



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore

# ROME - SUMMER PLANNING YOUR ARRIVAL



# INTERNATIONAL *student guide*

# INDEX

<a href="#">Welcome to Rome</a> .....	4
<a href="#">Before you leave home</a> .....	6
<a href="#">What to bring to Rome</a> .....	8
<a href="#">Medical assistance</a> .....	10
<a href="#">Food Services</a> .....	11
<a href="#">How to reach Università Cattolica upon arrival</a> .....	12
<a href="#">Public transportation in Rome</a> .....	13
<a href="#">Living in Rome</a> .....	15
<a href="#">Money Matters</a> .....	17
<a href="#">Contacts</a> .....	18



# WELCOME TO ROME

Dear International Student,

Studying in Rome can be an exciting and challenging experience. While at times it may be difficult, if managed correctly, the experience will increase your ability to interact in diverse environments and broaden your social and cultural horizons.

This guide will provide you some essential information to prepare for your experience at Università Cattolica. You will find critical details about courses, visas, residency permits, housing, student life and practical tips for your stay here in Rome.

Please remember to check the International Student Web Portal regularly for more info as your stay approaches. We will place necessary academic updates and current information here:

› [international.unicatt.it](http://international.unicatt.it)

Additional information relevant to your day-to-day experience in Italy will be provided during the Orientation Events. For now, 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

## Visa requirements

Students from most countries do not require a student visa for programs of 90 days or less. It is your responsibility to confirm or deny whether this is true for you and your home country.

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

## Travel insurance

We strongly advise that all students consider having insurance coverage for lost or stolen property during their stay. You may or may not have an insurance plan that covers theft, loss or damage to your personal property therefore, we recommend that prior to departure, you make an educated decision regarding insuring your most precious and expensive belongings such as laptop and other electronics. A travel insurance can also cover any loss of important documents such as passport, credit cards, etc.

If you do bring your laptop, it is important you insure it against damage or theft. Never leave your belongings unattended anywhere. Do not post your laptop as it will be held at customs and will only be released by paying a customs fee.

A travel insurance may also cover emergency medical expenses and medical evacuation. Do a search to compare the benefits and see how they complement your health insurance abroad.

# BEFORE YOU LEAVE HOME

## Medical insurance

If you are a national from an EU Member State or an EEA country, you should have a European Health Insurance Card (EHIC, Italian acronym: TEAM). If you do not have this document, please obtain one in your home country from your national healthcare authority prior to your departure. Students of Swiss nationality should also have the possibility to obtain this card.

The European Health Insurance Card (or EHIC) allows holders to receive medical treatment in another member state for free, or at a reduced cost. A patient contribution is typically required for prescriptions, medical examinations, oral and dental care.

Non-EU Citizens must take out an International Health Insurance to cover costs related to medical treatment and admission to hospital. Although it is up to you to determine the best policy for your individual needs, at a minimum we request that our students choose a policy to cover any emergency care treatment.

Università Cattolica highly recommends that all students review and understand the terms of their coverage plans prior to departure. It is important to understand the terms of your plan and know who to contact, how to activate the services and how much you might need to pay up front before needing to use them. Many insurance providers have preferred

service locations in Rome and the medical centers collaborating with the insurance companies sometimes offer direct billing if the appointments are scheduled correctly. Otherwise, a reimbursement must be requested directly from the insurance provider post-treatment so remember to request a receipt. Choose a plan based on your individual needs and be sure to choose a plan that will be convenient for you.

# WHAT TO BRING TO ROME

## 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)
- At least four color and original passport size photos (4 x 4 cm). They cannot 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 safe place in your apartment.

For further safety measures, scan all your documents, certificates, cards etc and email them to yourself as attachment.

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

Rome in June and July is typically a hot city however, the weather in Italy can be variable from one day to another. You may experience noticeable changes in climate. To avoid over packing, we advise you bring light clothing and a few sweaters or light jackets just in case. Air conditioning is not common everywhere however most campus rooms are air conditioned and cool.

You can find all the essentials in Rome so don't worry if you forget to pack something just be aware that the shopping hours may differ from what you are used to back home.

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 the two or three round-prong socket.







# MEDICAL ASSISTANCE

## 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. Having the prescription translated in Italian is strongly advisable.

Please be advised that drugs such as Adderall and Ritalin are not available in Rome and therefore, it is essential that you speak to your home physician to learn the documentation required and procedures to follow in order to bring the necessary supply in person for the duration of your stay.

## Health Centre @Cattolica

There is a Health Centre on campus which provides all registered students with medical care, nursing care and psychological counselling. If you require medical assistance, if you require medical assistance, contact International Student Advisor Aldo Balzarotti or Oniga Maria Cristina at [ucsc.international-rm@unicatt.it](mailto:ucsc.international-rm@unicatt.it) to arrange an appointment with the Health Centre and make sure an English speaking professional will be available if needed.

The Health Centre is located in the building Nuovo Johanneum on Campus.

Students can access the system on Monday afternoon from 2 p.m. to 5 p.m. English speaking doctor is available.

Should you be in need to get in contact with the Health Centre, please get in contact with (+39) 063050120. Despite this, Cattolica strongly advise students to first get in contact with your International Student Advisor.

The Health Centre also provide on a fee-paying basis a psychological counselling service for students.

## Pharmacies

Many medications that you purchase over-the-counter in other countries may only be available by prescription in Italy, if you regularly use medication for any reason, it is best to understand the procedures for obtaining that medication in Italy prior to arrival to avoid complications or confusion during your stay.

## Hospitals

If you require more serious medical assistance you will need to visit the hospital. Remember to bring a copy of your health insurance. Always advise the Office of Global Engagement and International Education at Università Cattolica they can arrange an Italian speaking assistance if needed.

# FOOD SERVICES

If you like you can have your meals on Campus in the following canteens partnered with Cattolica (you will be required to charge your Cattolica Card with money, more details will be provided during the orientation):

## **Mensa&Caffe.23 - located at the Polo Giovanni XXIII**

**Monday to Friday:**

Lunch

from 12.00pm to 3.00pm at the Mensa

Dinner

from 6.30pm to 8.30pm at the Bar

The Bar is open from Monday to Friday from 7.30am to 6.30pm

## **Mensa.21 - Sala delle Colonne inside the Conference Centre**

**Monday to Friday:**

Lunch from 12.00pm to 3pm

## **duepunti Kitchen - located in front of the building Nuovo Polo Giovanni XXIII**

**Monday to Friday:**

Lunch from 12.00pm to 3.00pm

Food provided: pizza, salads

### **Average cost:**

-Full Meal (first course, main course, side dish, bread and fruit) € 7.70

-Lunch meal 1 (first course, side dish, bread and fruit) € 5.00

-Lunch meal 2 (main course, side dish and bread) € 5.00



# HOW TO REACH UNIVERSITÀ CATTOLICA UPON ARRIVAL

## Departing the airport

### From Leonardo da Vinci International Airport (Rome Fiumicino)



#### Via Train: Leonardo Express

The Leonardo express train takes you directly to the center of town and you can reach any station in Rome from the city's main train station: Termini. Express trains leave the airport every 30 minutes and it takes approximately 30 minutes to arrive at Termini Station. A ticket costs € 14.

Once you arrive at Termini Station, you can take the Metro Linea A (see instructions below) to arrive at St. John's Campus if you have applied for housing accommodations through Università Cattolica. If you have secured your own housing accommodations, you will be able to catch a wide variety of buses and/or have access to the A and B Metro lines.



# PUBLIC TRANSPORT IN ROME



There are several options when purchasing tickets for the abovementioned transportation systems.

Please see a description of the tickets below:

## BIT

Integrated Time Ticket: costs € 1,50 and lasts 100 minutes from the initial validation. Only one metro or train journey is permitted, however you may take the bus as many times as you like until your time runs out (train and then bus or metro and then bus combinations are also acceptable, however you cannot take the bus and then the metro/train). Always be sure to validate your ticket on the bus or before boarding the train.

You can buy it at: ticket offices, newsstands, tobacco shops and automatic machines in stations.

## Daily pass

Costs € 7 and is valid until midnight (12.00pm) of the day of its validation and for an unrestricted number of journeys.

## Weekly pass

CIS ticket: Costs € 24 and is valid 7 days from first validation

## Monthly pass

Costs € 35 and lasts for the calendar month, as printed on the pass, for one person for an unrestricted number of journeys. You can buy a monthly pass from any tobacco shops and newsstands up to the fifth day of each calendar month. Starting on the sixth day of each month, the pass can only be purchased from ticket offices and ATAC sales points.

## Calculate your route

If you are uncertain about how to get somewhere in Rome you can calculate the fastest way to get from one place to another in the city.

- > [atac](#)
- > [romamobilita](#)

## Taxi

Taxis in Rome are white. They have an identification. Name and number on the front door and all have functioning taximeters.

They can be easily found in every part of the city at special taxi stops or you can call one of the numerous Radio-taxi companies at:

T (+39): 06 3570, 06 6645, 06 8822, 06 4157, 06 4994, 06 5551.

Uber service is not much used in Italy and it's usually more expensive than a taxi service.



# LIVING IN ROME

To study in Rome is to study in the heart of a culturally rich and diverse community. Italy's inspiring capital city blends past with present and modern with antique both aesthetically and socially.

Rome is full of endless discoveries and is considered a safe place to live and travel. That said, we recommend that you take an active part in ensuring your own personal safety especially in crowded areas, train stations and even local restaurants, bars or coffee shops. Remember to keep your personal belongings on you or in sight at all times. Also, take extra caution in the evenings after 11.00pm and remember to look out for each other. More on safety will be reviewed during orientation but we do suggest that you avoid carrying large sums of cash on your person if you will be utilizing public transportation.

Here is a suggestion about how to make the best of your time in Rome:

A pleasant stroll through the picturesque streets of Rome is like stepping into an adventurous playground. There is a surprise on every corner. *La Fontana di Trevi* is a perfect example. This breathtaking Baroque jewel is neatly nestled at the juncture of three roads, Tre vie, in the city center. Similar surprises can be found on the top of the *Gianicolo hill* where breathtaking views of Rome will peek out of unlikely corners and you will feel more like a local than a tourist when you take a stroll through *Villa Sciarra*.

You only need to step into the history of ancient Rome to be drawn by this Eternal City which spans over two and a half thousand years. Rome is chaotic yet characteristic. Home to the animated, good-humored Romans, who live to enjoy their culture where history seems to be frozen in a space surrounded by a community full of movement, flexibility and a fast-paced daily lifestyle.

The Province of Rome has 4,000,000 inhabitants making it the largest municipal area in Italy. It is also home to many of the world's most breathtaking artistic and architectural masterpieces ranging from Michelangelo's ceiling in *la Cappella Sistina*, to the beautiful attractions in *Piazza Navona* and of course, the famous Coliseum. Take a walk and find a world of wonders to enjoy.









# MONEY MATTERS

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

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 train stations, metro stops or in areas high traffic areas such as Piazza Venezia, the Colosseum or Campo di Fiori.

## Average single priced items

- Pizza + Beer: €15
- Cinema ticket: €7,50
- Gelato (ice-cream): €3
- Panino (sandwich): €5
- Caffè (coffee): €1,50



# CONTACTS

## UNIVERSITÀ CATTOLICA DEL SACRO CUORE INTERNATIONAL OFFICE

### ROME CAMPUS

Largo Francesco Vito, 1 - 00168 Roma (Italy)

### TEL

(+39) 06 3015 8705

### E-MAIL

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

### WEBSITE

› [international.unicatt.it](http://international.unicatt.it)



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