

EXCHANGE PROGRAM PRE-DEPARTURE CHECKLIST



Tick every box to be ready for your upcoming exchange!

PASSPORT/ID

Bring with you all the documents required to enter Italy. Pack them last and remember where you put them! Without having these settled, you will not be able get into country. Pro-tip: take both digital and paper copies with you.

CONTACT INFO

Keep a list of the names, addresses, phone numbers, and email addresses of important contacts at home and in Italy. Make a paper copy in case your phone runs out of battery!

INSURANCE COVERAGE

Check if your health insurance covers you abroad for the entire duration of your exchange period, otherwise, you need to get a new insurance plan. Bocconi University does not provide students with health insurance.

SAFETY TIP

Bocconi has partnered with [International SOS](#) to offer medical, safety and security advice to travelling students. Further information about the service and on how to download the app will be provided as your arrival approaches. Check your Foreign Affairs Ministry's and Consulate's website to verify how to register your flight and stay details: it will be useful in case of an emergency!

MEDICATION

Stock up on any prescription medications you take. Have your doctor's note authorizing their use (and refills). Make sure that any over-the-counter medications you carry are considered legal in Italy.

HANDLE MONEY ABROAD

Check and understand the exchange rate before you travel. Take some cash in euros with you, just in case!

HAND BAGGAGE

What if your luggage goes missing? Remember to remain calm, contact your airline company and make sure your carry-on luggage includes a change of clothes!

SPORTS

In Italy, if you wish to practice sports, you are required to show a medical certificate which specifies that you are in good health and allowed to practice sports at a non-competitive level. You can also get a valid certificate here in Italy!

CHECK-IN

Do not forget to register for the mandatory in person check-in with the ISD office!

CALL YOUR FAMILY

You are now away from home, CALL THEM. Posting on social media is not enough!