Welcome to Politecnico di Milano
Dear PhD Candidate,

Please receive my warmest welcome to our PhD School. Since its establishment, the PhD School has the goal of contributing further to the development of your technical competence while inspiring in you a serious professional and ethical working habit, offering several initiatives and general courses that complement the specific teaching and research of each PhD program. We strive for making you a capable future researcher and innovator, a driving force for the scientific and intellectual development of our future Society.

I wish you a very productive period at Politecnico di Milano during your PhD studies, dedicated to your research and to your own personal development within the international research environment of the School. You will be able to meet and cooperate with many colleagues during this period, and I strongly encourage you to explore new research paths and investigate new fields during your PhD.

Finally, do not hesitate to contact me for any doubt or problem you may have during this period at our PhD School.

Best regards,

Barbara Pernici
Airports and railways

The city of Milan is easily reachable by both airplane and train. There are three main airports in Milan and its surroundings: Linate, Malpensa and Orio al Serio. Linate and Malpensa Airports www.sea-aeroportimilano.it Orio al Serio airport www.orioaeroporto.it

From the airports, you can reach Milan as follows:

**Linate Airport**
- Bus to **Centrale** Railway Station every 30 minutes. Tickets on board or at Agenzia Star Fly Linate - € 7,50
- Bus no. 73 to **Piazza San Babila** every 10 minutes. Tickets sold in bars, newspapers kiosks or tobacconists - € 1,50

**Malpensa Airport**
- Train Malpensa Express to **Cadorna** railway station every 30 minutes from Terminal 1 - € 11,00
- Malpensa Bus Express to **Centrale** railway station from Terminal 1 with stop at Terminal 2:
  - From 6:30 am to 10:10 pm three buses per hour (at minutes 10, 30 and 50); extra trips at 6:00 am and 10:40 pm
  - From 11:00 pm to 0:30 every 30 minutes - € 7,50 www.malpensashuttle.it
- Shuttle Air Pullman to **Centrale** railway station every 20 minutes from Terminal 1, exit 6. Tickets sold on board. It stops also at Terminal 2

**Orio al Serio Airport**
- Bus to **Centrale** railway station from 4:30 am to 1:00 am every 30 minutes - € 10,00 www.orioshuttle.it
- Bus to **Lambrate** railway station at 4:30 am, 8:30 am, 1:30 pm, 5:30 pm and 9:30 pm.
Milan is served by both Ferrovie dello Stato and Ferrovie Nord.

**Ferrovie Nord**
- It is a commuter rail and provides service to Milan surrounding areas and neighbouring cities such as Como and Varese. It also connects the city centre with campus Bovisa. It can be boarded at Cadorna Station (reachable by metro - red and green lines). Visit [www.ferrovienord.it](http://www.ferrovienord.it) to check destinations, fares and timetables.

**Ferrovie dello Stato**
- It is the national railway transport service. The main station is Stazione Centrale (reachable by metro - green and yellow lines); trains can be also boarded to in Stazione Garibaldi and Stazione Lambrate (both reachable by metro - green line). Stazione Lambrate is the closest to the Politecnico di Milano - Leonardo campus. Visit [www.trenitalia.it](http://www.trenitalia.it) to check destinations, fares and timetables.

**Public transports in Milan**

The public transportation system within the city of Milan is run by ATM (Azienda Trasporti Milanesi). It consists of buses, cable cars (TRAM) and subway (METRO).

By visiting the website [www.atm-mi.it](http://www.atm-mi.it) you can create personalized itineraries. Simply click on “GiroMilano” then choose the option you like. There are many options and among them the most useful ones are “Ricerca Indirizzo” for finding out addresses and “Calcola Percorso” for getting a complete itinerary.

Service runs from Monday to Sunday from 6.00 am to 12.30 pm but some buses provide night service as well.

Fares for all the transportation system are the same. Tickets are sold in newsstands, bars, tobacconists and vending machines.
Tickets cannot be bought aboard.
Tickets must be stamped at the beginning of the journey; stamping machines are located near the entrance of buses and trams. In metro stations, they are located at the turnstiles.
A urban network ticket costs € 1 and is valid for 75 minutes on all lines but it cannot be used twice on the subway; once you have left the subway station you must have a new ticket for the next metro-trip.
There are also other possibilities:
A 10-ticket carnet: € 9.20
A 1-day travel card: € 3.00 – “giornaliero”
A 2-day travel card: € 5.50

Frequent travellers can buy a monthly pass (abbonamento).

All students under the age of 27 can purchase a student monthly pass at a reduced price. To obtain your “Diurno Mensile” student pass you must go to one of the official ATM points, located near the metro stations of Duomo, Cadorna, Loreto, Centrale, Romolo (opening hours from Monday to Saturday 7.45 am to 7.15 pm), and bring with you
- a passport-sized photo (in colour)
- your matriculation letter, also indicating date of birth

The card is prepared while waiting and students pay € 10 to get their card. Check that the word “STUDENTE” is written below on the left.
The “Diurno Mensile” student pass can be used all week 24 hours a day on the entire urban transportation system.
You have to reload the pass every month in newsstands, tobacconists, bars and vending machines; the cost for the monthly reload is € 17.

Milano has 3 subway lines, each identified with a different colour: red, green and yellow.
There is also a blue line, the so-called Passante Ferroviario.
You can use ATM tickets on the Passante Ferroviario trains from Dateo to Bovisa F.M.
With more than 50 urban routes, the bus system may sometimes offer a more direct route than the metro and make people reach areas not covered by the underground.

For more information about prices, schedules and routes please visit www.atm-mi.it

Milan campuses

On the Politecnico website www.polimi.it/english, under the item “About the university” you will find “Campus tour” with detailed information on how to reach all Politecnico Campuses. Here is just a hint to reach the Milan campuses.

Leonardo Campus
It is situated within the city of Milan:
• take Metro 2 – green line – and get off at stop Piola. Campus Leonardo is a couple of minutes walking distance from the metro.

Bovisa Campus
It is located north-west of Milan, not far from the city-centre.
• take the metro red line to Porta Venezia
or green line to Porta Garibaldi
or yellow line to Repubblica
• at one of these metro stations take the Passante Ferroviario (or blue line) to Bovisa.
• you can also take a train from Cadorna station (red and green lines) - “Bovisa Politecnico” is the second stop.

Once you go out of Bovisa station:
• turn right to reach the Engineering Campus, via La Masa 34
• turn left to reach the Architecture and Design Campus, via Durando 10.
Living in Italy

Residence permit

If you are a EU citizen, after three months in Italy, you have to register to the “Anagrafe Office” of your residence Municipality. You need

- a copy of your passport or ID card
- one enrolment letter issued by the Politecnico di Milano
- your health insurance
- four passport sized photos.

You will be asked to fill in the request form for “Attestazione iscrizione anagrafe” for a citizen of the European Union. You may be asked to pay a small amount of money.

If you are a citizen of a non-EU country, you will be required to fill in the so-called KIT TO APPLY FOR A RESIDENCE PERMIT. This will have to be handed back to the post office together with the following documents:

- a valid passport with visa
- a photocopy of your passport with visa
- four passport sized photos
- one enrolment letter issued by the Politecnico di Milano (the duration of your degree course has to be shown!). The letter has to be stamped by the Italian Diplomatic/Consular mission when the entry visa is issued
- a copy of your health insurance valid for your entire period of stay, validated by the Italian Embassy in your own country.

By entering the official immigration website www.portaleimmigrazione.it and using the codes (user ID and password) written on your receipt, you can check the status of your application. On the same webpage you will be informed about the first appointment for fingerprints and the second one to receive your residence permit. Remember to take with you 4 passport sized photos.
For more accurate information about the status of your application you can also visit www.questuradiMilano.it, “stranieri” “controlla online il permesso di soggiorno”.

- For more detailed information there is a call center available in 5 languages: English, French, Italian, Spanish, Arabic. The number to be called is: 800.309.309
- For information on the status of your personal residence permit request, the number to be called is: 848.855.888

The cost of the residence permit amounts to:
- € 98,00 “Assicurazione Sanitaria” con validità 1 anno
- Euro 14.62 “marca da bollo” (a stamp that can be purchased at any tobacconist with a “T” sign out of the shop) to be put on the residence permit application
- Euro 30 to be paid at the second step of the procedure, when you give the Post Office the KIT already filled and they send it to the Central Questura in Rome
- Euro 27.50 to be paid at the Post Office to get the Electronic residence permit

When asking for your permit for the first time, please remember to specify it is not a renewal.
In case of renewal of the permit documents are the following:
- a valid passport with visa + copy of the page with personal data and dates of validity and expiration of the document
- your original permit
- photocopy of the documentation certifying the availability of adequate financial resources for the validity period of the residency permit
- your transcript of records with proof of 1 exam successfully passed in case of the 1st renewal and 2 exams successfully passed for each successive renewal (ask to your department)
- your health insurance.
Codice fiscale

“Codice fiscale” is an alphanumeric identification code issued by the Ministry of Finances. You need to have your own codice fiscale in order to open a bank account or to sign any contract (i.e. to rent a flat, to get your student card for public transportations, to have access to mobile phone services and Internet).

To obtain your codice fiscale you have to go to the nearest “Ufficio delle Entrate”, according to the area you live in, with a valid document (ID card or passport) and the receipt of the residence permit’s application if you are a citizen of a non-EU country. You can find a complete list of all the local offices in the website www1.agenziaentrate.it/indirizzi/agenzia/uffici_locali

• if you are a citizen of the EU you only need to bring your passport
• otherwise you must bring your passport and your receipt of the residence permit’s application.

Insurance and Health

All students at the Politecnico di Milano are covered by an insurance (INAIL) that protects them in case of:

• damages against themselves
• damages against other human beings
• damages against any structures of the Politecnico di Milano.

The insurance is valid only within the area of all campuses of the Politecnico di Milano. In case you desire a more detailed insurance, you need to stipulate one on your own.

In order to obtain your residence permit, you need to have a health insurance valid for Italy.

You can either purchase a private health insurance or register to the National Health Service (SSN) to receive assistance. The subscription to the SSN is not compulsory, however it is strongly recommended because it gives you the possibility
to be treated as an Italian citizen for what concerns health. This means you will have the chance to choose a doctor, who will visit you for any problem (free of charge), and who will refer you to specialists (dentists, orthopedics, etc) if needed, as well as prescribe medicines or medical tests for you.
For details, you can contact the nearest public relations office (URP) of any Azienda Sanitaria Locale (ASL).
In order to be registered to the SSN, you have to go to the ASL of your city area. To locate your local office, according to your district of residence, please follow this link: www.asl.milano.it/indUtiliRicerca.asp
If you are an **EU citizen**, you need to bring:
- your E111/E128 form
- or your European medical card if you have one and ask for a “carnet”.
If you are an **extra-EU citizen**, you need:
- your codice fiscale
- your passport
- your receipt of the residence permit’s application
- one enrolment letter issued by the Politecnico di Milano
- the receipt of a payment to SSN (whose amount for students is about € 150.00).

**How to open a bank account**

Banks are open from Monday to Friday from 8.30 am to 1.30 pm and from 3.00 pm to 4.00 pm.
The requirements to open a bank account are:
- to be of age (at least 18)
- to have a valid ID
- to have your codice fiscale
- not to have gone bankrupt

After having signed the contract, the bank supplies you with your new account number. This number will be required in any future transaction, so it is essential not to loose or forget it.
The holder of the bank account also receives the following banking coordinates:

- the IBAN code, which is an alphanumeric information identifying your bank account (CIN + ABI + CAB + the account number).

Before being able to make any transaction, you have to make an initial deposit on your bank account. Traveller’s checks, checks and foreign currency can be exchanged at banks, change offices, at railway stations and/or airports. Banca Popolare di Sondrio is the official bank of the Politecnico di Milano. It offers students of the Politecnico di Milano the possibility to open a bank account at very good conditions. One of the offices of the bank (agency n. 21) is located at Leonardo campus – Milan. The address is: via Edoardo Bonardi 4 - Ph. +39 02 2399 3305.

Mail and phone service

“Poste Italiane” is the national mail service: with thousands of offices spread around the territory, it is easy to find a post office when needed. Most offices are open from 8 am to 1.45 pm but some, especially in Milan, are open until 7 pm. Stamps can be bought not only in post offices, but also in tobacconists and bars displaying a “T sign”. Some services such as registered mail are offered only by post offices. Apart from traditional mail services, “Poste Italiane” also offers banking services such as checking accounts and pre-paid credit cards.

Please check www.posteitaliane.it for more details about all services offered, for offices location and timetables.

All phone services are provided by different companies, which offer various services and rates depending on the time of the day, the type of call etc.
Most houses have a fixed telephone line but mobile phones are extremely popular. Mobile phone services are also offered by different companies with various rates and promotions. All companies have the possibility to activate pre-paid cards (the cheapest possibility) or contracts. To sign up with one of the companies you need:

• a valid ID card or passport
• your codice fiscale (see further on in this publication)

It usually takes a few hours to activate your card. You can ask for information on rates, promotions etc. to the shops providing the services. Another alternative are public pay phones, which are identified by round signs with a telephone on them. They are spread throughout the city and in many bars and shopping centres as well as in airports and railway stations. A phone card is required to make phone calls from public phones. Cards can be purchased at newsstands, tobacconists, bars.

Useful telephone numbers

• Carabinieri (police with military and civil duties) 112
• State Police 113
• Municipal Police 02 77271
• Anti-Poison Centre 02 661 010 29
• Emergency Doctor Service 02 34567
• Emergency Health Assistance 118
• Firemen 115

Electricity

In Italy, the electrical current is AC and the cycle is 50Hz 220 V. Plug have round prongs. Foreigners coming from countries, where a different system is in use, need to have adapter plugs and, if necessary, a transformer.
Official holidays and Academic calendar

The Academic calendar is available on the following webpage: http://www.polimi.it/english/academics/academic_calendar.php

I semester - Courses start at mid-September and finish at the beginning of February.
II semester - Courses start at the beginning of March and finish at the end of June. At the end of each semester, a period of examinations is scheduled, with interruption of classes usually lasting about a month.

There are 12 officially recognized religious or national holidays:
- January, 1: New Year’s Day
- January, 6: Epiphany, or the so-called Befana
- Easter Sunday
- Monday of the Angel: the so-called Pasquetta
- April, 25: the anniversary of the end of World War II in Italy
- May, 1: Workers’ Day
- June, 2: the anniversary of the proclamation of the Italian Republic
- August, 15: Ferragosto
- November, 1: All Saints Day
- December, 8: The Immaculate Conception
- December, 25: Christmas Day
- December, 26: Boxing Day

December, 7 is St. Ambrogio, the patron saint of the city of Milan. This day is official holiday in Milano only. Each Italian city has its own specific holiday.
Cost of living

Prices in Italy can vary considerably depending on where you live. Tourist areas and the main cities, especially in the North of Italy, are more expensive than smaller towns. Approximate prices of some items are listed below (in euro):

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk:</td>
<td>1.60 / Litre</td>
</tr>
<tr>
<td>Bread:</td>
<td>3.50 / Kilo</td>
</tr>
<tr>
<td>Butter:</td>
<td>1.70 / 250 gr</td>
</tr>
<tr>
<td>Beef:</td>
<td>9.00 / 19.00 / Kilo</td>
</tr>
<tr>
<td>Chicken:</td>
<td>8.00 / 10.00 / Kilo</td>
</tr>
<tr>
<td>Rice:</td>
<td>1.70 / 2.50 / Kilo</td>
</tr>
<tr>
<td>Pasta:</td>
<td>0.80 / 1.20 /Kilo</td>
</tr>
<tr>
<td>Mineral water:</td>
<td>0.50 / 0.80 /Litre</td>
</tr>
<tr>
<td>Cinema:</td>
<td>7.50</td>
</tr>
<tr>
<td>Fast food menu:</td>
<td>5.50</td>
</tr>
<tr>
<td>Train ticket Milan - Rome</td>
<td>45 (Intercity train), 56 (Eurostar train), 67 (Eurostar Fast train) / one way</td>
</tr>
<tr>
<td>Rome and Milan underground ticket:</td>
<td>1.00 (1 journey)</td>
</tr>
</tbody>
</table>

Italian climate

Thanks to the moderating influence of the sea and the protection of the Alps from chilling Northern winds, Italy has a temperate climate. However, the climate varies considerably from North to South. Winter is very cold in the Alps, cold and foggy in the Po area and the central Apennines, mild in the South or along the coast. Summer is very hot, especially in the South, and usually dry. Sea breezes mitigate temperature along the coast while in the mountains the climate is pleasantly cool.
Living in Milan and its surroundings

The Politecnico di Milano has seven campuses: the two main ones are in Milano and four are spread around the Lombardia region, while Piacenza campus is in Emilia Romagna. Lombardia is one of the largest regions in northern Italy and, thanks to its geographical position, it is close to some of the most characteristic panoramic countryside for the tourist who wants to get to know our country better: the mountains of the Alps and the renown ski resorts, the beaches of Liguria or the Venetian coast, always full of life in the summer months.

Thanks to the public transportation available in Milano, cities of art like Venezia, Verona, Bologna and Firenze are easily within reach for those who want to admire a small piece of Italian history and architecture.

Lombardia offers mountain landscapes perfect for winter sports, beautiful natural parks and characteristic villages, mostly around the areas of Lake Maggiore, Lake Garda and Lake Como. One particularity of the area is the Oltrepo Pavese, a land of rolling hills and medieval hamlets, that gives its name to a famous type of wine.

The Lombardia Region brings you the opportunity to discover a treasure made of history and arts, nature, entertainment, and gastronomy, just enjoy it!

Culture and free time

General information websites
Agenda of events in the city(by the Provincia di Milano)
www.appuntamentimetropolitani.milano.it
Visita Milano (by the Provincia di Milano)
http://turismo.provincia.milano.it/turismo_en/index.html

Arts, museum and monuments
Castello Sforzesco www.milanocastello.it
Museo Nazionale della Scienza www.museoscienza.org
Museo Poldi Pezzoli www.museopoldipezzoli.it
Osservatorio Astronomico di Brera www.brera.mi.astro.it
Padiglione d’Arte Contemporanea (PAC) www.brera.inaf.it
Triennale www.triennale.org

Cinema
Festival del cinema africano
http://www.festivalcinemaafricano.org/
Milano Film Festival http://www.milanofilmfestival.it/eng/

Theatre

Music
Giuseppe Verdi Conservatory (Como)
http://www.conservatoriocomo.it/eng/conservatory-eng.html
Autunno Musicale di Como Festival and Foundation
http://www.autunnomusicaelemo.it/index.php?lg=eng
Sport activities

The University Sport Center (C.U.S) and the Politecnico Sport Committee

Generally speaking, sport activities for all the students of the Milano Universities (except for the Como site), are organized by University Sport Center (C.U.S). The Politecnico Sport Committee cooperates with C.U.S., selects the teams for participating in the Milan University Championships of C.U.S. and organizes other activities for our students. These activities are described in www.polimi.it/sport (in Italian only).

C.U.S. enrolment costs 15 €. Insurance for all activities as well as medical check-up for non-competitive performance are included in the enrolment fee. With an additional amount of 10 €, our students can freely run for one year on the tracks of Centro Sportivo Giuriati, inside Campus Leonardo.

There are special conditions for students of Casa dello Studente (free enrolment to CUS and discounts on the courses organized by CUS in the gym inside the Casa dello studente).

Sections of C.U.S. Milano are active also in Lecco (www.sport.lecco.polimi.it) and Mantova (www.polo-mantova.polimi.it/servizi), whilst in Como is present the C.U.S. dei Laghi (Como and Varese), see (www.polo-como.polimi.it/servizi). For activities in Cremona and Piacenza, please see Informazioni generali on www.polimi.it/sport.

C.U.S. members can either take part in sport courses or participate in some organized tournaments, in some case following a selection of the Sport Committee.

For further information about C.U.S. activities and enrolment, please visit the website www.cusmilano.it (in Italian only).
The Politecnico Sport Committee organizes tournaments for all campus of Politecnico (in soccer and skiing), is responsible of the official teams (also participating to international events) and promotes new activities, often in cooperation with C.U.S. Milano, by means of funds distributed by the Consiglio degli Studenti (Student Council).