



UNIVERSITÀ
DEGLI STUDI
DI MILANO

WELCOME

Small guide for international students

2019-2020

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WELCOME DESK

International students

Introduction

Students who decide to study in Italy often find themselves thrown into a system and a culture very different from those of their own countries; they have to also deal with unfamiliar and sometimes complex bureaucratic procedures.

It was for this reason that the Welcome Desk of the International Students Office was created, a University service for students, doctoral students and interns who come to Milan for the first time. The service is also dedicated to those who already live in the city and need to verify the validity of academic qualifications obtained abroad in order to enrol in one of our courses.

The Welcome Desk is the reference point for all the initial necessities of your new adventure in Milan and at the university. This short guide will outline the various steps you need to take in order to:

- obtain the documents necessary for living in Italy
- enrol in a course
- take an Italian language course
- take advantage of the services and opportunities offered by the University
- live and get around in the city of Milan.

For further information you can contact the
International Students Office - Welcome Desk

🏠 via S. Sofia, 9/1

📅 The Desk is open by appointment only:

Wed. from 9 a.m. to 12.00 p.m.

Tue.-Thur. from 1 p.m. to 3 p.m.

📍 To contact the office or book an appointment::
www.unimi.it - Registrar - Infostudenti



Suggestions

- All information about the University can be found on our portal www.unimi.it.
- A lot of general information – which also concerns Italian customs and lifestyle – can be found at www.universitaly.it/index.php/ website run by the Ministry of Education, Universities and Research (MIUR).

Offices for international students

Enrolment and validation of foreign qualifications

Sportello Studenti Internazionali (International Students Office)

 via S. Sofia, 9/1

 The Desk is open by appointment only:

Wed. from 9 a.m. to 12.00 p.m.

Tue.-Thur. from 1 p.m. to 3 p.m.

 To contact the office or book an appointment:
www.unimi.it - Registrar - Infostudenti

To receive guidance, choose a course and discover internships and job opportunities, contact

COSP - Centro per l'Orientamento allo Studio e alle Professioni (Study and Career Guidance Centre)

 via S. Sofia, 9/1

 Guidance: tel. +39 02 503.12113 - 12145

 Internships and work placements:

tel. +39 02 503.12032

fax +39 02 503.12146

 To contact the office or book an individual interview:
www.unimi.infostudente.it > Orientamento alla scelta del corso
e supporto allo studio > Sportello orientamento

Information on EU Training Programmes

Ufficio accordi e relazioni internazionali (International Agreements and Relations office)

Sezione accordi in materia di formazione (*Training Agreements Section*)

 via Festa del Perdono, 7

 international.agreements@unimi.it

 +39 02 503.13500

Students on mobility programmes

(Erasmus+ and other programmes)

Ufficio accordi e relazioni internazionali (International Relations office)

🏠 via Festa del Perdono, 7

📍 Incoming mobility: tel. +39 02 503.13507

✉ mobility.in@unimi.it

To enrol in a vocational master or an advanced course

Ufficio formazione permanente e continua (Permanent Training office)

🏠 via Festa del Perdono, 7

✉ master@unimi.it
perfezionamento@unimi.it

📞 tel. +39 02.503.12093
fax +39 02.503.12300

📅 From Monday to Friday, 9 a.m. - 12 p.m.

Facilities for university education

(scholarships, accommodations and refectories)

🏠 via S. Sofia, 9/1

🎯 To contact the office or book an appointment:
www.unimi.it > Registrar > Infostudenti > Category > Borse di studio, alloggi, mense ed opportunità per studenti



THE FIRST THINGS TO DO

with regard to residency documents

In order to live in Italy, both European and non-European students are required to obtain certain official documents in order to formalize their right of residence.

In view of facilitating the procedure, we have arranged the necessary information in a specific order, which we suggest you to follow step by step: in fact, you have to hold some documents before applying for others.

Italian Tax code

The tax code or “codice fiscale” is an identification code issued by the Ministry of Finance which is needed in order to open a current account or sign contracts. Citizens **residing abroad** can request it to the Italian consular-diplomatic representation in their country of residence. In Italy it can be requested from your local “Ufficio delle Entrate” (Tax office). A complete list of offices in the Lombardy region can be found on the website <http://lombardia.agenziaentrate.it/>. Remember to bring with you your passport.

Health insurance

It is extremely important to have valid health insurance, as it is also required in order to apply for a residence permit within 8 days of your arrival in the country.

Perhaps you already have health insurance, which was taken out in your home country and validated by the diplomatic representation prior to your departure. If not, the two safest options are:

- voluntary registration with the **Italian national health service** (Servizio Sanitario Nazionale or SSN), which gives you the opportunity to choose a doctor (general practitioner), who will deal with health problems free of charge, and prescribe medicines, tests and specialist examinations when necessary. Registration is valid until 31st December.
- the **W.A.I. (Welcome Association Italy)** private policy, which covers emergency health treatments in public hospitals, providing also a few extra services, 3 times a year each.

Registration with the SSN

EU citizens:

You can directly access the Italian National Health Service (SSN) without paying any subscription only for the first three months. If you are staying in

Italy for more than 3 months the European Health insurance card entitles you to benefit of necessary health treatments but for a complete health coverage you should obtain the S1 form before leaving your country.

You can register with the SSN free of charge visiting one of the local health offices (ATS or Azienda Sanitaria Locale).

To register, the following documents are necessary:

- self-certificate of enrolment at University
- Italian tax code (codice fiscale)
- copy of your passport/ID card
- S1 form

At the moment of registration you should also communicate the name of the general practitioner of your choice.

If you don't have the S1 form, you can voluntarily register with the SSN paying a subscription fee and following the same procedure as non-EU citizens.

Non-EU citizens:

To register with the SSN, you should

1. go to a post office and use a **payment slip** to make a payment of 149.77 euros (cost of the service for one solar year) to post office current account n. 379222, registered to: Amministrazione P.T. Regione Lombardia, specifying the following reason for payment "Iscrizione volontaria al SSN" (which means voluntary registration to SSN)
2. registering with the local health authority (ATS or Agenzia Tutela della Salute) office nearest to your residence address (you will find all the addresses on the website www.salute.gov.it) bringing with you:
 - your payment receipt
 - Italian tax code
 - passport
 - your residence permit application receipt
 - self-certification of enrolment to our University.

W.A.I. (Welcome Association Italy) private policy

To subscribe to the policy you should visit the website <http://www2.waitaly.net/en/>, where you can find information about the policy services, conditions and payment methods.

Costs and validity: 120 € for 12 months' assistance and 71 € for 6 months' assistance (from the day of purchase).

Residence permit

First application

If you are an *EU citizen*, you do not require a residence permit as such, but **you have to register** with your local civil records office.

If you live in Milan you can book an appointment on the website www.comune.milano.it > Servizi online > Area tematica: Anagrafe > Iscrizione anagrafica dei cittadini stranieri appartenenti all'UE.

On the day of the appointment, you **have to take the following** to the civil records office:

- your passport or identity card
- self-certification of enrolment at our University
- a photocopy of the documentation demonstrating the availability of adequate financial resources, for example, proof that you hold a scholarship or details of your current account.

If you are a *non-EU citizen*, you have to fill in and submit the **residence permit application kit**. You can ask for the kit at the Welcome Desk, where someone will help you to fill it in. It has to be submitted to a post office displaying the "Sportello amico" logo, along with:

- 1 photocopy of your passport (only the pages with your personal details and the visa stamp)
- documentation stating the chosen course and its duration and the stamp of the Italian diplomatic representation which issued the visa (form A)
- a copy of the receipt of payment of the health insurance.

The post office will give you an official document (lettera di convocazione) with the date of your appointment with the specific branch of the Commissariato or Ufficio Immigrazione where you have to show up.

On the day of the appointment, do not forget to bring with you the original documents enclosed in the kit, the post office receipt and 2 passport size photographs.



Please note

We suggest to address to the Ufficio Multilingue of Poste Italiane in Via Cordusio 4, Milano (opening hours: from Monday to Friday 8.20 - 19.05; on Saturdays 8.20 - 12.35)

Renewal

In order to renew your residence permit you have to fill in the application kit, specifying that it is a renewal. Deliver the kit to any post office displaying the "Sportello amico" logo, along with the following documents:

- photocopy of your passport (only the pages with your personal details and the visa stamp)
- a copy of your residence permit
- a copy of the documentation demonstrating the availability of adequate financial resources, for example, proof that you hold a scholarship or details of your current account
- a certificate of enrolment with exams taken (if you live in Milan a formal statement replacing the certificate is accepted)
- copy of the receipt of payment of the health insurance.



Please note

It is advisable to begin the renewal procedure 60 days before the expiry date.

Costs

- € 16 for 1 revenue stamp (available at any tobacconist's), which has to be stuck on your residence permit application
- € 30 to be paid at the post office at the application acceptance
- € 70,46 to be paid at the post office for the issue of an electronic residence permit. It is advisable to begin the renewal procedure 60 days before the expiry date.



Current account

To open a current account you have to:

- be at least 18 years old
- have a valid identity document
- have an Italian tax code
- never have been subjected to bankruptcy proceedings
- deposit a small initial sum.



Please note

Most banks are open from 8.30 a.m. to 1.30 p.m. and from 3 p.m. to 4 p.m.





THE FIRST THINGS TO DO

at the University

Students

Italian language test

If you are from a *non-EU country*, you have to take the **Italian language test** before enrolling in your chosen course, unless it is entirely taught in English or it is a Master's programme.

You are exempted from the test also if you hold one of the following certificates at B2 level of the Common European Framework of Reference for Languages:

- CELI
- ROMA IT
- PLIDA
- CILS
- CLIQ

The test venue and the results are available on the university website at the page **International** > Enrol in a programme > International enrolment in degree programmes > section Italian language proficiency test.

Admission and non selective knowledge assessing tests

If you have chosen a course with a limited number of places, you have to pass the **admission test**, before enrolling.

For other courses is mandatory (and part of the application) to take a non selective test aimed at assessing applicants knowledges in specific disciplinary field, before enrolling.

It is very important to register to the test in time, following the instructions contained in the **call for applications** of each course published on the page of the university website www.unimi.it > Study.

Please note

Non-EU students, who submitted their pre-enrolment application to the Embassy, compete for reserved places.



Enrolment

Candidates who have taken the exam must enrol **by the dates set in the call for applications** of the chosen course.

To apply online, follow these steps:

- login to online enrolment services, selecting Enrolment and Change programme - Degree programmes
- enter the required details and upload a photo and an identity document (jpg, png, bmp max 2 MB)
- pay the first instalment of the enrolment fee (156 euros) by using your credit card (Visa or Mastercard) or by printing the payment form (avviso di pagamento) downloadable at the end of the online enrolment procedure that can be paid exclusively in Italy.

In order to complete the enrolment, all students have to book an appointment with the International Students Desk to submit the required documents (listed in the "Enrol in a programme" section of our website).

In any case students have to hand in:

- a translated and authenticated copy of their diploma or bachelor
- a copy of the declaration of value or equivalent certification
- a copy of their passport (only the pages with the personal details and the entry visa stamp).

Submission of Embassy documentation

If you are a *non European student residing abroad*, remember to deliver the pre application form of the Italian Embassy/Consulate (Form A) to the International Students office, along with the attached documents regarding your foreign qualifications.

Always bring with you photocopies and original documents.



Please note

To enrol online, you must have an Italian tax code (codice fiscale).



Suggestions

If you have any doubt about the entry requirements or about the validity of your qualifications, ask the Office for advice, before proceeding to enrolment process: book an appointment with Welcome Desk of the International Students Office or contact the International Students Office.

Part-time enrolment

Under particular circumstances students may find part-time study most suitable to their particular needs. The University of Milan allows part-time enrolment only for reason pertaining to:

- occupation
- family responsibility
- health or disabilities
- professional artistic or sport career.

Enrolling part-time allow students to nearly doubling their academic career without affecting the amount of due fees.



Suggestions

You will find more details in the Part-time enrolment section of our website.



Erasmus + incoming

If you have applied at the university as part of the **Erasmus + Program**, you have to submit the following in person to the **International Agreements and Relations office**:

- your passport or another identity document
- two passport-size photos
- the certificate for Erasmus students issued by your own university
- your accident insurance certificate (it has to be valid abroad)
- your TEAM/EHIC (European Health Insurance Card) for medical assistance.

The office will help you to:

- take an appointment with your academic tutor in order to discuss details of the study plan (Learning Agreement)
- obtain information regarding health care and travel cards
- access the services offered by the University (e-mail address, wi-fi, library access, accommodation, refectories, Italian courses, services for disabled students), and provide information about cultural and social activities and student associations
- receive the free card for the Centro Universitario Sportivo (University Sports Centre).



Please note

On request, the University offers accommodation for Erasmus students in the university halls of residence (at a cost of € 300 per month), with use of the relative refectory services, and 60-hour language courses for all levels.



Doctoral students

Enrolment

To enrol in a doctoral course, you have to first register to the Unimi portal, then enter online enrolment services, selecting "Enrolment - Post-graduate programmes" and submit these documents to the International Students office:

- a copy of your degree, along with its translation, legalization and the declaration of value issued by the Italian embassy
- a copy of your residence permit receipt (only non-EU citizens)
- your Italian tax code
- the enrolment fee payment receipt (if you do not have a scholarship).



Please note

The declaration of value may be substituted by the Diploma Supplement coherent to the model devised by the Council of Europe, the European Commission and UNESCO/CEPES. Also statements of validity issued by ENIC_NARIC centres or by diplomatic missions resident in Italy are accepted.



Suggestions

Remember to bring with you both the original documents and the copies.

Fees

The majority of doctoral students have to pay only 156 euros (corresponding to the sum of regional tax and revenue stamp), even if the enrolment fee amounts to 980 euros. The fee includes accident and civil liability insurance, which is valid for all the structures in which you will carry out authorized study and research activities.

Scholarships

If you have been awarded a place with a scholarship, contact the Training and Research Contracts office - pagamenti.dottorato@unimi.it - in order to start the payment procedures.

Information related to the scholarship and its payslips are available in the section Doctoral scholarship of the University portal.

Educational and research activities supervisor

The supervisors of doctorate course activities are the course coordinators indicated in the competitive examination announcements. It is advisable to contact your supervisor as soon as possible in order to schedule these activities.

Certificates, periods abroad, renewals, final examinations

For full information regarding procedures relative to your university career (certificates, periods abroad, renewals, final examinations) go to the website www.unimi.it/en or visit the PhD office of the Students Secretariat.

On-line doctorate course services

On-line services are basically the same for all students, barring the few exceptions outlined below.

E-mail and log-in credentials

Doctoral students are also assigned an e-mail box with the same characteristics and levels of protection as those assigned to other students. However, in this case, the address is structured as follows: name.surname@unimi.it.

The address is automatically generated once the enrolment procedure has been completed. The password can then be set by visiting <https://auth.unimi.it/credenziali/>.

Your username (e-mail address) and password are your log-in credentials for accessing all the University's on-line services: from Online services (former SIFA) to the Institutional Research Archive (AIR), and OPAC, the University's online catalogue.

University portal

Information dedicated to doctoral students can be accessed via the Doctoral research (PhD) programmes section.

UNIMIA

UNIMIA is a customisable webpage where students can access the most important information concerning university, administration and study career.

In particular, doctoral students can:

- check their personal data and administrative position
- print formal statements replacing university certificates
- renew their enrolment
- apply for admission to the final examination
- pay the enrolment fees (from the second year on) or make other payments by credit card or payment slip.

Interns

Enrolment

To enrol in a Specialization School, you have to submit these documents to the International Students office:

- a copy of your degree, along with its translation, legalization and the declaration of value issued by the Italian embassy
- your Italian tax code
- a copy of your residence permit receipt
- the Ministerial Decree validating your foreign qualifications (only for Medical Schools).



Please note

The declaration of value may be substituted by the Diploma Supplement coherent to the model devised by the Council of Europe, the European Commission and UNESCO/CEPES. Also statements of validity issued by ENIC_NARIC centres or by diplomatic missions resident in Italy are accepted.



Suggestions

Remember to bring with you both the original documents and the copies.

Fees

The enrolment fee for the first year have to be paid at the time of enrolment: the portal provides details concerning the actual fees and insurance cover.

Contracts and scholarships

If you have been admitted to a postgraduate school in the medical field, you have to sign a **specialist training contract**. To this end, you will be contacted personally by the Training and Research Contracts office. Salaries will be paid on the 24th of each month.

If you have been admitted to a postgraduate school in a non-medical field, and you have been awarded a **scholarship**, you have to contact the Training and Research Contracts office (cinzia.denti@unimi.it or paola.bernardi@unimi.it) in order to start the payment procedures. The scholarship will be paid in two instalments.

Educational and research activities supervisor

The supervisor is the director of the school. It is advisable to contact the supervisor as soon as possible in order to schedule activities. Names and contact details can be found in the Postgraduate schools section.

Certificates, periods abroad, renewals, final examinations

For information about the procedures relative to your university career (certificates, periods abroad, renewals, final examinations) visit **Study** > Postgraduate study > Postgraduate schools or ask at the Specialisation School desk.

On-line intern services

Online services are basically the same for all students, barring the few exceptions outlined below.

E-mail and log-in credentials

Interns are also assigned an email box with the same characteristics and levels of protection as those assigned to other students. However, in this case, the address is structured as follows: name.surname@unimi.it.

The address is automatically generated once the enrolment procedure has been completed. The password can then be set by visiting <https://auth.unimi.it/credenziali/>.

Your username (e-mail address) and password are your login credentials for accessing all the University's online services.

University portal

All information dedicated to interns can be accessed via the section Study > Postgraduate study > Postgraduate school

UNIMIA

UNIMIA is a customisable webpage where students can access the most important information concerning university, administration and study career.

In particular, interns can:

- check their personal data and administrative position
- print formal statements replacing university certificates.





FEEES AND SCHOLAR- SHIPS

Fees and scholarships

Enrolment fee

The enrolment fee for the first year of our courses is paid in two instalments:

- the **first instalment** of € 156 is paid immediately at the time of enrolment
- the **second instalment** is to be paid by 31 January 2020 and varies according to the degree programme, the merit and the economic situation of your family

Second instalment of fees for students with income/properties abroad

For foreign students with family unit residing and with income/property abroad, the second instalment is not calculated according to the ISEE Università certification.

The University establishes a fixed amount of second instalment on the basis of the country of citizenship. For more detail about the amount due and the country tables, please visit the page "Fees-current academic year", in the section "Second instalment of fees for students with income/property abroad".

For political refugees the fees coincide with the minimum amount.

Only students applying for scholarship and accommodation, in cases and modalities indicated in the call for applications, must upload during the online procedure:

- the family status declaration (i.e. a statement of all the family members living in the same house)
- the income tax return form for the year previous to enrolment of each family member who has an income
- certification of properties owned by the family (in square meters) at 31st December of the year previous to enrolment
- certification of personal estate of the family owned at 31st December of the year previous to enrolment (assets, dividends, bank account balance...)

All documents must be translated into Italian and legalized.



Please note

If your family's income is earned in **Italy**, you must obtain the ISEE Università certification.

Exemptions

You may be totally or partially exempted from the payment of fees:

- due to disability
- because you hold or are eligible for a regional scholarship
- because you have brothers and sisters already enrolled at the University.

There are also **exemptions** which specifically regard **foreign students**:

- beneficiaries of one of the incentives provided by the Excellence Scholarship programme that the University awards to the best International students admitted to Master's Degree programmes
- beneficiaries of scholarships from the Ministry of Foreign Affairs.



Please note

Students enrolled in **medical postgraduate schools** do not qualify for any form of exemption, while those enrolled in **"non-medical" postgraduate schools** and research doctorates only qualify for certain categories of exemption.



Suggestions

Full **information** on exemptions can be found at the portal www.unimi.it/ in the section > Fee exemption.

Information is also available at:

Sportello tasse ed esoneri (Exemptions and Fees Office)
using the Infostudenti service

Scholarships

There are various types of scholarships, some of which are aimed specifically at foreign students.

Boost your Talent

To get the best out of young talents, the University of Milan offers a special incentive programme aimed at supporting highly gifted students: **Excellence Scholarships** offer **150 incentive** grants to the newly enrolled best International students at master level.

The incentives include **50 scholarships** of 6.000 euro plus enrollment fee exemption, awarded to the best students chosen among the 10% of each course top students, and **100 enrolment fee exemptions** dedicated to the best students.

Scholarships offered by the Italian government

Intended for *non-EU students*, these scholarships are offered by the Italian Ministry of Foreign Affairs. To find out how to obtain a scholarship, you can contact the Italian diplomatic representation or consult the Ministry's website at www.esteri.it/MAE/en following the path Services&opportunities > Foreign Nationals > Study opportunities for Foreigners or writing to the Ministry of Foreign Affairs: Ministero degli Affari Esteri – Direzione Generale per le Relazioni Culturali – Ufficio IX – piazzale della Farnesina, 1 - 00194 Roma.

Scholarships offered by the University and by the Lombardy Region

Allocated each year to students on different years of courses, the scholarships are awarded according to merit and income. Detailed information can be found on the portal www.unimi.it/en following the path Study > Financial support.





SERVICES FOR STUDENTS

Accommodation and refectories

In the Financial support section of the University portal www.unimi.it/en, you will find the Accommodation and refectory services and meals subsection, which contains a full list of solutions for students: refectories, restaurants offering special deals arranged by the University and the accommodation notice boards, where you can find a bed, a room or an apartment.

Some facilities can only be accessed by participating to public announcements published on the University portal every year.

If your stay in the city is to be a short one, or if you need a place to stay while looking for more permanent accommodation, you may be interested to know that the University has an excellent guestroom service (for information write to foresteria.studenti@unimi.it) and info about hostels and B&B close to the university sites.

You can also consult the website of the Province of Milan – <http://www.turismo.milano.it/wps/portal/tur/en> – which features a list of all the hotels, restaurants and pizzerias in Milan and the surrounding province.

Italian language courses

Enrolling at the University of Milan gives International students (including Erasmus and PhD) the opportunity to learn Italian language through different intensive courses, offered by the University Language Center - SLAM.

At the University of Milan you can also take the CELI certification exam for Italian language skills, since the university is an exam centre, thanks to collaboration with the University of Perugia.

Also the following courses are offered by the SLAM:

- Summer courses: held between July and August in Gargnano (BS), on Lake Garda and in Milan
- Marco Polo courses, specifically dedicated to Chinese students

Further details are available in the section **Study** > Language proficiency



For information

✉ italian.courses@unimi.it

🌐 www.unimi.it – Registrar – Infostudenti - University Language Center - SLAM

Services for disabled students & DSA

The University of Milan provides assistance for disabled students and those affected by Learning Disability (DSA) guaranteeing transport services, learning and computer support, tutoring and assessing the possibility of taking specific educational interventions for dyslexia, and other language-based learning disabilities.

Services for disabled students & DSA

🏠 via Festa del Perdono, 3

✉️ ufficiodisabili@unimi.it
serviziodsa@unimi.it

📞 tel. +39 02 503.12366



Suggestions

You can find information about the service on the portal webpage **Study** > Student services > Services for students with Disabilities or SLD

Students associations

Students associations of the University of Milan organise cultural, social and sport activities for enrolled students. Among them, the International Students Association of the University of Milan (ISA Unimi) offers support and organises events addressed to international students during their academic career.

The complete list of the students associations is available on www.unimi.it/en in the section Student Associations.







LIVING IN MILAN

Getting around

Milan is a strange city, as you will realize when you live here. The urban landscape is not dominated by monuments and works of art, as it is in Venice, Florence or Rome, yet there are a host of things to see and discover.

Milan is perhaps most famous for fashion, for theatre and for the international scope of its trade fairs (such as Expo 2015), yet it conceals many wonderful surprises: you just have to know where to look or you can simply wander around, for example, and venturing into the internal courtyards of the private palazzos in the city centre, most of which are extremely beautiful.

At one time, Milan was a navigable city, though not on the same level as Venice. It was Leonardo Da Vinci who was responsible for improving the canals which linked Milan to the Ticino and the Adda, by designing a system of locks. He also left another gift to the city, the famous fresco The Last Supper. To see it, you can book on-line at www.vivaticket.it.

There are the masterpieces of the Brera Picture Gallery and wonderful Romanesque churches, such as the Basilica of Sant'Ambrogio and the Basilica of Sant'Eustorgio, which is said to hold the remains of the three Magi (which Sant'Eustorgio brought back from Constantinople) and, in the centre of the city, the striking gothic structure of the Duomo, which has always been the symbol of Milan.

Furthermore, there are many possibilities for excursions to the outskirts of the city, which can be planned using the information found at www.visitamilano.it/turismo_en, or on the Region's website www.turismo.regione.lombardia.it/en/home.

Milan is not far from Lake Como, Lake Maggiore and Lake Garda, the Alps, the Ligurian Sea and Venice, which is just a 2 and 1/2 hour train journey away.

Alternatively, you can stay in the city and visit one of the sports centres managed by the CUS, the University Sports Centre (www.unimi.it/en/node/421) and the Municipality (www.milanosport.it/) or enjoy the Milanese nightlife, which offers everything from the increasingly popular happy hours in the city centre or by the Navigli canals to discotheques. You may also wish to go to the theatre, the cinema (where you can also see original language films) or visit one of the many museums, which are open late into the evening.

For inspiration, visit www.lombardiaspettacolo.com or the Vivi Milano webpage (<https://vivimilano.corriere.it/>). As an alternative, you can seek advice from the Municipality of Milan's Informagiovani service, which is based in Via Dogana 2 (close to Piazza Duomo).

Transport

Urban and Extra-urban transport network

It is easy to travel around Milan using the public transport system, with its trams, buses and underground network. All the information you need can be found on the website of the city's transport company, ATM (www.atm-mi.it/en), which also offers a Radiobus service, an extremely useful and convenient collective taxi.

You can travel on the metro by paying directly at the ticket gate with Mastercard, Visa, Maestro and VPay contactless cards.

From 15 July 2019 comes into force the new Integrated Tariff System of the Mobility Basin, that includes all the municipalities of the Metropolitan city of Milan and of the province of Monza e Brianza.

The System considers Milan as centre of reference, dividing the surrounding territory in concentric circular areas, each one representing a tariff zone. More information on prices, zones and tickets, are available on the website <https://nuovosistematariffario.atm.it/>.

Cars, bicycles and trains

Those who can't live without a car should take a look at the Car Sharing website (www.comune.milano.it/servizi/car-sharing). You will discover that hiring a car, even for just a few hours, is not as expensive as you may think.

Cycling enthusiasts, who wish to explore the city on two wheels, can take advantage of the bicycle hire service BikeMi (www.bikemi.com), which is provided by the Municipality of Milan, or visit the website of Ciclobby (www.ciclobby.it), an association that has been promoting bicycle travel in the city and organising group excursions for many years.

For travelling outside of the city, useful websites include those of Trenitalia (www.trenitalia.com), the airports of Linate, Malpensa (www.sea-aeroportoimilano.it) and Orio al Serio (www.orioaeroporto.it) and the website of the motorway service (www.autostradale.it), which contains timetables and ticket prices for the buses that link Milan to several of Italy's most important tourist destinations. If, on the other hand, you wish to travel around Europe, you will find all the information you need on the European Youth Portal (https://europa.eu/youth/EU_en).



Suggestions

If you are travelling by car or on foot and require directions, you can consult the TuttoCittà (www.tuttocitta.it/mappa/milano) or Via Michelin (www.viamichelin.co.uk/) websites.

Useful links and numbers

Emergencies

It is helpful to remember that the Italian health service is public and free, in the case of emergencies.

Almost every city hospital has a Casualty Department for medical emergencies. A complete list can be found on the App "Salutale Pronto Soccorso". If it is impossible for you to reach the nearest hospital you can call 112, the emergency telephone number.

If you find yourself in danger or have urgent need of protection, you can dial the same number to contact the **State Police** (www.poliziadistato.it), or the **Carabinieri** (www.carabinieri.it) or, in the event of a fire, the **Fire Brigade** (www.vigilfuoco.it).

For bureaucratic matters concerning residence permits you can consult the website of Milan's Police headquarters or Questura (questure.poliziadistato.it/Milano).

