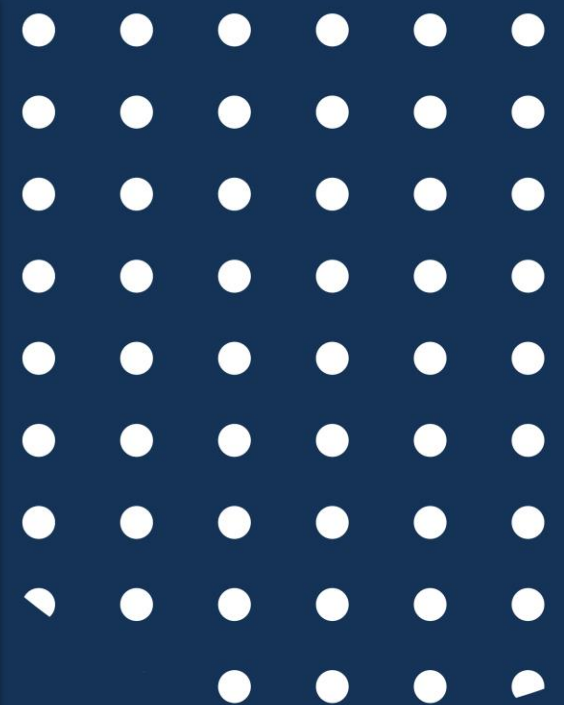




UNIVERSITÀ
CATTOLICA
del Sacro Cuore

2024

**Welcome,
Summer Students!**





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Congratulations

on deciding to study with us this Summer!

We hope this presentation can provide some guidance and valuable support to help you make the most of this experience!



Priorities first... The WiFi!



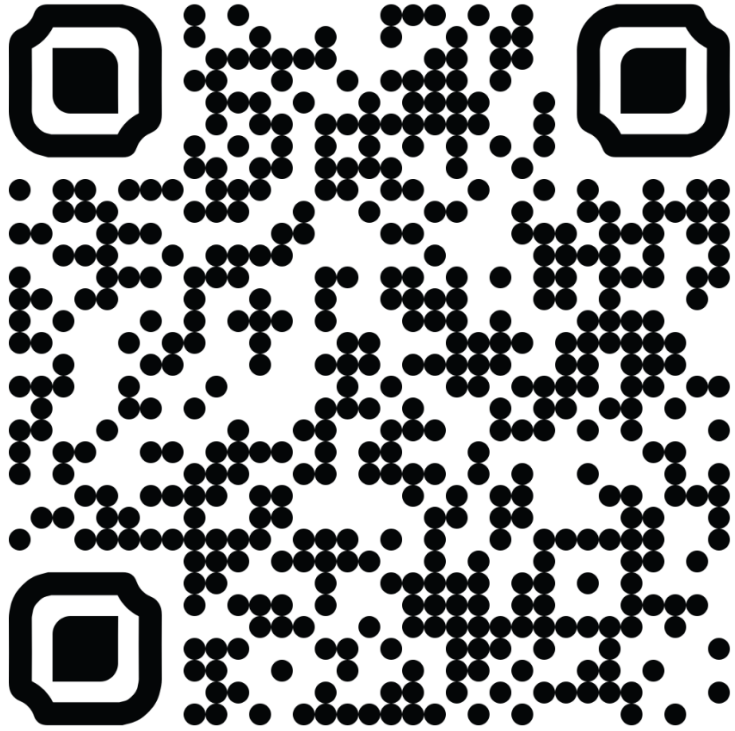
Search for the network named
“**wifi-unicatt**”



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



Before departing, we should «land» somewhere...



Cattolica *International*



Before your arrival

Before your arrival

During your stay

Life in Rome

Cattolica Communications (via ICatt)

Student Visa (for non-EU students)

Fiscal code

Our journey starts here!

This link leads to the official “**landing page**” that we prepared specifically for our Summer Students, containing all sorts of bits and pieces of information, some of which we will also cover during today’s talk.



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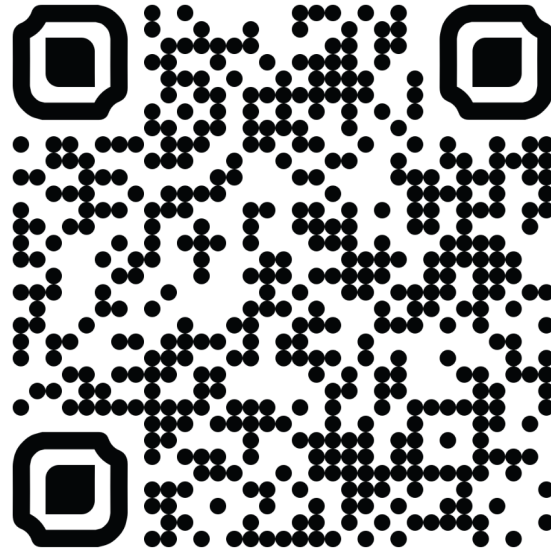
New Beginnings



INTERNATIONAL
student guide

Make sure to also continue to refer to your “International Student Guide”.

Also refer to the landing page in order to learn more about the class schedule for your course(s).

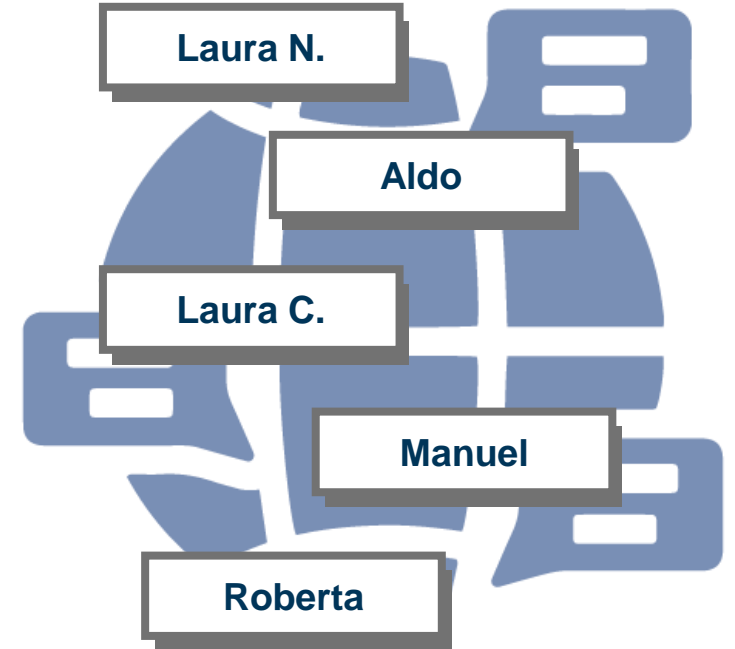




Ladies and gentlemen... The International Office!

The International Office of our Rome Campus provides support with regards to admission procedures and student services for international students of our Rome Campus (either “degree-seeking” or “Exchange”).

The office also helps international applicants complete the procedures to legally validate their status after their arrival, including the **Permit of Stay** application, the **Health Insurance** and other similar aspects.



Location: “Istituti Biologici”, Ground Floor, Rooms 230-231
E-mail: ucsc.international-rm@unicatt.it



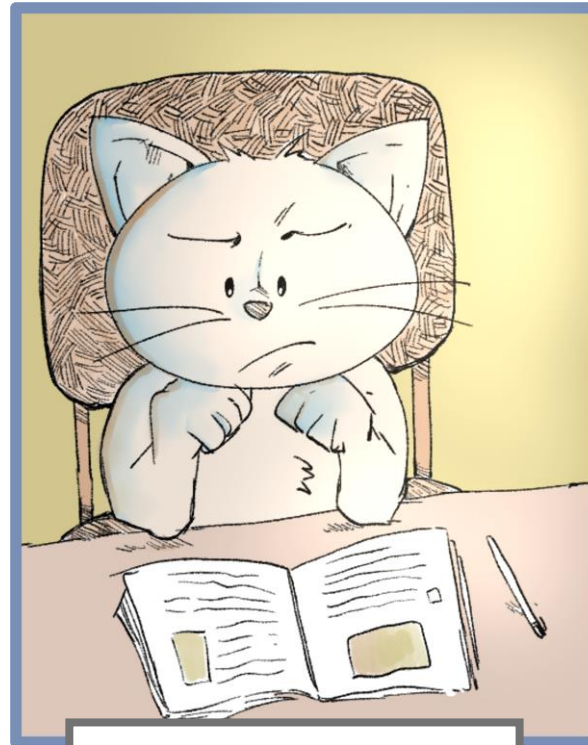


Three «core» values

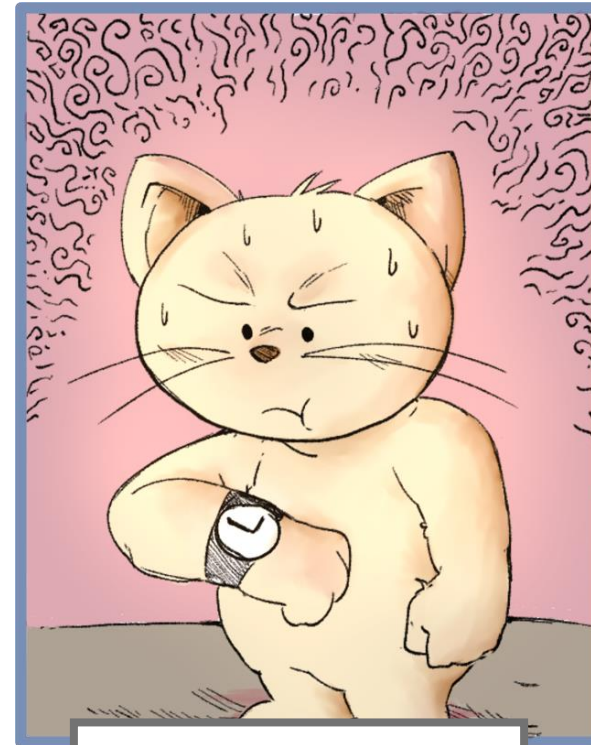
Now it is time to embark on your journey as a Summer Student of Cattolica and this entails a few important changes to bear in mind...



PROACTIVITY



CONSISTENCY



PATIENCE

Your Orientation

Part 1 – Where are we?

Part 2 – The University and
its Student Services

Part 3 – Culture, safety and
best communication practices



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PART 1


Where are we?



Rome, the «Eternal City»



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A photograph of the Colosseum in Rome at dusk. The structure is illuminated from within, with warm yellow lights glowing through the arches. The sky is a deep blue. In the foreground, some people are visible, and a fence separates the walkway from the Colosseum.

Rome is a city filled to the brim with history and art, full of marvelous places to behold, familiar and secret spots to uncover... It is a place ripe with tradition and beauty at its finest.

For this reason, it is often regarded as the “Eternal City”.



Rome, the «Chaotic City»



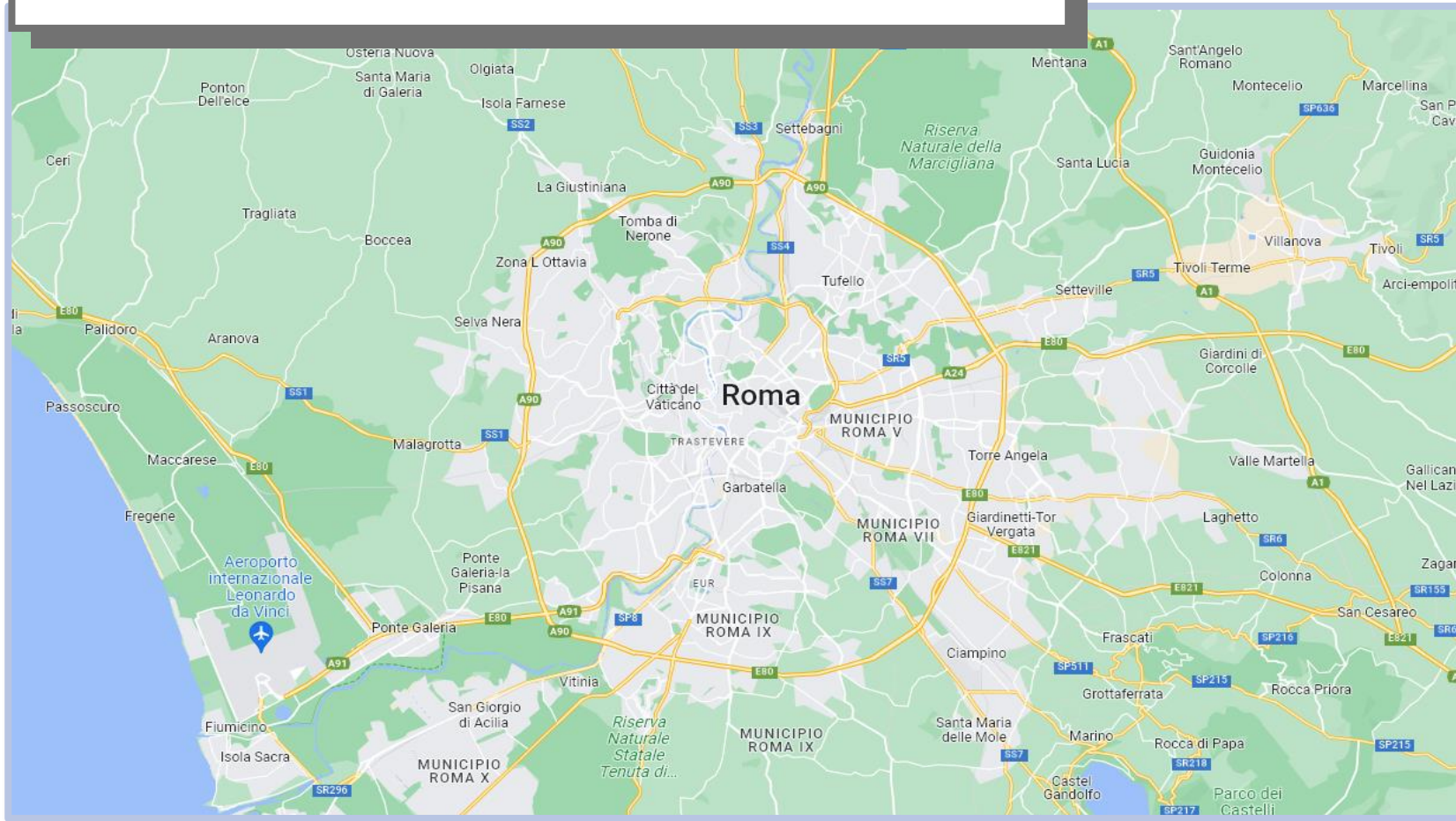
Rome is also a vibrant and at times **chaotic** city, due to its **massive size** and the fact that it is made of many different areas, zones and neighborhoods, each with their own quirks.

For someone who is planning a long-term stay in Rome for the very first time, it can feel **disjointed** and **confusing** at first.



Finding your way around Rome

This is a zoomed-out map of the city.



Rome has a **circular structure**, inside of which the many different zones (“**Municipi**”) that make up its territory are positioned.

The city is surrounded by a ring-shaped toll-free motorway, called “**Grande Raccordo Anulare**”.





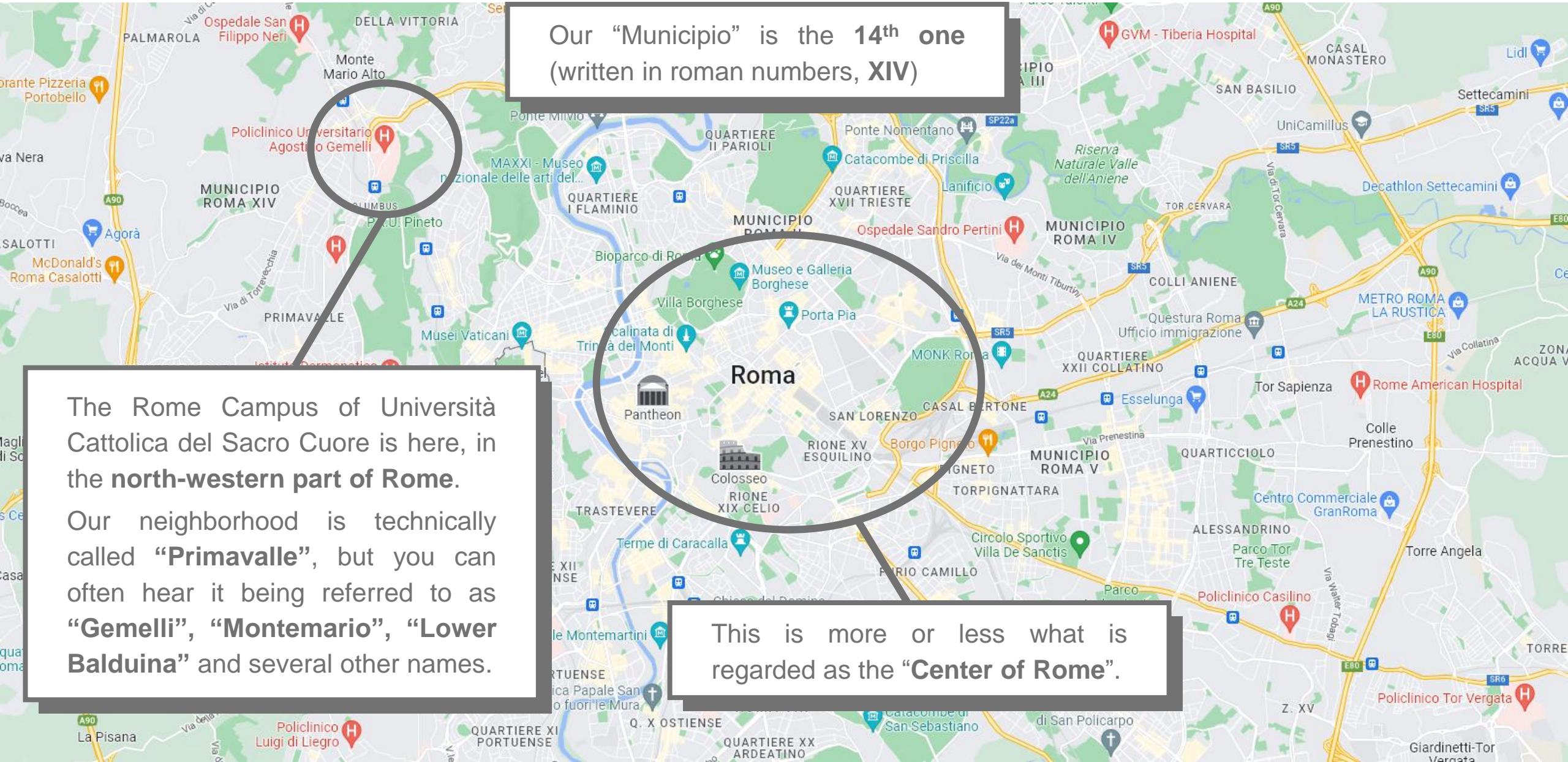
Finding your way around Rome



Our “Municipio” is the 14th one
(written in roman numerals, XIV)

The Rome Campus of Università Cattolica del Sacro Cuore is here, in the north-western part of Rome.
Our neighborhood is technically called “Primavalle”, but you can often hear it being referred to as “Gemelli”, “Montemario”, “Lower Balduina” and several other names.

This is more or less what is regarded as the “Center of Rome”.





Finding your way around Rome



In terms of public transport, there are mainly **three** ways to get around the city.



Bus system (“Autobus”)

Several bus lines all across the territory of Rome, each with its own path and specific timetable



Train

A few internal train lines, that connect distant parts of the city

FL3 Line

Roma – Cesano/Viterbo



“Metro”

The subway service of Rome, with three main lines

METROA

METROB

METROC

- **SINGLE-USE TICKET** €1.50 (100 min)
- **DAILY PASSES** €7
- **24/48/72 HOURS** €7 / €12,50 / €18
- **MONTHLY PASSES** €35
- **ANNUAL PASSES** €250

Buy your tickets:

- at a **Giornalaio** (newspaper kiosk);
- at a **Tabaccheria** (tobacconist store, easily recognizable by the big T outside);
- at a **Metro or Train Station**;
- through an online app on your phone, such as **MooneyGo**.

Remember to buy and then validate your tickets! Public transportation officials are very strict on this.

You can use the same tickets for most types of public transport within Rome: bus, metro or local city train.

Bus lines

FL3 Train Line

METROA

METROB

METROC



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To Infinity and Beyond!



Università Cattolica
del Sacro Cuore

Bus lines
(146, 446, 994, etc.)

Walk
to...

METROA Battistini
(Metro station)

METROA Valle Aurelia
(Train and Metro station)

Fiumicino
Airport

Another
train line
(not FL3)

«Gemelli» train station

«Trastevere» train station

METROA Termini
(Considered to be the most central
Metro station in Rome)

Other bus lines

Other train stations
(Ostiense, Tiburtina, etc.)

METROB

Other bus lines



Checking the ATAC Website

ATAC is the name of the service that is in charge of two of the most important means of public transport in Rome: the Metro and the Bus system.

If you are planning to move around the city and you need a reliable indication of whether certain transport services will be fully operational, checking <https://www.atac.roma.it/> is definitely a good idea.

The screenshot shows the ATAC website interface. On the left, there is a 'Calcola percorso' (Calculate route) section with 'From' and 'To' labels pointing to input fields containing 'Da' and 'A'. Below these is a dropdown menu for 'Tutti i mezzi pubblici'. On the right, the 'Stato del servizio' (Service status) section is visible, featuring tabs for 'Metroferro', 'Bus', 'Tram', and 'Previsioni'. Under 'Regolare' (Working normally), there are buttons for 'METROB', 'METROB1', and 'METROC'. Under 'In ritardo' (Delays), there is a button for 'CENTOCELLE'. Under 'Chiusa' (Closed), there is a button for 'METROA'. At the bottom, there is a 'Lavori programmati' (Planned works) section. A text box on the right explains the status categories: 'Regolare = Working normally', 'In ritardo -> There are some delays', and 'Chiusa -> Closed / not operational'. Another text box notes that 'Due to some ongoing maintenance work, all Metro A stations currently close at 9 PM (as of the time of this presentation)'.

This is a search engine that allows you to identify the most recommended path to any desired location using the ATAC transport.

Although Google Maps might be a bit more convenient, it can still prove to be a valid alternative in certain situations.

Due to some ongoing maintenance work, all Metro A stations currently close at 9 PM (as of the time of this presentation)

This section allows you to check the current state of the public transport managed by ATAC.

Regolare = Working normally

In ritardo -> There are some delays

Chiusa -> Closed / not operational



What to do in case of strikes?

In case of a public transportation strike:

- <https://www.atac.roma.it/>

Always check the news section! Make sure to ask an Italian friend to help you with the linguistic barrier, if needed.

- <https://www.trenitalia.com/tcom/Informazioni/Treni-garantiti-in-caso-di-sciopero> (for Trains)

This website can be useful to get a list of trains that are guaranteed to travel in case of strike.





Taxi Service

- White taxis are generally cheaper and easier to find in Rome than UBER.
- They generally accept cards, **but always ask the driver first.** Do not assume that they accept credit card payments without explicitly asking beforehand.

How to catch a cab:

- At a **taxi stand** at several points throughout the city.
- You can call a taxi by using the following phone numbers. Please clearly mention your current location when talking to the phone operators: **063570** or **060609**
- You can also download this app: **Freenow**



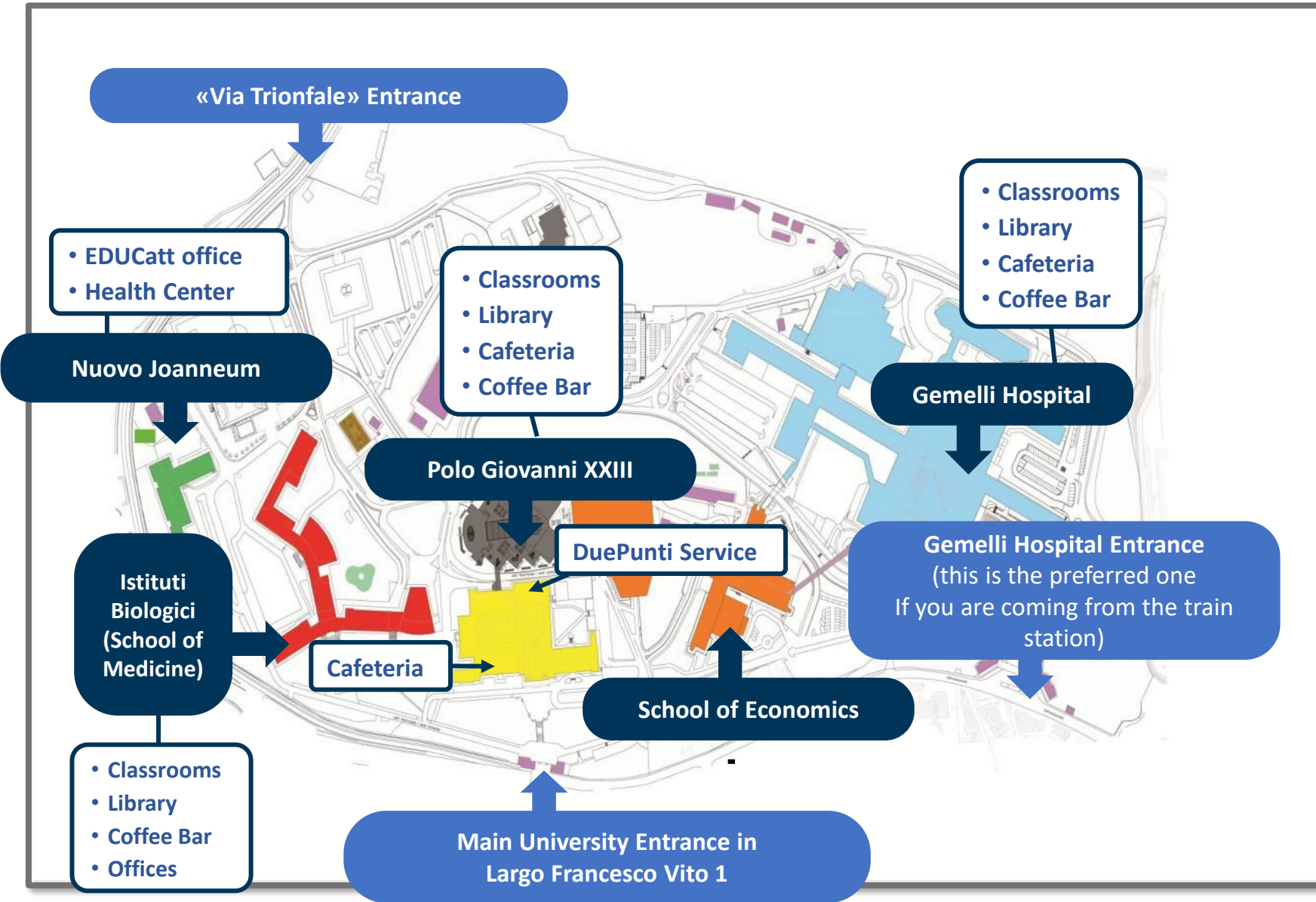


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PART 2

The University and its Student Services

The Rome Campus of Università Cattolica del Sacro Cuore



The Rome Campus includes several different facilities that are used for one or another Program.

The main building of the **School of Medicine** is called “**Istituti Biologici**” (Biological Institutes).



The Rome Campus of Università Cattolica del Sacro Cuore

Istituti Biologici



Church



Gemelli Hospital



Polo Giovanni XXIII



Do not worry if you get lost around the Campus at first!

Give yourself some **time** to get used to the surroundings and feel free to **explore** around.

How to Use Your Student ID Card



- **Eat** at the Cafeteria
- Use **University services** (printers, medical centre, library services)
- Access some areas reserved for authorized personnel

CAFETERIA (MENSA)

For your MEALS.

How to pay?

- Use your student ID card: CARTAATENEO+ (cash not accepted)
- Card top-up machines at the entrance of the "[Polo Universitario Giovanni XXIII](#)"
- Purchase meals online via [Educatt website](#)

WHERE?

Mensa&Caffè.23 - Polo Giovanni XXIII

Monday to Friday:

Lunch from 12.00pm to 3.00pm

Dinner from 6.00pm to 8.00pm

Duepunti Kitchen

Monday to Friday:

12.00pm to 3.00pm

Mensa.21 (Sala Colonne)

Monday to Friday:

Lunch from 12.00pm to 3.00pm

Prices:

- **COMPLETE MEAL 6.65€:** main course, second course, side dish, fruit, bread + free refill drinks
- **LUNCH FORMULA 5€:** main course, side dish, fruit, bread + free refill drinks OR second course, side dish/fruit, bread + free refill drinks
- **OTHER FORMULAS:**
 - **Red Price formula 2.50€** (available at Mensa&Pizza.9, Mensa.7, Mensa.21, Mensa&Caffè.23. Each canteen has different variants of *Red Price*. To find out, please contact your location.);
 - **Pizza and chips 5€** (Mensa&Pizza.9)

Printing & Photocopying

WHERE?

Duepunti Service close to Polo Universitario Giovanni XXIII

- Mon-Fri, 10:00am - 04.00pm

Using your ID CARD

WHERE?

Any printing and photocopying machines on campus
available to students



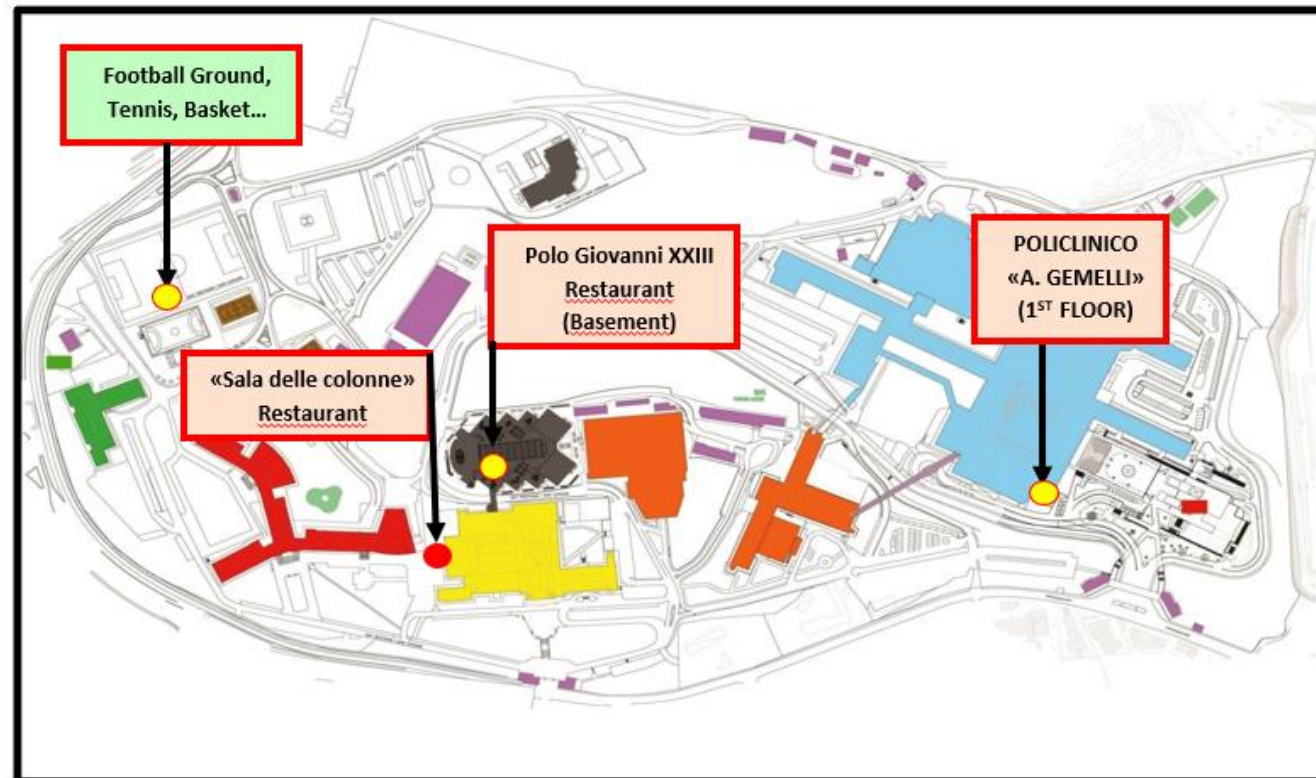


Sports Facilities

The campus provides the following sports areas to all our students as well as external users:

- a football field;
- three tennis courts;
- a volleyball court
- a basketball court
- a 5-a-side field
- a gym for judo and gymnastics

Several sport events are held on campus such as football, basketball and volleyball tournaments between teams made up of University students, doctors and staff.



- [EduCatt](#) - [Sport inCampus](#)
- **Sportclubby App for booking**



Health Center

Università Cattolica's Health Center (CENTRO SANITARIO)

provides registered students with medical care, nursing care and psychological counselling.

Campus Universitario - Collegio Nuovo Joanneum

Largo F. Vito, 1 00168 - Roma

Tel. 06.3050120 - Fax 06.30155708

E-mail: info.rm.dsu@educatt.it



Contacts

in case of
emergency



112 – Emergency Service

5555 – Campus Dorms

06 5852 6811 – “Care Continuity” service

06 30151 – Emergency Aid (Pronto Soccorso) service at Policlinico Gemelli Hospital for gynecological, ophthalmic and orthopedic needs

06 4997 5710 – Dentistry Emergency Aid at Policlinico Umberto I

06 3054 343 – Toxicological (Poison Control) emergency service at Policlinico Gemelli





iCatt, your Personal Interface

iCatt is the official **Student Interface** provided to all enrolled students of Università Cattolica del Sacro Cuore.

iCatt offers a comprehensive overview of all sorts of data about the experience of a student of our Programmes.

Here is an example of what you can do through iCatt:

- Receive **information**, notices and alerts about your career
- Check the **classes schedule and exam dates**
- Register for the **exams** (in order to take any exam, you are required to make a registration beforehand)
- Access the Blackboard links for your courses

<https://icatt.unicatt.it>





Your Student Portal

How do I access iCatt?

You can access iCatt from the **Cattolica home page** or 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”)

A screenshot of the iCatt login interface. At the top, the University of Cattolica del Sacro Cuore logo and name are visible. Below the header is a decorative banner with various school-related icons. The main content area is a white box with a dark blue border. It contains the text "Enter user and password" followed by two input fields: "User" and "Password". The "Password" field has an eye icon for toggling visibility. Below the fields are two buttons: "SIGN IN" and "LOG-IN". At the bottom of the white box, there are two links: "Forgotten user" and "Forgotten password".

Note:

If you happen to have forgotten your password, access the login panel, then select the ‘forgotten password’ option.

Afterwards, when asked to do so during the recovery process, type the «*codice fiscale*» that was sent to your email address just before you started your application to Cattolica



Your Student Portal

The name, surname and ID number of the student will be shown here

UNIVERSITÀ CATTOLICA del Sacro Cuore



English

Italiano

Home Page

Online registrar

Services and opportunities

Help

PERSONAL DETAILS

Placeholder for student name, surname, and ID number.

Manage your profile
Modify your data

ATTENDANCE LIST

Check when you are authorized to access the University. To express your preferences, please use the iCatt mobile App.

VIEW

REGULATIONS OF THE UNIVERSITY

Code of Ethics and whistleblowing procedure to the Supervisory Body

Click here to access to the web page where you find more information to submit a report to the Supervisory Board (OdV: Organismo DI Vigilanza) concerning any breach or attempted breach of the Code of Ethics, the organization, Management and Control Model, the Statute and all University Regulations.

ACADEMIC REGULATIONS

YOUR MESSAGES

Date	Topic	Subject
Placeholder for message content		

Last update : 1/17/23, 5:14 PM

« « 1 » »

5 items per page

REQUEST FOR INFORMATION

ARCHIVE

LINK BLACKBOARD COURSES

Access Blackboard

INFO COVID-19

Useful information is also available on the website at page [Covid-19 emergency update](#)

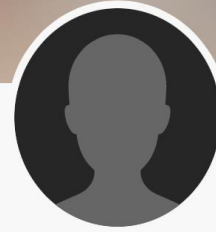
Blackboard



Blackboard is the internal platform used for accessing course materials, course content, assignments etc.

A screenshot of the iCatt user interface. The top navigation bar includes the university name 'UNIVERSITÀ CATTOLICA del Sacro Cuore', the 'iCatt' logo, and language options for 'English' and 'Italiano'. Below the navigation bar, there are several sections: 'PERSONAL DETAILS' with a 'Manage your profile' link; 'ATTENDANCE LIST' with a 'VIEW' button; 'REGULATIONS OF THE UNIVERSITY' with a link to the Code of Ethics; and 'LINKS AND OTHER COURSES' where the 'Access Blackboard' link is circled in red and pointed to by a red arrow. Other sections include 'YOUR MESSAGES' with a table of messages and 'INFO COVID-19' with a link to emergency updates.

You can access Blackboard by either navigating to the corresponding link(s) from within your iCatt account, **or by using the “Blackboard Learn” app** (available for both iOS and Android).



 Institution Page

 John Doe

 Activity Stream

 Courses

 Organizations

 Calendar

 Messages

 Grades

 Tools

 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

This is what Blackboard looks like. Use the main menu on the left side to check the content that your Professors will upload for your courses.



Blackboard



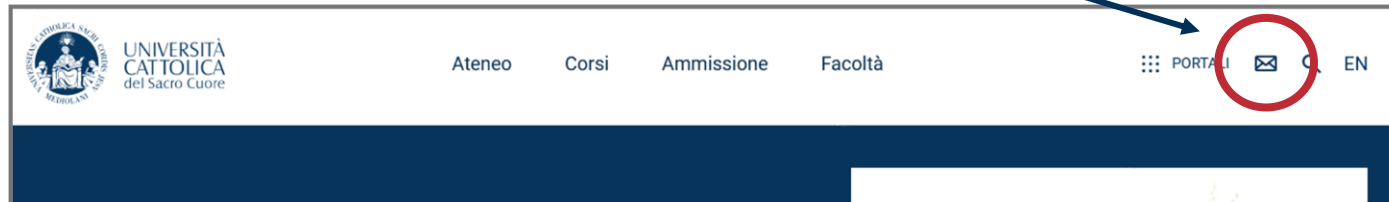
You've got mail!

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

From your **iCatt account**, by checking the **“Your Messages”** section

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

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



All Cattolica official communications related to your courses will be sent to your **@icatt mailbox**.
Make sure to check it regularly.
For more information visit **this page**.

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



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PART 3

Culture, safety and best communication practices



Interacting with other people

Italians are generally warm, welcoming and kind! They also try their best to help you in case of need, although situations like this one can sometimes happen due to the language barrier...



**Do not worry
though!**

Allow yourself
some time to
learn and try
to interact
with
everyone!



Italian Food 101

Antipasto
(Appetizers)



Primi Piatti
(First Courses)

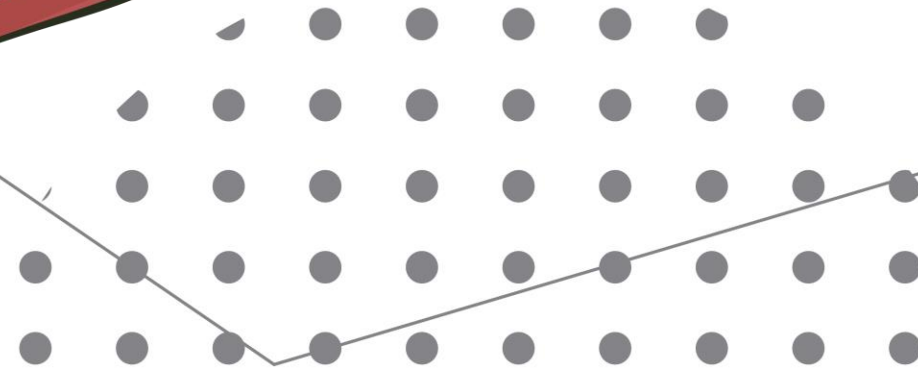
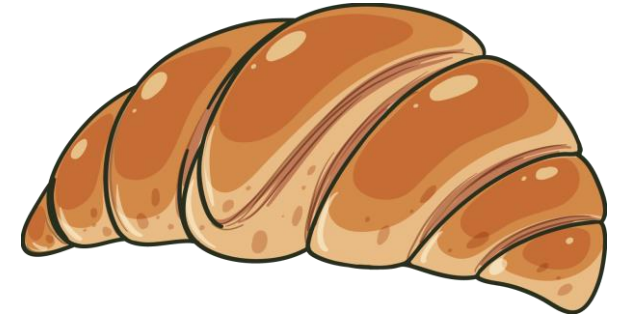
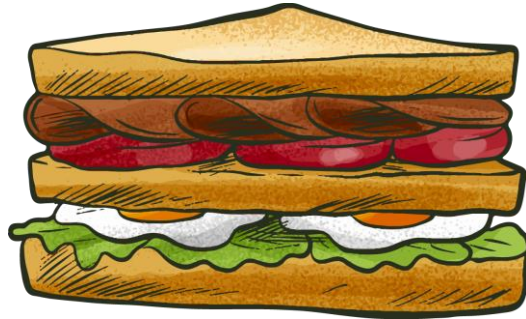


Secondi Piatti and Contorni
(Second Courses and Side Dishes)



Coffee Bars

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



Food and Drink

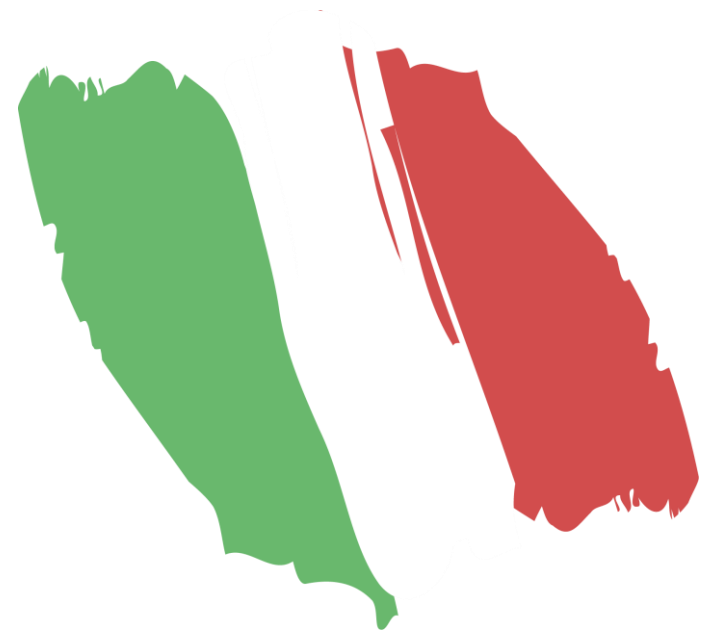
- **Payment system** varies in bars and restaurants
- **Aperitivo:** it's a pre-dinner/relax after work moment that usually goes from 6.00 pm to 9.00 pm.
You can have drinks and snacks or small dishes.
- **Tipping** isn't expected (You may leave some extra euros and this will be appreciated, but it is not necessary).
However, you will be charged a '**coperto**' (**service fee**) that is usually around € 2,00 per person
- **Lunch time:** 13.00 pm – 2.30 pm
Dinner time: 7.00 pm – 10.00 pm
- **Public water fountains:** free, clean water
- Visit the **local farmers market** for an authentic **Italian grocery shopping experience**
- **Typical breakfast at the bar:** *cappuccino* and *cornetto* (also called brioche or croissant)





Rules and Expectations

- **Appropriate clothing is expected at University:** watch and learn from local students!
- Be aware of your surroundings.
- Quiet hours are generally 10 pm on weekdays and 11 pm on weekends.
- If you visit a church, cover shoulders and knees and remove hats.
- **Get out of your comfort zone!**
- **Interact with locals.**





Safety Tips

- When going out at night in clubs and bars:
 - Be aware of cultural differences with regards to drinking
 - Use the coat check or cloakroom
 - Always make sure to **watch out your own glass**
- **Always walk away** from provocations
- **Ask for help** from professionals
- **Go into a public shop or a bar**, if you feel threatened in any form.



EMERGENCY SERVICE NUMBER: 112
(Police, Ambulance, Fire Department)





Safety Tips

When you feel you are in a potentially risky situation, **always try to blend. Thieves and pickpockets tend to target tourists.**

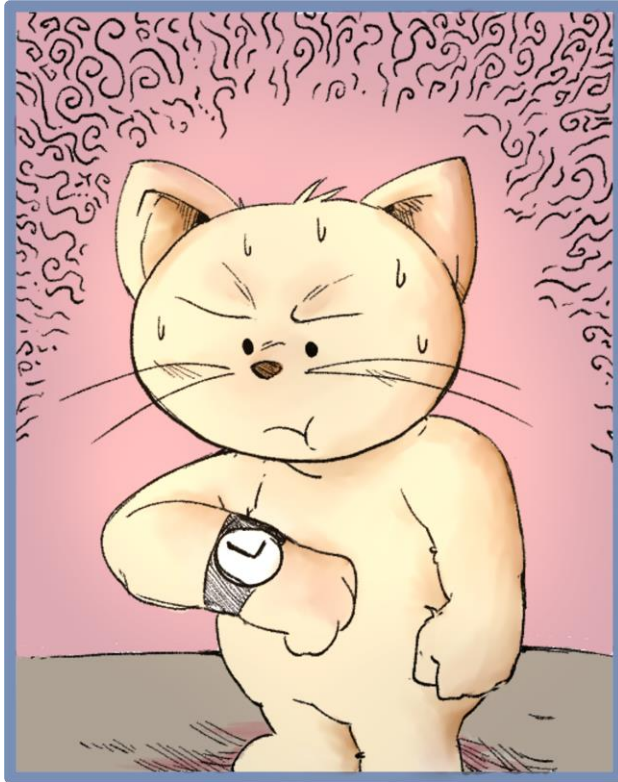
- **Be aware of pickpocketing.** It is a frequent risk especially around the main train/metro stations (for instance Termini, Ostiense, Trastevere, Gemelli)
- **In general, it is not a good idea to be out alone at night.**
- **Take precautions for your safety while travelling back home** after a night out.
- **Use a taxi to get back home, if needed.**
- **Always try to travel in groups,** so as to minimize unneeded risks.
- Always make sure your **backpack/handbag is closed. Hold your bag/backpack in your arms on transport**
- Don't leave your **phone/wallet** on the table in bars
- In Italy you are required to always have an **ID card** with you. However, we advise you to keep your **passport** in your **apartment** in a **safe place.**
- Make sure you have **scans or copies** of your **important documents,** and **keep them safe** at home/ online

EMERGENCY SERVICE NUMBER: 112
(Police, Ambulance, Fire Department)

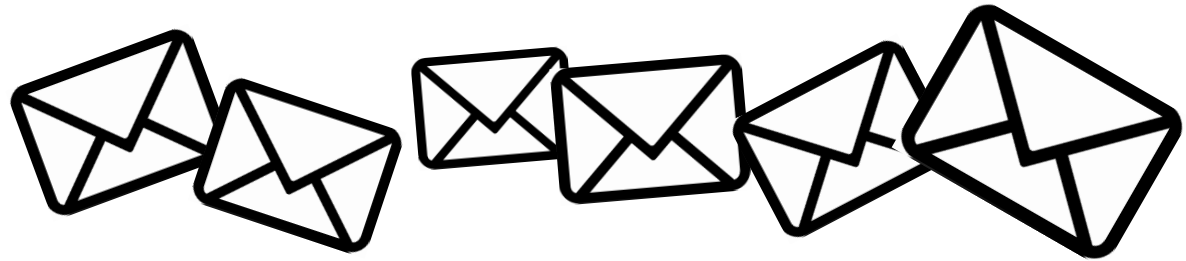




The right communication style is key



When you send a request to either a Professor or a University representative/office and you experience some unexpected delay, it is easy to get carried away and start sending the same e-mail multiple times repeatedly, over and over and over...



Try to avoid that: they definitely got your message the first time! Sending the same thing multiple times will not help them get back to you in a quicker fashion!

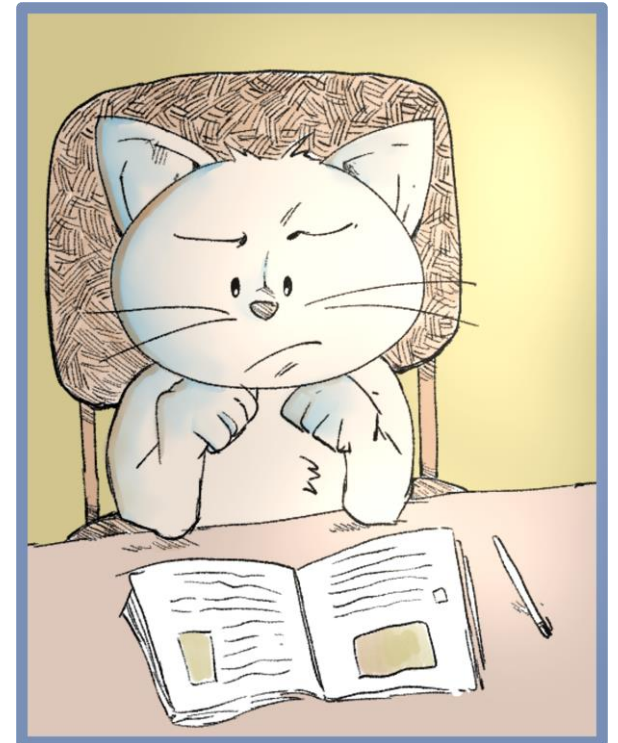
Never expect or demand to receive an answer to any of your e-mails within 24-48 hours. If it happens, that's great! But remember that it is not necessarily a cultural norm here.



The right communication style is key

Using the right linguistic style and adapting your style accordingly, based on the authority and the level of the person you are talking to, is an essential skill to learn. It is a way to demonstrate **respect** and mutual **understanding**.

- When you have to send an e-mail, use the proper style depending on the tone and confidential level of the person you are talking to.
- It is better to use somewhat formal greetings if you had **no prior interaction with someone**, or if you are talking to a Professor (“good morning Professor”, **instead of just** “Hi”, “Hello”, etc.)
- **Always sign your e-mails with:**
 - **Your Name and Surname**
 - **The Course you are attending and the Year**





The right communication style is key

Hi lol

hi, can i get an enrolmant certificate?? k thx bai

This is definitely not appropriate...

- Always use **proper grammar**.
- Refrain from making use of an excessive and/or inappropriate amount of **modern slang**.
- The purpose and intent behind all your e-mails should always be to **clearly convey your request and allow others to easily understand you**.





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