



Central Police Station (Questura), Via Lalli 3 **19**

Questura (Central Police Station) is located at nr. 3, Via Mario Lalli, Phone 050 583511, Immigration Office opening hours: Monday-Saturday 9:00- 13:00, Tuesday and Thursday 15:00-18:00. **19**

Prefettura (Prefecture) is located at nr. 7, Piazza Giuseppe Mazzini, number 050 549511 Fax number 549666, web site www.prefettura.pisa.it **23**

Central Post office is located in Piazza Vittorio Emanuele 11-7-9, opening hours: Monday to Saturday: 8:15-19:00, phone 050 519514 **14**

GUIDELINES FOR LIVING IN PISA

Will Scuola Superiore Sant'Anna provide me with accommodation?

It depends. If you are an *Honors College Student* the Scuola will provide you with accommodation in one of its colleges. Accommodation for *Honors College Students* is free of charge. If you are a Masters course student or a PhD course student, the Scuola will help you find accommodation in Pisa, by providing you a list of cheap hotels, hostels, B&Bs and rooms for rent in advance.

Is accommodation in Pisa expensive?

The cost of accommodation depends a lot on the location. The cost of a furnished single room with shared facilities in the centre of Pisa or close-by ranges from € 300 to € 350 euros per month, whereas one bed in a double room costs around 200/250 euros. The rent for a furnished flat/apartment in Pisa ranges from € 500 to

1000 euros, depending on the location, number of rooms, whether facilities are private or shared, etc. Rent is usually paid monthly.

Are there other expenses related to renting an apartment or room?

Before renting a room or an apartment, ask whether the agreed price includes any extras such as: utilities (heating, water, light and gas bills etc); a condominium charge (e.g. cleaning, use of a lift, communal lighting, and garden maintenance). Generally extra expenses are not included, hence you may need to calculate at least 30 euros extra per month. In most cases, one or two months rent is required in advance as part of a deposit ("*caparra*"), which will be returned when you leave the room or apartment.

What is the average cost of living in Pisa?

Below are some examples of approximate prices (in euros), which hopefully will help you to compare the cost of living in Pisa with your home country:

- Single room in a shared apartment: € 350,00 a month + utilities
- Shared room in a shared apartment: € 250,00 a month + utilities
- 1 litre of fresh whole milk: €1,20
- 1 kilo of pasta € 0,80
- 1 kilo of rice €1,95
- 1 kilo of fresh bread € 2,60
- 6 eggs € 1,15
- Pizza + beer in a pizzeria € 13,00
- Coffee € 0,90
- Cappuccino + croissant in a café € 2,00
- Meal in a café (a drink + a sandwich) € 5,00
- A beer in a pub € 5,00
- Bus ticket (one-hour validity) € 1,00
- Student monthly bus card € 21,00
- Newly-released movie € 7,00
- Magazines: € 2,00-4,00
- Newspaper € 1,00



Banca Unicredit, Piazza Garibaldi **16**

What is a "codice fiscale"?

A codice fiscale (Italian tax code) is a personal code that identifies each person within the Italian State. You need one to open a bank account, or to get a cellular phone, and to receive your scholarship.

To obtain a codice fiscale, you need to complete a request form and apply to the "Agenzia delle Entrate" with a valid identity document (for example: passport, stay permit or receipt of request, visa). The codice fiscale is usually issued immediately.

Address: Agenzia delle Entrate di Pisa (Tax Office), via Matteucci - GALLERIA G.B.GERACE, 7/15- 56124 Pisa, Tel +39 050 315471 Fax +39 050 3154823

Email: ul.pisa@agenziaentrate.it **17**

How can I open a bank account?

If you need to open a bank account, you should go to one of the local banks with the following documents:

- stay permit (or the temporary receipt you received after making your application) or codice fiscale (Italian tax code)
- certificate of university enrolment at Scuola Superiore Sant'Anna
- identity document or passport

UNICREDIT is the bank that manages the Scuola's financial transactions: please refer to the International Relations Office for further information.

How do I apply for the National Health Service?

Health insurance coverage is required in order to obtain your stay permit in Italy;

If you are a Non EU citizen:

- 1) You can voluntarily register with the S.S.N. (Servizio Sanitario Nazionale –National Health System) at a cost of Euro 155. 97 per year. You will be guaranteed all the services enjoyed by Italian nationals. Payment for the Servizio Sanitario Nazionale must be made at the Post Office, account No. 289504 addressed to Poste italiane spa contributo SSN Regione Toscana, description of payment (causale) Iscrizione SSN anno (year of stay) Studente straniero.
- 2) You can purchase an insurance policy - valid throughout Italy with an Italian or foreign insurance company - which covers sickness, accidents and prenatal care, as well as pregnancy - such as INA Assitalia Insurance but, they will only cover expenses in the event of emergency treatment and / or urgent hospitalization. For more info call 06-3611676. INA-Assitalia: Payment for the Insurance Coverage must be made at the Post Office. Account N° 71270003 addressed to: INA Assitalia Agenzia Generale di Roma conto No. 20 stating name, family name and address in Italy. The cost is € 49.00 for 6 months and € 98.00 for one year.

If you are a EU citizen:

Be sure to have made arrangements for health cover before arriving in Italy. You need to obtain a European Health Insurance Card (EHIC) from your local Health Authority, which enables you to register with the Italian National Health Service. The EHIC card has replaced the former E128 form. Please note that if you were issued with an E128 form by your health authority, it is still valid and will be accepted in Italy. Enrolment with the Italian Health Service also entitles you to register with a family doctor and have special discounts. Alternatively, you may be covered by a private health insurance policy. In this case, you need to bring an official Italian translation of the policy, issued at the Italian Consulate or Embassy in your country, along with a declaration that the

Emergency (ER) Santa Chiara Hospital **18**



insurance will provide complete cover while in Pisa.

In order to register with the S.S.N., you need to go to the nearest Azienda Sanitaria Locale (ASL - Local Health Unit <http://www.usl5.toscana.it/>) to the place you currently live (as stated in your stay permit) with the following documents:

- Identity card
- Fiscal code
- Stay permit (or postal receipt)

If you are hosted c/o the Scuola, the proper Sanitary District is located at 5, Via Torino opening hours: Monday-Saturday 8:00-11:30 **24**

After registering with the S.S.N., you will be given a *Tesserino sanitario personale (Personal Healthcare Card)* entitling holders to receive medical assistance either without payment or by paying a contribution, which in Italian is called "ticket". This medical assistance consists of check-ups in out-patient departments, specialist examinations, home visits, hospitalization, vaccinations, blood tests, x-rays, ultrasound scans, medicines, rehabilitative and prosthetic treatment, and the possibility of choosing a family doctor or paediatrician. *Medical assistance is always provided:*

- during pregnancy and in the first few months after pregnancy;
- for child health purposes;
- for vaccinations, in accordance with national and international disease prevention programmes;
- for infectious disease prevention, diagnosis and treatments.
- foreign nationals can apply for medical assistance by submitting a written self-certification to the place where they wish to receive the health service.

What should I do in the case of an emergency?

In the case of an emergency you should call **113** or the European emergency number **112**. Police officers will answer 113 calls, but you can also make a request for an ambulance or ask for the fire department if needed.

Emergency doctor (Guardia Medica): You can get free out of hours medical assistance by calling the local *Guardia Medica via Garibaldi n. 198, Pisa* **21** (the telephone number for Pisa is: +39 050 959866). A doctor will be available to give advice, and if necessary, will visit the patient at home.

118: *The medical emergency number.* For emergency medical care (emergency ambulance), dial 118. This free service is available 24 hours a day, throughout the year.

ER or casualty departments (*Pronto Soccorso*) are available at all hospitals throughout Italy. Please note that they do not operate on a first-come first-served basis but on

the basis of the health condition of the patient. **18**

Hospitals. Where the need is considered urgent, the doctor at the ER will make an immediate hospital admission. Hospitalisation expenses are paid for by the National Health Service (Servizio Sanitario Nazionale - SSN). **20**

Fire department. Call **115** for immediate assistance from the fire department.

How do I get a cellphone number?

Several phone companies operate in Italy. The four major providers are: Vodafone, TIM, Wind and 3. You need to go to any cell-phone store and ask to see their cell phone/mobile services. You can buy rechargeable cards ("carta ricaricabile") or alternatively, you can get a year-long contract ("abbonamento"). With these however, you need to find out how much the monthly charge is, how to terminate the contract and how much advanced notice you need to give before terminating a contract.

You also need to know the following: how much each call costs in Italy; how much each call costs to your home country - although we suggest you buy an international phone card to call abroad, which is usually the cheapest way to call your home country. You can buy international phone cards in any tobacco shop or newsagent. You also need to find out how much a call costs if you use your phone in a foreign country (remember that when you use your Italian mobile phone abroad you are also charged for incoming calls), and also how much an SMS, MMS (and any other service such as Internet access, TV) cost.

You need your codice fiscale and your passport when you purchase a phone/phone card in Italy.

Useful phrases

Here are a few explanations of important words, which may be of use to you when trying to arrange your accommodation in Pisa:

Camera singola: single room.

Camera doppia: double room.

Lavatrice: washing machine.

Termosingolo/termoautonomo/Riscaldamento: heating system for an individual house.

Riscaldamento centralizzato: heating system for a whole building.

Posto-bici: place for the bicycle.

Posto-letto: an extra bed, perhaps in a double room

Spese di condominio: maintenance expenses for the communal areas in an apartment block.

Ragazzo/a pendolare: students who live and study during the week and then go home at the weekends.



Piazza delle Vettovaglie

Caparra/Cauzione: a deposit, which is usually given back when the tenant leaves providing there has been no problem or damage during their stay.

What has Pisa to offer?

As a great university city, Pisa is full of life. Its center is full of all sorts of meeting places: pubs, restaurants, pizzerias, bars, discos and live music bars. Along the Lungarni or in the adjacent streets of Piazza Garibaldi, you can immerse yourself in the Pisan dolce vita, stopping off for the classic aperitif and a chat in one of the many bars packed with students. One address not to be missed is the historic Caff  dell'Ussero, on Lungarno Pacinotti, which since 1794 has been the main meeting place of students and academics in Pisa.

For a list of pubs/bars see:

www.pisaonline.it/toscana/pisa/pisa_da_vivere/cultura_tempo_libero/Locali/locali.htm

For further information see:

<http://www.tuscanypass.com/>

www.comune.pisa.it/english

Religion

Catholic religion

Pisa has plenty of catholic churches. For any informations <http://www.diocesidipisa.it/>

Judaisme

Synagogue Via Palestro, 24 56127 – Pisa Tel and Fax +39 050 542580

Islam

Islamic Cultural Centre; 16, v. delle Belle Donne, Pisa 56125, Tel +39 050 45466

Sports

C.U.S. (*Centro Universitario Sportivo*) in Pisa offers a wide range of sporting activities. CUS - Secretarial Office (open mornings between 10.00 and 12.00), Via Napoli 46, on the corner with Via del Brennero, tel. +39 050 562326.

See also: Web: www.cus.unipi.it

For a list of other sports organizations see:

www.pisaonline.it/toscana/pisa/pisa_da_vivere/cultura_tempo_libero/Sport/società_sportive.htm

There are also gym clubs in Pisa (*Palestre*). For a list see:

www.pisaonline.it/toscana/pisa/pisa_da_vivere/cultura_tempo_libero/Sport/palestre.Htm

Italian Language Courses

Within the Doctoral Programmes the Scuola Superiore Sant'Anna organizes Italian language courses at the main campus in collaboration with Università per Stranieri of Siena for PhD students, who need to pass a final examination and obtain a certificate of attendance. Other foreigners who would like to attend the Scuola's Italian language courses can participate as 'un-enrolled' students, with no final certificates.

Contact: Undergraduate and Doctoral Students Division (Divisione Formazione Universitaria e alla Ricerca - FUR) Email: infophd@sssup.it

Alternatively, you could enrol in one of the Italian language courses for foreigners offered by the CLI (*Centro linguistico interdipartimentale*) at University of Pisa.

Visit the CLI website at: www.cli.unipi.it