

2016 - 2017



# ERASMUS GUIDE

## What is ESN Roma ASE?



ESN Roma ASE is an university student association composed of young people, most of them ex-erasmus students. It was established to help European and non-European students coming to Rome's universities to provide them with services and make them feel at home in Italy.

ESN Roma ASE is a non-profit, a-political and independent association.

ESN Roma ASE supports the Erasmus program and other exchange programs, welcoming and giving basic and useful information to the incoming students. It offers important services such as finding rooms, university tutorials, the organization of cultural and entertaining events in order to

## ASSOCIAZIONE STUDENTI ERASMUS



[www.esn-roma.it](http://www.esn-roma.it)

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make socializing easier for students in a new environment. People from ESN are totally helpful to solve any kind of problem a student may have during the academic year; our mail address is [info@esn-roma.it](mailto:info@esn-roma.it). Contact us if you need some help!



Our Erasmus student association was established in 1993 in order to promote the European integration process, and in 1995 our local section entered in ESN, that provides services in more than 30 European countries, encompassing more than 300 sections. We are the only association at the university that works for Erasmus students, and our staff is completely composed of volunteers.

## HOW TO CONTACT US AND BECOME OUR MEMBER?

In order to join our Association you have to sign up on our web site: [www.esn-roma.it](http://www.esn-roma.it) and afterwards go to the office to get our section Card. Remember to bring with you two passport photos and 5 euros cash.

**IMPORTANT :** In order to enjoy our events you must be registered with ESN Roma ASE and be in possession of our Card !!!

## Learn to recognize our Logo Administrative Stuff



### 1) HOUSE

Finding a room in Rome is the first challenge you will have to meet. ESN Roma Ase, through our partner "UNIPLACES", provides a connection between your needs and the owner's requests. On the website <https://www.uniplaces.com/it/> you can find an updated list with many rooms and/ or houses for rent. You can also find all the information regarding the different neighborhoods, prices and services that you need. Although we don't guarantee that our system will find you a room, but in any case it will be a useful tool in finding and valuating rooms. Promocode per 25% discount on the booking fee - "ESNASEROMA"

### 2) WHERE CAN YOU GET THE "CODICE FISCALE" (C.F.)

The so-called 'Codice Fiscale' is the Italian name for what in America is called the " Social Security Number. You need it in order to open a Bank account or to receive your ADISU card for the university canteen. Once you have found a room, you can come to our office and we will help you to fill in the application form, and we will explain you how to reach the office where the 'Codice Fiscale' is to be acquired.



### 3) CANTEEN CARD

The university canteen is the best place to eat due to its good quality and low cost, only 2,10 euros for a complete meal. You can get the canteen card going to ADISU office with your “Codice Fiscale” and your Erasmus certificate. ADISU office is located in Via Cesare de Lollis 24/b (number 50 on the map).

Opening hours: Mon-Thu 9:00-13:30; Fri 9:00-12:00

You can find all the informations about the canteens at the follow link:

<http://www.laziodisu.it/default.asp?id=726>

You are allowed to ask for the validation of the card starting from September 24th.

### 4) HEALTH ASSISTANCE

To acquire health assistance you have to go to the ASL closest to your residence and ask for a doctor visit, which is free provided you show your C.F. and identity card or passport. Emergency assistance is free of charge in each hospital.

### 5) LANGUAGE COURSES

Sapienza University offers a free language course for all the incoming Erasmus. You can check the admission dates on the web page <http://www.uniroma1.it/europrog/erasmus/sminc.php>. For additional information please contact the International Programs Department of Sapienza. Their e-mail address is [spi@uniroma1.it](mailto:spi@uniroma1.it)

### 6) PUBLIC TRANSPORTS AND SEASON TICKETS

The montly Public Transport subscription costs 35 euros and unfortunately there aren't discounts for students. A single one-fair ticket costs 1,50 euros. If your Erasmus scholarship lasts for 10 months, we advise you to purchase an annual subscription, costing 250 euros, which will save you 10 euros a month.

### 7) MOBILES

One of the first things you should do upon arriving in Rome is buy an Italian SIM-card. This prevents high costs and Italian providers offer cheap subscriptions. Actually the cheapest mobile phone provider is Wind, that have many offers to call and send messages almost for free between Wind phones.

## How to find an Apartment

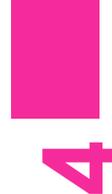


In order to rent a room in Rome:

- check the follow link: <http://www.esn-roma.it/housing>
- can take a look in the university notice boards where a lot of people stick their own offers or
- buy “Porta Portese”. That’s a newspaper full of announce ments about everything and you can find it in every news-stand. There is a big section where house owners publish their offers (rooms or flats).

There are aslo web sites where you can find other offers. The best ones are: Easystanza, Kijiji and Bakeca.

Our suggestion is to compare the offers judging them by  
the prices **Usefull Hints**



In these few lines we will try to explain to you how to select the right room.

The price for a nice single room close to the university is around 450/500 euros.

When you call for information about the flat's conditions, remember to ask the land lord if all costs are included, as sometimes these can reach up to 50 euros per month. Ask how much money is required in for how long you are staying in Rome. Once you know how much you are able to spend each month, you can start to choose the zone you would like to go to live. If you want to look for a house in different places from which we suggested or for any other kind of problem, please don't hesitate to come in our office for help.

**These are the closest and well linked zones we suggest:**

1) Università (o Viale dell'Università)

2) Ippocrate (o Viale Ippocrate)

3) Policlinico (o Viale del Policlinico)

4) Bologna (o Piazza Bologna)

5) Pineto

6) S.Lorenzo

7) Stazione Tiburtina (NON via Tiburtina which is  
very long road)

8) Viale XXI Aprile

9) Torlonia (Villa Torlonia)

10) Africano (Quartiere Africano)

11) Trieste (Quartiere Trieste o Corso Trieste)

12) Centro (o Centro Storico)

13) Colosseo

14) Nomentana (check out the distance)

15) Re di Roma

16) San Giovanni

17) Quartiere Africano

**Here there si another list of places far from the univerisity,  
that take a lot of time to be reached.**

Acilia, Albano, Anagnina, Anguillara, Anzio, Appia (if not near to metro station), Ardea, Ardeatina, Ariccia, Balduina, Boccea, Bracciano, Camilluccia, Casalpalocco, Cassia, Centocelle, Cerveteri, Ciampino, Corviale, EUR, Fleming, Frascati, Genzano, Grottaferrata, Ladispoli, Lavinio, Marino, Mentana, Montesacro, Monteverde, Nettuno, Ostia, Pomezia, , Prima Porta, Tor Sapienza, Tor Vergata, Trigatoria, Trionfale, Velletri, Vigna Clara, Vitinia....

If possible,we suggest you to don't go to any agency because they are very expensive.

They possibly ask you formore money in advance than usual. It's better to stay some more days in your hostel and take the time to find something good. If you have found a room but still have doubts, please don't hesitate to ask us for advise.



# Our Association: Our Activities

## **TANDEM**

Not only interested in learning Italian, but also other languages? Fill in the form on our website, with your name, experiences and languages you speak / want to learn, and we'll put you in contact with some others students to teach your mother language and learn other languages.

## **CULTURAL VISITS**

Our association will offer you many visits to Rome's most important landmarks and museums. One of our members will guide you explain you, step by step, everything you need to know about Rome's many wonderful sites!

## **COCKTAIL NIGHT**

One of our most popular events! Every Tuesday night, we meet up in a pub where you'll be able to meet A LOT of Erasmus students, and, showing your ESN card at the checkout, you'll get a great discount on your drinks.

## **CINEFORUM**

Every Wednesday we showcase a famous Italian movie in original version, with subtitles, to help you to improve your Italian. You'll get to know a bit more about our culture, thanks to movies that made Italian cinema.

## **ERASMUS PARTIES**

One of our most appreciated activities: Since many years, every Thursday/Friday, we organize the famous (or some people might say infamous) "ERASMUS PARTY"... the only one true Erasmus party where you will feel the real Erasmus atmosphere and experience our themed parties! Always in the best clubs in Rome, with cheap drinks and FREE ENTRANCE with our ESN Card.

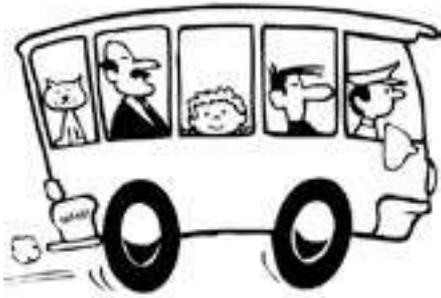
## **TRIPS AND TRAVELS**

ESN Roma ASE is part of the ESN network (Erasmus Student Network), so we're in touch with many other ESN Associations all over Italy and Europe. When we organize a trip, we ask for help from the ESN association at the place we visit, and therefore always get the best offers. Being 100% non-profit, you never pay more than what we really spend! For that reason(amongst many others reasons), this is not only the best way to have fun and know other Italian cities with your new Erasmus friends, but also will cost you the least!

## **EURODINNER, PIC NIC, RISTORANTE AND "APERITIVO"**

Four culinary events where you will be able to taste typical food from Rome, Italy, and at our Eurodinner, from all over Europe!

# Our Trips and Travels



Every year, we organize a lot of trips! If you plan to visit one of those cities, come with us! The trips are strictly reserved for the ERASMUS students that are registered in our association!

**October:** Napoli, Capri and Pompei

**November:** Firenze, Pisa and Lucca

**December:** Milano and Torino

**February:** Carnevale di Venezia, Verona and Padova

**March:** Viaggio sulle Alpi, Bologna, Ravenna and San Marino

**April:** Genova and Cinque Terre

**May:** Evento Nazionale

**May:** Sicilia

**June:** Puglia

### SUNDAY'S TRIPS

During October and November, and the Spring period, we will offer the "Viaggio della Domenica". This comprises a one day trip to the most beautiful cities in central Italy, leaving in the morning, and returning in the evening. The trips are by bus and only for Erasmus students. You will be able to meet a lot of people and visit other beautiful cities besides Rome. The price is mostly around 10-15€. Remember to register quickly as there are normally only a few spots available. Here is a list of a few trips we organize:

**September:** Ariccia **October:** Marino

**October:** Eurochocolate Perugia

**November:** Assisi/Orvieto

**December:** Siena

**January:** Ariccia Bis

**February:** Carnevalone Liberato

**March:** Caserta

**April:** Montepulciano and Pienza

**May:** Tivoli

**May:** Cascata delle Marmore / Rafting

**June:** Sperlonga

**June:** Ninfa and Castello di Sermoneta

# Discounts and Conventions

Showing the ESN Roma ASE card, you'll be able to get discounts on many different shops. Here is the list of our partners:



## Convenzione Ostelli - AIG

**Copisteria Pioda** - v.le Ippocrate, 154: 10% discount on photocopies, bindings and every articles on sale.

**Cocktail Pub Tirabouchon** - Via degli Aurunci 26-28

**Wind.Sim Wind+ESN Big:** 10€/monthly + 5€ for the beginning, 550 minutes/monthly with everyone, 550 sms, 2 GB Internet with 4G(after the 2gb you will continue to have Internet at 32kb/sec) .

Unlimited call to other Wind numbers.

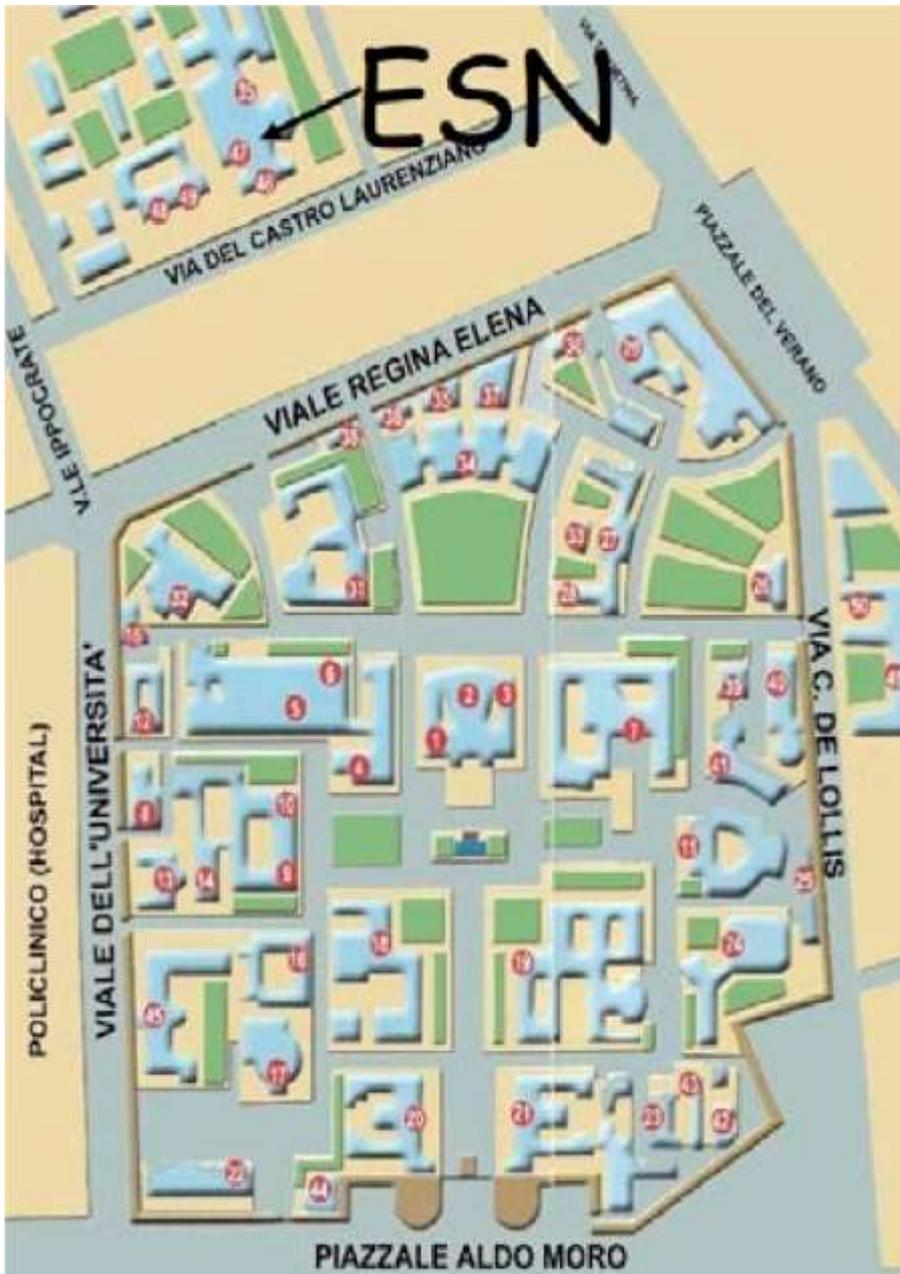
Pass to our office to take today your new sim!

**Revolution Team Parrucchieri** - p.za delle Crociate, 24

If you want to know all ESN's conventions, please visit our web page: <http://www.esn-roma.it/partners>

And we're still looking for (m)any other convention with theaters, cinemas, bookshops and many others! Ask in our office for new convention or information, or send a mail to [info@esn-roma.it](mailto:info@esn-roma.it)

# University Map



1. Rectorate
2. Aula Magna
3. Library (Alessandrina)
4. Faculty of Law
5. Faculty of Political Sciences
6. Faculty of Statistics
7. Faculty of Arts
8. Faculty of Medicine
9. Geology building
10. Faculty of Mineralogy
11. Faculty of Mathematics
12. Long Distance Learning Centre  
(catted political sciences and statistics)
13. Zoology building
14. Geochemistry Building
15. Sciences Lecture Halls
16. Social Services Area
17. University Chapel
18. Old Physics Building
19. Old Chemistry Building
20. Hygiene Department
21. Orthopedic Clinic
22. University Theatre and Ticket Office
23. Private Law
24. Pharmaceutical Chemistry
25. Pharmaceutical Labs
26. Housing Building
27. Botany Dept.
28. Genetics Dept.
29. Medicinal Law
30. Pharmacology
31. General Physiology
32. Human Physiology
33. Botany Lecture Halls
34. General services building
35. Bank
36. Post Office
37. Bursary Offices
39. Ex Chemistry Labs
40. New Chemistry Building
41. New Physics Building
42. Engineering Lecture Halls 3, 4 and 5
43. Carpentry
44. Engineering Lecture Halls 1 and 2
45. Neurological Clinic
46. Economy
- 47. ESN ROMA ASE Office (Economy)**
48. Engineer (Year 1 and 2)



49. Refectories (Economy and De Lollis)

**50. A.D.I.SU**