WELCOME

INTERNATIONAL STUDENT GUIDE

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Established in 1548, the University of Messina (UniME) stands as one of the oldest universities in Italy. Despite its deep-rooted history, UniME continues to be a dynamic institution characterized by continuous growth. Situated in Messina, the "gateway to Sicily," the University plays a pivotal role in the city's academic and cultural life.

UniME takes pride in its wide array of subjects and its exceptional research facilities, mirroring its dedication to research-driven education and a knowledge based society.
A GLOBAL PLAYER

The University of Messina takes great pride in its robust international engagement. The institution has fostered active collaborations with nearly 500 higher education institutions across 50 countries, testifying its commitment towards global academic cooperation.

Numerous exchange programs and scholarships, showcasing the university's commitment to diversity, are available for international students and scholars.
With a population of approximately 250,000 inhabitants, Messina is a city where a rich history blends seamlessly with a dynamic and innovative present. The city traces its roots back to antiquity, and its historic centre is beautifully adorned with unique architectural treasures, such as the Cathedral of Messina and the Orion Fountain. Yet, despite its deep historical roots, Messina pulses with youthful energy, largely due to the over 30,000 students enrolled at the University of Messina, many of whom come from various international backgrounds.

Perched on the northeastern tip of Sicily, Messina sits as a guardian to the Strait of Messina, the narrow body of water that separates the island from the Italian mainland. This strategic location has, throughout history, made the city a significant maritime hub and the gateway to Sicily. From the water, the city presents a picturesque horizon, with its iconic cathedral's bell tower dominating the skyline.

The geography of Messina, with the Mediterranean's azure waters on one side and rolling hills and rugged terrains on the other, offers a diverse landscape. The Strait of Messina, besides being a vital maritime passage, has long inspired myths and legends, most notably the story of Scylla and Charybdis from Homer's Odyssey.

Modern Messina is a bustling urban center with a blend of traditional Sicilian eateries, contemporary cafes, vibrant markets, and an active nightlife. The local festivals, deeply rooted in folklore and religious traditions, offer a unique insight into the city's soul and are a must-experience for any visitor.

In essence, Messina is more than just a city; it's a living narrative of resilience, culture, and unmatched beauty that has been shaped by time, rulers, and nature.
On the cultural front, Messina boasts several modern museums and art galleries that showcase both historical artifacts and contemporary art pieces. Regularly held music festivals, film screenings, and theater performances ensure that there's always something happening in the city.

Economically, Messina's port remains one of its most significant assets, acting as a crucial hub for both commercial and passenger ships. Its strategic position, bridging the mainland to the island of Sicily, has made it a pivotal point of trade and transport in the Mediterranean. As a result, the city enjoys a constant influx of diverse cultures and ideas, making it a melting pot of influences.

Furthermore, the city's urban planning has ensured that while it expands and modernizes, it remains pedestrian-friendly. A mix of expansive boulevards and quaint alleyways, the cityscape of Messina invites exploration. Modern shopping districts with high-end boutiques stand in contrast to traditional markets, where one can experience the true essence of Sicilian craftsmanship and gastronomy.

EDUCATIONALLY, the University of Messina attracts students from across Italy and abroad. The institution's legacy and commitment to academic excellence have put Messina on the map as an educational hotspot. This influx of young minds brings vibrancy to the city, fueling its arts scene, cafes, and nightlife.

AMBASSADOR BLOG

Dive into a firsthand experience living at the city of Messina through our student ambassador's blog.
The University of Messina operates across four distinct campuses located in the city, each catering to a specific range of disciplines, offering a stimulating academic environment.

The **Central Campus**, comprising Economics, Political Sciences, and Cognitive Sciences sub-campuses, fosters dynamic intellectual interactions among social and behavioural science students. It's well-regarded for its interdisciplinary atmosphere.

The **Papardo Campus**, home to Engineering and Science studies, offers modern facilities and laboratories, providing students with practical experience in their respective fields.

The **Annunziata Campus**, focusing on Arts and Humanities, provides a cultural and intellectual milieu, nurturing creative and critical minds.

The **Policlinico Campus** caters to Medical Sciences, housing high-tech medical facilities and laboratories for an immersive learning experience.

By separating faculties into different locations, students are not just attending classes - they are becoming a part of smaller, dedicated academic communities. This tailored environment ensures that each student experiences a robust exchange of ideas and knowledge relevant to their respective disciplines.

Additionally, the proximity of the campuses to the city centre and various social hubs in Messina offers students both the convenience of commute and a vibrant city life.

Not only does this contribute to a comfortable student life, but it also exposes them to diverse cultural and recreational experiences, making their academic journey at the University of Messina holistic and enriching.
The International Office at the University of Messina serves as a crucial resource for international students. Available throughout your time at the university, this office is your go-to for all non-academic matters.

Whether it's before your arrival or during your academic journey, a dedicated team is there to assist. Feel free to connect through email or by visiting in person during working hours for any assistance related to application, enrollment, or administrative queries.

More than just administrative support, the International Office at UniMe works to ensure a smooth transition for all international students. The aim is to facilitate a welcoming and supportive environment that encourages academic success and personal growth.

The Welcome Point Network at the University of Messina, a synergy between the UniMe Administrative Staff, local students and the Student Ambassador Program, serves as your first touchpoint when you arrive. This dedicated network of service desks, located at the Welcome Point aiming to provide immediate assistance and guidance to all new enrolling students.

The Welcome Point Network ensures that your transition into the university community is as smooth as possible. Carried out by friendly, knowledgeable staff and students, they are equipped to provide guidance on bureaucracy, accommodation, course registration, and general navigation around our campuses and the city.

Additionally, the Welcome Point Network hosts an array of events, including welcome programs, campus tours, and orientation sessions, designed to introduce you to your peers and familiarise you with the local culture and the city of Messina.

Our Welcome Point Network is here to support you!

**Welcome Point Opening Hours:**
09:00 - 12:30 / 14:30 - 16:00
(Monday to Thursday)
09:00 - 12:30 (Friday)

For more information:
welcomepoint@unime.it / +39-090.6768300
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Before arriving in Italy, it is essential to address a few bureaucratic requirements. The administrative steps and documents you'll need may vary based on your status as an exchange or degree student, as well as whether you're from a European Union country or not. We strongly recommend consulting the Welcome Point at the University of Messina for precise guidance.

**STUDYING IN MESSINA AS AN INTERNATIONAL STUDENT**

**CHECKLIST 1: PREPARING FOR YOUR STAY**

- [ ] Apply for visa (if required)
- [ ] Address any financial queries
- [ ] Prepare the documents.
- [ ] Find accommodation
- [ ] Fill Arrival Form
- [ ] Prepare for Travel

**APPLY FOR VISA**

Prior to heading to Italy, confirm if you require a visa and its specific type. The visa prerequisites are influenced by your citizenship and the duration of your studies in Messina. Students are usually issued a long-term D type study visa.
Another crucial document for your visa application, and subsequently for your residence permit application in Italy, is the proof of financial sustainability. This verification ensures you can support your academic pursuits and everyday expenses while in Messina.

As of now, international students need to demonstrate an availability of at least €6,079,45 euros annually (approximately €467,65 monthly) in accordance with the Italian rules and regulations on entry and residency of International students. Read more via this link.

Please consult the Italian Embassy/Consulate in your home country to understand the necessary forms of financial documentation required for your stay in Messina.

Ensure that you possess sufficient funds (approximately €1,000) to manage initial expenses during your initial weeks in Messina.

These might include rent, housing deposit, residence permit application, health insurance, utilities, and other immediate necessities. Typically, these costs arise before you can access your first scholarship installment or before setting up a local bank account.

**AFFORDABLE COST OF LIVING**

At the University of Messina, tuition is minimal due to the No-Tax-Area system. Students pay tuition based on their family income and academic merit. An enrolment fee of 156€ is due at the beginning of the academic year.
In Italy, universities work in tandem with regional entities to offer financial aid to students, especially international ones. In Sicily, the prominent body is the Regional Agency for the Right to Study (ERSU), which is tasked with promoting equal opportunities for students to access higher education, regardless of their financial situation.

At the University of Messina (UniMe), there's a clear recognition of the varied economic backgrounds of its students. Consequently, efforts are made to bridge any financial gaps. The university partners with ERSU to offer scholarships, both to students showcasing academic excellence and to those in genuine financial need. Further emphasizing its commitment to student support, UniMe has a close working relationship with ERSU in Messina. ERSU, in its role, provides a range of services vital to student life in Sicily. This includes granting scholarships, ensuring affordable meal options, providing student accommodations, and other necessary student services. Through these combined efforts, students at UniMe can better navigate their academic journey without being overly burdened by financial constraints.

At UniMe, all students can access ERSU opportunities. Together, the University of Messina and ERSU ensure a balanced focus on academics and student well-being.

More information on the ERSU scholarship application and benefits can be found via this link on the box.

ERSU SCHOLARSHIP BENEFITS:

The ERSU Scholarship is a comprehensive package that offers a financial award up to 2700€, disbursed in two installments: once in December and again in June. Beyond this financial assistance, recipients enjoy a full waiver of their tuition fees. In terms of accommodation, scholars are given a reserved spot in the university residences. Adding to this, the scholarship also takes care of daily essentials: scholars are entitled to one or two free meals daily at any university canteen.

ELIGIBILITY AND ALLOCATION:

For students in their first year at the University of Messina, the scholarship is primarily awarded based on their family income. Successful first-year applicants receive 40% of the scholarship amount upfront. The remaining 60% is disbursed after they've secured a designated number of academic credits. For those in their second year or beyond, the allocation is a bit more intricate. It's based on a combination of factors: family income, the average score in exams, and the total number of credits earned. Post-evaluation, all applicants are ranked, with scholarships awarded accordingly.

KEY DATES

- Deadline for Applications: End of August
- Housing service rankings published: Early October
- Scholarship year 1 rankings published: Early November
- Scholarship subsequent years rankings published: Early December
Even if a visa isn't required, ensuring sufficient funds for your studies is crucial! Anticipate needing at least 500 Euros monthly for living expenses in Messina. For a detailed breakdown of costs, see section III. Life in Messina.

In Italy, it's not uncommon for students to seek part-time employment while pursuing their education. At the University of Messina, some students take on roles within the university framework, working in roles like Buddies and Tutors. Others find work in local cafés, eateries and delivery drivers. International students at UniMe aren't exempt from this trend.

While Italy does permit international students to work, there are regulations concerning the number of hours they can commit to a job, ensuring academics remain their primary focus. It's essential to realize that proficiency in Italian can vastly improve your chances of securing a part-time position.

APPLICATION PROCESS:

1. Visit ERSU Student Portal.
2. Register or Log in.
3. Follow the step-by-step instructions and select the desired services: food, housing, and/or scholarship.

CHECKLIST 2: DOCUMENTS FOR ERSU SCHOLARSHIPS:

- Passport
- Family income (translated to Italian & legalized) for ISEE purposes.
- Residence Permit or its receipt
  Note: Can be uploaded after initial application.

FINANCING YOUR STUDIES
Before setting out for Italy, it's imperative to secure certified translations in either English or Italian and obtain notarized copies of pivotal documents, encompassing prior educational accomplishments and language proficiency certificates.

CHECKLIST OF ADDITIONAL DOCUMENTATION TO BRING ALONG:

CHECKLIST 3: DOCUMENTS TO BRING ALONG

☐ Confirmation of Enrollment: Ensure you have the pre acceptance letter and the pre-enrolment summary from the University of Messina.

☐ Visa: Mandatory for non-EU citizens.

☐ Health Insurance: Mandatory for the initial months of stay as required by the Embassy for visa issuance.

☐ Travel Essentials: Keep your valid passport always close!

☐ Declaration of Value or CIMEA Certificate of Comparability

☐ Financial Assurance: Documentation proving you have enough funds to cover your stay and studies.

☐ Academic Records: Originals or notarized copies/translated versions of:
  - Past academic milestones (like high school diplomas or university degrees)
  - Language proficiency certificates (if required)
Enrollment at any Italian university does not automatically come with dormitory allocations. Thus, students are primarily responsible for arranging their own accommodation. While the University of Messina doesn’t provide direct housing services for international students, we encourage you to start your housing search early. Several local resources and platforms can be useful in your search, and fellow students or alumni networks might offer valuable insights. Remember, choosing the right place can play a significant role in your overall experience in Messina.

Messina has a diverse range of housing options for students. However, it's recommended to initiate your accommodation hunt early on, especially given the influx of students each semester looking for the same spaces.

Accommodation choices in Messina encompass:

- Personal apartments.
- Shared spaces in private flats or apartments.
- Rooms in ERSU student residences.

Starting your search early ensures you can secure a comfortable spot that aligns with your preferences and budget.

ERSU RESIDENCES

ERSU manages four student residences throughout the city: Gravitelli, Papardo, and Annunziata. Students who receive the ERSU scholarship are typically assigned rooms in these residences.

Gravitelli offers single and double rooms in apartments, equipped with shared kitchens and bathrooms, and is conveniently located near the central campus, making it suitable for students of Central and Policlinico courses. The Annunziata residence provides private rooms on its campus, ideal for those attending Annunziata and Papardo courses. Lastly, the Papardo residence, located near its respective campus, houses students in private rooms, primarily designed for attendees of the Annunziata and Papardo courses.

At the ERSU residences in Messina, students will find that most rooms are comfortably furnished. The room arrangements vary; some are designed in a flat-share style, allowing for group living, while others are set up as corridor communities. In these corridor communities, all rooms on a single corridor share amenities, including kitchens, bathrooms, and other common spaces.
PRIVATE HOUSING MARKET

In Messina, you'll also find a range of rooms and apartments available for rent in the private sector. Shared apartments, are a popular choice among students here.

In this setup, multiple individuals share the expenses associated with living in a single apartment. Typically, each roommate has their own private bedroom, while common areas like the kitchen and bathroom are shared.

It's common to find many of these rooms furnished, but always ensure to inquire about the furniture status before making a decision.

LOOKING FOR A ROOM ON THE PRIVATE MARKET

If you've chosen to explore the option of living in a shared apartment in Messina, several online platforms can assist you in your search for accommodation.

Here are some popular websites to consider:
- [www.idealista.it](http://www.idealista.it) (in Italian, focused on shared apartments)
- [www.immobiliare.it](http://www.immobiliare.it) (for various rental options in Italy)
- [www.casa.it](http://www.casa.it) (general rental platform)
- [www.subito.it](http://www.subito.it) (a broader classified ads website where housing offers can also be found)
- Facebook group for rentals in Messina, mostly in Italian

Remember, while some of these platforms may primarily be in Italian, using online translation tools can help you navigate and understand the content better.

It's a smart move to check if your department or study programme at the University of Messina has an active WhatsApp/Facebook group. These groups often act as a helpful community, connecting both new and seasoned students.

By interacting with peers who are already in Messina or who have been there previously, you can gain insights about accommodation options, and might even come across leads on available rooms.

In addition, you can seek the services of a local real estate agent ("agenzia immobiliare"). If you decide to take this route, be aware that they typically charge a commission fee, which can be equivalent to up to one month of the rent. It's always best to clarify the charges upfront to avoid any surprises later on.

IMPORTANT

Securing accommodation in Messina before arrival is essential. Failing to do so can lead to unforeseen challenges and disruptions during your initial weeks, making your transition less comfortable and potentially affecting your studies.
TEMPORARY ACCOMMODATION

If you haven't yet secured a long-term accommodation upon your arrival in Messina, don't fret. There are plenty of temporary accommodations available in the city, ranging from bed and breakfasts to hotels. Here are some recommended platforms to aid your search:

- Booking.com: Comprehensive listings of hotels and bed and breakfasts in Messina.
- Airbnb: Opt for booking homes or rooms from local hosts in Messina.
- Trivago: Compare hotel prices in Messina to find one that fits your budget.
- Bed-and-Breakfast.it: A platform dedicated to finding bed and breakfasts in Italian cities, including Messina.
- Expedia: Another travel booking platform with listings for accommodations in Messina.

ERSU Residences: Check availability and apply for scholarship to get placed in one of the ERSU residences such as Gravitelli, Annunziata, or Papardo.
HAVING FOUND A PLACE:

Before settling into your new place in Messina, here are some critical pointers to keep in mind:

**Contract** (“Contratto di locazione”): Contracts hold significant weight in Italy, much like other places. Once you sign an agreement, landlords anticipate your full commitment to its terms. It's essential to grasp every clause. For example, does the contract hold you responsible for shared space maintenance, or might there be any additional renovations expected? If uncertain about any part of the agreement, consider seeking assistance from someone who can help you interpret its contents.

**Deposits**: A security deposit, usually equivalent to two to three months of rent (excluding utilities), is standard for most apartments. This deposit is returned to you at the end of your lease, provided you leave the property in its initial condition.

**Furniture**: Many shared apartment rooms come furnished, with common areas like kitchens typically equipped. In Italian listings, rooms that come with furniture will be labeled as “arredato”. If you're contemplating renting a whole apartment, be prepared that many might come unfurnished. Often, even essential kitchen appliances like refrigerators might not be provided, so always clarify what's included.

**Moving In**: As you transition into your new space, it's wise to note any existing damages, no matter how minor. Getting this list endorsed by your landlord and attaching it to your rental agreement ensures you won't be wrongfully charged for pre-existing issues when moving out. It's a safeguard against potential deposit deductions for damages that aren't your fault.
PREPARING FOR TRAVEL

Before your arrival at the University of Messina, one of the first and foremost tasks is to complete the Arrival Form as soon as you receive your visa (if required) and have confirmed travel plans. This form is crucial as it helps the university keep track of all incoming international students and provides essential details for your stay and study.

Ensure all the information you provide is accurate and up-to-date. By promptly and correctly filling out this form, you facilitate a smoother integration process into the university system and allow the administration to better assist you during your academic journey. Remember, it's not just a formality – it's your first step to a successful academic experience in Messina.

CLOTHING AND CLIMATE

Messina is graced with a classic Mediterranean climate, making it a pleasant destination for students and tourists alike. Summers in the city are warm, often seeing averages of around 28°C, though on particularly hot days, temperatures can climb to a balmy 35°C.

Evenings, however, present a contrast. As the sun dips below the horizon, the temperature can become cooler. A light jacket or sweater is recommended for those late-night study sessions or leisurely walks.

Winters, on the other hand, are mild but can occasionally feel chilly, especially in open areas or near the sea. A medium-weight coat or a layered combination of sweaters and scarves can offer the right balance of warmth and comfort.

Regardless of the season, it's wise to prepare for the occasional rain. The city's showers, while not frequent, warrant the inclusion of a compact umbrella or a lightweight raincoat in one's daily bag.
Messina can be conveniently accessed from various airports in and around Sicily.

**Catania Airport:** The closest and most frequently used airport for heading to Messina. Direct bus services streamline the journey from Catania Airport straight to Messina Centre. The average journey time is approximately two hours. Tickets can be booked via saisautolinee.it or can be bought at the Airport Kiosk.

**Palermo Airport:** A slightly lengthier route. Once landed, you should make their way to Palermo's Central Railway Station. From there, regular train or bus services connect you to Messina. Although no direct connections are available, the transit system is efficient and straightforward. The journey might take around four hours depending on waiting times and connections. Train tickets can be bought through trenitalia.it

**Reggio Calabria Airport:** A unique route offering an exquisite experience of crossing the strait. Once at Reggio Calabria Airport, two main options are available:
- Option 1: Head to Villa San Giovanni and then embark on a journey by ferry-boat or speed-boat to Messina. This scenic route is slightly more time-consuming but offers unparalleled views.
- Option 2: Opt for a bus which takes you from the airport to Reggio Calabria Port. From there, fast hydrofoils are ready to whisk you across to the Port of Messina in a short span.

**UPON REACHING MESSINA**

Upon arriving at Messina's central station, should your accommodation be beyond a short walk, you have several convenient choices to consider:

- Opt for the local bus or tram services, use ATMMovUp
- Hail a taxi for a direct route to your destination.
FIRST STEPS

Welcome to Messina! Starting your academic journey in a new city requires a few steps. After your arrival, it's vital to settle the following matters to ensure a seamless transition into your studies at the University of Messina:

CHECKLIST: ON ARRIVAL IN MESSINA

☐ Visit the Welcome Point
☐ Get a Sim Card
☐ Obtain your codice fiscale.
☐ Apply for your residence permit.
☐ Apply for national health insurance
☐ Acquire your ISEE certification.
☐ Open an Italian bank account.
☐ Participate in the UniMe Orientation Programs.
☐ Take it easy! The first days are the most challenging.

VISIT THE WELCOME POINT

The Welcome Point serves as your first touchpoint when you arrive.

This dedicated network of service desks is strategically spread across our campuses to provide immediate assistance and guidance to all incoming students.

Our dedicated team of local students and international student ambassadors will guide you with information, introduce you to different faculties, and showcase some of the city's best spots.

Embrace this opportunity to connect and immerse yourself in the local culture!

New enrolling students will be integrated into dedicated WhatsApp chat groups specific to their courses. These groups are designed to facilitate peer-to-peer communication, share important updates, and discuss course-related queries. Within these groups, a designated course ambassador will be available to assist students with any concerns or questions.

Every year, the Welcome Point along with the Student Ambassador Program at the University of Messina hosts Welcome Programs specially designed for our global students. These events aim to familiarize you with both the University and the vibrant city of Messina.
The UniMe Student Ambassador Program at the University of Messina is a dedicated service for prospective and newly enrolled international students. This initiative is more than just a program; it's a community where dedicated existing students volunteer their time and expertise to guide newcomers through the many facets of university life in Messina.

The program is a collaborative effort between the University of Messina administration and its student body. Chosen ambassadors are those who have displayed a deep understanding of university life, and have a genuine desire to help. These ambassadors essentially become the face of the University of Messina for international students, acting as a bridge between the new students and the academic community.

Our Student Ambassadors are pivotal during orientation, helping newcomers acclimate to both academic processes and the UniMe campus. They guide international students through Italy's cultural nuances, offer academic assistance, and promote social integration through events. Furthermore, they serve as a direct feedback channel to the university, ensuring student concerns are addressed promptly.

Beyond the initial orientation, ambassadors continue to be a consistent presence throughout the academic year, often serving as a touchpoint for any queries or challenges.

The Student Ambassadors also offer a unique blend of personal insight and firsthand experience, ensuring a smoother transition for international students. Their role is not just as guides, but also as relatable peers with invaluable insider knowledge. This trust and familiarity, coupled with their ability to bridge language gaps, make the early days for non-Italian speaking students more comfortable and enriching.

CONTACT

✉️ studentambassadorprogram@unime.it
🔗 unime.ambassador
GET A SIM CARD

When you first arrive in Italy, one of the most essential tasks you might want to tackle is getting an Italian SIM card. This will ensure that you stay connected with both your loved ones back home and your new acquaintances in Messina.

Italy offers a range of reputable mobile service providers, including Iliad, TIM, Vodafone, WindTre. Each provider offers a variety of plans, tailored to meet the needs of different users, from those who require large data packages to others who primarily need call minutes.

To get started, visit one of the many stores or kiosks in Messina. Most major providers have outlets in the city center, and the staff is generally helpful and can guide you on the best plan suited for your needs. 

IMPORTANT

The locations for the UniMe Campuses can be found in this comprehensive map.

Remember to carry a valid ID (like your passport) as it’s typically required to purchase a SIM.

GET YOUR CODICE FISCALE

The "Codice Fiscale," often referred to as the tax code, fiscal code, or tax number, is a distinctive Italian identification code vital for several formal procedures in Italy.

International students can apply for the Codice Fiscale through Italian diplomatic and consular authorities in their home country.

PURPOSES OF THE CODICE FISCALE:

The Codice Fiscale is indispensable for various essential activities, especially for students. Some of its primary uses include opening an Italian bank account, applying for a residence permit, registering on the university website, and accessing the canteen facilities. While Italians receive their codice fiscale at birth, international students must request one.

OBTAINING THE CODICE FISCALE IN MESSINA:

To secure your Codice Fiscale in Messina, you must approach the local Agenzia delle Entrate. The application is free, and the agency typically located here can facilitate the process.

Appointments can be scheduled online through this LINK.

Required Documentation for students

- A valid passport with a visa or ID (EU citizens)
- UniMe Pre Enrolment Summary
- Application Forms
For students from non-European Union countries intending to reside in Italy longer than 3 months, securing the Permesso di Soggiorno or residence permit is vital. You must initiate this application within the first 8 working days after your arrival.

Permesso di Soggiorno is a residence permit that non-EU country citizens need to apply for if they wish to stay in Italy for purposes such as study or work. The process may seem extensive, but rest assured, this section aims to simplify it for you.

Steps to obtain the Permesso di Soggiorno:

1. Obtain your Codice Fiscale (read above)
2. Complete the Permesso “Kit” at a CAF office: The CAF assists in the application process. They will provide you with an envelope “Kit” containing your documents.
3. Acquire the 16 euros Duty Stamp “Marca da Bollo”: This can be obtained from a tobacconist (“Tabacchi”).
4. Submit the Documents at Poste Italiane: This needs to be done at the specific location at Via Corso Cavour, 180. Bookings for this can be made through the UfficoPostale app. Documents required:
   - Original passport
   - The “Kit” from CAF
   - Marca da Bollo stamp
   - Codice Fiscale
   - University enrollment certificate

The application fee at the post office is 102.5 euros. Upon completion, you’ll receive a "Ricevuta" or payment receipt, which also contains the date for your appointment with the Questura (Immigration Office). This document acts as a temporary residence permit.

You will have to submit this Ricevuta to the University of Messina via this FORM, in order for your enrolment at UniMe to be confirmed.

5. Questura Appointment: Based on your Ricevuta’s date, you must attend your appointment at the Questura for fingerprinting and further verification.

Documents required:
- Original passport and copies of all pages
- Codice Fiscale
- 4 recent passport-sized photos
- Acceptance letter from the University of Messina.
- Proof of adequate financial resources (bank statements or scholarship receipts)
- Health insurance

Await your Electronic Residence Permit: After all these steps, you will be notified via SMS when you are issued an electronic residence permit with a date to go collect it. Ensure you collect it on the date and time specified in the SMS.
APPLY FOR NATIONAL HEALTH INSURANCE (TESSERA SANITARIA)

Here's a step-by-step guide on how to obtain your Tessera Sanitaria:

1. Application Process:
   - Head to the CAF Office.

Documents Required for Application:
- Passport
- Codice Fiscale (Italian Tax Code) from the Agenzia delle Entrate (Italian Revenue Agency)
- Residence Permit (Permesso di Soggiorno) or its Receipt of Application (Ricevuta)
- Proof of residence in Messina (e.g., a contract for your room/apartment or Proof of Scholarship if it includes dormitory accommodations)
- The receipt confirming payment for SSN (National Health Service) registration, obtained from the Post Office (issued at CAF)
- University Enrollment certificate.

2. Payment Details:
   - The Tessera Sanitaria comes at a fixed yearly sum of **€149.77** for students to cover the annual costs and to register with a family doctor (Medico di Base)

   [Note: The payment covers the calendar year (January 1st – December 31st) and is non-divisible. So, if you pay in November, you'll need to pay again come January]

   - You can collect the payment slip from the CAF and make the payment at any Poste Italiane post office.

3. Receiving Your Card:
   - After your application has been approved, a digital version of the Tessera Sanitaria will be sent to your email.
   - A physical copy will be mailed to your registered address.
ISEE, which stands for Indicator of Equivalent Economic Situation in Italian, is a certificate that reflects your family's economic income status. The Italian Revenue Agency, INPS, issues this to provide an assessment of your family's financial situation.

Benefits of Obtaining the ISEE:

- Tuition Fee Reduction: Depending on your family's income status, you can secure a scaled reduction in your tuition fees.
- ERSU Scholarships and Meals: The ISEE is a prerequisite for applying to ERSU scholarships and availing meal benefits.
- Governmental Benefits: The ISEE can help you qualify for various governmental schemes and initiatives aimed at providing financial relief.

The ISEE can be requested at a CAF Office.

Required Documents:

- Passport
- Codice Fiscale
- Family Income Certificate: This document shows your family's income from two years prior to applying. For the ISEE for the academic year 2023/2024, you'd need a certificate for fiscal year 2021. It must be authenticated by relevant authorities and have an apostille or similar stamp from national bodies.
- Certificate of Family Composition: This should detail all family members, their birth dates, and their relationship to the student. Like the income certificate, this too should be authenticated and appropriately stamped.
- Giacenza Media: Applicable only if you have an Italian bank account activated before 2021. This is not mandatory if you either don't have an Italian bank account or if your account was initiated in 2021 or later.

After successfully submitting the necessary documents and undergoing the assessment at the CAF, you will receive your ISEE certificate, which can then be utilized for the aforementioned benefits.

For international students, it's crucial to ensure all documents from their home country are appropriately legalized. The legalization process and requirements are outlined in the document linked below: Legalisation Regulation UniMe

Remember, securing your ISEE can offer significant financial relief, making your academic journey in Italy smoother and more affordable. Ensure you adhere to all guidelines and timelines.
Is an Italian Bank Account Necessary?

While not obligatory for all international students, having an Italian bank account can be advantageous, especially for those who aim to secure scholarships at UniMe. If your current bank account from your home country offers smooth transactions in Italy without hefty commissions, then an Italian account might not be essential. However, an Italian IBAN remains a requisite for scholarship applications.

Documents Required:

To initiate the bank account opening process, the following documents are a must:
1. Tax identification code (Codice Fiscale).
2. Valid passport and visa.
3. UniMe enrolment certificate.

While students have the freedom to select any bank for opening a current account, we primarily reference UniCredit in our guide. As the official cashier institute for UniME, UniCredit holds a direct affiliation with the university and offers special provisions for students, streamlining various processes and services.

Procedure for Opening an Account at UniCredit:

1. Appointment Booking: Secure an appointment slot at the UniCredit bank. The Via Garbaldi Branch or Piazza Cairoli branch are recommended. Use this link and opt to open a new Genius Card during the booking process.

2. Documentation: On the appointment day, ensure you have your passport, Codice Fiscale, and the enrolment certificate with you.
3. Genius Card Tip: It's suggested to opt for the UniMe Genius Card variant while opening the account for added benefits.

Post-Registration Steps:

After the account has been established, immediate access is available through the UniCredit App. The physical card is typically dispatched and received within a 10-day window.

IMPORTANT

The locations for the UniMe Campuses can be found in this comprehensive map.
UniMe Departments host Orientation Days, commonly termed "Orientation Days", at the outset of each academic year. Managed and organized by the Student Ambassador Program (SAP) of each department, these sessions align with the preliminary UniMeet events. For optimal benefit, incoming students are advised to be in Messina ahead of their course start date, ensuring they fully harness the offerings of these Orientation Days.

The Orientation Day primarily serve to acquaint students with their selected courses, the overarching ethos of UniMe, and an introduction to life in Messina.

While they are designed to be informative, they also touch upon the social and community aspects of university life. These days may include introductory events, meet-and-greets, and short guided campus tours.

For a detailed overview of Orientation Days, including timing and content, students are directed to consult their emails periodically.

A dedicated group of student ambassadors will guide you through our expansive campus, familiarize you with different departments, and introduce you to our amenities.

Beyond the informative tours, there are engaging events planned, including a casual evening at a local pub and various other entertaining activities. This is an invaluable chance for you to acquaint yourself with both Messina and UniMe, seamlessly transition into your "new home", and foster connections with fellow international students.

PRO TIP

Orientation Days occur on the new academic year's first day. It's essential for new students to attend for insights into campus life and academics.

Check emails from studentambassadorprogram@unime.it for event details.
At UniMe, every year the Student Ambassador Program unfolds a special series of events, fondly named UniMeet, tailored for our international newcomers. UniMeet '23 is strategically scheduled just before the academic year springs into action. New students are strongly encouraged to mark their arrival in advance, ensuring they're present for this indispensable introduction.

The semester-long orientation commences with a dedicated reception desk at our prominent welcome point, where international students receive a warm greeting and essential starter kits to navigate the university with ease. Following this, campus tours led by experienced ambassadors offer an intimate look into the nooks and crannies of UniMe, ensuring newcomers feel at home from day one.

UniMeet '23 doesn't just acquaint you with your faculty and discipline; it offers a holistic view of life at UniMe. Get firsthand knowledge about the campus with guided tours, and gradually ease into the academic atmosphere during the orientation days. UniMeet ensures that you're also introduced to the lively side of UniMe — from celebratory events to a grand Welcome Day, where the essence of university life is on full display.

Every element of UniMeet '23 is designed to not only educate but also integrate, ensuring each international student transitions smoothly into the heart of the UniMe community. So, as the new academic horizon beckons, let UniMeet '23 be your compass to navigate the promising journey ahead at UniMe.

**UNIMEET '23: THE GATEWAY TO YOUR NEW JOURNEY AT UNIME**

**SCHEDULE**

**SAP Orientation Week: Oct 2 - Oct 6**

The semester-long orientation commences with a dedicated reception desk at our prominent welcome point, where international students receive a warm greeting and essential starter kits to navigate the university with ease. Following this, campus tours led by experienced ambassadors offer an intimate look into the nooks and crannies of UniMe, ensuring newcomers feel at home from day one.

---

**Useful Resources**

**SAP Social Media** - unime.ambassador

**Contact**

studentambassadorprogram@unime.it
In Italy's universities, including the University of Messina, the grading system for coursework operates on a 30-point scale, with 18 as the minimum passing grade. For the final dissertation, a 110-point grading scale is in use, requiring at least a 66 to graduate. To acknowledge exemplary academic performance, we award 'Cum Laude', equivalent to 'with Honours', to top-performing students in their exams or upon graduation.

ACADEMIC SCHEDULE OVERVIEW

The University of Messina follows an academic calendar that outlines the start and end dates of courses, examination periods, holidays, and university vacations.

Here's a typical framework for our Bachelors and Masters Programmes:
- Autumn Semester: Coursework runs from September through December, followed by exams in January and February.
- Spring Semester: Courses begin in March, extending until May, with exams scheduled for June and July.

COURSE SCHEDULES

Courses at the University of Messina usually commence in late September or early October for the first semester, and in March for the second. However, the exact dates may vary slightly across faculties. The course calendar for each faculty is typically available about a month before the start of courses. Many professors also publish academic calendars on their faculty or personal web pages or office notice boards.

To attend lectures, students do not need to register for courses in advance. Simply show up at the lecture hall when lessons begin. Though attendance is usually optional, with the exception of the International Medical School, some professors may request that you sign an attendance sheet. To balance the workload for all students, those who do not attend lessons may be asked to supplement their studies with additional or alternate textbook material. Information on textbook requirements for each course can be found on the faculty's website.

EXAMINATIONS

At the University of Messina, we hold three exam sessions:
- Winter: January and February
- Summer: June and July
- Autumn: September and November

Departments strive to publish exam dates promptly. Ensure you check your department's website for accurate dates and times.

Students must book their exams online via the Esse3 student portal or the AppUnime application.
The majority of our exams are oral, with some incorporating a written component. Examiners typically question students for 15-30 minutes. If necessary, the professor may split the students into groups across different days. Make sure to bring your photo ID on the exam day.

Scores range between 18 and 30, with 18 being the minimum passing grade. If your score isn't satisfactory, you have the option to retake the exam on another date. To do so, you must re-register as above.

Exam results are recorded on the university database at the end of the exam session and are viewable on your Esse3 portal personal page within a couple of days.

Important: Exchange students who need to leave before a scheduled exam session should arrange this with the professor at the beginning of the semester. Without an official exam, you won't be able to receive your transcript of records.
The ESSE3 platform is the University of Messina's dedicated portal for managing your academic profile. Designed to offer a wide range of services, this platform ensures you can handle numerous academic operations online, which previously required a visit to the administrative office or individual departments.

All students aiming to study at the University of Messina are encouraged to register on the ESSE3 platform. This registration is particularly essential for those who are enrolling in specific university courses, applying to courses with a limited number of seats, or intending to undergo the mandatory evaluation tests known as OFA for particular courses.

Once enrolled and confirmed, students can tap into a variety of functionalities that the ESSE3 platform offers. They can continue with subsequent years of enrolment, navigate online administrative tools, review their academic milestones, delve into detailed course content and apply for mobility programmes. Furthermore, ESSE3 facilitates monitoring of university academic progression, registration for exams, retrieval of exam results, printing of essential certificates, and the organization of their study plans.

Authentication credentials:

- Username: Your tax code (Codice Fiscale).
- Password: Set during the registration process.

For those who don't receive an automated email (due to a missing or incorrect email in the system), please approach the Welcome Point for assistance.

AppUnime is the University of Messina's latest multilingual application designed specifically for students to manage their academic career more efficiently. To access, simply enter your ESSE3 credentials.

UniMe Official Email Benefits:
- Primary communication with the university.
- Comprehensive Microsoft package including Office 365, Windows 10, and Minecraft Edu.
- Key apps: Word, Excel, PowerPoint; installable on up to five PCs.
- Online features: 5 TB OneDrive, Microsoft Teams, and Office Online.
- Access to UniMe sports facilities and campus Wifi.

How to Access UniMe Institutional Email:

1. Confirmation of enrolment by the Student Secretariat.
2. Download the Outlook application.
3. Select "Add Account".
4. Enter university email: codicefiscale@studenti.unime.it.
5. Input the ESSE3 portal password (reset if incorrect).
6. Provide recovery mobile number and email.
**UNIME INFRASTRUCTURE**

**LIBRARIES**

The University of Messina offers a range of libraries equipped with vast academic resources for its students. Due to current protocols, students need to pre-book visits via the online platform at [https://antonello.unime.it/prenotazione-postazione-biblioteca/](https://antonello.unime.it/prenotazione-postazione-biblioteca/). After booking, an email confirmation is sent, which must be shown to the staff upon arrival.

<table>
<thead>
<tr>
<th>Campus</th>
<th>Library</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Campuses</td>
<td>Scienze Giuridiche</td>
<td>Daily 08:30 - 00:00</td>
</tr>
<tr>
<td></td>
<td>Scienze Economiche</td>
<td>Mon-Thu 8:30 - 16:30; Fri 8:30 - 13:30</td>
</tr>
<tr>
<td></td>
<td>Scienze Politiche</td>
<td>Mon-Thu 8:30 - 16:30; Fri 8:30 - 13:30</td>
</tr>
<tr>
<td></td>
<td>Scienze Cognitive</td>
<td>Mon, Wed, Fri 8:30 - 13:30; Tue, Thu 8:30 - 16:30</td>
</tr>
<tr>
<td>Papardo Campus</td>
<td>Scienze Ingegneristiche</td>
<td>Mon, Wed, Fri 8:30 - 13:30; Tue, Thu 8:30 - 16:30</td>
</tr>
<tr>
<td>Annunziata Campus</td>
<td>Scienze Filosofiche e Letterarie</td>
<td>Mon-Thu 8:30 - 16:30; Fri 8:30 - 13:30</td>
</tr>
<tr>
<td></td>
<td>Scienze Veterinarie</td>
<td>Mon-Thu 8:30 - 16:30; Fri 8:30 - 13:30</td>
</tr>
<tr>
<td>Policlinico Campus</td>
<td>Scienze Mediche</td>
<td>Mon, Wed, Fri 8:30 - 13:30; Tue, Thu 8:30 - 16:30</td>
</tr>
</tbody>
</table>
CANTEENS/MENSA

The "mensa" or university canteens are central hubs where students converge for meals, meet friends, or just unwind. They provide an ambient environment that complements a student's university experience. A variety of dietary choices are provided catering to all needs.

Here's a guide to the canteens in Messina.

<table>
<thead>
<tr>
<th>ADDRESS</th>
<th>WORKING HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Mensa</td>
<td>Via Ghibellina 146</td>
</tr>
<tr>
<td>Lunch: 12:00 - 14:30; Dinner: 19:00 - 20:30. Excluding Sundays.</td>
<td></td>
</tr>
<tr>
<td>Policlinico Mensa</td>
<td>Next to Building W</td>
</tr>
<tr>
<td>Lunch: 12:00 - 14:30, Monday - Friday.</td>
<td></td>
</tr>
<tr>
<td>Mensa SS Annunziata</td>
<td>Faculty of Pharmacy, Humanities, and Veterinary Medicine</td>
</tr>
<tr>
<td>Lunch: 12:00 - 14:30; Dinner: 19:00 - 20:30. Every day.</td>
<td></td>
</tr>
<tr>
<td>Mensa Papardo</td>
<td>Faculty of Science and Engineering</td>
</tr>
<tr>
<td>Lunch: 12:00 - 14:30, Mon - Fri; Dinner: 19:00 - 20:30, Mon - Fri</td>
<td></td>
</tr>
</tbody>
</table>

HOW TO REGISTER FOR THE CANTEENS:

1. Register on the ERSU Messina website (Portale Studenti section).
2. Submit the required documents including the Codice Fiscale.
3. Complete the servizio ristorazione request form in the Richieste section.
4. Update your ISEE details and upload the relevant document.
5. Add a passport-sized photo via Profilo→Dati Personali.
6. Monitor your application status on the ERSU portal.
7. Once approved, download and set up the ERSUMESSINA app. Ensure Bluetooth, geolocation, and internet are active when you're at the canteen.
8. Select your meal on the app and once authorized, you're set to dine!

Note on the ERSU APP: The ERSU APP facilitates cashless transactions in all canteens. Recharge the app via the 'Borsellino elettronico' found under the profilo section.
MENSA MEAL OPTIONS AND PRICING SYSTEM

In the university’s mensa, the cost of various meal options is determined as a percentage of a designated standard meal's price. Below is an elucidation of this pricing structure:

Available Meal Options and Their Respective Percentages:

- Primo Menu (Pasta or Rice): Equivalent to 60% of a standard meal.
- Menu Secondo (Choice of Meat/Fish/Veg): Equivalent to 77% of a standard meal.
- Entire Menu: Equivalent to 100% of a standard meal.
- Pizza and Fries Menu: Equivalent to 80% of a standard meal.
- Salad Menu: Equivalent to 53% of a standard meal.
- Sandwich Menu: Equivalent to 40% of a standard meal.

Explanation of the Pricing Mechanism:
The cost for each menu is calculated as a percentage of the standard meal's price. For instance, if the designated cost for an "Entire Menu" is €1.60, then the cost for the "Sandwich Menu", which is 40% of a standard meal, would be €0.64.

Practical Illustration:
For a student classified in a bracket that is charged €1.60 for the "Entire Menu", selecting the "Sandwich Menu" would result in a charge of €0.64. Consequently, the meal tally for the user would reduce by 0.64 units instead of a full unit.

This pricing structure aims to provide flexibility and clarity for students when choosing their preferred meal options.

<table>
<thead>
<tr>
<th>INCOME RANGE (BASED ON ISEE)</th>
<th>COST PER ENTIRE MEAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>On scholarship</td>
<td>0,00€</td>
</tr>
<tr>
<td>Minimum based on ISEE</td>
<td>1,60€</td>
</tr>
<tr>
<td>Maximum based on ISEE/No ISEE</td>
<td>7,50€</td>
</tr>
</tbody>
</table>
WELCOME POINT

Located at the core of the University of Messina, Welcome Point provides a range of essential services tailored to meet the diverse needs of the student body. Students seeking assistance with financial aid or inquiring about extracurricular activities can find the necessary information and support here. The primary aim of this office is to facilitate a smooth academic experience for every student at the University of Messina.

ORIENTATION AND TUTORING SERVICE

Beginning an academic journey in a new environment can be challenging. The University of Messina's Orientation and Tutoring Service is here to support students. With a team of experienced academic mentors, the service provides clarity on coursework, offers study strategies, and helps students access university resources. The aim is to ensure students, with tutor assistance, can effectively manage their academic responsibilities. For further details on this service, please refer to the university's designated resources.

OFFICE FOR STUDENTS WITH SPECIAL NEEDS

The University of Messina staunchly believes in fostering an inclusive and nurturing environment for all. The Office for Students with Special Needs is a testament to this commitment. Tailoring its services to fit the unique requirements of each student, the office offers a spectrum of solutions from crafting modified learning tools to ensuring that university infrastructure is universally accessible. Led by a compassionate and seasoned team, the office's mission is to guarantee that each student's experience at Messina is optimal. Delve deeper into the services provided here.

Contact: servizi.dd@unime.it

CENTER FOR PSYCHOLOGICAL RESEARCH AND INTERVENTION (C.E.R.I.P)

The University of Messina houses the Center for Psychological Research and Intervention (Ce.R.I.P.). This center is dedicated to providing psychological services aimed at promoting the overall well-being of individuals throughout their life cycle. It plays a pivotal role in guidance, prevention, diagnosis, and treatment of various forms of psychological distress or psychopathologies.

Contact: cerip@unime.it

INFORMATION

Welcome Point - Via dei Verdi, 5
Opening Hours:
09:00 - 12:30 / 14:30 - 16:00
(Monday to Thursday)
09:00 - 12:30 (Friday)
welcomepoint@unime.it / +39-090.6768300
SPORTS FACILITIES AT THE UNIVERSITY OF MESSINA

Recognizing the paramount importance of physical well-being in complementing academic pursuits, the University of Messina offers a comprehensive range of sports facilities to meet the diverse needs of its students free of charge.

UNIVERSITY SPORTS CENTRES

The University of Messina takes pride in its expansive sports centres, meticulously designed to cater to both indoor and outdoor athletic activities. These facilities are a testament to the university's commitment to promoting a balanced lifestyle among its students.

The university's sports centres are equipped for more than 15 different indoor and outdoor activities. Facilities include three swimming pools, a dance room, two multi-gym areas, and fields suitable for sports such as rugby, baseball, tennis, football, and hockey.

COMMERCIAL GYMS

There are several commercial gyms throughout Messina, offering different subscription options. They are conveniently located across the city.

OUTDOOR EXERCISE VENUES

For those who prefer outdoor activities, Messina offers natural venues:

- **Villa Dante**: A community park suitable for walking and jogging.
- **Port of Messina**: An option for those who prefer jogging or walking with views of the Strait of Messina.
UniMe Sport Facilities and Contact Information:

University Sports Citadel
Location: Viale Palatucci 13 / SS Annunziata, Messina
Contact: Tel. 090 6764679/090 676482
Email: ssdunime@unime.it

Polo Annunziata Riding Center
Location: Viale Palatucci 13 / SS Annunziata, Messina
Contact: Tel. 090 6764689

Primo Nebiolo Sports Complex
Location: Contrada Conca D’Oro / Via Umberto Fiore, Messina

Palazzo Mariani
Location: Corner Corso Cavour / Via Loggia dei Mercanti, Messina
Contact: Tel. 090 6764683

To access these facilities, students must register via this link. The registration process includes submitting an application form, providing a valid medical certificate, and paying a registration fee.

The registration fee is as follows:
- University of Messina Students: € 5.00
- University of Messina Employees and family members: € 15.00
- Other attendees: € 15.00
The Department of Ancient and Modern Civilizations (DICAM) offers 40-hour Italian language courses, designed for international mobility students and foreign nationals. Available throughout the academic year, these courses cater to A1-A2 and A2-B1 levels. Successful completion qualifies students for a certificate, provided they meet the 75% attendance requirement, which translates to 30 hours.

Students aiming for the first-semester courses should register by the 15th of October, and by the 25th of February for those targeting the second semester. Registration requires the completion of an application form, which should be emailed to amministrazione.dicam@unime.it with a CC to fruggiano@unime.it.

Courses take place three times weekly, spanning two hours each session, at the “Polo didattico interfacoltà” (Aulario). The class timetable will be released after the application deadline.

For international students, the university offers an opportunity to incorporate ECTS credits from this course into their academic records, following the guidelines set by their respective degree program's Study Manifesto. Those fulfilling the course can avail a certificate of completion. It's pivotal to note that a 75% attendance is essential for the final exam. For further details, please visit here.
<table>
<thead>
<tr>
<th>Holiday</th>
<th>2023</th>
<th>2024</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Year's Day</td>
<td>January 1</td>
<td></td>
</tr>
<tr>
<td>Epiphany</td>
<td>January 6</td>
<td></td>
</tr>
<tr>
<td>Easter Sunday</td>
<td>March 31</td>
<td></td>
</tr>
<tr>
<td>Easter Monday</td>
<td>April 1</td>
<td></td>
</tr>
<tr>
<td>Liberation Day</td>
<td>April 25</td>
<td></td>
</tr>
<tr>
<td>Labor Day</td>
<td>May 1</td>
<td></td>
</tr>
<tr>
<td>Republic Day</td>
<td>June 2</td>
<td></td>
</tr>
<tr>
<td>Madonna della Lettera</td>
<td>June 3</td>
<td></td>
</tr>
<tr>
<td>Assumption of Mary</td>
<td>August 15</td>
<td></td>
</tr>
<tr>
<td>All Saints' Day</td>
<td>November 1</td>
<td>November 1</td>
</tr>
<tr>
<td>Immaculate Conception</td>
<td>December 8</td>
<td>December 8</td>
</tr>
<tr>
<td>Christmas Day</td>
<td>December 25</td>
<td>December 25</td>
</tr>
<tr>
<td>St. Stephen's Day</td>
<td>December 26</td>
<td>December 26</td>
</tr>
</tbody>
</table>
LIFE IN MESSINA
RESTAURANTS AND CAFÉS

Messina, being a coastal city in Italy, is famed for its delectable cuisine. As expected in a diverse country like Italy, there are various eateries ranging from classic Italian trattorias to global flavors like Greek, Turkish, and Asian. Given the proximity to the sea, you'll find a plethora of restaurants serving fresh seafood. Students and budget-travelers will be pleased to discover many establishments with prices that won't break the bank.

With Italy’s temperate climate, alfresco dining is a way of life, especially from spring to autumn. Throughout Messina, you'll come across quaint cafés and bistros with outdoor seating, beckoning you to indulge in a sip of authentic espresso, perhaps accompanied by a slice of Sicilian cannoli or cassata. If you're seated outside, it's customary in some places to pay right after you receive your order. For indoor seating, bills are typically settled upon leaving.

TIPS/SERVICE CHARGE

In Italy, service charge ("coperto") is usually included in the bill, especially in touristy areas. This is essentially a cover charge for the bread and service provided at your table. However, tipping is a gesture of appreciation and, while not mandatory, is welcomed. If you've enjoyed your service, leaving a small change, typically rounding up the bill or leaving an extra Euro or two, is considered polite.

When paying, it's customary to hand the money directly to the waiter rather than leaving it on the table. Simply ask for the bill by saying "Il conto, per favore", and when handing over the money, you can mention the total amount you intend to pay, including the tip.

PAYING THE BILL

In Italy, when dining with friends or colleagues, it's not uncommon for everyone to pay for their share, though it's also acceptable for one person to cover the entire bill. If you wish to split the bill, when asking for it, you can specify by saying "Conto separato" for separate bills or "Tutto insieme" if one person is paying for the entire group.
PUBS AND CLUBS

Messina's nightlife, though not sprawling, offers a rich mix that caters to various preferences. The city boasts an assortment of bars where one can sample regional wines and traditional Italian drinks. Nightclubs, on the other hand, give a sense of the local music scene along with some popular international hits. Occasionally, venues host themed nights or cultural events, reflecting the city's deep-rooted traditions mingled with modern influences.

It's an excellent opportunity for students to engage with local residents and immerse themselves in the culture. However, when venturing out, students should be mindful of their surroundings and prioritize safety.

LIVING EXPENSES

For international students in Messina, understanding anticipated monthly costs is crucial for a seamless experience. On average, a student might expect to spend a minimum of €550 monthly to cover basic necessities.

ESTIMATED LIVING EXPENSES FOR A STUDENT PER MONTH:

<table>
<thead>
<tr>
<th>Expense Category</th>
<th>Estimated Cost (€)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing (rent + utilities)</td>
<td>200-250</td>
</tr>
<tr>
<td>Food</td>
<td>130</td>
</tr>
<tr>
<td>Clothing</td>
<td>40</td>
</tr>
<tr>
<td>Telephone, internet etc</td>
<td>35</td>
</tr>
<tr>
<td>Books/supplies</td>
<td>40</td>
</tr>
<tr>
<td>Going out</td>
<td>40</td>
</tr>
<tr>
<td>Total</td>
<td>ca. 550</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item/Description</th>
<th>Price Range (€)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loaf of bread (1 kg)</td>
<td>1,50-3,00</td>
</tr>
<tr>
<td>Rice (1 kg)</td>
<td>1,50</td>
</tr>
<tr>
<td>Apples (1 kg)</td>
<td>2,00</td>
</tr>
<tr>
<td>Tomatoes (1 kg)</td>
<td>2,00</td>
</tr>
<tr>
<td>Cheese (1 kg)</td>
<td>8,00</td>
</tr>
<tr>
<td>Water (1 ltr)</td>
<td>0,60</td>
</tr>
<tr>
<td>Orange juice</td>
<td>0,90-2,50</td>
</tr>
<tr>
<td>Milk (1 ltr)</td>
<td>0,70-1,50</td>
</tr>
<tr>
<td>Coffee (1 kg)</td>
<td>6,00</td>
</tr>
<tr>
<td>Wine (1 ltr)</td>
<td>4,00</td>
</tr>
<tr>
<td>Cup of coffee</td>
<td>0,80-2,50</td>
</tr>
<tr>
<td>Salad</td>
<td>5,00</td>
</tr>
<tr>
<td>Soup</td>
<td>4,00</td>
</tr>
<tr>
<td>Full meal</td>
<td>5,00–13,00</td>
</tr>
</tbody>
</table>

ELECTRICITY

Electricity in Italy is 220V, 50Hz AC. Plugs are the European type with two or three round pins, known as Type F and Type L. Any adapters you may need can be bought in a local electronics shop.
SUPERMARKETS: OPEN HOURS

In Messina, the larger supermarkets typically operate from 8 a.m. to 8 p.m. However, like much of Italy, smaller shops may close for a few hours in the afternoon, usually between 1 p.m. to 4 p.m., for the traditional 'riposo'.

Most stores remain closed on Sundays and public holidays, but you'll find some bakeries and cafes that open in the mornings.

For late-night or Sunday essentials, some convenience stores or 'alimentari' might remain open, and you can always turn to petrol stations for basic supplies.

GROCERIES

For daily grocery shopping, residents prefer supermarkets (Supermercato). Renowned chains have a presence in Messina, providing a mix of affordable and quality items. Local markets, or 'mercati', are also popular, especially for fresh produce, meats, and cheeses.

SPECIALITY SHOPS

If you're in the mood for international cuisine, Messina has a selection of specialty stores offering products from various parts of the world. Whether you're looking for Asian spices or Middle Eastern delicacies, these shops scattered around the city will likely have what you need.

ORGANIC / HEALTH FOOD STORES

For those inclined towards healthier and eco-friendly choices, Messina boasts a number of organic stores or ' Biomercato'. You can find organically-grown produce, dairy products, and other essentials. Additionally, 'erboristerie' or herbal stores are common, offering herbal remedies and natural products.

FARMER'S MARKET IN MESSINA

Local farmers from the surrounding regions of Messina showcase their fresh produce and specialties at the weekly farmer's market, known locally as "Mercato contadino". Held once a week, you can visit on Saturdays at Cristo Re and Sundays at Piazza del Popolo.
Organic Waste (Brown or Green Bins): Comprises food scraps, yard waste, and other biodegradable items. It's essential for composting purposes.

Plastic and Metals (Yellow Bins): This includes packaging materials like water bottles, milk cartons, aluminum cans, and other plastics. Remember to rinse out containers to reduce contamination.

Paper and Cardboard (Blue Bins): Newspapers, magazines, cardboard boxes, and other paper materials are to be placed here.

Undifferentiated Waste (Grey Bins): Anything that doesn't fit into the above categories or is non-recyclable goes here.

For more information visit the official website.
In Messina, Italy, healthcare is rooted in the nation's universal health coverage, ensuring quality medical services to all residents. When seeking medical attention, patients commonly begin with a "medico di base" or primary care physician. This general practitioner can provide initial medical advice and, if specialized care is required, will recommend a consultation with a specialist, known as a "specialista".

For medical needs arising during off-hours, on weekends, or public holidays, patients should refer to the "118," an emergency medical service number designed to handle non-hospital emergencies. In dire emergencies, individuals should proceed directly to the "Pronto Soccorso," or Emergency Room, at the nearest hospital, where they'll receive immediate attention.

**COSTS OF MEDICAL TREATMENT**

**SERVIZIO SANITARIO NAZIONALE (SSN) OR NATIONAL HEALTH SERVICE:**

In Italy, residents are usually covered under the SSN, which funds most medical procedures and hospitalizations. When visiting a doctor under the SSN, patients might need to pay a nominal fee, known as the "ticket," for certain services or medications. However, many primary care services and hospitalizations are typically free.

**PRIVATE HEALTH INSURANCE**

Some individuals opt for private health insurance, either as a supplementary or primary source of coverage. In these cases, patients might directly bear the treatment costs and later claim reimbursements from their insurance provider. It's crucial to understand the specifics of your private policy, as it determines coverage levels and any out-of-pocket expenses you might incur. Always be sure to read the fine print, noting any exclusions or co-pay requirements.

**PHARMACIES IN MESSINA**

In Messina, medicines can be procured from pharmacies (Farmacia). Most medicines require a prescription from a doctor, although some common medications, such as those for colds, mild pain relief, or allergies, are available without a prescription. Pharmacies in Italy often display a green cross.

Every neighborhood in Messina has a rotation system ensuring that at least one pharmacy is always open 24 hours (Farmacia di Turno) via this link. The names and addresses of the pharmacies on duty are usually posted on the doors or windows of all local pharmacies.

It's worth noting that Italian pharmacies tend to offer a more comprehensive service compared to those in some other countries. Pharmacists are highly trained and can offer medical advice for minor ailments or recommend over-the-counter remedies.
HOSPITALS IN MESSINA

All hospitals in Messina, similar to the rest of Italy, accommodate insured patients. It's vital to have proof of your health insurance when visiting. However, emergencies are exceptions, and treatment is prioritized.

Below are some of the notable hospitals in Messina that cater to emergency admissions:

<table>
<thead>
<tr>
<th>HOSPITAL NAME</th>
<th>ADDRESS</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Azienda Ospedaliera Papardo</td>
<td>Contrada Papardo, 98158</td>
<td>090 3991</td>
</tr>
<tr>
<td>A.O.U 'G Martino' University Hospital</td>
<td>Via Consolare Valeria, 1, 98124</td>
<td>090 221 2672</td>
</tr>
<tr>
<td>Azienda Ospedaliera Piemonte</td>
<td>Viale Europa, 45, 98124</td>
<td>090 60128</td>
</tr>
</tbody>
</table>

EMERGENCY NUMBERS AND SERVICES IN MESSINA

In Messina, like the rest of Italy, you can access emergency services by dialing specific numbers from any phone. It's important to know that these numbers can be dialed even without a SIM card or without entering the phone's PIN.

<table>
<thead>
<tr>
<th>SERVICE</th>
<th>EMERGENCY NUMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency</td>
<td>112</td>
</tr>
<tr>
<td>Fire Brigade</td>
<td>115</td>
</tr>
<tr>
<td>Medical Emergency/Ambulance</td>
<td>118</td>
</tr>
</tbody>
</table>
CONTACT

FOR MORE INFORMATION, REACH OUT TO

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