



Welcome to IH Milan

*Useful information
for your stay in Milan*

www.ihmilano.com



**International
House
Milan**



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BENVENUTO A INTERNATIONAL HOUSE MILANO !

Caro Studente,

in questo **Handbook** troverai moltissime informazioni utili per il tuo soggiorno a Milano.

Saremo felici di aiutarti in qualsiasi momento e, per iniziare, ti forniamo una serie di suggerimenti da seguire in classe e non solo!

Il nostro **Direttore Didattico** è il tuo punto di riferimento riguardo al corso di italiano. Per qualsiasi domanda o richiesta rivolgiti a lui.

I nostri **insegnanti** sono tutti qualificati. Hanno una formazione specifica per l'insegnamento dell'italiano come lingua straniera e faranno sempre del loro meglio per rendere le tue lezioni entusiasmanti e divertenti. È importante tuttavia che lo studente sia motivato e curioso rispetto alla lingua.

- › Fai sempre i compiti e segui le indicazioni del tuo insegnante.
- › Leggi, guarda film in italiano, vai al cinema
- › Spegni il telefono in classe e concentrati sulla lezione.
- › Infine approfitta di tutte le occasioni che il tuo soggiorno ti offre per **parlare italiano!**

La **scuola** ti offre moltissime opportunità di approfondire le tue conoscenze della lingua e della cultura italiana. Ricordati che puoi prendere in prestito film e libri in italiano e hai la possibilità di usare Internet gratuitamente per un anno a partire dal momento dell'iscrizione. Inoltre il **Laboratorio Linguistico** è a tua disposizione per studiare individualmente.

Infine IH Milano organizza un ricco **programma di attività sociali** che ti permetteranno di conoscere la città e i suoi dintorni, nonché di divertirti!

Ti auguriamo di trascorrere un piacevole soggiorno qui con noi!

Sieglinde Wolkan
Direttore

WELCOME TO INTERNATIONAL HOUSE MILANO !

Dear Student,

in this **Handbook** you will find a lot of useful information for your stay in Milan.

We are happy to help you any time. To start with, here is some general advice that may be useful, in and out of class!

Our **Director of Studies** is your point of reference for anything concerning the course.

Our **teachers** are all highly qualified. They have attended a specific Teacher Training Course to teach Italian as a foreign language and they will do their best to make lessons enjoyable and interesting. However students also have to be committed and enthusiastic.

- › Do your homework and follow your teacher's advice.
- › Read and watch films in their original language
- › Switch off your mobile phones in class and concentrate on the lesson.
- › Take advantage of any chances you get to **speak Italian** with mother-tongue speakers!

The **school** offers a wide range of tools and materials to help you achieve your learning aims. You can borrow Italian books and videos and you have free Internet access for one year from the date of enrolment. The **Language Laboratory** is also at your disposal to improve your Italian.

IH Milan organizes a full **range of social activities** which will give you the chance to get to know the city and its surroundings as well as to have fun!

We hope you will enjoy your course and have a nice stay!

Sieglinde Wolkan
Direttore



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The STAFF **Italian for Foreigners Department**



Sieglinde Wolkan
Managing Director



Caterina
Reception, Enrolments,
Social Programme,
Accommodation



Alberto
Director of
studies



Alessia
Reception



Moira
Reception &
Timetables



Stefania
Reception &
Marketing

The reception desk is open Monday – Friday, from 09:00 to 19:30,
and Saturday, from 09:00 to 12:45.
It is closed on Saturdays in July and August.

GETTING AROUND THE CITY

AIRPORTS

MILAN MALPENSA

Malpensa Express (Ferrovie Nord Milan)

The Malpensa Express connects Malpensa Terminal 1 directly with the centre of Milan (Central Station or Cadorna Station); it runs every 30 minutes and takes around 40 minutes to reach the centre.

Malpensa Shuttle

The Malpensa Shuttle connects Milan's Stazione Centrale (Central Station) with Malpensa airport. It runs every 20 minutes and takes around 50 minutes to reach the airport.

The Malpensa Shuttle also directly connects the city's two airports: Linate and Malpensa.

Taxis can be found at both Terminal 1 and Terminal 2. The taxi ranks are located outside the Arrivals hall and it costs around Euro 100.00 to reach the centre of Milan (our suggestion is not to go for this option, as it is very expensive).

SEA provides a free 24 hour shuttle which runs every 20 minutes to transfer from Terminal 1 to Terminal 2 and vice versa. For more information about Milano Malpensa visit www.sea-aeroportimilano.it

MILAN LINATE

You can reach the city from Linate by bus no.73.

The taxi ranks are located outside the Arrivals hall and it costs around Euro 15.00 to reach the city centre.

For more information about Linate visit www.sea-aeroportimilano.it

BERGAMO ORIO AL SERIO

SHUTTLE services connect Bergamo Orio al Serio airport with the centre of Milan (Central Station or Lambrate Station). For more information about Bergamo Orio al Serio visit www.sacbo.it.

GETTING AROUND THE CITY

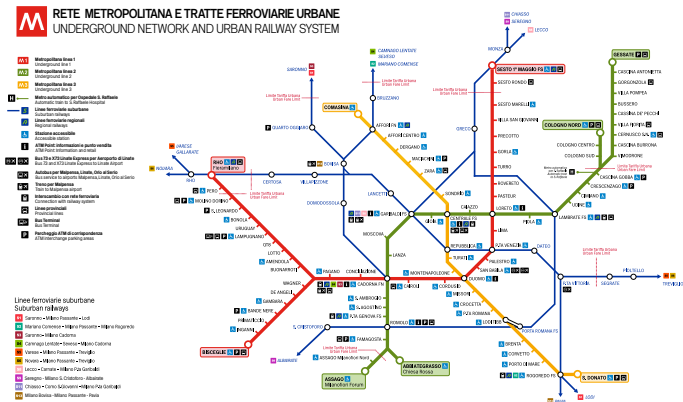
UNDERGROUND, BUSES AND TRAMS

Tickets can be purchased at underground stations, newsagents' and bars.

Prices:

- › Daily ticket: € 1,50 (valid for 90 minutes)
- › Book of 10 tickets: € 13,80
- › Travel Card, 1 day: € 4,50
- › Travel Card, 2 days: € 8,25
- › Weekly ticket (2x6): € 8,40
- › Monthly ticket, under 26: € 17,00 a month (+ € 10,00 for the pass)
- › Monthly ticket, adults: € 30,00 a month (+ € 10,00 for the pass)

RETE METROPOLITANA E TRATTE FERROVIARIE URBANE UNDERGROUND NETWORK AND URBAN RAILWAY SYSTEM



GETTING AROUND THE CITY

RADIOBUS Service

The "call a bus" service picks you up and takes you wherever you want in the city from 20.00 to 02.00. Remember to book though! Bookings can be made by calling 02 48 03 48 03, at any underground station (e.g. MM Duomo), by **internet** or by sending a **text message** to 335 7872571. In the short text message indicate the day, time and departure address, destination address, number of people (indicating the presence of disabled persons), and a telephone number where you can be contacted. The booking can be made from 3 days before until 18:00 on the day you want to use the service. You will receive a text message confirming the booking. The surcharge for the Radiobus service can be paid where you buy your normal bus tickets or onboard the Radiobus.

Costs:

- › € 2,00 if you pay at an underground station, newsagent's or bar and already have a normal ticket or weekly/monthly ticket
- › € 2,50 if you pay onboard the Radiobus and already have a normal ticket or weekly/monthly ticket
- › € 4,00 if you pay onboard the Radiobus and do not have a normal ticket or weekly/monthly ticket

RAILWAYS

Main railway stations in the city:

National Railways

www.trenitalia.it

- › Milano CENTRALE
- › Milano PORTA GARIBALDI
- › Milano LAMBRATE

Ferrovie nord

www.ferrovienord.it

- › Milano CADORNA

GETTING AROUND THE CITY

TAXIS

Taxis in Milan are white.

The minimum fare is Euro 3.00

You can contact Radiotaxi, a call service managed by a group of cooperatives, at the following numbers, to book a taxi:

- › Autoradiotaxi - 02.85.85
- › Taxi Blu - 02.40.40
- › Yellow Taxi - 02.69.69

BikeMI

BikeMi is Milan's new easy, handy and eco-friendly Bike Sharing service. It is a real form of public transport system that you can use for short journeys (max. 2 hours) along with the traditional means of transport managed by ATM.

The service is operational 365 days a year from 07:00 to 23:00.

For more information visit www.bikemi.it

RENTAL

Some sites and addresses where you can rent cars, bicycles etc.:

Car rental

www.migliori-offerte.it

www.sbc.it

www.morinirent.com

www.avisautonoleggio.it

Bike hire

Rossignoli (MM2 Moscovia)

Corso Garibaldi, 65/71

Tel. 02 804960

A.W.S Bicimotor (MM3 Sondrio)

Via Ponte Seveso, 33

Tel. 02 67072145

ACCOMMODATION

We hope that you appreciate the accommodation we have found for you.

Here is some useful information which should answer many of the questions you may have.

However, please feel free to contact us for any other information you need.

FAMILY

Available in standard category - with shared bathroom - or executive category - with private bathroom.

Your hosts

Your hosts may be a “traditional family” with children, a young couple without children, a single-parent family, a single person or a retired couple whose children no longer live at home. It is important to remember that you are a guest in these people's home so please respect their requests/wishes and privacy.



Your room

Your room will have a bed, desk and table lamp. You will also be allocated space for your clothes and personal belongings. Towels and bed linen will be provided by the hosts and will be changed once a week. Please keep your room tidy and make your bed every morning.

ACCOMMODATION

Smoking

Many Italian families are non-smokers. If you are a smoker your hosts may ask you to smoke only in certain areas of the house both for safety reasons and to respect the non-smoking members of the family.

Medical assistance

If you need a dentist or doctor talk to your hosts as they can register you with their dentist or doctor.

Dinner

Italians generally have dinner between 19:30 and 20:30. If you plan to eat out or if you think you will be late please let your hosts know as soon as possible. If you cannot eat certain foods for dietary or religious reasons please let your hosts know straight away.

Bathroom

In most cases you will share the bathroom with your hosts. Please agree with them on the best times for showering or bathing. You can shower or bathe once a day. Please leave the bathroom clean and tidy.

Laundry

You may use your hosts' washing machine and iron. Your host will wash the bed linen and towels once a week and will tell you when and where you can wash and dry your clothes (the washing machine can usually be used once a week).

Heating

Italian homes generally have central heating which functions only for a certain number of hours a day and usually only in winter. During the night it is generally either off or kept low. If you are cold ask your hosts for additional blankets; they will be happy to oblige.

ACCOMMODATION

Telephone

You will probably only be allowed to receive phone calls and not to make them.

If your hosts let you use the phone remember that:

1. You should ask permission every time you want to make a call (unless you have made other arrangements with your hosts).
2. You will have to pay for the calls you make.
3. In Italy it costs less to make calls after 18:00.
4. Your friends and family should call you at the times your hosts prefer and not repeatedly on the same evening.
5. Your hosts are not obliged to take messages for you when you are out.

Television

Watching TV will help improve your Italian. Your hosts may sometimes invite you to watch the television with them.

Household appliances

If you have brought an electrical appliance with you make sure that the voltage is compatible before you use it. Please ask your hosts for permission before using these appliances.

Keys

You will be given a key so that you can come and go as you please. However, please do not disturb your hosts and take care with the key. If you lose it you will be asked to contribute to the cost of its replacement. Please do not keep the house key and address in the same place.

Friends and guests

Before inviting friends back ask your hosts for permission - remember that it may not always be convenient. Your hosts may ask you to entertain guests only in certain rooms of the house.

ACCOMMODATION

You may not invite friends to sleep over unless you have your hosts' permission and in any case we suggest that you don't invite more than two friends at a time.

If you do not intend to return home for the night please inform your hosts so that they won't worry needlessly.

Holidays and absence

You can stay at the accommodation assigned only for the period in which you attend the course. The stay usually begins on the Sunday prior to the start of the course and ends on the Saturday after it ends.

Damage

Please let your hosts know immediately if you break or damage anything. You will be asked to pay a share of the repair or replacement of the damaged/broken object.

Transport

The best way to get around the city is to use public transport. Your hosts will help you to buy a weekly/monthly ticket and pass; they can also show you quickest way to get to the school.

SHARED FLATS with permanent tenants

Ideal for students who want to be more independent.

Single rooms are envisaged (double on request). The bathroom and kitchen will be shared. A permanent tenant also lives in the apartment.

RESIDENCES

Residence La Cordata

IHMilan students have a special discount at the Residence La Cordata in Via Burigozzo, Via Zumbini or Via San Vittore.



SOCIAL PROGRAMME

The best way to discover the city, meet other students, make friends, consolidate the language skills learnt in the classroom and...have fun!

Typical events include:

- Afternoon visits to places of interest such as Leonardo da Vinci's Last Supper, La Scala Museum, Science and Technology Museum, Art Exhibitions
- Cooking classes and wine tasting evenings
- International happy hours, in famous cafés and bars, starting with an aperitivo and going on till the early hours!
- Dinners in typical Milanese restaurants and pizzerias to enjoy Italian cuisine with students, teachers and IH staff
- Italian Cineforum to enjoy some of the most successful Italian movies and share your opinions and impressions with other students and a teacher
- Excursions to nearby places of interest such as Bergamo and Monza, Lake Como, Genoa and the Ligurian seaside villages where tasting focaccia bread is not to be missed!

On top of that, students can join for free the glamorous events organised by International Week in the most famous clubs and discos of Milan, such as Just Cavalli, Hollywood and Old Fashion!



EMERGENCY SERVICES AND USEFUL TELEPHONE NUMBERS

CARABINIERI tel. 112

STATE POLICE tel. 113

FIRE BRIGADE tel. 115

FINANCE POLICE tel. 117

LOCAL TRAFFIC POLICE tel. 02 77271

ROAD POLICE tel. 02 326781

ROADSIDE ASSISTANCE tel. 02 803116

MEDICAL EMERGENCIES (Ambulance) tel. 118

PUBLIC OFFICES

Province of Milan tel. 02 77401

Lombardy Region tel. 02 67651

Milan City Hall tel. 02 0202

Police Headquarters tel. 02 62261

The main police station is at no. 11, Via Fatebenefratelli.

Immigration Office

26, Via Montebello, MM3 underground station Turati.

Opening hours: Mon - Sat, 08:30 - 12:30; Tue - Fri, 15.00 - 17.30

EMERGENCY SERVICES AND USEFUL TELEPHONE NUMBERS

BANKS

Banks are normally open at the following times:
Mon - Fri, from 08:30 to 13:30 and from 15:00 to 16:00.

Nearest Bureau de Change: Piazza Duomo.

For bank addresses see www.turismo.milano.it

POST OFFICES

The central Post Office is at no. 2 Piazza Cordusio (MM1 Cordusio).

Opening hours: Mon - Fri from 08:00 to 19:00; Saturday from 08:30 to 19:00.

The nearest post office to the school is at no. 33 Via Paolo Da Cannobio. Opening hours: Mon-Fri from 08:25 to 13:35; Saturday from 8.25 to 12.35.

For more information visit www.poste.it

PHARMACIES

There is a 24 hour pharmacy at Central Station, tel. 02 6690735.

Overnight pharmacies:

- › 21, Piazza Duomo tel. 02 86464832
- › 4, Corso Buenos Aires, tel. 02 9513320

HEALTH CENTRES

Public centre

- › First Aid www.118milano.it

Private centres

- › American INT'L Medical Center, Via Percalli 11, www.aimclinic.it
- › International Health Center, Galleria Strasburgo 3, www.ihc.it

FREE TIME

MAIN ITALIAN DAILIES

National newspapers

- › Corriere della Sera www.corriere.it
- › Repubblica www.repubblica.it
- › Il Giornale www.ilgiornale.it

Newspapers for foreigners

- › EasyMilano www.easymilano.it
- › Hello Milano www.hellomilano.it
- › Milanomese www.visitamilano.it/turismo/benvenuti/pubblicazioni/rivista_milanomese.html

Free newspapers

Distributed at the main train and underground stations

- › Metro www.metronews.it
- › Leggo www.leggo.it

USEFUL WEBSITES

www.turismo.comune.milano.it

www.visitamilano.it



MILAN TOP 10

Milan is a fascinating city and a great place to study Italian!

Famous as **one of the fashion and design capitals of the world**, every year Milan hosts several international exhibitions that attract people from all over the world. Along its glamorous shopping streets you can rub shoulders with stars and people in search of elegance and style.

Milan has a population of over 1,300,000. It is the financial centre of Italy and the country's economic powerhouse.

It has been chosen to host the **2015 EXPO** and is preparing to welcome millions of visitors.

But Milan is much more than this! It's a city to be discovered bit by bit and has something to offer everyone!

Here are 10 things you shouldn't miss!

1. Visit the **Duomo Cathedral**, its **Terraces**, **Castello Sforzesco** and its **underground passages**
2. Admire **Leonardo Da Vinci's Last Supper**
3. Enjoy a ballet, opera or classical music concert at **La Scala Opera House**
4. Visit **Brera Art Gallery**
5. Go to an exhibition at **La Triennale di Milano**
6. **Turn quickly three times on your heel over the bull's balls in the Galleria Vittorio Emanuele** to bring good luck

MILAN TOP 10



7. **Do some shopping** in the many designer stores in the city and take a walk around **the Golden Quad**, to enjoy the season's new creations of the world's best known designers
8. Eat a **"panzerotto"** at **Luini's**
9. Enjoy an **aperitivo** in the Brera or Navigli areas
10. Watch a match at **San Siro Stadium**

...and don't forget that Milan is also an ideal place from which to explore the rest of Italy: easy to reach, near the sea, mountains, lakes and rival historical cities such as Venice, Florence, Verona and many more. Rome is just 3 hours away by high-speed train!



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MIUR



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