

Dear Student,

it is a pleasure to welcome you to our university.

This document sums up all the relevant information you need before the mobility.

LEARNING AGREEMENT

Please read carefully the following guidelines when filling in the Learning Agreement (LA):

- Remember to insert the CODE (for example: L22-01) and the name of the subject in Italian.
- Students can attend/add subjects offered by the following courses:
 - o L22 (3-year Bachelor's Degree offered in Italian)
 - o LM47 (Master offered in Italian)
 - o LM67 (Master offered in Italian)
 - o LM67INT (Master offered in English, info below)
 - o LM68 (Master offered in Italian)
- Students can add to their Learning Agreement subjects both of the bachelor and the master. If you choose LM68-02A (Biology and Biochemistry Applied to Sport), please notice that you need to have a specific background.
- **Semester students cannot attend “annual subjects”, any part of them. Students can only attend 1 optional subject per semester.**
- Semester students can insert in their Learning Agreements 1 AFS + 1 Italian Language course (AFS-386 or AFS-385).
- Annual students can add to their Learning Agreement: 2 AFS (1 per semester) + 2 Italian courses (AFS-386 and AFS-385) + AFS-382B (Sport Groups).
- **“No mark” means that for those subjects you will not receive any mark, but only “Passed” or “not Passed” (Idoneo/Non Idoneo).**
- “AFS” means “Attività Formativa a Scelta” and are optional subjects. Students can only attend 1 optional subject per semester (none of them release marks, they are “No Mark” components).
- **AFS-382B - METODOLOGIA ED ESERCITAZIONI PRATICHE DEI GRUPPI SPORTIVI DI ATENEIO 2 is an annual optional subject.** It consists in sport training and these are the sport activities usually offered: Athletics, Soccer (male), Futsal (female), Rowing, Cycling, Gymnastics, Judo, Karate, Swimming, Tennis, Basketball (male and female), Volleyball (male and female), Rugby, Tennis table, Team Gym (Trampolining, Jumps). This subject will give you 4 ECTS for the entire annual course and no grades (“No

Mark” component). Annual students can insert in their Learning Agreement 2 AFS and the AFS-382B.

- The Italian course is an extra AFS and the university offers a beginner level in the first semester (AFS-386) and an intermediate level in the second semester (AFS-385). Each course releases 4 ECTS and, as well as all other AFS, it assigns no marks.
- The Master course LM67INT (European Master in Health and Physical Activity) is entirely offered in English. Each module consists in 3 intensive teaching weeks in specific periods. Each student interested in attending this course has to send an email to relazioni.internazionali@uniroma4.it enclosing their Curriculum Vitae, transcript of records with the exams passed at their university and a certification of a good English knowledge (at least B2).
- Only 1 foreign language course can be chosen each semester (English or Spanish).
- Students, independently of mobility duration, can only choose 1 internship (Tirocinio) per mobility (is offered only in the second semester.). A minimum level of Italian B1 is required.
- Those who are going to include in their Learning Agreement **any practical subject** (e.g. AFS-382B, L22-09) are asked to present to the International Relations Office a **Medical Certificate** issued by a Sports Medicine Doctor in Italy. If needed, students can be visited and released a certificate by a sports medical doctor at our university Centre of Sports Medicine (room nr 42, in the basement) at the special rate of € 60,00. Those interested can write to medsport@uniroma4.it or phone at 06-36733400 and make an appointment.

ACADEMIC CALENDAR

- The Welcome Meeting will be held one week before the start of lessons.
- Academic calendar:
 - Academic period: middle October - end of January / beginning of March - end of May
 - Exam periods: February / June-July
 - Holidays: Christmas (around December 21st – January 6th) / Easter
- Timetables will be available 2 weeks before the start of lessons.

REGISTRATION

The registration is mandatory for all the incoming students. Go to our website <http://www.uniroma4.it/> and follow the step by step guideline.

CODICE FISCALE (Tax identification code)

All incoming students need to get an Italian Tax identification code. In order to get your *codice fiscale* you need to go to Agenzia delle Entrate in Via Ippolito Nievo, 36 (Trastevere).

Usually the tax identification code is given:

- by filling in a specific form (handed at the office);
- by showing a valid identification document;
- by handing in a photocopy of ID or passport.

CERTIFICATE OF ATTENDANCE

You can request the signed and stamped Certificate of Arrival in the International Relations Office.

If your home university did not provide you with a file, you can use the International Relations Office of the University of Rome "Foro Italico" model.

ACCOMODATION

University of “Foro Italico” does not have any University campus or residence, but it offers a free housing service through an agency (www.sturent.it), who will listen to your demands and it will give you a complete support up to the rental agreement.

For information and requests, you can contact servizio.alloggi@uniroma4.it.

To help you find and book your accommodation before your arrival, we also recommend HousingAnywhere.com, the international housing platform. The platform allows you to choose from rooms listed by local students or verified landlords and securely book prior to your arrival.

Another international student housing platform is Uniplaces: <https://www.uniplaces.com/it/>

To be noted: it is highly recommended that you only use official channels

HOW TO REACH THE UNIVERSITY

- From **Termini** Station:

Metro A (From Termini to Lepanto) + Bus 280 [Get off at De Bosis- Stadio Tennis]

Metro A (From Termini to Lepanto) + Bus 301 [Get off at De Bosis- Stadio Tennis]

Metro A (From Termini to Ottaviano)+ Bus 32 [Get off at De Bosis- Stadio Tennis]

Bus 910 [Get off at Thaon Di Revel- Foro Italico]

Estimated time: 40m

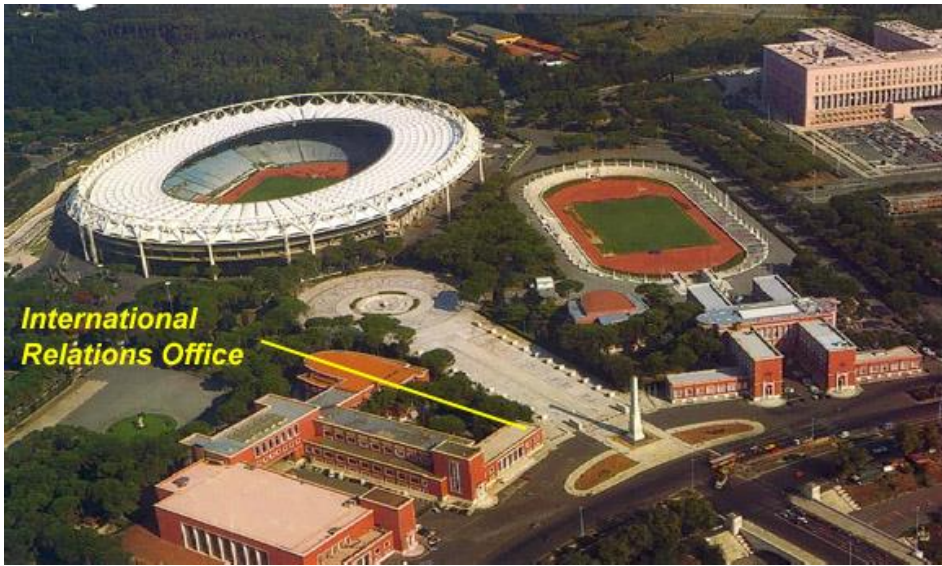
- Buses which stop at the university

De Bosis/Stadio Tennis stop	De Bosis stop	Night buses
69 Montesacro Alto – P.le Clodio	168 Tiburtina (MB-FS) – Farnesina	N24 Pza. Mancini – Prima Porta
301 Ara Pacis – Tomba di Nerone	200 P.za Mancini – Prima Porta (RV)	N25 Pza. Venezia - Olgiata
32 P.za Risorgimento – Staz. Saxa Rubra (RV)	226 Tomba di Nerone – P.za Mancini	
280 P.za Mancini – Ostiense (MB-RL-FS)	446 P.za Mancini – Cornelia (MA)	
628 Foro Italico – Q.re Appio Latino	911 P.za Mancini – S. Filippo Neri (H)	

For further information, visit <http://www.atac.roma.it/index.asp?lingua=ENG>

Useful apps: *Moovit*, *Citymapper*

Once you get off the bus, you find the main entrance of the university next to the International Relations Office (as you can see in the picture).



TRANSPORT PASSES

Monthly and annual transport passes are valid for metro, bus and tram. Monthly pass is € 35 and yearly pass is € 250. Yearly pass is advised for students who are staying 8 months or longer. The card can be bought/recharged at different spots: official Atac ticket offices and also in all tobacco stores (*tabaccheria*) and kiosks (*edicole*).

Atac ticket offices can be found listed here, by selecting *Ticket offices* on the right side of the screen:

<http://www.atac.roma.it/page.asp?p=228&i=14>

The duration of the monthly pass goes by the calendar, regardless of the day you purchase it.

BANK ACCOUNT

In order to avoid charges when withdrawing money, you can choose to open an Italian bank account. At the university, you can find “Banca Popolare di Sondrio”. Visit the office to get information about **special offers** for students. You can also choose to open a Banco Posta account at Poste Italiane (Italian Post Office). Some banks also offer the possibility of opening an account online. For any further information, please contact the relevant bank.

If you have any questions, please write to relazioni.internazionali@uniroma4.it