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Europe's Civic University Alliance

Student Handbook Annex – TRACEE Master ST7

Study Track 7: Environmental Risk and Mitigation

Programme edition 2026

Version: 2025-12-12

Contents

1	The study track 7: Environmental Risk and Mitigation	4
1.1	The vision of the study track	4
1.2	Target group of students: Entry requirements	4
1.3	Intended Learning outcomes of the study track	4
2	Structure overview of the study track 7	4
3	Study track content overview	5
4	Your semester at the University of Lausanne (UNIL)	6
4.1	Arrival and welcome activities	6
4.2	Visa and Residence permit	6
4.3	Housing	7
4.4	Living expenses	9
4.5	Bank	9
4.6	Public transport	9
4.7	Navigating campus	9
4.8	Life on Campus	10
4.9	IT services	11
4.10	Student Health and Insurance	11
4.11	Special needs, Disability / Dys/ Reduced mobility	12
4.12	Spiritual life	12
4.13	Student organisations	12
4.14	Language courses	13
5	Your semester at Sapienza University of Rome (SUR)	13
5.1	Arrival and welcome activities	13
5.2	Visa and Resident permit	14
5.3	Housing	15
5.4	Living expenses	15
5.5	Bank	16
5.6	Public transport	16
5.7	Navigating campus	16
5.8	Student health	17
5.9	Life on Campus	17
5.10	ICT Services	18
5.11	Canteens	18
5.12	Leisure & Free Time	19
5.13	Well-being, special needs and disability support	19
5.14	Spiritual life	20

5.15	Language courses	20
6	The Master Thesis	21
6.1	The master thesis at Stockholm University	21
6.2	The master Thesis at the University of Lausanne	21
6.3	The Master thesis at Sapienza University of Rome.....	22

1 The study track 7: Environmental Risk and Mitigation

The Study Track in Environmental Risk and Mitigation (ST7) provides a deep understanding of processes involved in Mountain and oceanic environments which are related to environmental hazard.

1.1 The vision of the study track

Students will acquire advanced experience in field and laboratory methods and practice as well as theoretical approach to assess natural hazards and to define the best mitigation strategies. The programme offers a training in the analysis of natural hazards from the study of physical and chemical processes through to their management via the quantification of their probability of occurrence in different conditions. The students will have the opportunity to develop theoretical understanding and practical experience in data acquisition mapping analysis modelling monitoring methods estimation of natural hazard and risk its management warning systems development and evaluation of strategies for risk reduction.

1.2 Target group of students: Entry requirements

The ST7 aim for student with a Bachelor in Natural Science or equivalent.

1.3 Intended Learning outcomes of the study track

In addition to the learning outcomes for the Programme, the student will, at the end of ST7, be able to:

- Demonstrate the ability to analyze natural hazards through an interdisciplinary approach that integrates abiotic and biotic components, utilizing the scientific method for practical and research-based investigations.
- Demonstrate the capability to evaluate natural hazards and associated risks across various environments, propose mitigation strategies, and address real-world conflicts related to natural resource management.
- Demonstrate effective communication skills to engage with stakeholders, decision-makers, and the scientific community, supporting informed decisions on natural hazard management and risk mitigation.
- Demonstrate the ability to learn independently, stay updated with innovations, and consider environmental, social, and ethical implications in natural hazard analysis through a transdisciplinary and globally aware perspective.

2 Structure overview of the study track 7

The study track is divided in 4 semesters of 30 ECTS each for a total of 120 ECTS.

The study track takes place at Stockholm University (SU), University of Lausanne (UNIL) and Sapienza University of Rome (SUR).

- The first semester corresponds to the programme common core. It takes place in Stockholm in autumn and is described in the Student Handbook.
Autumn semester 2026: 31 August 2026 – 17 January 2027
- The second semester is the first part of the study track specialisation in Environmental Risk and Mitigation. It takes place during the spring semester in Lausanne (UNIL)
Spring 2027: [Start date and end dates to be decided]
- The third semester is the second part of the study track specialisation in Environmental Risk and Mitigation. It takes place during the autumn semester of the second year in Rome (SUR).
Autumn 2027: [Start date and end dates to be decided]

- The fourth and last semester is dedicated to the final degree project, the Master thesis. It takes place during the spring semester 2028 at SU, UNIL or SUR.
SU: 17 January 2028 – 4 June 2028
UNIL: [Start date and end dates to be decided]
SUR: [Start date and end dates to be decided]

Study track	Semester 1	Semester 2	Semester 3	Semester 4
ST7: Environmental Risks and Mitigation	SU	UNIL	SUR	SU or UNIL or SUR
	Common Core	Study Track		Master Thesis
Transdisciplinary stream				

3 Study track content overview

The study track overview by study progress is presented below:

University	Type	Module Title	ECTS per Semester				Total ECTS
			S1	S2	S3	S4	
SU	Mandatory	Climate, Energy and Environment – A Transdisciplinary Perspective <ul style="list-style-type: none"> Systems Thinking (3 ECTS) Climate, Environment and Energy – A Natural Science Perspectives (9 ECTS) Climate, Environment and Energy – A Social Science Perspectives (9 ECTS) Climate, Environment and Energy – A Humanities Perspective (6 ECTS) Creating Knowledge Through Transdisciplinary Methods (3 ECTS) 	30				30
UNIL	Mandatory	Practical applications in the aquatic sciences		5			30
	Mandatory	Erosion and slope movements		5			
	Mandatory	Laboratory Methods: Experiments, Measurements and Uncertainties		5			
	Mandatory	Sampling and sensing aquatic ecosystems		4			
	Mandatory	Integrated course Mountain Ecosystems		3			
	Conditionally elective	1 course from the list provided: <ul style="list-style-type: none"> Aquatic Ecosystems: Glaciers, Rivers and Lakes (5 ECTS) Hazards and Risks of Slope Mass Movements: Field Camp (5 ECTS) 		5			
SUR	Mandatory	Marine Geology			6		30
	Mandatory	Geospatial Technologies for Biodiversity Conservation			6		
	Mandatory	Biogeography			6		
	Mandatory	Geological Storage and Geothermics			6		
	Mandatory	Physical Volcanology and Volcanic Hazard			6		
SU/ UNIL / SUR	Mandatory	Master Thesis				30	30
			30	30	30	30	120

4 Your semester at the University of Lausanne (UNIL)

4.1 Arrival and welcome activities

You are about to spend one semester of studies at the University of Lausanne and we look forward to welcoming you on campus.

A key point of contact for UNIL students is the [Social Affairs and Student Mobility Office \(SASME\)](#) as they offer support in various areas such as visas, residence permits, accommodation and insurance.

The SASME organizes a **welcome day** for international exchange students each semester. Traditionally, this takes place the week before classes resume.

This event is an opportunity to find out more about the various services available at UNIL (the sports centre, library, language centre, learning French as a foreign language, etc.) and the faculty that will be hosting you for your exchange.

The association ESN-UNIL (Erasmus Student Network) also organizes a welcome week during the week preceding the start of the academic year. For more information, please see the association's website: <https://unil.esn.ch/welcome-week>

More information:

SASME: <https://www.unil.ch/unil/en/home/menuinst/campus/aides-et-soutiens.html>

ESN : <https://unil.esn.ch/>

4.2 Visa and Residence permit

4.2.1 NON EU / NON EFTA students – Entry in Switzerland

In order to enter Switzerland you must have a valid passport and, according to your nationality, a visa issued by a Swiss consular representation abroad.

Note that as a TRACEE student, you may possibly benefit from an easier procedure : with a student visa for a two years programme obtained to start the TRACEE journey in Stockholm, and a valid temporary European Residence permit delivered in Sweden, valid for the whole duration of your stay in Switzerland, no new visa application may be required to **enter** Switzerland. This is to verify early before moving to Switzerland, as soon as you obtain your student visa to go to Sweden.

Mind that a visa gives you permission to enter Switzerland but not permission to reside. Once you have your visa and have arrived in Switzerland, you will need to request a Residence permit. (See section on Residence permit below).

Please visit [the Swiss Confederation web site](https://www.eda.admin.ch/eda/en/home/entry-switzerland-residence/visa-requirements-application-form.html) to find out whether you need a visa or not: <https://www.eda.admin.ch/eda/en/home/entry-switzerland-residence/visa-requirements-application-form.html>

4.2.2 EU / EFTA students - Entry in Switzerland

You must have a passport or valid identity card to study in Switzerland. If so, you do not need to complete any formalities before you arrive in Switzerland but **you must report your arrival to the Contrôle des habitants et bureau des étrangers** (Residents' office) **of the municipality where you live, in person, within 14 days upon arrival, this regardless of your nationality.** (See section on Residence permit below)

4.2.3 Residence Permit

Within 14 days upon arrival in Switzerland, you will have to register with the authorities in the municipality where you live by reporting your arrival to the **Contrôle des habitants et bureau des étrangers (Residents' office)**, **most of the time in person**. At this occasion, you can **submit an application for a Residence permit**, by bringing at least two passport-size photos and your passport or identity card with you, among other documents. Please note that permission to enter Switzerland is not a guarantee to obtain a Residence permit.

Before you visit the Residents' office of the Municipality where you live, it is highly recommended to check their website (see below for a (non-exhaustive) liste) or contact them to find out exactly which documents you need to provide. Requirements can vary from one municipality to another, and the list can be long.

Your application will be sent by the municipal office to the Cantonal office (Service de la Population du Canton de Vaud (SPOP)). Once your application is admitted, the SPOP will send you a letter with instructions to make an appointment with the Biometry Centre to enter your data for residence permit.

Note that there are fees for these procedures, of between CHF 15.- and CHF 30.- for the registration fee depending on the municipality you will live in, up to CHF 120.- for the residence permit fee and around CHF 20.- at the Biometry Center.

Some Residents' Office websites around UNIL:

- [Lausanne](#)
- [Renens](#)
- [Chavannes-près-Renens](#)
- [St-Sulpice](#)
- [Ecublens](#)
- [Crissier](#)
- [Echandens](#)
- [Morges](#)

4.3 Housing

We strongly recommend our students from abroad to focus their search towards student halls, private landlords or flat-sharing, because today's housing market situation in the region makes it difficult for people from abroad to rent from real estate agencies (especially if you are not yet in Switzerland), that impose constraints such as 1 to 3 months of rental guarantee, a work contract, a swiss guarantor, etc.

(Please note that the majority of apartments / studios (in the UNIL-EPFL database listed below as well) are managed by real estate agencies with the constrains listed above and not by the contact person who published the advertisement).

4.3.1 FMEL

The University of Lausanne works closely with the *Fondation Maisons pour Etudiants Lausanne* (FMEL <https://www.fmel.ch/en>), which welcomes over 3,500 students at 14 locations, mainly within the Lausanne urban area.

As far as possible, we try to secure accommodation for a part of our exchange students in an FMEL hall of residence. However, FMEL has a limited number of places available.

Once UNIL is informed that you have been admitted to TRACEE track 7 that is leading you to UNIL on Spring semester, we will let you know by the beginning of November preceding your arrival,

whether we have been able to secure accommodation for you in an FMEL hall of residence. If so, we will contact you to explain how to proceed to confirm your accommodation.

You will be asked to pay a rent guarantee (see the "Rent guarantee" section under for more information) and your rent will be payable by you. Please note that the deadline for paying your rent guarantee to the FMEL is very short. It is therefore essential to check your e-mails frequently during this period.

(Note: in case you need to terminate your tenancy agreement with the FMEL, you must allow a two months' notice – for example, you must notify FMEL by 31 March to move out on 31 May.)

4.3.2 UNIL-EPFL Accommodation Database

In the case we have not been able to secure accommodation through FMEL for you, the University of Lausanne and the Ecole Polytechnique Fédérale de Lausanne (EPFL) run a joint accommodation database reserved exclusively to their students. Advertisements are published by individuals who want to let their accommodation or share a place.

If you don't yet have your UNIL credentials to log into the database before you arrive, our office can send you regular updates of the rooms advertised on the list, as a PDF file. If an advertisement interests you, contact the person directly.

As far as possible, it is advisable to arrive in Lausanne a few days before classes begin to carry out your research and visit potential accommodations.

Please note that the accommodation listed on this platform has not been inspected by UNIL accommodation services. They have, however been checked particularly with regards to price and to try to identify any fake advertisements. Despite our best efforts we cannot ignore the possibility that a fake advertisement may slip through, given how cleverly they are written. Here are some tips to help you avoid any problems:

- Find out as much as you can about accommodation that seems too cheap compared with what else is available. For the sake of comparison, the average price of a room is around CHF 750 per month.
- As far as possible, visit the accommodation before you take out a tenancy and pay any advance rent or a security deposit.
- Never transfer money through funds transfer organizations such as Western Union or MoneyGram.
- If you are asked for a rent guarantee or initial rent payment, make the payment to an account held at a Swiss bank.

Finally, there are other ways of finding accommodation. To find out more, please visit this website: <https://www.unil.ch/unil/en/home/menuinst/campus/aides-et-soutiens/logement.html>

4.3.3 Rent guarantee

A rent guarantee (or deposit) is a sum of money, generally equivalent to three times your monthly rent, which must be deposited and blocked in a bank account at the request of a landlord (property company). The money can only be released and returned when you leave your accommodation, after the final inventory and statement of state of repair (agreed by the tenant and landlord at the end of the tenancy) has been signed, provided that you have not caused any damage to the accommodation and are not in arrears with your rent. Otherwise, the landlord can deduct the relevant amount from the sum deposited in the bank account, to pay for the repairs or cover unpaid rent.

Please note that a rent guarantee can represent a significant amount of money (for FMEL, allow CHF1,200). If you do not have sufficient funds to deposit this amount of money in a bank account, there are companies that can provide a guarantee on your behalf (Swisscaution, Firstcaution, etc.).

To use this service, you will have to pay an annual contribution to the company providing the guarantee. Most landlords are willing to use companies of this kind. However, FMEL does not accept this type of guarantee.

4.4 Living expenses

The average budget for a student to live in Lausanne is around CHF 2,100 per month. Below is an indicative monthly budget.

<i>Type of expense</i>	<i>Average cost</i>
<i>Rent (excluding charges)</i>	CHF 700 - 900.-
<i>Maintenance and food</i>	CHF 850 - 900.-
<i>Public transport</i>	CHF 55.-
<i>Administrative costs</i>	CHF 20.-
<i>Health and accident insurances</i>	CHF 80.-
<i>Leisure activities</i>	CHF 200.-

Note that upon arrival in Switzerland, you will have to pay various administrative costs, which can be fairly significant (visa and residence permit costs, local taxes, a rent guarantee for your accommodation, etc.). It is therefore important to allow for these in your budget.

4.5 Bank

As a foreign student, you can open a bank account for the period of time you will be living in Switzerland. When going to a bank, you will need your passport/identity card, a statement/certificate of residence issued by the municipal office where you live in Switzerland, and a certificate of registration as a student.

Note that some banks may refuse a request (in this case try another one) or ask for a large number of documents, depending on your nationality and how long you intend to stay (less than 6 months).

4.6 Public transport

The UNIL campus is in Dorigny, at the lake side and around 10 minutes by metro from the centre of Lausanne. The campus is served by three **metro** stops on line M1 (UNIL-Chamberonne, UNIL-Mouline and UNIL-Sorge).

Individual tickets or a season pass can be purchased directly from the Transport Lausannois (TL) website <https://www.t-l.ch/en/home/>, via the mobile app or directly at the TL offices located in Le Flon Metro station.

Parking places on campus are limited and a fee is charged. Priority is given to students who live in areas that are further away and poorly served by public transport. You must register online before each semester. However, it is recommended to avoid travelling to UNIL by car.

Train is a good way to travel around Switzerland. All prices and schedules can be found online: <https://www.sbb.ch/fr>

4.7 Navigating campus

Students can find their way throughout UNIL campus and buildings navigating *Planète* UNIL interactive map:

<https://www.unil.ch/unil/en/home/menuinst/campus/acces-et-transports/planete-unil.html>

This link will also help you prepare your visit and get to know the campus:

<https://www.unil.ch/unil/en/home/menuinst/campus/acces-et-transports.html>

4.8 Life on Campus

Joining UNIL means becoming part of a community focused on collaborative creativity and the transmission of knowledge, enriched by the world of research. A number of elements and structures are available to create this synergy.

Guided tour videos and numerous information are available here:

<https://www.unil.ch/unil/en/home/menuinst/campus.html>

<https://www.unil.ch/unil/fr/home/menuinst/etudier/mobilite-et-echange/etudiantes-et-etudiants-internationaux.html>

4.8.1 Libraries

The Dorigny campus is home to **two Cantonal and University Library (BCUL) sites**: the "Banana" (a general library in the Unithèque building) and another in the Internef building, specialising in law and economics. A third site on the **Bugnon campus is for medical students**.

All these libraries have peaceful desks to work.

More info: <https://www.unil.ch/unil/en/home/menuinst/campus/bibliotheques.html>

4.8.2 UNIL+EPFL sport and Health

The UNIL+EPFL Sport Santé Service, on the shore of the lake, offers a wide range of sport activities. Access to activities at the Sports Centre is free of charge for UNIL students, including exchange students. An access card is issued by the administrative office of the Sports Department (Villa des sports) or can be obtained online.

More info: <https://sport.unil.ch/>

4.8.3 Restaurants and shops

Where to eat, what to eat, when to eat, how to eat, at what price to eat, and find out what UNIL is doing to promote sustainable eating. You'll find all the essential information you need for your meals and shops on campus here.

<https://www.unil.ch/unil/en/home/menuinst/campus/restaurants-et-commerces.html>

4.8.4 Culture

At the heart of the campus, [La Grange, Centre / Arts et Sciences / UNIL](#) is a **theatre** and a centre for research and experimentation. Each season, artists, researchers and the public work together to imagine new explorations through stories of today and tomorrow, through collaborations between the arts and sciences.

More info: <https://www.grange-unil.ch/>

The University of Lausanne offers **Les Accroches, spaces** for captivating exhibitions combining science and culture.

More info: <https://www.unil.ch/unil/en/home/menuinst/campus/vie-a-l-unil/expositions-unil.html>

The Culture and Scientific Mediation Department (SCMS) develops cultural and science outreach programmes for the general public.

More info: <https://www.unil.ch/unil/en/home/menuinst/universite/organisation-universite/unites-et-services/service-culture-et-mediation-scientifique.html>

4.9 IT services

Your **UNIL computer credentials** will be sent to you before the beginning of the semester by email to your personal address with information on using the IT services available at UNIL, and in particular the use of your *MyUnil* account.

Once you have your credentials, you will be asked to validate your account; please follow the instructions that will be provided in the email that contains your UNIL credentials.

Your **student card** (called Campus Card) can be picked up at the [SASME](#) office upon arrival at UNIL. Your student card will also need to be validated at one of the dedicated terminals.

More info on the Campus Card : <https://www.unil.ch/unil/fr/home/menuinst/campus/campus-card.html>

IT Services (CI) offers services tailored to the IT needs of the UNIL community, and in particular an IT help desk, multifunction printers, or several courses. See the full catalogue of IT services here:

<https://www.unil.ch/unil/en/home/menuinst/universite/organisation-universite/unites-et-services/centre-informatique.html>

4.10 Student Health and Insurance

As mentioned in the general handbook, all TRACEE students will be covered by the Student OUT insurance scheme from Swedish Kammarkollegiet.

<https://www.kammarkollegiet.se/engelska/start/all-services/insurance/insurance-for-students-and-foreign-visitors/insurance-during-education-abroad-student-out>

Once you arrive in Switzerland, within 90 days of arrival, you will have to make sure your insurance coverage is in order:

1. by presenting your insurance coverage (insurance Card) and your student card (Campus Card) or proof of studies (certificate of enrolment) to the Office Vaudois de l'Assurance Maladie (OVAM) <https://www.vd.ch/prestation/contacter-loffice-vaudois-de-lassurance-maladie-ovam> for exemption from affiliation to a Swiss insurance scheme.
2. Register with the LAMal Common Institution (KVG) <https://www.kvg.org/en/contact/> which acts as a link between the care provider and the social security system in your country of origin.

CAUTION: In case your TRACEE insurance coverage was NOT sufficient for Swiss insurance authorities (OVAM), it is possible to take out specific insurance for foreign students at a reasonable price. See this link for more information: <https://www.unil.ch/unil/en/home/menuinst/campus/aides-et-soutiens/assurances/assurance-maladie.html>

4.10.1 Health on campus

Health is an essential component of successful studies, which is why the University's Health Service is here to help you with your mental and physical well-being.:

<https://www.unil.ch/unil/en/home/menuinst/campus/aides-et-soutiens/sante.html>

This service provided by UNIL that employs two nurses who offer free consultations. Their offices are in the Anthropole building, room 1056. They can be contacted by phone on +41 21 692 25 77 or by email at accueilsante@unil.ch.

Psychotherapeutic consultations are also possible in French, English and Italian. Students who may be experiencing difficulties of psychological nature (whether or not related to their studies) can benefit from temporary support.

For other need of Help and support, please visit this web page:
<https://www.unil.ch/unil/en/home/menuinst/campus/aides-et-soutiens.html>

4.10.2 Emergencies

In the event of an emergency on campus, please dial the following number from your mobile:

+41 21 692 20 00

Or 115 form a UNIL fix phone.

4.11 Special needs, Disability / Dys/ Reduced mobility

There are many forms of disability, and not all of them are visible. UNIL takes this issue very seriously and tries to help its student community with specific accommodation needed during the studies.

This page will give you details about what is in place at UNIL:

<https://www.unil.ch/unil/en/home/menuinst/campus/aides-et-soutiens/handicap-dys-mobilite-reduite.html>

4.12 Spiritual life

The Chaplaincy or *L'Aumônerie* is a joint UNIL- EPFL and Catholic and Protestant church service offered to all members of the UNIL community (student, staff member, teacher). The Aumônerie team welcomes all members of the UNIL community in a spirit of openness and dialogue, with respect for the individual and his or her convictions (believer of various traditions, freethinker, atheist), valuing the human and spiritual dimensions of life.

More info: <https://www.unil.ch/unil/en/home/menuinst/campus/aides-et-soutiens/vie-spirituelle.html>

4.13 Student organisations

4.13.1 Erasmus Student Network (ESN) Association

ESN-UNIL is an international students association whose aim is to help exchange and international students settle into their host institution. ESN-UNIL organizes a welcome week during the week before the start of the academic year. It also runs a buddy programme free of charge. Buddies may help in many aspects such as:

- mobile phone contract in Switzerland,
- opening a bank account
- formalities regarding residence permit
- etc.

ESN also organizes numerous events (parties, cultural events, excursions, weekends, etc.) for exchange and international students throughout the year. Its offices are in the Anthropole building. For more information, please see the association's website: <https://unil.esn.ch/>

4.13.2 Other Student Associations

Other than ESN, numerous associations exist at UNIL. They are all listed on this web page: <https://www.unil.ch/unil/en/home/menuinst/campus/vie-a-l-unil/associations.html>

4.14 Language courses

4.14.1 School of French as a Foreign Language, during the semester

Your exchange at UNIL is an ideal opportunity to learn French or perfect your knowledge of the language. During your time here, you will be able to take French classes alongside your study plan.

The School of French as a Foreign Language (EFLE), which is part of the Faculty of Arts at UNIL, offers a programme that has been specially designed for exchange and international students, free of charge, which allows to select credit-bearing courses from a vast range of options, while you are taking classes in your main faculty. Class enrolments take place shortly after the start of the semester.

More info: <https://www.unil.ch/fle/fr/home/menuinst/formations.html>

4.14.2 Intensive French classes, before the semester

Le Fil (French Intensive Lausanne) de l'EFLE is a programme which offers French language courses before the start of each semester. These are 4-week sessions, in winter and summer, of courses (intensive, semi-intensive or complete beginners) combining theory and practice to learn the necessary basis for your stay and studies in Lausanne. These courses are fee-paying.

More info: <https://www.unil.ch/lefil/fr/home/menuinst/les-cours.html>

4.14.3 Foreign language Classes

The UNIL Language Centre offers language and communication courses, free of charge, to build the key skills needed to study, work and live in an international context. It offers the UNIL community the opportunity to learn Chinese, English, German, Italian, Russian, Spanish and Swiss German. Please see the Language Centre website for more information:

More info: <https://www.unil.ch/unil/en/home/menuinst/etudier/centre-de-langues.html>

5 Your semester at Sapienza University of Rome (SUR)

5.1 Arrival and welcome activities

To help you settle in at SUR, we run a **Welcome Week** in September and February fully dedicated to international students. We will help you find your way around, settle in, learn about your courses and faculty and make new friends. Detailed information on the [Welcome week agenda](#) and activities will be available on our website 2-3 weeks prior to your arrival.

The Hello Help Desk is a welcoming office providing in-depth and customized information to international students who wish to study, conduct research or participate in internships at Sapienza University. Hello provides also a first contact service that helps students in contacting the right offices and people. The Hello Help Desk is staffed by 100 Sapienza students from all around the world with an excellent knowledge of the English language. Students can request information on enrolment, undergraduate and graduate degrees, specialisation schools, PhDs, master courses, internships, individual courses and thesis research. The Hello helpdesk also organizes visits of the University campus for international students. The Hello information desk fulfils its activities in the venue located under the dean's building porch. In order to benefit from the infodesk service you do not need an appointment.

More information:

HELLO - International Student Help Desk: Rectorate (Aula Magna Colonnade) of the main Campus, Office hours: Monday – Friday 9:30 am to 5:00 pm, E-mail: hello@uniroma1.it

5.2 Visa and Resident permit

5.2.1 Visa and Customs

EU citizens do not need a visa to enter Italy. However, if your stay will be longer than three months, you will need to register at the Anagrafe of the Comune where you live. Non-EU citizens have to apply for a student visa at the Italian Embassy or Consulate in their home country. Please keep in mind that you can only apply for your visa after having received confirmation of your admission to the university. The full list of documents required for visa application is available on Italian Embassy websites and on the website of the Ministry of Foreign Affairs: (www.esteri.it/MAE/EN).

If you are travelling from a Schengen country, there is usually no passport control at the airport (in compliance with the Schengen agreement). If you are travelling from a non-Schengen country, you will undergo a passport and visa check. Please make sure you have all the required documents.

5.2.2 Airport Security

You may be stopped at the airport and asked additional security questions. If you encounter any problems on arrival or if you have any concerns regarding your passage through immigration/passport control, please ask the Immigration Officer to contact Sapienza International Office by telephone (Tel. 06 4991 0789 From Monday to Friday, 9.00 am – 5.00 pm).

5.2.3 Residence Permit

All non-EU citizens who intend to stay in Italy for longer than 3 months must apply for a residence permit within 8 working days from their arrival in Italy. Please note:

- This does not apply to students from a European Union member state (or EU equivalent states)
- If you lose your residence permit you will have to reapply following the instructions below.

How to Apply: Pick up a residence permit kit at any post office. There is one on the main campus by the Viale Regina Elena entrance or you can go to the main post office branches either at Piazza San Silvestro or Piazza Bologna (10 minute walk from the main campus). Complete the application form using a black pen and attach photocopies of the required documents along with 15 a tax revenue stamp (ask for a €16 *marca da bollo* at any tobacconist). Instructions are included in the Residence Permit Kit; however, if you are unsure or have any difficulties, you can ask for assistance at our International Office or at the HELLO Office.

Once you have completed your application form, you need to present it at the post office. On filling your application, you will have to pay around €130 (for the Residence Permit procedure). The post office will give you a receipt for your application, which is your proof of having applied for the residence permit and also indicates the date/time/place of your appointment with the Immigration Office (Police). You will have to go to the appointment to complete the application for your residence permit. For the first appointment, you must bring 4 passport-sized ID photos with a white background, one of which will be attached to your residence permit.

5.2.4 Tax code

The Tax code (*Codice Fiscale*) is an alphanumeric code based on your first name, family name and date and place of birth. It is used by the public administration to identify citizens living in Italy. Everyone living in Italy must have one. The Codice Fiscale is also necessary to apply for a residence permit, to open a bank account, to sign a rent agreement, to obtain a canteen card and for many other procedures/ activities.

You will be able to apply for your tax code directly on campus during the Welcome Week that is organised for incoming students. Should you not be able to attend the welcome event, you can

apply at the Agenzia delle Entrate (Via Ippolito Nievo 36) when you arrive in Rome. Office Hours: Mon-Wed-Fri 7:50 am – 1:30 pm and Tues-Thurs 7:50 am – 3:30 pm The office is located about 500m from the Trastevere train station and can be reached with tram n. 8 or bus no. 3 or 780, getting off at the Piazza Ippolito Nievo stop.

The Italian Embassy/Consulate in your country of residence could also issue your tax code before your departure.

5.3 Housing

Sapienza University does not have student housing per se, but offers a series of affiliated housing agreements and recommendations. The Sapienza website provides constantly updated information on housing opportunities, rental agencies, etc. Private Accommodation On average, prices for a private room in a shared apartment range from €350 to € 550 (or higher) per month, depending on district/area. Please note that you will also be required to pay a 1-3 month deposit when you sign a contract. Always demand a signed receipt of payment, if it is not given to you.

5.4 Living expenses

Rome is not a cheap city, but it is much cheaper than many other European cities and there are plenty of reasonably priced and low-cost alternatives for students. Food is great and generally inexpensive, especially if you shop at a supermarket or local market stalls. Eating out, movies and other leisure activities are, again, less expensive than many other European capitals. A meal at a restaurant will vary depending on where and what you wish to have, but a pizza and a beer in a pizzeria costs about €10-15, unless of course you are in the heart of the tourist city centre! Public transportation in the city is also relatively cheap - €1.50 per journey - and much cheaper if you invest in a monthly or yearly pass. Trains are also far cheaper than in other European cities. Moreover, you can take advantage of a large range of student offers and discounts available at clubs, museums, sporting events, etc. Your greatest expense will be housing, depending on which area of Rome you choose.

On average, you will need at least €800-900/month to live in Rome. Although you only need proof of about €450/month to apply for your student VISA, please be warned that this is not enough to live in Rome.

A word of advice:

Do not make any advance payments from abroad. Make sure to meet with the person who is providing the accommodation when you arrive in Rome before making any payments and if you have any doubts do not hesitate to contact the Welcome Office for advice. To obtain a visa, you may require proof of accommodation (a receipt or letter attesting your accommodation). If this is the case, temporary accommodation at a hostel or bed and breakfast will provide you with the necessary proof without having to spend large amounts of money from abroad.

Unfortunately, due to the high demand for student housing in Rome, some landlords take advantage of the enormous influx of students by trying to rent their properties to students without an official rental contract. Clearly, this leaves the tenant unprotected and is illegal under Italian law. Bill no. 23/2011 has made it easier to report dishonest landlords and force them to provide you with a legal contract.

Like any major city, Rome has its problems. Although it's a relatively secure city in terms of personal safety, you should pay special attention to your purse, wallet and other personal belongings when you are on public transport (buses, subway, trains, etc.). If you take a Taxi, make sure that the driver activates the meter and only charges you for correct supplements. These are all listed and detailed in Italian and English on laminated posters on the back seats of all taxis.

Should you lose or have your wallet stolen, you must go to a Police or Carabinieri station to file a declaration. Also don't forget to block your ATM card with your bank and any credit cards via phone or web.

5.5 Bank

You can open a bank account at any bank in Italy by presenting the following documents:

- Tax identification code (codice fiscale)
- Passport and Visa
- Letter of invitation/acceptance by host university (where applicable).

You can also choose to open a BancoPosta account at Poste Italiane (Italian Post Office). Unicredit bank and Poste Italiane have a branch at the Sapienza University main campus.

5.6 Public transport

Metrebus, Rome's public transport system, integrates a variety of different transport services: underground/tube, urban trains, buses and trams. There are several different types of Metrebus tickets that can be bought at ticket offices, newsagents, tobacconists and automatic machines in stations. You should not board on the public transport without a ticket. Please remember that you must always validate your ticket at the beginning of your journey and when transferring onto the metro (your ticket must be re-stamped within 100 minutes from the first validation stamp and is then valid until the end of your journey on the metro). It is only valid for one metro journey, but you can take more than one bus. You must keep your ticket with you while travelling on public transport and be ready to show it, on request, to ticket inspectors.

Types of Tickets:

BIT - Integrated Time Ticket: it costs € 1.50 and lasts 100 minutes from the initial validation; only one metro or train journey is permitted.

Daily Pass: it costs €7 and is valid for 24 hours from first validation for an unrestricted number of journeys.

Monthly Pass: it costs €35 and lasts for the calendar month, as printed on the pass, for one person for an unrestricted number of journeys; you can buy a monthly pass from any tobacconist and news agency up to the fifth day of each calendar month; starting on the sixth day of each month, the pass can only be purchased from ticket offices and ATAC sales points; the holder must complete the pass with his/her personal details. Holders must show their pass along with some form of ID to ticket inspectors.

Annual Pass: it costs €250 and is valid for 365 days from the date stamped on the pass; it can be purchased at any ATAC ticket office by filling out the forms and attaching a passport photograph.

Need help figuring out your route? Use the ATAC wizard: <https://viaggiakon.atac.roma.it/>

Taxis in Rome are white. They have an identification name and number on the front door and all have meters. They can be easily found in every part of the city at special taxi stops or you can call one of the numerous radio-taxi companies at: 06 3570, 06 6645, 06 8822, 06 4157, 06 4994 or 06 5551.

5.7 Navigating campus

Find your way around Sapienza campuses without getting lost! Sapienza Virtual Tour is an app that works on any device and helps you easily locate offices, structures, lecture halls, libraries, labs, museums and student offices.

[Sapienza Virtual Tour](#)

[Sapienza Maps](#)

5.8 Student health

Upon arrival in Italy, all international students must prove adequate health coverage. EU citizens and non-EU citizens access healthcare differently. In Italy, assistance, registration and activation of health coverage are provided by ASL (Aziende Sanitarie Locali).

EU citizens can access medical services in Italy and all EU countries with their European Health Insurance Card (or E106 form). The EHIC allows free access to general practitioners, hospitals and A&E services (including surgical services). A co-payment is required for specific examinations or specialist visits.

Non-EU citizens must have private health insurance with specific requirements, approved by the Consulate/Embassy issuing the visa. Alternatively, they may choose to register with the Italian National Health Service (Italian acronym SSN) by paying a fee. The registration fee is to be paid by postal order addressed to: "Amministrazione P.T. - contributo Servizio Sanitario Nazionale", C/C number 370007", inserting the reason for payment in Italian "Iscrizione volontaria al Servizio Sanitario Nazionale" (Voluntary registration with the National Health Service). Once the payment has been made, you can register with the nearest ASL by presenting the following documents:

- Certificate of residence (or self-certification)
- Valid ID card/passport
- Tax code (codice fiscale)
- University enrolment certificate (or self-certification)

What to do in case of a medical emergency

Call the free number 118 (ambulance) or go to the nearest hospital or "guardia medica" (out-of-hours service doctor). At the A&E, the patient is colour-coded according to the severity of their situation (in order of severity: red, yellow, green, white), which determines the priority with which they will be treated. In the case of a white code, waiting times can be very long.

For minor health problems, it is advisable to contact your GP directly. If necessary, they will refer you to a specialist check-up and provide you with the required documentation. To book an appointment for a specialist examination, call the toll-free number 80 33 33 (CUP - Centro Unico Prenotazione) and tell them which service your GP requires.

Remember always to carry your health/insurance card (tessera/assicurazione sanitaria) and your residence permit.

Emergency numbers (toll-free):

- 112 General Emergency
- 113 Police
- 115 Fire Brigade
- 116 Car Rescue Service
- 118 Emergency Medical Care
- On-campus emergency services: 800 811 192

5.9 Life on Campus

Settling into a different environment and adjusting to new situations can be challenging, but SUR provides students with a variety of extra-curricular activities, services and counselling. We truly hope you will enjoy your time at Sapienza and make the most of it both academically and personally.

5.9.1 Libraries

With 6,000 seats, Sapienza's 46 libraries provide you with the largest university library holdings in Italy, made out of 2.7 million books and scientific journals, supported by around 160 librarians. And if you want to stay at home, by accessing online, you can read over 20,000 ebooks and more than

44,000 electronic journals and consult more than 170 databases for research. But there is much more: reading rooms open even at night, computer stations, courses on how to carry out bibliographic research or compile a bibliography, cultural activities such as book clubs, bibliographic exhibitions and bookcrossing zones.

SUR offers you:

- more than 40 libraries organized in 120 branches ([map](#))
- Bookable rooms for study groups
- [2.7 million items](#) such as books, journals, movies, maps, printed music, etc.
- Borrow services
- 20,000 e-books, 44,000 e-journals, about 170 databases, also available off campus
- Reference services face to face and by email
- Classes about how to perform a bibliographic research or how to compile a bibliography
- Cultural activities such as reading circles, bibliographic exhibitions, bookcrossing
- Paid internships in libraries
- More than 160 librarian.

All these services are free for Sapienza users.

24H Reading Rooms

Sapienza has five 24-hour reading rooms equipped with WIFI and electrical outlets for the use of personal devices. Access is reserved to regularly enrolled Sapienza students holding the student card. Addresses, opening hours and requirements for access are available on the [dedicated webpage](#).

5.10 ICT Services

You can use the campus Wi-Fi by selecting "Sapienza" from the available wireless networks. International students can access the network by using their enrolment identification number (matricola) as a username and their Infostud password.

The Student Information System Infostud, which is accessible from the student section of the Sapienza website, is the main tool to manage administrative procedures for students, including: registration, booking exams, viewing completed exams, printing forms and certificates such as the university fee paying slip, degree records with completed exams, enrolment certificates, etc. Infostud allows students to print certificates and documents with the University digital stamp of certification. Exchange students can use InfoStud for exam registration only. The results of the exams taken during the stay at Sapienza will be included in the official Transcript of Records issued by Sapienza International Office (non-EU students) or the Faculty (Erasmus+ EU students).

All enrolled students have a free Google account for Sapienza students. Your e-mail format will be: [surname.name@studenti.uniroma1.it](#). The university will use this account for all communications. [Sapienza E-mail Account](#)

The ITC Infosapienza Centre manages our university's Moodle system. The Moodle platform also allows for the creation of communities of students and teachers aimed at sharing information, stimulating debate and spreading good study habits. The system currently includes more than 1,000 courses involving almost 70,000 students and over 1,000 professors from all the Faculties.

5.11 Canteens

To eat at the university canteens, you have to apply for a canteen card. Please contact the specific referee of your programme (Erasmus+; Mobility Confap Italy; etc.) for further information.

Canteens:

- Via De Lollis 22 Mon–Fri 11:45 am–3:00 pm and 6:45 pm–9:00 pm; Sat 11:45 am–3:00 pm 23

- Via del Castro Laurenziano, 9 Mon - Sat 11:30 am–3:00 pm
- Via delle Sette Sale, 19 Mon–Fri 11:45 am–2:30 pm

5.12 Leisure & Free Time

To help international students get most out of everyday life at Sapienza there are a number of student groups, clubs and organisations keen to involve new international members. These include:

- Sapienza Sport: web.uniroma1.it/sapienzasport/
- Music at Sapienza (MuSa) Orchestras:
 - Classical MuSa (orchestra and chamber music);
 - MuSa Jazz (bands and solo musicians);
 - MuSa Choir (vocalist groups devoted to polyphonic and choral music).
- University Concert Institution (IUC) Lungotevere Flaminio 50, 00196 Rome. E-mail: botteghino@istituzioneuniversitariadeiconcerti.it
- Theatron – Ancient Theatre at Sapienza Piazzale Aldo Moro, 5 - E-mail: theatron@uniroma1.it
- Erasmus Student Network – Sapienza www.esn-roma.it. Student discounts are available for a wide range of products and services, as well as sports and cultural activities, both on and off campus.

5.13 Well-being, special needs and disability support

At SUR, we are committed to providing a safe and healthy environment for all our students throughout their time with us. You may take care of your health and well-being thanks to free-of-charge services as well as highly qualified medical staff and specialists. We provide nutrition and stop smoking services, a guidance to choosing your general practitioner and much more.

Sapienza Salute (Sapienza health and wellness counselling) offers health and wellness counselling services to all members of our community (students, academic and administrative staff), creating a virtual and virtuous bridge between Sapienza and Policlinico Umberto I General Hospital, Sant'Andrea Hospital and Polo Pontino.

Prevention is better than cure. SUR provides students with tools that can be useful to prevent the most common diseases amongst university students. Click the following links for more information:

- [Sports in CUS Facilities \(in Italian\)](#)
- [Gong - Sapienza Nutrition Services \(in Italian\)](#)
- [Protect Your Love \(in Italian\)](#)
- [Unitab – Tobaccology Unit \(in Italian\)](#)

Mental Health Counselling Service

Good health is about physical, mental and social well-being. Studying at a university is a delicate phase in any young person's life. It often involves a completely new environment and profoundly different studying requirements than what many students experienced in high school. Students have different relations with professors and their peers. And all of this often leads to new hardships and often innocuous habits can turn into dangerous psychological and physical habits. The purpose of this service is to provide students with useful tools for recognizing a state of distress or dependency and to offer the support needed to embark on the pathway out of such conditions. **Do you not feel at ease with yourself or around others? Do you have emotional or motivational difficulties?** If you wish, you can contact one of our [Psychological Counselling Centres](#) or attend "[Noi bene](#)" (Italian)

Services for Disabilities and Specific Learning Difficulties

All Sapienza students with disabilities and LD, that are officially certified as being equal to or above 66% have the right to specific services to help them with their academic career, allow access to all university facilities and provide full inclusion. You will need to register with the Sapienza Disabilities

Office (Sportello per le relazioni con studenti disabili) to take advantage of these services. For further information: [Office for students with disabilities and specific learning difficulties](#)

The Rector of Sapienza University appoints a Delegate for the Integration of Students with disabilities and specific learning difficulties and to coordinate, monitor and support the initiatives necessary to promote the active participation of students in university life (L. 17/1999). In addition, each Faculty has a lecturer as a Contact Person for the active participation of students with disabilities and specific learning difficulties.

Self-help groups for student on the autism spectrum

The self-help groups for student on the autism spectrum provide a safe context to confront and open up to new reflections on the problems experienced, to access new solutions and, in general, feel less alone and alienated. At Sapienza University there are two on-campus groups and an online group. [More information](#).

Technical-Scientific Committee on Diversity and Inclusion

The Scientific -Technical Committee on Diversity and Inclusion has been set up in order to favor the processes of inclusion and combat any form of discrimination, direct or indirect, within the University. The Scientific -Technical Committee on Diversity and Inclusion will work in close contact with the University Governance, to implement strategic plans and initiatives aimed at enhancing the potential of individuals, supporting equality and integration, promoting collaboration and the creation of new networks, both internal and external, to favor policies for inclusion. [Scientific - Technical Committee on Diversity and Inclusion](#).

Accessibility

SUR is committed to providing disabled students with accessibility to all university services. Many buildings have undergone renovation to allow greater accessibility, but not all barriers have been eliminated to date because of the sheer size of the university, as well as cultural heritage restrictions that have often made it hard to achieve a correct balance between conservation and accessibility.

5.14 Spiritual life

Rome is a large, multi-ethnic city that caters to followers of many different religions. A listing of the major places of worship in Rome is available at: tavolointerreligioso.org/luoghi-di-culto-a-roma/

In the main Campus there is a catholic church: Cappella Universitaria, <http://www.cappelladellasapienza.it/>

5.15 Language courses

The main goal of Sapienza Language Centre (<https://cla.web.uniroma1.it/en>) is to coordinate and expand the whole spectrum of language acquisition opportunities and provide excellent language learning conditions to both internal and external students, administrative and academic staff. We offer a variety of services, including the organization and implementation of language courses and advising on all aspects of language learning. Italian language courses are free of charge for all students who wish to attend them. If you want a certificate for your Italian level, Sapienza is an authorised exam centre of [DITALS](#), so you can take the test in Sapienza.

The Centro Linguistico di Ateneo also organises courses for all students in the following languages:

- [French](#) (intermediate)
- [Spanish](#) (beginner and intermediate)
- [Persian](#) (beginner)
- [Romanian](#) (beginner)
- [Chinese](#) (beginner)

- [Greek](#) (beginner and intermediate)

BiblioTandem

It is a cultural-linguistic exchange that brings Italian and international students at Sapienza to improve their language skills by experiencing other cultures and lifestyles. BiblioTandem is an opportunity for incoming students to meet native-speaker students of the same Faculty. The service is available in the following libraries:

- [C. Darwin Biology and Biotechnology Library](#). For information bibliotecadarwin@uniroma1.it
- [Physics Library](#). For information biblioteca@roma1.infn.it
- ["Gabriello Illuminati" Library](#). For information bibliotecailluminati@uniroma1.it
- ["Guido Castelnuovo" Mathematics Library](#). For information biblioteca@mat.uniroma1.it

[Environmental Biology Library](#). For information bibliodba@uniroma1.it

6 The Master Thesis

You will have the possibility to register your Master thesis either at SU, UNIL or SUR for the final semester of the programme that take place during the spring semester 2028. The procedure of registration, assessment method and examination follow the local regulations of the university responsible.

The entry requirement for the Master thesis are:

- Completion of the common core of the programme: Climate, Energy and Environment – A Transdisciplinary Perspective (30 ECTS)
- Completion of at least 30 ECTS from the semester two and/or three of the study track.

6.1 The master thesis at Stockholm University

Students at Stockholm University would register to the course: "Transdisciplinary Studies of Climate, Environment and Energy, Independent Project".

The independent project is 30 ECTS and aims to provide experience and advanced knowledge in scientific and transdisciplinary work within the fields of climate, environment, and/or energy. Key elements include planning, execution, and reporting. Additionally, students will practice literature review, writing a scientific report, and presenting research results orally in seminars.

The course is divided into two parts:

- Part 1: Planning (5 ECTS). Assessment is based on a written report
- Part 2: Implementation (25 ECTS). Assessment is based on an oral and written presentation of the independent project

More information is available in the syllabus of the course.

6.2 The master Thesis at the University of Lausanne

The Master's thesis at UNIL is a personal research activity carried out under the responsibility of a teaching member of the Scientific Committee (professor, lecturer, assistant lecturer) as Master's thesis supervisor. In the frame of TRACEE, the Master thesis is worth 30 ECTS, validated only if the grade, based upon the quality of the research, the thesis manuscript and the oral defense, is equal to or greater than 4.00. The jury is made up of at least the Master's thesis director, the rapporteur if applicable, and an internal or external expert.

The oral defense usually takes place during the examination sessions. Defenses which are not held during exam sessions will only be validated at the following exam session. To defend the dissertation, students must have successfully completed all courses of the Master.

Mind various deadlines in the process of selecting the project, writing and defending the Thesis.

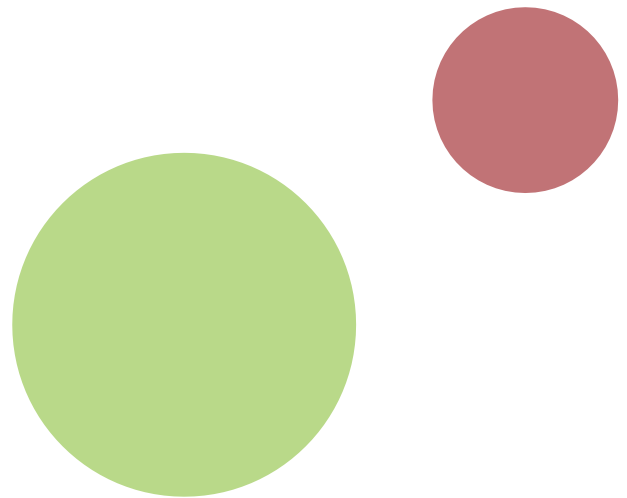
For more information contact the programme administration at UNIL.

6.3 The Master thesis at Sapienza University of Rome

The Master thesis consists of an original study conducted with rigorous scientific method under the supervision of one or more Faculty members. The 30-ECTS thesis work aims to impart advanced knowledge and expertise in scientific and transdisciplinary activity related to energy, the environment, and/or climate.

In order to be admitted to the final examination, the student must have earned all the ECTS required by the teaching regulations and must have fulfilled the administrative formalities required by the University Regulations. An oral defense of the thesis is given before a seven-member university jury. A 110-point grading scale is used for the final dissertation (66 is the minimum grade necessary to graduate). The graduation grade takes into account the average (credit-weighted) marks obtained in the examinations of the previous semesters, as well as of the thesis defence.

More information is available on the webpage of the TRACEE Programme at SUR.



Contact us

Do you have any questions?
Please do not hesitate to contact us!

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