

UNIVERSITÀ DEGLI STUDI DI CAGLIARI

STUDYING  
AT THE  
**MEDITERRANEAN**  
UNIVERSITY



2013/2014

[www.unica.it/pub/english](http://www.unica.it/pub/english)



**I**NTERNATIONAL  
STUDENT'S **G**UIDE



## The Chancellor's Welcome

**E**stablished in 1606, the University of Cagliari is a public university which offers comprehensive and unique public education, cutting edge research and multi-discipline education programmes for the student community.

These three fundamental and intertwined elements are the foundations for our mission and they provide our students with intellectual vitality that promises to be our university's greatest strength.

Thus, the University of Cagliari is committed to guiding and serving its student community by promoting and broadening their knowledge, while at the same time building on and learning from past experiences.



High quality teaching is of fundamental importance to our university. With its 6 faculties, 38 undergraduate, 41 graduate and 77 postgraduate programmes, the University of Cagliari's main goal is to provide its students with a high quality education system that will better prepare them for an increasing global community.

With about 400 international agreements, our university, together with its undergraduate and graduate students, actively takes part in an educational process which unites our local culture with Europe and the rest of the world.

Research and scholarship programmes are important to the University of Cagliari's education system and to the expansion of our comprehension of the world. Our university actively welcomes and promotes the deepening of intellectual thought and supports our faculties and students in knowledge acquisition and the pursuit of new ideas.

The University of Cagliari is committed to sharing the results of its research and development in knowledge and to improving the social, economic, cultural and intellectual life of Cagliari and the region of Sardinia.

Thanks to the exceptional student body, faculties, staff and administrators, our university is able to successfully carry out its academic mission. It is open to talented people from all backgrounds and values and it sets out to be an institution based on merit that supports open inquiry, as well as fairness, care and excellence in all endeavours.

*The Chancellor  
Prof. Giovanni Melis*

## The University of Cagliari and its History

Founded in 1606 as the Studium Generalis Kalaritanum, the University of Cagliari is based on the old Spanish universities of Salamanca, Valladolid and Lérida.

The originally offered classes were Law, Latin, Greek and Hebrew Literature, the Liberal Arts, Medicine, Surgery, Philosophy and Science. However, during the 18<sup>th</sup> century Sardinia, under the rule of the House of Savoy government, significantly modified the university statute with the expansion of the science faculties and institutes.

The new university building was designed by the Piedmontese engineer Saverio Belgrano di Farnolasco and it was completed at the end of the 18<sup>th</sup> century. Today it holds the Rectorate and the administrative offices. The 19<sup>th</sup> and 20<sup>th</sup> centuries saw a greater emphasis put on the research activities and the achievement of internationally acclaimed results.



## The University of Cagliari and its Present Structure

The University of Cagliari is a public university. It is one of the largest enterprises in the region of Sardinia due to its international policy and studies, and its numerous agreements with prestigious universities throughout Europe and the world.

The university consists of the following courses:

- Economics, Law and Political Sciences
- Engineering and Architecture
- Humanities
- Medicine and Surgery
- Pharmacy and Biology
- Sciences

The University of Cagliari comprises of the four main facilities; they are located both in the town centre and on the outskirts:

- Cittadella di Monserrato is situated within 73 hectares and it is home to Medicine and Surgery, Physics, Biology and Natural Sciences, a number of departments and one to the one of the University hospitals;
- The area around Piazza D'armi plays host to the Engineering, Education Sciences and Humanities faculties;
- Viale Sant'Ignazio comprises the Economics, Law and Political Sciences faculties;
- The city centre is home to the Architecture faculty in Via Santa Croce, to Foreign Languages and Literature in Via San Giorgio and to Mathematics and Pharmacy in Via Ospedale.

There are excellent student facilities including halls of residence, canteens, libraries, sports facilities and museums as well as a variety of shops. Furthermore, the city of Cagliari offers a wide range of social and cultural activities, all of which are reasonably priced.

**UNICA in numbers**

Faculties	<b>6</b>	Administrative Staff	<b>1045</b>
Departments	<b>17</b>	Foreign students	<b>539</b>
Bachelor courses	<b>38</b>	Visiting professors	<b>90</b>
Masters courses	<b>41</b>	Agreements	<b>484</b>
Combined Bachelor and Masters	<b>6</b>	Libraries	<b>26</b>
Teaching Staff	<b>1063</b>		

**The Italian University System**

Italy was one of the four countries that first engaged in the creation of the so-called "European Area of Higher Education" (Sorbonne Declaration, May 1998), thus starting the higher education reform known as the "**Bologna Process**" (Bologna Declaration, June 1999) that was being implemented all over Europe.

The aim of the Bologna Process was to create a European Higher Education Area (EHEA) based on international cooperation and academic exchange that was attractive to European students and staff as well as to students and staff from other parts of the world facilitating their mobility.

The University of Cagliari follows the Bologna Process and, in accordance with this, it has adopted a higher education system based on the three levels of study.



**Bachelor** Undergraduate studies consist of the 1<sup>st</sup> degree courses (Laurea – L) which aim to guarantee undergraduate students have an adequate command of general scientific principles and mastery of methods.

The general entry requirement is the Italian secondary school qualification (Diploma di Istruzione Secondaria Superiore) which is awarded for passing the relevant state examination after completion of 13 years of compulsory schooling. Equivalent foreign qualifications may be accepted, however, admission to individual degree courses may be subject to specific requirements or an entrance test. First degree courses last 3 years and the *Laurea* (1<sup>st</sup> Degree and Bachelor Level of the Bologna Process) is awarded to undergraduates who have earned 180 ECTS credits. The *Laurea di primo livello* prepares you for the labour market and provides access to degree programmes of the 2<sup>nd</sup> level.

**Masters** Graduate studies include the *Laurea Magistrale* and the *Master Universitario di 1° livello* - MU1.

- The *Laurea Magistrale* (Master Level of the Bologna Process) aims at providing graduates with an advanced level of education for highly qualified professions in specific sectors. Entry onto the *Laurea Magistrale* course is allowed following the completion of the Italian 1<sup>st</sup> degree (L) or a comparable foreign degree; admission is subject to specific course requirements determined by individual universities. Workload: 120 ECTS credits; length: 2 years. The final degree is awarded to graduates who have met all curricular requirements and produced an original dissertation.

A limited number of 2<sup>nd</sup> level programmes, namely those leading to professions regulated by EU directives in dentistry, medicine, pharmacy and veterinary medicine are defined as “single cycle degree programmes” (*Corsi di Laurea Magistrale a ciclo unico*). Entry is achieved with the Italian Secondary School leaving diploma or an equivalent foreign qualification; admission is always subject to entrance exams. Curricula consist of a programme of 5-6 years and a total number of 300-360 ECTS credits.

All *Lauree Magistrali* grant access to research doctorate programmes as well as to all other degree courses of the 3<sup>rd</sup> level or allow transition into the world of work and regulated professions.

**PhD – Specialisation Schools** Postgraduate studies cover the following types of degree courses: *Dottorato di Ricerca* - CDR (Research Doctorate Programmes, PhDs); *Corso di Specializzazione* - CS (Specialisation Courses); *Master Universitario di 2° livello* - MU2 (2<sup>nd</sup> Level University Masters).

- A *Dottorato di Ricerca* aims to train postgraduates for advanced scientific research or for professional appointments of the highest level; they make use of suitable teaching methods such as up-to-date technology, study periods abroad

and internships at specialist research centres. Entry is granted following the completion of a *Laurea Magistrale* or an equivalent foreign degree; admission is

subject to the passing of very competitive exams. The course length must be minimum 3 years. It is necessary to write an original dissertation in order to be awarded this degree: Dottorato di Ricerca – DR (Research Doctorate); the corresponding title is 'Dottore di Ricerca'.

- *Specialisation Courses* are devised to provide postgraduates with the knowledge and ability to practice highly qualifying professions; the majority of courses are based in the bio-medical field. SC were also established for advanced education and professional training within different contexts. They were established in accordance with specific Italian laws or EU directives; entry requirements include a *Laurea Magistrale* or an equivalent foreign degree and admission is subject to the passing of a competitive entrance examination. The final degree is called a "Diploma di Specializzazione" and gives the title of "Specialista".

### Other Qualifications

- *First level Masters - MU1* consists of advanced scientific courses or higher education studies open to those with a *Laurea* or a comparable foreign degree; admission may be subject to additional conditions. The minimum course length is 1 year. The degree *Master Universitario di 1° livello - MU1* (1<sup>st</sup> Level University Masters) is awarded to graduates who have earned at least 60 credits. The MU1 does not allow you to follow PhD programmes nor other 3<sup>rd</sup> level degree courses.
- *Second Level Masters - MU2* consist of advanced scientific courses or higher education studies open to those with a *Laurea Magistrale* or an equivalent foreign degree; admission may be subject to additional conditions. Studies last a minimum of 1 year. The degree (Master Universitario di 2° livello - MU2) is awarded to postgraduates who have earned a minimum of 60 credits.



## Grading System, Assessment and Academic Recognition

UNICA has adopted ECTS as an accumulation system. ECTS is a student-centred system based on the student workload required to achieve the objectives of a programme; objectives defined by learning outcomes and skills that will be acquired.

The workload refers to the notion of time that it might take an average student to complete the required learning out-comes. ECTS are used as recognition for study periods abroad; 60 credits measure the workload of a full-time student during one academic year. The student workload for a full-time study pro-gramme in Europe amounts in most cases to 36/40 weeks per year and 1 credit is equivalent to 25 - 30 working hours.

**Italian Credit (CFU) = 25 working hours = 1 ECTS credit**

The pass mark for examinations is 18 out of 30.  
The highest mark for examinations is 30 out of 30.  
An excellent performance is usually graded above 28.

In order to get their degree, students are required to prepare a final dissertation to be discussed in front of a board of eleven professors who award a final mark no lower than 66 out of 110.

The highest mark is 110 or, for an excellent academic curriculum, 110 *cum laude*.

## Academic Calendar

<b>Beginning of the Academic Year</b>	From 4 <sup>th</sup> October 2013
<b>First Semester</b>	From 4 <sup>th</sup> October 2013 to 31 <sup>st</sup> January 2014
<b>Christmas Break</b>	From 21 <sup>st</sup> December 2013 to 5 <sup>th</sup> January 2014
<b>Examination Period 1<sup>st</sup> Term</b>	February 2014
<b>Second Semester</b>	From 1 <sup>st</sup> February 2014 to 12 <sup>th</sup> June 2014
<b>Easter Break</b>	From 17 <sup>th</sup> April 2014 to 21 <sup>st</sup> April 2014
<b>Examination Period 2<sup>nd</sup> Semester</b>	June and July 2014
<b>Summer Holidays</b>	From 1 <sup>st</sup> to 31 <sup>st</sup> August 2014





**All Sundays plus these following dates are holidays:**

- 30.10.2013** Feast of San Saturnino (Patron Saint of Cagliari)
- 01.11.2013** All Saints
- 08.12.2013** Immaculate Conception
- 25.12.2013** Christmas Day
- 26.12.2013** Saint Stefano
- 01.01.2014** New Year's Day
- 06.01.2014** Epiphany
- 20.04.2014** Easter
- 21.04.2014** Easter Monday
- 25.04.2014** Anniversary of the Liberation
- 01.05.2014** Labour Day
- 02.06.2014** Italian Republic Day
- 15.08.2014** Ferragosto

## THE FACULTIES

### Faculty of Economics, Law and Political Sciences

#### Combined Bachelor and Master's degree (5 years)

- Law

#### Bachelor

- Economics and business management
- Economics and Finance
- Economics and management of tourism services
- Administration and organization
- Political science
- Juridical Services

#### Master's

- Managerial Economics
- Economic Sciences
- Governance and the global system
- Politics, land and society
- Administration sciences

### Faculty of Engineering and Architecture

#### Bachelor

- Architectural science
- Biomedical engineering
- Chemical Engineering
- Civil Engineering
- Electrical Engineering
- Electronic Engineering
- Environmental and land Engineering
- Mechanical Engineering

#### Master's

- Architecture
- Chemical Engineering
- Civil Engineering
- Mechanical Engineering
- Environmental and land Engineering
- Energy Engineering
- Electronic Engineering
- Electrical Engineering
- Telecommunications Engineering
- Conservation of environmental and architectural heritage

### Faculty of Humanities

#### Combined Bachelor and Master's Degree (4 years)

- Primary education

#### Bachelor

- Humanities
- Philosophy
- Cultural Heritage
- Languages and communication
- European and non-European languages and cultures
- Languages for Language Mediation
- Education science
- Psychology
- Communication studies

#### Master's

- History and society
- Philosophical and historical-philosophical sciences
- Archaeology and art history
- Classic and modern literature and philology
- Languages for communication and international cooperation
- Modern European and American languages and literature
- Specialist text translation
- Pedagogical and educational services sciences

- Psychology of development and social and work-related processes

## Faculty of Medicine and Surgery

### Combined Bachelor and Master's degree (6 years)

- Medicine and surgery
- Dentistry and orthodontics

#### Bachelor

- Nursing
- Obstetrics
- Physiotherapy
- Biomedical laboratory techniques
- Medical radiology techniques through images and radiology
- Oral hygiene
- Logopedics
- Medical assistance
- Environmental and workplace protection techniques
- Techniques in psychiatric rehabilitation
- Physical activity and sport sciences

#### Master's

- Nursing and obstetrics
- Sciences and techniques in preventive and adaptive physical activities

## Faculty of Pharmacy and Biology

### Combined Bachelor and Master's degree (5 years)

- Pharmacy
- Chemistry and Pharmaceutical Technology

#### Bachelor

- Toxicology

## Faculty of Sciences

#### Bachelor

- Chemistry
- Material Sciences
- Physics
- Computer Science
- Geology
- Mathematics
- Industrial Biotechnology
- Biology
- Natural Sciences

#### Master's

- Computer science
- Mathematics
- Chemical sciences
- Physics
- Geological sciences and technologies
- Marine bio-ecology
- Cellular and molecular biology
- Neuropsychology
- Natural sciences

## ON YOUR ARRIVAL

### The International Student Mobility Office Karalis – ISMOKA



By statute, the International Mobility Office acts as the General Administration Office. This is the office which foreign students must contact on their arrival in Cagliari. ISMOKA supplies foreign students with all necessary help and information; it is responsible for the documentation required for scholarships, the issuing of certificates, helping students find suitable accommodation, organising Italian language courses and forms a link between the academic tutor and the student.

On arrival in Cagliari, foreign students must bring the following documents to the office:

1. Passport or Identity card;
2. A certificate from their university stating that they have been awarded an exchange scholarship;
3. Three passport-size photographs which will be used for issuing the student's record book in which all courses taken during the student's stay at the university as exchange students will be recorded;
4. The "European Health Insurance Card" or an equivalent insurance policy covering the entire period of stay at the University of Cagliari.

The International Office will provide foreign students with an information pack and a certificate of attendance declaring their International Exchange Student status at the University of Cagliari. Within 7 days of arrival, students should inform the International Office of their address and telephone number in Cagliari.

All duly registered temporary students receive a "University of Cagliari fidelity card" which allows them to evaluate the quality of their stay at the university and in town.

Students that are not participating in an exchange programme and that wish to study at the University of Cagliari must register via the admission office at the chosen faculty.

The person responsible for the International Office is the Rector's delegate for foreign relations, Professoressa Giovanna Maria Ledda, aided by the administrative personnel. The person in charge is Mrs. Anna Maria Aloj duly supported in international activities by her assistants: Vanessa Carboni, Stefania Melas, Emanuela Rubiu and Maria Giuseppina Ullu.

All the information about ERASMUS in Cagliari for the academic year 2013/2014 can be found on the Internet. Go to the page <http://unica.it/pub/english/> and click on the **"Registration for incoming ERASMUS/GLOBUS students"**

**THE ISMOKA – (INTERNATIONAL STUDENTS MOBILITY OFFICE KARALIS)**

Campus Aresu – Via San Giorgio n. 12 – Ingresso 2 – 09124 Cagliari – Italy

Tel: +39 070 675 6533 – 6536 – 6539 – 6540 – 6541

Fax: +39 070 675 6543

Email: [erasmus@unica.it](mailto:erasmus@unica.it)

Website: [www.unica.it](http://www.unica.it)

**Opening Hours for Foreign Students: Monday to Friday: 9.00 – 13.00**

### Residence Permit

Students coming from an EU country do not need a residence permit in order to stay in Italy. However, if the study period exceeds three months they must apply to the local "COMUNE" (Town Hall) for residency.

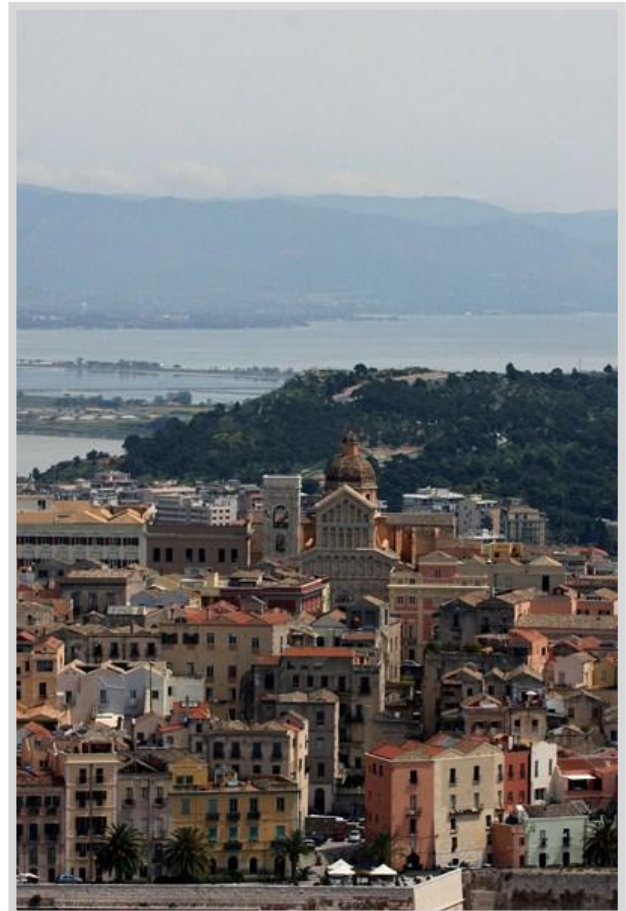
All non-European students must apply for a residence permit using the pack available from the Post Office.

How to apply:

1. Go to a Post Office (you can ask the ISMOKA staff for information) and take the pack with a yellow stripe;
2. Fill in Form 1 thoroughly;
3. Pay **€107.50** to the Post Office using the appropriate postal payment slip. This sum is required in order to issue the residence permit which lasts for between 8 and 12 months;
4. Put all the required documents: Form 1, a **€14.62** revenue stamp, an A4 copy of your ID, the receipt of payment of €27.50 and all other necessary documents in an envelope, but DO NOT close it;
5. Return the envelope to the Post Office and pay a **€30** delivery charge;
6. The post office will give you a receipt with the user ID and password needed to check the status of your application, keep it in a safe place until the application has gone through;
7. You will receive a letter from the Post Office asking you to go to the Police Headquarters (Questura) to have your fingerprints taken;
8. Finally, you will be called back to receive your residence permit.

If your documents are lost or stolen you should contact the Questura (Police) or Carabinieri in your district. More information can be found

at the following web site: <http://www.poliziadistato.it/articolo/10617>



## Insurance

Students must take out insurance against accidents covering the duration of their stay in Cagliari. The policy covers any accident that might occur during didactic activities and it may be provided by their home university.

Students must pay about 6€ for accident insurance at the Banco di Sardegna (Monday to Friday 8:20 to 13:20 and 15:00 to 16:30) to the University of Cagliari bank account number 43280, IBAN: IT51TO10150480000000043280. The reasons of payment must be specified as 'contributo per la mobilità internazionale – spese assicurative'.

## Medical Assistance

- **EU students** must have a European Health Insurance Card (EHIC) or a temporary certificate as a substitute for the card. This entitles them to the right to access medical assistance provided by the National Health Service. Students who do not have the above mentioned documents have to go to the NHS offices located in Via Romagna 16, Cagliari, at the Ufficio Rapporti Internazionali, tel: 070 47443689, email: [rapportiinternazionali.ca@asl8cagliari.it](mailto:rapportiinternazionali.ca@asl8cagliari.it), opening days: Monday – Friday 8:30 -12:30 am, Tuesday 15:30 -17:00 and ask for the necessary documents to access the NHS.
- **Non EU students** must take out private health insurance in their home country when applying for a visa. The insurance must cover all expenses in the event of emergency treatment or urgent hospitalisation; it must cover the entire duration of the student's stay in Italy. It must also guarantee the policy-holder's return to their home country in case of serious illness. It must be translated in Italian and legalised by the Italian embassy. Non-EU students can enrol with the Italian National Health Service instead of taking out private insurance. In order to do so, students need the following documents:
  - **Identity document**
  - **Residence Permit or other document** released by the Questura (Italian Police) proving that they are in Italy for study reasons;
  - **Document from the university** certifying that they are studying at the University of Cagliari;
  - **Fiscal code**;
  - **Receipt of payment of €149.77** (NB: the payment provides cover only until the 31<sup>st</sup> December of the current year and terminates with the expiration of the residence permit).

The sum of 149.77 € must be paid at the Post Office to the account number C/C n. 490094, intestato a: REGIONE AUTONOMA DELLA SARDEGNA with the reason (causale): 'contributo SSN Cagliari'.

All the required documents must be brought to the Ufficio Rapporti Internazionali located in Via Romagna 16, Cagliari, tel: 070 47443689, opening hours: Monday – Friday 08.30 -12.30 am, Tuesday 15.30 -17.00.

The ISMOKA office will help students with the procedure.

Please note that it is the student's responsibility to check with the Italian Embassy or Consulate and Health Institutions in their country as to whether or not they are entitled to free health cover.

## Students with Special Needs

We welcome applications from students with disabilities. The adviser for disabled students runs a comprehensive service dealing with issues including admission arrangements, personal support, learning support, advice on equipment purchase and special exam arrangements.

The university has introduced the following services in order to allow the students to participate in all the aspects of university life:

- Tutor Service for the assistance and the integration of disabled students;
- Agreement with the Institute of the Blind which includes the organisation of computer-literacy courses for which the university provides computing facilities, free loan, a Braille printer and a maximising photocopier;
- Interpreting Service for hearing-impaired students;
- Supply of specific equipment and aids;
- Service of note taking in some faculties for students with sensorial disabilities;
- Transport Service with equipped minibus and guide for students with sensorial and physical disabilities.
- The above mentioned services are also offered to graduate students who attend specialisation courses, research doctorates, masters degrees and anything related to postgraduate study.
- Consultancy and orientation service to support upper secondary school students entering university;
- Guidance and assistance for selective examinations for the admission to degree courses with limited access;
- Intermediation with the teachers in order to individualise exams;
- Guidance and assistance during exams to students with sensorial and physical disabilities;
- Collection of bibliographical and teaching material;
- Bureaucratic and administrative procedures (enrolment application forms, payment of fee, etc.);
- Information on the study programme, on lesson timetables and exam dates;
- Activation of book loans with a special card in accordance with the library directors;
- Reporting and resolving of parking problems;
- Reporting architectural barriers in the university buildings to reduce and eliminate them;
- Contact and collaboration with the Institute of the Blind;
- Reserved places in class.

For further information visit the following website: <http://www.unica.it/~disabilita/index.html>



### Ufficio Disabilità

Via San Giorgio 12

09124 Cagliari

Tel: +39 070 675 6221

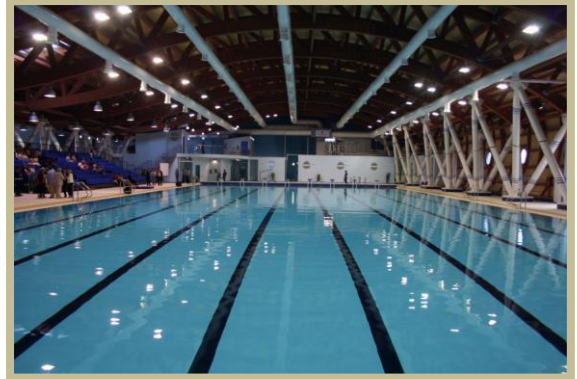
Email: [ufficio.cas@amm.unica.it](mailto:ufficio.cas@amm.unica.it)

## Sports Activities

There are a number of gyms in Cagliari offering a variety of sports activities from body building to dance, from volleyball to swimming; just look around for the one which is close to your place.

If you enjoy football, Cagliari is a place for you because it hosts some of the most famous football clubs in Italy as Cagliari Football Club plays in the Campionato Serie A, the major league in Italy.

The University of Cagliari also has a sports centre: the C.U.S. or Centro Universitario Sportivo (University Sports Centre). The sports facilities are located in two parts of Cagliari:



- **Via Is Mirrionis 3 – 09123 Cagliari**
- **Cittadella Universitaria S.S. 554 Km 4.500 - 09042 Monserrato**

To access the CUS sports complexes students need a card which can be obtained after registration at the CUS admissions office:

### **Segreteria C.U.S.**

Via Is Mirrionis 3, Cagliari

Office Opening Hours: Monday to Friday 9:00 -12:00 and Monday to Wednesday 16:00 - 18:00

Tel: 070 283816 - Fax: 070 283764



Foreign students must bring the certificate given to them by the ISMOKA Office, a valid identity document and about 2.50€. The card is valid throughout the entire academic year.

At the CUS complexes students can practice both individual and team sports. Leagues and tournaments are organised annually and courses are available on payment of a fee.



## Computing Facilities

Students can take advantage of the wireless internet connection within the university buildings and spaces. A WIFI account can be requested at the ISMOKA office; students will be assigned a personal account with a password and user ID within a few days. Otherwise students can ask for their user ID and password at the UNICA-DRSI offices located in Via Marengo 3, Cagliari on Mondays and Thursdays 11.30–18.30, on Tuesdays and Wednesdays 9.00–16.00, and on Fridays 11.30–15.30; tel: 070 675 5020.

When students receive their user ID and password, they must agree to the following rules:

1. It is forbidden to use UniCAMente WIFI for anything other than academic purposes;
2. It is forbidden to give or sell one's user ID or password to anyone;
3. Subscribers must strictly follow GARR AUP rules ([www.garr.it/reteGARR/aup.php?idmenu=collegare](http://www.garr.it/reteGARR/aup.php?idmenu=collegare));
4. Unica netiquette rules must be followed strictly (<http://people.unica.it/settoreposta/files/2006/12/netiquette.txt>);
5. It is forbidden to download files bigger than 1 MB;
6. It is forbidden to download files that violate copyright laws;
7. It is forbidden to use p2p or file sharing programmes while connected to UniCAMente.

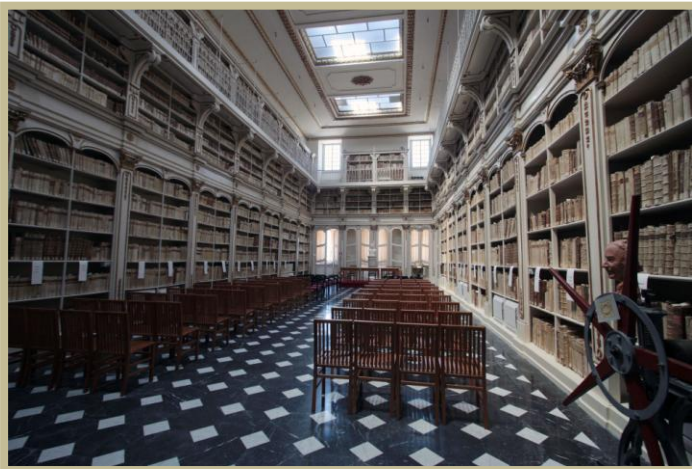
Any violation of the above mentioned rules and any abuse or misuse of user ID and password will lead to the removal

of the WIFI connection and to the legal action.

The University of Cagliari guarantees the absolute confidentiality of the user IDs and passwords, these will not be revealed to anyone except law authorities who may be notified about crimes committed via the connection provided.

There are many other internet points and cafés in town that you can use, but you may have to pay a few Euros per hour.

## Libraries at UNICA



The **University Library** was founded in 1792. With a collection of hundreds of manuscripts, thousands of autograph letters and a rich collection of works of the XVI and XVII centuries and its beautiful XVII century hall the Library is one of the most important of the island. It is located in 32, Via Università; Phone number: 0039 070 661021. All Faculties, Institutions and Departments of this University have their own libraries, where students can find publications, books, reviews and microfilms on specific subjects. Information on opening times can be obtained from the respective Faculties, Institutions and Departments or on the website at [www.sba.unica.it](http://www.sba.unica.it)

## Language Preparation



Our University Language Centre (CLA) is a service which aims to teach foreign languages to university students, European programmes' students, international exchange students, students with scholarships, specialising students, contract workers, PhD students, university researchers, teachers, administrative personnel and the general public.

The centre organises courses in: Arabic, Catalan, Chinese, English, French, German, Japanese, Portuguese, Russian, Spanish, Turkish, and Italian as a foreign language. The courses are held by professional teachers, native speakers of the language, who use advanced technology in order to develop the students' skills further; this

includes audio, video, computing materials, audio-active laboratories and a multimedia laboratory with self-learning facilities.

The courses are organised according to the different programmes and they are based on various levels:

- Absolute beginners
- Elementary I-II
- Pre-intermediate I-II
- Intermediate I-II
- Upper-intermediate I-II
- Advanced I-II

The CLA is a testing site for the TEFL exam in English and the DELF/DALF in French.

Since lectures, seminars and tutorials are held almost exclusively in Italian, it is advisable for foreign students to arrive at the university with a basic knowledge of the Italian language. During October and March the University Language Centre organises three intensive 60-hour Italian courses (Elementary, Intermediate and Advanced) with classroom lectures and extensive tutorials in a modern language laboratory. Each course counts for 6 credits. These courses are indispensable for successful progress in the chosen studies. Students planning to attend our university are thus kindly requested to let ISMOKA know whether they wish to attend one of the courses by the 31<sup>st</sup> August for the course held in October or the 31<sup>st</sup> December for the course held in March.

**The University Language Centre - C.L.A.** – Via Porcell 2 - 09124 Cagliari  
tel. 070 675 7183 - Tel. 070 675 7390-91-92 - 070 675 7396-97 – Fax 070 273131 Website:  
<http://cla.unica.it> email: [labor@unica.it](mailto:labor@unica.it)

**Opening hours: Monday to Friday 9:00-12:00; Thursday: 15:00-17:00**

## Summer School

Each year the University of Cagliari organises a Summer School of Italian language and culture that focuses on grammar as well as on the Sardinian cuisine and Sardinian tradition. The three courses last 60 hours in total; the language courses are available for the following levels: A1, A2, B1, B2 and C1. These language courses are organised by the CLA (Centro Linguistico d'Ateneo) and by ISMOKA. The teaching programs are aimed at developing reading, writing, listening and speaking skills in terms of grammar, phonetics and vocabulary. Throughout the summer there are four courses which are available and they last 2 weeks each. Students who successfully complete the course will be given a certificate stating the level they achieved according to the Common European Framework of Reference for Languages (CEFRL). The total cost of the programs equals €50, however, Erasmus students, foreign scholarship holders, PhD students and guest researchers will receive a 20% discount on the course cost. Cagliari itself offers a wide range of accommodation, for example hotels, B&B's, hostels and private apartments.



## Accommodation

On your arrival in Cagliari you will need to find accommodation. Here are a few websites that might help you in your search:

<http://www.easystanza.it>  
<http://www.stanze.trova-casa.net>  
<http://www.cagliari.bakeca.it>  
<http://www.sportellocasacagliari.it>  
<http://www.subito.it>

You can also buy 'Il Baratto' a newspaper of advertisements for 1.50 €. If you are still having problems finding a place to stay you can ask the ESN staff for help.

For temporary accommodation, we advise students to look for hostels or B&Bs, this is the cheapest accommodation available. Information and contact numbers can be easily found on the internet. However, if you prefer something more comfortable with greater services you can find a wide range of hotels of all categories in and around the town. Another option is [www.couchsurfing.org](http://www.couchsurfing.org)



## The Regional Agency for the Right to Higher Education – ERSU

ERSU is the Regional Agency for the Right to Higher Education. Its function is to cooperate with the regional government and the university to promote higher education, accessibility to university courses and by way of economic support and orientation activities promote the achievement of high degrees of professionalism for deserving students.

Students need an ERSU card to benefit from some of the university services, such as the canteen service. To get a card they have to go to the ERSU office in Corso Vittorio Emanuele II, 68 – Cagliari. Since the process is particularly difficult for foreign students you can ask ISMOKA staff for help.

The card is valid for one year and gives you the right to access the canteens, the agency's library in Via Trentino as well as cultural, sports and recreational services.

Moreover, ERSU offers its rooms to Erasmus students, PhD students, trainees and professors visiting the University of Cagliari. The application must be sent to the university well in advance before the start of the academic year to allow scheduling of arrivals and booking of rooms. Since the number of rooms for foreign students and visitors is limited, assignment of rooms is subject to availability.

## Canteen Service



Once you have your ERSU card you can go to a canteen (there are several canteens throughout Cagliari). With a subscription you can buy 10 meals for about 3.00€ each or you can buy a single meal occasionally for 3.50€.

Canteens are located in:

- Via Premuda, 10 – Cagliari
- Piazza Michelangelo – Cagliari
- Via Trentino, 15 – Cagliari
- Cittadella Universitaria – Monserrato

Meals are served from 12.00 to 14.30 and from 19.15 to 21.00.

The service is available Monday to Saturday. Only the canteen in Via Trentino opens every day, Sundays and public holidays included.

## Bank Account

The easiest way to transfer money is by opening a bank account. To open an account in Italy the following documents are required:

- Certificate of enrolment to a university or certificate of attendance of a university course;
- Identity document;
- Fiscal code (see below).

It is possible to choose between a wide variety of banks or a post office: post offices offer the same services as banks.

There are two main types of account: current account (conto corrente) or deposit account (libretto di risparmio). A 'libretto di risparmio' is just used to store money, you can pay any sum of money into your bank account. A 'conto corrente' is more flexible and on request you can obtain a debit card (bancomat), a credit card and a home banking service. We advise you to ask more than one bank to find the most suitable.

In case of loss or theft of your credit or debit card you should block it immediately to avoid loss of money. Calls are free but you must check which number you need as there are different numbers for each card. Take note of what the operator says. After having blocked your card you should go to the nearest police headquarters to report the theft.

## Fiscal Code (Codice Fiscale)

The Codice Fiscale is a personal code used for tax purposes. In Italy it is required in order to access a large number of services such as opening a bank account or obtaining an insurance policy. To get your Codice Fiscale you have to go to a Revenue and Customs Office: Via Cesare Pintus, Cagliari and contact Mario Viridis Tel. 070 5508426.

## Money



The official currency in Italy is the Euro (€): 1 euro is divided into one hundred cents (100 centesimi). The coins issued are 1 centesimo, 2, 5, 10, 20, 50 centesimi, 1 euro and 2 euro. The notes issued are 5, 10, 20, 50, 100, 200, 500 Euro. The Euro can be used throughout the sixteen countries in the Euro zone: Austria, Belgium, Cyprus, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, Malta, Netherlands, Portugal, Slovakia, Slovenia and Spain.

## Shopping and Services

Shops are generally closed on Sundays but most of them are usually open Monday - Saturday 9.00 - 13 and 17.00 - 20.30. Supermarkets and shopping centres are open on Sundays too.



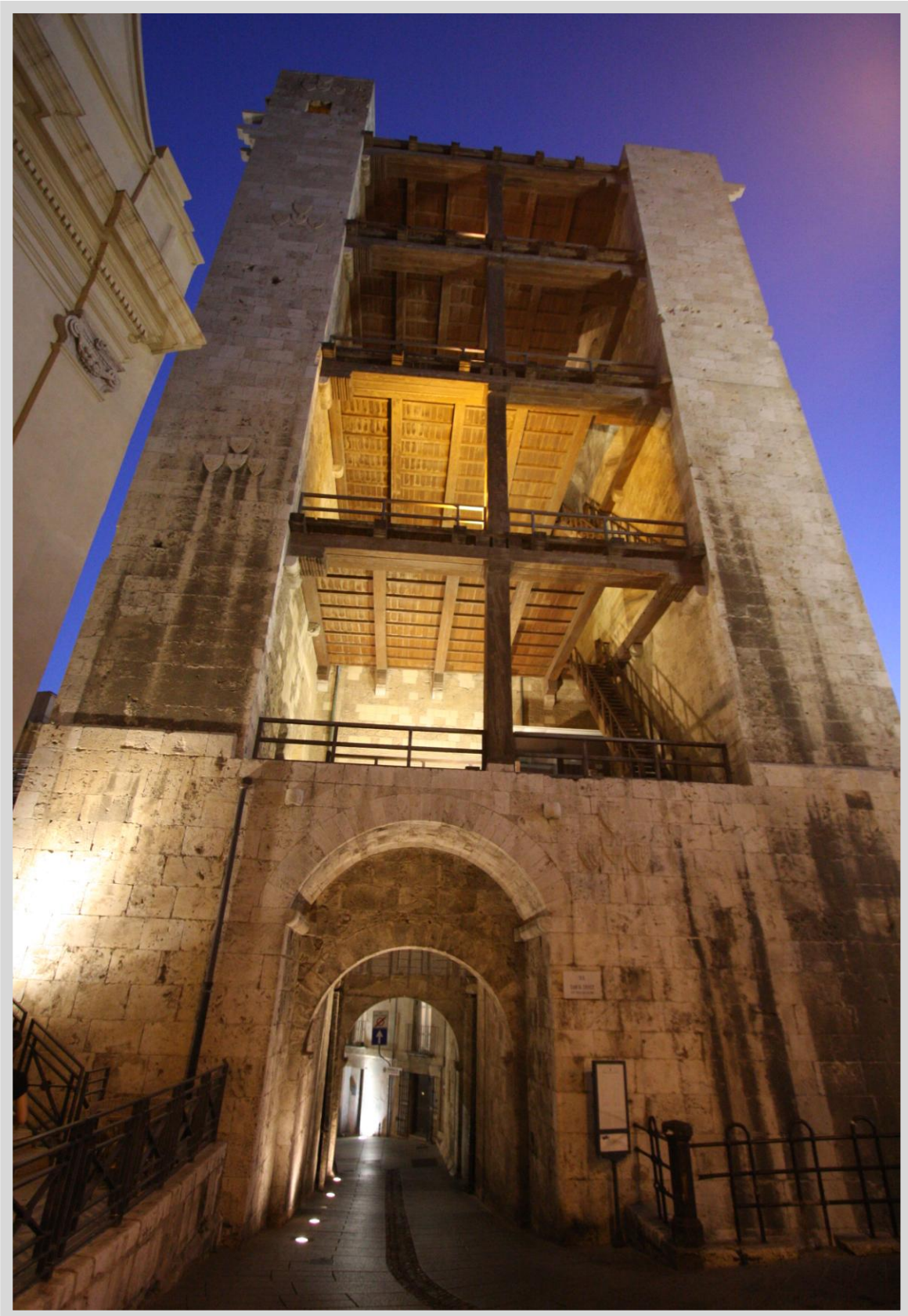
Restaurants open almost every day and close one day a week. They are generally open between 12.30 - 14.30 and 19.30 - 23.30. Tipping is not expected but for helpful staff it might be nice to leave a tip.



Post Offices open Monday - Saturday 8.00 - 13.00;  
The main post offices open Monday - Friday 8.00 - 18.50 and Saturday 8.00 - 13.00.



Banks open Monday - Friday  
8.00 - 13 and 15.00 - 16.30.



## Students' Association



You may also find student representatives within the faculties and central administration ready to help and advise you and who will vigorously defend students' interests. The tasks within the associations include:

- Receiving foreign students on arrival;
- Helping visiting students to feel at home;
- Assisting foreign students in finding accommodation;
- Giving advice on academic problems;
- Organising social and cultural entertainments for students.

### **ESN – Exchange Students' Association**

The ESN team does everything it can to make your Erasmus experience unforgettable. Apart from helping the new students in finding accommodation, the members of this organization prepare a great number of events every month, such as parties, cultural events, sport competitions and many more.

**Facebook page:** [www.facebook.com/esncagliari](http://www.facebook.com/esncagliari)

**E-mail address:** [assoerasmuscagliari@gmail.com](mailto:assoerasmuscagliari@gmail.com)

**AEGEE Cagliari:** [www.aegeecagliari.com](http://www.aegeecagliari.com)

**Elsa Cagliari:** [www.elsacagliari.it](http://www.elsacagliari.it)

**ISAWO:** [www.isawo.it](http://www.isawo.it)

**TDM 2000:** [www.tdm2000.org](http://www.tdm2000.org)



## Social Entertainments

### Orientation Week

One of the greatest events, according to most of the Erasmus students, is an **ORIENTATION WEEK**. What is that? It is one week of parties and other events organized day after day. The purpose is to integrate all of the Erasmus students from Cagliari and to help them make new friends and have some fun. Every semester the Orientation Week comprises of different events. Last year there were such events like Pizza Day, when students could eat as much pizza as they wanted; Beach Day, when you could learn surfing, windsurfing, and many other water sports for whole day while enjoying the sun of Cagliari; the City tour, where people from ESN prepared a guided tour of Cagliari; and many more events during that week.

*\*The Orientation Week usually takes place a week before the semester officially starts but sometimes the date might change.*



## Cagliari Language Network

Cagliari also offers different kinds of entertainment. One of them is Language Meetings organized by plenty of the bars in the city. Every day people gather to talk in a foreign language on different levels what gives the students an opportunity to broaden their language competences and to make new friends. The meetings are organized almost every day- one day there is English for the beginners and the other day you can go to advanced level. It is the same with the other languages such as French, German and even Italian.

More information is available on the following website:

<http://www.cagliarilanguage.net/>

One of the bars that organize these meetings is **BABEL CLUB** which is located on Via Eleonora D'Arborea 29 in the city centre of Cagliari. What is interesting, this bar has organized more than 300 English meetings so far. Apart from the language meetings it also organizes international parties and nights dedicated to the particular country- you can find traditional food and drinks (e.g. typical for Poland, France, Italy etc.) served during the party depending on the theme.

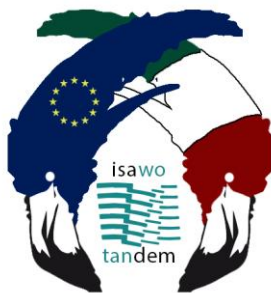
You can find Babel Club on facebook:

<https://www.facebook.com/babel.club.7>



## Tandem

Tandem is a free learning way in which the two native speakers of different languages meet up to chat and practise together, improving their level of linguistic knowledge. These year the tree organisations decided to work together to create this project.



## Public Transport



### Plane

The easiest and quickest way for foreigners to reach Cagliari is by plane. The nearest airport is **Cagliari-Elmas** located 6km from the city.

Companies such as Ryanair, Easyjet, Meridiana, British Airways, Air Berlin, Lufthansa etc. fly to Cagliari and link the city with other major Italian cities (Rome, Florence, Venice, etc.) as well as other European countries.

<http://www.aeroportoedicagliari.com>

Buses between airport shuttle are available every 30 minutes (or one every hour before 9am):

Cagliari (Arst bus station, Piazza Matteotti) - Airport from 5.20 am to 22.30

Airport - Cagliari (Arst bus station, Piazza Matteotti) from 7.25 am to 00.30.

Journey time is 10 minutes and one-way ticket costs 4€.

For more info visit the website: [www.arst.sardegna.it](http://www.arst.sardegna.it) or call the office: 800865042.

Taxis are also available at the airport as well as in town.

**Other airports** in Sardinia include Olbia airport and Alghero airport both of which are located in the north of the island. These are some hundreds of kilometres away from Cagliari.

<http://www.aeroportodiolbia.com>      <http://www.aeroportodialghero.it>

However, some bus companies connect these airports to Cagliari and vice versa for about 20 €.

For more info check these websites:

For Alghero [www.logudorotours.it](http://www.logudorotours.it) - Tel: (+39) 079 281728

For Olbia [www.turmotravel.it/orari/orari\\_cagliari\\_steresa.htm](http://www.turmotravel.it/orari/orari_cagliari_steresa.htm) - Tel: +39 789 21487



### Ferry

Several companies connect Sardinia to Italy (Civitavecchia-Rome, Piombino and Livorno in Tuscany, Trapani and Palermo in Sicily, Naples, Geneva) and Europe (Barcellona, Marseille, Bonifacio and Propriano in Corsica), such as Grandi Navi Veloci, Moby Lines, Sardinia Ferries, Corsica Ferries, Grimaldi Lines, Snav, Tirrenia, CMN La Méridionale. The nearest port is that of Cagliari which is connected by Tirrenia.



### Rail

A cheap way to travel around Sardinia is by train. The train station in Cagliari is located in Piazza Matteotti. You can find more information on destinations, timetables and prices on the following websites [www.ferroviedellostato.it](http://www.ferroviedellostato.it) and [www.ferroviesardegna.it](http://www.ferroviesardegna.it)



### Bus

The main public bus company in Sardinia is ARST, this connects all parts of the island. For timetables and more info visit [www.arst.sardegna.it](http://www.arst.sardegna.it) . If you want to visit Sardinia while you are here (which we advise you to do) an alternative to trains is bus transport, this is slightly more expensive but links places not connected by trains.

In addition to the public bus service you can find a number of tour companies available; check the internet for more info.

The bus service in town is operated by CTM. The service is available 365 days a year however, on Sundays and public holidays there are fewer buses and timetables may be altered. Buses run from 4am to 00.50. You can buy single or return tickets at kiosks, bars or tabacchi or buy a discount card (if you are aged 26 or under) by applying to the CTM office Viale Trieste 159/3 Cagliari. For more info visit [www.ctmcagliari.it](http://www.ctmcagliari.it) or call **800 078 870**.



### Taxi and Car

Telephone numbers for taxis in Cagliari are **070 400 101** and **070 6655**.

It is also possible to rent a car in airports, ports or in town. Check the internet for companies and locations.

## International Calls

### To make an International call from Italy

- To call a foreign country from Italy dial:
- the international prefix 00 (or +)
  - + the country code (each country has its own)
  - + **the area code (without 0)**
  - + the phone number/ + mobile number

### To make a call to Italy from abroad

- To call Italy from abroad dial:
- the international prefix 00 (or +)
  - + Italy's country code 39
  - + the area code
  - + the phone number/ + mobile number

### To make a call to Cagliari from outside Italy

- To call Cagliari from abroad dial:
- the international prefix 00
  - + Italy's country code 39
  - + the phone number, e.g. 070 675 6533 (ISMOKA)

### To make a call in Italy

- To call in Italy dial:
- the area code
  - + the phone number
- or
- the mobile number alone

To call abroad from Italy there are a variety of **prepaid cards** available usually consisting of a receipt with a pin code and instructions on how to use it. Costs vary depending on the country you wish to call. There are cards that can be used with public telephones, at home or with a mobile phone. You can buy telephone cards in bars, tabacchi, kiosks, phone centres or lotto shops.

**Ricaricabile.** You can also buy a pay-as-you-go SIM card for your mobile to top up when you need it or when you can afford it. In this case, as there are different deals available, take some time to look at what is available and what is the most suitable for you.

To top up your mobile you should ask for a 'ricarica telefonica'. The amount varies from brand to brand, generally it is 10€, 15€, 20€, 50€. You can buy credit for your mobile phone at the supermarket, kiosk or bar.

## Emergency Numbers

**Emergency Number: 118**

**State Police: 113**

**Fire Brigade: 115**

**Financial Police: 117**

**ISMOKA Office: 070 675 6533**

**Carabinieri: 112**

**Coast Guard: 1530**

**Municipal Police: 070 533533**

## Cost of Living

The cost of living in town is relatively low, but foreign students, who have the right to use accommodation and canteen services within the university structure, should have at least 500.00-600.00 Euros per month at their disposal:

Accommodation in flat/house, private sector	Euros 180.00-300.00
Food (per month)	Euros 200.00
Leisure (pizza, cinema, pubs, theatre)	Euros 120.00
Sport activities	Euros 30.00 - 50.00

Here is a price list of every day items in Cagliari:

Bread (1Kg)	€ 2,50	Pizza (Margherita)	€ 3.50 – 5,50
Pasta (250g)	€ 0,70	Milk (1 litre)	€ 0,70 – 1,20
Olive Oil (1 litre)	€ 3,50 – 5,00	Sugar (1kg)	€ 0,90
Coffee (250 g)	€ 2,50	Tea (25 tea bags)	€ 1,00 – 2,00
Mineral Water (2 litres)	€ 0,20 – 0,50	Coca Cola (1,5 litres)	€ 1,50



## Climate

Climate in Sardinia is typical of the Mediterranean with mild winters and warm, dry summers; this is due to the city's latitude. Rainfall is concentrated in autumn and winter, especially in the mountainous areas. Spring can be unpredictable, rainy and dry, changing from year to year, whilst summers are dry, generally with no rainfall at all. Sardinia's climate is also influenced by winds from Africa and the northwest. The Mistral, coming from northwest, gives hot summers but is cold in winter. The warm Sirocco winds coming from Africa determine the mild winters but contribute to the evaporation of water and the consequent dryness of the summers.

### Average Temperature in Cagliari in °C:

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Min	5.7	6.2	7.2	9.1	12.3	16.1	18.6	19.1	17	13.7	9.5	6.8	11.8
Max	14.2	14.7	16.1	18.4	22.3	26.6	29.6	29.8	26.9	22.8	18.2	15.1	21.2

## About the Region and the City

**Sardinia** is the second biggest island in the Mediterranean with a total surface area of 24,090 km<sup>2</sup>, 1,850 km of coastline and a little over 1,600,000 inhabitants. It is located in the middle of the western Mediterranean about 187 km from the Italian peninsula.

Its territory is predominantly made up of hills and highlands, whilst its central and eastern areas are mountainous with the highest peak measuring 1,834 m. The coasts, the northwest and the southwest are characterised by plains, a variety of landscapes such as beaches, sand dunes, cliffs and bays. Due to its geo-



morphological characteristics, Sardinia has some the most varied, original, natural and climatic ecosystems among the Italian regions. Due to its central position in the Mediterranean, Sardinia has been a land of conquest for many people coming from surrounding countries and while it is still not certain whether it was inhabited in the Palaeolithic period, it has certainly been inhabited since the Neolithic period.

The archaeological remains scattered all over the island reveal some unique characteristics of a distinct history. In fact, the island is rich in Nuraghe remains, stone constructions *tholos* built by the original inhabitants. Since then, Sardinia has been conquered by Phoenicians, Carthaginians, Romans, Vandals, Byzantines, Pisans, Genoese, Spanish, and finally by the Piedmontese Savoy



Dukes when they were in power. This was also the case for other regions of northern Italy. Thus, northern Italy and the Kingdom of Sardinia became part of the new-born monarchic country,

Italy, in 1861. In 1948, when the new Constitution of the Republic of Italy became effective, Sardinia was granted a special statute of autonomy that gave the regional government legislative power on topics such as administration, building policy, transport, water management, mines and quarries, tourism, libraries and museums.

Sardinians are the largest ethnic minority of Italy and their language, Sardinian,

which has many variations, has been officially recognised as a language by the Italian Government since 1999.

Historically, Sardinian economy has been based on agriculture, farming and fishing and on the exploitation of its mineral resources since the prehistoric period. The last 10 - 15 years saw a rise of entrepreneurship and local businesses especially in the tourism sector and in the agro-food industry.

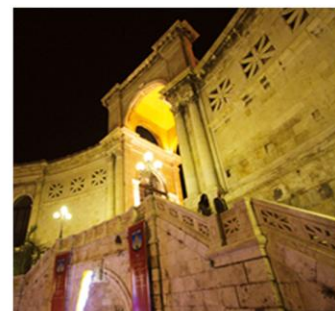
**Cagliari** is the capital, the main cultural centre of Sardinia and the most populated with about 160,000 inhabitants. It is located in the middle of the Gulf of Angels, across the southern slope of Sardinia. Numerous open air archaeological sites and unspoilt natural environments allow for unusual routes, rich in charm and beauty and vary between art and nature. Every season, thanks to its particularly mild weather, Cagliari allows visitors the chance to discover its architecture, archaeology and monuments, its ancient history as well as an opportunity to discover the influences that the various people who have inhabited Cagliari have had on the town throughout its history.



Cagliari is "the city of the sun" but above all "the city of the sea". From the surrounding hills it is possible to admire the multicoloured sea, which merges with the city to produce a unique panorama. With some of the most beautiful beaches in the world, spring and summer offers the chance to take advantage of all the beach has to offer and a chance to discover a natural environment that is still very much unspoilt. Cagliari has a lot to offer visitors who want to enjoy the sun, the sea and countryside with the opportunity to experience a uniquely rich culture. For more information about Sardinia visit the website: <http://www.sardegnaturismo.it/en/>

# I.S.M.O.K.A.

International Students  
Mobility  
Office Karalis



[www.unica.it/pub/english](http://www.unica.it/pub/english)

Settore Mobilità studentesca e attività  
relative ai programmi di scambio

Uffici: Campus Aresu - Via San Giorgio

12/2, 09124 Cagliari

Fax +39 070 675 6543

[erasmus@unica.it](mailto:erasmus@unica.it)

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