



Welcome International Students!

Università Cattolica del Sacro Cuore



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The International Student Services Team



Francesca De Martini
Team Coordinator



Alicia Quijano
Short Mobility Programmes
Buddy – Mentor Programme
ISEP Coordinator



Laura Ferrari
Academic Curriculum Course
Italian Language Course
Coordinator



Martina Peretti
General Inquiries
Double Degree Programmes

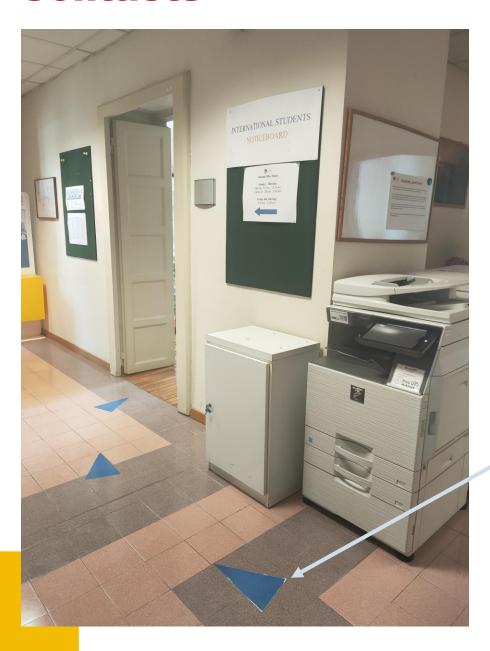


Denise DiattaGeneral Inquiries
Double Degree Programmes



Olivia Menghini International Curriculum Course Coordinator

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!

Agenda Tuesday 9 September

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

Agenda Wednesday 10 September

WHEN	WHERE	WHAT
9.30am – 11am	G.110 Gemelli	Session on Cattolica Academic Curriculum (the session will be held in English language)
11am – 11.30am	G.110 Gemelli	Session on Italian Language Course
2pm – 3.30pm	G.110 Gemelli	Session on Cattolica International Curriculum (the session will be held in English language)
2pm – 3pm	G.115 Ruffilli	Session for Double Degree students (the session will be held in Italian language)

Agenda Thursday 11 September

WHEN	WHERE	WHAT
9.30am – 10.30am	G.110 Gemelli	Session for Double Degree students (the session will be held in English language)
11am – 12pm	G.110 Gemelli Cultural Orientation: Getting to know Italy	
2pm – 3pm	Online	Online Q&A session

Agenda Monday 15 September

WHEN	WHERE	WHAT
12.30pm – 2pm	G.110 Gemelli	Session on Cattolica Academic Curriculum (the session will be held in English language)

The Curricula

International Curriculum	Academic Curriculum
Only for International students (you!) If you didn't select it during the application, 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 2pm – 3.30pm <u>G.110 Gemelli</u>	Info session: Wednesday 9.30am – 11.00am: G.110 Gemelli (the session will be held in English language)
International Curriculum Page – Fall 2025	Info session: Monday 12.30pm – 2pm: G.110 Gemelli (the session will be held in Italian language)
Speak to: Olivia Menghini	Speak to: Laura Ferrari

Double Degree

Double Degree

Double degree students are students enrolled in a program that allows them to study at two universities and **obtain a diploma** from both universities.

They have a **specific study plan** as per agreement with their home university and Cattolica requirements.

Sessions:

Wednesday 2pm – 3pm: <u>G.115 Ruffilli</u> (the session will be held in <u>Italian</u> language)

Thursday 9.30am – 11.00am: <u>G.110 Gemelli</u> (the session will be held in **English** language)

Academic Curriculum Sessions:

Wednesday 9.30am – 11.00am: <u>G.110 Gemelli</u> (the session will be held in <u>English</u> language)

Next Monday 12.30pm – 2pm: <u>G.110 Gemelli</u> (the session will be held in <u>Italian</u> language)

Speak to: Martina Peretti & Denise Diatta

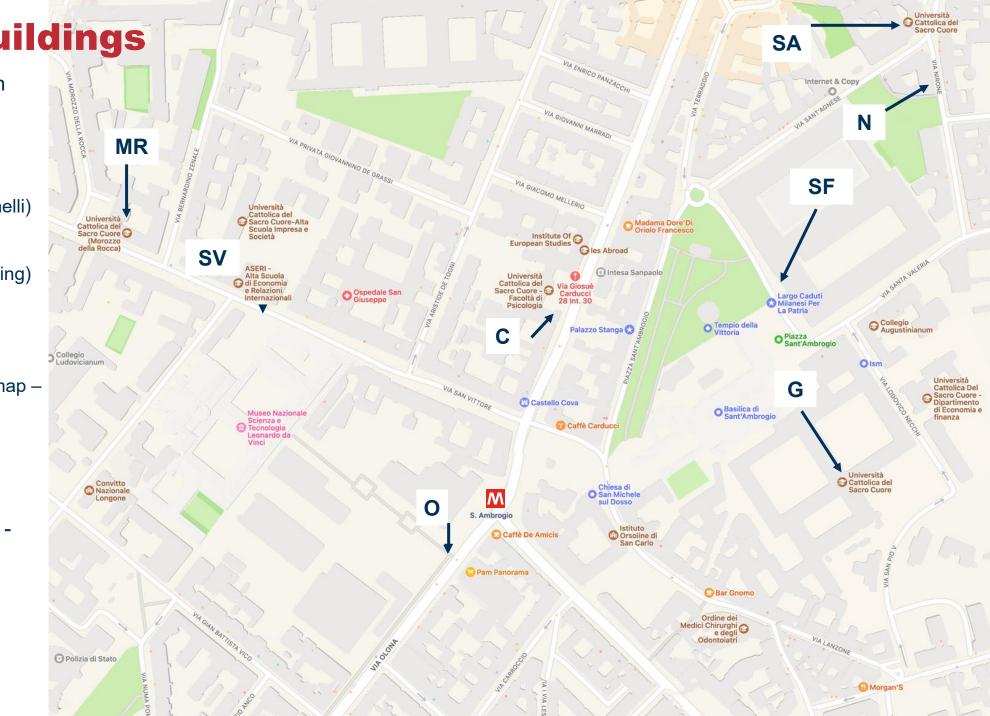
University buildings

Your courses may be held in various buildings!

Buildings Index:

- G = Gemelli (Main Campus – Largo Gemelli)
- **SF** = San Francesco
- C = Carducci (Cattolica International Building)
- **SA** = Sant'Agnese
- N = Nirone (Via Nirone)
- O = Olona (Via Olona)
- MR = Morozzo della Rocca
- B = Buonarroti (not on this map 10 minute metro ride from Cadorna)
- SV = Via San Vittore 18

Example: **Aula** C.311 = Carducci building - 3rd Floor - Room 311

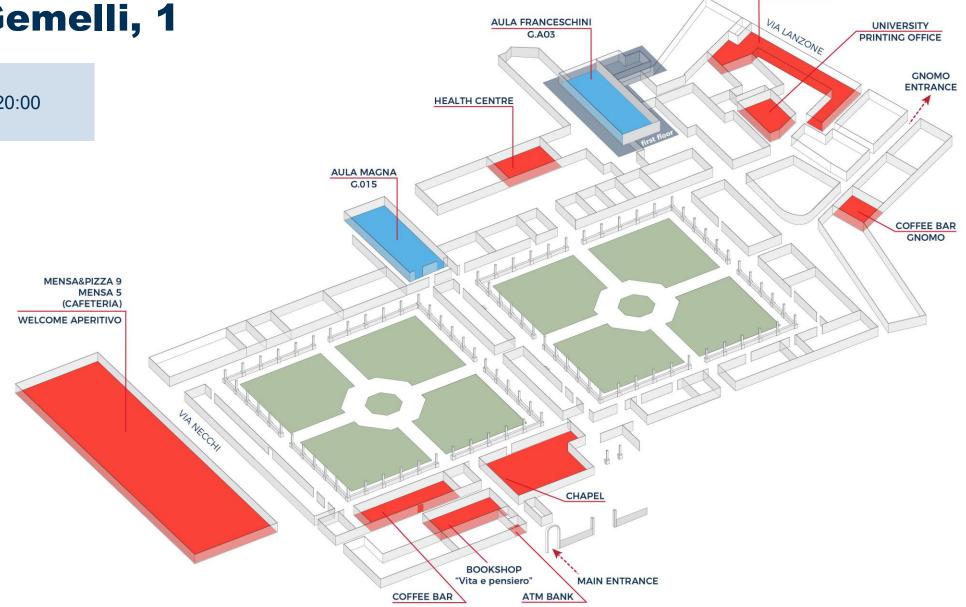


Main campus Largo Gemelli, 1

Campus hours:

Mon – Fri: 7:45 – 20:00

Sat: 9:00 – 18:00



MAIN LIBRARY

Cafeteria (Mensa)

Locations

- Mensa&Pizza 9 (Via Necchi, 9)
- Mensa 5 (Via Necchi, 5
- Mensa 18 (Via San Vittore, 18)

Prices: range from €6.65 to €5 Payment:

- Use your student ID card: cash/bank card not accepted
- Card top-up machines are located at the entrance of the Mensa&Pizza 9 (Via Necchi, 9)

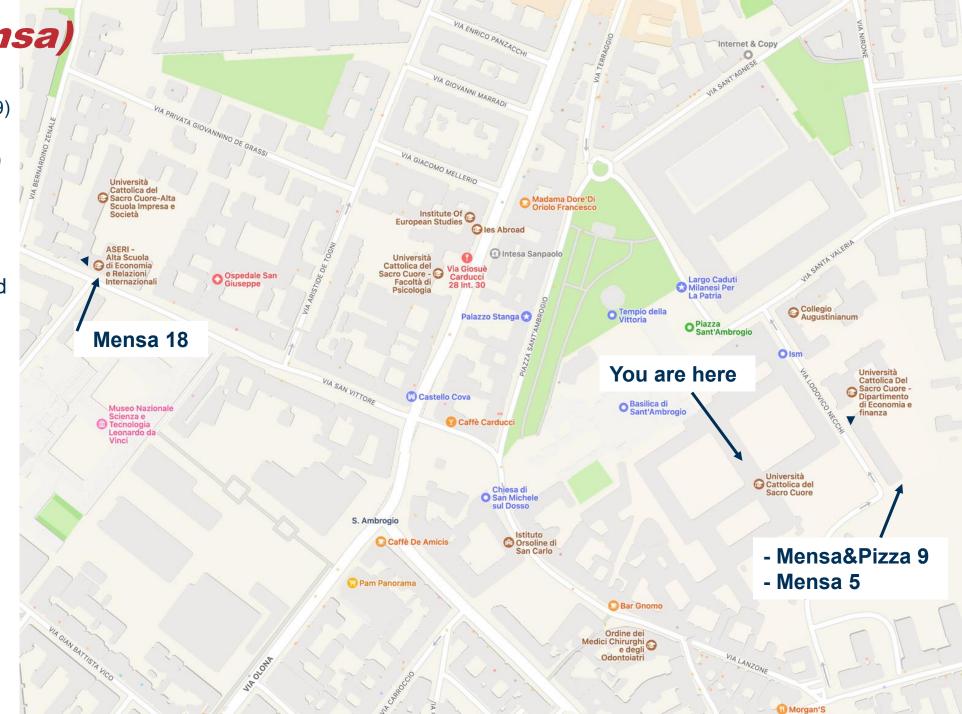
Learn how to top-up your card in this video

Read detailed info here

Opening Hours

11.30 pm - 3.00 pm

For more specific opening times, check online!



Composing your meal

(in the main mensa, via Necchi 9)

FIRST COURSE (Primo piatto)	Pasta / risotto / soup	
SECOND COURSE (Secondo piatto)	Meat / fish/ vegetarian option (omelette, pie, large salad)	
SIDE DISH (Contorno)	Vegetables, small salad, small piece of cheese	
DESSERT	Yogurt, pudding, fruit	
DRINK (included)	Refillable cup available at the cashier	



First Course
Second Course
Side Dish
Fruit
Bread
Drink (free refill)
€6.65

LUNCH MEAL 1

First Course
Side Dish
Fruit
Bread
Drink (free refill)
€5.00

LUNCH MEAL 2

Second Course
Fruit/Side Dish
Bread
Drink (free refill)
€5.00

BASIC PIZZA

A Slice of Pizza Fruit / Fries Drink (free refill) €4.50/ €5,00



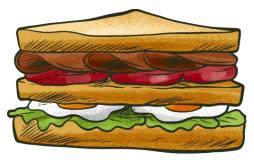
This is an example of a complete meal.

Pasta (tortellini in broth), grilled meat,
side of vegetables, fruit and bread.

Coffee bars

You can take advantage of the campus bars (Gemelli and Gnomo) or one of the many bars in the neighborhood for a quick snack, a coffee or a cappuccino and brioche for breakfast









Note:

 The campus bars do not accept payment with student ID

Printing & photocopying

WHAT	WHERE	HOW
Printing Shops	Fotocopie Elicopie (Via Carducci, 37)	Across the road from the International (Carducci) building. USB or Email the file. OR search «fotocopisteria» in google maps to find the one nearest to you
Printing Machines	On Campus (one also at Carducci building 3 rd floor)	Using your Student ID Card You can find instructions on how to use your Student ID Card to print, copy and scan documents <u>HERE</u> and in the Services and Opportunities Section of your iCatt page. (minimum amount to load on is €5)** A4 black and white x1 = €0.035 A4 colour x1 = €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

Note: The medical centre will not issue medical notes for days that have passed

General Doctor

- No appointment required (just walk in)
- Free
- Visiting hours: Mon Fri → 9am 4.45pm
- English and Italian speaking doctor
- Location: Main campus, Dominicanum Building, 1st floor

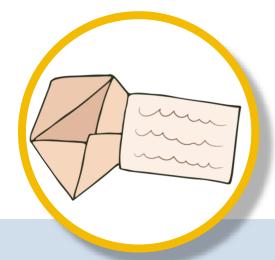
Specialist Visits (Dermatologist and Nutritionist)

- 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: up to 10 sessions free
- English and Italian speaking doctor
- More info here: https://www.educatt.eu/health-care-and-psychological-counselling/

Mail & letters



ONLY LETTERS. NO PACKAGES

We will notify you by email when we receive your mail.

If you can't receive mail at home, you can have it sent to the Carducci building.



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.

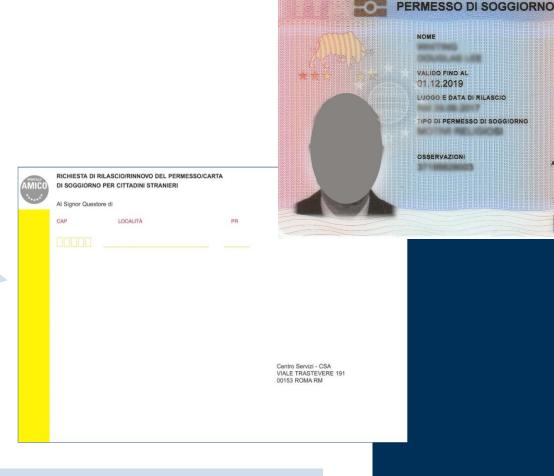
Permit of Stay (Permesso di soggiorno)

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 from us, let us know!

You will need to print copies of:

- Passport (photo page)
- Passport (VISA page)
- Your Admission Letter, stamped by the consulate
- Copy of health insurance details



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)

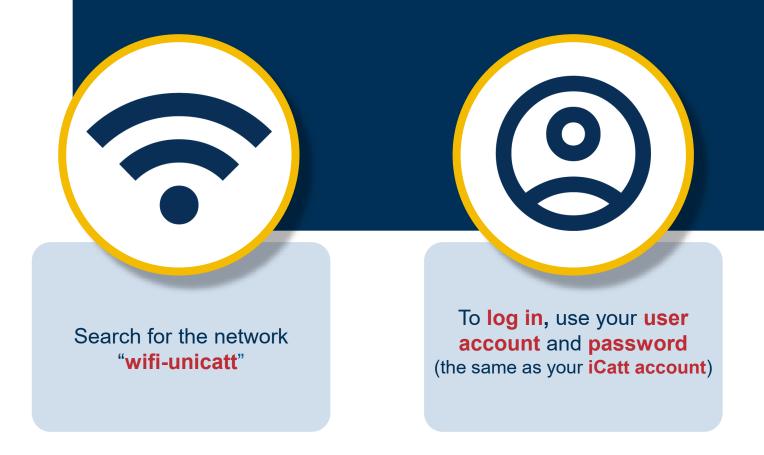
What is it?

- A code made up of numbers and letters unique to your personal information.
- Required for most rental contracts and some online purchases including the public transport travel card.
- It is free and it remains the same forever
- It is not linked to the Permit of stay and you don't need to wait for this to send your application.

If you have not received your **official** Tax/Fiscal Code from the Agenzie delle Entrate (Italian Tax Authority) yet, you must book an appointment to get it **in person.** You can find out how <u>here.</u>

You have already received a Fiscal Code from Cattolica via email which is a "fake" code and can **ONLY be used to reset your iCatt / email password.** Do not provide this "fake" code to anyone because it is not correct for any other purpose.

Cattolica WiFi connection



To reset your password, use the 'fake' fiscal code you received by email from iam_noreply. The new password will reset for all of your iCatt platforms (email, Blackboard, iCatt, Wifi).

Useful Apps and Websites



iCatt
Personal student page
(Website or Android | Apple)



Blackboard
Manage your courses
(Website)



Affluences
Book a study spot in the Library
(Website or Android | Apple)



We recommend using

Chrome or Firefox browsers (NOT Safari)

for all University platforms



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?

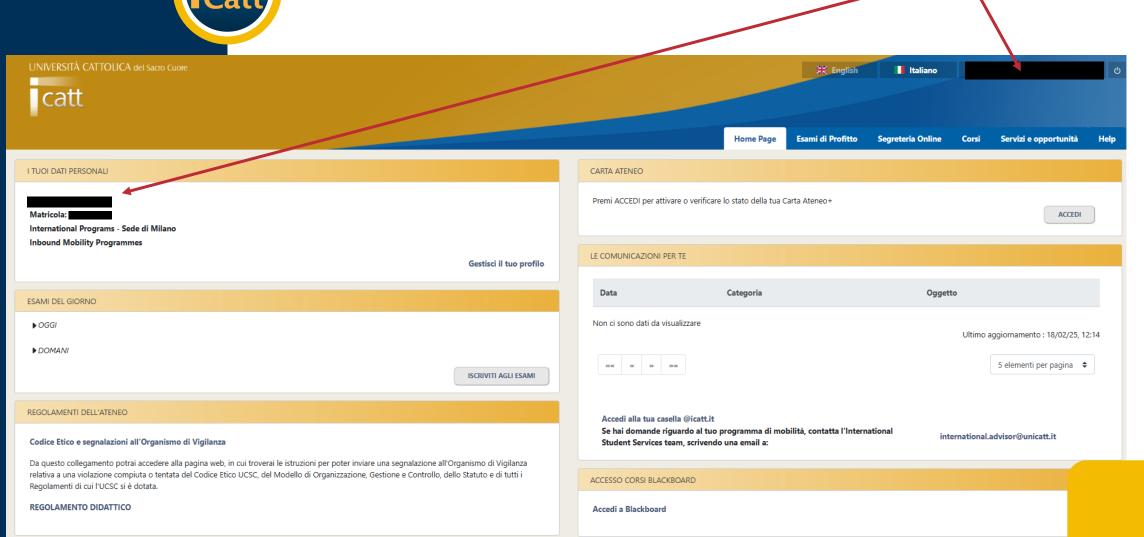
You can access iCatt directly at https://icatt.unicatt.it using the same user ID (firstname.lastname01) and password you used for the application portal.

(Note: your user ID may include middle names and could have "02" instead of "01")

If you receive an email from the system in the middle of the semester to change your password, DO change it or you will get locked out.

iCatt page (Web version)





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)

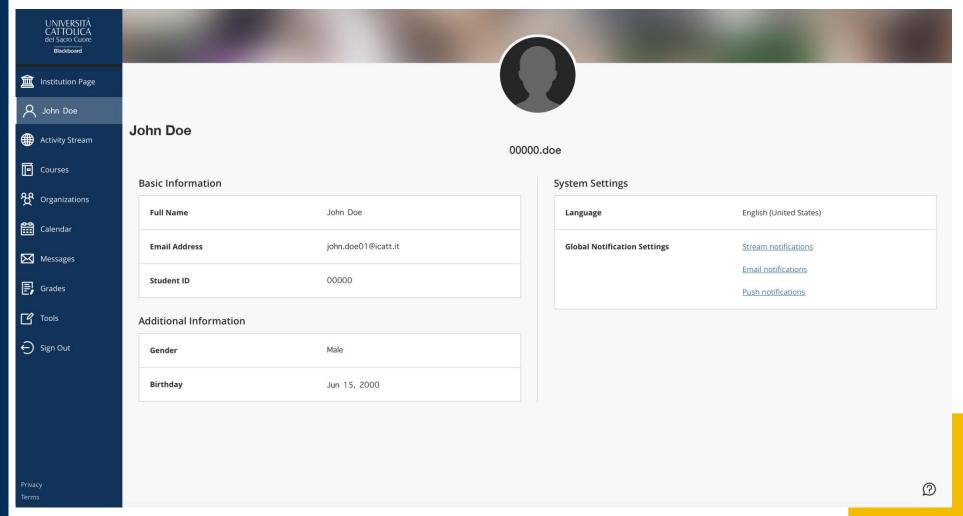


Blackboard page



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

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

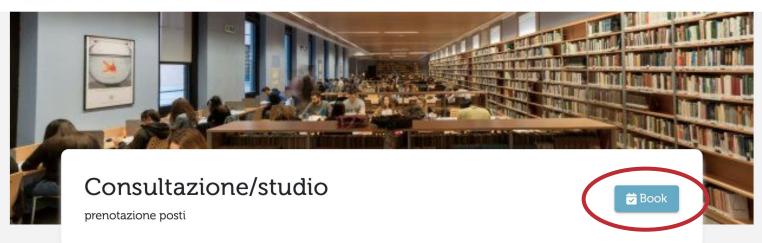
(You don't need to book a spot to enter and take a book)

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



English >

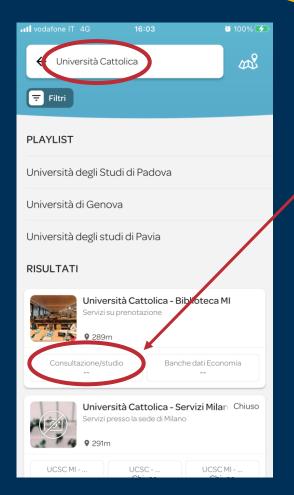
Institutions / Libraries / Università Cattolica - Biblioteca MI / Consultazione/studio



Affluences (App)



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





Choose Room 100% Prenota Cosa ti piacerebbe prenotare? Sala Gregorianum piano 1 Sala Gregorianum piano 2 Sala Gregorianum piano 3 Sala Gregorianum piano 4 Sala Franciscanum piano terra

Cala Eranoiscanum niano

Select time (*ora*) and duration (*durata*) and click «*Prenota*»

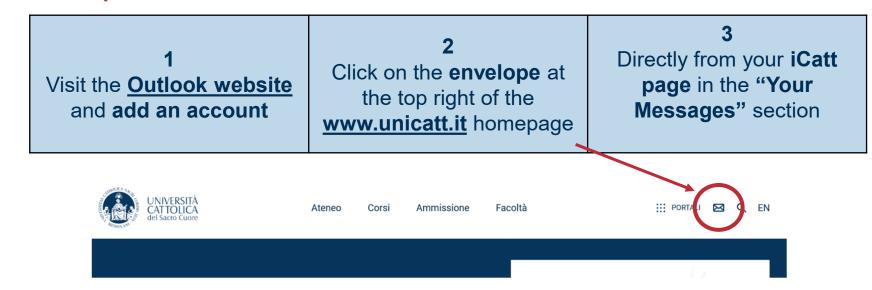


Your @iCatt email account



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

How do I access my iCatt email account? Three options:



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 this page.

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





Life in Milan

- Transport
- Mobile sim card
- General safety tips
- Food and drink
- What to see in Milan
- A brief Italian lesson
- Come to tomorrow's cultural
 orientation session for more on Italian
 Culture

Public transport: "ATM"

The basic fare that can be purchased is the 3 zones (Mi1-Mi3).

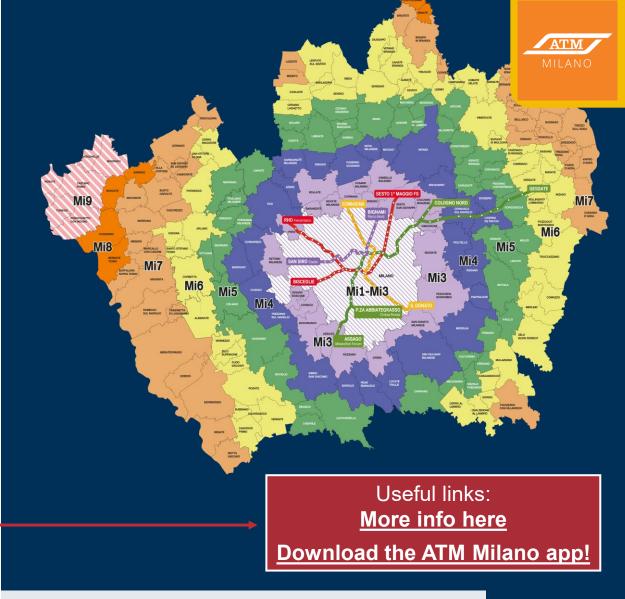
Costs for Mi1-Mi3 (Includes metro, bus and tram)

- 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
- Weekly pass and two-day passes are also availbale

Check how to apply for you atm card here! If you want to top up the card for the current month, it must be done before the 20th.

You must book an appointment either on the app or by going to the ATM point.

Be aware of public transport strikes.
Use the ATM app for updates and also to buy virtual tickets



ATTENTION: Always **validate** your ticket when you get on a bus/tram/metro.

Paper ticket: Insert the ticket in the Metro station turnstile barrier (buy it from the machine in the metro or from the Tabacco shop)

Virtual ticket: Buy a ticket on the ATM Milano app and scan the QR code (only scan on the metro; no need to scan on bus and tram)

Contactless bank card (Metro + buse/tram): Tap your contactless bank card to enter (and exit the metro)

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).





Ridemovi

mobike



<u>Lime</u>



TIER





<u>BikeMi</u>

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

Taxi service

White taxis:

They generally accept card but ask the driver first

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

Taxi apps:

Put your bank details into the app and pay online for the journey you take.



Mobile Sim card

The main mobile companies in Italy are: Vodafone, TIM, Wind3, Iliad

Check online for the best deal for you!



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.

A brief Italian Lesson (Una breve lezione)

Hello → Buongiorno / Salve (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')

You're welcome! → Prego

Have a nice day! → Buona giornata!

TIP: Pronounce every vowel in the word

Buongiorno, mi chiamo...

Posso avere un'informazione?

Vorrei sapere dove è l'ufficio immigrazione.

Grazie e buona giornata!



General Safety Tips

Milan is a relatively safe city! Just some things to remember...

- Pickpockets be aware 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
- Avoid putting your bag on the back of your chair when out in public
- Don't leave your **phone/wallet** on the table in bars –
 be careful of the 'paper trick' thieves
- Keep your important documents (e.g. Passport) safe at home, and make sure you have scans or copies of them.
- Don't walk home alone late at night if you can avoid it call a taxi. Download a taxi app today.

EMERGENCY SERVICE NUMBER: 112 or 911

(Police, Ambulance, Fire Department)

General Tips

- Be aware of your surroundings: safety, culture, appropriate behaviour
- If you visit a church, cover shoulders and knees and remove hats
- Appropriate clothing is expected at University: watch and learn from local students
- 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>International Women of Milan</u>
- Don't forget to relax and take time for yourself. Your wellbeing is important. Study abroad burn-out isn't fun.

Speak to us if you want to discuss anything! We are here for you.



f facebook.





Food and Drink

- Payment system varies in bars and restaurants (In the bar: usually pay first at the cashier and 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 market for an authentic Italian grocery shopping experience

Google search when and where your local market is! (Closest to the University is Viale Papiniano: Tuesday morning and Saturday all day)

Typical breakfast at the bar: cappuccino and cornetto (also called brioche) or *croissant*)



Check out this article for more tips!

YesMilano: your guide to the city

YESMILANO



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 click here

YesMilano helps students with bureaucratic steps in Milan including:

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



On the same theme









What to see in Milan (and nearby)

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/ Day Trips (close to Milan):

- Como
- Lake Como
- Lake Garda
- Brescia
- Cremona
- Bergamo
- Varese

Weekend Mountain Breaks:

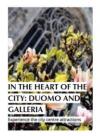
- Piani di Bobbio
- Pila
- Presolana Montepora
- Aprica
- Valmalenco
- Montecampione
- Pontedilegno-Tonale

article for a guide of Milan!

Check out this

For any other info you may need, visit **YesMilano**









Get connected with fellow students



Help International students in Milan have an unforgettable experience.

Buddy Programme



Get connected with Cattolica students.



Up next...

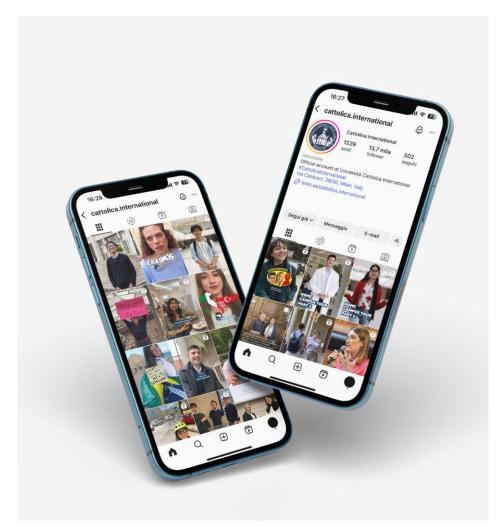
- International Reputation Team
- Sports at Cattolica
- Studium Musicale d'Ateneo
- Erasmus Student Network (ESN)

International Reputation Team



Follow us on Instagram!









Sport in Cattolica



@cus_cattolica

Studium musicale di Ateneo



Thank you for listening

What's Next?

- International students info point
- ESN card sign-up
- Aperitivo buffet: 6pm in the caffeteria!