

Guide for International Students



Academic Year 2015/2016

Guide for International Students



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PART 1. GENERAL INFORMATION – The Region

The whole area, which covers little more than 4,400 square kilometers between the rivers Sangro and Fortore, the peaks of the Matese and the beaches on the Adriatic, is a continuous line of hills and mountains dotted with small cities and towns, villages and farmhouses perched on rocks or half hidden in the valleys, which all jealously guard a way of life which is tailor-made to man's needs. Largely immune to interference and confusion and untouched by mass tourism, this area makes no attempt to deceive at first sight. But the purity of the air, the color of the sky, the magic of the snow, the line of hills, the high rocky horizons, the clusters of houses and the human presence of the people soon give the visitor an idea of another Italy, a hidden Italy where a holiday is always a personal discovery, something to relate.

Let's begin with the environment. There are two nature reserves which UNESCO uses to carry out research on the relationship between Man and the Environment. These two reserves are surrounded by the dolomitic Mainarde in the Molise part of the National Park of Abruzzo,, Lazio and Molise, the high fir trees of Upper Molise and the beech woods of Montagnola di Frosolone and the Matese, which may not seem particularly exceptional but are of outstanding natural beauty. This world of natural beauty is crossed by the tratturi. The tratturi are ancient transhumance routes.



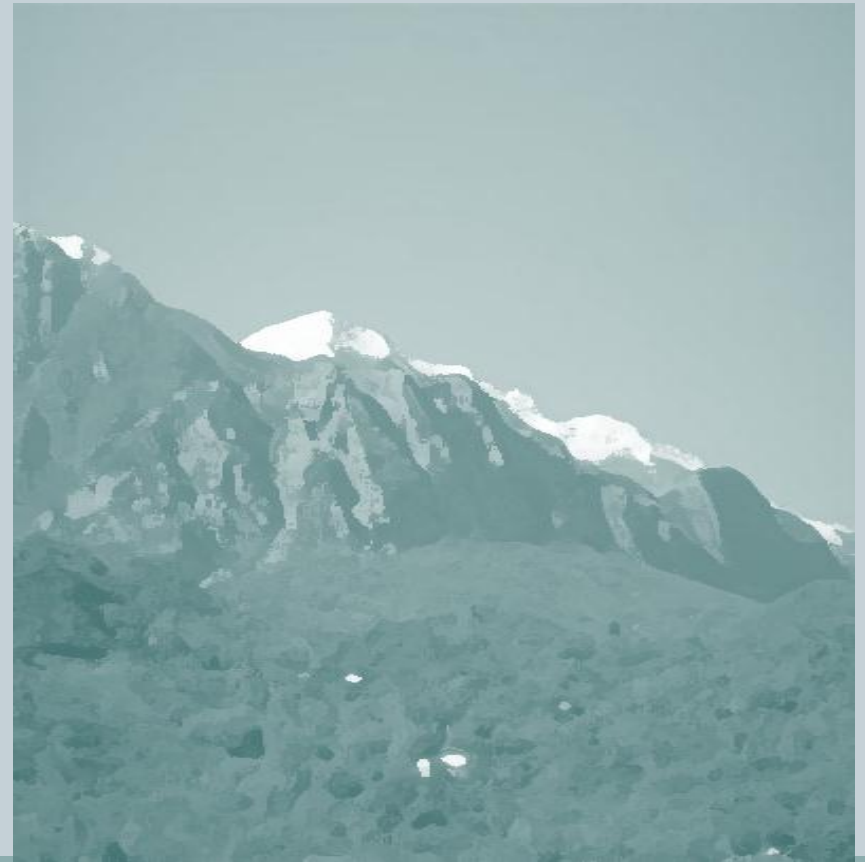
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PART 1. GENERAL INFORMATION – The Region

There are also plenty of important monuments, from the archaeological zones to the castles, churches and monasteries, some of which have not only recorded historical changes from generation to generation, but have signaled real transitions of civilization with direct and indirect reflections on ideas and facts not only limited to this areas.important monuments dating back to the dawn of history also have unique features, such as the theatre and temple in Pietrabbondante which the Samnites built 2100 years ago, a thousand meters above sea level.....Saepinum, a Roman city from the 1st century BC, to the feet of Matese.

Wandering round the towns steeped in tradition, you can come across typical handicrafts: “tombolo” embroidery, perforated steel, bagpipes, bells with wood fired casting and knives. There is no shortage of traditional products from a land which is not rich but simple and unsophisticated. The Samnite “farro” in Triventino, the dairy products of Alto Molise, the polenta “onta”, baccalà with raisins and tomatoes, and the “pezzata” of Capracotta are all typical dishes which can be seen more and more frequently on restaurants menu.



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PART 1. GENERAL INFORMATION – The Region

Campobasso

Campobasso is the administrative center of Molise. At 750 meters above sea-level, it is situated upon the hills which go from the 'Matese' - a mountain range - to the Adriatic Sea, in the middle of an important agricultural area. Campobasso was probably founded by the Longobards and during the Middle Ages it was a very disputed feud. The old city is situated in the upper part of the territory (around Monforte Castle - XVth century), the modern one in the plain (*Campus bassus*). For people who come and stay here for some time, Campobasso appears a quite place, apart from the chaotic traffic in the center of the town.



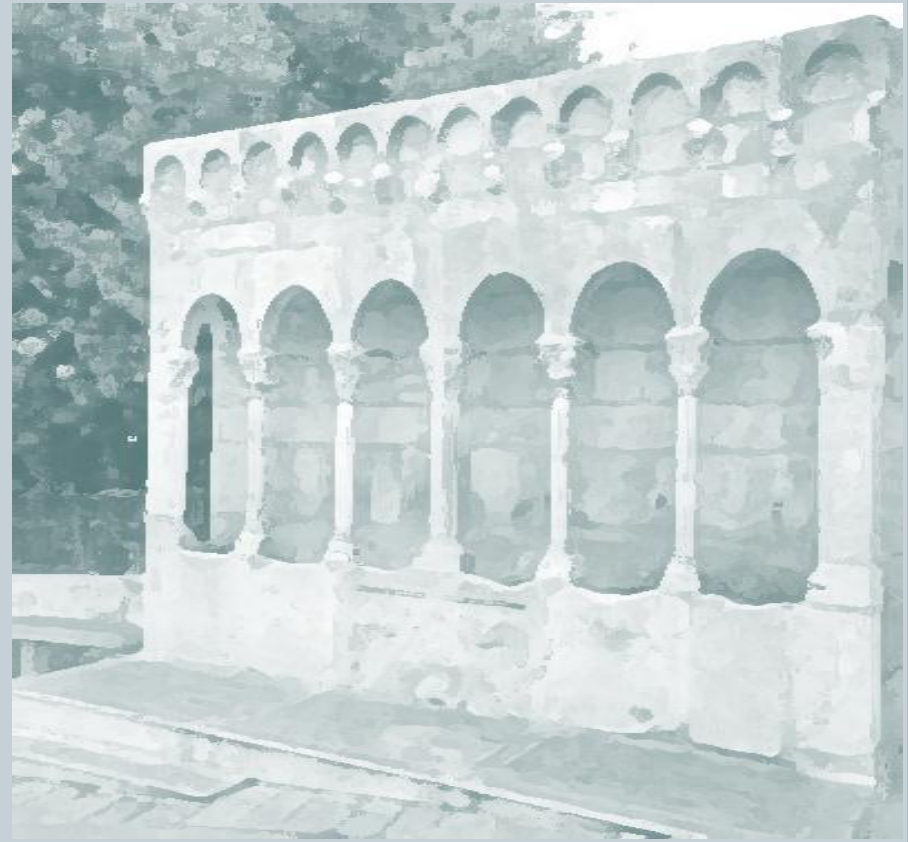
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PART 1. GENERAL INFORMATION – The Region

Isernia

Isernia, at 439 meters above sea-level, is the old *Aesernia*, allied of the Romans against Hannibal. It conserves the remains of polygonal walls, temples, sepulchers, bridges and a Samnite-Roman aqueduct. The Romanic "Fontana Fraterna", and the neo-classic cathedral (rebuilt in 1857) are remarkable. The economy of the two cities, for the most part, has developed tertiary activities, and is carried out by public and private services. Besides the regional, provincial and municipal departments, there are Health, transport, banking, insurance, educational institutions and commercial services.



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PART 1. GENERAL INFORMATION – The Region

Termoli

Termoli is a tourist center and a bathing resort. It stands at a height of 15 meters on a promontory on the coast of Molise. It is surrounded on three sides by the sea and on the fourth by the mainland with very big and strong ramparts and walls and it is guarded with only one gate leading towards the land. With a lively port, attractive beaches and a wonderful castle, situated in the old part of the town, Termoli is one of the major tourist destination in Molise.



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PART 1. GENERAL INFORMATION – The Region

Food and Restaurants

Gastronomy in Molise is much diversified. You will find many characteristic fish and meat dishes, pasta and pizza, of course, sweets and desserts, made of genuine ingredients and always accompanied by good-quality wines and cheese

Italians usually have lunch between 12h30 and 14h00 and dinner at 20h00/21h00.

"Going out for a meal" is very common because having a meal in a restaurant is relatively cheap. Most restaurants are open from 12h00 to 14h30 and from 19h00 to 00h00.

Some of the food specials

Main courses:

Home made fresh pasta (cavatelli, crioli, fusilli, sagne) with ragù from Molise (tomato sauce cooked in pork meat)

Pizza and Minestra (corn pizza with vegetables)

Polenta

Taccozze con fagioli (fresh pasta with beans)

Maccheroni con la mollica (Spaghetti with bread and baccalà)

Brodetto alla termolese (Fish soup with tomato)

Meat and fish:

Stewed lamb

Grilled pork

Pezzata (grilled mutton seasoned with mountain herbs)

Baccalà arracanato (codfish with bread, tomatoes, olives and raisins)

Torcinelli (strongly flavored lamb interiors)

Cheese:

Caciocavallo, cacio ricotta, scamorza, stracciata, burrata

Salami:

Salsiccia, sopressata, capocollo, ventricina

Sweets and biscuits:

Taralli, fiadoni, cicerchiata, bocconotti, mostaccioli, pigna (to name a few)

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PART 2. ACADEMIC FACTS

Examinations and grading system

The exchange students, like local students, may take exams for each single course in the months of February, March, June, July, September, and December. These exams, which may be written or oral, are the same as those taken by the local students.

They may be taken as many times as necessary once the classes have been attended. Clearly Erasmus /ECTS students can only take examinations if their stay period coincides with an examination session.

The Italian grading system is based on evaluation ranging from "0" to "30". These assessments are interpreted as follows:

- < 18 fail
- 18 – 21 marginal
- 22 –25 passed
- 26 - 28 good
- 29 - 30 excellent
- 30 e lode excellent with honors

Academic Calendar

First semester:

first week of October – last week of January

Second semester:

first week of March – last week of May

Holidays:

Apart from the summer holidays, during the academic year the University of Molise observes the following holidays:

Christmas holidays – about 20 days, usually from 23rd December to 6th January;

Easter holidays – one week;

Carnival: three days.

Other one-day holidays:

25th April– Anniversario della Liberazione

1st May – Festa dei Lavoratori

2nd June – Festa della Repubblica

1st November – Ognissanti

8th December – Immacolata Concezione

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PART 3. STUDENTS SERVICES AND FACILITIES

Accommodation

A students' association will help you finding accommodation. Contact them by using the addresses and numbers that will be given to you by the International Office. The University of Molise also has halls of residences; contact the IRO if you wish to have info on lodging in students' residences.

Any changes of accommodation must be your care and responsibility; you can:

- P Look at rent ads at university
- P Look at rent ads on local papers and on specialized magazines
- P Go to a real estate agency. Please notice that real estate agencies charge a fee for their service.

Libraries:

Central Library

Viale Manzoni

Tel. 0874 404566

Opening hours:

08.15 - 13.00 (from Monday to Thursday); 08.15 - 12.30 and 15.30- 17.30

Computer Lab :

Via de Sanctis (Dept of Economics, ground floor)

Open from Monday to Friday: from 8,30- 13, 30 and 14,30- 19,30 (closed on Saturday)

Academic Bookshops

Libreria Universitaria Manzoni

Viale Manzoni, 81 , Tel. and fax: 0874 413706-98787

Libreria "Universitas"

Via IV Novembre 27 , Tel.: 0874 493570

Libreria "La Nuova Libreria"

Via Veneto 7 , Tel:0874 64322

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PART 3. STUDENTS SERVICES AND FACILITIES

Meal Service

Apart from the University coffee bar, there is not a proper university restaurant, but a lot of restaurants and pizzerias in the immediate surroundings where students can eat at a very convenient price when showing an ESU students card.

All international students can take advantage of this service.

Tutoring students will accompany you in the application procedures.

The names of the restaurants and related opening times will be communicated along with the vouchers issue.

Sports at University of Molise

By paying an enrolment fee to the University Sports Center C.U.S.- (the price for students is very convenient) , you will have access to all sports facilities offered by the University in its newest and well equipped Sporting Palace (PalaUnimol) , and have the possibility to take part in sports competitions at local and national level during your stay.

All available activities on www.cusmolise.it

C.U.S.

Via Gazzani snc, c/o Biblioteca di Ateneo

86100 Campobasso

Tel: +39 0874.412225

Fax: +39 0874.404980 -

E-mail: segreteria@cusmolise.it

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PART 3. STUDENTS SERVICES AND FACILITIES

University Choir

The University choir is composed by about 30 among students and professors, and has a pianist and a flutist as well. Traditionally, international students have been part of it every year.

The University choir performs in every academic event and also in local, national and international festivals.

For info and contacts visit the website:

http://www.unimol.it/pls/unimolise/V3_S2EW_CONSULTAZIONE.motra_pagina?id_pagina=50377

Cinemas/Theatres

Campobasso

Multisala Maestoso – Contrada Colle delle Api n.1

Savoia - P.zza Gabriele Pepe

Alphaville – Via Muricchio

A.gi.mus. Grandi Magazzini Teatrali- via Gorizia

Termoli

Oddo - Via Pepe 14

S.Antonio - P.zza S.Antonio 120

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PART 3. STUDENTS SERVICES AND FACILITIES

Pubs

Campobasso

PULP - Via Duca d'Aosta

KONING LUDWIG- vico Percettore

GRANT - Via Ferrari, 27 – P.zza Maddalena

GANDALF – Via Ferrari, p.zza Maddalena

6 TORRI – Via Ferrari

RAGNAROCK LIVE PUB - Salita San Paolo

BLOW UP - Via Muricchio

CAFFE' TEATRO – P.zza Gabriele Pepe

Termoli

MARCONI - P.zza Insorti d'Ungheria

PARINI - P.zza Duomo

COCCO BILL - P.zza Duomo

DOWNTOWN – C.so Nazionale

VIA FIRENZE – Via Firenze

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PART 3. STUDENTS SERVICES AND FACILITIES

Museums

Campobasso

Museo Provinciale - Via Chiarizia, 12 –

Open daily 09.00-13.00 and 15.00 - 19.00

Free admission

Museo dei Misteri

Via Trento, 3

Open daily 16,00 – 18,00

Free admission

Isernia

Museo Nazionale - Convento Santa Maria delle Monache - Corso Marcelli

Open daily 09.00 13.00 and 15.00 19.00

Museo del Paleolitico

Open daily 09.00 13.00 - 15.00 19.00 Free admission

Sepino (CB)

Archaeological Site SEPINO Località Altilia

Open daily 08.00 - 20.00 Free admission

Pietrabbondante (IS)

Archaeological site

Open daily 08.00 – 19.00 Admission 2€



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PART 3. STUDENTS SERVICES AND FACILITIES

Health Service

Campobasso: Hospital "Cardarelli" , Contrada Tappino, Tel. 0874 4091

At night time, on Saturday afternoons and during official holidays, or if you are in an emergency, call:

"Guardia medica" - Tel. 0874 411530, Piazza Cuoco, 22(open 20.00 – 08.00)"Pronto Soccorso" at the Hospital - Tel. 0874 409347

If you need to get to the hospital, there is a bus leaving from Villetta Flora – Piazza Pepe every half hour.

Please, REMIND! When you come to Italy bring with you the "Carta Sanitaria Europea (European Health Card)" issued by the health insurance office in your country. In case of illness you can go to the nearest medical centre (in Italy called "A.S.L."), bringing this document along with you. Students from Ireland and Great Britain are exempted from this arrangement. This is due to specific mutual agreements.

Emergency numbers:

Carabinieri. S.O.S. - Tel. 112 Via Mazzini, 97, Tel. 0874 65340

Police: S.O.S. - Tel. 113 Via S. Antonio dei Lazzari, Tel. 0874 483368

Police Headquarters (Questura), Tel. 0874 311548 Via S. Antonio dei Lazzari

Fire Brigade S.O.S. Tel. 115 Via S. Antonio dei Lazzari, Tel. 0874 698241

Red Cross, Tel. 0874 413259 Piazza Prefettura

Traffic Emergency, S.O.S. Tel. 116

ACI – Automobile Club d'Italia Via Cavour, 8, Tel. 0874 92941

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PART 3. STUDENTS SERVICES AND FACILITIES

Transportation

Campobasso is very small, you can easily walk through it.

To get to the University the following bus routes can be taken:

N.1 NERO - (Villetta Flora - Terminal)

Piazza Pepe - Via Pietrunto - Via Roma - Piazza Savoia - Via Duca di Genova - Viale Manzoni

N. 1 ROSSO - (Villetta Flora - Terminal) Piazza Pepe - Via Pietrunto - Via Roma Piazza Savoia - Via Conte

Verde - Piazza A. d'Isernia - Via Giovanni XXIII - Via Principe di Piemonte - Via Kennedy - Via Pascoli - Via Leopardi - Via Svevo - Viale Manzoni

N. 6 - (Villetta Flora - Terminal) Piazza Pepe - Via Pietrunto - Via Roma - Piazza Savoia - Via Conte Verde - Via Papa Giovanni XXIII - Via Principe di Piemonte Via Kennedy - Via Pascoli - Via Leopardi - Via Svevo -VAZZIERI - Via Carducci - Viale Manzoni

LICEI - (Villetta Flora - Terminal) Piazza Pepe - Via M. Bologna - Via Leopardi LICEI - Via Svevo - Via Carducci - Via Manzoni

SAN GIOVANNI/VAZZIERI - (Villetta Flora - Terminal) Piazza Pepe - Via Roma Piazza Savoia - Via Duca di Genova - Via Manzoni

Intercity Passenger Transportation (Soc. SEAC) Tel. 0874 311261

TAXI

Piazza Prefettura Tel. 0874 311587

Piazzale Stazione ferroviaria Tel. 0874 92792



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PART 3. STUDENTS SERVICES AND FACILITIES

Banks, post offices and stores

Banks are open from Monday to Friday, from 8,30 to 13,30 and from 15 to 16.

Post offices are open all days, included on Saturdays, from 8,30 to 13,30.

Stores are open all days, except on Sundays, from 9 to 13,30 and from 16,30 to 20.

Shopping malls are open from 9 to 21 every day except Sunday.

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PART 4. SOME ADVICE AND INDICATIONS

Weather

Campobasso has a temperate climate.

However, due to its position (750 m. a.s.l.), summers are warm (20°/30° C) and winters are cold (10°/- 3°).

In winter time (November to February) we usually have some snow.

Students are therefore advised to bring along warm clothing and suitable footwear.

How to get to Campobasso

By train:

from Roma “Leonardo da Vinci” Airport there’s a shuttle train called “Leonardo Express” that takes about 30 minutes to get Roma Termini Railway Station where you can take a train to Campobasso.

From 07,37 a.m. to 10,37 p.m. the “Leonardo Express” leaves for Termini Station at 7 minutes past every hour and half hour.

From 06,51 a.m. to 09,51 p.m. the “Leonardo express” leaves for Fiumicino Airport at 9 minutes before every hour and half hour.

One way fare: € 14.00

By bus

You can reach Campobasso by bus too from Stazione Tiburtina in Rome with the company MOLISE TRASPORTI. You can check timetables on the website www.molisetrasporti.it .

In case you choose to reach Campobasso from other stations than Rome, just write us an e-mail and we will provide you with all the necessary info and timetables.

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PART 4. SOME ADVICE AND INDICATIONS

What they said.....



Erasmus wasn't the period of life - it was the start of real, good life! - Editha, Kaunas (LT)

What they said.....



*For a few months...you'll find half the world in Campobasso!
Anna, Barcelona (ES)*

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PART 4. SOME ADVICE AND INDICATIONS

What they said.....



No dejes que te lo cuenten! Ana Cristina, Murcia (ES)

What they said.....



Campobasso: relaxed, beautiful, nice people, a small place that won't be forgotten! Alberto, Murcia (ES)

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What are you waiting for!?!?

Anna, Barcelona (ES)

