NAT4DD

civis

International Joint Master Programme in

Drug development: from natural products to formulations and applications

From Nature to Innovation, for Better Health

Sapienza Università di Roma

Hellenic Republic
National and Kapodistrian University of Athens
Est. 1837

Universitatea din București

ROME
Sapienza University of Rome

ATHENS
National and Kapodistrian University of Athens

BUCHAREST
University of Bucharest

STUDENT HANDBOOK

2026-2027

Contents

Contents **1**

Welcome Note **2**

1 Information about the Programme **3**

1.1. Delivery Framework: NAT4DD Partner & Associated Universities 3

1.2. Vision of the Programme 3

1.3. Target Group of Students 3

1.4. Expected Qualifications and Learning Outcomes 3

1.5. Eligibility and Selection criteria 4

1.6. Participation Costs for the Programme 5

2 Institutions' Profile **5**

3 Structure Overview of the Programme **7**

3.1 Semester Periods of the Program 8

3.2 Academic Degree and Grades of the Program 9

3.3 Examinations Regulations of the Program 10

4 Program Content Overview **10**

5 Discover your semesters at NAT4DD **12**

5.1. Sapienza Università di Roma (SUR) 12

5.2. National and Kapodistrian University of Athens (NKUA) 21

5.3. University of Bucharest (UB) 33

6 Students' Platforms **40**

7 Description of the Curriculum **40**

7.1. First Semester at SUR 40

7.2. Second Semester at NKUA 42

7.3. Third Semester at UB 44

7.4. Fourth Semester (Master thesis + internship) at SUR or NKUA or UB 46

Welcome Note

Dear Students,

Welcome to the Joint Master's Programme **"Drug Development: From Natural Products to Formulations and Applications (NAT4DD)"**.

It is with great pleasure that we welcome you to this unique and ambitious academic journey, jointly delivered by National and Kapodistrian University of Athens, Sapienza University of Rome, and University of Bucharest, within the framework of the CIVIS European University Alliance.

By joining NAT4DD, you become part of an international and interdisciplinary community committed to advancing drug development through the exploration of natural products and their translation into innovative pharmaceutical applications. This programme has been carefully designed to provide you with a strong scientific foundation, hands-on laboratory experience, and exposure to real-world challenges in pharmaceutical research and industry.

Over the course of your studies, you will experience mobility across different European academic environments, engage with leading researchers and experts, and collaborate with peers from diverse cultural and scientific backgrounds. This journey will not only enhance your academic knowledge but also broaden your perspective, strengthen your critical thinking, and develop your ability to work in international and multidisciplinary settings.

We encourage you to take full advantage of all the opportunities this programme offers—academic, professional, and personal. Whether in the classroom, the laboratory, or through your interactions with fellow students and faculty, each experience will contribute to shaping you as a future scientist, innovator, and professional in the field of drug development.

This handbook has been prepared to guide you throughout your studies, providing essential information about the structure of the programme, academic regulations, mobility, and student life at each partner university. We invite you to use it as a reference and companion during your time in NAT4DD.

We wish you a rewarding, inspiring, and successful experience.

Welcome to NAT4DD!

On behalf of the NAT4DD Consortium

Programme Coordination Team

1 Information about the Programme

1.1. Delivery Framework: NAT4DD Partner & Associated Universities

The NAT4DD Master is delivered through the collaboration of 3 universities within the CIVIS alliance where the credits of the master programme are equally distributed among the 3 PUs. The programme results from a collaborative design within the CIVIS alliance including the partners below and their respective acronym that will be used hereafter in the student handbook:

- National and Kapodistrian University of Athens (NKUA)
- University of Bucharest (UB)
- Sapienza University of Rome (SUR)

The following five African partners will be involved in parts of the delivery of certain courses in the Programme: Makerere University (Uganda), Eduardo Mondlane University (Mozambique), Université Hassan II de Casablanca (Morocco), University of Sfax (Tunisia), and University of the Witwatersrand (South Africa). Their involvement will enrich the programme with complementary academic expertise and perspectives, while also strengthening the international and interinstitutional dimension of the MSc NAT4DD. This approach is fully aligned with the mission of the CIVIS Alliance, particularly its objective of strengthening academic and institutional connections between European and African higher-education institutions. More specifically, their contribution is directly embedded in the academic curriculum through their participation in dedicated two-week seminar courses organised during each semester, ensuring continuous and structured involvement throughout the programme rather than occasional participation.

The participation of these African partners will therefore contribute to broadening students' exposure to diverse scientific, educational, and regional perspectives on natural products and their development, while further supporting the internationalisation objectives of the Programme.

1.2. Vision of the Programme

The Joint Master's Programme **NAT4DD** envisions a pioneering, globally oriented educational pathway that advances drug development from natural products through an integrated and interdisciplinary approach. This two-year (120 ECTS) programme equips students with deep knowledge in natural products chemistry, pharmacology, phytotherapy, pharmacokinetics, biopharmaceutics, analytical techniques, spectroscopy, and pharmaceutical technology. NAT4DD aims to develop highly skilled specialists who can advance drug discovery and formulation from natural sources using innovative methodologies. The programme also emphasizes training students in formulation development for different routes of administration, preclinical and clinical evaluation, regulatory frameworks, and quality control of herbal medicines. NAT4DD endows the students with international experience by strengthening collaboration between European and African institutions and promoting mobility among students, researchers, and academic staff. Ultimately, the programme empowers students to critically evaluate scientific literature, master research methodologies, communicate effectively, and contribute meaningfully to global health in alignment with the United Nations' Goal 3 of ensuring healthy lives and promoting well-being for all.

1.3. Target Group of Students

The program is intended for students with a Bachelor's degree in Pharmacy, Chemistry, Chemical Engineering, Biology, Medicine, Biochemistry, and Agricultural Sciences-Biotechnology-Food Sciences. For the non-European students, transcript of records will be used to correspond to the ECTs.

1.4. Expected Qualifications and Learning Outcomes

1.4.1. Qualification framework of graduates

Knowledge

- Demonstrate highly specialized knowledge, some of which is cutting-edge in the field of natural product research, pharmaceutical technology, and biopharmaceutics.
- Serve as a basis for original thinking and innovation.
- Develop critical awareness of knowledge issues within the natural product research and pharmaceutical technology, and biopharmaceutics, as well as at the interface of different disciplines; chemistry, pharmacology, phytotherapy, pharmacokinetics, biopharmaceutics, analytical techniques, spectroscopy, and pharmaceutical technology.

Skills

- Demonstrate specialized problem-solving skills necessary for research and/or innovation.
- Capable of developing new knowledge and procedures.
- Able to integrate knowledge from various fields, including natural product research, pharmaceutical technology, and biopharmaceutics.

Competence

- Can manage and transform work or study contexts that are complex and unpredictable.
- Able to develop and implement new strategic approaches.
- Take responsibility for contributing to professional knowledge and practices.
- Can evaluate the performance of strategy groups or teams.

1.4.2. Intended learning Outcomes of the programme

Upon successful completion of the program, graduates will be able to:

- Demonstrate specialized knowledge of the pharmaceutical applications of natural products, including their use in medicines, cosmetics, and dietary supplements.
- Apply critical thinking and problem-solving skills in the development and evaluation of pharmaceutical products, medical devices, cosmetics and dietary supplements.
- Design and implement strategic solutions to address complex and unpredictable challenges in the development of pharmaceutical products, medical devices, cosmetics, and dietary supplements derived from natural sources.
- Integrate interdisciplinary knowledge from fields such as natural products chemistry, pharmacology, phytotherapy, pharmacokinetics, biopharmaceutics, analytical techniques, spectroscopy, and pharmaceutical technology.
- Conduct and contribute to innovative research, with the potential to continue their studies at the doctoral level.

- Gain hands-on industry experience through a mandatory internship in pharmaceutical companies, acquiring real-world skills in a professional setting. Throughout the internship, students progressively develop technical competence, scientific reasoning, teamwork, project management and communication skills while becoming familiar with professional environments and ethical standards
- Develop cross-cultural communication and academic skills through participation in a joint program offered by three educational institutions across different European countries. Throughout their studies students will acquire responsibility and autonomy in intercultural environments, teamwork, and lifelong learning within a global scientific context.

1.5. Eligibility and Selection criteria

Applications are submitted via the application platform (the link will be announced).

- **Deadline for applicants:** The application dates for the NAT4DD master will be decided for each cohort.

The programme always starts each **winter semester.**

Selection criteria are the following:

CRITERION	CONTRIBUTION (%)
Bachelor Degree Grade (GPA)	40
Second Bachelor Degree or other Master Degree (Grade)	10
Publications in Journals or Conference Presentations (Oral or Poster) or working experience in relevant field	5
Interview	45

GPA: Grade Point Average

1.6. Participation Costs for the Programme

The tuition fee will be received at each semester by the PU delivering the respective/running semester, in accordance with the deadlines defined in the Annual Call of the students and in line with the terms of each PU.

The tuition fees for the program are set as follows: For **EU students**, the total tuition fee is **€4,800 per student**, corresponding to **€2,400 per academic year** or **€1,200 per semester**. For **non-EU students**, the total tuition fee is **€16,000 per student**, corresponding to **€8,000 per academic year** or **€4,000 per semester**.

2 Institutions' Profile

SUR Sapienza – Università di Roma is the oldest university in Rome and one of the largest in Europe, founded in 1303. Its core mission is to foster the development of a knowledge-based society through

high-quality research, excellent education, and strong international cooperation. The university hosts a diverse community of students and scholars and is consistently ranked among the top institutions in Italy for both teaching and research. Sapienza offers a wide range of degree programs (including many in English), professional masters, PhDs, and advanced training opportunities. With extensive international partnerships, it provides students with numerous global mobility options, double degrees, and research collaborations. The university also contributes to societal impact through innovation, technology transfer, and public engagement activities The Department of Environmental Biology (DBA) at Sapienza University of Rome was established in July 2010 following the reorganization of three historic biological departments: Plant Biology, Animal and Human Biology, and Genetics and Molecular Biology. Today, the Department includes 57 faculty members-professors and researchers-actively engaged in both research and teaching across a wide range of disciplines, including anthropology, bioethics, botany, chemistry, ecology, microbiology, and plant pathology. The Department of Environmental Biology has been selected as a Department of Excellence among Italian state universities for the 2023–2027 period, a prestigious recognition awarded for the high quality of its research, strategic planning, and educational activities.

NKUA – National and Kapodistrian University of Athens is one of the oldest and most prestigious universities in Greece, founded by the Royal Decree of April 22, 1837 under the name “Othonian University” in the honor of its founder, Otto of Bavaria (in Greek, “Othon”), the first king of modern Greece. The Othonian University was renamed to “National University” in 1862, after King Otto was forced to leave the country. In accordance with the will of the significant donor Ioannis Dombolis, a law was issued on July 17, 1911, with which “The Kapodistrian University” was founded (named after Ioannis Kapodistrias, the first head of the independent modern Greek state).

Located in the heart of Athens, it offers a wide range of undergraduate and postgraduate programs across various fields, including humanities, sciences, law, and medicine. NKUA is known for its rich academic tradition, vibrant student life, and commitment to research and innovation. The university attracts students from around the world, fostering a diverse and inclusive environment. With its historical significance and modern facilities, NKUA continues to play a vital role in shaping the educational landscape of Greece and beyond. The Department of Pharmacy, School of Health Sciences, was one of the first scientific subjects taught at the National and Kapodistrian University of Athens. The "Theoretical and Practical branch of Surgery, Medicine and Pharmacy" was established in Athens on May 18th, 1835 by Royal Decree, exactly one year prior to the Royal Decree of 1836 which inaugurated the University of Athens. The Department of Pharmacy has been housed within the School of Sciences on the University Campus of the National and Kapodistrian University of Athens. The first Chair of Pharmacy founded was that of Pharmaceutical Chemistry, and in 1932 the Chair of Pharmacognosy was established. The Chair of Pharmaceutical Technology was established much later, in 1979. These chairs were renamed Sections pursuant to the 1268 Law of 1982.

UB – University of Bucharest (UB) is one of the oldest and most prestigious higher-education institutions in Romania, officially established in 1864 and recognized as a leading academic and research centre in South-East Europe. Over its long history, the University has contributed significantly to the modernization of Romanian education, science, and culture, and is consistently ranked among the top institutions in the country for academic quality and research excellence. UB offers a wide spectrum of undergraduate, master’s, PhD, and lifelong learning programmes, all accredited or authorized, and is structured into 20 faculties covering the natural sciences, social sciences, humanities, and theology. As an advanced research and education university, UB places strong emphasis on academic integrity, critical thinking, and internationalisation, maintaining over

100 strategic partnerships with universities worldwide and participating actively in major European alliances, including CIVIS. With more than 33,000 students, including a diverse international student body, UB offers a dynamic, multicultural academic environment that supports high-quality research, innovation, and global mobility opportunities.

The Faculty of Chemistry at the University of Bucharest is a key institution within the Romanian higher-education landscape, distinguished by its long-standing academic tradition, strong scientific reputation, and modern approach to chemistry education and research. The Faculty is organized into three main departments—Analytical and Physical Chemistry, Inorganic, Organic, Biochemistry and Catalysis, and the Doctoral School of Chemistry—and hosts an extensive network of seven advanced research centres that support high-level scientific activity. Its academic programmes span all three university cycles (bachelor's, master's, and doctoral studies), offering curricula that combine fundamental chemistry with interdisciplinary approaches linking chemistry to biology, physics, ecology, medicine, pharmacy, and materials science. The Faculty places particular emphasis on the continuous updating of experimental training, ensuring that students develop strong laboratory and research competencies aligned with international standards.

3 Structure Overview of the Programme

The programme spans two academic years, structured into four semesters (Scheme 1), each worth 30 credits, for a total of 120 credits in the European Credit Transfer and Accumulation System (ECTS).

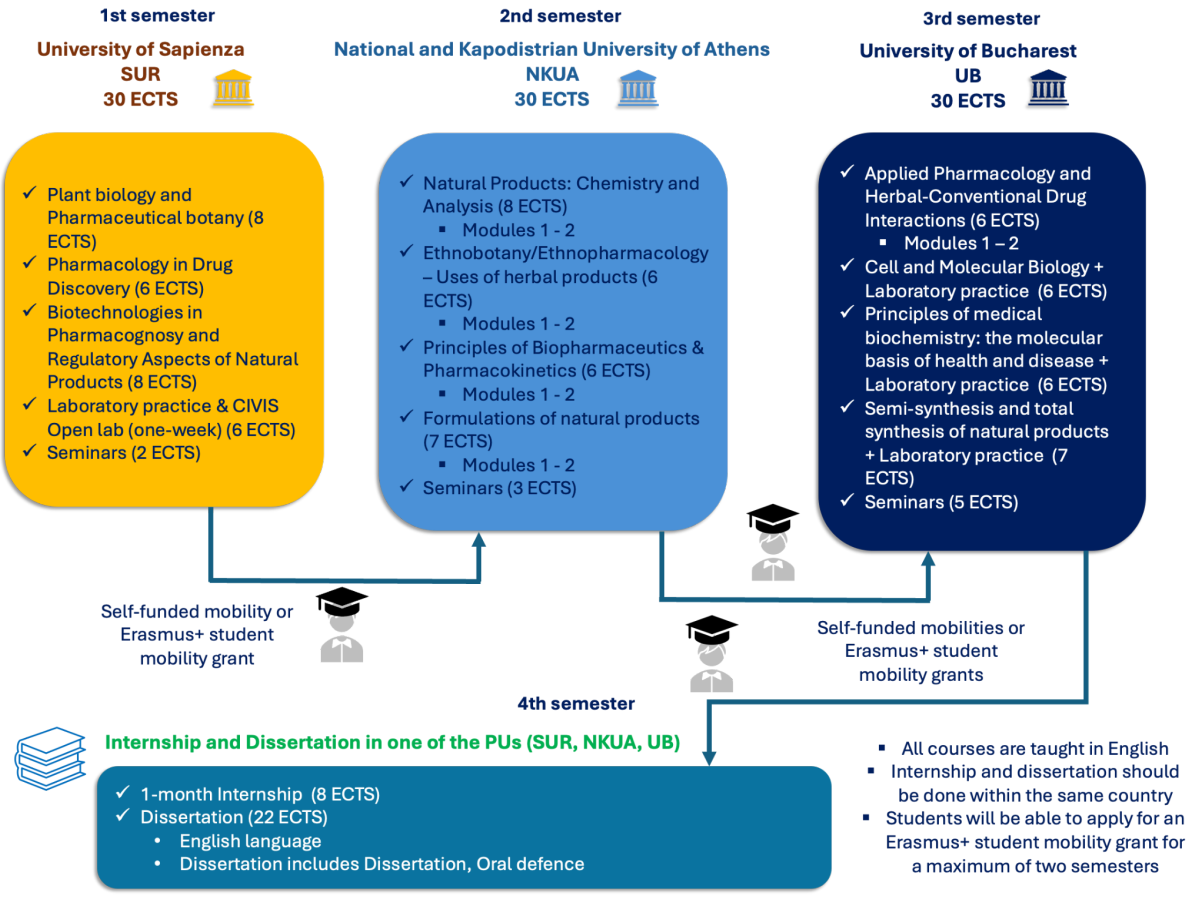
The semesters are distributed as follows:

-**SUR** hosts the first semester (S1; 30 ECTS) and focuses on providing foundational knowledge through courses in plant biology and pharmaceutical botany, pharmacology, applications of natural products, environmental impacts of climate change on plants, and pharmacognosy biotechnology. S1 also includes laboratory practice, CIVIS Open lab, and seminars.

-**NKUA** coordinates the programme (CPU), hosts the second semester (S2; 30 ECTS) and focuses on acquiring specialized knowledge with courses in natural product chemistry, analytical/green techniques, spectroscopy, computational chemistry, basic principles of ADME (absorption, distribution, metabolism, elimination), bioavailability, different routes of administration, specific topics in biopharmaceutics and pharmacokinetics, development and evaluation of formulations (in vitro, preclinical, and clinical), ethnopharmacology, and the applications and uses of natural products. S2 also includes laboratory practice and seminars.

-**UB** hosts the third semester (S3; 30 ECTS) and includes specialized courses: drug interaction investigation, cellular biology, applied pharmacology, principles of medical biochemistry, and semi-synthesis and total synthesis of natural products. S3 includes laboratory practice and seminars.

The fourth semester (S4; 30 ECTS) involves one-month internship in a research center or pharmaceutical industry and the thesis*, which students will complete **at one of the three universities**, based on their research interests.



Scheme 1. Structure overview of the NAT4DD

3.1 Semester Periods of the Program

Below you will find an overview of the semester times of the participating universities:

Semester	University	Period
1st Semester	Sapienza University of Rome (SUR)	Winter semester runs from **Beginning of October to end-February (including exams)** of the following year.
2nd Semester	National and Kapodistrian University of Athens	Summer semester runs from **Beginning of March to end-July (including exams)** of the following year.
3rd Semester	University of Bucharest (UB)	Winter semester runs from **Beginning of October to end-February (including exams)** of the following year.
4th Semester	SUR or NKUA or UB	Summer semester runs from **Beginning of March to end-July** of the following year.

Across the first three semesters, the seminar component provides a structured framework for the involvement of the African Associated Partner Universities, whose academic staff contribute dedicated teaching activities in thematic areas aligned with their expertise (see Section 4.1).

3.2 Academic Degree and Grades of the Program

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

The cooperating universities award a joint degree “Master of Science” (abbreviated to “M. Sc.”) with the title “Drug development: from natural products to formulations and applications” on the basis of the successfully completed programme. The joint certificate and Diploma Supplement is issued by the coordinating partner university: National and Kapodistrian University of Athens, representing the whole Consortium.

The course grading scale is presented on the table below.

COURSE/EXAMS GRADES SUR	COURSE/EXAMS GRADES UB-NKUA
0-7	0
8-9	1
10-12	2
13-14	3
15-17	4
18-19	5
20-22	6
23-24	7
25-26	8
27-28	9
29-30+	10

Decimal points are not accepted by UB;
SUR minimum passing grade is 18, that corresponds to 5 in UB and NKUA grading system

For the calculation of the final degree grade, the grade obtained in each course is multiplied by the corresponding number of credit units (ECTS) of that course. The total sum of these individual products is then divided by the total number of credit units required for the award of the degree. This calculation is expressed by the following mathematical formula:

$$\text{Degree Grade} = \frac{\sum_{k=1}^{N} (G_k \cdot ECTS_k)}{\sum ECTS}$$

where:

- N = number of courses required for the award of the respective degree
- G□ = grade obtained in course k
- ECTS□ = credit units (ECTS) of course k
- Σ ECTS = total number of credit units required for the award of the respective degree

For the award of the Joint Master's Degree, each postgraduate student is required to attend and successfully complete all compulsory courses of the Master's Programme and to prepare and successfully defend a Master's Thesis, thereby accumulating a total of one hundred and twenty (120) ECTS credits. Master's Thesis is considered as a course.

Degree grades

The degree grading scale is presented in the table. Within the NAT4DD Master Programme, a **minimum** grade of **6.00/10.00 or 76/110** is required for the successful completion of the Programme.

DEGREE GRADE SUR	DEGREE GRADE UB/NKUA	DEGREE CHARACTERIZATION
66-80	5.00-6.49	GOOD
81-99	6.50-8.49	VERY GOOD
100-110+	8.50-10.00	EXCELLENT

3.3 Examinations Regulations of the Program

The examination of each course based on teacher choice (oral, writing, both, etc). In the event of an exam failure, participants are allowed a maximum of three attempts per course. One re-sit will be scheduled within the same semester, and an additional opportunity will be offered during the September examination period. Failure to pass the exam after three attempts will result in dismissal from the program.

4 Program Content Overview

The program overview by study progress is presented below:

Courses per semester

Semester (PU)	Courses (ECTS)	Observations
1 (SUR)	**Plant biology and Pharmaceutical botany (8)** **Pharmacology in Drug Discovery (6)** **Biotechnologies in Pharmacognosy and Regulatory Aspects of Natural Products (8)** **Laboratory practice & CIVIS Open lab (one-week) (6)** **Seminars (2)**	30 ECTS Courses are taught in English Invited Academics from African Universities
2 (NKUA)	**Natural Products: Chemistry and Analysis (8)** Module 1. Chemistry of Natural products (Terrestrial and Marine) (4)	30 ECTS Courses are taught in English Invited Academics from African Universities

	Module 2. Analytical (/-green) techniques, NMR Spectroscopy & Computational Chemistry (4) **Ethnobotany/Ethnopharmacology – Uses of herbal products (6)** Module 1. Ethnopharmacology of Mediterranean/African regions (3) Module 2. Uses of herbal products (3) **Principles of Biopharmaceutics & Pharmacokinetics (6)** Module 1: ADME and Routes of administration (3) Module 2: Special topics on Biopharmaceutics & Pharmacokinetics (3) **Formulations of natural products (7)** Module 1: Formulation Technologies: Formulation development, evaluation (in vitro, pre-clinical and clinical) and applications (4) Module 2: Laboratory practice (3) **Seminars (3)**	
3 (UB)	**Applied Pharmacology and Herbal-Conventional Drug Interactions (6)** Module 1: Exploring Drug Interactions (3) Module 2: Applied Pharmacology (3) **Cell and Molecular Biology + Laboratory practice (6)** **Principles of medical biochemistry: the molecular basis of health and disease + Laboratory practice (6)** **Semi-synthesis and total synthesis of natural products + Laboratory practice (7)** **Seminars (5)**	30 ECTS Courses are taught in English Invited Academics from African Universities
4 (NKUA, SUR, UB)	**Internship* (8)** **Dissertation* (22)**	30 ECTS Internship is one-month in pharmaceutical industry or research center English language Dissertation, Oral defense

*The internship (S4) and the thesis (S4) will be conducted within the same PU country where they will conduct their thesis.

Each African partner contributes to specific thematic areas according to its academic and scientific expertise. More specifically the contribution of the African associated partners can be organised around three main thematic areas:

Université Hassan II de Casablanca, Eduardo Mondlane University, Makerere University and University of Sfax will jointly contribute to seminar courses focusing on natural products, providing

complementary expertise related to African biodiversity, medicinal plants, natural-product chemistry and their applications.

Makerere University, Eduardo Mondlane University and University of Sfax will contribute to the seminar courses on Ethnopharmacology of Mediterranean/African Regions, with particular emphasis on African medicinal plants, traditional knowledge and practices, and the scientific evaluation of their therapeutic uses.

University of the Witwatersrand, Johannesburg will contribute to the six-week seminar course on Formulation Technologies: Formulation Development and Evaluation (in vitro, pre-clinical and clinical), providing specialised expertise in the development, characterisation and evaluation of pharmaceutical formulations.

Within these six-week, in total, seminar courses, academic staff from the associated partner universities will deliver specialised lectures, case-based discussions and research-oriented educational activities. Their expertise will complement the teaching provided by the degree-awarding universities while introducing students to scientific approaches, resources, biodiversity and research perspectives specific to African contexts.

5 Discover your semesters at NAT4DD

5.1. Sapienza Università di Roma (SUR)

Arrival and welcome activities

Sapienza International Office will provide students with guidance and support before, during and after their stay. To help you settle in at SUR, we run a **Welcome Week** at the beginning of each semester 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.

At the arrival, the student will be welcomed by the local contact, the local coordinator and the International Office: they will be in charge of providing all necessary support, information and social entertainment.

Moreover, 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 fulfills 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

5.1.1 Visa and Resident permit

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.

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).

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.

Tax code

The Tax code (*Codice Fiscale*) is an alphanumerical 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.

5.1.2. Housing

Sapienza University does not have student housing per se, but offers a series of affiliated housing agreements and recommendations. Sapienza offers a housing mediation service through STURENT (www.sturent.it) which has an info desk in Sapienza University Campus at building CU029. In addition, there is an agreement with the following residential facilities: DoveVivo residenze, Campus College Roma (Fondazione C.E.U.R.); Fondazione RUI; Residenza Conti (Avana Spa); Residenza Giulia (Avana Spa); Residenza Regina Mundi Sant'Angela Domus; Villa Nazareth (Fondazione Tardini).

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 distict/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.

5.1.3. 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.

5.1.4. 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.

5.1.5. Public transport

ATAC, 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 tickets that can be bought at ticket offices, newsagents, tobacconists and automatic machines in stations. You should not board on 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://viaggiacon.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.

5.1.6. 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.

SapienzaVirtualTour

Sapienza Maps

5.1.7. 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

5.1.8. 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.

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.

5.1.9. 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 enrollment 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. The institutional mailbox is automatically provided to regularly enrolled studentsYour e-mail format will be: surname.IDnumber@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.

5.1.10. 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

5.1.11. 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:
  1. Classical MuSa (orchestra and chamber music);
  2. MuSa Jazz (bands and solo musicians);
  3. 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.

5.1.12. 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:

· SapienzaSport

· Gong – Nutrition Education

· Protect Your Love

· Unitab - Sapienza Tobaccology Unit

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

Sapienza offers personalized services for students with disabilities, supported by adequate facilities and highly trained, competent staff. A specialized tutoring service is provided by professionals with psychological expertise and experience in inclusive teaching, with the aim of promoting the academic success of students with disabilities or specific learning disorders. This service offers personalized support through methodological and psycho-pedagogical guidance, helps identify the most appropriate supports and services based on each student's needs, and facilitates the use of multimedia software and adapted study materials.

To further ensure and promote the educational success of deaf students, a LIS (Italian Sign Language) interpreting service is available. Students may request this service for teaching activities such as attending classes, participating in training events organized by degree programs, taking examinations, meeting with professors, as well as for administrative and secretarial procedures. Additional support measures include peer tutoring, grants for the purchase of specialized equipment, and taxi vouchers.

Sapienza also provides a counseling service dedicated to the educational support of students with autism spectrum disorder (ASD), a history of neurodevelopmental disorders, recognized disabilities, or other special educational needs. This service offers reception, guidance, monitoring, and ongoing support. Based on the clinical documentation submitted, counseling psychologists work with students to develop and agree on an individualized academic plan, prepare the operational documentation for students with specific learning disorders (DSA), monitor and update academic progress to optimize the use of compensatory and dispensatory tools, and design tailored pathways to enhance academic skills. In each Faculty, a designated faculty member is responsible for supporting and promoting the active participation of students with DSA. More information are available here.

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.

5.1.13. 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/

5.1.14. 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 various languages.

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.fisica@uniroma1.it
- "Gabriello Illuminati'' Library. For information bibliotecailluminati@uniroma1.it
- "Guido Castelnuovo" Mathematics Library. For information biblioteca.matematica@uniroma1.it
- Environmental Biology Library. For information biblioDBA@uniroma1.it

5.2. National and Kapodistrian University of Athens (NKUA)

5.2.1. Arrival and Welcome Activities

Each semester, the university organizes **Arrival and Welcome Activities** to support and guide all incoming **Erasmus+, CIVIS, and international students**. These events take place **twice a year**, at the beginning of the winter and spring semesters, and provide essential information to help students settle into their academic and social life.

During these sessions, representatives from various departments introduce students to the university's academic programs, support services, and extracurricular opportunities. Presentations include insights into elective courses, language learning options, student associations, and campus facilities, such as the gym and accessibility services. Additionally, student organizations, such as ESN (Erasmus Student Network), share information about social and cultural activities designed to enhance students' overall experience.

5.2.2. Facilities and Services- Overview

We offer a range of facilities and services and support to undergraduate and postgraduate students. Indicative ones are listed as follows:

Counseling services	Support services	Studying and Leisure facilities
Student Ombudsman	Accessibility Unit for Students with Disabilities	9 School Libraries and 2 Libraries at the University Club
Psychosocial Intervention Unit	Student Support Fund	University Club
Community Mental Health Center	Medical care	Modem Greek Language Teaching Center
Coeval counseling Center	Scholarships awards	University Gym and sports Center
International Student Support Unit	Job-seeking assistance	Student Cultural Society
	Psychological Support	

Comprehensive catalog of NKUA provisions and services:

Advising & Counselling Services

- Student Ombudsman
- Psychosocial Intervention Unit
- Counselling Office - Department of Theology
- Counselling Office - Department of Psychology
- Mental Health Community Centre
- Psychological support hotline 10306

Support Services

- Accessibility Unit for Students with Disabilities
- Student Support Fund
- University Club
- Student Residences
- Student Meal Services
- Healthcare Services
- Scholarships - Funding
- Career Services

Study and Leisure Facilities

- 9 University Libraries
- 2 libraries at the University Club
- Computer and multimedia Centre
- Foreign Language Teaching Centre (‘Didaskaleio’)
- Modern Greek Language Teaching Center
- University Gym and Athletics Centre
- Student Cultural Club

- Erasmus+

Student Cultural Society

The University of Athens' Student Cultural Society is in charge of providing entertainment for the students and fostering the growth of their artistic identities. The Society is broken up into five sections, namely music, theater, dance, cinema and photography. To find their intrinsic artistic inclinations and abilities, all N.K.U.A. students are encouraged to get involved in the University's Student Cultural Society by taking part in its many cultural activities.

The Student Cultural Society also seeks to support and promote the artistic production of the University of Athens' students. In this respect the Society serves as a platform for collective expression and creativity. As members of the Society students can enjoy unlimited access to art, experiment with it and even create their own. The working hours are decided by each one of the sections separately.
You can find more information on the University Club website or by contacting the following telephone numbers:

+30 210 3688205, +30 210 3688275, +30 210 3688276

University Club

The University Club of N.K.U.A. operates two (2) reading rooms on its premises in 15 Ippokratous St.,106 79 Athens.

The first one is located on the 2nd floor, with a total seating capacity of 250 students and a PC available to them. The second is on the 4th floor, with a seating capacity of 120 students and a cluster of 4 computers available to them. The reading rooms are open daily, 08:30-21:00. On Saturdays and Sundays, they remain closed. Tel: +30 210 3688219, +30 210 3688250

University Gym and Swimming pool

The University Gym of N.K.U.A. offers a wide range of physical exercise and sport activities for students, including the teaching of sports.

All University of Athens students have access to the University Gym, which is situated at the University Campus in Ano Ilisia. With the help of this facility, they can participate in a wide range of training programs and sports classes in their free time, giving their lives a new purpose, improving their physical and mental health, and creating a more well-rounded personality.

The University Gym offers the following activities for students to choose from: Aerobics, Tennis, Training and Fitness, Table Tennis, Basketball, Athletics, Swimming, Traditional Dances, Volleyball, Pilates, Football and Chess. The University Gym's working hours are Monday-Friday 09:00- 18:00. On Saturdays and Sundays, the facility remains closed. In addition to participating in the above-mentioned activities for their own fun, students are encouraged to join the University's different sport teams, which are based at the University Gym's premises, and represent the Departments, Schools, or the entire Institution in internal, inter-university, or international student championships.

Website:
https://en.lesxi.uoa.gr/student_welfare/university_gym/
Tel: +30 2107275568

Libraries and Information Center

The mission of the Libraries and Information Center is to support and enhance the educational and research activities of the University, manage and distribute specialized scientific information to the academic community and participate in a number of educational and cultural initiatives.

Nine (9) subject-specific site libraries, one in each University School, are available to our faculty and students. Two additional libraries belonging to the Students' Union are also available to all our staff and students.
The Libraries and Information Center's collections consist of more than 1,000,000 items (books, journals, maps, CD-ROMs and other resources). This makes the Center one of the three largest libraries in Greece, the other two being the National Library of Greece and the Library of Aristotle University of Thessaloniki.
N.K.U.A. is a member of the Hellenic Academic Libraries Link (HEAL-Link), which offers a wide range of services to the members of the academic community. Through the HEAL-Link portal (https://www.heal- link.gr), our faculty and students get full-text access to journals, online books and a number of bibliographic databases. Apart from the databases accessed via HEAL-Link, N.K.U.A. subscribes to a number of other databases, which are necessary for research purposes.
N.K.U.A. is a member of the Interlibrary Loan Service. This Service was developed by the HEAL-Link and is the official cooperation between organizations working on the operation of libraries and information services on the one hand and interlibrary loan services on the other. The Interlibrary Loan Service handles loan requests on a national basis (including Cyprus) through the IRIS platform. International loan requests are handled by the National Documentation Center in cooperation with the British Library Document Supply Center (BLDSC) and the German SUBITO.
The Libraries and Information Center operates PERGAMOS, the Unified Institutional Repository/ Digital Library of the University of Athens where Ph.Ds and undergraduate and Master's dissertations are deposited (https://pergamos.lib.uoa.gr/).
Electronic publishing (e-publishing) of the University's journals is also run by the Libraries and Information Center. The e-publishing platform hosts scientific journals which are produced, published or edited by N.K.U.A. (http://epub.lib.uoa.gr/).
Some of the site libraries, in collaboration with the University's Accessibility Unit for Students with Disabilities, offer study spaces for disabled students.

All electronic services of the Libraries and Information Center are provided by the Libraries Computer Center, which is a key component of the entire system. Website: http://www.lib.uoa.gr/

Address: Libraries and Information Center Directorate, University Campus, 157 84 Zografou E-mail: dibib@lib.uoa.gr

Library of the School of Health Sciences

The Library of the School of Health Sciences welcomes you to its premises to cover your need for scientific documentation through international articles and recent medical publications in a comfortable and superbly equipped environment.

By registering to the Library, you can borrow books from all the Libraries of National & Kapodistrian University of Athens.

Registration procedure is simple. You just need to show us your academic ID card and fill in a registration form. In case you cannot find the material you need within our collections, we can try to locate it and borrow it for you from another library, via our interlibrary loan service (ILL) office.
Our specialized personnel is at your disposal to assist your every need as an undergraduate student or as an advanced biomedical researcher.
The library boasts:

A computer network for access to reliable national and international information sources.

- More than 30.000 printed books, to enhance your educational and research efforts.
- An array of online books and journals.
- An extensive and expanding collection of online theses and dissertations accessible through the Institutional Repository “Pergamos”.
- Rare books from the historical “Papoulakios Library” which constitute a very important part of retrospective research.
- A contemporary well-equipped Lecture Hall.

You can visit our webpage for further information: healthsci.lib.uoa.gr/ en.health.lib.uoa.gr

National & Kapodistrian University of Athens Library of the School of Health Sciences. M. Asias & Dilou 1 str., 11527 Goudi,

Contact Details: Phone: +30 210 7461400, 210 7461401; E-mail: epistigias@lib.uoa.gr

International Student Support Unit

The mission of the Unit is to support international students enrolled in study programs of all cycles (first, second and third) of the University of Athens, before and after their arrival in Greece, for issues related to procedures, actions and communication with other public bodies.

The International Students Support Unit is responsible for:

• supporting the process of concluding contracts that facilitate the granting of residence permits for study purposes,
• supporting student-visa-applicants through communication with the Greek Consular Authorities, as well as towards their application for a Greek residence permit within 90 days of their arrival in Greece and for communication with the relevant Public bodies,

• supporting the international students during their settlement in the country for topics such as choosing among accommodation options, arranging medical insurance, application for tax identification number, opening of a bank account and other procedures related to public services, energy and telephone providers,
• cooperating with the competent services of the University of Athens to serve the needs of international students and assisting them with any other issues that could emerge during their studies,
• informing about the Modern Greek Language Teaching Center, devoted to the teaching of Modern Greek as a foreign language or other foreign languages in cooperation with the competent units of our Institution,
• exercising any other competence that facilitates and contributes social integration of third-country nationals on the Greek territory and into the academic community

Members of staff will be available by email, phone or in person to help international students resolve any problems that come up.

Find more information in: https://issu.uoa.gr
Contact person: Eirini Chondraki , +30 210 368 8278, issu@uoa.gr or echondraki@uoa.gr

5.2.3. Housing

There are various ways for finding a flat in Athens, ranging from advertisements to agencies and digital services. Most apartments are unfurnished, while those near the city centre are usually old or recently renovated. Rent costs don't include public utility services (electricity, water, heating, telephone line, internet). There is also a typical extra cost, a building fee, which is shared with the tenants, for services such as cleaners, gardeners, elevator maintenance, electricity for shared building spaces, etc. Renting an apartment requires signing a lease contract, which is necessary for establishing tenant rights and responsibilities.

5.2.4. Living Expenses

Mobile phone-Internet

Greece uses the same GSM system as other EU countries, Asia and Australia. However, USA and Japan use an incompatible mobile system to the European one. Acquiring a landline may be quite complicated, so most students simply have a mobile phone. The easiest payment method is through a prepaid card. All you need is to visit any provider store (Cosmote, Nova Greece, Q-Telecom, Vodafone Greece), buy a SIM card (with or without a device), load the account with a certain amount of money and receive a phone number verification in your name. You will need to show your student ID or passport. With your academic ID, you are eligible for student packages at a lower price. Alternatively, you may apply online to Vodafone, What´s up (Cosmote), Nova or Q-Telecom providers and your SIM card will be sent by post to the residential address you suggested.

SIM Card costs start from 10€ and you can reload it either at the provider's store or by buying a prepaid card from kiosks or supermarkets.

Tax Identification Number (TIN/in Greek AFM)

It is necessary for foreign students to obtain a TIN number in order to open a bank account and accept the lease agreement in Taxisnet. In order to obtain your TIN number (AFM) and Key Code follow the next steps: 1. Submit an application on the digital portal myAADE under «TIN number (AFM) & Key Code (Act for myself)» without filling in the details of a residence permit and the personal details of a tax representative. 2. After submitting the application, you will receive an application number (Αρ. Αίτησης). Keep this number, as you will need it to schedule an online appointment with an AADE employee to obtain your TIN number and Key Code. 3. After the AADE employee confirms your application details and passport, your TIN number (AFM) and Key Code will be issued. The data (TIN number, passwords, and Key Code) will be sent to your email address in an encrypted file as specified in the application. For further details on how to obtain your AFM and your username and password, please see the attached instructions.

Bank

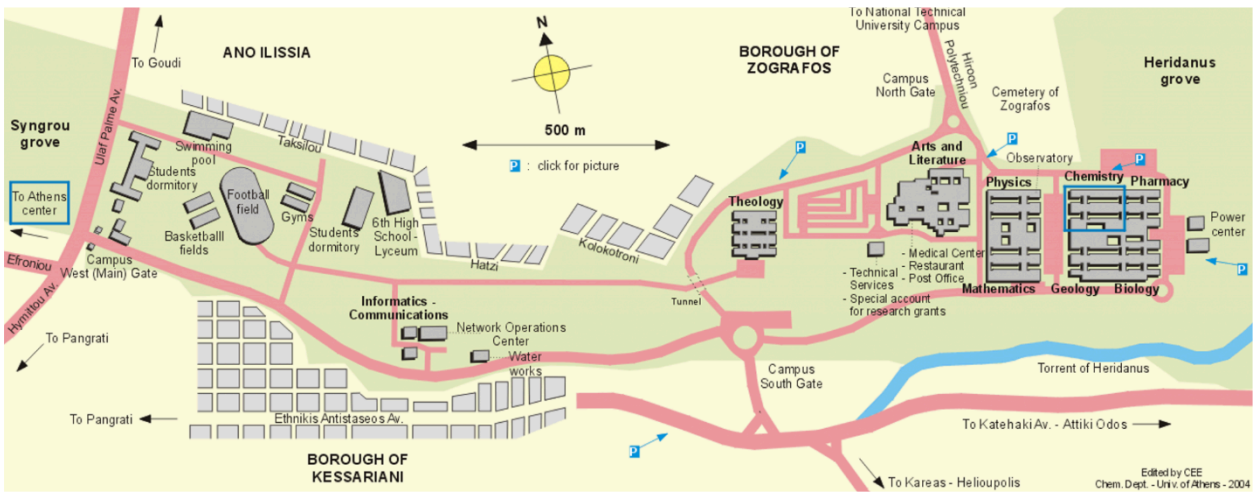
If you are a Greek resident for more than one or two semesters, maintaining a bank account in the country of origin may not be efficient because of high bank charges. In addition, a Greek bank account with e-banking username/password are necessary for applying for residence permit. Submitting the required documents is mandatory for the bank to open a new account for you and it is done by appointment at the branch of the bank, closest to your home.

5.2.5. Transport

In the Athens-Piraeus area and the airport, you may transport by Metro, Tram, Suburban railway, City Buses and Electric trolley-buses. They run from 5:00 am. until midnight (12:00), and there are also some night bus lines. Information about lines: https://www.oasa.gr/en/, STASY | Athens Urban Rail Transport. For a detailed guide to public transport, please visit Athens Transport. There are two types of transportation fares: ATH.ENA Ticket for one or multiple routes and personalized cards (ATH.ENA Card), with which you can buy tickets for 30, 90, 180 or 360 days.

Students are entitled to a reduced price with an ATH.ENA Card, which can be acquired by (1) showing the Academic ID or proof of registration from your Department of studies, (2) a photo and (3) your ID or passport at Issuing Points for Personalized Cards.

5.2.6. Navigating Campus



5.2.7. Student Health

Health Care Services

Undergraduate/postgraduate students and PhD candidates are fully eligible for medical, pharmaceutical and hospital healthcare, provided that they have not already chosen another Healthcare Insurance Plan. Healthcare Insurance includes healthcare services in Public Hospitals, University Hospitals, and Public Primary Healthcare Facilities which are part of the National Healthcare System (ESY/ΕΣΥ in Greek). In case of an emergency or an accident, students can also seek help from Municipal Medical Centres of the country, upon showing their Academic ID Card or AMKA number (Social Security Number). In addition, the University has its own services, which are located at the centre of Athens (15 Ippokratous Street), and at the University Campus in Zographou (12 Olof Palme Street, Panepistimioupoli, Ilisia), which provide Healthcare Services for the following medical specialisations (upon showing your Academic ID card):

a. **General Practitioner**, Phone Number: (+30) 210 368 8241, (+30) 210 368 8243, Monday, Wednesday and Friday 08:00 – 14:30, Tuesday and Thursday 09:30 – 15:00
b. **Eye Specialist**, Phone Number: (+30) 210 368 8240, Monday, Wednesday and Friday 08:30 – 13:30, Tuesday and Thursday 09:30 – 14:30
c. **Dentist**, Phone Number: (+30) 210 368 8210-11, Monday to Friday 08:00 – 13:30
d. **Dermatologist**
e. **Psychiatrist**, 15 Ippokratous St., Monday, Thursday and Friday 09:00 – 14:00, Tuesday and Thursday 08:30 – 13:00 Phone Number: (+30) 210 368 8226, and at University Campus Zographou, Monday to Tuesday 09:00 – 14:00, Phone Number: (+30) 210 727 5580
f. **Psychologist** 15, Ippokratous St., Monday to Friday 08:00 – 14:00, Phone Number: (+30) 210 368 8282, (+30) 210 368 8209, (+30) 210 368 8244 and at University Campus Zographou Monday to Friday 08:00 – 14:00, Phone Number: (+30) 210 727 5579, (+30) 210 727 5589

European Health Insurance Card (for EU Students)

The European Health Insurance Card is a free card that gives you access to medical stateprovided healthcare, during a temporary stay in any of the 27 EU countries, Iceland, Liechtenstein, Norway and Switzerland or the United Kingdom under the same conditions and at the same cost (free in some countries) as people insured in that country.
The benefits concern chronic or other illnesses as well as pregnancy and childbirth.
Cards are issued by the respective national health insurance provider in the country of origin, before leaving the country.

Private insurance contract for non-European Union students

The insurance contract to be submitted with the application for residency permit or its extension, should include:

- Health care in public hospitals: 10.000€ annually with own-contribution of 20%.
- Permanent (total or partial) impairment insurance caused by an accident: 15.000€ annually with own-contribution of 20%.
- Illness or accident-related medical and pharmaceutical expenses: 1.500€ annually with own-contribution of 20%.

The contract should indicate that it covers expenses defined by the law/ministerial decision and should explicitly mention that it covers everything that might occur to the student during their stay in the country. If there has already been another insurance contract, from your country of origin, it can be used if officially translated into Greek, as long as it includes the above provisions.

In any other case, students may sign a Greek financial contract agreement with an insurance company. The cost starts from 80€ per year.

Social Security Number (AMKA in Greek)

An AMKA number is unique to an individual, making Health Security services available, and it is mandatory in case of employment.

Obtaining an AMKA number requires:

- A valid passport copy
- A residence permit for studying, which allows part-time market access (for third country students)
- A copy of employment contract
- A European citizen's registration certificate from the Police Department (in case of European Union students)

The National Social Security Provider (EFKA/ΕΦΚΑ in Greek) is the relevant department for obtaining your AMKA number. Students should address their local EFKA department directly (the one closer to residence).

5.2.8. Special Needs and Disability Support

Accessibility Unit for Students with Disabilities

The National and Kapodistrian University of Athens operates an **Accessibility Unit**, which supports students with learning difficulties or severe illnesses and its mission is to ensure equal access to academic studies for students with different abilities and needs. The main provisions involve adjusting the environment, supportive informatic technologies and accessibility services. NKUA aims at meeting Disabled Students' basic needs, such as interpersonal communication with academic community members, access to materials for note taking and writing assignments, and access to the university establishments, educational material (https://access.uoa.gr/), classroom boards and projectors, examinations and internet content. The Accessibility Unit for Students with Disabilities operates as established by the decision of the Academic Senate (February 23, 2006) and of the Rector's Council (March 22, 2006). Tel.: +30 210 7275130, +30 210 7275687. E-mail:access@uoa.gr

5.2.9. Student Organisation

Registering at the University

Beginning your studies requires registering at the relevant Department of the School. Registration provides access to all University facilities and services, and allows you to create your online student account and receive a student identity card (academic ID).

Please submit the necessary documents and relevant certification to the Department Registry. For the countries which are part of the Apostille Convention, certification should bear the Apostille Stamp. For countries which do not participate in the convention, certification should bear a Consulate validation (visa) in case it has been issued in a foreign country.

Upon submitting the documents, you will receive:

1. A registration certificate as a temporary academic ID, which you will need for applying for a residence permit at the Directorate of Foreigners and Immigration of the Decentralized Authority at your area of residence.
2. The registration certificate carries the registration number which you will need to create your online account.

Please, visit the following webpage for more information: https://issu.uoa.gr/guide_for_all_students/getting_ready_ for_your_studies/enrolment/

An incoming NKUA student is expected to create an online account using their student registration number (provided after registering) and their passport number.

For **creating** and **activating** this account, you may contact the NKUA account administration services.

1. Undergraduate students can directly apply for a new account, while postgraduate students should send a signed application form to the Registrar's Office of their Department.
2. After receiving a verification e-mail or SMS approving the application, you may check with the account administration services and activate your account.

3. By activating your account, you gain access to https://my-studies.uoa.gr or https://my-uni.uoa.Gr/.
4. You also gain access to the following internal services, networks, and external online resources of the University:
   - the online registration for individual courses and examinations
   - the e-class platform
   - the online library
   - the Pergamos application
   - the registration for receiving textbooks
   - the online application for an academic ID and other services.

Please visit the following webpage for more information: https://issu.uoa.gr/guide_for_all_students/getting_ready_for_your_studies/enrolment/

All registered students are entitled to an Academic Identity Card (Paso in Greek).

Student discounts are available in all public transportation fares, cultural events, museums, trade fairs and many more, upon showing an academic ID.

When sitting for an exam at the end of each semester, you need to provide your academic ID.

After registering at the Department of your choice, please, apply for an Academic ID through the electronic service of the university, following the instructions of the Ministry of Education, Religious Affairs and Sports and providing a digital photo of yourself (.jpg, .png).

Points to consider:

1. Please, DO NOT activate the option «I am already a graduate from another department of the University or Institute of Technology», at the beginning of the process, because this will NOT allow you to receive your Academic ID .
2. You will be asked to fill in your Social Security Number (AMKA). If you already have one, please, fill it in. If not, you need to select the option: «I declare that I do not have a Social Security Number (AMKA)».
3. Please, fill in and double check your personal details carefully, where requested.
4. Only in case you are a student at NKUA for a year or less, will you have to select the option: «Erasmus student (to be selected only by foreign students)».
5. You will receive your academic ID from a Vodafone store. Once you fill in your address, a list of stores will appear for you to pick up your ID from. Please, select a point of delivery nearest to your home.

For more information, please, visit: https://issu.uoa.gr/guide_for_all_students/getting_ready_for_your_studies/academic_id_card/

5.2.10. Language Courses

Modern Greek Language Teaching Center

The Modern Greek Language Teaching Center of the National and Kapodistrian University of Athens started in the 1950s with a very limited number of students. However, the number of students has

risen sharply over the past 7 decades. The Modern Greek Language Teaching Center is now the largest of its kind worldwide and is devoted to the teaching of Modern Greek as a foreign language.

The aims of the Modern Greek Language Teaching Center are the following:

1. the teaching of Modern Greek as a second/foreign language,
2. the provision of certificates of competency in Modern Greek to speakers of other languages, and
3. the introduction of speakers of other languages to various aspects of Greek society and culture.

The NKUA offers Greek language courses to Erasmus+ incoming students, in order to enable them to understand the Greek language. Even if many of the incoming students take courses in English, a basic knowledge of the Greek language will help them to get acquainted with everyday life in Greece. The Center also offers speaking practice and Ancient Greek classes.

Many of its graduates have gone on to successful careers as teaching staff of Modern Greek language and literature at universities across the world, members of the diplomatic corps or the ecclesiastical hierarchy of their country, renowned scientists, business executives, distinguished artists and entrepreneurs.

The Greek Language Courses (for the first semester - Code: NGLT0001 and for the second semester - Code: NGLT0002) offer **6 ECTS** per semester (6hours/week) and are **free-of-charge for one semester**. Students who have attended courses for the first semester and wish to attend the second semester's courses must register again and they have to pay the tuition fees on their own.

Important Note: Please make sure that you click on the programme that applies to Erasmus students- Title: **ERASMUS.**

For further information, please refer directly to the Modern Greek Language Teaching Center's website (**https://en.greekcourses.uoa.gr/program_of_courses/**)
Address: Modern Greek Language Teaching Center, Georgiou Chatzidaki St. - University Campus, 157 72 Zografou. Tel: +30 210 7277672, +30 210 7277971
E-mail: info@greekcourses.uoa.gr

In order to fill in the online Application Form for the Greek Language Courses, you must have already received the Acceptance Letter from the Department.

Foreign Language Teaching Center

The National and Kapodistrian University of Athens, within its instructive and broader educational scope, offers its students the possibility of acquiring, during their studies, the knowledge of one or more foreign languages.

This important task of high-standard foreign language instruction is conducted at the Foreign Language Teaching Center, or *Didaskaleio*, which is an independent and autonomous academic unit of the University.
At the present time, 25 languages are offered at all levels. These are the following: Albanian, Arabic, Bulgarian, Chinese, Czech, Danish, Dutch, English, Finnish, French, German, Hindi, Italian, Japanese, Korean, Norwegian, Persian, Polish, Portuguese, Romanian, Russian, Serbian, Spanish, Swedish and

Turkish.
In addition, the Center offers special programs for those looking to develop more advanced foreign language skills. These range from language laboratories to translation to legal and medical terminology classes.
Classes take place either in the city center, or at the University Campus in Zografou and can be attended by anyone—enrollment is not restricted to current students of the University of Athens. The Center also welcomes students of other Greek Universities and anyone else interested in learning a foreign language; tuition fees are particularly low.
Upon completion of a language course or special program, the Foreign Language Teaching Center provides participants with a Certificate of Attendance and a Certificate of Studies. Address: Foreign Language Teaching Center, 7 Ippokratous St., 106 79 Athens Tel: +30 210 3688204, +30 210 3688262, +30 210 3688265. E-mail: secr@didaskaleio.uoa.gr

5.3. University of Bucharest (UB)

5.3.1. Arrival and Welcome Activities

The University of Bucharest provides a structured and supportive framework to facilitate the smooth arrival, integration, and academic success of international students. Central to these services is the UB International HUB, an online gateway dedicated to international students, offering clear guidance on admission, enrolment, administrative procedures, and essential contacts across the University. Upon arrival in Bucharest, students have access to the International Students Area, a comprehensive information platform that assists enrolled students with practical matters such as obtaining student proof documents, navigating faculty secretariats, and understanding essential procedures related to residency, health services, and campus life.
https://sites.google.com/externe.unibuc.ro/international-unibuc-ro-en?usp=sharing

International students are guided toward the appropriate administrative units depending on their needs. For academic matters, each faculty—including the Faculty of Chemistry—maintains its own secretariat, which provides programme-specific guidance and administrative support, and whose contact details are readily accessible through the International Students Area. For legal and immigration-related requirements, students receive instructions and contact information for the General Inspectorate for Immigration, ensuring that they can successfully manage residency procedures during their stay in Romania. UB also provides access to free on-campus medical assistance, with clear information regarding the location and opening hours of its Medical Office, supporting students' well-being and health needs from the moment they arrive.
To help students integrate both academically and socially, UB offers resources through its International Students Guide, which outlines the steps for arrival, enrolment, and orientation, introduces students to campus life in Bucharest, and highlights student organisations—such as the Erasmus Student Network—that assist newcomers in adapting to their new environment. Together, these services ensure that international students joining the University of Bucharest are welcomed into a supportive, well-coordinated environment designed to help them settle quickly, connect with their faculty and peers, and fully benefit from the University's dynamic academic community.

Visa and Residence Procedures

Mobility involving non-EU citizens is supported through clear visa-related processes. For studies in Romania, non-EU students must obtain a long-stay study visa (D/SD), which can only be requested after receiving the official Letter of Acceptance issued by the Romanian Ministry of Education. This requirement is formally confirmed by Romanian immigration regulations and communicated through national resources dedicated to international students. Students arriving from EU/EEA countries do not require a visa but must register for a temporary residence permit if their stay exceeds 90 days, as required by Romanian immigration rules for long-term study mobility.

Following Romania's integration into the Schengen Area in January 2025, students entering Romania from another Schengen state are generally no longer subject to internal border checks, while those arriving from non-Schengen countries must undergo standard passport and visa verification procedures upon arrival. These processes are explained to students well in advance of their mobility period.

5.3.2. Housing

While UB's international-student portals provide broad administrative and academic support, they also direct students toward the university's campus services, including accommodation options.

University Dormitories
International students may apply for housing in UB's student dormitories, which are allocated through campus services and faculty secretariats. Dormitories provide an affordable option and direct access to university facilities. Although dormitory locations and availability vary by faculty, information and contacts for faculty secretariats—including the Faculty of Chemistry—are provided through the International Students Area to help students inquire about accommodation options relevant to their study programme.

Private Accommodation
For students who prefer living independently, UB supports this choice by offering: guidance on private housing options via faculty-level contacts and student services, access to student communities and peer networks (including ESN) where students can receive informal advice about neighbourhoods, rental expectations, and recommended property search methods. International students are also encouraged to consult the International Students Guide, which explains living conditions in Bucharest and helps them navigate the city's accommodation landscape. https://www.esn.ro/

Assistance with Documentation for Housing
Students needing housing confirmations for visa or residence procedures can request official student proof documents directly through the International Students Area. This request system facilitates compliance with legal processes, such as registering a residence permit with the IGI.

5.3.3. Living Expenses

Bucharest is considered one of the more affordable capitals in the European Union, although living costs vary significantly depending on lifestyle, type of accommodation, and personal spending habits.

Average Monthly Budget

Based on recent analyses, a typical student in Bucharest spends around **€1340/month on average**, with budgets ranging from **€200 RON (minimum)** to **over** €1400, depending on housing choices, food habits, and entertainment preferences. Students who cook at home and live in shared accommodation generally maintain lower living expenses, while those who opt for private studios or frequent dining out have higher budgets.

Housing Costs

Housing is the largest component of the student budget.

- **Dormitory housing:** The cheapest option, costing only a few hundred lei per month, depending on dorm type and availability. Dorms are mentioned as "by far the cheapest option," though places are limited and can be competitive to obtain.
- **Private rentals:**
    - **Studios near metro stations:** €350–380/month, increasing to €450–500 in newer buildings with better amenities.
    - **Shared apartments:** Significantly more affordable per person, especially when costs are split among roommates.
    - Utility costs (water, heating, electricity) typically add **40–100 EUR per month,** depending on season and usage.

Food and Groceries

Food expenses depend heavily on habits:

- Students who mainly cook at home spend approximately **200–260 euros per month**.
- Moderate lifestyles that include occasional eating out range from **300–400 euros per month**. Price samples include (per item): Milk, bread, basic groceries: typically **1–2,5 euros per item**, based on Numbeo's January 2026 price database.

Phone and Internet

Students arriving in Bucharest will find that setting up mobile phone and internet services is straightforward and affordable. Romania operates on the standard European GSM system, fully compatible with devices from EU countries and most international regions. Mobile services are widely available, and most students choose prepaid SIM cards, which can be purchased immediately upon arrival without a contract.

- Major mobile operators in Bucharest include Vodafone Romania, Orange Romania, and Digi Mobil. Prepaid SIM cards are inexpensive, with typical starter prices equivalent to around €2–€3

(10–15 RON) and easy to purchase at shops, kiosks, supermarkets, or provider stores. Phone plans themselves are among the cheapest in Europe: monthly mobile costs typically range between €8 and €14 (42–70 RON), depending on data volume and calling options. Students only need to present a passport or national identity card to activate a SIM card, and many operators offer discounted student packages.

- Internet access in Bucharest is also highly affordable and reliable. Broadband internet packages cost approximately €13–€27 per month (65–130 RON), offering high-speed fiber-optic connections that are widely available across the city. In shared student apartments, the cost is often split among roommates, significantly reducing individual expenses. In university dormitories, internet access may be included in the accommodation fee or provided at a minimal additional cost.
- Overall, students should expect their combined monthly communication expenses (mobile phone + home internet) to range between €20 and €40, depending on personal usage and provider choice. These low costs make staying connected in Bucharest both easy and budget-friendly.

Leisure and Personal Expenses

Typical student spending includes:

- Movies: **6–10 euros** per ticket
- Gym memberships: **20–40 euros/month** (depending on location and facilities)
- Occasional outings (coffee, drinks, events): **20–200 euros/month** for moderate activity

5.3.4. Transport

University of Bucharest students have access to an extensive and affordable public transport system consisting of metro, buses, trams, and trolleybuses.

Student Transport Card (UB Students Under 30)-UB confirms that students under 30 are eligible for student transport cards, which provide discounted monthly passes for metro and surface transport. These passes can be purchased at metro stations or STB ticket kiosks around the city.

Metro (Subway)- The metro is often the fastest way to move around Bucharest. Monthly student metro pass: approx. €3–€6. Metro runs from 05:00 to ~23:00 daily, with 5 lines covering the main areas of the city.

Surface Transport (Bus, Tram, Trolleybus – STB)- Pricing for students -Standard monthly STB pass: €17.50 (80 RON) for unlimited travel on buses, trams, and trolleybuses. UB notes that students can receive faculty-validated discounts, applied at faculty administration offices for surface transport passes. Single trips-90-minute ticket: €0.60 (3 RON).

Combined Pass (Metro + STB)-UB recommends students choose a combined monthly pass if they commute regularly using both systems, as it is more cost-effective and simplifies travel across the city's networks.

Airport Transfer for Newly Arriving UB Students- New students arriving at Henri Coandă International Airport (OTP) can reach Bucharest via:

- Airport Train → Gara de Nord (25 minutes)

- Bus 100 → major central squares: Victoriei, Romană, Universitate, Unirii; runs 24/7.

5.3.5. Navigating Campus

The administrative building of the University of Bucharest (Rector's Office) is located in Panduri campus, next to the Faculty of Psychology and Educational Sciences, the Faculty of Sociology and Social Work and the **Faculty of Chemistry.**
Its position makes it easy to reach numerous institutions and cultural spaces in the surrounding area, such as Cotroceni Palace, Cotroceni National Museum, "Dimitrie Brândză" Botanical Garden of the University of Bucharest, "Carol I" National Defense University, Bucharest National Opera.
This is where all the offices and administrative departments carry forth their activity including the Rector's Office, the University Senate Cabinet and the General Secretariat. The publishing house of the University of Bucharest is located in the same courtyard.
The central portal for UB's virtual tours is available at **https://unibuc.ro/despre-ub/tururi-virtuale** , providing a comprehensive overview of key university locations. A dedicated immersive tour of the University Palace can be accessed at **https://unibuc.ro/tur_virtual/palatul-ub** , while the University Museum also offers a detailed virtual exhibition space at **https://muzeu.unibuc.ro/ro/muzeul-universitatii-din-bucuresti-tur-virtual.**

5.3.6. Libraries

The University of Bucharest offers students access to one of the richest academic library systems in Romania, centred around the "Carol I" Central University Library, an institution with over 2.4 million volumes covering all major fields of study, from humanities to social sciences and exact sciences. The Central Library and its 16 specialised branch libraries, located within UB faculties, provide reading rooms, borrowing services, electronic databases, interlibrary loan options, printing and copying facilities, and access to more than 20 scientific databases containing approximately 65,000 periodical titles. These resources support both academic learning and research activities for all UB students and staff. With its combination of traditional collections and digital resources, the library network offers spaces for individual study, group work, and multimedia learning. The "Carol I" Library also organises cultural and academic events—such as exhibitions, book launches, concerts, and the annual *Strada de C'Arte* festival—strengthening its role as an active cultural hub within the university community. More information about UB's library system is available at https://unibuc.ro/despre-ub/resurse-educationale/biblioteci/

5.3.7. Student Health

The University of Bucharest provides accessible and free medical services to its students through the university's medical office. International students are encouraged to use these services whenever they need basic medical assistance, information, or guidance on accessing the Romanian healthcare system.
The UB Medical Office is located at *36–46 Mihail Kogălniceanu Boulevard*, on the ground floor of the Mihail Kogălniceanu Dormitory, and is open from 08:00 to 19:00. International students enrolled at

UB can contact this office for general consultations, minor treatments, referrals, and information related to health services in Bucharest.

Students from the European Union, the European Economic Area or Switzerland should hold a European Health Insurance Card (EHIC)**,** which grants access to public healthcare in Romania under EU regulations. The University of Bucharest forwards the names of students who wish to be insured to the Bucharest Health Insurance House, so international students should be prepared to present their EHIC or other relevant documents at enrolment.

Non-EU students need to obtain medical insurance rights by submitting the required documents to the Bucharest Health Insurance House (CASMB)**.** After receiving a residence permit and a Romanian personal identification number (CNP), non-EU students have access to the same healthcare benefits as Romanian students.

Under Romanian law, students under 26 years old benefit from free access to essential medical care in the public system, provided they are insured. This includes basic consultations, referrals, and certain treatments. For emergencies, Romania uses the European emergency number **112**, available free of charge and accessible in several languages, including English. International students are encouraged to contact the International Students Area for help navigating health-related administrative steps or for additional guidance during their stay in Bucharest. https://sites.google.com/externe.unibuc.ro/international-unibuc-ro-en/international-students-area

5.3.8. Special Needs and Disability Support

The Panduri campus is one of the most important accessible zones of the University of Bucharest. Here it is the UB Rectorate, where several accessibility resources are installed, including stair-climbing vehicles and tracked elevators to support wheelchair users. These assistive devices are located at the Rectorate headquarters at Panduri Street no. 90.

This is also the area where the Faculty of Chemistry is located and many administrative services for international students are concentrated.

5.3.9. Canteens

The University of Bucharest provides students with access to an affordable and well-maintained dining facility through its official student canteen located in the Mihail Kogălniceanu campus. The canteen serves approximately 1,000 students and staff daily, offering freshly prepared meals in both dine-in and takeaway formats, with a diversified and accessible menu. Its location within a major student housing complex ensures easy access for the academic community, and its operation follows institutional standards for hygiene, safety, and quality.

5.3.10. Student Organisation

Student life at the University of Bucharest is active and diverse, supported by 18 official student associations representing all faculties. These organisations help students participate in academic, cultural, and volunteer activities and build meaningful connections across the university community.
UB's main student body is ASUB – The Association of Students from the University of Bucharest. ASUB is the only legally recognised university-level student organisation, representing student interests in decision-making bodies and coordinating major projects and events throughout the academic year.
Website: **https://as-ub.ro/**
In addition to ASUB, each faculty has its own student association—such as Chemistry Students (ASC-UB), offering workshops, academic support, social events, and opportunities for international students to join and participate fully.

5.3.11. Sports and recreation

The University of Bucharest promotes an active campus life through its Sports Centre, which coordinates 11 dedicated facilities spread across university locations and runs a full weekly timetable of classes and training, with weekends reserved for student competitions and events. The gym offer includes several fitness rooms situated in core teaching hubs—most notably within the Faculty of Law buildings and at the Măgurele facility—where students can train individually or take part in structured sessions such as aerobic and medical gymnastics or tae-bo, depending on the schedule. Swimming activities are offered through a partner facility at the Steaua Sports Complex on Ghencea Boulevard, where students can enroll in standard swimming courses as well as therapeutic sessions designed for low-impact training and recovery. Beyond gym and pool, the Sports Centre provides a broad portfolio of activities: team and court sports such as basketball, volleyball, handball, football on synthetic outdoor pitches, and tennis on clay courts; martial arts and self-defence, including karate and judo; movement-based classes like aerobic gymnastics, tae-bo, and both competitive and popular dance; and indoor precision or mind sports such as badminton, table tennis, and chess, which benefits from a dedicated room in the Law faculty complex. For students who enjoy the outdoors, the university also operates the Cumpătu facility in Sinaia, where mountain sports activities are organized under the Sports Centre's coordination. https://unibuc.ro/cercetare/platforme-de-cercetare/statiunea-zoologica-sinaia/

Participation is arranged through the Sports Centre, which publishes timetables and allocates spaces across the network of halls and fields. This integrated system allows students of all faculties to build regular exercise into their week, discover new sports, or train for competition while remaining within the university's academic footprint.

5.3.12. Spiritual Life

The Panduri University Campus is home to the "Saint Elena and Saint Elizabeth" Chapel, the spiritual heart of chemistry students—a place of encounter with God and His saints, of communion among students from different academic years, of relief from student concerns, and of spiritual renewal for a brighter future. Founded through the patronage of Mrs. Elena Cuza (1859–1866) and Queen Elisabeth of Romania (1881–1914), the chapel is a unique architectural landmark in Romania, featuring an eclectic style that blends Neoclassicism with Byzantine and Romantic influences. Designed by architects Carol Benesch and Hoffman, the structure also incorporates elements inspired by Saint Peter's Basilica in Rome, Vatican City.

5.3.13. Language Courses

The University of Bucharest offers several structured opportunities for international students to learn **Romanian**, particularly coordinated by the Faculty of Letters. For international students, the University of Bucharest offers Romanian language courses during the academic year. These courses cater to different proficiency levels, including beginners and intermediate learners. Each module lasts for one semester and includes both oral and written assessments, awarding 6 ECTS upon completion. The courses are free of charge and include a Romanian language manual.

https://unibuc.ro/international/programul-erasmus/studenti-erasmus/?lang=en

UB officially teaches a wide variety of languages, including English, French, German, Italian, Spanish, Portuguese, Russian, Chinese, Japanese, Arabic, Turkish, Hungarian, Modern Greek, Korean, Persian, Hebrew, Hindi, Swedish, Finnish, Dutch, Catalan, Romani, and classical languages such as Latin and Ancient Greek. These are offered through the faculty's numerous departments—from Romance and Germanic studies to Slavic, Asian, Middle Eastern, and Jewish studies.

6 Students' Platforms

The link of the platform will be announced.

7 Description of the Curriculum

7.1. First Semester at SUR

Plant Biology and Pharmaceutical Botany

The course provides a comprehensive overview of plant biology, from cellular organization and histology to organ morphology, anatomy, and reproductive strategies. It covers plant taxonomy, phylogeny, and the evolution of land plants, highlighting key diagnostic traits for identification. Students explore plant metabolism, focusing on primary and secondary metabolites, their biosynthetic pathways, ecological roles, and pharmacological relevance. The course includes monographic studies of selected medicinal, aromatic, and psychedelic plants, addressing botanical identity, chemical markers, ethnopharmacological uses, and clinical or functional applications. Applied aspects such as plant biotechnology, in vitro culture, metabolic engineering, and sustainable production of specialized metabolites are also examined. Finally, students develop scientific literacy and research skills through literature analysis, journal club activities, and critical interpretation of experimental data, integrating botanical, biochemical, and pharmacological perspectives.

Biotechnologies in Pharmacognosy and Regulatory Aspects of Natural Products

The course explores biotechnological and regulatory approaches to natural products, divided into two integrated modules. The Biotechnologies in Pharmacognosy module covers the use of plant and microbial biotechnology to enhance the production, standardization, and quality of bioactive compounds. Students learn about plant in vitro systems, micropropagation, bioreactors, and engineered microorganisms as platforms for secondary metabolite production, alongside strategies for phytochemical profiling, quality assessment, and application in pharmaceutical, nutraceutical, and cosmeceutical fields. Practical activities focus on analyzing plant-based preparations and evaluating their efficacy and safety. The Regulatory Aspects of Natural Products module addresses the drug concept in pharmacognosy, principles of phytotherapy, and the safe use of medicinal plants. It covers the classification and regulation of herbal products, nutraceuticals, functional foods, cosmetics, and cosmeceuticals, including EMA monographs, adverse reactions, phytovigilance, cosmetovigilance, and considerations for special populations such as pregnant or elderly patients.

Pharmacology in drug discovery

The course provides an in-depth overview of drug development, covering all stages from the identification of new drug targets to clinical registration. It examines preclinical pharmacological studies, including in vitro and in vivo methods, pharmacodynamic and safety evaluations, and the impact of pharmacogenomics. Ethical and regulatory aspects are addressed, including good laboratory and clinical practices, the role of ethics committees, and the Investigator's Brochure. The course also explores clinical trials, their phases, drug registration at national and European levels, and pharmacovigilance, including the detection, classification, and management of adverse drug reactions, as well as safety considerations during pregnancy and issues related to impurities in medicinal products.

Laboratory practice & CIVIS open lab (winter school)

The course provides an introduction to medicinal plants commonly used in Italy, emphasizing the importance of accurate botanical identification for quality, safety, and sustainability. Students engage in field-based observations in botanical gardens, learning ethical and sustainable plant sampling, and develop skills in macroscopic and microscopic identification, including plant anatomy, histology, and cytology. The course highlights the risks of misidentification and adulteration, and addresses

biodiversity conservation and ethical responsibilities. Traditional uses of medicinal plants are explored alongside scientific evidence, promoting critical evaluation of ethnobotanical knowledge. Students also practice science communication through the CIVIS Open Lab, developing strategies to convey evidence-based botanical information to non-specialist audiences.

Seminars

The seminar series explores interdisciplinary approaches to medicinal plants and natural products, from archaeological and paleobotanical insights to modern authentication and biotechnological production. Topics include plant cell biology and localization of bioactive compounds, bioreactors for academic and industrial applications, and the application of circular economy principles in natural product development. Participants also learn about bioinformatics tools for natural product discovery, case studies tracing the path from plant to approved product, and the regulatory framework for natural substance-based medical devices.

7.2. Second Semester at NKUA

Chemistry of Natural products (Terrestrial and Marine)

This course covers: (1) the chemistry, biosynthesis, analysis, and computational study of natural products of terrestrial and marine origin focusing on pharmacognosy and the biosynthetic pathways of natural products, defining the distinctions between primary and secondary metabolism and introducing the key building blocks involved in the biosynthesis of secondary metabolites, (2) the analytical, spectroscopic, and computational methods widely used for the detection, extraction, isolation, separation, identification, and structural elucidation of natural compounds (e.g. Thin-Layer Chromatography, Gas Chromatography, and Liquid Chromatography) and spectrometric/spectroscopic techniques (e.g. UV–Vis spectrophotometry, Mass Spectrometry, Nuclear Magnetic Resonance (NMR) spectroscopy), (3) computational chemistry approaches for studying the structural and dynamic properties of complex natural systems, employing methods ranging from *ab initio* calculations to molecular dynamics simulations.

Module 1: Chemistry of Natural products (Terrestrial and Marine)

This course focuses on pharmacognosy and the biosynthesis of natural products. The distinctions between primary and secondary metabolism are defined, and the main building blocks used in the biosynthesis of secondary natural products are introduced. Natural product molecules are biosynthesized through various chemical mechanisms. Important reactions that are commonly encountered are also described. The teaching of the course combines lectures, self-directed learning, and small-group sessions, which provide specialized support for the course.

Module 2: Analytical (/-green) techniques, NMR Spectroscopy & Computational Chemistry

This course describes analytical (green) techniques, NMR, and computational methods that are widely used in the field of natural products for the detection, isolation, and identification of chemical compounds. It includes extraction, separation, and chromatographic techniques (Thin-Layer Chromatography, Gas Chromatography, Liquid Chromatography), as well as spectrometric techniques (UV–Vis spectrometry and Mass Spectrometry). The elucidation of the structure of natural

compounds through the study of their spectroscopic data is described. Mass Spectrometry (MS) and Nuclear Magnetic Resonance (NMR) spectroscopy are presented. Computational techniques related to the properties of complex materials will also be introduced, using the most advanced theoretical and applied methods. To characterize the dynamic and structural properties of such systems, different techniques are employed, ranging from ab initio calculations to molecular dynamics. The teaching of the course will combine lectures, interactive tools, laboratory sessions, self-directed learning, and a virtual laboratory. Practical activities through laboratory exercises are also included.

Ethnobotany/ Ethnopharmacology – Uses of herbal products

Module 1: Ethnopharmacology of Mediterranean/African regions

The course provides a comprehensive overview of ethnobotany and ethnopharmacology, emphasizing their definition, scope, historical development, and interdisciplinary nature. It explores methodological approaches to ethnopharmacological research, highlighting the role of traditional medicine in global health systems, with a particular focus on Mediterranean and African traditional medical practices, cultural perceptions of health and disease, and the roles of healers and community-based practitioners. The course examines key medicinal plants from the Mediterranean and African regions, their ethnomedical uses, and their phytochemical and pharmacological properties. It also addresses ethnopharmacological fieldwork, including research methods, documentation of traditional knowledge, data analysis, and ethical considerations such as informed consent. Ethical, legal, and socioeconomic aspects—such as intellectual property rights, benefit-sharing under the Nagoya Protocol, protection of indigenous knowledge, sustainable harvesting, and biodiversity conservation—are discussed, along with the relevance of ethnopharmacology to health policy. Finally, students undertake a research project or case study, involving field-based or literature-based investigation, presentation of findings, and discussion of implications for public health.

Module 2: Uses of herbal products

The course bridges natural products chemistry, pharmacognosy, pharmacology, formulation science, and product evaluation. The course aims to provide students with an integrated understanding of how natural products are translated from natural sources and bioactive compounds into pharmaceutical, cosmetic, food supplements, nutraceuticals, and natural substance-based medical devices, emphasizing both scientific evidence and practical considerations in product development, quality, safety, and evaluation. In addition, it examines the regulatory landscape governing natural products, with reference to WHO, EMA, and FDA guidelines, as well as key bioethical and legal issues such as bioprospecting and intellectual property. Teaching is delivered through a combination of lectures, interactive tools, self-directed learning, and seminars.

Principles of Biopharmaceutics & Pharmacokinetics

Module 1: ADME – Routes of Drug Administration

The course introduces the fundamental principles of Absorption, Distribution, Metabolism, and Excretion (ADME) in relation to different routes of drug administration (oral, intravenous, intramuscular, buccal, inhalation, nasal, transdermal, ocular, vaginal, rectal, etc.), highlighting the specific characteristics of each route, including absorption processes, first-pass effect, and hepatic

and renal elimination. Teaching activities include lectures, interactive learning tools, laboratory sessions, self-directed learning, and virtual laboratory exercises.

Module 2: Special Topics in Biopharmaceutics & Pharmacokinetics

This module covers the theoretical and mathematical foundations of pharmacokinetic (PK) models, including compartmental and physiologically based pharmacokinetic (PBPK) models, which are used to describe and predict processes such as drug absorption, distribution, metabolism, excretion, and pharmacological response. Students will become familiar with the application of pharmacokinetic modeling at the population level and with the use of mathematical equations for dose estimation and the design of individualized dosing regimens. In addition, the course places emphasis on the pharmacokinetics of special populations, such as pediatric and elderly patients, and examines how factors including disease states, concomitant medications, and dietary influences affect drug formulation, pharmacokinetics, and pharmacodynamic properties. The Biopharmaceutic Classification System of drugs and natural products is also discussed with emphasis on its impact on the medicines (including medical devices), cosmetics and dietary supplement performance. The course also includes laboratory sessions with hands-on exercises in pharmacokinetic modeling, such as in vitro–in vivo correlation (IVIVC), non-compartmental pharmacokinetic analysis, PBPK modeling, dose regimen prediction, and pharmacokinetic/pharmacodynamic (PK/PD) modeling, using well known PK modeling softwares (Phoenix Certara, Monolix etc).

Formulations of Natural Products

Module 1: Formulation Technologies – Formulation Development and Evaluation (in vitro, preclinical and clinical)

In this course, students will explore critical stages of drug development (including medical devices), cosmetics and dietary supplements, ranging from formulation processes and in vitro evaluation to preclinical studies and the crucial transition to clinical trials. Emphasis is placed on a variety of techniques for the in vitro assessment of key quality attributes, such as drug release, stability, and compatibility. Furthermore, students will gain insight into the complex design and execution of animal studies, including pharmacokinetic and pharmacodynamic evaluations, aimed at assessing the safety and efficacy of natural product–based formulations. The course also examines the central role of clinical trials in validating the performance of pharmaceutical formulations in humans, covering Phase I to Phase III studies, as well as key regulatory considerations and differences across drugs, medical devices, cosmetics, and dietary supplements.

Module 2: Laboratory Practice

The laboratory sessions include hands-on training in: the preparation of different pharmaceutical dosage forms (tablets, capsules, gels, creams, films, etc.), using advanced formulation techniques.

Seminars

Seminars related to the academic field of the MSc programme are delivered by distinguished scientists and researchers from both academic institutions and non-academic organizations.

7.3. Third Semester at UB

Applied Pharmacology - Herbal-Conventional drug interactions

Module 1: **Exploring drug interaction**

This course explores the chemistry and pharmacological relevance of natural and synthetic bioactive compounds. Students will examine the structures, classifications, and properties of key groups, including alkaloids, terpenes, amino acids, and peptides, as well as methods of isolation and semisynthetic derivatives. The program emphasises the relationship between chemical structure and biological activity, covering principles of pharmacomodulation, bioisosterism, and drug metabolism. Specific topics include antibacterial, antiviral, antifungal, antimalarial, antitumor, and cardiovascular agents, as well as therapeutic peptides and antitubercular compounds. Through this comprehensive approach, learners gain insight into how natural products and synthetic analogues contribute to modern drug design and development.

Module 2: **Applied Pharmacology**

This course examines how drugs act at the molecular, biochemical, and synaptic levels, focusing on receptor mechanisms, pharmacodynamics, and biotransformation processes. Students will explore major receptor families, cytochrome-mediated metabolism, and factors influencing drug action. The curriculum covers drugs affecting the autonomic nervous system, neurodegenerative disease treatments (Parkinson's, Alzheimer's), and agents for CNS disorders such as anxiety, depression, and bipolar disorder. Through an integrated approach, learners gain insight into the structure–activity relationship and therapeutic strategies for a wide range of pharmacological agents.

Cellular Biology + Laboratory Practice

This course explores the fundamental concepts of cell biology and biochemistry, emphasising the relationship between cellular structure and biochemical processes. Topics include cell organisation, biological macromolecules, gene expression, protein biosynthesis and folding, intracellular trafficking, cell cycle regulation, and signalling pathways. Students will also study cell adhesion, differentiation, and stem cell biology. The laboratory component develops practical skills in microscopy, cell culture, organelle isolation, protein localisation, and data analysis, complemented by project presentations and ethical standards in experimental work.

Principles of medical biochemistry: the molecular basis of health and disease + Laboratory Practice

This course explores advanced concepts in protein biochemistry and proteomics, focusing on the molecular organisation of cells, protein structure and dynamics, regulatory mechanisms, and interactions with carbohydrates and lipids. It covers glycobiology, peptidoglycans, and glycosaminoglycans, as well as the role of biomarkers and proteomics in pharmacology and disease diagnosis. Laboratory sessions provide hands-on experience with protein extraction, electrophoresis, western blotting, mass spectrometry, and bioinformatics tools, preparing students for research and clinical applications.

Semy-synthesis and total synthesis of natural products + Laboratory Practice

This course introduces students to modern strategies for synthesising bioactive compounds, combining theoretical principles with practical applications. Lectures cover the design of synthetic routes, including semi-synthesis and total synthesis, the use of protecting groups, and peptide

synthesis strategies relevant to protein activity and drug discovery. Comparative examples of syntheses and retrosyntheses of active ingredients such as penicillin, alkaloids, and cosmetic compounds are discussed. Laboratory sessions focus on hands-on practice with multistep synthesis and peptide synthesis. Students will also prepare essays, review applications in the pharmaceutical industry, and consolidate knowledge for exam preparation.

Seminar

The seminar offers postgraduate students an integrated, research-oriented exploration of natural and synthetic drug development, combining chemical, biochemical, and technological perspectives. Through weekly interactive sessions, students examine the chemistry and pharmacology of bioactive molecules, catalytic strategies for their synthesis, advanced membrane-based purification methods, and key topics in proteomics and medical biochemistry. The course emphasizes critical analysis of scientific literature, interdisciplinary problem-solving, and the development of autonomous research skills. Students engage with invited experts, participate in workshops, and ultimately present their own research findings in a mini-symposium, strengthening both scientific understanding and professional communication abilities.

7.4. Fourth Semester (Master thesis + internship) at SUR or NKUA or UB

Internship

The internship is carried out in pharmaceutical industries related to natural products or in research centers. Its aim is to provide students with hands-on experience and insight into the applications of natural products in the pharmaceutical industry as well as at the research level within academic or specialized research institutions. In addition, the internship enables students to establish a foundation for future professional collaboration.

MSc Dissertation

The completion of the Master's Dissertation is compulsory. Students will select one of the three CIVIS Partner Universities according to their research and/or professional interests in order to conduct their dissertation. The dissertation is undertaken during the fourth semester of studies and includes the research work, thesis writing, and oral presentation. The total number of credits awarded is thirty (30) ECTS.

The MSc Dissertation is evaluated by an Examination Committee in which at least two members must be academic staff from the CIVIS Partner Universities, one of whom serves as the supervising professor. The dissertation must be individual, original, and research-oriented in nature.