



Welcome Erasmus!



Hey YOU, international student! Your Erasmus experience is about to start: are you ready for this thrilling journey?

[Aquilasmus - ESN L'Aquila](#), a section of [Erasmus Student Network](#) (ESN), is here to give you a warm welcome in L'Aquila and to support you in all the things you may need.

WHO ARE WE?

We are a NO-PROFIT association, that means we are **VOLUNTEERS** (mainly students and former Erasmus students as well) who like to help international students to live their Erasmus life at its finest **without getting paid**. We have a collaboration with [UnivAQ](#), [Abaq](#) and [Conservatory A. Casella](#).

We usually:

- Help Erasmus students to integrate in L'Aquila university community;
- Organize different activities: cultural trips, cine-forums, international dinners, environmental sustainable events, sport events, parties ...
- Make them feel at ease and included in their diversity;
- Learn Italian: we organize a Linguistic Tandem in partnership with the [Linguistic Center of the University of L'Aquila](#);
- Have any kind of information about the student life in L'Aquila;
- Support them in finding a house in L'Aquila (please keep in mind that we are NOT a **real estate agency**);
- Support them in [getting a fiscal code](#) (called in italian "codice fiscale") and any other document that is needed to live here;
- Support them in the [request of the residence permit](#) (for non EU and Extra Schengen students)
- ...and many other things!

So, are you happy to meet us and join our wonderful events?

WHO ARE WE?

Our motto is: **Unity in Diversity**.

We strongly believe that differences are an added value to a person, so we are committed to help you live in a multicultural environment that can make you overcome your barriers and get the best out of yourself!

We will try to give you all the info you need to reach L'Aquila and start your new crazy life here.

First of all, we recommend you to join our [Facebook Group](#) for Incoming students 2022/2023, where you can ask or share any info and read the activities that we organize.

Secondly, we recommend you to follow us on our social media to stay tuned for all our events:

Instagram: [aquilasmus_esnaq](#)

Facebook: [Aquilasmus-Erasmus Network](#)

For any other request, please send an email to info@esnlaquila.it

HOW TO REACH L'AQUILA?

If you land in Rome (Fiumicino or Ciampino Airports), you can take a [Gaspari Bus](#) or Flixbus that will take you directly to L'Aquila ([My Suite Hotel](#)).

You can see the timetables at Gaspari website: www.gasparionline.it or Flixbus website: www.flixbus.it

Otherwise, if you want to spend some time in Rome before coming here, you can also take a bus from [Tiburtina Station](#) that will take you to [L'Aquila Terminal Bus](#).

The buses that leave from Tiburtina Station to L'Aquila are:

Gaspari line: www.gasparionline.it

TUA line: www.tuaabruzzo.it

Flixbus: www.flixbus.it

If you land in Pescara (Abruzzo Airport), you have to reach [Pescara Train Station and Terminal Bus](#) first. You can ask for information to get to the Terminal Bus to the Airport Help Desk.

From there, you can choose between

- take TUA bus that will get you to [L'Aquila Terminal Bus](#) (preferable)
- take a [train](#) to [L'Aquila Train Station](#)

HOW DO I FIND A FLAT?

As mentioned before, if you will request our help, we will support you to find a good accommodation. Bear in mind that we **ARE NOT** a real estate agency, so we have **no way** to find a house for you before you are here. After your arrival, we will support you looking for flats, translating contracts, and solving whatever problem you may have.

If you want to start looking for some flats in L'Aquila on your own, you can take a look at this file

https://drive.google.com/file/d/1l1UwtWHE-l8gfrj4XHqx_7ZLPLNltTY8/view?usp=sharing

where you will find some groups you can join or some newspapers or websites to look at, that could be really useful for your research.

If you want to be helped by us, please fill out this form before your arrival: <https://forms.gle/p6di6UNUdRndLrL77>

so we can have all the info to work on your request.

IMPORTANT: If you will need help to find a flat, you will be contacted **ONLY** a few days before your arrival in L'Aquila. You will be assigned to an Aquilasmus buddy, who will write you an e-mail or a message on WhatsApp and assist you. Please, **DO NOT text** any other Aquilasmus volunteers.

It's not difficult to find a flat here, so you don't need to worry, just be patient!

Whatever you decide, keep in mind that the University departments are all around the city, and in L'Aquila we don't have night busses, so **we strongly recommend** to rent a house in or around the center (i.e.: Viale della Croce Rossa, Via Strinella, Viale Alcide de Gasperi), so in this way you will be able to take part in social and cultural activities organized in the city centre.

Just bear in mind that we are all volunteers with our personal life, so please be patient if we're not answering soon and we are not able to find a house for you quickly. We recommend you to book 1 or 2 nights in a B&B or somewhere else.

To save some money, we obtained some discounts in these locations:

- B&B Il Vicoletto,
- Aspetta Primavera
- Il Bivacco del Duomo

For any other info about Housing, you can write an e-mail to us at housing@esnlaquila.it.

We are ready to help you, travel together, discover cultures and party hard!

We are sure that this experience will one be the best in your life, so now it is up to you to make it memorable!!!

See you soon.

Aquilasmus - ESN L'Aquila Staff

"Students helping students" - since 2007

Be social, follow us! We are on:

[Official Website](#), [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#).

