



## Orientation Guide - Rome Campus

A genuine experience



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore

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# Welcome to Cattolica

Once you are enrolled at Cattolica, Manuel, Aldo and Laura will soon become your advisors, mentors and friends. The International Student Services (ISS) team is not only responsible for promoting the attractions and benefits of Cattolica, but they are also there for the duration of your time at Cattolica. And beyond.

International students can be faced with many challenges, so whether your need or concern relates to your studies, accommodation or experiences, the team's mandate is to be both the first port of call and in the vast majority of cases, to provide an answer. The team will help you have a happy and successful time in Rome.

To contact the International students advisors, write to  
@: [international.inquiry@rm.unicatt.it](mailto:international.inquiry@rm.unicatt.it)  
[sdast@rm.unicatt.it](mailto:sdast@rm.unicatt.it)



*My experience at Cattolica was unique, one that will never be matched.*

## Studying @ Cattolica

Studying at Università Cattolica can be an exciting and challenging experience, as well as an opening to your social and cultural horizons.

Every semester, UCSC International spreads the Cattolica welcome to all international students who call their home 'my Cattolica' for a certain amount of time.

Cattolica hosts different types of international students, whether they are visiting for a short-term period (Summer, Study Abroad and Exchange) or long term (Degree-seeking).

### **Study Abroad and Exchange Students**

The formal definition of Study Abroad and Exchange is a semester or one year spent in another country, where

participation in the program can contribute to credits towards the home institution degree. However, study abroad and exchange experiences offer much more. They represent a once-in-a-lifetime opportunity to immerse oneself in another culture, society, language, and environment; to make new friends and to benefit from different styles of teaching, whilst continuing to study.

### **Degree-seeking students**

Degree-seeking students enroll in a Degree Program, *corso di laurea*, and receive a degree certificate issued by Università Cattolica at the end of their study period.





# Bureaucratic procedures

## Residency Permit, *Permesso di Soggiorno* (non-EU only)

Within eight (8) days of your arrival in Italy non-EU students are required to submit the application for a residency permit, *Permesso di Soggiorno*. You will thus need to present the following documents:

- Passport, photocopies of the following pages: personal data and VISA
- VISA documentation and any letter issued and stamped by the Italian Consulate from your home country (make additional photocopies)
- A certificate of enrolment/Admission Letter issued by Università Cattolica
- Photocopy of health insurance coverage
- A revenue stamp, *marca da bollo* valued at €16 (this can be purchased at any tobacconist stores, *tabacchi*, marked with a large "T")

The residency permit administrative costs will be total of €155 (to be paid in cash only). After submitting the required form to the post office, the residency permit will be issued by the Police. Detailed information will be given during the orientation event. You must keep the receipt of your application.

## Health insurance

In order to apply for the *Permesso di soggiorno* **non-EU Citizens** must possess health insurance which covers costs related to medical treatment and admissions to hospital. If you have not purchased one before departure you can buy an Italian National Health Insurance called INA Assitalia. Further details will be provided during the Orientation Event

## Codice fiscale

The Italian tax code, *codice fiscale*, is an identification number issued by the government to citizens and foreigners residing in Italy. This number is necessary to access public and sometimes private services. This number may come in handy if you wish to purchase a cell phone service, open a bank account, or rent an apartment with a regular contract.

Degree-seeking students are required to get their *codice fiscale*. The *codice fiscale* is free and is issued by the *Agenzia delle Entrate*.

If you are a EU Citizen, or from one of the following countries: Andorra, Argentina, Australia, Bolivia, Brazil, Brunei, Canada, Chile, China (Hong Kong and Macao only), South Korea, Costa Rica, Croatia, Ecuador, El Salvador, Guatemala, Honduras, Israel, Japan, Mexico, Monaco, Nicaragua,

New Zealand, Panama, Paraguay, San Marino, Singapore, USA, Vatican, Venezuela, you only need to bring your passport; otherwise you must bring your passport and your residency permit receipt.

At the *Agenzia delle Entrate* you will be asked to fill out a specific form in order to be issued your *codice fiscale*.

## How to open a bank account

The requirements to open a bank account are as follows:

- To be at least 18 years old
- To have a valid ID
- To have an Italian tax code, *codice fiscale*
- Not to have gone bankrupt

Most banks are open from Monday to Friday, from 8.30am to 1.30pm, and from 3.00pm to 4.00pm.





## Student services

At Università Cattolica, international students should never fear being alone. For many years we have invested in a range of services which ensure that our international visitors are fully supported.

From the moment you arrive, our objective is to guarantee that the unique Cattolica welcome is there for you.

### Student card

Your student card allows you to access all Università Cattolica services. It is an identification document, so bring it with you whenever you are in the university area. The first issue is free of charge.

### Library

Our library reflects many aspects of the world's best practices through its methods of cataloging and enabling students to access materials. Your

UCSC student card will allow you to study at the library. More detailed information is available on your i-Catt page (Services and Opportunities).

### Money withdrawal (ATM)

If you need to withdraw money (cash) you have to look for a *Banco-mat*. You will find a Unicredit ATM close to Cafeteria.

### Cafeteria

With your student card you have access to several dining halls, *mensa*, on campus.

### Prices

- Full meal: €7.75
- Lunch meal (you have to choose between first course or second course): €5

### Opening hours:

Mensa&Caffè.23 - Polo Giovanni XXIII

- Monday to Friday:  
Lunch from 12.00pm to 3.00pm  
Dinner from 6.00pm to 8.00pm

Mensa.21 (Sala Colonne)

- Monday to Friday:  
Lunch from 12.00pm to 3.00pm

Mensa at Policlinico

- Monday to Sunday:  
Lunch from 12.00pm to 3.00pm  
Dinner from 7.00pm to 8.15pm
- Saturday:  
Lunch from 12.30pm to 1.45pm  
Dinner from 7.00pm to 8.15pm

Discounted rates are available according to the income bracket: For the subscription which is valid for the entire period of your course (6 years) you will be required to pay a

fee. The cost may range from 30€ to 60€ according to the income bracket.

For more information visit the Educatt home page at the following link: [educattunicatt.it/educatt-ristorazione-servizi-di-ristorazione](http://educattunicatt.it/educatt-ristorazione-servizi-di-ristorazione)

### Health Centre

There is a Health Centre on campus which provides all registered students with medical care and psychological counselling. If you require medical assistance, contact the Educatt Office to arrange an appointment with the Health Centre

### EDUCatt

University Residence Nuovo Joanneum  
Largo F. Vito, 1 00168 - ROMA  
Tel. 06.3050120  
E-mail: [info.m.dsu@educatt.it](mailto:info.m.dsu@educatt.it)



### Opening hours (Health Centre)

Mondays 1.30 pm - 4.30 pm

### "A. Gemelli" Hospital

If you require more serious medical assistance you will need to visit the Hospital. Remember to always bring a copy of your health insurance.

Always inform the International Student Services and they can arrange an English speaking assistance if needed.

> [www.policlinicogemelli.it/Repartiaspx](http://www.policlinicogemelli.it/Repartiaspx)

## How to reach us upon arrival

### DEPARTING THE AIRPORT

From "LEONARDO DA VINCI" International Airport (Fiumicino, Rome)

- Leonardo Express trains take you directly to the city's main train station, Termini. They leave the airport every 30 minutes from 6.36am-11.36pm The journey takes 30 minutes and the tickets cost 14 euros.
- The FM1 Suburban Train (Fiumicino - Fara Sabina/Orte) from the airport to several downtown train stations (about 30 min, price 5,00 Euros). The service runs from 5.57am-11.27pm with a train leaving every 15 minutes, except on Saturdays and Sundays. Weekend trains run every 30 minutes. Get off and change at Roma Trastevere or Roma Ostiense Stations;
- From Trastevere/Ostiense stations take the FM3 Train Service (Roma Ostiense - Cesano/Viterbo), towards Cesano Viterbo. Get off at Gemelli Station.

To reach the airport train station follow the indications in the airport arrivals hall. Train tickets are sold at the station counter and at automated machines. You can pay with cash or by credit card. Alternatively, you can buy the tickets on-line

From "CIAMPINO AIRPORT" (Rome)

- To get to Rome city centre from Ciampino airport (CIA) you can catch a bus (Cotral) at the airport to the Underground (Metro) Line A station in Anagnina. From there, you can take the underground to Termini (about 30 minutes). You can use the same ticket for buses and the underground. The ticket costs 1.50 euros (valid for one Metro ride or 75 minutes on all buses). Buses leave every 40 minutes from 6.00am-10.40pm. Direct bus services from Ciampino to Termini station are also provided by several bus companies (SIT, Terravision, Schiaffini). Tickets can be bought at the airport (4.00/4.50 euros). [www.adr.it/pax-cia-autobus](http://www.adr.it/pax-cia-autobus)

- Alternatively, you can catch the bus (1.50 euros) to Ciampino railway station and board a train (1.30 euros) to Termini station (15 minutes).

FROM Rome "TERMINI" Central Railway Station

- The Underground Train (Linea A, towards Battistini). Get off at Valle Aurelia Station;
- From Valle Aurelia Station, take FM3 Train (Roma Ostiense - Cesano/Viterbo), towards Cesano Viterbo. Get off at Gemelli Station

ATAC ticket-offices: are located at the metro stations of

- BATTISTINI

- CORNELIA
- OTTAVIANO - SAN PIETRO
- ST.PETER
- LEPANTO
- FLAMINIO
- SPAGNA
- TERMINI
- ANAGNINA.

### TAXI

The cost of a taxi ride from Fiumicino Airport to the city centre (within the Aurelian Walls) is 48 euros.

The cost of a taxi ride from Ciampino to the city centre (within the Aurelian Walls) is 30 euros.



## Accommodation in Rome

Cattolica's student housing options are various. EDUCatt (Assistance and Financial aid Organization for the students of Università Cattolica del Sacro Cuore) offers housing solutions both on and off campus.

### On campus dorms:

The on campus dorms are made up of shared or single rooms, bathroom, shared living room space and a kitchen on each floor, with easy access to classes, campus facilities and availability of internet access. Students who live on campus are involved in many activities.

Living abroad, far away from the family can be very difficult sometimes, this is why our aim is to make every student's campus living experience a significant and positive experience.

Living and dining on campus has great benefits. It offers a variety of support services to assist in the transition from living at home to being on their own, creating inclusive environments where all students feel supported.

The two on campus dorms are:

- Nuovo Joanneum (for male students only) € 4,200 per year
- San Luca Barelli (for female students only) € 4,400 per year

### Off-campus:

EDUCatt also offers a selection of off-campus dorms which are easy to

reach from the University. The list of dorms located off-campus is available on EDUCatt's website.

As an alternative, students may check the University housing announcement boards available on EDUCatt's website.

- [www.educatt.it/bachecarm/bacheca\\_intro.asp](http://www.educatt.it/bachecarm/bacheca_intro.asp)

For any information please refer to EDUCatt University Residence Nuovo Joanneum  
Largo F. Vito, 1 00168 - ROMA  
Tel. 06.3050120  
E-mail: [info.rm.dsu@educatt.it](mailto:info.rm.dsu@educatt.it)

### Other housing options -Individual research

Useful links:

- [www.educatt.it/bachecarm/bacheca\\_intro.asp](http://www.educatt.it/bachecarm/bacheca_intro.asp)
- [www.esn-roma.it](http://www.esn-roma.it)
- [www.wantedinrome.com](http://www.wantedinrome.com) (in English)
- [www.secondamano.it](http://www.secondamano.it)
- [www.postoletto.com](http://www.postoletto.com)
- [www.home4students.it](http://www.home4students.it)
- [www.kijiji.it](http://www.kijiji.it)
- [www.portaportese.it](http://www.portaportese.it)
- [roma.bakeca.it](http://roma.bakeca.it)
- [www.affitto.it](http://www.affitto.it)
- [www.affittistudenti.it](http://www.affittistudenti.it)
- [www.smilexchange.eu](http://www.smilexchange.eu)
- [www.affittaroma.it](http://www.affittaroma.it)
- [www.easystanza.it](http://www.easystanza.it)

## Public Transportation in Rome

Metrebus, Rome's public transport system, integrates a variety of different transport services: underground/tube(metro), urban trains (treno metropolitano), buses and trams. Metrebus tickets are available for journeys on all such means of transport. There are several different types of tickets.

### BIT

Integrated Time Ticket: costs 1.50 euros and lasts 100 minutes from the initial validation. Only 1 metro or train journey is permitted. You can buy it at: ticket offices, newsagents, tobacconists and automatic machines in stations. You should not board on the bus without a ticket.

Please remember that you must always validate your ticket at the beginning of your journey and when transferring onto the metro (your ticket must be re-stamped within 100 minutes from the first validation stamp and is then valid until the end of your journey on the metro).

It is only valid for one metro journey, but you can take more than one bus. You must keep your ticket with you while travelling on public transport and be ready to show it, on request, to ticket inspectors.

### DAILY PASS

Costs 6 euros and is valid until midnight (12.00pm) of the day of its validation and for an unrestricted number of journeys.

### MONTHLY PASS

Costs 35 euros and lasts for the cal-

endar month, as printed on the pass, for one person for an unrestricted number of journeys. You can buy a monthly pass from any tobacconist and news agency 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. The holder must complete the pass with his/her personal details. Holders must to show their pass along with some form of ID to ticket inspectors.

### ANNUAL PASS

Costs 250 euros and is valid for 365 days from the date stamped on the pass. It can be purchased at any Atac ticket office by filling out the forms and attaching a passport photo.

### 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. [viaggiacon.atac.roma.it](http://viaggiacon.atac.roma.it)  
[www.agenziamobilita.roma.it](http://www.agenziamobilita.roma.it)

### TAXI

Taxis in Rome are white. They have an identification name and number on the front door and all have installed taxi-meters. 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, 6645, 8822, 4157, 4994, 5551.



## Living in Rome

To study in Rome is to study in the heart of a cultural yet dynamic treasure.

Italy's inspiring capital city blends the past with the present. Rome is full of endless discoveries. A pleasant stroll through the picturesque streets of Rome is an adventurous playground, with a pearl ready to be found 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. 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.

### Fun facts

- Italy's capital city The Province of Rome has 4,000,000 inhabitants making it the largest municipal area in Italy
- The Eternal City: founded in 753 B.C.
- Home to the Vatican City State, the smallest internationally recognized independent state in the world by both area and population
- A picturesque and historic bliss, containing many of the world's most breathtaking masterpieces, from Michelangelo's ceiling in la Cappella Sistina, to the beautiful attractions in Piazza Navona, la Fontana di Trevi, il Vittoriano, il Colosseo, and many more 30 km from the coast
- A popular set of Academy Award-winning movies: The Great Beauty, La Dolce Vita, and Roman Holiday among others

Useful links:

[www.rome.info/facts](http://www.rome.info/facts)

[www.comune.roma.it](http://www.comune.roma.it)



## Cost of living

Depending on your spending habits you may have to budget an average of €200 to €400 per month if you plan on doing lots of shopping, travelling, and other extra-curricular activities.

### *Estimated costs (per year)*

#### **Accommodation:**

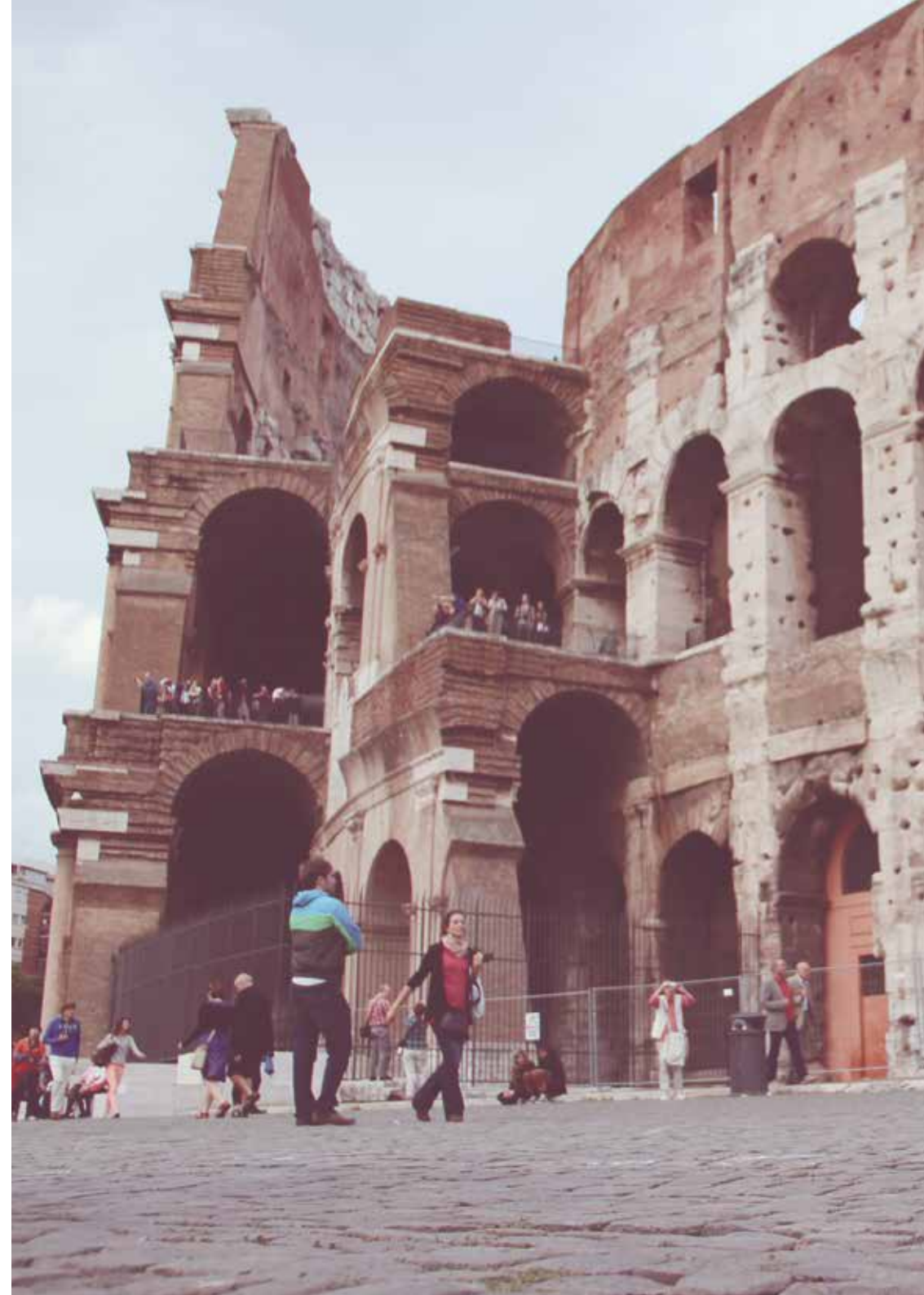
(not including meals. The cost may vary depending on the area, the kind of room (single or double), utilities etc.):

from €5,000 to €8,000

- **Food:**  
from €1,500 to €2,000
- **Personal expenses:**  
from €2,400 to €4,800
- **Books:**  
€600
- **Local transportation:**  
€420

### **AVERAGE SINGLE PRICED ITEMS**

- Pizza + Beer: 15 €
- Cinema ticket: 7.50 €
- Gelato (ice-cream): 2 €
- Panino (sandwich): 5 €
- Caffè (coffee): 1 €





## Communicating

### Mail/Packages

If you need to mail fragile materials, we would advise you to send them by recommended mail, courier, or through express mail services, such as DHL, UPS or FedEx.

Receiving packages from non-EU countries via priority mail can cost a lot in terms of taxes. Postal & customs taxes are very high depending on the weight and the value of the package's content.

Please note that if you are going to get packages delivered to our office, this is the procedure you are required to follow:

1. Inform us that you are expecting a package at our office and the estimated delivery date (passing by the office)
2. Since our office is not authorized to keep cash money you are kindly requested to leave us the amount you are supposed to pay at least a couple of days before the foreseen delivery date.

Please note that if you don't respect this procedure, the International Student Services will not accept the package and it will be sent back to the central post office.

### Telephone

The most convenient way to keep in touch with your new Italian friends and friends and family back home is by a cell phone.

If you already have an unlocked GSM phone you can get an Italian SIM card at cell phone providers such as 3, TIM, Vodafone, or Wind and look into signing up for a plan or simply getting pre-paid/rechargeable services.

Another very convenient way to keep in touch with your family and friends at home is to buy an international card available at any tobacco store.

## Safety

Rome is a large city inhabited by all sorts of individuals. You will likely be and feel very safe in and immediately around campus and the downtown area. There are just a few places we would recommend that you be careful and most particularly attentive to your belongings. Most stations are target areas for thieves and pickpockets.

Make sure your backpack is properly closed and your money and ID documents are inaccessible and not visible to anyone.

You may want to keep your passport, credit cards, etc., separate from your cash. If you take your passport and other sensitive documents, we suggest you keep them in a money belt on you and not in your purse,

backpack, etc. Remember that it is not a good idea to be out alone at night.

We advise you to take some precautions:

- Walk in well-lit, busy areas and travel home in a group or in a taxi
- If you are travelling by bus avoid isolated bus stops, especially after dark
- On an empty bus sit near the driver
- Avoid the area around train stations late at night

### Emergency numbers

- 113 Police
- 115 Fire Brigade
- 118 Ambulance

## The International Office

At Cattolica we have so much to offer. Much more than can be contained in the few pages of this brochure.

The people to take you to these faraway places are the same people who will first bring you to the unique land of Italy.

On paper they are just names. But once you are enrolled at Cattolica, the International Office Staff will soon become your advisor, mentor and friend. International Student Advisors are not only responsible for promoting the attractions and benefits of Cattolica, they are there for the duration of your time at Cattolica and beyond.

Many of our past students have since started international networks endorsing the benefits of our beautiful and supportive university as a study destination, whether for a semester, a year, or years.

Whether your need or concern relates to your studies, experiences or needs, our purpose is to be both your first port of call and in the vast majority of cases, your answer. We have a unique understanding of the challenges experience by International Students.

We give support and advice to all international students at the University and help you to have a happy and successful time in Roma. Should you have any problems or inquiries, please do not hesitate to contact us: @: [sdast@rm.unicatt.it](mailto:sdast@rm.unicatt.it)

### Office hours:

Monday to Friday:

10.00am -12.00pm

Wednesday/ Thursday::

3.00pm - 5.00pm

NB. If you are unable to come during the above office hours, you may send an email to: [sdast@rm.unicatt.it](mailto:sdast@rm.unicatt.it) to request an appointment for a different time.







## Leave a mark!

Each semester a large number of international students become our Cattolica testimonials - either by featuring in our promotional materials - print and web, writing articles, or simply by leaving a comment regarding their experience. We value every students' experience.

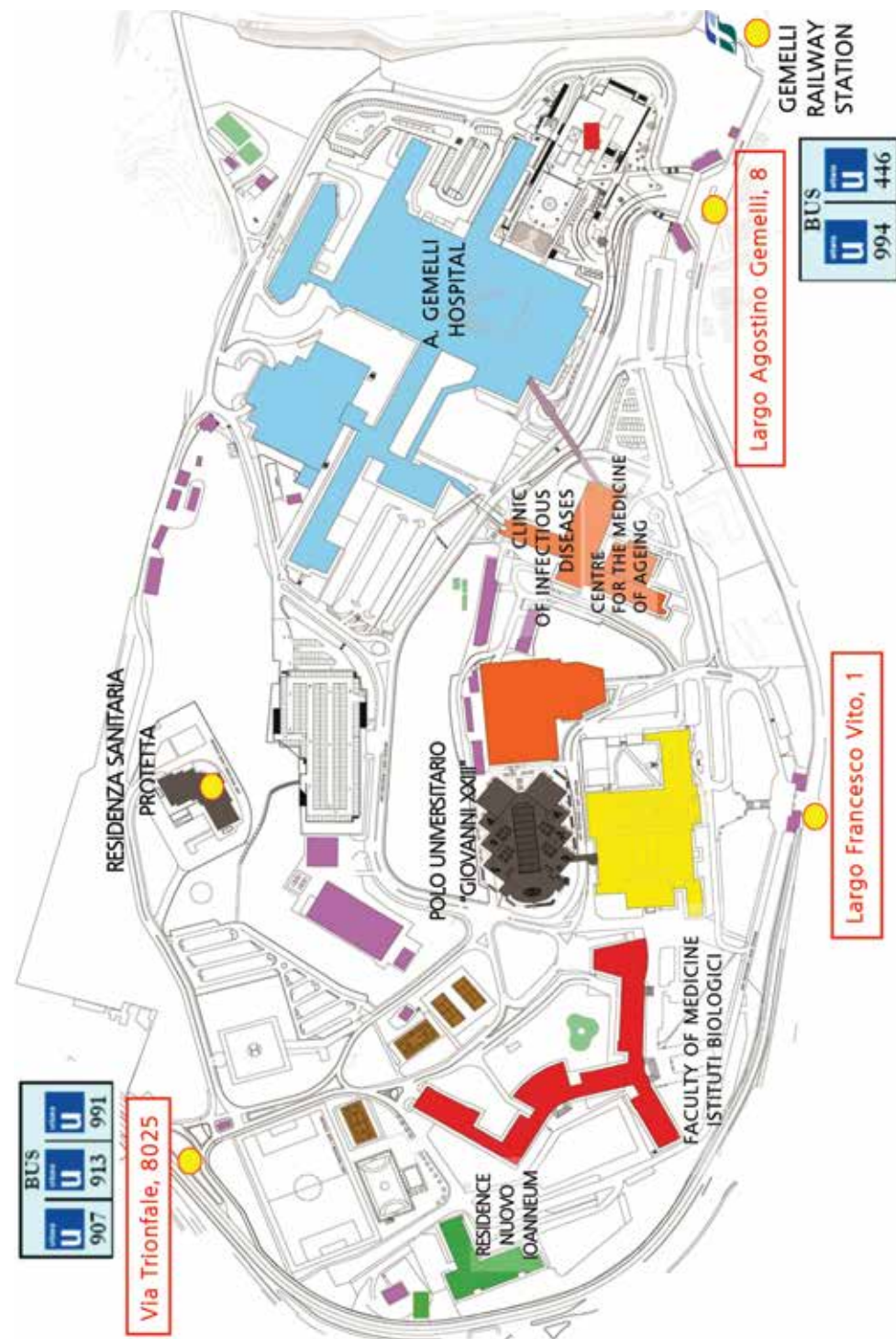
We are always on the look-out for new and fresh faces. Who knows, you may be the new face of Università Cattolica!

Want to leave a mark?

Contact our editor,  
Cattolica International News,  
Maria Strumendo at  
@: [maria.strumendo@unicatt.it](mailto:maria.strumendo@unicatt.it)  
[www.ucscinternational.it/news](http://www.ucscinternational.it/news)



## Campus map



Milano  
Piacenza-Cremona  
Brescia  
Roma

› [www.ucscinternational.it](http://www.ucscinternational.it)