may keep your bank account at home and use your visa or other credit/debit card at any **Bancomat** around the city.

Note: "ATM" (Azienda Trasporti Milanesi) is the acronym 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 code is issued by the Ufficio Unico delle Entrate - Via della Moscova 2, under presentation of a valid identity document and a copy of your Visa if you are not an EU resident.

Your Student ID card, Carta Ateneo + can also be activated as debit card. The service is provided by Banca Popolare di Sondrio. More information will be given during the online orientation events.

Average costs (per month)

Accommodation*

€ 750 to € 900

Food**

€ 100 to € 200

Personal expenses

€200 to €400

Local Transportation

€ 32

* Cost may vary depending on the area, single or double room and possible programme benefits.

** University provides you with a card which allows students to eat in the cafeteria at discounted prices.

Full meal: €7.70/Lunch meal: €5

Pizza line: €4.50

Average single priced items

- Pizza + Beer: €15
- Cinema ticket: €7.50
- Gelato: €3
- Panino, sandwich: €5
- Caffè, coffee: €1.00

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.it

If you need to mail contents of fragile, sensitive, or important nature, we would advise you send them by recommended mail, courier, or through express mail services, such as DHL, UPS or FedEx. Receiving packages from the USA 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.



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 STUDENT SERVICES (ISS)

Università Cattolica has so much to offer, much more than can be detailed in these few pages. And the people who will guide you along the way, will do their utmost to ensure that you get to discover as much as possible.

These guides might be for you just names on an email of a document you've received, but once you get here, Laura, Francesca, Alicia, Martina, Denise, Eleonora and Caterina will become your advisors and mentors, friendly faces who will be there to support you for any need you might have during your stay.

We have specialist staff to address all areas of need. And we have a unique understanding of the challenges experienced by International Students, not least because most of us have been International Students ourselves. International Student Services gives support and advice to all international students at the University and helps you have a happy and successful time in Milan.

Office hours:

Monday to Friday from 9.30a.m to 12.30p.m and afternoon from 2.00 p.m to 5.00 p.m (Friday afternoon closed).

Should you have a problem or an inquiry, please do not hesitate to contact the Incoming Student Advisors:

› international.advisordd@unicatt.it

CONTACTS

International exchange and study abroad students

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