



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore

# Welcome International Students!



# Welcome to Italy!



**Léa Senn**

*Associate Director  
International Education*

# Summary

- International Student Services Team
- Agenda
- Cattolica Curricula
- University Buildings
- Campus Services
- Permit of Stay
- Useful Apps and Websites
- Life in Milan

# The International Student Services Team



**Francesca De Martini**  
Team Coordinator



**Alicia Quijano**

- Short mobility programmes
- Buddy – Mentor Programme
- Isep Coordinator



**Laura Ferrari**

- Academic Curriculum courses
- Italian Language courses



**Martina Peretti:**

- General inquiries
- Double Degree



**Olivia Menghini**

- International Curriculum courses

# Contacts



**Email:**

[international.advisor@unicatt.it](mailto:international.advisor@unicatt.it)



**Phone:**

(0039) 02 7234 5801 (Extension: 2)



**Office:**

Via Carducci, 30 - 3<sup>rd</sup> Floor.

**Follow the blue arrows on the floor!**



**Office hours:** Monday - Friday

Morning: 9.30 am - 12.30 pm

Afternoon: 2.30 pm - 5 pm



Make sure to regularly check  
and **BOOKMARK** the  
**Welcome to Cattolica page**  
for up-to-date information!

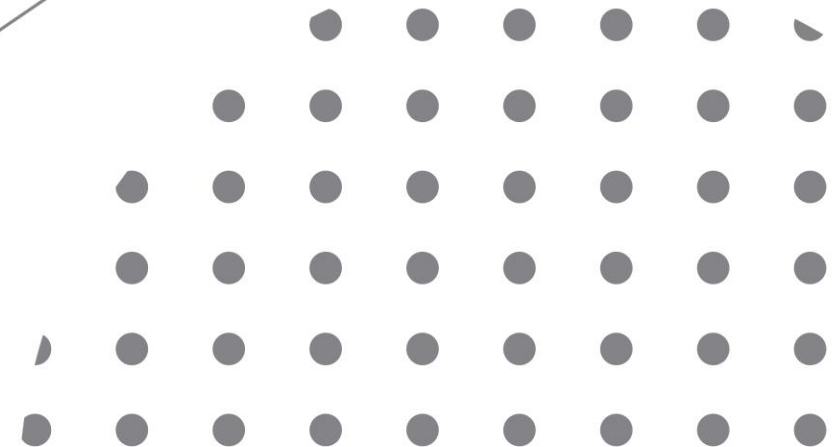
# Agenda | Tuesday, 14 February |

WHEN	WHERE	WHAT
2.30 pm - 3.00 pm	Aula Magna	Welcome Address
3.00 pm - 4.15 pm	Aula Magna	Presentation of Campus Services and Life in Milan, Safety, International Reputation Team Presentation, Studium Musicale di Ateneo, ESN presentation
4.15 pm - 6.00 pm	Cloister	ESN membership registration; International Student Services info point; MIL Service info point; Studium Musicale di Ateneo; International Reputation info point; University guided campus tours - every 20 minutes from 4.15 pm to 6.00 pm by Erasmus student network representatives. Meeting point is located outside Aula Magna.
6.00 pm - 7.00 pm	University Cafeteria (via Necchi, 9)	Welcome aperitivo buffet



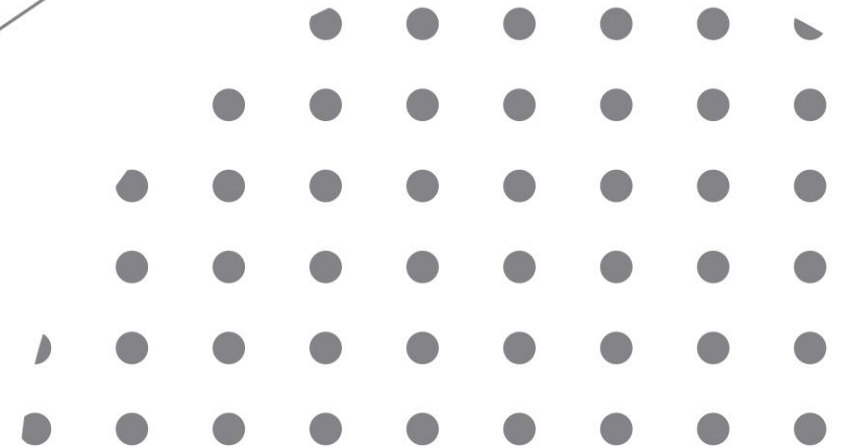
# Agenda | Wednesday, 15 February |

WHEN	WHERE	WHAT
10.30 am - 11.30 am	G.A03 Franceschini	Session on Cattolica International Curriculum
12.00 am - 12.30 pm	G.A03 Franceschini	Session on Italian Language Course
2.00 pm - 3.30 pm	G.A03 Franceschini	Session on Cattolica Academic Curriculum (the session will be held in English language)



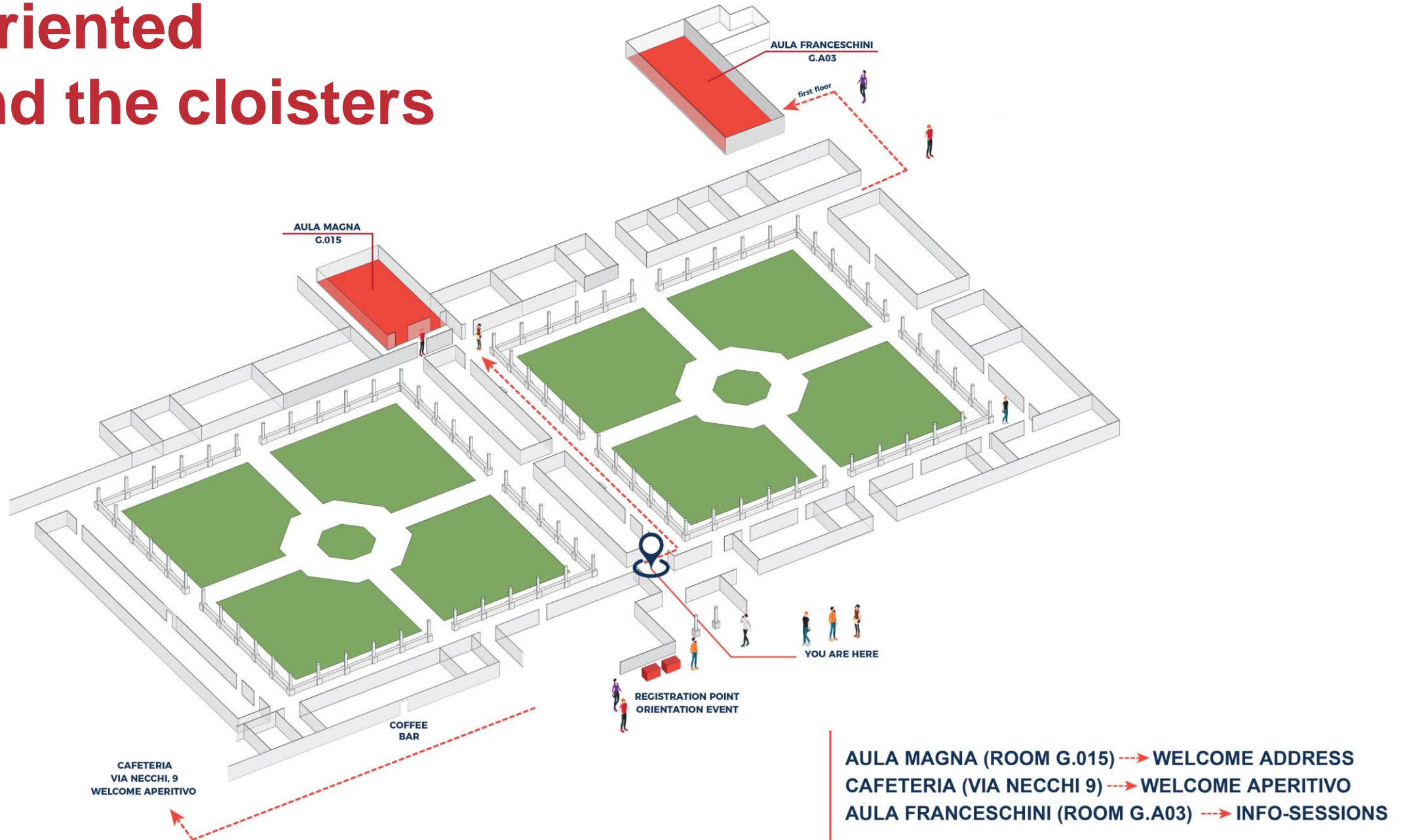
# Agenda | Thursday, 16 February |

WHEN	WHERE	WHAT
09.30 am - 10.30 am	G.A03 Franceschini	Info session on Cattolica Academic Curriculum (the session will be held in Italian language)
12.00 pm - 1.00 pm	Online	Q&A virtual session





# Get oriented around the cloisters



# Cattolica Curricula

<b>International Curriculum</b>	<b>Academic Curriculum</b>
<p>Only international students on exchange/study abroad can select. If you didn't select it during enrolment, you <b>can't</b> select it now.</p> <ul style="list-style-type: none"><li>Finalise your courses during the Add/Drop</li></ul>	<p>'Regular' Cattolica students AND international students can select.</p> <ul style="list-style-type: none"><li>You can select these courses until March 31</li></ul>
<p><b>Info session: Wednesday, 15 February</b> <b>10.30 am to 11.30 am: <a href="#">G.A03 Franceschini</a></b></p>	<p><b>Info session: Wednesday, 15 February</b> <b>2.00 pm to 3.30 pm: <a href="#">G.A03 Franceschini</a></b> (the session will be held in <b>English</b> language)</p>
<p><b><a href="#">International Curriculum Page - Spring 2023</a></b></p>	<p><b>Info session: Thursday 16 February</b> <b>09.30 am to 10.30 am: <a href="#">G.A03 Franceschini</a></b> - (the session will be held in <b>Italian</b> language)</p>
<p><b>Speak to:</b> Francesca De Martini, Olivia Menghini</p>	<p><b>Speak to:</b> Laura Ferrari</p>

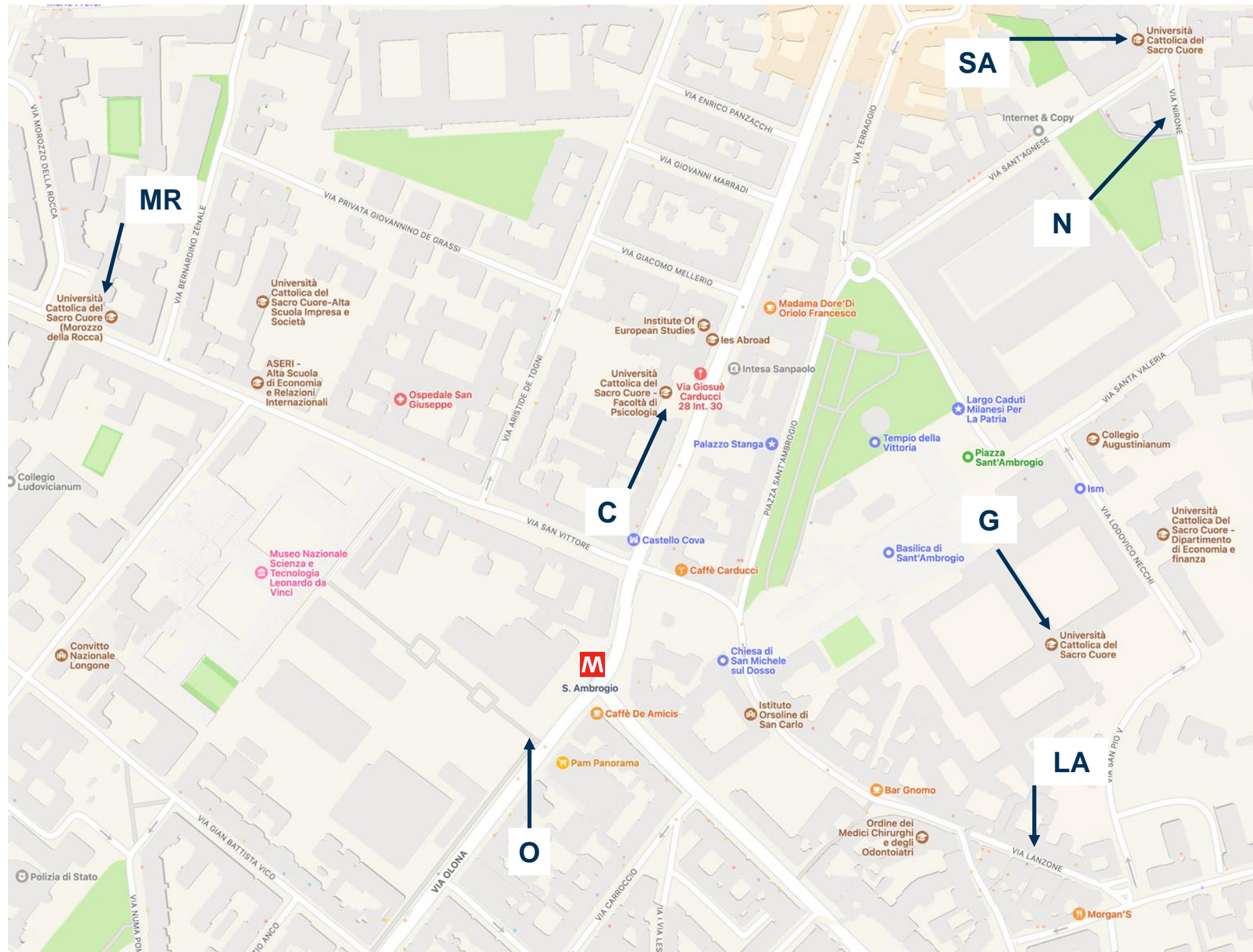
# University Buildings

Your courses may be held in various buildings!

## Buildings Index:

- **G** = Gemelli (Main Campus – Largo Gemelli)
- **C** = Carducci (Cattolica International Building)
- **MR** = Morozzo della Rocca
- **SA** = Sant’Agnese
- **N** = Nirone (Via Nirone)
- **LA** = Lanzone (Via Lanzone)
- **O** = Olona (Via Olona)

Example: C.311 = Carducci building - 3<sup>rd</sup> Floor - Room 311



# Main Campus (Largo Gemelli) Map



**Gemelli Campus Hours:**  
Mon – Fri: 7.45 am – 8.00 pm  
Sat: 9.00 am – 6.00 pm

# Italian Food 101

*Antipasto*  
(Appetizers)



*Primi Piatti*  
(First Courses)



*Secondi Piatti and Contorni*  
(Second Courses and Side Dishes)



# Cafeteria (Mensa)

## Locations

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

## Prices

- Complete meal: €7,70
- Lunch meal: €5,00

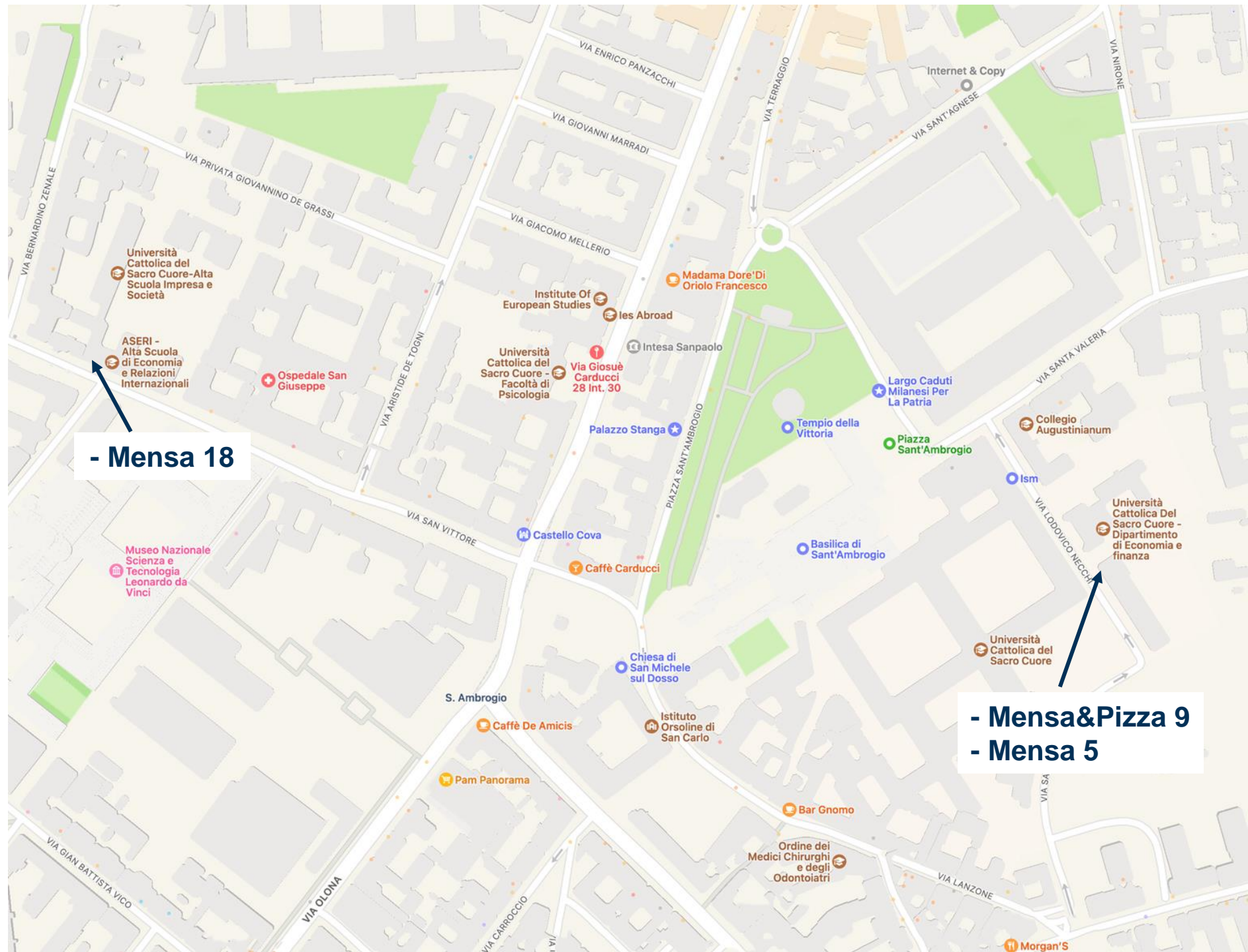
## Payment

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

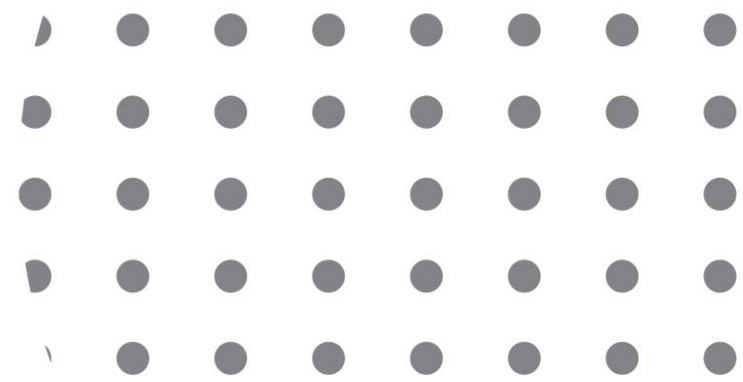
Learn how to top-up your card in [this video](#)

## Opening Hours

From 11.30 am until 3.00 pm.  
For more specific opening times, check online!



# Meal Formula



**COMPLETE MEAL**  
First Course  
Second Course  
Side Dish  
Fruit  
Bread  
Drink (free refill)

€7,70

**LUNCH FORMULA 1 MEAL**  
First Course  
Side Dish  
Fruit  
Bread  
Drink (free refill)

€5,00

**LUNCH FORMULA 2 MEAL**  
Second Course  
Fruit  
Bread  
Drink (free refill)

€5,00

**LUNCH FORMULA 3 MEAL**  
Second Course  
Side Dish  
Bread  
Drink (free refill)

€5,00

**BASIC PIZZA**  
A Slice of Pizza  
Fruit  
Drink (free refill)

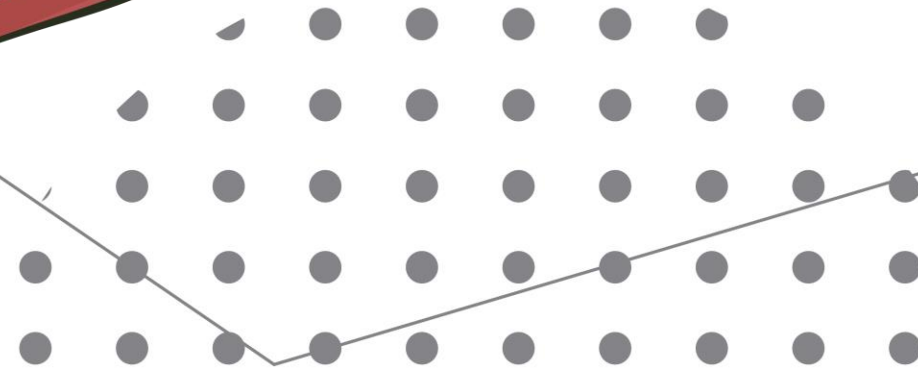
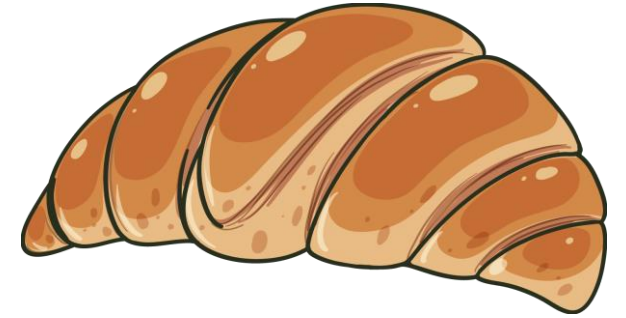
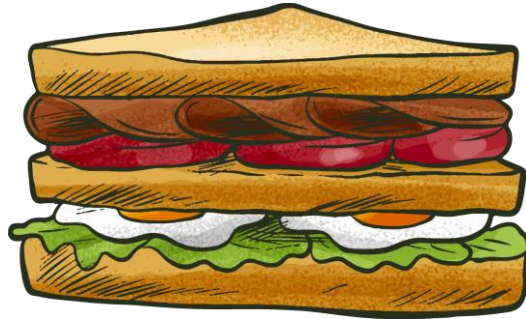
€4,50

**BASIC PIZZA**  
A Slice of Pizza  
Fries  
Drink (free refill)

€4,50

# Coffee Bars

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





# Printing & Photocopying

WHAT	WHERE	HOW
Printing Shops	<b>Fotocopie Elicopie</b> (Via Carducci, 37) <b>Galleria Borella</b> (Galleria Borella)	Search « <i>fotocopisteria</i> » in google maps to find the one nearest to you
Printing Machines	<b>On Campus</b> (one also at Carducci building 3 <sup>rd</sup> floor)	<b>Using your Student ID Card</b> in the Services and Opportunities Section of your iCatt page, you will find instructions on how to use your Student ID Card to print, copy and scan documents. (minimum amount to load on is €5)** A4 black and white x1 = €0.035 A4 colour x1 = €0.30
<b>Ufficio Fotoriproduzioni</b> University printing office	<b>Main Campus</b> (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

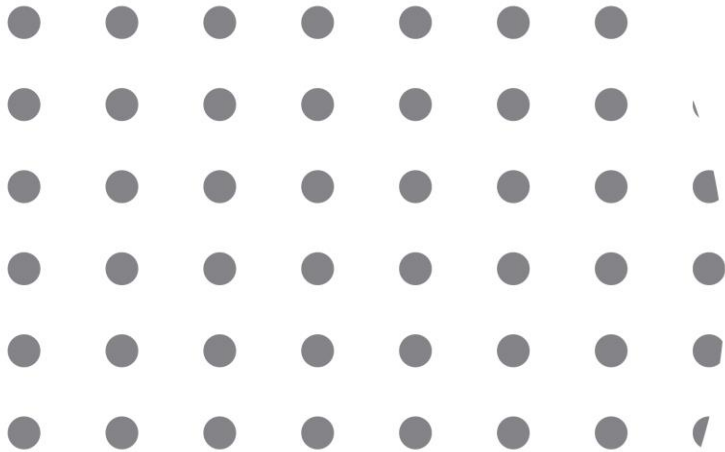
# Main Library

## Opening hours:

Monday – Friday : 8.00 am – 8.00 pm

Saturday: 9.00 am – 6.00 pm

Book your spot on **Affluences**  
(more on this later)



# Health Centre

## General Doctor

- No appointment required (free access)
- Free visits
- Visits hours: Mon - Thur - Fri → 9.00 am – 4.45 pm | Tue – Wed → 1.00 pm – 4.45 pm
- English and Italian speaking doctor
- Location: Main campus, Dominicanum Building, 1st floor

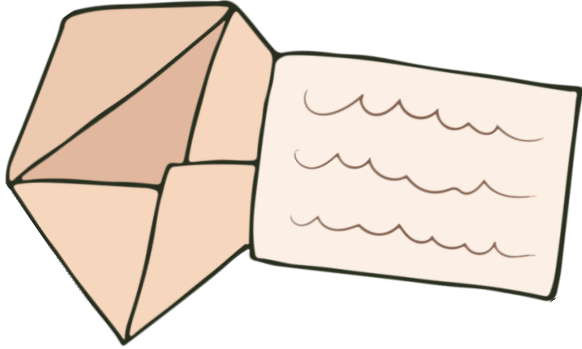
## Specialist Visits (Dermatologist and Nutritionist)

- Appointment required (call 02 7234 2217)
- Cost: €50 (only with credit or debit card)
- Italian speaking doctor

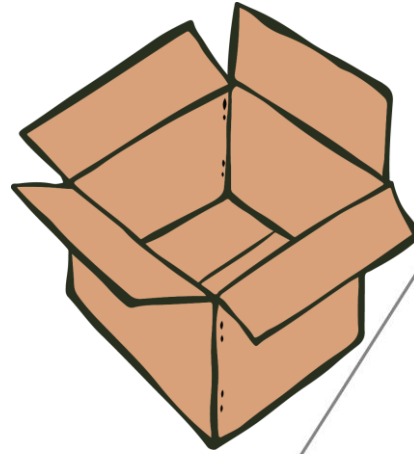
## Psychologist

- Appointment required (send an e-mail to: [consulenza.psicologica.dsu@educatt.it](mailto:consulenza.psicologica.dsu@educatt.it))
- Cost: first visit €30; from the second visit €50
- English and Italian speaking doctor

# Mail & Letters



If you need to receive **mail**, you can have it sent to the Carducci building (**ONLY LETTERS. NO PACKAGES**). We will notify you when we will receive your mail.



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.

## SHIPMENT 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 for more information and to make an appointment

# 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, let us know!

A form titled "RICHIESTA DI RILASCIO/RINNOVO DEL PERMESSO/CARTA DI SOGGIORNO PER CITTADINI STRANIERI". The form is white with a yellow vertical bar on the left side. It includes a logo for "AMICO" (Ambasciata Multiculturali Immigrazione) and a box for "Tariffa Euro 30,00". The form has fields for "Al Signor Questore di", "CAP", "LOCALITÀ", and "PR". At the bottom right, it says "Centro Servizi - CSA VIALE TRASTEVERE 191 00153 ROMA RM".

We strongly advise you to WATCH THIS VIDEO that provides step-by-step guidance on how to complete the Permit of Stay documents

# Tax/Fiscal Code (*Codice Fiscale* - CF)

Your Tax Code is usually required for rental contracts and some online purchases including your public transport travel card.



You have already received a Fiscal Code from Cattolica that is ONLY to be used to reset your iCatt/email password.

If you have not received your **official** Tax/Fiscal Code from the Agenzie delle Entrate (Italian Tax Authority) yet, you can find out how to get it directly online at these links:

<https://www.yesmilano.it/en/articles/how-get-italian-tax-code-codice-fiscale>

<https://international.unicatt.it/ucscinternational-8602.htm>

# Useful Apps and Websites



## iCatt

Personal student page  
([Website](#) or [Android](#) | [Apple](#))



Blackboard

## 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





# 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.

## 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”)

### Note:

If you forget your password, click ‘forgotten password’ and use the *codice fiscale* that was sent to your email address just before you started your application to Cattolica

# iCatt Page (Website)



Student name and surname  
student ID number will be  
shown here

UNIVERSITÀ CATTOLICA del Sacro Cuore



English

Italiano

Home Page

Online registrar

Services and opportunities

Help

## PERSONAL DETAILS

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
:		

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](#)

# iCatt App

Download the **iCatt App** to:

- check information about courses
- schedules and classrooms
- real-time updates about suspended and re-scheduled lessons
- view available exam call dates and register for exams (**Academic curriculum only**)



# 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 ways:

Directly from your <b>iCatt page</b> in the “ <b>Your Messages</b> ” section	Click on the <b>envelope</b> at the top right of the <a href="http://www.unicatt.it">www.unicatt.it</a> homepage	Visit the <a href="#">Outlook website</a> and <b>add an account</b>
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All Cattolica official communications related to courses will be directed 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

# Blackboard



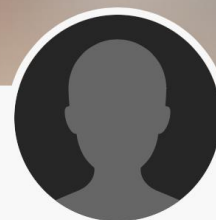
Blackboard

Blackboard is the platform for accessing course materials, course content, assignments etc.. You can access Blackboard directly from your iCatt page by clicking on **Access Blackboard**.

The screenshot shows the iCatt website interface. At the top left, it says "UNIVERSITÀ CATTOLICA del Sacro Cuore" and "iCatt". On the right, there are language options for "English" and "Italiano". Below the header, there are navigation links: "Home Page", "Online registrar", "Services and opportunities", and "Help".

The main content area is divided into several sections:

- PERSONAL DETAILS**: A section for user profile management with links for "Manage your profile" and "Modify your data".
- ATTENDANCE LIST**: A section with a message: "Check when you are authorized to access the University. To express your preferences, please use the iCatt mobile App." and a "VIEW" button.
- REGULATIONS OF THE UNIVERSITY**: A section with a link for "Code of Ethics and whistleblowing procedure to the Supervisory Body" and a paragraph of text: "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." Below this is a link for "ACADEMIC REGULATIONS".
- YOUR MESSAGES**: A section with a table of messages. The table has columns for "Date", "Topic", and "Subject". Below the table are navigation controls (including a page number "1" in a blue box) and a "5 items per page" dropdown. There are also buttons for "REQUEST FOR INFORMATION" and "ARCHIVE".
- LINK BLACKBOARD COURSES**: A section with a link labeled "Access Blackboard" which is circled in red. A red arrow points from the text in the main heading to this link.
- INFO COVID-19**: A section with a link: "Useful information is also available on the website at page Covid-19 emergency update".



## 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	<a href="#">Stream notifications</a> <a href="#">Email notifications</a> <a href="#">Push notifications</a>

**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

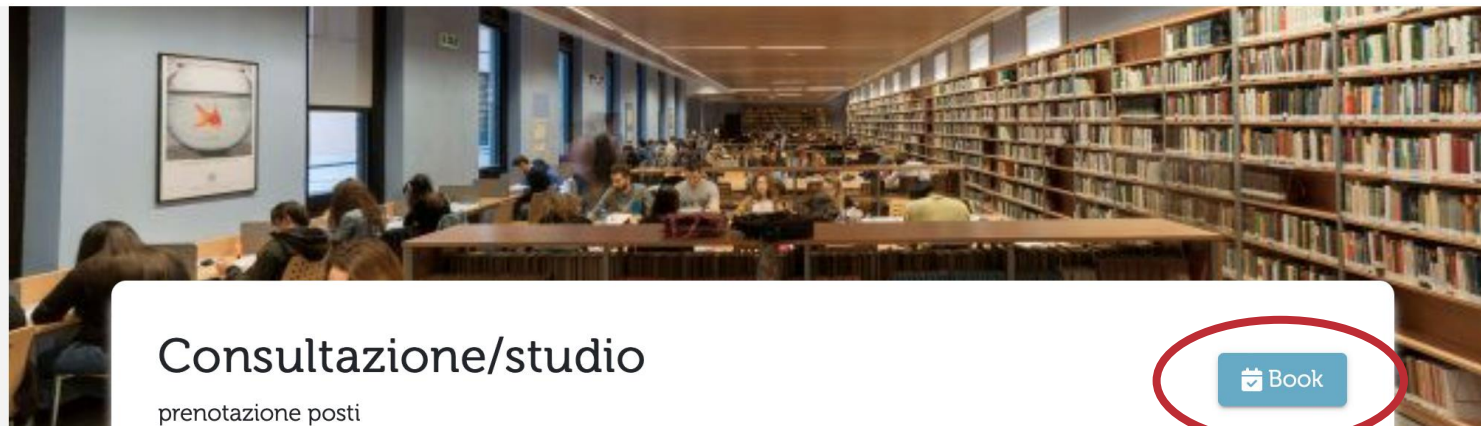
Click on «**Consultazione/studio**»

Click on «**Book**»



English ▶

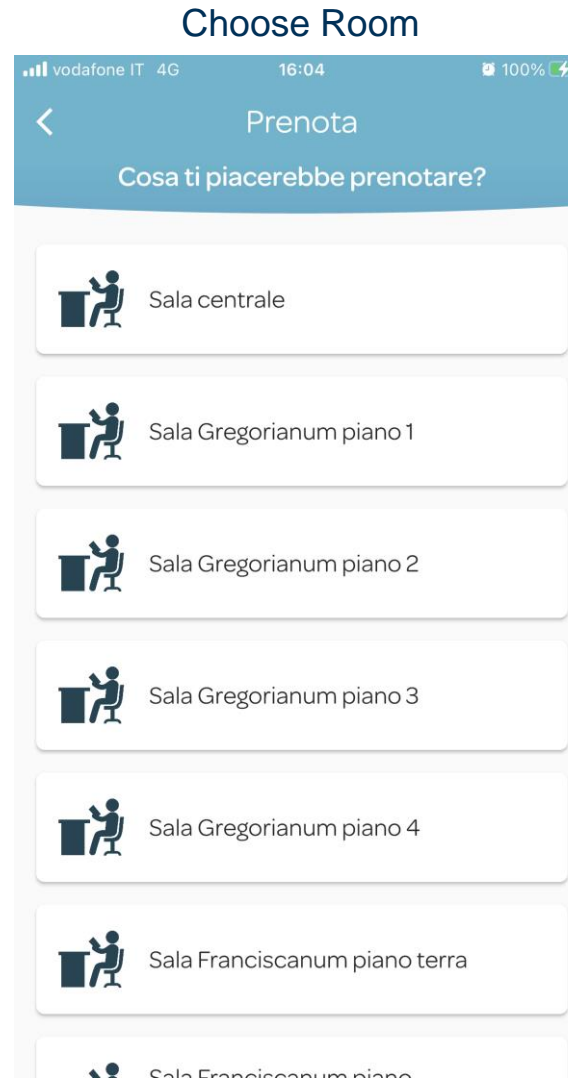
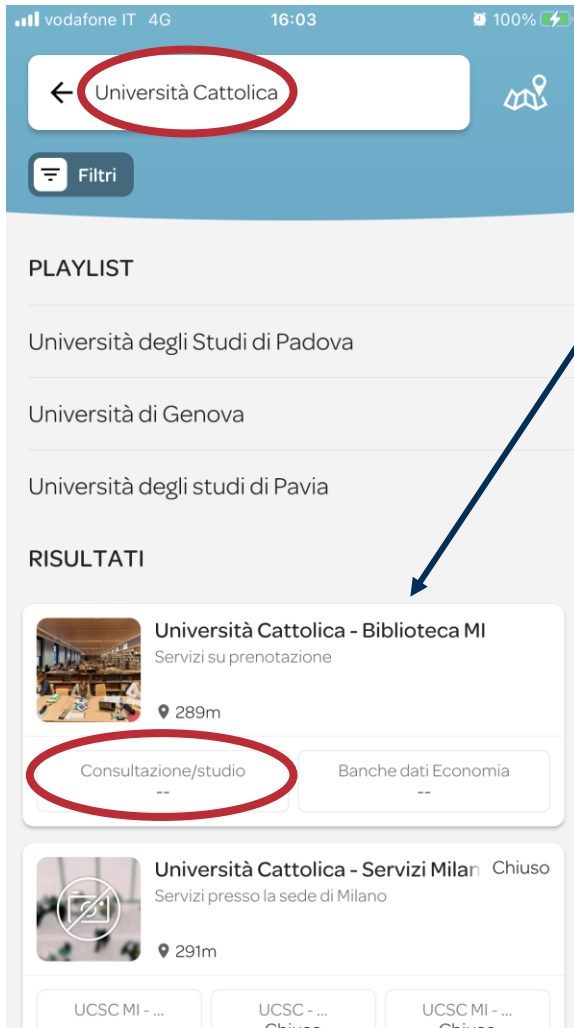
Institutions / Libraries / Università Cattolica - Biblioteca MI / Consultazione/studio



# Affluences (App)



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



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





# Cattolica WiFi Connection



search for the network  
**“wifi-unicatt”**



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



# Life in Milan



- A brief Italian lesson
- Public transport
- General safety tips
- Food and drink
- What to see in Milan

# A Brief Italian Lesson (*Una breve lezione*)

Hello → **Buongiorno** (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**

Excuse me → **Permesso** (asking for permission to pass/enter)

I would like → **Vorrei**

Could I have...? → **Posso avere...?**

How much does it cost? → **Quanto costa...?**

Where is...? → **Dov'è...?** ('Dov-ay...?')

Thank you → **Grazie** ('gra-tz-ee-ay')

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!*

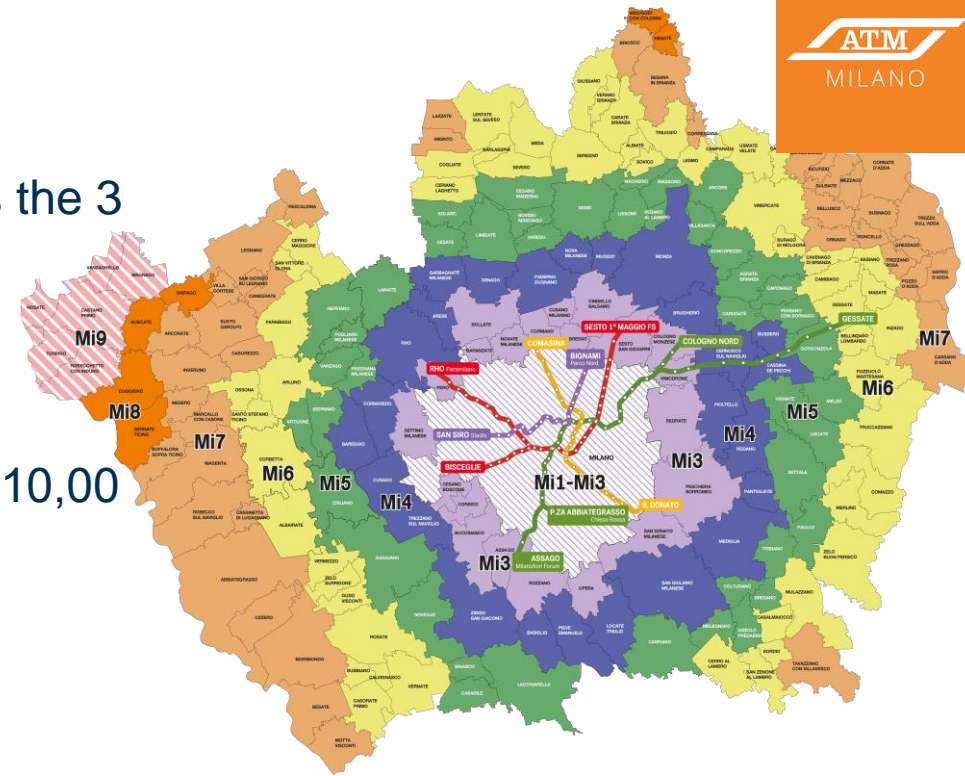
# Public Transport: “ATM”

Milan is divided in zones. The minimum fare that can be purchased is the 3 zones (Mi1-Mi3). **You can't buy tickets directly on transports.**

## Costs for Mi1-Mi3:

- **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 (valid on metro, bus, tram)
- Weekly pass and two-day passes are also available

[Check how to apply for you atm card here!](#)



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

Useful links:  
[More info here](#)  
[Download the ATM Milano app!](#)

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

**Paper ticket:** Insert the ticket in the machine

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

**Contactless bank card (Metro only):** Tap your contactless bank card to enter and **exit**

# Bike Sharing

Cycling is an enjoyable, environmentally-friendly and practical way to travel around the city.  
(only use cycle lanes or the road – never the sidewalk)

**Freefloating Bike Rentals** (available throughout the city. Use their apps to access the service):



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



**Parking-based Bike Rentals** (available at designated parking spots or safe places on the pavement):



# Taxi Service

- **White taxis** are generally cheaper than **UBER**
- They generally accept **cards** 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**
- Download one of these **Apps**:



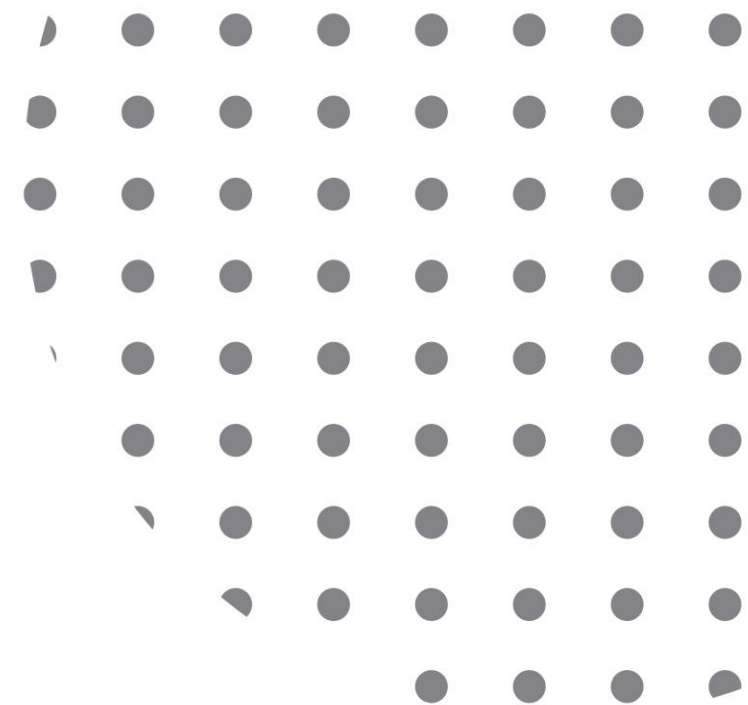
Freenow



ItTaxi



InTaxi



# Mobile Operators

Once you get your Tax Code, you can also get a mobile SIM card.

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

Check online for the best deal for you!



# General Safety Tips

- Be very aware of **pickpockets** at train stations, metro stations and on public transport
- 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
- If you're getting home late, **don't walk home alone** if you can avoid it - call a taxi

**EMERGENCY  
SERVICE NUMBER:  
112 or 911**  
(Police, Ambulance,  
Fire Department)



# General tips

- 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
- Speak to us if you want to discuss anything!



# 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:** 12.00 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)



Check out [this article](#) for more tips!



Duomo di Milano



Piazza Gae Aulenti



Brera



Navigli



Parco Sempione/Arco della Pace



Lake Como

# What to see in Milan (and whereabouts)



## Parks:

- Parco Sempione
- Parco Solari (including indoor swimming pool)
- BAM - Biblioteca degli Alberi Milano
- Giardino Indro Montanelli
- Boscoincittà
- Parco Lambro

## Monuments:

- Duomo di Milano
- 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 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

For any other info you may need,  
visit [YesMilano](https://www.yesmilano.com)

Check out [this article](#) for a guide of Milan!

# YesMilano

Your Guide to the City

[YesMilano](#) helps students with bureaucratic steps in Milan including:

- Requesting the Tax/FiscalCode (Codice Fiscale)
- Permit of stay
- Getting a public transport card
- Any other issue!

New to the city?  
Need assistance with  
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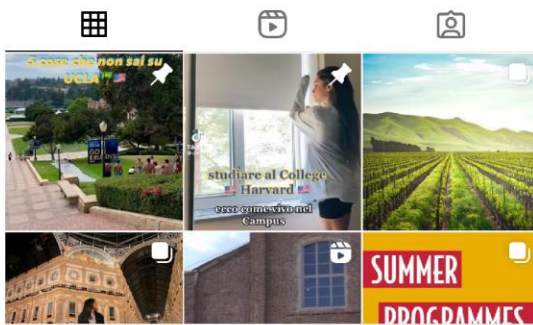
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