

Welcome to Mantova

SURVIVAL GUIDE
TO EXPERIENCE THE CITY



WELCOME TO MANTOVA

Survival guide to experience the city

TABLE OF CONTENT

1. ARRIVAL IN MANTUA: WHAT TO DO?

A. ADMINISTRATIVE AND BUREAUCRATIC PROCEDURES

- *IDENTITY CARD*
- *RESIDENCE PERMIT*
- *RESIDENCE/ DOMICILE REQUEST*
- *DRIVER'S LICENCE CONVERSION*

B. HEALTH INFORMATION

C. USEFUL PHONE NUMBERS IN CASE OF AN EMERGENCY

D. ITALIAN LANGUAGE COURSES

E. STAYING IN MANTUA

F. USEFUL INFORMATION REGARDING UNIVERSITIES: WHO TO CONTACT?

2. LIVING IN MANTUA: USEFUL INFO

A. MOBILITY SERVICE

B. WI-FI AND STUDY ROOMS AND COPY SHOPS

C. FUN AND LEISURE

D. VOLUNTEERING

E. EXPERIENCE ABROAD

F. SPORTING ACTIVITY

G. CANTEENS

H. CINEMAS

I. SPECIAL AGREEMENTS

J. SUPERMARKETS AND DELIVERY SERVICES/ APPS

K. PSYCHOLOGICAL SUPPORT

L. CULTURE AND TOURS

ARRIVAL IN MANTUA: WHAT TO DO?

ADMINISTRATIVE AND BUREAUCRATIC PROCEDURES

OBTAINING AN IDENTITY CARD

To obtain an identity document, you can go to the designated office of the Comune of Mantua "Ufficio carta d'identità elettronica" (Electronic identity card office) - Servizi Demografici (Demographic Services) / URP "Uffici Relazioni con il Pubblico" (Public relations offices) in Via Frattini 60 (MN)
Phone No.: +39 0376 338610 / +39 0376 338684

Email: urp@comune.mantova.it

RESIDENCE PERMIT

EU CITIZENS: if you are an EU citizen, you do not need to apply for a residence permit. If you are staying for more than three months, you must go to the Registry Office of your Comune of residence (Via Frattini 60) and bring the following documents:

- passport/electronic ID card
- registration letter
- insurance policy

NON-EU CITIZENS: if you are not an EU citizen, you must enter with a study visa which must be applied for at the Italian embassy/consulate in your country of origin.

The documents to be submitted in order to obtain a student visa are mainly:

- visa application form
- recent passport-size photograph
- passport or travel document valid for at least three months after visa expiry date
- availability of adequate accommodations in Italy
- pre-registration for the course to be followed in Italy
- health insurance, if the foreigner is not entitled to health care in Italy by virtue of agreements or conventions in force with their country
- proof of livelihood in Italy

In case of stay for study and training reasons exceeding 3 months, once you have obtained the visa within 8 days of your arrival in Italy, you must apply for a residence permit for study reasons.

Procedure: you must complete a residence permit packet ("kit giallo") available at the Post Office (Piazza Martiri di Belfiore, MN) attaching the following documents:

- passport and visa:
- letter of admission to the course of study
- insurance policy (if obtained abroad, it must be validated at the Italian Embassy in your country).

Should you find yourself in difficulty, you can request a free service from the patronage to fill out the "kit".

The packet in paper form must be delivered in an open envelope to a postal office that has "Sportello Amico".

The post office operator, at the same time as collecting your documentation, will issue you with a notice containing the date, time and the Immigration Office of the Questura (Piazza Sordello 46, MN) where you should go to be fingerprinted.

COSTS:

- €16.00 for the Revenue stamp;
- €30.00 (registered letter) at the time of sending the Application to the Post Office;
- €70.46 for the postal bill attached to the application for the Residence Permit. This amount may increase in the case of a residence permit for a longer period.

The residence permit has a duration of 1 year and can be renewed in order to cover the entire course of study provided for in the issuance of the entry visa.

With the Study Permit you can carry out, for the same period and under certain conditions, a work activity without converting the residence permit itself: it is possible to activate contracts that do not exceed 20 hours per week.

RESIDENCE/DOMICILE REQUEST

You can apply for residence in the following ways:

- online by using SPID (Italian Public Digital Identity System), Electronic Identity Card or Italian Health Insurance Card
- in person by making an appointment that may be requested: ù
 - Online from the Demographic Services website
 - By writing to anagrafe@comune.mantova.it
 - Calling from 08:30 AM to 12:00 PM at phone No. +39 0376 338610

For information and documentation visit the website

<https://www.comune.mantova.it/home-servizi-demografici/come-fare-per/cambio-di-abitazione-residenza>

DRIVER'S LICENCE CONVERSION

- **If you are a European citizen**, you can drive with your European driving licence until it expires and you must request its conversion with a specific application from the Civil Motorisation Offices. If your European driving licence has expired, in order to proceed with the conversion you must supplement the request with a Certificate of Entitlement issued by the Foreign Authority which states that there are no obstacles, suspensions or revocations on the European driving licence. For European driving licences with an unlimited expiry date, conversion must take place within two years from the date of the citizen's registered residence, otherwise the licence is considered expired and the Certificate of Entitlement must be obtained
- **If you are a non-EU citizen** of the following countries that issue licences that are convertible in Italy:
 - *Albania*
 - *Algeria*
 - *Andorra*
 - *Argentina*
 - *Brazil*
 - *El Salvador*
 - *The Philippines*
 - *Japan*
 - *Israel*
 - *Lebanon*
 - *North Macedonia*
 - *Morocco*
 - *Moldova*
 - *Principality of Monaco*

- *Great Britain and Northern Ireland (applicable to Gibraltar, Bailiwick of Guernsey, Isle of Man, Bailiwick of Jersey)*
- *Korea, Republic Of*
- *Republic of San Marino*
- *Serbia*
- *Sri Lanka*
- *Switzerland*
- *Taiwan*
- *Tunisia*
- *Turkey*
- *Ukraine*
- *Uruguay*
- *Canada (diplomatic and consular staff)*
- *Chile (diplomatic staff and their family members)*
- *United States (diplomatic staff and their family members)*
- *Zambia (citizens on government mission and their family members)*

The conversion of your driving licence must be made within one year from the date of first residence in Italy with foreign origin. After a year you can no longer circulate with your driver's license except with your Italian driver's license.

You can find more information, costs and forms on the website www.dgtnordovest.it in the "license conversions" section, choosing the country of reference for the conversion.

HEALTH INFORMATION

HOW TO APPLY FOR AN ITALIAN FISCAL CODE

The Italian Fiscal Code is issued free of charge by the Ministry of Finance and is essential for opening a bank account, entering into contracts and ACCESSING PUBLIC SERVICES, INCLUDING HEALTH SERVICES.

Who to refer to obtain your fiscal code?

Go to the Revenue Agency (Agenzia delle Entrate) (in Via Verri 25 MN) with a passport and/or identity card.

HEALTH INSURANCE

Registration with the Italian National Health Services (SSN) is not mandatory, however it is strongly recommended as it entitles you to the same treatment as Italian citizens, including:

- Choice of general practitioner to refer to in case of illness;
- Free admission to certified public or private hospitals;
- Free access to doctors on duty and continuous service assistance (medical guard).

Are you an EU citizen? If you have a valid European Health Insurance Card (EHIC) from your EU country of origin, you can receive all the medically necessary health benefits.

To get the benefits, you can go directly to a doctor or a public or affiliated health facility and exhibit the EHIC. The assistance is in direct form and therefore nothing is due, except the payment of a possible contribution ("ticket") which is at your expense and non-refundable.

With the EHIC you can go directly to a general practitioner (also called a family physician, "medico di famiglia"), choosing them from the list of general practitioners (medici di medicina generale, MMG).

Are you a non-EU citizen? You must have health insurance. Health coverage (against the risk of illness, accident and maternity) is required to obtain a residence permit.

How can you sign up for the National Health Services? You must go to the postal office and fill in the payment form (which since 2024 is €700). Once the payment has been made, go to the Health Protection Agency's office in via Trento, 6 – 1st floor – the "choice and revocation" (scelta e revoca) office.

You must submit:

- Payment Receipt
- Fiscal code
- Passport
- Residence permit (receipt)
- Certificate of enrolment in the University Faculty

The residence permit has the same validity in time as the health insurance.

HOW TO APPLY FOR YOUR GP

For the choice of the GP, you must contact the "Choice and Revocation" counters at the following contacts

Office located in Mantua, Via Trento 6

From Monday to Friday 8:30 AM – 1:30 PM

Thursday from 8:30 AM to 4:00 PM

Email: gestioneassistiti.mantova@asst-mantova.it

Tel +39 0376 4355969

AVAILABLE PHARMACIES

You can find the on-duty pharmacies at this website:

<https://www.farmaciediturno.org/comune.asp?cod=20030>

USEFUL PHONE NUMBERS IN CASE OF AN EMERGENCY

For emergencies, the only number to call is **112** to request an urgent intervention:

- of the Police Forces.
- of the Fire Brigade
- of medical care

The 112 operator forwards the call to the Operations Centre responsible for the type of emergency.

For **NON-URGENT** matters, you can contact the directory numbers of the various entities:

- **Carabinieri** • Mantua Provincial Command - via Giovanni Chiassi 29
Phone No.: +39 0376 4651
- **State Police** - Traffic Police - Piazza Virgiliana 27
Phone No.: +39 0376 330611
- **Provincial Fire Brigade Command** - Mantua - Viale Risorgimento 16
Phone No.: +39 0376 22771
- **First Aid** - Strada Largo Paiolo 10 - Directory
Phone No.: +39 0376 2011

- **Police Headquarters** - Piazza Sordello 46

Phone No.: +39 0376 2051

CONTACTS FOR MANTUA YOUTH COUNSELLING CENTRE

Service aimed at youths between 14 and 21 years of age. This service is free of charge but reservations are required.

Address: Via dei Toscani 1, Mantua (Dosso del Corso)

Office hours: Tuesday from 2 PM to 5 PM

Phone No.: +39 0376 435494

CONTACTS FOR MANTUA FAMILY COUNSELLINGS CENTRE

Address: Via dei Toscani, 1 - Mantua (Dosso del Corso)

Opening hours: Monday to Friday 9 AM - 12 PM; Monday to Thursday afternoon by appointment only

Phone No.: +39 0376 435494; +39 0376 435486; +39 0376 435484; +39 0376 435493

Email: consultorio.mantova@asst-mantova.it

CONTACTS FOR ANTI-VIOLENCE CENTRES

Voluntary association of the Telefono Rosa (women's helpline) of Mantua

Address: Via Dario Tassoni, 14 - 46100 Mantua (MN)

Phone No.: +39 0376 225656

Email: telefonorosa@tin.it

Website: <http://www.telefonorosamantova.it>

Mantua women's centre cooperative - Anti-violence Centre

Address: Via Giovanni Falcone, 1 - 46034 Cerese (MN)

Phone No.: +39 389 915 1596

Email: info@centrodonnemantova.it

Centro aiuto alla vita (pregnancy assistance)

Address: Via Vittorino da Feltre, 46- 46100 Mantua (MN)

Phone No.: +39 349 901 1590

Email: info@centroaiutovitamantova.it

ITALIAN LANGUAGE COURSES

CPIA MANTOVA (PROVINCIAL CENTRE OF ADULT EDUCATION)

Piazza Polveriera, 4, 46100 Mantua

Phone No.: 0376 337157 - 0376 1590684

Email: mnmm11600b@istruzione.it -

didatticamantova@cpiamantova.edu.it

SCUOLA SENZA FRONTIERE (Doctors Without Borders School communications project)

Mantua, Via Solferino e San Martino, 36, in the Acli Building

Phone No. +39 0376 181 2718

Email: ssf.mantova.odv@gmail.com

CENTRE FOR FAMILIES

Via Ariosto 61, 46100 Mantua (Valletta Valsecchi)

Website: <https://centrofamiglieinsieme.it/>

MANTUA STUDENT NETWORK FREE ITALIAN CLASSES

Via Andrea da Schivenoglia, 2b, 46100 Mantua MN

Open access group →

<https://chat.whatsapp.com/FNXSA8ibhXzoi1x8U1jgqY>

MANTUA STUDENT NETWORK FREE ENGLISH CLASSES

Via Andrea da Schivenoglia, 2b, 46100 Mantua MN

Open access group →

<https://chat.whatsapp.com/GsXQKxcXjmWG9mMsVpDVdP>

ACCADEMIA DI ITALIANO

Via Carlo Montanari, 1 – 46100 Mantua – Italy

Phone No. and Fax: +39 0376 368481

Email: mantova@accademiaditaliano.it

STAYING IN MANTUA

The following university **student halls** of residence are available with places allocated through a special call for applications (limited number of places):

- **U-RESIDENCE**

Via Solferino e San Martino, 32 - 46100 Mantua

uresidence@unimn.it - +39 0376 286205

Located in the central area, between the university campus and the train station.

All rooms are en-suite. In the common areas there is a study area, relaxation area, break area, gym, laundry, reception, conference room, tutor room, meeting room, storage rooms, bike/motorcycle area.

- **"ASPEF" STUDENT RESIDENCE**

Via Volta, 1/3 - 46100 Mantua

aspef@aspefmantova.it - +39 0376 244955

The property is located in the city, near the stadium. Nearby there are services and shops.

Furnished flats, with availability of double and/or single rooms.

Reception service, laundry, garage and internet points.

- **UNICOLLEGE STUDENT RESIDENCE**

Unicollege has a student residence on the 4th floor open to all university students (in addition to their own), in which 20 individual rooms are available, each with a bathroom with toilets and shower as well as a common kitchen and laundry area.

Interested students can contact the Unicollege student residence by writing to the email address dorm.mn@unicollegessml.it or call +39 0376 368481.

The student residence also offers Unicollege students the possibility of assistance in finding private accommodation near the University.

Alternatively, we refer you to the link of the Whatsapp community of Mantua Student Network to access the group dedicated to the search for flats for rent and roommates <https://chat.whatsapp.com/KZCO52Q9RLhFREln1kqFAO>

COMUNE BONUS

The "Benvenuti in città" Bonus by the Comune of Mantua, offers a rent contribution of €150 per month for workers, individuals and families under 36 who move their residence to the city and pay a rent exceeding €350 per month.

Are you staying in a flat in the city? Contact **TEA** for your heating, water and waste!

TEA (Territorio Energia Ambiente) is a public limited company that provides energy (electricity, gas, public lighting), environmental (waste collection and disposal) and water (integrated water cycle) utilities.

Contacts:

TEA information desk – Vicolo Stretto 12, Mantua

- opening hours:
 - Monday, Tuesday, Thursday and Friday from 8:00 AM to 1:45 PM
 - from 2:00 PM to 6:30 PM

- Saturday from 8:00 AM to 12:30 PM
- Email: clienti@teaspa.it
- Toll-free number: 800 473 165 Service with operator active from Monday to Friday from 8:00 AM to 6:00 PM, on Saturdays from 9 AM to 1 PM.

Mantova Ambiente desk (for waste bags for the centre of Mantua) - Vicolo Stretto 12/A.

Opening hours:

- Monday, Tuesday, Thursday and Friday from 8:00 AM to 1:45 PM
- Wednesday from 3:30 PM to 6:30 PM
- Saturday from 8 AM to 1 PM

USEFUL UNIVERSITY INFORMATION: WHO TO CONTACT?

Need to find your way around the universities? Here are some useful numbers:

- SSML UNIVERMANTOVA, COMPUTER ENGINEERING AND GREEN CHEMISTRY
UNIMORE

- ares@unimn.it
- beatrice.palmieri@unimn.it
- +39 0376 286206

- POLIMI ARCHITECTURE

- orientamento-mantova@polimi.it

- UNIBS ECONOMICS

- servizi.didattici.economia@unibs.it
- +39 338 200 8330
- +39 338 201 3153

- UNIBS PROFESSIONAL EDUCATOR

- educatori.mantova@enaip lombardia.it
- +39 0376 371465

- PHYSIOTHERAPY

- laurea.fisioterapia@asst-mantova.it
- +39 0376 464101
- Office hours: Monday to Friday from 8:30 AM to 5:00 PM

- **NURSING**
 - laurea.infermieristica@asst-mantova.it
 - +39 0376 464091

- **OBSTETRICS**
 - laurea.ostetricia@asst-mantova.it
 - +39 0376 464225

- **SPEECH THERAPY**
 - laurea.logopedia@asst-mantova.it
 - +39 0376 464051

- **UNICOLLEGE MANTOVA**
 - segreteria.mn@unicollegessml.it
 - +39 0376 368481

- **SCHOOL OF RESTORATION AND CONSERVATION OF CULTURAL HERITAGE - SANTA PAOLA**
 - anita.biggi@istitutisantapaola.com
 - +39 0376 325617

- **CONSERVATORY OF MUSIC - CAMPIANI**
 - segreteria.studenti@conservatoriomantova.com
 - +39 0376 324636

- **SUSTAINABLE AGRICULTURAL AND FOOD INDUSTRY - ITS ACADEMY**
 - segreteria@itsagroalimentaremn.it
 - +39 0376 234359
 - +39 366 5305046

- **SAN FRANCESCO HIGHER INSTITUTE OF RELIGIOUS SCIENCES**
 - segreteria@issrmn.it
 - +39 0376 321695

LIVING IN MANTUA: USEFUL INFO

MOBILITY SERVICE

HOW TO GET TO MANTUA?

In addition to connections to nearby cities and neighboring airports (see section below), the city can be reached by car. The car parks that we recommend are the following:

- there are two large free car parks in the city:
 - Campo Canoa - Str. Cipata, 46100 Lunetta-Frassinò MN
 - Montelungo - Piazzale Montelungo (near the Stadium)

These free parking lots are well connected to the city center by a **free shuttle service**, active from Monday to Friday from 7am to 9 pm and in the weekends from 9am to 9pm. The shuttle departing from Palazzo Te will stop in Piazzale Ragazzi del '99 and Via Matteotti (in the center, near the post office), while the other shuttle will go back and forth from Campo Canoa to Piazza Sordello.

The other car parks are paid and are listed below:

- lakefront area
- Gonzaga Parking (Lungolago Gonzaga)
- Porta Mulina car park (near the "La Zanzara" bar)
- ASL Parking in Via Trento

- Piazza Virgiliana car park
- Pradella Parking (Via Camerlenghi)
- Anconetta Parking (near the Gino Baratta Library)
- Mazzini Parking (Via Giuseppe Mazzini)

Connections between the city and neighbouring towns are managed by the Apam transport service.

All the trips and the reference times can be found on www.apam.it

The city is easily walkable. However, there are:

- **city buses** <https://www.apam.it/it/orari-completi-linee>

Below is the map to reach hot spots

<https://www.apam.it/it/mappa>

- **Bike sharing services** → provides both electric and traditional bikes.

To take advantage of this service, all you need to do is:

- download the RideMovi app and search on the map for the nearest available bicycle or e-bike
- scan the QR Code on the bike and go
- once the use is over you park and check on the app that you have finished the trip

!! Mantua ranks first among the administrative centre municipalities for the number of cycle paths in the area. The city is "bike friendly" both for intercity cycle paths and for connections with nearby towns and strategic points with nearby Sabbioneta and Lake Garda.

Here are some interesting cycling routes:

- **PARCO PERIURBANO:** there is an easy and pleasant cycle path that runs along the three lakes, inside the city's Peri-urban Park from where you can take boats (with the possibility of transporting bicycles) to the Vallazza Reserve and the village of Grazie.
- **MANTUA-PESCHIERA BICYCLE ROUTE:** the Mantua-Peschiera cycle path starts from the city and crossing the municipalities of Mantua, Porto Mantovano, Marmirolo, Volta Mantovana, Monzambano, Valeggio sul Mincio, Ponti sul Mincio and Peschiera del Garda, along the Mincio park, arrives at the gates of Peschiera and Lake Garda.
- **UNESCO BICYCLE ROUTE: MANTOVA-SABBIONETA:** 47 km (about three or four hours of cycling) starting from Mantua towards the Unesco site of Sabbioneta.
- **Car sharing services**→ in Mantua, the car sharing service E-Vai is available. The E-Vai Points in the city are the following:
 - E-vai Point Mantua Corso della Libertà
 - E-vai Point Mantua FS Train Station
 - E-vai Point Mantua ASTER via Imre Nagy

For instructions on using the service go to the following link

<https://www.e-vai.com/come-funziona/>

To view fares

<https://www.e-vai.com/faq/tariffe-e-pagamenti/quali-sono-le-tariffe-available/>

- **Taxi** → the phone number to contact the taxi service is
+39 0376 368844

HOW TO GET TO AIRPORTS

- To reach **Valerio Catullo airport in Verona**: take the train departing from Mantova station to Verona Porta Nuova station. There you will find a daily shuttle service running every 20 minutes. Another option is to get off at Dossobuono station and walk for 20 minutes to the airport.
- To reach **Bergamo Orio Al Serio Airport**: take a flixbus from Campo Canoa (Strada Cipata 16, 46100 Mantova) that will take you directly to the airport. Another option is to take a flixbus from Verona Porta Nuova trainstation which offers a wider timetable of flixbuses and also recently created a direct shuttle service to the airport.
- to reach **Milan Malpensa Airport**: take the Flixbus that leaves from Campo Canoa (Strada Cipata 16 MN) and takes you directly to the airport or take the Mantova - Milano Centrale train and then take the Milano Centrale - Malpensa train
- to reach **Venice Marco Polo Airport**: take the Flixbus which departs from Campo Canoa (Strada Cipata 16 MN) and takes you directly to the airport
- to reach **Rome Fiumicino Airport**: take the Flixbus which departs from Campo Canoa (Strada Cipata 16 MN) and takes you directly to the airport
- to reach **Rome Ciampino Airport**: take the Flixbus which departs from Campo Canoa (Strada Cipata 16 MN) and takes you directly to the airport

- to reach **Bologna's Guglielmo Marconi Airport**: take the Flixbus that leaves from Campo Canoa (Strada Cipata 16 MN) and takes you to Bologna's central station. From the station there will be a bus (day and night) to the airport.

CONNECTIONS TO NEARBY CITIES

Despite the difficulties in connections, Mantua, given its geographical position, is close to large cities such as Verona, Bologna, Milan and is connected to Rome by the new high-speed line: Mantua-Rome, which stops at Carpi - Modena - Bologna - Florence. The Flixbus service starts from the stop Strada Cipata 16 - MN.

Below are some cities that you can reach by public transport:

- **VERONA** → can be easily reached by train from Mantua station. There is also direct service with Flixbus.
- **TRENTO and BOLZANO** → by train from Mantua via Verona (change) or with direct Flixbus service
- **VENICE MESTRE** → by train from Mantua via Verona (change) or by Flixbus (change in Verona).
- **BOLOGNA** → by train from Mantua via Modena (change) or by Flixbus (change Verona).
- **PARMA** → from Mantua station via Modena (change)
- **MODENA** → can be easily reached from Mantua station
- **MILAN** → can be easily reached from Mantua station (because of work on the rail network, there is a Trenord replacement bus that goes from Mantua to Bozzolo where you will have to take the train that takes you to Milan).

- **BRESCIA** → can be reached by train from Mantua (Mantua-Bozzolo with Trenord replacement bus) with a change in Piadena or with line 2 of the local Apam bus service.
- **ROME** → can be easily reached from Mantua by direct high-speed train (or alternatively from Reggio Emilia Mediopadana) or by Flixbus (without change).
- **FLORENCE** → from Mantua with changes in Modena and Bologna (regional) + high speed Bologna - Florence Santa Maria Novella. Alternatively, Flixbus service (without changes).
- **PADUA** → train with change in Verona Porta Nuova or FlixBus, also with change in Verona.
- **PESCHIERA** → easily reachable by Apam bus line 46
- **DESENZANO** → train from Mantua with change in Verona Porta Nuova
- **RIMINI and RICCIONE** → can be reached by train from Mantua with a change in Modena or by Flixbus with a change in Verona.
- **CERVIA-MILANO MARITTIMA** → train from Mantua with changes in Modena and Bologna
- **JESOLO** → can be reached by train from Mantua with a change in Verona towards Venice, there Bus JE052. Alternatively by Flixbus with a change in Verona.

WI-FI, STUDY ROOMS AND COPY SHOPS

WHAT AREAS ARE COVERED BY WI-FI?

Currently the dedicated Internet areas cover almost the entire historic centre: Piazza Sordello, Piazza Leon Battista Alberti, Piazza Broletto, Piazza Erbe, Piazza Mantegna, Piazza Marconi, but the service is intended to extend to new areas of the city.

- o **What do you need to do to gain access?**

You must connect to the "Mantova free WI-FI" network and register BY ENTERING A VALID MOBILE NUMBER.

After the registration you will receive an authorization code via SMS to connect to the Internet.

This code is unique and identifies only one device. The service is available 24 hours a day. The service requires that when you connect for the first time, the system recognises the device with which you are connecting and, from then on, the code will only be valid with that.

- o **How long can you stay connected?**

The code you enter lasts one month. At the end of this period, the identification procedure must be repeated.

- o **What do you need to do to connect?**

Simply go to one of the areas covered by the Wi-Fi service and follow these simple instructions:

1. Enable your device's wireless network card.
2. Select, in the connection properties, the DHCP mode (you automatically get an IP address).
3. View the list of available wireless networks and update it.

4. Choose the network with SSID "Mantova free WI-FI" and press the "connect" button.
5. Launch your browser (e.g. Internet Explorer) and you will be taken to the authentication page where you need to enter your mobile number including the country code.

WHAT SOME SPACES WHERE YOU CAN STUDY?

- **GINO BARATTA LIBRARY** (Corso Garibaldi 88 - MN)
- **TERESIANA LIBRARY** (Via Roberto Ardigò 13 - MN)
- **POLIMI LIBRARY** (Piazza d 'Arco 3 - MN)
- **SPAZIO TE** (Viale Te 17 - MN)

WHERE ARE THE MAIN COPY SHOPS LOCATED?

- **LEGATORIA SERENI**: Via Scarsellini 3 - MN
- **TIPOGRAFIA BESIA**: Via Giuseppe Franchetti 12 - MN
- **FOTOTECNICA TEODORI**: Via San Francesco da Paola 8 - MN
- **INKIOSTRA MANTOVA**: Via Principe Amedeo 24/a - MN
- **ELIOGRAF**: Via Giovanni Chiassi 12 - MN

FUN AND LEISURE

REALITIES THAT OFFERS EVENTS IN MANTUA

MANTOVA STUDENT NETWORK

MSN is a community for university students that organizes various types of events and activities aimed at meeting and getting to know people on a weekly basis. The network brings particular attention to international students, helping them to integrate into the city and enhancing them as an element of absolute importance for the cultural and social growth of Mantua.

Some of the events organized by MSN are:

- **APERINATION (International aperitif)**: consists of several tables marked by flags where a different language is spoken at each table. Fun and also useful for those who want to learn/practice a foreign language and for internationals who want to practice Italian. There are no levels, the important thing is to interact and meet new people.
- **NOCHES EN LA HABANA**: Latin evening at Cubano Mantova (Corso Vittorio Emanuele II 33, Mantua)
- **MOVIE NIGHTS**: collective viewing of foreign films in the original language, and then a discussion of what was screened (weekly event).

WhatsApp Group: <https://chat.whatsapp.com/F68HoKKAD3b2cNxVSafOCQ>

- **ESCAPE ROOM NIGHTS (in collaboration with Escape Room Mantua)**

WhatsApp Group:

<https://chat.whatsapp.com/G0TIFq0gjlXAmkTdRCmc7A>

- **BOARD GAMES NIGHTS (in collaboration with AMICI LUDICI)**

WhatsApp Group:

<https://chat.whatsapp.com/HoeFCXGvAK9HotEoApVZ8H>

- **PARTIES AT PALAZZO TE (in collaboration with ARCHEVENTS)**

MSN also organizes sports activities (see section 2f) and provides support for entering the city (housing and work search, etc.).

Throughout the month of October there is the **WELCOME MONTH**, which consists of welcome events to welcome all newcomers to Mantua, both international and Italian.

Some examples of proposed activities: guided tour of Mantua, Aperination, Karaoke night, bike rides, pub crawls, MSN Olympics and much more.

To stay up to date on MSN activities:

- **INSTAGRAM:**

https://www.instagram.com/mantova_student_network?igsh=MTl4YnhhZmcwajJlMA==

- **WHATSAPP COMMUNITY:**

<https://chat.whatsapp.com/GJDAhoA1VDcCywfwTm3uHn>

- **WEBSITE:**

<https://mantovastudentnetwork.com/>

AMICI LUDICI → an association specialising in games, creating a game collection with more than 5000 different titles, managing to meet the many demands and specificities of the individual player and/or gaming group.

The aim of the association is to promote games as a form of expression and aggregation, including through evenings and get-togethers.

More info: <https://www.amiciludici.it/>

Sede Operational Premises

Via della Conciliazione 100 46100 Mantua (MN)

Contacts

Email: info@amiciludici.it

YOUTH INITIATIVES IN THE MUNICIPALITY OF MANTUA

We provide you with a list of formats promoted and/or sponsored by the Municipality of Mantua that may be of interest:

- **Trame Sonore** → international event with artists from all over the world in homage to chamber music.
When? Between May and June.
Where? In various meeting and historic locations in the centre.
- **Open Festival** → urban theatre festival and nouveau cirque through the squares and streets of the city centre.

When? June.

Where? Through the streets and squares of the historic centre.

- **Without Frontiers (Lunetta a colori)** → project of public art and urban regeneration of the suburban district of Lunetta on the occasion of which initiatives of territorial animation are organized and it is possible to see the murals that are made by internationally renowned street artists.

When? June.

Where? Neighborhood of Lunetta-Frassino.

- **Mantua Film Fest** → is a film festival with screenings, previews, special events to experience the big screen, with the audience as the protagonist. In fact, it is precisely the spectators who award the Lauro di Virgilio award each year to the best debut film in competition.

When? August.

Where? Cinema Mignon

- **Mondovisioni** → an exhibition of documentaries on current issues in the world.

When? Between January and February.

Where? Cinema del Carbone.

- **Festival dei Diritti** → an exhibition of events spread throughout the territory of Mantua city and Province promoted by the CSV (Voluntary Service Centre) and involving the voluntary associations of the territory that present awareness-raising initiatives with different formats (cinemas, exhibitions, conferences...).

When? October–November.

Where? Locations vary by event.

- **Festivaletteratura** → the literature festival, one of the most anticipated Italian cultural events of the year with five days of meetings with authors, reading, guided tours, shows and concerts with artists from all over the world.
When? First week of September.
Where? In different locations in the city (events spread throughout the territory).
- **Segni New Generation Festival** → an international art and theatre event whose exceptional spectators are children, young adults from 18 months and up! Italian and foreign artists and companies among the most recognised and innovative on the world stage perform in shows, workshops and art tours in the city.
When? Between October and November.
Where? In different locations based on the different events scheduled.
- **Food Truck** → street food festival.
When? April
Where? On the lakefront.
- **Antica Fiera dei Mangiari** → another street food festival.
When? June.
Where? On the lakefront.
- **Mantova Jazz Festival** → Jazz music festival.
When? Between October and November.
Where? In different locations based on the different events scheduled.
- **Mantova Scienza** → is a scientific exhibition in the city of Mantua that offers the opportunity to dialogue with scientists, researchers, teachers, writers and science journalists who talk about topics for

non-experts of the field.

When? November.

Where? In different locations based on the different events scheduled.

- **Interno Verde** → two-day event spread across the city where you can visit interior gardens of historic residences of the city unknown to the public.

When? Usually in September with the possibility of variation.

Where? In different historic houses in the city centre.

- **Strongvilla events** (association specialized in event programming) → programming of events for young people (such as "Dove si balla?", "Terrazzi vibes" and "Pasquatronica"). To stay updated visit their Instagram page "@Strongvilla"

- **Arci Festa** → festival of concerts and good traditional food that animates the summer in Mantua.

When? Between June and July.

Where? Campo Canoa, Bike-in Area.

- **Events at the Creative Lab** → in Lunetta follow the Instagram page @creativelabmantova.

- **Concerts in Mantua** → visit the page <https://mantova-live.it/> to stay up to date.

- **Exhibitions** → to stay updated on the exhibitions in Mantua, visit the website of the Municipality of Mantua in the "Exhibitions" section <https://www.comune.mantova.it/mostre>

EVENTS (SUMMER PERIOD)

- **ABBRONZATISSIMA** at the bar La Zanzara (giardini Barbato 2 Mantova).
Every Wednesday evening an aperitif and DJ set with the possibility of taking a trip on an electric boat or a paddle boarding experience
- **EXEDRA** at Spazio Te (Viale Te 17 - Mantua)
Every Wednesday aperitif plus DJ Set
- **MAMU LATINO** at MaMu Mantua (Largo di Porta Pradella 1A Mantua)
Latin themed evenings

To stay up-to-date on events for young people in Mantua and the Province, we would like to point out other contacts:

- **follow the Instagram page of Bag Magazine**
@bagmagazine.redazione, an editorial page created by young people for young people.
- **follow Informagiovani in Mantua** on the Instagram page
@informagiovani.baratta
- send a message to the number of **Youth Policies of the Municipality of Mantua** asking to be added to the **Whatsapp broadcast list** from which you will receive all the opportunities for the young people we receive! The number is: +39 331 665 6076.

CLUBS:

- **CHIRINGUITO CLUB MANTOVA:** via Parma 22 Mantova. Open on Wednesdays (Latin evening), Fridays and Saturdays.
- **MASCARA:** viale della Favorita 17 Mantova.
Live, Latin American music and DJ sets in a venue with 5 modern rooms and an Italian restaurant with a fixed menu. Open on Wednesdays, Fridays, Saturdays.
Paid entry
- **QBAR:** via Brennero 21 Mantova
Open on Friday and Saturday nights and Sunday afternoons.
- **KURTIS CLUB & DINNER:** Via G. Montanelli 25, Curtatone.
Open on Fridays, Saturdays, Sundays.

PARKS AND GREEN AREAS:

- Parco Te
- Belfiore lakefront - Mulina
- Piazza Virgiliana Park

VOLUNTEERING

CSV

You can refer to the CSV (volunteer service center) in Mantua to view all the volunteer projects active **throughout the year**.

Reference site: <https://www.csvlombardia.it/mantova/>

INFORMAGIOVANI

Informagiovani is a free, informative and first orientation service on various topics such as **work, training, volunteering, abroad and free time**.

You can refer to the informagiovani in Mantua for **summer volunteering** experiences within the Volunteer project.

You can find informagiovani at the Baratta Library (Corso Garibaldi 88)

Tel: +39 331 172 9118

Email: informagiovani@comune.mantova.it

Instagram: <https://www.instagram.com/informagiovani.baratta/>

Reference site:

<https://www.informagiovani.mn.it/p/912/volontariamente-2024-mantova.html>

PLASTIC FREE

A non-partisan, apolitical, independent and non-profit voluntary organization, committed to concrete projects and battles for the protection of the planet from plastic pollution.

Initiatives are also organised to collect waste in Mantua. Reference site: <https://www.plasticfreeonlus.it/>

Plastic Free Mantova Facebook Group:

https://www.facebook.com/groups/plasticfreemantova?locale=it_IT

N.B. Many festivals are looking for volunteers. Stay updated by consulting the list of festivals that we have reported in the section "YOUTH INITIATIVES IN THE MUNICIPALITY OF MANTUA".

EXPERIENCES ABROAD

Below are the main experiences you can have abroad in terms of work, volunteering and study.

For more information, you can always refer to Informagiovani.

WORK

- **SERVIZIO EURES** (European Employment Services)

Reference site: https://eures.europa.eu/index_it

References:

Eures contact person for the Province of Mantua: Marinella Gioni

Provincial Labour Service – Mantua Employment Centre, Via Don

Maraglio, 4

Tel: +39 0376 401881 Email: marinella.gioni@provincia.mantova.it

Opening hours: FRIDAYS from 9am to 12pm by APPOINTMENT

- **EURODESK:** European traineeship bank References:

- Eurodesk Ferrara Desk Telephone: +39 0532.419590 Website: <http://www.informagiovani.fe.it/>

Email: ferrara@eurodesk.eu

- Eurodesk Modena Desk Phone: +39 059.2032602 Website: <http://europedirect.comune.modena.it/>

Email: IT044@eurodesk.eu <https://www.eurodesk.it/>

- **ERASMUS FOR YOUNG ENTREPRENEURS:**

References:

https://europa.eu/youreurope/business/running-business/start-ups/erasmus-young-entrepreneurs/index_en.htm

- **INTERNSHIPS ABROAD**

References:

- <https://stage4eu.it/#>
- <https://erasmusintern.org/>
- <https://jobs.euractiv.com/>

VOLUNTEERING

- EUROPEAN SOLIDARITY CORPS

References: https://europa.eu/youth/solidarity_it

- INTERNATIONAL VOLUNTEER CAMPS

References:

- <https://www.informa-giovani.net/volontariato/campi-di-volontariato/underage-volunteering-fields/>
- <https://www.lunaria.org/workcamps/>
- <https://sci-italia.it/campi-di-volontariato/>
- <https://iboitalia.org/campi-di-volontariato/>
- <https://volontariato.legambiente.it/campi-per-under-18>

- CIVIL SERVICE ABROAD

References: <https://www.scelgoilserviziocivile.gov.it/>

- INTERCULTURAL EXCHANGES

References:

- <https://www.scambieuropei.info/guide/scambi-culturali/>
- <https://associazionejoint.org/attivita/>
- <http://www.comune.torino.it/torinogiovani/viaggi/esperienze>
- <https://www.portaledeigiovani.it/canali/erasmus/gioventu/scambi-di-giovani>
- <https://www.lunaria.org/scambi-giovanili/>

- **STUDY HOLIDAYS AND LANGUAGE COURSES ABROAD**

References:

- <https://www.portaledegiovani.it/scheda/vacanze-studio-e-corsi-di-language-all-foreign>
- <http://www.musicopoli.com/summer-camps-vacanze-studio-allestero/>
- <http://ucpa.it/campi-estivi-ragazzi-francia-ucpa/>
- <http://www.comune.torino.it/torinogiovani/viaggi/soggiorni-linguistic-organized>

- **ERASMUS +**

References:

- <https://www.erasmusplus.it/persone/studenti-universita/>
- <https://www.erasmusplus.it/persone/discenti-adulti/>

- **CREATIVE EUROPE PROGRAMME:** European Commission programme to support the cultural and audiovisual sectors

References:

<https://culture.ec.europa.eu/it/creative-europe/about-the-creative-europe-programme>

SPORTING EVENTS

WHATSAPP SPORTS GROUPS

- **CALISTHENICS GROUP** →

<https://chat.whatsapp.com/GjXldQr91FYLVJdVD213V1>

- **FOOTBALL GROUP** →

<https://chat.whatsapp.com/Kdc0piUdhM6eVdUitbfmU>

- **BIKE TOUR GROUP** →

<https://chat.whatsapp.com/LPBSMhWNmRGHZA56KmCua>

- **YOGA-WELLNESS GROUP** →

<https://chat.whatsapp.com/EYNn8t04Rt0EPamh1XyXiw>

- **BASKETBALL GROUP** →

<https://chat.whatsapp.com/EuuGMKR9APZHLRYtTdLR4s>

- **PING PONG GROUP** →

<https://chat.whatsapp.com/BjT4TMs0cmCGqnMbh47ZPL>

PUMP TRACK

Track inside the park of **Via Pietro Torelli in Valletta Valsecchi**.

It is a track that can be used by cyclists, skateboarders and enthusiasts alike. It is a circuit of parabolic curves and humps to be traveled without pedaling, that is, taking advantage of the thrust (pump) of the body created by a continuous folding and extension movement on the bicycle, skateboard or scooter.

The Pump Track can be used with heterogeneous means such as bicycle, skateboard, scooter and are included means that can be used by people with disabilities, adapting to different age groups and different levels of difficulty.

PADDLE BOARDING IN MANTUA ON THE LAKES AND IN BORGO ANGELI

Follow the @whatsup__mantova page.

SPORTS FIELDS

- **Migliaretto sports field** (Viale Learco Guerra 13, Mantua)
- **Municipal sports field "Colle Aperto"** (via Terracini 16-20)

FOOTBALL FIELDS

- **Piazza Virgiliana**

BASKETBALL COURTS

- **via Gian Battista Visi 5**
- **via VII Dicembre 7**

GYMS

- **Usvardi Gym** (via Cecil Grayson)
- **10-22 Gym** (Piazza Anconetta 1, Mantua)
- **Millennium Gym** (via Rovo 4, Mantua)
- **SaiseiFun** (via Cremona 28, Mantua)
- **U Neat Health Club** (via Franklin Vivenza 2, Mantua)
- **Fitness Areas on the Lakefront** (Belfiore and Mulina area)

CANTEENS

- **Punto Acli** (via Solferino e S. Martino 36, Mantova)
On-site eating and takeaway. No home delivery. Open for lunch
- **Arci Donini** (Piazza dei Mille 14, Mantua)
On-site eating. No home delivery

CINEMAS

IN THE CITY CENTRE

- **Cinema Ariston** - Via Principe Amedeo 20, Mantua
- **Cinema Mignon** (arthouse cinema) - via Gaetano Benzoni 22, Mantua
- **Cinema Carbone** (arthouse cinema) - via Oberdan 11, Mantua

OUTSIDE THE CITY CENTRE

- **Cinecity** - next to the La Favorita shopping centre, Piazzale Cesare Beccaria 5 - Mantua
- **Starplex** - via Giuseppe Montanelli, Curtatone (MN)

THEATRES

- **Teatro Bibiena** - Via Accademia 47 - MN
- **Teatro Sociale** - Piazza Felice Cavallotti
14 - MN (for info
<https://www.mantovateatro.it/>)
- **Teatrino d 'Arco** - Piazza d 'Arco 2 - MN
(<https://www.teatro-campogalliani.it/>)
- **PalaUnical** - Via Melchiorre Gioia 3 - MN (for info
<https://www.palaunical.com/>)
- **Teatro Minimo** - Via Gradaro 7/A - MN (for info
<http://www.teatrominimodimantova.it/>)

SPECIAL AGREEMENTS AND DISCOUNTS

Please refer to the secretariat of your university to find out about active student agreements and discounts.

SUPERMARKETS AND HOME DELIVERY SERVICES/APPS

SUPERMARKETS

- **ESSELUNGA** – Piazzale Arnoldo Mondadori 2 – MN
- **CONAD** – Via Cecil Grayson – Via Gradaro Area – MN
- **COOP** – Viale Risorgimento 35A – MN
- **MINIMERCATO COOP** – Piazza Martiri di Belfiore 11 – MN
- **CARREFOUR** – Piazza 80° Fanteria 1/3 – MN
- **EUROSPIN** – Viale Risorgimento 17 – MN

HOME DELIVERY SERVICES

The free online platform that connects citizens with businesses has also arrived in Mantua!

Visit the website <https://mantova.domicilio.app/negozi/> to see all participating shops.

Alternatively, you can access the other platforms:

- **Deliveroo**

- Glovo
- Foodracers
- Just Eat

APPS TO SAVE MONEY AND AVOID FOOD WASTE

- "Too good to go" → do you want to buy food at a low cost? This app allows you to locate stores that sell the day's food surpluses at an advantageous price!

MISCELLANEOUS OBJECT REPAIR SERVICES

- "R84 Multifactory Mantua" → "Repair Café": every second Monday of the month from 18:00 to 20:00 at the headquarters in Strada Privata ville I.C.I.P. 10, Mantua , you can come to repair a broken object that you can't fix

PSYCHOLOGICAL SUPPORT

- **"Psicologo in Comune"** → free service open to all citizens of the Municipality of Mantua at the "Centro per le Famiglie Insieme" in Via Ariosto 61 MN (in the district of Valletta Valsecchi) which aims to promote well-being and the prevention of discomfort thanks to the presence of three operators, with the qualification of Psychologists-Psychotherapists, who will guarantee eight psychological sessions to those who request them with the subsequent possibility of evaluating, on a case-by-case basis, the continuation of the path according to specific needs.
- To make a first appointment, please contact:
 - the number +39 329 9560438 (also available on WhatsApp) active on the following days and times: Tuesday, Wednesday, Friday, from 8:30 AM to 1 PM, from Monday to Friday, from 3 PM to 7 PM;
 - email: psicologo@comune.mantova.it
- **"Psychological Youth Counseling"**

YOUTH ADVICE CENTRE	FAMILY ADVICE CENTRE
Address: Via dei Toscani 1 MN	Address: Viale Lombardia, 14 Lunetta (MN)

Age: between 14 and 21 years old	Age: 21 and over
Opening hours: Tuesday from 2 PM to 5 PM	Opening hours: Monday to Friday from 9 AM to 12 PM and From 2 PM to 4 PM.
Phone No. +39 0376 435494	Phone No. +39 0376 435497 +39 0376 435489 +39 0376 435485
Email consultorio.mantova@asst-mantova.it	

- **"Psychological service offered by Hike"**

Address	Via Andrea Schivenoglia 2/b Mantua
Phone No.	Phone No.: +39 0376 1410226 Mobile: +39 347 150 7098
Email	info@eutopiamantova.it

- **"Orientation counseling desk"**

Offered by PoliMi of Mantua.

For informations about service write an email

orientamento-mantova@polimi.it

- **“PoliPsi”**

Free counseling and psychological and psychotherapeutic support service aimed at students and doctoral students of the Polytechnic of Milan

For more information on the service visit the website

<https://www.polimi.it/campus-e-servizi/benessere-psicologico>

CULTURE AND TOURS

Mantua, a UNESCO World Heritage Site, boasts important artistic sites such as:

- Ducal Palace (free visit on the first Sunday of the month)
- Palazzo Te
- Palazzo d'Arco
- Duomo
- Casa del Rigoletto
- Rotonda di San Lorenzo
- Piazza delle Erbe (with Palazzo della Ragione and Torre dell'Orologio), Piazza Broletto, Piazza LB Alberti
- Sant'Andrea
- Casa del Mantegna
- Archaeological Museum of Mantua (free visit on the first Sunday of the month)
- Diocesan Museum
- The Merchant's House
- Palazzo San Sebastiano
- Temple of San Sebastiano
- Tazio Nuvolari Museum

- Firefighters' Museum
- Teatro Bibiena
- Teatro Sociale
- Teresian Library
- Chiesa della Madonna della Vittoria
- Valenti Gonzaga Museum Gallery
- House and garden of Beata Osanna Andreasi

In addition, Mantua shares its Unesco site with **Sabbioneta**, a city of the Gonzagas, which can be reached by bus on line 17.

Other SITES OF INTEREST:

- historic village of **Grazie di Curtatone** - numbered among the most beautiful villages in Italy - with the sanctuary and the Mincio Park
- **Bertone Park** near Goito. It is a wooded area that has become the summer residence of the d'Arco family.
- **Bosco Fontana**, in Marmirolo, is a wooded area included in the Mincio Park that was used by the Gonzaga family as a hunting reserve.
- **Abbazia del Polirone** in San Benedetto Po

INITIATIVES:

- on the occasion of the **FAI (National Trust) Days**, there is the possibility of visiting sites of cultural and landscape interest usually closed to the public
- every first Sunday of the month, the **Ducal Palace and the Archaeological Museum of Mantua are free to enter**
- for active **exhibitions in Mantua** visit the website <https://www.comune.mantova.it/mostre> and on the website of the Palazzo Te Foundation <https://www.centropalazzote.it/mostre/>

DISCOUNTS:

- **SUPERCARD CULTURA** → card with a discounted price of €6 reserved for citizens of Mantua and the Province between the ages of 12 and 18 and for those who study in Mantua. With this card, you have unlimited free access for one year to the following museums:
 - Palazzo Te
 - MACA Museum and Leon Battista Alberti Temple
 - Palazzo d'Arco
 - Tazio Nuvolari Museum
 - Goffredo Bellini Civic Museum in Asola
 - Ethnographic museum of the crafts of the river in Rivalta sul Mincio
 - Teatro all'Antica of Sabbioneta
 - Museo Civico Polironiano of San Benedetto Po
 - Galleria del Premio in Suzzara

- Temporary exhibitions included in the initiative
- Possibility to book the entrance to Palazzo Te and the Rubens exhibition at this link, by choosing the Supercard Cultura – Admission Reservation ticket
- Extraordinary private events, also in collaboration with the main associations and cultural institutions of the city

Special promotions:

- Super newsletter: Prime channel to stay informed about all the events of Fondazione Palazzo Te
- 10% discount at the Spazio Te Bar
- Right to purchase, for each show scheduled in the prose season "Mantova Teatro 23/24" of the Teatro Sociale, a ticket at a reduced price:
- Stall seat at the price of €25 instead of €30
- Seats in the 1st, 2nd and 3rd order of balconies at the price of €20 instead of €25

How to use it:

- the card is personal and non-transferable
- it is valid for 365 days from the date of purchase
- it is purchased online or at the ticket office of Palazzo Te
- the card must be shown at the ticket office and/or to museum staff at each entrance with an identification document

!!! For additional information you can go to the Infopoint in Piazza Mantegna 6.
