

LIUC Università Carlo Cattaneo - Juan Otero

A) Your program of study (courses, assignments, course format). Add the exact number of class hours per course.

Program of Study: International Management
Courses:

International Business Economics

- 3.5 hours once a week (9am-12:30pm)
- Attending Student: Group work, presentation and final exam
- Non-attending Student: Final exam

Innovation and Competition in the World Market

- 4 hours once a week (2pm-6pm)
- Attending Student: Group work, presentation and final exam
- Non-attending Student: Final exam

Innovation and Marketing for SMEs

- 4 hours a week
- Attending Student: Group work, presentation and final exam
- Non-attending Student: Final exam

China in the World Economy

- 3-6 hours a week depending on the week
- Only five lectures in total
- TBD

Entrepreneurship by Design

- 3-6 hours a week depending on the week
- Attendance mandatory
- The whole course is to create a business while working in groups with a maximum of five people. Progress presentation during the first week of November and final presentation in mid December.
- Textbook costs around €19

Italian Language, Level 3

- 3 hours a week
- Attending students: test, presentation and final exam
- Non-attending students: final exam

B) The timetable (academic calendar, registration dates, orientation, beginning and end of classes, exams, holidays, number of semesters, etc.) Please submit the precise dates so students will know when to book their flights next year.

Timetable:

Academic Calendar

- Mandatory orientation starts September 4th
- Classes don't begin until September 16th
- Class schedule is loosely defined, you are free to attend any class you wish to see what you like. Around the end of September, the International Office will reach out to you to finalize your course selection.
- Last day of exams: December 21st

Holidays

There is no reading week equivalent at LIUC, only two holidays during which the university is closed:

- All Saints Day – Friday, November 1st, 2019
- Immaculate Conception of the Virgin Mary – December 8th, 2019

C) Procedures to follow upon arrival. List and description of services offered by the International Exchange Office of the host institution. Registration and course selection. Social activities.

1. Attend orientation.
2. Provide International Student Office with a copy of your passport, student visa, health insurance, and the address of your residence.
3. The International Student Office will provide you with a “Codigo Fiscale” that is sometimes required for making online purchases or signing up for things like a gym membership.
4. When classes start, you are free to attend all courses to see which ones interest you the most. Since Telfer requires you to have a pre-approved list, you can either stick to those or if you see any new ones that weren't available before, you can request to modify your Learning Plan by emailing your Telfer International Exchange Specialist and see if they approve it. **Note:** Class registration is very lax at LIUC and you will not know anything about your class schedules until a few days if not the day that classes start (it was September 16th in 2019).
5. At Orientation you will meet the Erasmus Student Network (ESN). They are responsible for organizing social and sports activities throughout your exchange. Although “Erasmus” is the term used for a university exchange between European countries, everyone also considers exchange students from outside of Europe as “Erasmus”. ESN organizes pub nights, club nights, day trips, soccer, volleyball, yoga, aerobics and other activities for all Erasmus/exchange students.

D) Budget outlining the cost of studying abroad (i.e. airplane tickets, housing, vacation and daily travel costs, textbooks, meals, etc.).

Airplane tickets: \$1,000-1,200

Housing: \$500-800/month

Daily travel costs:

*Note that Castellanza, where the university is located, is very small and is very far from Milan. If you live in Castellanza, you can walk to the university. To go from campus to the train station, it is either a 40 minute walk or a 15 minute ride on the Castellanza shuttle. This shuttle is free to LIUC students.

Going to Milan:

- Castellanza Station to Milano Centrale Station: €3.60-5.50 one-way
- A trip to Milan from Castellanza can take between 45 to 90 minutes.
- **Note:** that not every train stops in Castellanza so you can only go to Milan on the trains that stop at minutes :45 and :55.
- The last train leaving from Milan's central station that stops in Castellanza leaves at around 11:25pm, so if you stay in Milan beyond that time you will have to wait until the first train in the morning (around 5am) to head back.
- Another important detail is that the Castellanza shuttle stops running at 7pm so if you return to Castellanza on any train after that you will have to do the 40 minute walk back to the university if you stay in residence or more/less depending on where your flat is located.

Travel within Milan:

Metro: €2 (valid for 90 minutes)

Uber: Varies depending on the time and distance. Definitely don't recommend Ubering to Castellanza; it can run you up to €80-100

- Example – from the Navigli (canals) to the night clubs near the Castello Sforzesco, an Uber can cost €18

Vacation travel:

- The only benefit of being so far from Milan is that Castellanza is very close to the main airport, the Milano Malpensa International Airport (MXP). A train ticket from Castellanza to MXP will only cost you around €5 and takes 15 minutes to Terminal 1 and 20 minutes to Terminal 2.
- Note: Milan is serviced by two other airports: Orio al Serio International Airport (BGY) and Linate International Airport (LIN). You might find some cheaper flights out of BGY but it does take over 60 minutes to get there by train from the Castellanza train station. Most routes/buses go to Milan downtown first and from there you will train to the airport/back to Castellanza.
- Linate airport is closest to Milan's downtown but was being renovated during my exchange so I did not use it.

Textbooks

- I only had to buy one textbook in one class as mentioned above, costing around €19. Other classes may require you to buy one though, so check the syllabus first.

Meals

- In Castellanza, you are better off cooking your meals at home although I got my own flat and did not stay in residence so I can't comment on the cooking situation there.
- Since it is so small, there aren't many restaurants or variety in Castellanza so prices while you won't find many crazy expensive places you also don't find super cheap ones. A pizza can run you between €5-14 depending on the toppings and restaurant.
- All-you-can eat sushi restaurants cost the same as in Canada, only in Euros. Lunch is around €13 and dinner is €25.
- **Note:** In Castellanza you will only find pizza, pasta, panini, sushi/Asian restaurants and they all close at around 11pm, so late night food here does not exist beyond the one Turkish kebab and pizza place that closes at 2am on some nights. If you like a wide array and variety of restaurants, you won't find it in Castellanza.
- It also important to keep in mind the siesta, so many restaurants here close from 2pm until 7pm.

E) Application procedures before your arrival (visa deadlines, documents required for visa, course registration, housing deposit, etc.).

Student Visa

- Visa Deadline: As recommended by the Italian Embassy in Ottawa, apply for your student visa no sooner than 3 months and no later than one month prior to your departure date.
- There are quite a number of documents required for your visa that you can easily obtain by emailing the embassy. They reply quickly and can send you the list of what you will need.

Housing deposit

- I found a room in a three bedroom flat shared with two other LIUC Italian students on Airbnb so payment was easy and safe. On Airbnb, I paid my first month's deposit at booking and then a monthly payment at the beginning of the remaining months.

Course registration

- As mentioned before, send LIUC your Telfer Learning Plan for their approval but you will actually finalize the course selection a week or two after classes have started.

F) Address and description of housing. Cost of housing.

Housing

- I initially wanted to live in Milan but given how long, far, and limiting the commute would be, I had to settle for a flat in Castellanza. As mentioned above, I found my flat on Airbnb and it is only a 5-8 minute walk from my classes.
- Here's the address: Viale Lombardia, 43, Castellanza, VA, 21053

G) Work term (if applicable).

N/A

H) Other comments or recommendations.

I have tried to make most of recommendations above in their respective areas so I won't have as many for this section. Here are other thoughts and observations:

Phone Plan

- Very cheap here in Italy, I pay €12/month with Vodafone for 35GB of data, 500 minutes in Italy and 300 minutes select international countries including Canada. A cool bonus is 300GB for WhatsApp messaging and audio/video calling.

Cheap Travel Tickets:

- I recommend checking out Ryanair's website directly, you can find some sweet flight deals starting at €12. I also recommend Omio (formerly GoEuro); they have an app which is great for finding flights, busses and trains from anywhere.

Commuting on Trains

- Omio is great for travelling beyond Milan, but while commuting from Castellanza to Milan, I recommend you download the *Trenord* app on your phone so you can buy train tickets on there instead of having to wait in line at the machines (which is stressful if your train is about to arrive/depart). You can also board without paying but you must find the employee who checks tickets on train in order to buy your ticket from there. Beware that if you don't try and find him or if he has to come to you and asks you for your ticket you may get a fine for trying to ride for free.

Weather

- September is very very hot so pack some summer clothes.
- It is the end of October at the time of writing this and I'm still able to walk to the gym in my t-shirt and shorts during the day although the evenings are now pretty chilly.
- My Italian roommates tell me that November and December get pretty cold, so be sure to also pack plenty of light jackets and one or two thicker coats.

Gym Membership

- LIUC does not really have any facilities for you to use besides the residence first floor common area where you can play ping-pong, pool, foosball, and video games.
- My gym, called ASD FIT GOOD, is around a 15min walk from campus and cost me €137 for three months. It isn't the prettiest or most modern but it does have the essentials.

There's a much nicer gym called TrekMill Academy, also close to the university but the prices for that one are around double.

- You can do a one day free trial at any gym and see what works best for you.

I) Add a description of about five to seven sentences summarizing your experience.

I've shared most of my experience in the sections above where I have felt the need to highlight some important details you should know and consider prior to choosing LIUC for your exchange.

Gastronomy

I personally have found the food the hardest thing to get used to, because while most of us love Italian food, in Ottawa we are used to having food from all over the world all the time. Here in Castellanza, that is not the case and as good as Italian food is, you eventually do get tired of having five pizzas a week. Learn to cook some good meals or make some foodie trips to Milan. Just make sure you keep your fridge stocked with comfort food in case you ever get hungry past 10 or 11 pm because finding a place to eat at that time is near impossible. Like I said, the Turks save the day with their 11am-Midnight weekday schedule and they close at 2am on weekends. The restaurant is called Turkish Istanbul and is very close to the university.

Cost of Living

- I find that buying groceries in Castellanza is generally cheaper than in Ottawa. As you probably already know, alcohol here is also very cheap, with wines going for €2-3, beers €4-6 for a six-pack and liquor can vary from €8-20 for a 750ml bottle. Going out can be expensive though with drinks costing €9 and cover €20 in Milan and other tourist hotspots.
- Daily or frequent commutes to Milan can quickly add up, with the train ticket costing around €7-10 for a round trip and this does not take into account how many €2 metro rides you buy since most of the best areas of Milan are further away from the two main stations: Milano Centrale and Milano Cadorna.

Language

- One of the things I love about being in Italy is that you really are rewarded for learning the language. There are many situations where people don't speak very much English and knowing some Italian helps a lot. It is also a great way to practice while you learn if you take the language course here or if you took any back at uOttawa.

Geography

- My favourite part of Italy is the stunning landscapes that you see and the diversity as you move down the "boot". Mountains, sandy beaches, pebble beaches, historic cities, modern architecture, great food and even better climate, Italy is so diverse from one end to the other. I can't think of another country I would have preferred to study in more than Italy. You will truly love every corner of the country and each one has distinct food and culture that keep it exciting.

Recommendation

- Be strategic about the order in which you visit places. Since the weather changes from September to November, visit the places that would be most enjoyable in warm weather first!
- One spot I really recommend is the island of Capri. I went during mid-October, just a couple of weeks before the season ends and most of the island shuts down. This timing meant accommodation was discounted (€144 for three nights at a good hotel) but the weather was still stunning with sunny skies, 23-25 degree weather and less crowded streets and attractions. It is such a beautiful place and so far my favourite spot.

One closing note would be that although there is no reading week, you have so much free time that you don't really feel the need for one. One annoying part is that you might be stuck with classes five days a week or only three days a week and there's no way for you to find out/plan ahead until the day before classes start.

If you are unable to travel often due to your schedule, keep in mind that you have so much free time when you're not in class that you might as well think up of ways to keep yourself busy because there aren't many here in Castellanza. I'd recommend perhaps taking extracurricular online courses to boost your CV or any online entrepreneurial endeavors you wish you could pursue but never found the time for...you'll have all the time in the world here!