

SMART WORKING AT A STONE'S THROW FROM MILAN POLYTECHNIC

JULY 2021

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SMART WORKING BENEFITS

THE WORLD IS YOUR OFFICE

"Who hasn't secretly dreamed of being their own boss? Setting your own schedule? Doing only what you want to do? Working when you want to work? As a digital nomad all you need is a laptop and a fast internet connection, and the world, or at least most of it, is your office".



Being able to choose your own direction means plenty of opportunities for personal development. You will learn to be self-reliant and comfortable in your own company. You will become more organised and more confident in your ability to rise to a challenge. And you will learn what is really important in life, without other people's ideas and preconceptions clouding your judgement"¹



References

1. Bindloss, J. (2020). Are you a digital nomad? In J. Bindloss, *THE DIGITAL NOMAD HANDBOOK* (p. 184). Lonely Planet Global Limited.

WHERE TO PRINT

TUTTOCOPY.net



Photocopies, prints and much more!

Piazzale Gorini, 9, (2 min walking from home)

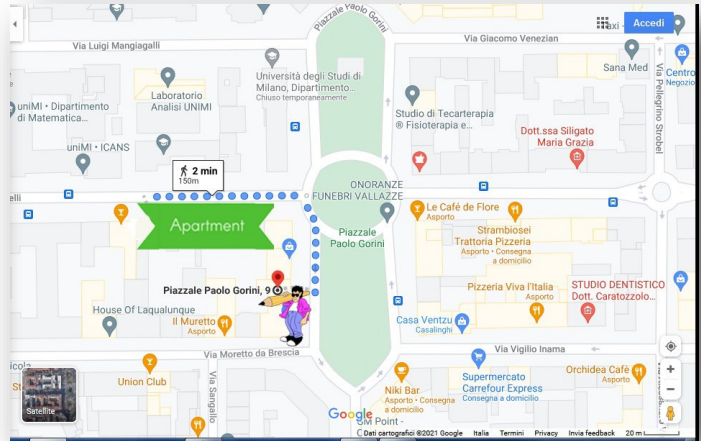
Open Mon-Fri from 8,30 to 18,00

tel: +39 02 715 701

fax: +39 02 7012 5453

Email: tuttocopy@fastwebnet.it

<http://tuttocopy.net/tuttocopy/tuttocopy.html>



A.D. COPIA COPIAE
Milano Città Studi



To meet the needs of professionals and companies needing to print projects, plans, architectural drawings, quality plotting from PDF, color and black and white is performed, directly from the file, with the ability to choose between different print media.

With multifunctional systems A.D. Copia Copiae is able to reproduce, plot and fold, providing a fast and accurate

service, taking care of the success of the product.

Confidentiality and a strict observation of the agreed delivery times are guaranteed.

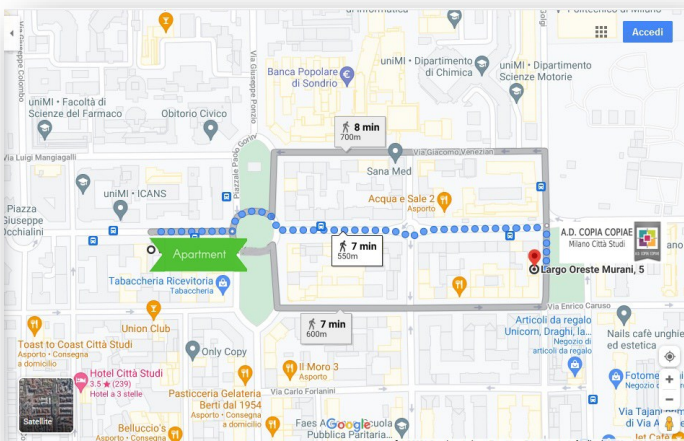
Formats: A5, A4, A3, A2, A1, A0, ML (Max. width 100 cm)

Largo Murani, 5 (7 min walking from home)

Tel. +39 02 733224

Email: info@adcopiacopiae.it

**“Confidentiality
and a strict
observation of
the agreed
delivery times
are guaranteed”**



SMART WORKING AT A STONE'S THROW FROM MILAN POLYTECHNIC

Page 3

WHERE TO BUY STATIONERY



A large stationery store in Milan, colourful with bright colours, one of Milan's historic stationery stores.

[Via Lomellina, 62/64](#) (10 min walking from home)

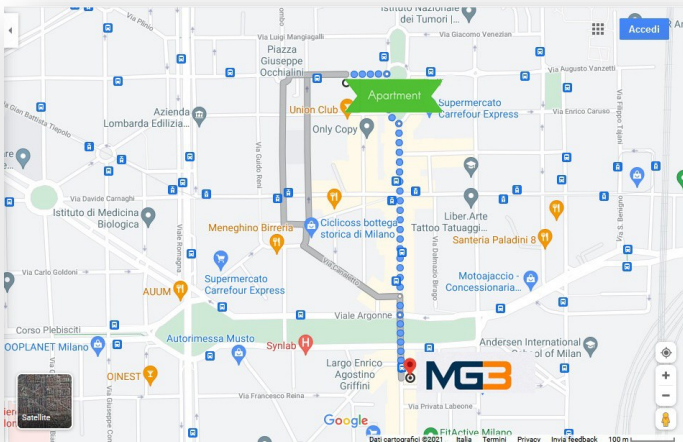
tel. +39 02 7491191

Open Mon– Sat

08:30-13:00, 14:00-18:30



PrismaPrint by Bellomi
entrance



“Excellent
assortment
from general to
more specific
technical
material”

IL FOGLIO CANCELLERIA

Historical stationery shop in Milan.

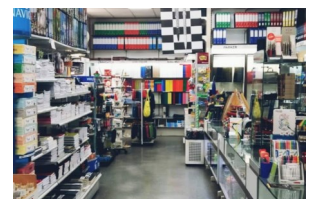
Excellent assortment from general to more specific technical material.

Via Giovanni Pascoli, 39 (9 min walking from home)

tel +39 338 715 3123

+39022363624

Email: info@cancelleriailfoglio.it



Excellent assortment from
general to more specific technical
material

“A stone's throw from Milan Polytechnic”

COMPUTER HELP & REPAIR



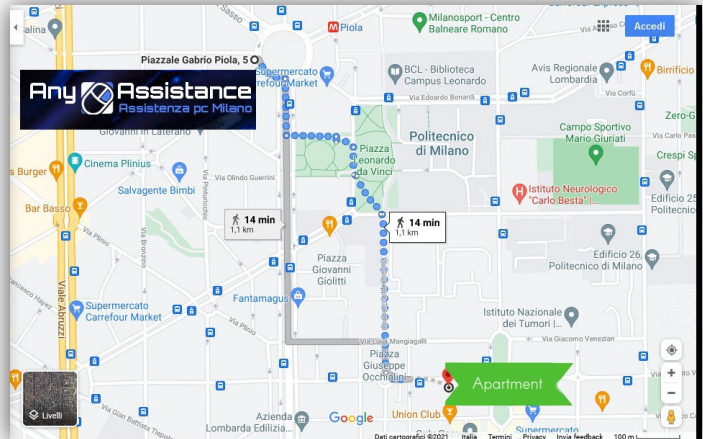
HOME PC ASSISTANCE FOR INDIVIDUALS

Computer technicians operating throughout the territory of Milan offering assistance to both hardware and software problems

[Piazza Piola, 5](#) (14 min walking from home)

tel +39 02 49630074/+39 340 001 3932

[Any Assistance](#)

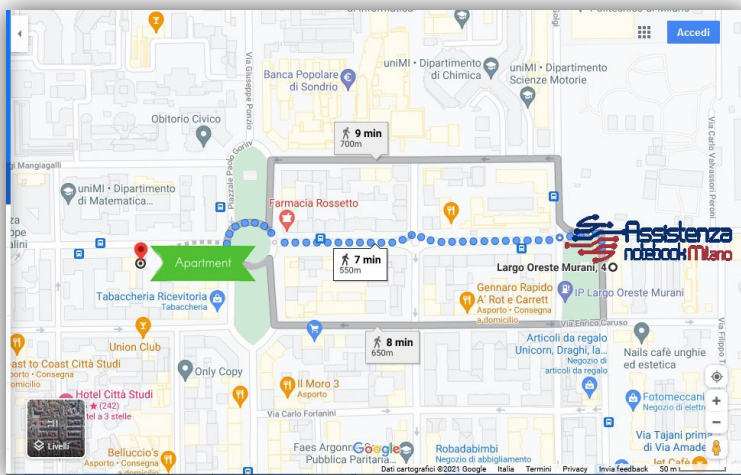


Assistance and reparation of pc computers laptops all brands, technical support specialized in assistance and reparation of motherboards, home service . Laptop computer repair with home interventions.

[Largo Oreste Murani, 4](#) (7 min walking from home)

tel. +39 02 45488968

[Assistenza-notebook Milano](#)



"Is your
computer
frozen? Call us
for in-home
service"

CO-WORKING ADDRESSES



Shibumi is a new coworking space in Milan offering 8 workstations and a meeting room for 8/10 people designed to create a productive and relaxing work environment.

INTERNET 1GB/S WIFI OR CABLE - ACCESS BY APP IOS OR ANDROID

MEETING ROOM 8/10 - 3D PRINTING

[Via Bronzino, 11](#) (12 min walking from home)

info@shibumi.work

tel. +39 351 822 8088



DONATELLO WORKING

Donatello Coworking develops in 350 square meters of modern design, single open spaces, but also private offices with glazed walls. The **coworking in Città Studi** is born from the idea of giving space to digital freelance and start up, sharing spaces, ideas and know how.

WIFI MEETING-ROOM PHONE BOOTH KITCHEN KEY LOCKER ACCESS BY SMARTPHONE 24/7 VIDEO SURVEILLANCE HD 24/7

[Via Donatello, 30](#) (16 min walking from home)

tel +39 02 3961 1501

[Donatello coworking](#)

“WI-FI
MEETING
ROOM
KEY LOCKER
PHONE BOOTH”



CO-WORKING ADDRESSES



UPCYCLE MILANO BIKE CAFÉ' - AVANZI COWORKING

Upcycle is a neighborhood bistro and bar to escape to, where you can eat and drink at all hours, with no rush.

On the other side of the window Avanzi Coworking is located, a large and bright space populated by small businesses, freelancers and startups, the right place to find the pleasure of working in a quality space.

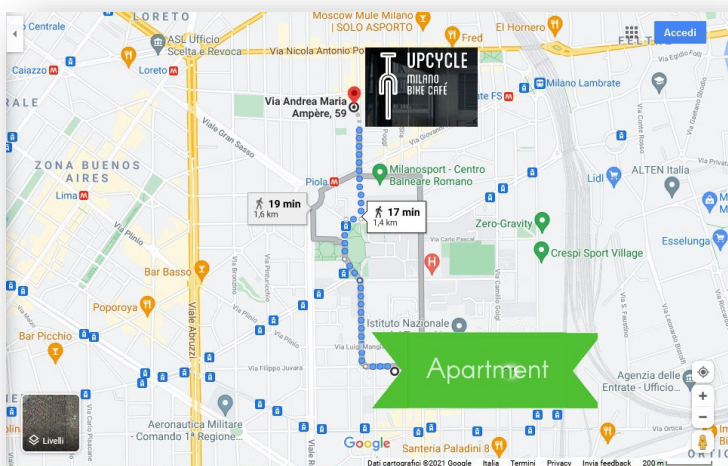
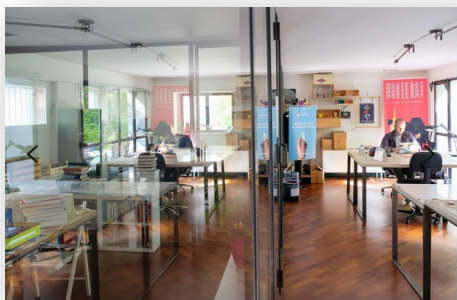
With over 1000 square meters and about 120 workstations for small businesses, freelancers and startups, the coworking is a large and bright space with a garden and adjacent to Upcycle, the bike cafe of Nordic inspiration where you can take a break, have lunch or stop for dinner in the evening, the right place to rediscover the pleasure of working in a quality space.

[Avanzi Coworking](#)

[Upcycle Milano Byke Café](#)

[Via Andrea Maria Ampère, 59](#) (17 min walking from home)

tel. +39 02 83428268



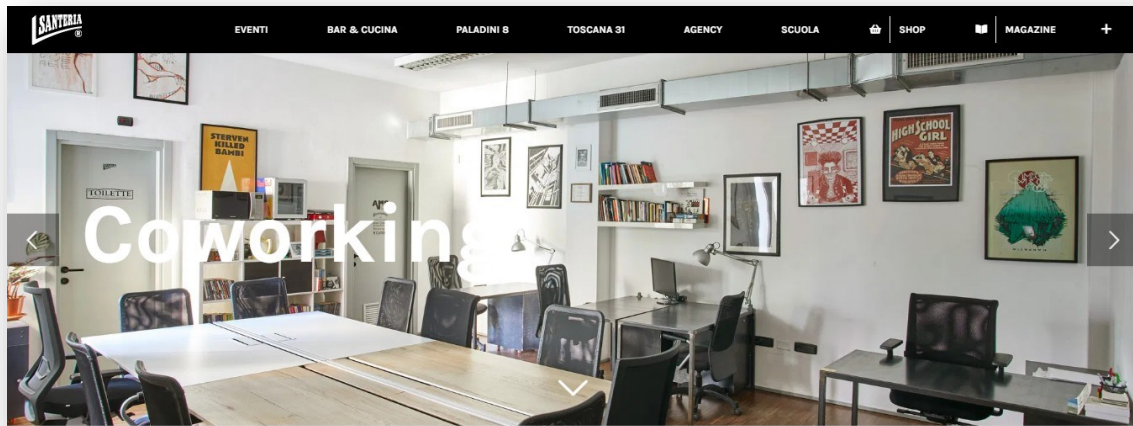
CO-WORKING ADDRESSES



SANTERIA PALADINI 8

Santeria Paladini 8 is the first venue: born in March 2011, it represented an innovative and unique project in Milan.

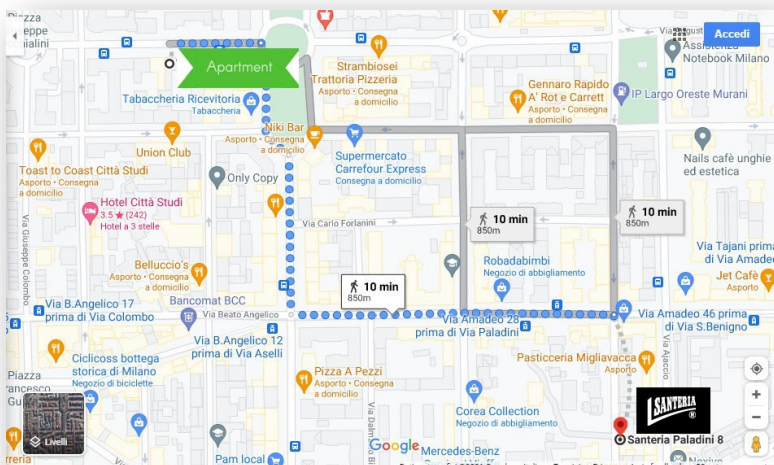
Paladini 8 is a space of over 500 square meters with an outdoor courtyard that immediately became an independent factory, hosting a bar / bistro, a record store and bookstore, a room for exhibitions, concerts and literary presentations, a coworking and some private offices of creative professionals. Between novelties, experiments and changes, Paladini 8 is a cultural and artistic landmark in the city.



Santeria Paladini 8

via Ettore Paladini, 8 (10 min walking from home)

tel. +39 02 36798120



MODEM ROUTER INSTRUCTIONS



The FRITZ!Box modem router has a user interface in which you can configure all of the settings

you need.

You can open it in any web browser by entering <http://fritz.box>.

Follow the instructions displayed on the screen.

Service information and help can be found on AVM and in the social networks:

FRITZ!Box 7530 Installation: <http://fritz.box>



NOTA BENE: all information (wifi network name and password) to log in can be found in the paper copy of this guidebook available at home during your staying.

SUPERMARKETS AND FOOD DELIVERY



CARREFOUR EXPRESS - VIA VIGILIO INAMA, 4

[VIA VIGILIO INAMA, 4](#) (3 min walking from home)

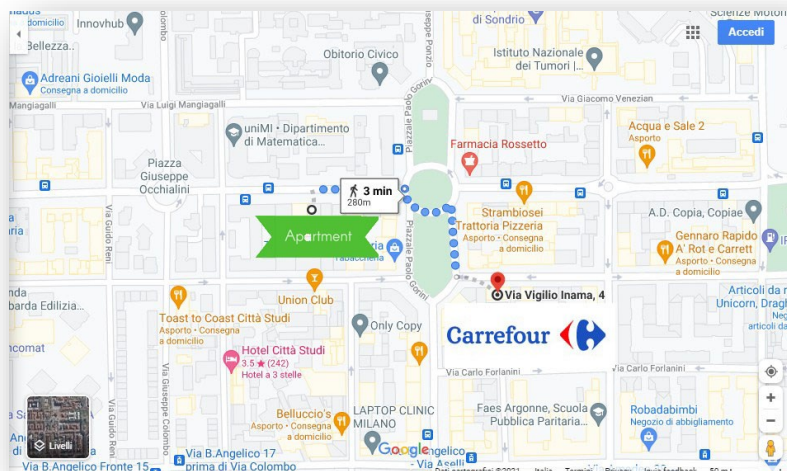
tel +39 02-70005493

Mon-Sat 07:00–00:00

Sun 08:00 - 22:00

[Shop online and pick up at this store](#)

Order your favorite dishes at home from [Carrefour Market Bar](#) thanks to [Deliveroo](#)'s home delivery service.



SUPERMARKETS AND FOOD DELIVERY



PAM LOCAL - VIA ASELLI, 7

[Pam a Casa](#) is the online store of Pam Panorama with home delivery or pick up in store.

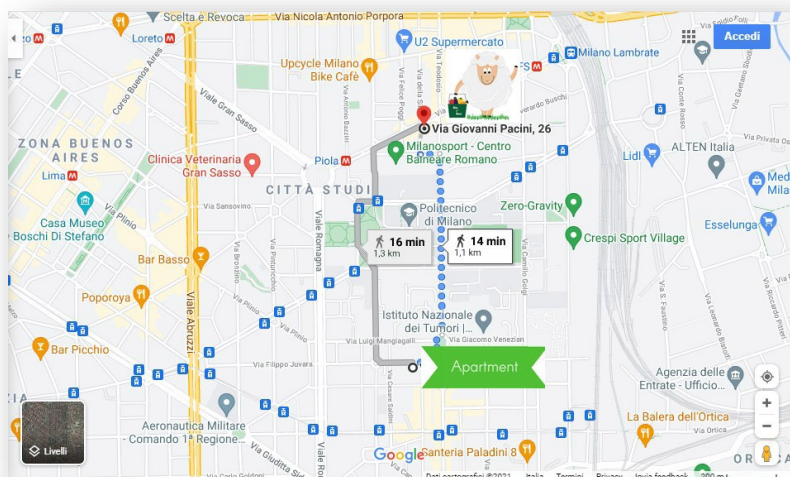
Customers can do their shopping online with all the quality and convenience by choosing from over 7,000 products with the same prices and offers of the store.

It is possible to receive your groceries directly at home, even during the day, selecting the time slot that best suits your needs.

If you prefer, [shop online](#) and pick it up directly in store. The pick-up service is free.

Both services require a minimum purchase of €29.90 and a discount on the first purchase.

[Via Aselli, 7](#) (7 min walking from home)



LAUNDRY AT HOME

LAUNDRY SYMBOLS TO TAKE CARE OF YOUR CLOTHES

Does your head spin when you stare blankly at the laundry symbols on your most prized possessions?

Have you ever bought a beautiful garment, worn it, looked at the care label symbols and thrown it in the laundry basket promising a hand wash that never happens?

We're all guilty of **speed reading the label** and hurriedly throwing our favorite items in the wash at 30 in the hope that it will come out of the wash just fine, right?

IF THE RESPONSES ARE YES, WELL, THIS LAUNDRY SYMBOLS GUIDE WILL DEFINITELY HELP YOU!²



2. Forbes, J. (2021, July 19). *LAUNDRY SYMBOLS EXPLAINED: ULTIMATE GUIDE TO CARE LABELS*. Retrieved from I Hate Ironing: <https://www.ihateironing.com/blog/laundry-symbols-explained/>

LAUNDRY AT HOME

WASHING MACHINE INSTRUCTIONS



Loading of detergents and additives

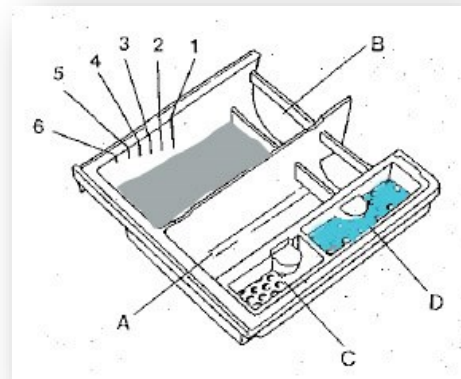
The washing machine is located in the bathroom. Powder or liquid detergents can be found close to the bathroom window. The machine is equipped with a drawer with 4 compartments:

A = pre-wash detergent

c = bleach

B = washing detergent

D = fabric softener



To insert the detergents and additives, pull out the drawer by the handle. After loading and before starting the machine, close the drawer well. The detergent and additives must be added according to the selected program, following the indications of the program table.

LAUNDRY AT HOME – WASHING MACHINE INSTRUCTIONS

GUIDA ALLA SCELTA DEI PROGRAMMI

Tessuti resistenti - Cotone, Lino, Canapa, etc.

Tipo di bucato	Descrizione programma	Temperatura massima consentita	Programmatore	Termostato *	Vaschette da riempire
Bianchi molto sporchi	Prelavaggio 35°C / Lavaggio / 4 risciacqui / Centrifuga	35° 90°	A	60°-90°C	A B C D
Bianchi sporco normale	Lavaggio / 4 risciacqui / Centrifuga	90°	B	60°-90°C	B C D
Bianchi poco sporchi / Colori resistenti /	PROGRAMMA ECO Riduce i consumi di energia elettrica Lavaggio / 4 risciacqui / Centrifuga	60°	C	40°-60°C	B D
Bianchi poco sporchi / Colori delicati	PROGRAMMA ECO Riduce i consumi di energia elettrica Lavaggio / 4 risciacqui / Centrifuga	40°	D	30°-40°C	B D
Solo risciacqui	4 risciacqui / Centrifuga		F	—	D
Solo ammorbidente	1 risciacquo / Centrifuga		G	—	D
Solo centrifuga	Ideale per i capi lavati a mano 1 centrifuga			—	—

* Per un corretto uso del Termostato Regolabile vedi paragrafo "Descrizione Comandi".

GUIDA ALLA SCELTA DEI PROGRAMMI

Tessuti sintetici e misti - Nylon, Misto cotone, etc.

Tipo di bucato	Descrizione programma	Temperatura massima consentita	Programmatore	Termostato *	Vaschette da riempire
Molto sporco	Prelavaggio 35°C / Lavaggio / 3 risciacqui / Centrifuga	35° 60°	H	40°-60°C	A B D
Sporco normale	Lavaggio / 3 risciacqui / Centrifuga	60°	J	40°-60°C	B D
Poco sporco	PROGRAMMA ECO Riduce i consumi di energia elettrica Lavaggio / 3 risciacqui / Centrifuga	40°	K	30°-40°C	B D
Solo risciacqui	3 risciacqui / Centrifuga		L	—	D
Solo ammorbidente	1 risciacquo / Centrifuga		M	—	D
Solo centrifuga	Ideale per i capi lavati a mano 1 centrifuga			—	—

* Per un corretto uso del Termostato Regolabile vedi paragrafo "Descrizione Comandi".

GUIDA ALLA SCELTA DEI PROGRAMMI

Tessuti Delicati - Dralon, Acrylic, Trevira...

Tipo di bucato	Descrizione programma	Temperatura massima consentita	Programmatore	Termostato *	Vaschette da riempire
Programma universale	Prelavaggio freddo / Lavaggio / 3 risciacqui / Centrifuga	40°	N	30°-40°C	A B D
Pura lana vergine ** Seta.	PROGRAMMA ECO Riduce i consumi di energia elettrica Lavaggio a 40°C / Risciacqui Centrifuga	40°	P	30°-40°C	B D
Solo risciacqui	3 risciacqui / Centrifuga		R	—	D
Solo ammorbidente	1 risciacquo / Centrifuga		S	—	D
Solo centrifuga	Ideale per i capi lavati a mano 1 centrifuga			—	—

** Solo con il marchio "Pura Lana vergine", indicazione "Non infeltrisce" o "Lavabile meccanicamente".

Vedi anche a pag. 12.

Programmi supplementari

Tessuti particolarmente sporchi	Solo prelavaggio 45°C	45°	T	45°C	A
Solo scarico	Solo scarico		Z	—	

* Per un corretto uso del Termostato Regolabile vedi paragrafo "Descrizione Comandi".

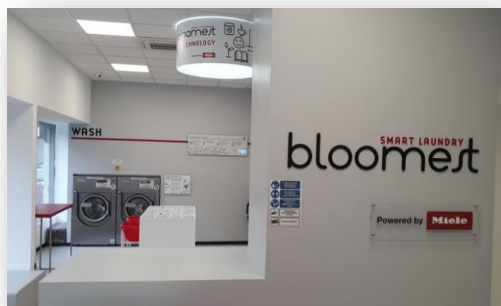
ECO PROGRAMS



ZEROWATT washing machines offer the possibility of using **C-D-K-P** eco programs ensuring maximum washing efficiency.

SELF-SERVICE LAUNDRY

BLOOMEST SMART LAUNDRY BY MIELE



Bloomest

Via Carlo Forlanini, 19 (5 min walking from home)

20133 MILANO (MI)

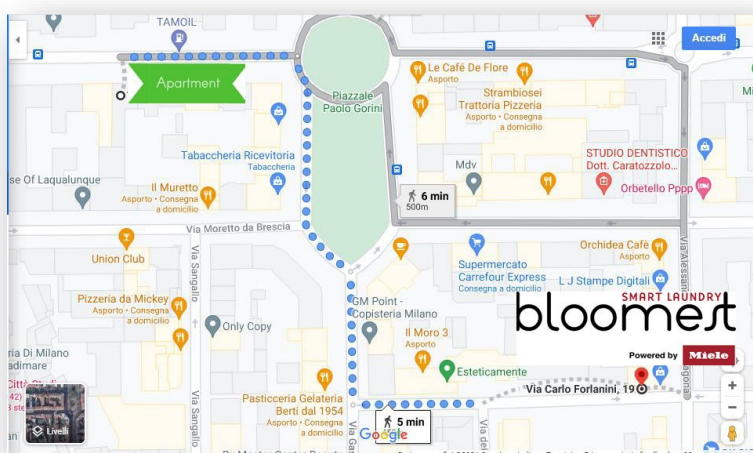
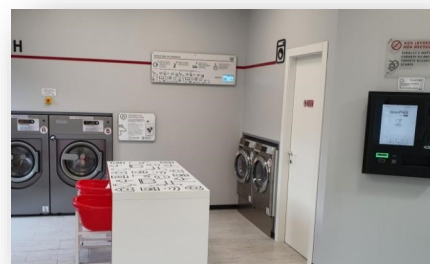
Tel.: +39 342 60 70 309

E-mail: bloomestmilano@libero.it

Bring your garments, even the most delicate ones, to the Bloomest self-service laundry. You'll discover the pleasure of laundry that's always perfect, professionally clean, thanks to reliable machines, special programs and top-quality Miele detergents.

You will find 3 XL dryers, 2 washing machines L, 2 washing machines S. In addition to each washing cycle you will benefit from the quality of professional detergents Miele and the safety of sanitizer Sanyplus for a guaranteed hygiene.

The BLOOMEST laundry in Milan is open all day every day from 09:00 to 19:00.



LAUNDRY SERVICE HOME PICK-UP AND DELIVERY



The quality Italian laundry, at your home, even during the day.

MamaClean revolutionizes the care of your clothes, transforming it from a tiring, cumbersome and expensive task to a pleasant experience that follows the rhythm of your life, anticipating your desires. For this reason two different services have been created according to your needs:



TRADITIONAL LAUNDRY

Suitable for garments that require ironing, it allows you to select individual items at affordable prices. You have the possibility to select locations and time slots for pick-up and drop-off, and you can also opt for the RUSH service, perfect if you need your garments cleaned at home the same day.



WASH & FOLD

Suitable for household items (sheets, towels, underwear, T-shirts, etc.) that are not typically ironed, it allows you to wash the amount of laundry that fits into the Lava&Piega bag at a fixed, affordable price.

Website: <https://www.mamaclean.it/>

App Google Play : <https://play.google.com/store/apps/details?id=it.mamaclean.mamaclean>

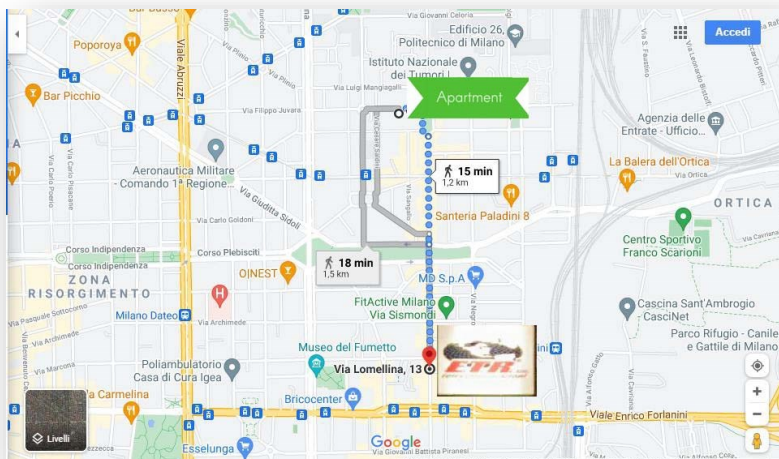
App Apple Store: <https://apps.apple.com/it/app/mamaclean-lavanderia-on-demand/id1374940741>

WHERE TO BUY PREPAID SIM CARDS FOR YOUR MOBILE

E.T.R. SNC

[Via Lomellina, 13](#), (15 min walking from home)

tel +39 02 7611 1010



MOBILE INTERNET OPERATORS ITALY

There are 4 different mobile internet providers in Italy:

1. [Vodafone](#)
2. [Windtre \(former Wind & 3\)](#)
3. [Tim](#)
4. [Iliad](#)

Since March 2020 Wind and 3 Italy joined forces and became WINDTRE. Iliad is a fairly new mobile internet operator in Italy.. All the prepaid sim cards in Italy have free EU roaming included. However, there are limitations so when buying a sim card in Italy and traveling onwards in Europe double check with your provider.

WHAT TO BRING WHEN BUYING AN ITALY SIM CARD FOR TOURISTS

Always make sure you carry a passport on you when buying a sim card for Italy. You can register up to at least 3 Italy sim cards on 1 passport. ³

3. Grond, T. (2021, July 19). *Buying a Sim Card in Italy in 2021*. Tratto da Welcome to Traveltomtom: <https://www.traveltomtom.net/destinations/europe/italy/best-prepaid-italy-sim-card>

WHERE TO FIND A GYM



VIRGIN ACTIVE



GYM FLOOR

Gym, over 200 pieces of equipment for cardio and functional workouts, classrooms, Studio Yoga, Antigravity Yoga, Studio Boxing, Studio Cycling, Studio Reformer Pilates, Grid area. Free parking.

SWIMMING POOL

25 meters at your disposal for free swimming, water courses and swimming school.

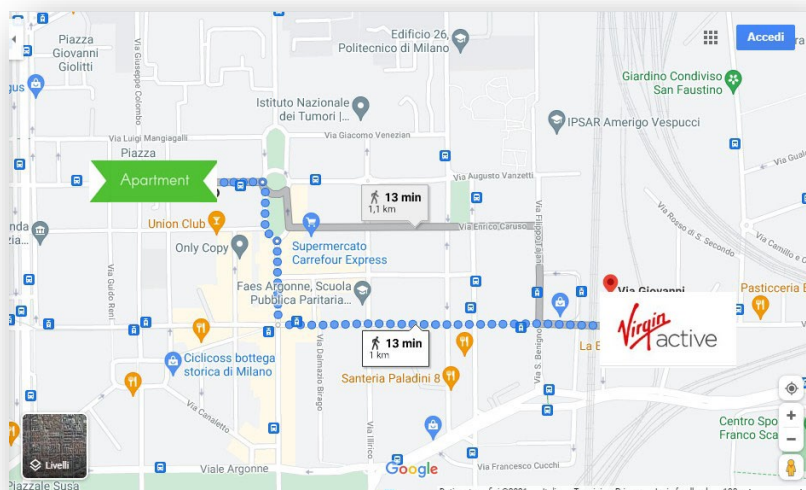
RELAX AREA

A break to dedicate to your well-being, a break to take care of you. In Virgin Active Milano Città Studi you can find whirlpool, sauna, sanarium and turkish bath.

WI-FI

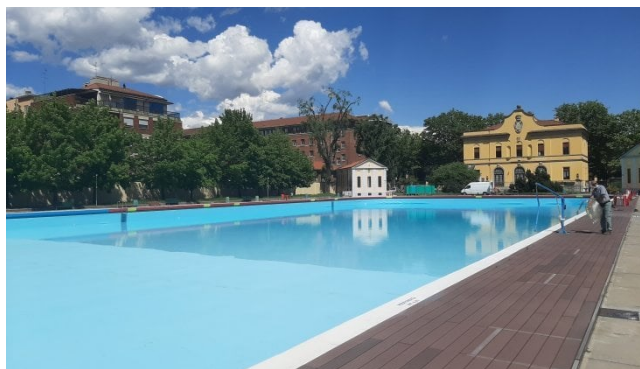
Wi-Fi is at your disposal, surf freely throughout the club.

[Via Giovanni Antonio Amadeo, 55](#) (13 min walking from home)



WHERE TO FIND A SWIMMING POOL

MILANOSPORT - CENTRO BALNEARE ROMANO



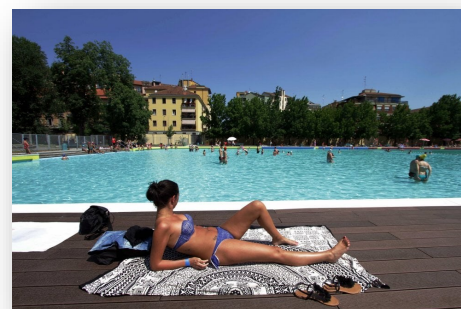
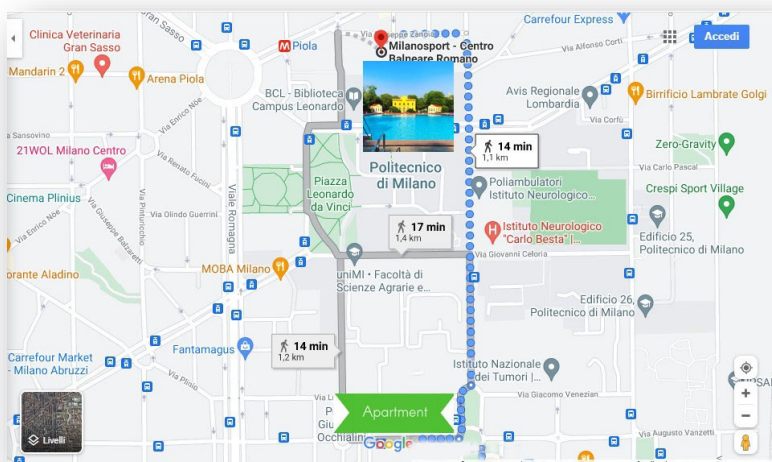
The Guido Romano swimming pool, built in 1929, has the imposing architectural imprint of the time and was designed by architect Luigi Secchi. The rectangular pool of 4000 square meters is located near a park that offers the service of a kiosk bar.

Centro Balneare Romano

entrance [via Zanoia public garden](#) (14 min walking from home)

tel +39 02 70600224

"The swimming pool was built from January to July 1929 by the engineer and architect Luigi Lorenzo Secchi (1899-1992)."



"A stone's throw from Milan Polytechnic"

SMART WORKING AT A STONE'S THROW FROM MILAN POLYTECHNIC

A STONE'S THROW FROM MILAN POLYTECHNIC⁴

Spacious and sunny apartment with spectacular view of the Alps (when weather permits) on the fifth floor (elevator available) of a distinctive building on a quiet, tree lined street in Città Studi, Zona 3, the University area of Milan, a stone's throw from Milan Polytechnic, decorated with craft works collected during the many travels.

Quiet apartment digital nomads friendly and smart workers: how to enjoy the freedom of working from anywhere and the flexibility to adapt your work to your life rather than the other way around!

Unlimited FTTH fibre optic Wifi internet, computer corner, adjustable laptop stand, ergonomic office chair, printer, desk multisolet, stationery etc.

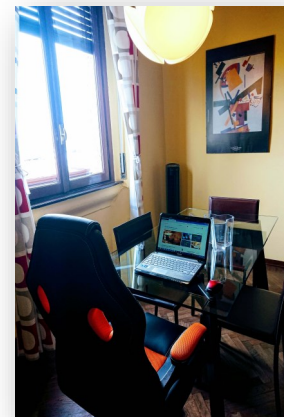
Find us on:

[AirBnb](#)

[Vrbo](#)

[Facebook](#)

Smart working with Malevich



FIFTEEN ITEMS EVERY DIGITAL NOMAD SHOULD CARRY⁵

Some pieces of technology you can find almost everywhere. Other things can't be had for love nor money. Here's a list of essential tech that should be part of every digital nomad toolkit.

- | | |
|------------------------------------|---------------------------------|
| 1. A universal travel adapter plug | 9. A battery power pack |
| 2. Surge-protection | 10. An unlocked , back-up phone |
| 3. A multiplug or power strip | 11. Earphones with a microphone |
| 4. An external hard drive | 12. An external mouse |
| 5. A 1m ethernet cable | 13. A folding keyboard |
| 6. Spare USB leads | 14. A portable laptop stand |
| 7. A spare laptop power supply | 15. Universal card reader |
| 8. Noise-cancelling headphones | |

4. G., N. (2021, July 20). *A stone's throw from Milan Polytechnic*. Retrieved from Airbnb: <https://www.airbnb.co.uk/rooms/4906671>

5. Bindloss, J. (2020). Are you a digital nomad? In J. Bindloss, *THE DIGITAL NOMAD HANDBOOK* (p. 184). Lonely Planet Global Limited.