

All you need to know about Humanitas University... and more

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WELCOME



Student life and administrative services

Humanitas University's goal is to train healthcare professionals from all around the world through state-of-the-art interactive teaching methods and close integration with its clinical and research community.

Humanitas University provides this guide in order to facilitate your stay at Humanitas by answering any questions you may have.

Further to this guide, do not hesitate to contact your professors or the Student Office staff for help.

Already lost?

The Student Office (*Segreteria Studenti*), located on the 1st floor of Building 7, is open:

Monday, Wednesday, Friday: 9.00 AM - 12.00 PM

Tuesday, Thursday: 2.00 PM - 5.00 PM

Don't hesitate to drop by at any time, however, if you have any problems.

FACILITIES



Please keep in mind that the Student Office is at your disposal for any help you may need

Student life and administrative services

The reference points for the administrative services are

- The Student Office (Segretaria Studenti) , located at the entrance of the university area on the 1st floor of building 7. The Student office is open Monday/Wednesday/Friday 9.00 AM - 12.00 PM and Tuesday/Thursday 2.00 PM - 5.00 PM.
- The Library is located in Building 7. See the opening hours below. You will need your badge in order to enter. You will also require a computer ID in order to use the computers there. The library is open from Monday to Sunday, 7.30 AM -11.00 PM. Copy room and data banks are open from Monday to Friday, 8.00 AM -7.00 PM.
- There are 2 canteens: one is located in Building 7 and is open from Monday to Friday. The other, located in Building 2 (Main Hospital Building), is also open on Saturday and Sunday and in the evening . At lunch time students should access the canteen from 1.00 PM to 1.45 PM.
- Classrooms are located on the 1st floor of Building 7 and at Via Sardegna 5. They remain open for student study use.
- The cafeteria in Building 7 is open from Monday to Saturday , 7.00 AM - 7.00 PM and on Sunday 11.00 AM - 6.00 PM. Students can purchase meals and snacks at special price: sandwich + water + coffee at 4,5 €, orange juice + croissant + coffee at 4 €; cappuccino + croissant at 1,7€, coffee + croissant 1,6 €.

You will need your badge in order to access the library. Your key will allow to get tickets for your lunch as well as buy from the vending machine at a student price.



On getting your textbooks

➤ A discount of 15% on all purchases at Libreria Cortina Milano is available for Humanitas Students.

In order to get the discount bring your ID card.

The discount is available at the following bookshops:

- Città Studi, via Pascoli 70
- Università Statale, Largo Richini 1
- Bicocca, Arcimboldi dell'Innovazione 13



➤ For more information go on www.cortinamedica.it



LIFE IN MILAN

Residence Permit

To **GET your RESIDENCE PERMIT** once you arrive in Italy, follow the following steps **WITHIN 8 DAYS FROM YOUR ARRIVAL**:

1. Fill the specific kit, which you can find at the authorized Post Offices. This link will tell you where the closest authorized Post Office is to where you will be in Milan/Rozzano: <http://www.poste.it/online/cercaup/>

In order to make your procedure easier, the specific kit is available also at Humanitas Student Office, where we will assist you in completing it.

2. Once you have filled out the kit, go to an authorized Post Office with your kit and the following items:

- A tax stamp (*MARCA DA BOLLO*) of €16;
- 4 identical recent passport-sized photos;
- Original Passport;
- Photocopy of the entire Passport (all pages)

Photocopy of the certificate of enrolment that we sent you **ENDORSED BY THE ITALIAN CONSULATE/DIPLOMATIC REPRESENTATION** at the moment of the issue of your Visa;

Copy of the HEALTH INSURANCE POLICY VALID IN ITALY. Please consider that:

If you already have insurance taken out in your country, it has to satisfy these requirements:

- to be in your name;
- to last not less than your Visa;
- to be approved by the Italian Consulate/Diplomatic representative

If your insurance does not satisfy these requirements, or you do not have one, **you must buy one in Italy.**

Residence Permit

At the Post Office you will have to pay:

- €107,5 for the electronic Residence Permit (to be paid in cash or by credit card through postal money transfer - *BOLLETTINO POSTALE* - which you will find and complete at the post office)
- You will be asked to pay for the Residence Permit. This amount is determined by the duration of your Visa.
- The Post Office will give you a receipt of the Residence Permit application (Do not lose the original copy!!!) and it will also inform you about the official date of your appointment at the local police station (*QUESTURA*), where the whole procedure will be completed.

3. Report to the local police station (*QUESTURA*) on the scheduled day. There, they will take your fingerprints and you will receive the electronic version of your Residence Permit.

To **RENEW your RESIDENCE PERMIT** after the first year, the procedure will be the same (Post Office and Police Station) but you will also have to provide:

- Papers stating the availability of adequate financial resources
- A Certification stating the passing of at least one exam for the first renewal, and at least two exams starting from the second renewal

Some information about what you can and cannot do once you have obtained your permit

- You can work part time up to 20 hours per week;
- You can travel in all countries within Schengen Area;
- You can stay in a Schengen country other than Italy for a maximum of 90 days and only for tourism;
- You cannot use or renew your Residence Permit to attend a school or university other than the one stated on your Visa.**

Healthcare

Healthcare is available to all citizens and residents.

Foreign students have various options for health insurance:

- ◆ undersign a private health insurance policy in their home country;
- ◆ undersign a health insurance policy with an Italian insurance company (see INA- ASSITALIA below)
- ◆ enrol with the Italian National Health Service (SSN). This can be done by using the receipt for your residence permit application.

◆ EU Nationals

EU citizens holding a European Health Insurance Card (EHIC) can get SSN services: there is no need to enrol. To choose a General Practitioner or paediatrician contact the ASL or phone 02/85781

◆ Non-EU nationals

IMPORTANT: Non-EU students must have health insurance in order to apply for a residence permit. The residence permit will not be valid for longer than the period covered by health insurance.

To enrol with the SSN (National Health Care System) and be issued an SSN Card, non-EU nationals must:

- ◆ go to any Post Office, fill in a payslip (“bollettino postale”) with the following details, and pay €149.77:
c/c postale n.: 379222
To: Amministrazione P.T. Regione Lombardia
Reason (*causale*): iscrizione volontaria S.S.N. (voluntary SSN enrolment)
- ◆ After paying, take the following documents to an **ASL office** (Local Healthcare Office) to get the personal SSN Card: a. certificate of university enrolment; b. residence permit or its receipt*; c. “codice fiscale”(tax code); d. photocopy of passport; e. receipt of SSN enrolment payment.
- ◆ If you submit a residence permit application receipt you will be issued a provisional health card valid for six months: a one-year card can be issued once you have your residence permit.

Enrolment in the SSN covers any and all kind of healthcare, including the assignation of a General Practitioner.

Healthcare

Ina-Assitalia

Alternatively, Non-EU students can sign up for private health insurance with INA-ASSITALIA for all urgent medical issues.

The cost is €98 (for one year) or €49 (for 6 months) payable by postal money transfer - BOLLETTINO POSTALE - to

Generali Italia S.p.A.
Bank account: 71270003

Once this had been paid, students must send a copy of the receipt via:

- ◆ fax at 06/3613626 (To make sure that everything went right, you need to call Ina at 06.3611676)
- ◆ email at info@insuranceitaly.it

In any case, provide your complete and accurate address in Italy as your insurance policy will be sent there.

With this insurance:

- ◆ you will be accepted in any public ER in Italy;
- ◆ you will be refunded by the insurance company for your urgent medical costs in ER, if you are not hospitalized;
- ◆ The insurance company will directly pay any hospitalization costs.

BANK ACCOUNT ENJOY

- ENJOY HUMANITAS CARD is the result of a joint collaboration between Banca Popolare di Bergamo and Humanitas University. The ENJOY card is used as a badge as well as a regular debit card. With the ENJOY card you can subscribe (free of charge) to the UBI Formula, a program that allows you to accumulate points when you use your card. You will be able to use those points towards choosing amongst 100 possible prizes. With the ENJOY card you get 1 point for every €5 spent.
- You can also set up an Italian bank account in any bank you want. All you need is your tax code number (codice fiscale) as well as your ID.
- For more on the tax code number and how to obtain it refer to page 9 of this Welcome Kit.

CONTO BANCOPOSTA

Posteitaliane

- CONTO BANCOPOSTA is the bank account offered by Poste Italiane, which carries out all the basic functions of a bank account.
- Humanitas University can, on request, arrange an appointment with the Post Office (Bancaposta) of Rozzano so as to get a debit card from them.
- At the Rozzano Post Office you can also present the forms to make an appointment with the immigration office (Questura) in order to obtain the residence permit as well as purchase a sim card for your mobile phone.

How to get there:

From Humanitas University catch bus 221 heading towards Milan and get off at Via Grandi Via Buozi stop (2 stops). At via Grandi via Buozi, catch bus 201 and get off at Via Liguria - via delle Mimose stop.

From there walk to the Post Office - 0.7 KM (8 minutes).

Walk heading towards Milan for 1.4 KM until you reach Via Grandi Via Buozi tram n. 15 stop. At via Grandi- via Buozi catch bus 201 and get off at Via Liguria - via delle Mimose stop.

From there walk to the Post Office - 0.7 KM (8 minutes).

Tax Code Number

The Italian fiscal code card, officially known as Italy's **Codice Fiscale** is similar to a Social Security Number card in the United States or the National Insurance Number used in the United Kingdom. The tax code in Italy is an alphanumeric code of 16 characters. Designed by and for the Italian tax office, it is used for several purposes including health or private contracts.

How to obtain it

The tax code number is issued by the Italian Revenue Agency (Agenzia Delle Entrate). The request may be submitted personally to any office. At the moment of application, a valid identity card of the applicant must be presented. Documentation proving the legitimacy of the presence of the subject in Italy may also be presented. At the moment of the request, the Revenue Office issues a certificate of attribution.

For more information visit: www.agenziaentrate.gov.it



For more information go on www.agenziaentrate.gov.it

Humanitas Tips:

- ◆ The Agenzia Delle Entrate closest to Humanitas University is located at: Via dei Missaglia, 97 20142 Milano
- ◆ The codice fiscale is also necessary if you want to open a bank account, subscribe to a phone com-

How to get there:

From Humanitas University catch bus 221, heading towards Milan and get off at Via Grandi - Via Buozi stop (2 stops), At via Grandi via Buozi catch tram n. 15 heading Milan and get off at via Dei Missaglia via Saponaro.

From there walk for 50 m.

or

Walk heading towards Milan for 1.4 KM until you reach Via Grandi - Via Buozi tram n. 15 stop. At via Grandi via Buozi catch tram n. 15 heading Milan and get off at via Dei Missaglia via Saponaro.

From there walk for 50 m.

MILAN ID CARD

- We are pleased to let you know about a new opportunity that will be offered to NON Italian students on your arrival in Italy and that will last throughout your time in Milan.
- Thanks to an important partnership between all the universities in the city of Milan, the chamber of commerce of Milan, and the municipality of Milan, you can use services designed to welcome you as an international student and to make your stay in Milan even better and easier.
- You will soon receive a communication containing a code that you will be able to use in order to get your M-id card.
- You can already view all the offers that this card will provide by visiting **www.studyinmilan.net**, where you will find discounts and offers designed especially for your needs



For more information go on www.studyinmilan.net

Living Expenses: facing the expected

Expenses can vary a lot, depending on the individual. For that reason it is hard to give any advice that will be applicable to every single one of you. However, we would like to give a few tips as we understand that you might feel overwhelmed as a consequence of moving to a new city, or even a new country for many of you.

Firstly, you are going to need to have cash on you upon arrival in order to cover various expenses. We advise bringing enough cash so as to cover your immediate needs. Try to plan your trip in advance to avoid wasting time as well as money. Do not forget to consider emergencies.

We usually evaluate the costs of living in Milan at €8.000 per year. Again, this amount can vary tremendously depending on your rent and/or social habits! Other various expenses that you have to keep in mind are the following:

- ◆ Phone (International calls from your phone as well as Italian phone contract)
- ◆ Internet access (from €20 a month)
- ◆ Social life (€100 a month)
- ◆ Study costs including advised textbooks and study materials.
- ◆ Food (Approximately €200 a month)



Driving Licence

- ◆ Students holding a driving license issued by a country member of the EU can drive in Italy with it. It is not compulsory for them to convert their license.
- ◆ Students holding an international driving license do not need to convert it.
- ◆ Students holding a driving license issued by a country non-member of the EU can drive in Italy with their original document for one year. After this period, they must convert their license at one of the Provincial Motor Vehicle offices (Motorizzazione Civile - Via Cilea, 119 - Milano).

Unfortunately, not every driving license can be converted. It depends on the existence of reciprocal agreements between Italy and the other countries. You can find a list of authorized countries here:

<http://www.patente.it/info-patenti/noAjax?idc=1243>



Residency

To obtain residency, you need to follow a specific procedure at the City Council of the city that you choose as your residency:

- ◆ **Comune di Rozzano**
Punto Servizi Immigrazione
Piazza Giovanni Foglia, 1 - Rozzano - Infoline 800.31.32.32
E-mail: punto.immigrazione@comune.rozzano.mi.it

- ◆ **Comune di Milano**
Via Larga, 12 - Milano - 02.0202

Documents required to start the procedure are:

- ◆ **For EU citizens:**
 - ◆ A private health insurance
 - ◆ Tax Code card
 - ◆ ID card

- ◆ **For Non-EU citizens:**
 - ◆ Tax Code card
 - ◆ Passport and Visa
 - ◆ Residence Permit

ACADEMICS



Academic Calendar

Medicine

Semester	Beginning	End: as late as
I	October 12, 2015	January 22, 2016
II	March 2, 2016	May 31, 2016

Elective courses	Beginning	End: as late as
	June 3, 2016	June 14, 2016

Nursing

Semester	Beginning	End: as late as
I	October 12th 2015	December 22nd 2015
II	March 3rd 2016	May 6st 2016

Elective courses	Beginning	End: as late as
	January 25th 2016	January 29th 2016

Attendance

A mandatory 75% attendance in every course is required in order to take the exams.

The attendance for each course is calculated from the signature sheet that will be distributed at the beginning of each classes.

Please do not forget to sign the sheet.

It is strongly advised not to miss any practical classes since they are critical to the understanding of fundamental clinical concepts.



Grades

You will be able to access your grade on MyPORTAL.

You will be asked either to accept or reject it depending on your level of satisfaction. If you fail an exam you will receive a notification that you did not successfully pass it.

Note that:

- 18/30 is the pass grade
- 30 Cum Laude is the maximum grade you can obtain.
- Note that you will also be asked to grade your teacher as well as the course before being able to register for your exams on MyPORTAL.

Exams

There are 3 exam sessions:

- ◆ Winter session (January/February)
- ◆ Summer session (June/July)
- ◆ Fall session (September)

For each of these exam sessions you will sign up at least one week in advance to take your exams on specific dates. The exam dates are usually published a month in advance to let you carefully plan your study strategy.



Please note that some exams can only be taken if their prerequisite course has been validated.

For instance, you will not be able to take the Body Architecture module if you haven't first passed the Building Body module.

Moreover, you will need to validate certain modules from your 1st and 2nd year in order to be admitted into 3rd year.

Those considerations have to be taken into account in the planning of your examination.

Medicine Exams	Beginning	End
I Exam Period (2 sessions)	February 1, 2016	February 26, 2016
II Exam Period (3 sessions)	June 16, 2016	July 30, 2016
III Exam period (2 sessions)	September 1, 2016	September 23, 2016

Nursing



Nursing Exams	Beginning	End
I Exam Period	February 1st 2016	February 28th 2016
II Exam Period	May 9th 2016	July 31st 2016
III Exam period	September 1st 2016	September 30th 2016

TRANSPORTATION



HOW TO GET TO HUMANITAS

From Malpensa Airport



Take the A8 highway, following the signs for Milan. Get on the Tangenziale Ovest (western ring road), exit at Quinto de' Stampi/Via dei Missaglia (7 bis). Follow the route described in the highway section.

From the city center



Go straight on from Porta Ticinese, to Corso San Gottardo, to via Meda, via Montegani, and via dei Missaglia, then follow the signs for Istituto Clinico Humanitas, or Basiglio Milano 3.

From Linate Airport



Take the Tangenziale Est (eastern ring road), following signs for Genoa, take the exit Tangenziale Ovest (western ring road) and exit at Quinto de' Stampi/Via dei Missaglia (7 bis). Follow the route described in the highway section.

From the highway



From all highways exists, follow the signs for Tangenziale Ovest (western ring road) and once on it, exit at Quinto de' Stampi/Via dei Missaglia (7 bis). Follow the signs for Istituto Clinico Humanitas.

From Central station



Take the internal city ring road (dei Bastioni) to Porta Ticinese, then follow the route described for the city center.

By public transport



The shuttle Humanitas-Comune di Rozzano connects the metropolitan station Abbiategrosso (Piazzale Abbiategrosso) on the green line to Humanitas. The shuttle runs every 20 minutes. Line 230 connects the bus-stop in Abbiategrosso to Humanitas (Terminal Basiglio).

Getting the Bus

From the metro stop Abbiategrosso on the Green line you will find the Navetta (Shuttle)(1€ for Humanitas Students or less if you get a weekly ticket), the bus 230 or the bus 221 (see table below) that will get you to Humanitas University. The trip

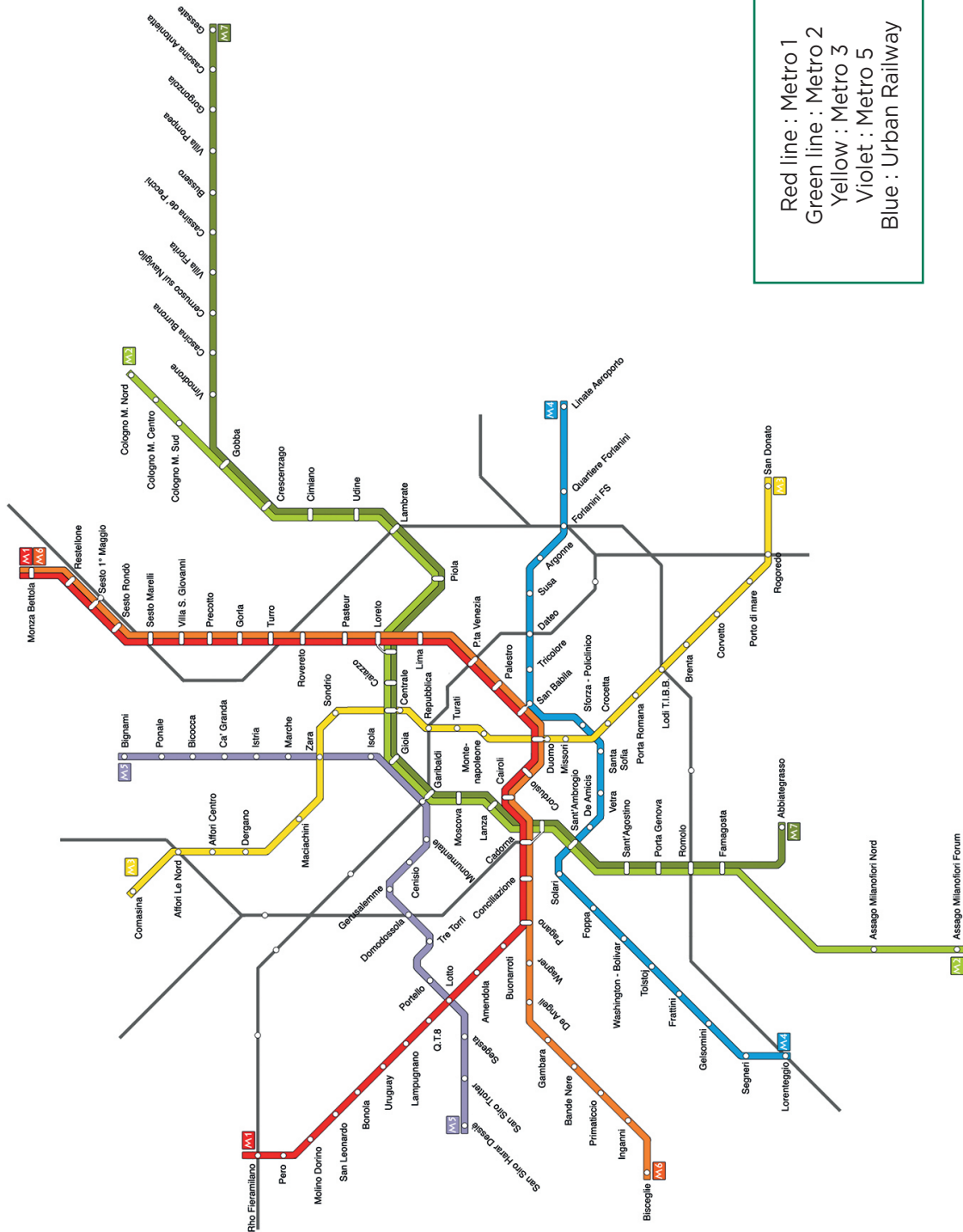
Navetta Shuttle Bus—Bus 230—Bus 230

Shuttle/navetta Humanitas		Linea 20			
Abbiategrosso - P.zale Humanitas	P.zale Abbiategrosso - Humanitas	Basiglio - P.zale Abbiategrosso		P.zale Abbiategrosso - Basiglio	
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07:40	08:00	06:40	07:09	07:00	07:29
08:00	08:20	06:50	07:21	07:10	07:49
08:20	08:40	06:58	07:33	07:20	08:09
08:40	09:00	07:06	07:45	07:30	08:19
09:00	09:20	07:14	08:05	07:50	08:30
09:20	09:40	07:22	08:30	08:00	08:50
09:40	10:00	07:30	09:00	08:20	09:10
10:00	10:20	07:34	09:50	08:25	09:50
10:20	10:40	07:45	10:30	08:35	10:30
10:40	11:00	08:00	11:00	08:45	11:10
11:00	11:20	08:05	11:50	09:05	11:50
11:20	11:40	08:50	12:30	09:25	12:50
11:40	12:00	08:55	13:00	09:45	13:10
12:00	12:40	09:20	13:50	10:05	13:50
12:40	13:20	09:45	14:20	10:35	14:30
13:20	14:00	10:15	15:10	11:05	15:10
14:00	14:20	10:45	15:50	11:35	15:50
14:20	15:00	11:18	16:30	12:05	16:30
14:40	15:00	11:45	17:10	12:35	17:10
15:00	15:20	12:08	17:50	12:45	17:50
15:20	15:40	12:33	18:30	13:08	18:50
15:40	16:00	12:48	19:00	13:23	19:10
16:00	16:20	13:05	19:50	13:35	19:50
16:20	16:40	13:18	20:30	14:00	20:30
16:40	17:00	13:30	21:00	14:20	21:00
17:00	17:20	13:45	21:30	14:50	21:30
17:20	17:40	13:55	22:00	15:00	22:00
17:40	18:00	14:15	22:30	15:30	22:30
18:00	18:20	14:45	23:00	16:00	23:00
18:20	18:40	15:15	23:30	16:30	23:30
		15:45		17:00	
		16:15		17:25	
		16:45		17:50	
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		21:55		23:00	

Linea 21		Linea 20			
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08:00	08:20	06:50	07:21	07:10	07:49
08:20	08:40	06:58	07:33	07:20	08:09
08:40	09:00	07:06	07:45	07:30	08:19
09:00	09:20	07:14	08:05	07:50	08:30
09:20	09:40	07:22	08:30	08:00	08:50
09:40	10:00	07:30	09:00	08:20	09:10
10:00	10:20	07:34	09:50	08:25	09:50
10:20	10:40	07:45	10:30	08:35	10:30
10:40	11:00	08:00	11:00	08:45	11:10
11:00	11:20	08:05	11:50	09:05	11:50
11:20	11:40	08:50	12:30	09:25	12:50
11:40	12:00	08:55	13:00	09:45	13:10
12:00	12:40	09:20	13:50	10:05	13:50
12:40	13:20	09:45	14:20	10:35	14:30
13:20	14:00	10:15	15:10	11:05	15:10
14:00	14:20	10:45	15:50	11:35	15:50
14:20	15:00	11:18	16:30	12:05	16:30
14:40	15:00	11:45	17:10	12:35	17:10
15:00	15:20	12:08	17:50	12:45	17:50
15:20	15:40	12:33	18:30	13:08	18:50
15:40	16:00	12:48	19:00	13:23	19:10
16:00	16:20	13:05	19:50	13:35	19:50
16:20	16:40	13:18	20:30	14:00	20:30
16:40	17:00	13:30	21:00	14:20	21:00
17:00	17:20	13:45	21:30	14:50	21:30
17:20	17:40	13:55	22:00	15:00	22:00
17:40	18:00	14:15	22:30	15:30	22:30
18:00	18:20	14:45	23:00	16:00	23:00
18:20	18:40	15:15		16:30	
		15:45		17:00	
		16:15		17:25	
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Linea 21		Linea 20			
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07:40	08:00	06:40	07:09	07:00	07:29
08:00	08:20	06:50	07:21	07:10	07:49
08:20	08:40	06:58	07:33	07:20	08:09
08:40	09:00	07:06	07:45	07:30	08:19
09:00	09:20	07:14	08:05	07:50	08:30
09:20	09:40	07:22	08:30	08:00	08:50
09:40	10:00	07:30	09:00	08:20	09:10
10:00	10:20	07:34	09:50	08:25	09:50
10:20	10:40	07:45	10:30	08:35	10:30
10:40	11:00	08:00	11:00	08:45	11:10
11:00	11:20	08:05	11:50	09:05	11:50
11:20	11:40	08:50	12:30	09:25	12:50
11:40	12:00	08:55	13:00	09:45	13:10
12:00	12:40	09:20	13:50	10:05	13:50
12:40	13:20	09:45	14:20	10:35	14:30
13:20	14:00	10:15	15:10	11:05	15:10
14:00	14:20	10:45	15:50	11:35	15:50
14:20	15:00	11:18	16:30	12:05	16:30
14:40	15:00	11:45	17:10	12:35	17:10
15:00	15:20	12:08	17:50	12:45	17:50
15:20	15:40	12:33	18:30	13:08	18:50
15:40	16:00	12:48	19:00	13:23	19:10
16:00	16:20	13:05	19:50	13:35	19:50
16:20	16:40	13:18	20:30	14:00	20:30
16:40	17:00	13:30	21:00	14:20	21:00
17:00	17:20	13:45	21:30	14:50	21:30
17:20	17:40	13:55	22:00	15:00	22:00
17:40	18:00	14:15	22:30	15:30	22:30
18:00	18:20	14:45	23:00	16:00	23:00
18:20	18:40	15:15		16:30	
		15:45		17:00	
		16:15		17:25	
		16:45		17:50	
		17:10		18:15	
		17:35		18:40	
		18:00		19:05	
		18:25		19:30	
		18:55		20:00	
		19:25		20:30	
		19:55		21:00	
		20:25		21:30	
		20:55		22:00	
		21:25		22:30	
		21:55		23:00	

Underground network and urban railway system



Red line : Metro 1
 Green line : Metro 2
 Yellow : Metro 3
 Violet : Metro 5
 Blue : Urban Railway



GETTING AROUND MILAN

ATM (Azienda Trasporti Milanese)



- ATM is the public transport company for the city of Milan. It includes the metro line, buses and trams.
- To find the public transport that you need for your journey, you can refer to the company website.
- Urban tickets costs €1.50 and are valid for 90 minutes once they are stamped. They are valid for a single journey on the underground or rail network, including the urban rail lines of Trenord and the 'Passante Ferroviario' (Urban Railway Network - see in the next page)

For more information go on <http://www.atm.it/en/>

Trenord



- Trenord is the company for the Urban Railway Service for the city and surroundings (S Line).
- Inside the city of Milan, you can find stops of the Passante Railway (Passante ferroviario), which is a subway system that runs almost entirely underground and across the city from northwest (Certosa and Bovisa) to southeast (Rogoredo).
- The Passante is the intersection of Milan's railway service, crossed by the suburban lines S1 (Saronno - Lodi), S2 (Camnago - Milano Rogoredo), S5 (Treviglio - Varese), S6 (Novara - Pioltello/Treviglio), S13 (Milano Bovisa - Pavia) and S14 (Milano Rogoredo - Rho).

For more information go on <http://www.trenord.it/en/>



Enjoy

- **ENJOY** is Eni's cars and scooters pooling service available inside the city of Milan
- 1: Sign up on the website (<http://enjoy.eni.com/en/milano/>) or app
- 2: Search on the Enjoymap: it will show you all the free cars or scooters nearest to you, or anywhere else you want to look, and it will let you book the one that's best for you.
Or, if you find a free car on the street, you can just get in and go.

There's an indicator light on every car in the Enjoy fleet. This shows its status:

- Red = Busy
- Yellow = Booked
- Green = Free

Prices:

Cars: €0.25 a minute for the first 50 km you travel.

Scooters: €0.35 a minute for the first 50 km you travel.

Note: To use the service, you need to sign up and enter the details of a prepaid card or credit card accepted by the payment platform.

For more information go on <http://enjoy.eni.com/en/milano/>

Car2go

- **CAR2GO** is Milan Municipality's car-pooling service available inside the city of Milan
- **1:** Sign Up on the website (<http://www.car2go.com/en/milano/>)
- **2:** Validate your personal QR Code, your driving licence and your credit card at one validation point
- **3:** Download the Car2Go App

Prices: Sign-up fee: €19 Per minute: €0.29 Per hour: €14.90

For more information go on <http://www.car2go.com/en/milano/>



E-Vai

- **E-VAI** is the electric car pooling service of the Lombardia region
- **1:** Send a copy of your ID card and driving licence by email (customersupport_e-vai@semsgroup.it)
- **2:** Register on the website (<https://www.e-vai.com/>)
- **3:** Book your car through the website or calling this number: 800.77.44.55
- **4:** Forward the message you receive to 3346324990 to unlock the car

Prices:

Electric cars: €5/hour - **Endothermic cars:** €2.40/hour

For more information go on <https://www.e-vai.com/>



BikeMi

◆ **BIKEMI** is the public bicycle transport system for short trips in the city of Milan

- 1: Choose the annual, weekly or daily subscription and register on the website (<https://www.bikemi.com/en/>) or at ATM points
- 2: Receive via e-mail or SMS your user code.
If you subscribe for the whole year, you will receive your card within 15 days from the registration, which you will have to activate on-line.
- 3: Go to a BikeMi station and choose your bike (traditional or electric)
- 4: Pick up your bike following the instructions of the totem reader

Prices:

Subscription fees

Annual - €35 Weekly - €9 Daily - €4.50

	Traditional Bikes	Electric Bikes
1 st half hour	FREE	€0.25
2 nd half hour	€0.50	€0.50
3 rd half hour	€0.50	€1.00
4 th half hour	€0.50	€2.00
Every additional hour or fraction	€2.00	€4.00

For more information go on <https://www.bikemi.com/en/>

ENJOYING YOUR STAY IN MILAN



The Duomo

- *The Duomo, symbol of Milan. Mark Twain said that “The Duomo of Milan just follows San Pietro in the Vatican. I do not understand how it could be second to any other human work.”*
- The Duomo is the symbol of the city. It is dedicated to Santa Maria Nascente and is located in its namesake square, in the very centre of Milan. In terms of its size, the Duomo is the third largest Catholic church in the world after San Pietro in the Vatican, and Seville’s Cathedral. Its construction was started in 1387 and continued until 1813, when Napoleon commanded its completion. On December 30, 1774, the “Madonnina” (the little Madonna) was inaugurated. Since then, this gold statue has become the most intimate symbol of Milan.

Timetable for visiting the Duomo

Every day: 8 am – 9 pm.
Last ticket at 8 pm. Last admission 8.10 pm.

Prices

Duomo – Museum € 2.00

Terraces

Ascent with elevator: € 13.00
Ascent on foot: € 8.00

Milan is a city bustling with activity. It is a city full of opportunities that has much to offer. It is a metropolis that looks towards the future even though its cultural legacy remains one of the most influential in Europe. Milan is both an internationally renowned economic centre as well as the capital of Italian fashion and design. No doubt that you will enjoy this incredibly young and dynamic city. Humanitas University encourages you to be curious and provides you with a few tips!

The Castello Sforzesco

◆ The Castello Sforzesco is one of the main symbols of Milan and its history. It was built in the XIV century by order of Galeazzo II Visconti and renovated and enlarged in the XV century by order of Francesco Sforza, Duke of Milan, from whom the castle takes its name. Over the centuries, it has been subject of several transformations and is now an important touristic site and seat of many cultural events.



Timetable for visiting the Castle

Monday - Sunday: 7 am - 6 pm Thursday: 7am - 10:30 pm

Prices € 3.00

Free: Tuesday from 2 pm
From Wednesday to Sunday (but Thursday)
from 6.30 pm Thursday from 9.30 pm

SEMPIONE PARK



◆
Sempione park is one of the biggest parks in Milan.



◆ Behind it, you can take a walk in the beautiful *Parco Sempione* (Sempione Park), one of the biggest parks of Milan, created in the XIX century. Moreover, exactly opposite the castle, at the other edge of the park, you can admire the *Arco della Pace* (Peace Arch), completed in 1838 and dedicated to the peace of 1815 among the European powers.

The Navigli



- ◆ The Navigli are a system of canals which in the past connected Milan with Lake Maggiore, Lake Como and the low part of the Ticino river, assuring the city an open way to Europe and direct access to the sea. They were built from the XII until the XIX century; during this period, their water irrigated and made a large area of land productive .



- ◆ Leonardo Da Vinci was involved in their creation in 1482 and some of his incredible drawings are now at the Navigli's Museum in Milan (Museo dei Navigli).
From the second half of the XIX century, the Navigli began to lose their usefulness but they have become, little by little, the very centre of Milan night life.
You should not pass up the chance to have a typical Happy Hour in one of the several bars that are spread all along the Navigli!

EXPO 2015

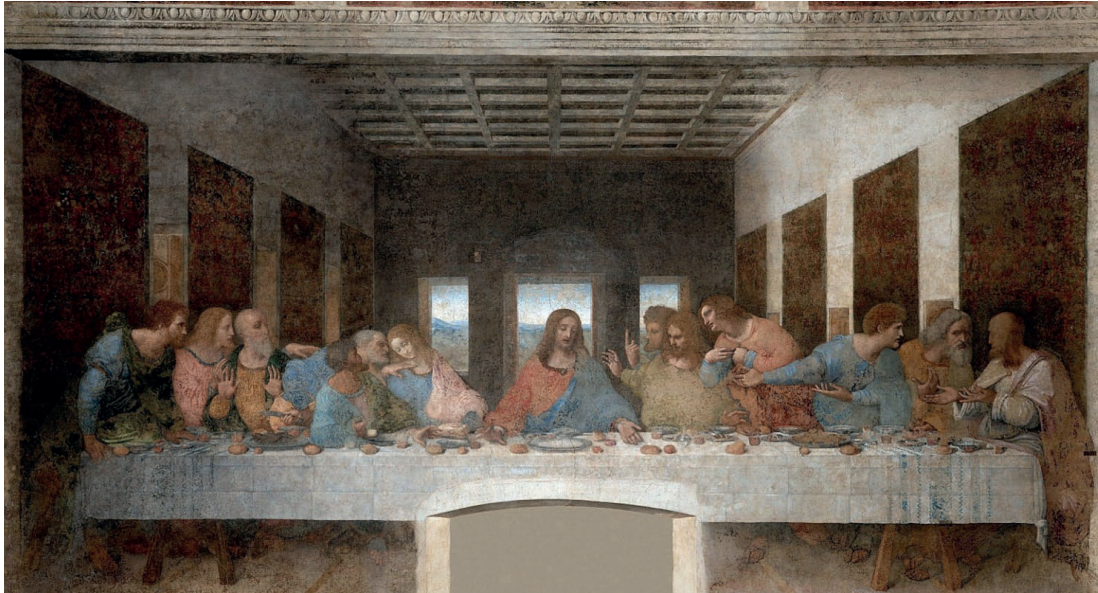


From May 1st to October 31st, 2015 Milan hosts the Universal Exhibition:

Expo Milano 2015, Feeding the Planet, Energy for Life.

Over this six-month period, the 140 participating countries are showing the best of their technology to offer a concrete answer to a vital need: being able to guarantee healthy, safe and sufficient food to Everyone while still respecting the planet and its equilibrium. Expo Milano 2015 gives its public the opportunity to taste dishes from all over the world and to discover the agri-food and gastronomic traditions of many countries.

The Last Supper by Leonardo Da Vinci

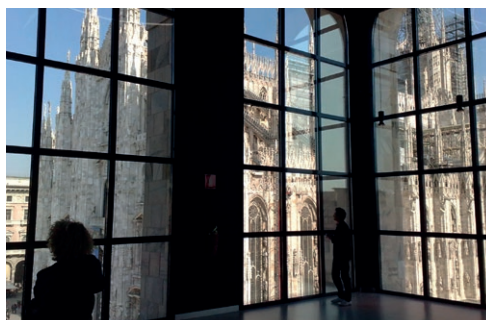
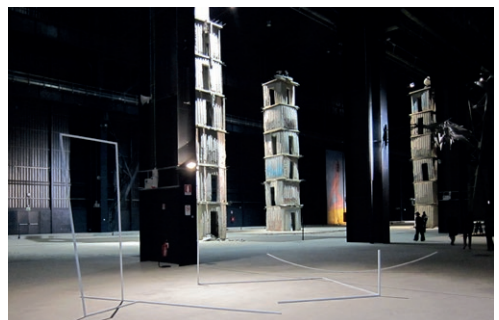


- ◆ The Last Supper (“L’Ultima cena” or “Il Cenacolo”), Leonardo Da Vinci’s master-masterpiece, was commissioned in 1494 by the Duke of Milan, Ludovico Il Moro. It is situated in the Church Santa Maria delle Grazie, which the Duke chose as his family’s burial site. During the Second World War, the church was bombed and partly destroyed. Fortunately, the wall of the painting remained unharmed.
- ◆ You can admire it by booking your visit online. (<http://www.cenacolo.it/the-last-supper/online-booking-the-last-supper-tickets.asp>).
- ◆ Remember that booking is compulsory. We recommend planning ahead as it is very hard to find available dates in the short-term.

For more information go on <https://www.cenacolo.it>

Some other short tips

- Visit the neighbourhood of BRERA in the centre of Milan and its PINACOTECA
- Go for a bike ride along the Martesana canal.
- Visit also:
 - Palazzo Reale - Piazza del Duomo, 12 - 02.875672
 - Hangar Bicocca - Via Chiese, 2 - 02.66111573
 - Museo del Novecento - Via G. Marconi, 1 - 02.88444061
 - Teatro alla Scala - Via Filodrammatici, 2 - 02.88791



WELLBEING



SM3

SPORTING MILANO 3
HEALTH & LIFESTYLE

SPORTING MILANO 3

- From the modern fitness equipment to the latest and greatest swimming or tennis classes, Sporting Milano 3, it's available - with its 5.000 s.m. completely dedicated to sport and recreation activities.

for Hunimed Students at special price:

780 € for 1 year (outdoor tennis not included)
996 € for 1 year (outdoor tennis included)

498 € per 6 months (outdoor tennis not included)
600 € per 6 months (outdoor tennis included)



HUMANITAS LAB

- At Humanitas Lab you can find best doctors and technologies to provide you any treatments you might need to to prevent and cure diseases.
- Special discounts are offered for Humanitas University students and their family members.
- Discounts are about 20%-30% of price.
- For more information call

Humanitas Lab
tel: 02.82.24.82.24

HUMANITAS LAB
IL CENTRO AMBULATORIALE



For more information go on <http://www.humanitas.it/lab/>



SAFETY

Emergencies on campus

- In the event of an emergency (fire, leak of hazardous or flammable substances, presence of toxic gases, etc.) you must:
- if you note a danger, use the black telephone, which will put you through directly to the control room. Trained staff will assist you. Simply picking up the phone puts you through to the control room immediately. Alternatively, call 6311 from any telephone.
- once you have been put through to the control room, identify yourself and describe the danger you have noted as best you can;
- listen to the instructions and information provided to you by the control room and emergency response service; do not panic; leave the building by a marked exit.

Emergencies off campus

- In the event of an emergency off campus:
- in a medical emergency, call 112 or 118;
- in a security emergency, call 112.

Injury

- If you are injured on campus but you can still walk, go to **Emergency Department (Pronto Soccorso)** at Humanitas Research Hospital.
- If you cannot walk, use the black telephone to call the control room and trained staff will assist you. Simply picking up the phone puts you through to the control room immediately. Alternatively, call 6311 from any telephone.

Preventive medicine

- The aim of preventive medicine is to protect the health of professionals and to maintain a safe working environment. Therefore all students and staff working and studying at Humanitas Research Hospital must undergo a medical check-up. Students will be contacted by the Occupational Medicine Service for a free series of





RECYCLING

- Humanitas University wishes to help protect the environment. The university wishes to make sure that students are aware of correct recycling procedures. Correct recycling can give materials new life. Please use the containers provided on campus, following a few simple rules:

WHITE container: PAPER



Newspapers, magazines, paper and card

OK

BLUE container: PLASTIC - ALUMINUM



Aluminum and steel cans, tetra pack beverage containers, plastic bottles, plastic food containers, trays and tubs, cellophane, shrink wrap, plastic packaging, polystyrene

OK

GREEN container:



Empty glass bottles and containers

OK

PURPLE container:

NON-RECYCLABLE SOLID WASTES



Soiled paper tissues, napkins, cutlery and plates, chewing gum, food packages such as potato chip packets and candy wrappers, waxed paper or plastic-coated paper food packaging

OK



USEFUL ADRESSES AND CONTACTS

HOSPITALS:

- **Humanitas**
Via A. Manzoni, 56 - Rozzano (Milano) - 02.8224.8282
- **Policlinico Maggiore**
Via F. Sforza, 33/35 - Milano - 02.55031
ER: Via San Barnaba, 8 - Milano - 02.5503.6686
- **Niguarda Ca' Granda**
Piazza dell'Ospedale Maggiore, 3 - Milano - 02.64441
ER: Via E. Majorana - Milano - 02.6444
- **Sacco**
Via G.B. Grassi, 74 - Milano - 02.39041
ER: 02.3904.3041
- **Fatebenefratelli (specialized in Ophtalmic)**
Corso di Porta Nuova, 23 - Milano - 02.63631

PHARMACIES close to Humanitas University:

- Via Torino SNC - Rozzano - 02.89221714
- Via Europa, 74 - Quinto De Stampi - 02. 57500649
- Via dei Platani, 1 - Pieve Emanuele - 02.90414932

In Rozzano and the surrounding area, night service is provided by a different pharmacy every night. Get information 24h/24h at: 800.801.185 or find the closest open pharmacy at www.turnifarmacie.it

EMERGENCY NUMBERS:

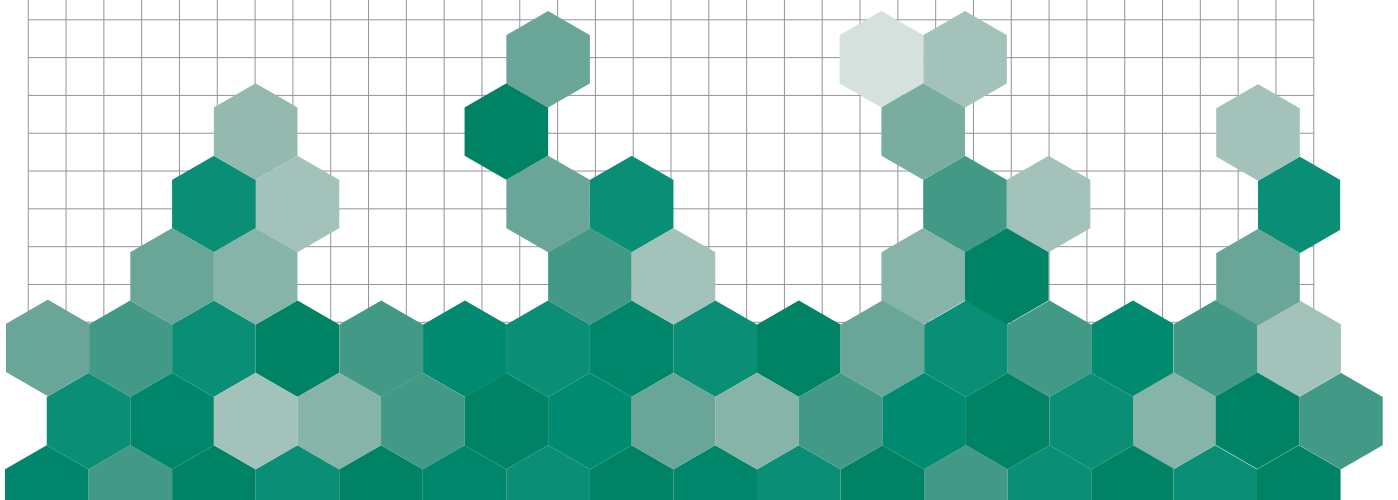
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|--------------------------|-----|-----------------------------|----------|
| ● Police | 113 | ● Health Emergency | 118 |
| ● Carabinieri | 112 | ● Medical Nightwatch | 02.34567 |
| ● Fire Department | 115 | | |

● **Some ASL OFFICES** (to register to the National Health Care System):

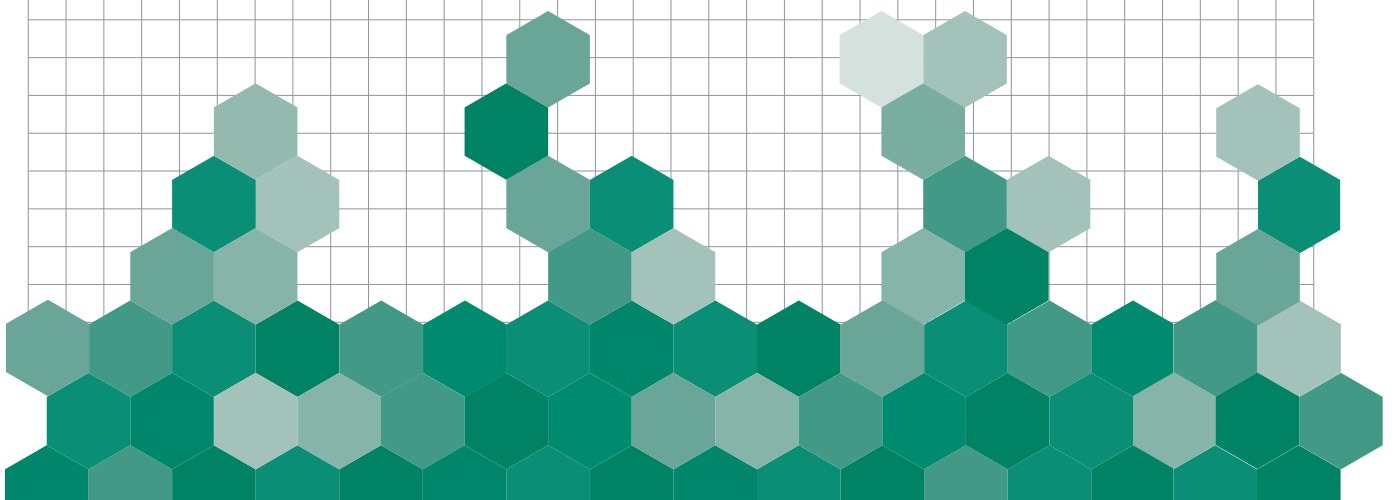
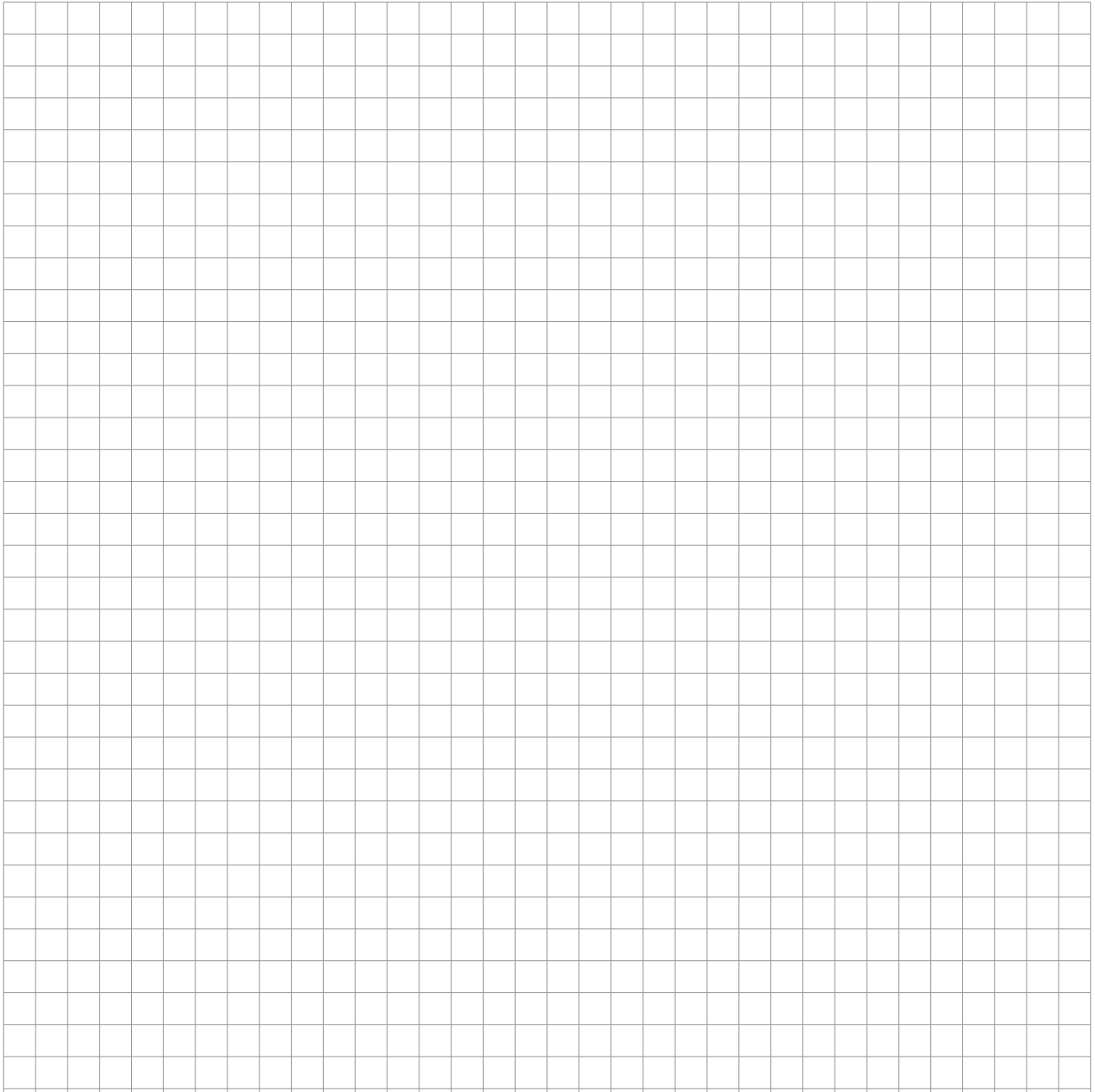
- Via dei Glicini - Rozzano - 02 82456101
- Via Salvador Allende - Opera - 02 82456301
- Corso Italia, 19 - Milano - 02.85788113
- Piazza Bande Nere, 3 - Milano - 02.85788017



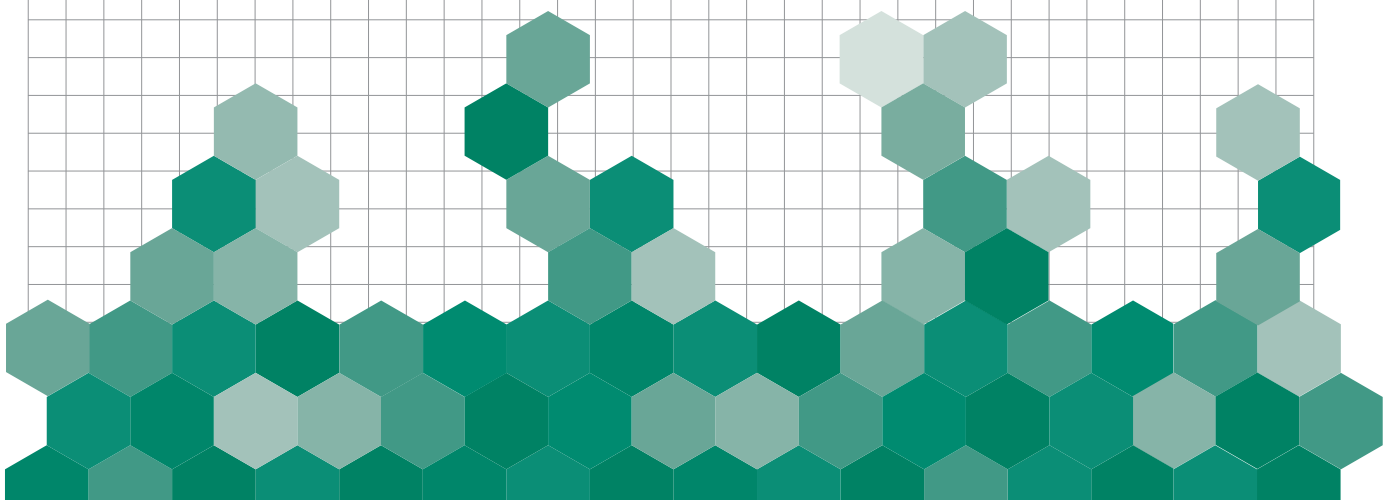
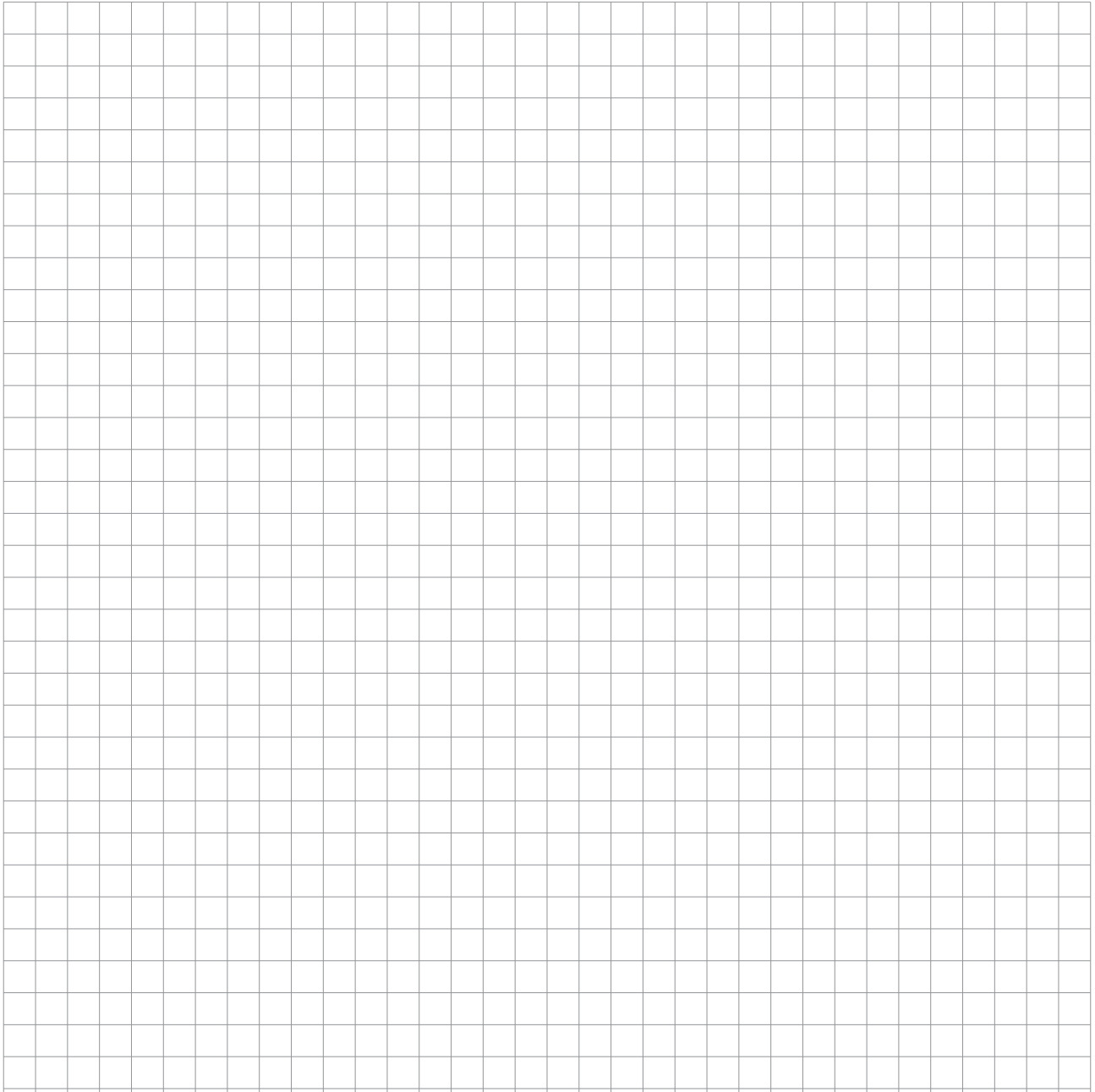
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