

The American University of Rome

Pre-Departure Information

Spring 2018



The American University of Rome

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I ARRIVAL INFORMATION

A) Arrival at the Rome Fiumicino Airport

Arrival in Rome:
Thursday, January 25, 2018

Your scheduled arrival date is Thursday, January 25, 2018. Students should arrive in Rome the morning of **Thursday, January 25, 2018.** International flights generally arrive early morning.

The American University of Rome will arrange a pick up at the Leonardo da Vinci International Airport/Fiumicino for students in AUR facilitated housing. Students should meet AUR staff **before 3:00 PM** on their scheduled arrival date. When you exit custom area look for the **"Meeting Point"** sign that is located in front of the passenger exit, on the Arrivals level of **Terminal 3**. Look for the AUR staff who will be available to assist as of 8.30 AM.

The American University of Rome can only arrange transit to Rome mid morning/early afternoon on your scheduled arrival date. Therefore, if you arrive after this time frame, you will be expected to arrive independently to the University during office hours.

Most international flights from the US arrive in Terminal 3 of the Arrivals Hall. AUR representatives will be waiting there holding a sign marked THE AMERICAN UNIVERSITY OF ROME. If you arrive at Rome's "second" airport, *Ciampino*, you will need to arrange for your own transit to the university.

Lost Luggage - don't worry - it happens. Should your luggage get lost, report it to passenger service before exiting customs. Leave the university address and phone number with the luggage service: **The American University of Rome, Via Pietro Roselli 4, 00153 Rome**, Tel. 06 5833 0919.

Your luggage will most likely be delivered from the airport in the next few days.

Before departure you should

- Change at least \$100.00 into EURO
- Obtain a multiple entry student visa from Italian consulate
- **Print this document and bring it with you to Italy!**

B) Students Not Arriving at Rome Fiumicino Airport

UNIVERSITY ARRANGED HOUSING

*You must arrive in Rome on your **scheduled arrival date**.* Students not arriving at Rome Fiumicino Airport who have reserved University arranged housing, should proceed directly to The American University of Rome, Via Pietro Roselli 4, tel. 06 5833 0919 during office hours.

IMPORTANT

The office of AUR is open from **8.30am to 5.00pm** and students must be sure to arrive **at AUR** during those hours. If you arrive at AUR directly rather than at the airport for the scheduled pickup, please be prepared to wait until the airport arrivals have been accommodated. You will be able to wait comfortably in the AUR Campus until you can be escorted to your apartment.

If students arrive in Rome outside office hours they will have to make a hotel booking for that evening and then contact the office of the University the next day. **If you arrive prior to your scheduled date, your accommodation is unavailable.** There can be **no exceptions** made to this policy. If you arrive subsequent to your scheduled date, you can expect significant waiting time before you can enter your unit.

TRAVEL INSTRUCTIONS to AUR

Route ONE (to AUR from Rome **Leonardo da Vinci - Fiumicino Airport**). Students should take the train from the airport terminal railway station to TRASTEVERE STATION (approximate cost 8 EURO). Once on the train the Trastevere station is the seventh stop. Tickets for the train can be easily purchased from automated vending machines, the ticket counter or the little newspaper stand (the easiest and fastest way) Students will need EURO currency. There are two trains available from the airport train station; board the *metropolitan* rather than the *express* non-stop train to the main Termini train station. From the TRASTEVERE STATION you should then take a taxi to AUR (approximate cost 10-15 EURO).

Route TWO (to AUR from **Termini train station**) Bus #75 goes directly to the University. The University is located between the stops of Via Dandolo/Calandrelli and Via Carini. Either stop is less than 100 meters from the University. This would be approx. Fifteen (15) stops on the bus and should take 20-30 minutes. Your landmark would be the ancient wall of Rome, which you pass through after a long uphill climb subsequent to crossing the Tiber River.

Route THREE (to AUR from Rome – **Ciampino airport**) This small airport is much less accessible to the University by travelers with substantial luggage than Rome's main Airport (Leonardo Da Vinci-Fiumicino). There are connecting buses and a nearby train station as well as various commercial shuttle and taxi services. Students are recommended to make specific transit arrangements upon arrival.

Route FOUR (Taxi) If students choose to take a taxi from Fiumicino airport directly to the city you should expect to pay 48 EURO plus 1 EURO for each luggage. From the Termini train station, the fare should be approximately 25 EURO. From the Ciampino airport the fare would be 35 EURO plus 1 EURO for each luggage. **For taxi drivers the University "landmark" would be the park "Villa Sciarra" or via Carini.**

INDEPENDENT HOUSING ARRANGEMENTS

Students who have made their own independent housing arrangements should proceed by their own means to their accommodations and join the AUR program according to the following schedule:

Schedule of Arrivals Events

THURSDAY, January 25, 2018

Arrival in Rome: housing check-in

FRIDAY, January 26, 2018

Mandatory Orientation session

SATURDAY, January 27, 2018

Semester kick off event

MONDAY, January 29, 2018

Course instruction begins

*A more detailed schedule will be provided at your arrival.

** You must arrive in Rome on your **scheduled arrival date**. Your scheduled arrival is determined by the university or study abroad program that has accepted you to study at AUR. Contact your university or study abroad program to obtain your specific scheduled arrival date. A more detailed schedule of events will be provided upon check-in.*



II USEFUL INFORMATION

Student Visa and Stay Permit Procedures

Student Visa

All non-European Union students are required by law to obtain a student visa from the Italian consulate in their home country before departing for Italy. Without a valid student visa students cannot obtain their Permit to Stay.

Permit to stay

Upon arrival in Rome, all foreign students, including European Union citizens, must obtain a permit to reside in Italy (*Permesso di Soggiorno per Studio*). The permit is issued by the local police authorities (*Questura*). The University will provide relevant information and assistance to you upon arrival to secure your first stay permit. However, it is your responsibility to comply with current stay requirements and secure the applicable documents.

Required Documents

To facilitate the process of obtaining the Permit to Stay, you must provide the following:

- 1 photocopy of inside front cover of your passport (the one with your picture, signature and identifying information)
- 1 photocopy of your visa
- 1 photocopy of health insurance
- 1 photocopy of AUR enrollment letter stamped by the Italian Consulate

The University will provide you with the appropriate forms, information and assistance on the process.

Students residing in housing not contracted through the University will have to apply for their permit at the appropriate police station and are also required to present a copy of their rental agreement.

Safety Issues

General Physical Security

The university is in frequent contact with both Italian law enforcement and Rome-based US consular authorities, including the US Regional Security Officer.

Any plan of program closure or evacuation would be in response to specific recommendation from US consular officials. Several senior staff members have direct contact with the US consular services and will be able to rapidly disseminate information to the AUR community in the event of an emergency or important political developments in Italy or the world.

The university is located in a well-patrolled and exceptionally quiet area of Rome in close proximity to embassies and embassy residences. As recommended by security assessments, no large signs identify the university. In addition, the university maintains several security precautions to ensure the highest level of safety for its community, including:

- Armed guard surveillance.
- 24-hour camera surveillance of the university premises and perimeter and a daily review of the tapes.
- Personalized ID cards to allow admission to the university premise. (Security personnel escort visitors to their destination.)
- Mail handling procedures, including the capacity to screen packages for explosives in conformity to professional recommendations.
- Fire or premises evacuation plans reviewed in staff meetings.
- Fire extinguishers and safety equipment.
- Additional security measures that are not readily visible.
- The review of safety procedures regarding campus security, mail handling and other matters is continuous and involves ongoing consultation with both government and private security professionals.

The university has implemented procedures to communicate important information rapidly to students, faculty, staff and other members of the university community. The Student Life Office communicates important information to students and other people responsible for school and study abroad programs.

Individual Security

While the university cannot guarantee the individual security of students, staff, faculty or visitors, it has put several important strategies in place in order to maximize safety.

As a G8 member nation Italy's overall level of physical safety is high. Incidents of violent crime (e.g., assault, rape, murder) are extremely low. Italian police are known for their expertise in maintaining civil order and crowd control.

The American University of Rome encourages all its students periodically to check the U.S. Department of States webpage (<http://travel.state.gov/>) for latest advisories and travel warnings

Housing

Students may choose to enroll in the university-facilitated housing program in conjunction with our housing agents or providers. The university requires that the agents respect agreed-upon standards with regard to safety and hygiene. Students are housed in apartments in well established residential areas and are to conduct themselves as residents rather than tourists. Emergency contact information is prominently posted in each unit as well as listed in the AUR Student Handbook and your emergency phone number card. Phones are provided in the apartments.

Emergency Telephone Number

Staff members explain emergency response at length in mandatory orientation sessions (see below). In the event of emergency, the university maintains an emergency number that is ready to help in emergency situations outside normal campus hours during semesters.

Student-Specific Information

The university Student Life Office offers valua-

ble information and basic assistance. For example, the office maintains a library of guides and websites for visitors to Rome and Italy. The Student Handbook and other university publications contain a good deal of valuable information on daily life in Rome, including basic security. For example, it details how and where to file a police report or replace a lost passport. The university enforces a sexual harassment policy and a stringent Student Code of Conduct, which imposes sanctions upon students engaged in undesirable behavior, found in the Student Handbook.

All students are required to provide an emergency contact person and phone number.

Orientation Session

Upon arrival students attend an orientation session in Rome. Practical advice and information is provided on a range of topics, including:

- Crime
- Public transportation, automobiles and motorbikes
- Stress and culture shock
- Health care
- Alcohol and illegal drugs
- Italian culture and social norms
- Housing
- Shopping
- Traveling
- Telephones
- Banking

Student Code of Conduct

The Rome orientation reinforces information already reviewed by the home university's study abroad office before departure for Rome.

Medical Issues, Injury or Illness

As a G8 member Italy's level of health care and overall hygiene is excellent. There are no special health risks and no special immunizations or inoculations are required for entry into Italy from most countries.

In the event of student illness or injury, the staff member manning the emergency phone is available to assist the student in obtaining appropriate medical care. In such an event, the Dean of Students advises the home uni-

versity or sending study abroad office. Parents and guardians and, within legal constraints, the emergency contact will be advised. Additional assistance is provided in the event of a medical evacuation.

For non-emergency situations the Student Life Office can be consulted during normal business hours.

Student Safety Advice

Personal Safety

- Don't leave your personal belongings unattended or with strangers
- Don't leave your drinks at bars unattended—if you have left them unattended, the embassy consulate general recommends you do **not** consume them
- Be especially aware of your belongings in crowded places like public transportation and on night trains
- Don't leave your apartment doors or windows unsecured
- Employ the *buddy system*—always have a sober friend with you
- Cell phones are invaluable in a case of emergency
- Avoid being on your own during night time
- Do not invite strangers to your apartment or enter the apartment of a stranger
- Do not accept drinks or rides from strangers
- Always carry your cell phone and a phone card with you

Travel Safety

- While traveling, keep your money and documents in two different places
- Always leave your travel plans with someone you trust
- Check periodically the US Embassy website (www.usembassy.it) alerts
- strangers
- Always carry your cell phone and a phone card with you

Websites on Security Issues

- www.state.gov/travelwarnings.html
- www.state.gov (U.S. Dept of State website)

- <http://usembassy.state.gov>
- http://travel.state.gov/travel/tips/safety/safety_1747.html

Nearest American Embassy

Via Veneto 121, Rome
Tel: 06 46741

Health Services

Doctor at AUR

A medical doctor is available on campus to visit with students Monday through Thursday. There is no additional cost for this service.

Counseling Services

The American University of Rome provides its students with free, confidential psychological services. A certified counselor gives routine, non-medical counseling to students by appointment. Detailed information on this service can be found in the Student Handbook.

A psychiatrist is also available by appointment and free of charge to students for pre-scripting and monitoring medications.

PLEASE BE AWARE THAT MEDICATIONS COMMONLY USED IN THE US FOR ADHD/ADD TREATMENT ARE NOT AVAILABLE IN ITALY. THIS INCLUDES ANY TYPE OF STIMULANT MEDICATIONS SUCH AS RITA-LIN, CONCERTA, ADDERRAL, DEXEDRINE, FOCALINE AND STRATTERA. IF YOU ARE TAKING MEDICATIONS FOR ADHD YOU SHOULD BRING ENOUGH MEDICATIONS FOR YOUR ENTIRE STAY. IF THIS IS NOT POSSIBLE PLEASE DISCUSS THIS WITH YOUR PSYCHIATRIST IN ADVANCE IN ORDER TO AVOID HAVING TO DISCONTINUE THE MEDICATION ONCE YOU ARE IN ITALY. WHEN ARRIVING IN ITALY AND TO AVOID PROBLEMS AT THE AIRPORT (S), YOU SHOULD HAND CARRY THE MEDICATIONS WITH YOUR DOCTOR'S NOTE CONFIRMING THAT YOU ARE TAKING THE MEDICATION AND THE AMOUNT YOU ARE CARRYING. IN ITALY, BOTH MAILING AND RECEIVING SHIPMENTS OF STIMULANTS IS ILLEGAL; SHIPPING THESE MEDICATIONS FROM THE US TO ITALY CAN BE CHARGED AS A CRIMINAL OFFENSE.

University Emergency Number 348 08 09 357

The University emergency number is ready to help you in emergency situations outside normal campus hours during semesters. However, you should use it only in the event of **genuine** non-housing emergencies.

Housing emergencies are to be brought to the attention of the housing agency. You will find the necessary numbers in your apartment and the Student Handbook.

Italian Emergency numbers

Police	113 (equivalent to 911)
Carabinieri	112
Ambulance	118
Fire brigade	115

IMPORTANT

Do a health check-up before leaving

Before leaving for Italy, visit your dentist and/or physician for any routine visits you might otherwise miss while overseas, and especially for any existing concerns you might have. Never assume your study abroad/travel insurance will cover expenses for a pre-existing condition.

Pharmacies

In Rome and throughout Italy, pharmacies are marked with a red or green neon cross sign. They are open generally from 8:30am to 1:00pm and then from 4:00pm from 7:30pm. There is a rotation system for nights and holidays and each pharmacy lists the closest open pharmacy. In Italian pharmacies you can find over-the-counter medicine for minor illnesses like colds and pains.

The pharmacy closest to the University is on Via Carini 44, near the corner bar (in front of the first 44 bus stop on Via Carini). The International Pharmacy, located in Piazza Barberini, has English-speaking pharmacists at 06 48 25 456. There are 24-hour pharmacies located at the main train station, in Piazza Risorgimento 44 and Via Nazionale 228.

Emergencies and Public Hospitals

If you require medical attention, all hospitals have a first aid and emergency room (*pronto soccorso*). If there is an emergency and you need immediate help, you should dial 113 or 118 for police or ambulance assistance. In an emergency, an ambulance will take the patient to the closest emergency room and, if hospitalization is necessary, the patient will be placed in the hospital best suited to treat the particular illness or injury. Students who are not Italian citizens but have an Italian insurance policy are covered for emergency treatment in state-run hospitals. There are several public hospitals with emergency facilities throughout Rome including the areas where AUR and its housing units are located.

Private Clinics and International Hospitals

If you wish to be treated in a private clinic or an international hospital, you are responsible for payment. Consult your own private insurance for reimbursement policies.

The U.S. Embassy lists a variety of English speaking doctors and the Student Life Office assists students needing to locate international medical professionals in Rome.

Italian Culture

No doubt shortly after arrival in Rome you will have noted many differences from the familiar environment you have just left. If you are a study abroad student it is precisely these differences that likely have drawn you to this experience. Expect and embrace both change and difference. Keep an open mind. Understand that Italian is the language of Italy and that even if you have studied Italian, you will have some difficulty communicating.

Every culture has its own nuances and subtleties. Some are more evident than others. Avoid generalities about Italian culture – they are likely inaccurate. Also know that generalizations about Italians and Italy are especially hard to accurately compose.

While some examples of fairly widely held generalizations such as devotion to and im-

portance of family, importance of image and grooming or the concept of moderation with respect to food and drink are substantially correct, others are simply inappropriate and inaccurate. For example, since many retail stores are closed in the mid afternoon – don't conclude that Italians take a long "siesta" and slowly flow along in life's current. While it may be true that Italians, like all of us, enjoy their leisure time, most Italians work six days a week and Italy is one of the world's most innovative and productive industrial countries.

With respect to dating, the protocol you find in Italy may be very different than that to which you are accustomed. Casual acquaintances are rarely invited into the home; such invitations to acquaintances of the opposite sex may have clear implications here that are not so obvious to you. Failure to fully understand this could have disastrous consequences.

It is also important to understand that many of the things associated with your appearance and actions will identify your cultural origin. For example, did you know Americans are often readily identified by the type of backpack that they carry, the type of shoes that they wear (which typically do not change seasonally), or the overcoat they don't wear during the fall and winter months?

AUR's best advice for student visitors to this country is to observe the culture, study the language, make an effort to fit in and appreciate it. Never engage in the type of behavior that would not be found acceptable in your home nation. Simple courtesy and respect are tools that will never fail you.

Culture Shock

Adjusting to a new culture is not always easy. Living away from family and friends, language barriers and different habits of the new culture may make life seem stressful and difficult. Going through a period of culture shock – feeling angry, frustrated and/or emotional, or the more subtle tired, lost, edgy and/or sad – is normal and can be quite easily tackled by taking steps in ad-

Student Perspective

Living in Rome is an experience like no other. From the history of the city to the aesthetic beauty of the architecture, Rome is truly one of a kind. For the first few days after arriving, you will find yourself wandering around in awe, overwhelmed by the sights, sounds and smells of your new surroundings. As soon as you step off the plane at the Leonardo Da Vinci airport, you will notice many things that are much different than what you are used to. Hoards of people crowding around the cash register at a café - lines don't exist in Italy. Taxi drivers screaming at each other in some undecipherable dialect, endless traffic jams, intense heat. Men in ridiculously tight jeans. Who are these people?

Throw away everything you take for granted back home - customer service, punctuality, efficiency. Things work differently here, and at a much slower pace. The best way to adapt is to have an open mind, and be willing to accept things as they come. After all, the main reason most people come to study here is to experience a new culture, and with that comes an ability to change your perspective on life.

There are so many things to see and do in Rome, it would literally take a lifetime to do it all. Once you have familiarized yourself with your new home, remember what brought you here-a sense of adventure, a thirst for knowledge, a cultural experience.

In order to live and study in Rome, you must have a good balance of activities. Since the majority of students at AUR are semester study abroads, this leads to the notion of an all expenses paid, four month vacation. While this is partially true, it is important to keep up with one's studies, in order to fully benefit from the AUR experience.

Students may come here expecting to find easy courses that they can breeze through. However, this is not the case. AUR offers challenging courses, and our professors are highly trained and experienced in their respective fields, and have high academic standards.

A few words of advice for new and prospective students: One, time management skills are essential. If you plan on traveling on the weekends, make sure that you are caught up on your assignments, papers and group projects. This will save you much stress the night before everything is due. Secondly, when a reading or project is assigned, do it as soon as possible, for the school weeks seem to fly by, and responsibilities pile up very quickly. This will enable you to explore the vibrant culture without sacrificing your grades. A happy medium can be found, and is based on your commitment to what you choose to do.

Although classes are taught within the walls of our beautiful campus, there is a whole world of knowledge awaiting you in the city. There is so much to learn just wandering through the streets of the eternal city. So make sure that you study hard, and everything else will fall into place.

- Jake Campeau, Resident AUR Student, Communications Major

justing to the new culture. Here are some strategies to help combat the stress produced by culture shock.

Get rest. Many students are already exhausted before they even leave home, having spent every possible moment with their family and friends. The excitement at arrival and discovery of a new city with new friends further deprive a student of the rest needed to overcome jetlag and culture shock.

Be patient. Living abroad, changing cultures and adapting to new situations takes time. Do not rush things and allow yourself to feel sad about the things that you have left behind: your family, your friends, etc. Recognize the sorrow of leaving your home country, but learn to also accept the new culture you are in. Focus your power on getting through the transition.

Maintain contact with the new culture and try to learn the language. Volunteer in community activities that allow you to practice the language that you are learning. This will help you fill your time, feel useful and stress less about the language at the same time.

Maintain confidence in yourself. Follow your ambitions and continue your plans for the future. Learn to be constructive and find ways to live with the things that do not satisfy you 100%. If you encounter an unfavorable environment, learn from it, but at the same time be easy on yourself. Everything – including yourself – cannot, will not and does not have to be perfect.

Maintain contact with your own ethnic group. Pay attention to relationships with your family and friends. They will serve as support for you in difficult times. This will give you a feeling of belonging and will reduce your feelings of loneliness and alienation. Do not forget the good things you already have!

Italy at a Glance



Currency

In 2002, euro coins/currency was introduced into many countries in Europe including Italy. To check the latest conversion rate you can use www.xe.com.

Time

Italy is six hours ahead of New York and nine hours ahead of California.

Climate

Rome enjoys mostly mild winters with some months of rainy spells, but there can be very cold periods, too. Spring doesn't usually arrive until late April or early May.

Italian Business Hours

Italian business hours often differ from the 9:00am to 5:00pm U.S. standard. Most shops are open from 9:30am to 1:00pm, and re-open from 4:00pm to 7:00pm. There are also Monday morning and Wednesday/Thursday afternoon closures for some businesses. Working hours vary for each business and you should inquire about the specific schedule for any location of interest.

Italian Food

Italy is still a country in favor of the "slow food" culture and Italians traditionally spend a lot of time purchasing, preparing and eating good food. Therefore, instead of big supermarkets, you will find a lot of small "corner" shops that are specialized in meat, fish, bread, fruit or other food category. There are also centralized supermarkets that sell a broader variety of food and other household items.

Italians normally have a light breakfast at the bar. Breakfast includes a coffee or a cappuccino and *biscotti* (cookies) or *un cornetto* (a pastry). Lunch is generally served between 1 and 2.30 pm and often consists of a *primo piatto* (first course like salad, soup, rice or pasta). Some people may opt for a *panino* (sandwich) at lunch and make dinner their main meal. Dinner is served around 8-9 pm and often includes a first and a second course (meat, fish and a side order of vegetables) that may be followed by fruit, dessert and coffee.

Every Italian region (there are 20 of them) has its own typical cuisine: one of your goals could be to have a taste of all of them! Roman cooking is fundamentally very simple: a few ingredients make up the dishes and meat and fish are most often baked or grilled. Typical Roman dishes include pasta: *fettuccine*, *spaghetti*, and potato *gnocchi*. Milk-fed lamb (*abbacchio*) and Mediterranean fish are often used ingredients as well as sheep's milk cheese and fresh ricotta. Typical wines are those of the Castelli Romani, southeast of Rome.

World Citizen Guide

Practical advice for Americans traveling abroad

Look. Listen. Learn.

New places mean new cultures and new experiences. Don't just shop. See the sights, hear the sounds and try to understand the lives people live.

Smile. Genuinely.

It's a universal equalizer.

Think big. Act small. Be humble.

In many countries, boasting is considered very rude. It's easy to resent big, powerful people. Assume resentment as a default and play down your wealth, power and status. When Americans meet each other for the first time, our job (and implied status) is a key part of "who" we are, and how we introduce ourselves. This is less important elsewhere, and can be perceived as braggadocio.

Live, eat and play local.

Once you get to know other Americans, don't start ignoring locals you knew before. Most people believe that Americans have the most fun when they are in their own company. Prove them wrong. The world is full of interesting and exciting things, people and places you might never have heard of. Take some of it in.

Be patient.

We talk fast. Eat fast. Move fast. Live fast. Many cultures do not. In fact, time is understood very differently around the world. In the short term, speed and instant satisfaction are less important than enjoying a new culture.

Celebrate our diversity.

Everybody abroad may not be aware of occurrences that are obvious for you (movies, music, baseball, Super Bowl winners etc.) Try to find a few topics that are most important in the local popular culture.

Try the language.

Try to speak some of the language even if the only thing you can say is "Hello." and "Thank you". It's okay to sound like a child. Making the effort is more endearing than off putting.

Refrain from lecturing.

Whether on pollution, energy usage or the environment, it's not a polite stance. Nobody likes a know-it-all, and nobody likes a whole nation of them. Rightly or wrongly the U.S. is seen as appointing itself as policeman, judge and jury to the world. Be aware of this perception and try to understand other viewpoints.

Dialogue instead of monologue.

When you're talking about the U.S. and your life there, ask people you're visiting how what you've said compare to what they do and how they live in their country.

Use your hands. Watch your feet.

Gestures are a powerful language in any culture. Gestures are easier to learn than a language. Study up on them. Combine a basic knowledge of gestures with some very basic language to help you communicate better and more quickly.

Leave the clichés at home.

Our clichés often don't mean much or maybe anything to people of other cultures and they are difficult to translate.

Be proud, not arrogant.

People around the world are fascinated by the U.S. and the lives we Americans live. They admire our openness, our optimism, our creativity and our "can-do" spirit. But that doesn't mean they feel less proud of their country and culture. Be proud of being an American, but resist any temptation to present our way as the best way or the only way.

Keep religion private.

Globally speaking, religion is not something you wear on your sleeve. Often it is considered deeply personal—not public. Some may have no knowledge of the Bible, nor is it appropriate to tell them about it unless you are a professional missionary identified as such.

Be quiet.

Less is more. In conversation match your voice level to the environment and other speakers. A loud voice is often perceived as a bragging voice. Casual profanity is almost always considered unacceptable.

Check the atlas.

You may not believe anyone could confuse "Australia" with "Austria," but it happens. Everyone's home is important to them. It's helpful if you familiarize yourself with local geography.

Agree to disagree respectfully.

Surely, there are people who object to actions or activities of our government, our industries and our culture. Not every objection is the same. Listen politely. Then respond appropriately.

Talk about something besides politics.

Make yourself aware of the political environment of the region but don't offer a view if you don't have to. If pushed, ask the people with whom you're having a conversation what their thoughts are. Listen first. Then speak. And leave politics alone if you can. Speak of culture, art, food or family if you need another topic.

Be safety conscious, not fearful.

If you went to certain parts of any city in the U.S., you'd watch your wallet and make sure you had your wits about you. So why should it be any different anywhere else?

Dress for respect.

Americans are fundamentally a casual people. Jeans, T-shirts and sneakers work for many of us much of the time, but there are people in other countries that believe such casualness is a sign of disrespect to them and their beliefs. Check out what is expected and bring scarves, headwear or whatever might be required.

Know some global sports trivia.

Many countries don't play or watch American sports. So avoid filling your conversations with U.S. sporting allusions. There's a good chance people will not understand.

Keep your word.

If you say that you will e-mail, find that book or baseball cap and send it, then make sure that you keep your promises.

Show your best side.

Americans are a kind and generous people. You can help dispel the stereotype of Ugly American; impress people with your kindness, curiosity and fair nature.

Be a traveler, not a tourist.

Before you touch down in another country, learn as much as you can about it. Go beyond the guidebooks and pick up some of the music and the literature of the land. If you can, rent some movies from that country. Go online and search for information about the places you want to visit. You can get a great start through the resources we've put together at the World Citizens Guide website.

www.worldcitizensguide.org

Have a wonderful trip!

Make new friends. Bring back the best of the world and leave a little of the best of yourself wherever you go. Share this *World Citizens Guide* with a friend.

**This information is the work of volunteers who make up
Business for Diplomatic Action.**

Develop a hobby. Relaxation and meditation are proven to be very positive for people who are passing through periods of stress. Learn to include a regular form of physical activity in your routine to help combat the sadness and loneliness in a constructive manner. Exercise, swim or take an aerobics class.

Establish simple goals and evaluate your progress as time passes.

The internet provides a myriad of information on anxiety, depression and related conditions. For further information please consult the following websites:

- <http://www.ulifeline.org/>
- <http://www.nimh.nih.gov/>
- <http://www.nmha.org/>
- <http://www.halfopus.com>
- <http://www.depression.com/>



Housing

Good Neighbor Policy

The apartments used by The American University of Rome housing program are different from college dormitory and apartment living in the United States. As a result, your behavior and demeanor must reflect this difference. As members of a community, you will have responsibilities to the city

where you live and to your neighbors. You should strive to enhance the quality of life and safety of the neighborhood you share.

As first impressions are lasting, your arrival is critical in establishing good relations with your new Italian neighbors. *Students are strongly advised to adjust to the local time zone as quickly as possible* and to be acutely aware of the fact that those living in the neighboring apartments rightfully expect to be able to sleep as well as to live within a peaceful environment.

To help maintain good relations with your neighbors, keep in mind that you are part of a community and your actions affect your neighbors. Although your residency is temporary, recognize that most of your neighbors are living in their primary residence which they own. Please be sensitive to the lifestyle of your neighbors. Most residents enjoy the arrival of American students and you should do your part to foster that relationship. Most residents work full time and many may have families with young children, so keep excessive noise to a minimum at all times. You should remember that although the housing facilities are not directly provided by the University, your behavior reflects on the University and can affect future students' living arrangements.

Helpful Hints for Italian Apartment Living

What can you expect to find in the Roman Apartment/Condominium?

Each apartment is equipped with basic furnishings and supplies, including single beds, bed linens and towels, a closet/clothing storage space, basic cookware and tableware, a table and chairs and a furnished sitting area. Desks, when available, are to be shared by all occupants. Each student is expected to provide his/her own paper and cleaning products as well as replace light bulbs. Most apartment units are provided with a washing machine.

It is anticipated most apartments will be equipped with a personal computer (PC) and have unlimited, no additional cost access the Internet. A landline phone will be provided which will provide unlimited calls to landlines

with Italy. Calls to cellular phones and calls outside of Italy incur additional cost and can be effected with the use of a calling card. Unlimited incoming calls may be received without incurring any additional cost. In the event a particular unit is not equipped with internet/phone line, a cellular phone will be provided and a partial refund made. Computer and phone are shared among unit residents.

Not All Apartments Are the Same.

In Rome, not all apartments are created equal. Although the apartments vary in location, style and size, all of them provide the essentials. Please try to understand this fact and accept it as part of your experience in Rome. Do not immediately compare your apartment with those of other students.

Heating and Air Conditioning

The heat in the apartments generally operates from 6—9 a.m. and then again in the evening from 6—10 p.m. This means that the hours in between heating are what you could call “Roman room temperature”, which is slightly warmer than the temperature outside. By Roman ordinance, heating systems are turned on by November 15 and turned off on March 15 every year. Wearing warmer clothes (ex. wool, fleece, flannel) indoors during winter months is considered normal practice amongst Italians and experienced expats; it is strongly suggested that students adopt this practice for their own comfort.

Apartments are not provided with air conditioning; instead, keep cool the Italian way – during the day, Italians traditionally keep their shutters and *serrande* closed against the heat of the sun. In order to cool the apartment you might also consider buying a fan.

Electrical Power

All the apartments in Rome operate with a 3 kilowatt fuse box. This means that an overload of power will leave you in the dark. You should be careful when using American appliances with an adapter; that usually puts an extra load on the power supply. Also be careful of using many appliances simultaneously: the water heater, and another appliance (i.e., hair dryer, iron, washing machine) **will**

blow the fuse!! Should this happen, your power will be cut off – turn off any electrical appliance and light fixture you don't truly need at the moment and check your fuse box to flip your apartment switch back on. When replacing light bulbs, consider purchasing energy saving bulbs which consume less energy while providing more light and thus will be less likely to help overload your limited electrical supply.

Hot Water

Almost all Roman apartments are furnished with a water heating tank located either in the bathroom or the balcony. In the tank, there is generally enough hot water to last for one long shower. With roommates, however, that one shower must be divided into three or four short, but effective showers.



Please expect about ten to fifteen minutes of hot water at a time allowing at least a couple of hours to replenish the supply.

Emergencies and Regular Maintenance

University assisted housing has managers who are available during normal office hours which you will find posted where you live. Also listed are emergency contact numbers for times outside office hours. Please call these numbers only in the case of a **true** emergency. For routine matters call your

housing manager during the posted office hours — or better yet, use the maintenance request link on your apartment PC desktop.

Washing Machines

You will immediately note a difference between American and European washing machines: the latter are “front loading”, i.e. there is no top lid but instead a front door. Because water can spill out and potentially cause damage, these front doors have a special timed lock and will not open when cycles are actively running. **DO NOT force your washing machine open.** (NB: Not all university facilitated housing comes with a washing machine). Loads can generally take up to 2 hours or even longer, so plan ahead, coordinate with your roommates and perhaps consider sharing the loads. Bear in mind the Italian quiet hour laws before starting a load late in the evening.

Refrigerators

Europeans are masters at space-saving, and their refrigerators are another example of this. Combining the lack of space with a love of good, fresh foods, Italians shop regularly (if not daily) at the outdoor markets, specialty shops and grocery stores found around almost every corner. Be careful of overloading your refrigerator—if the door cannot close or if the cold air is not allowed to circulate freely within the unit, the appliance will not be able to function properly and your food (as well as your roommates’) will likely spoil. You and your roommates might consider shopping and cooking together to cut down on refrigerator overload—after all, real Italian-style living revolves around the kitchen table and shared meals!

Keys

Lost keys are your responsibility. The University does not have copies of keys; therefore in case of a lockout, contact a roommate. For a replacement set, contact the agency during their office hours. If you think changing the locks might be necessary, ask the agency to order a locksmith.

Leaving the Apartment

You are to leave the apartments generally by noon on the morning after last day of final exams. The University cannot arrange to extend your lease or make arrangements to

store your luggage after the lease expires. However, the Student Life Office is happy to suggest available luggage storage or shipping services. As the semester draws to an end, instructions will be provided concerning housing check-out procedures.

Overnight Guests

Overnight guests are strictly prohibited. Should a visiting friend or relative need a place to stay, please ask any of the Housing or Student Life Coordinators for a list of local lodgings.



Respect Your Neighbor

Please be considerate of those living with and around you. The walls in Italy allow sound to pass surprisingly easily – you can hear much of what your neighbor is doing or saying, and **vice versa**. Most of your neighbors are normal Italian citizens with families and full-time jobs, they need 7-8 hours of sleep every night, and their weekend starts as late as on Saturday afternoon. By law, quiet is imperative between 9:30 or 10:00 pm and 8:00 am, and again after 1:00 pm until 3:30 or 4:00 pm; please respect this law by keeping noise to minimum. Because most floors are made of marble or ceramic and hence do not buffer the sounds coming from your apartment, wear slippers or soft sole shoes rather than hard sole or high heels. Also, most elevator doors in Italy are not electronic and have to be closed manually. Please remember to close them carefully every time you use the elevator; when you forget to do so, it can impact other residents

for whom elevator unavailability is more than a mere inconvenience: the handicapped, the elderly, mothers with infants and toddlers, as well as just about anyone with their shopping. For your own safety as well as that of others, be sure to respect the weight limits posted within the elevators (1 kg is 2.2 pounds).

Legalities

Illegal drugs are ILLEGAL. As a foreign student, you should be aware that the laws are different and search warrants are not necessary for drugs in Italy. In Italy, the police can require you to identify yourself. Therefore, it is essential that you carry a photocopy of your passport with you at all times. In extreme cases, the police can arrest an unidentified person until that person is positively identified.

It is unlikely that students who themselves and whose roommates follow the AUR Code of Conduct and AUR Housing Rules and Guidelines will experience problems with their neighbors. However, should your neighbors call the police on your apartment to file a complaint, you should:

- Have your passport and visa available
- Be polite and courteous
- Understand that no search warrant is required under Italian law
- Understand that given current police resources, your situation is unlikely to be viewed sympathetically.

Apartment Safety

Many of the housing rules are set in an effort to ensure student safety. In addition to the housing rules, please bear the following in mind:

In your apartment, keep your shutters and *serrande* closed at night and whenever you're not home. Always speak to any person who has buzzed your apartment through the intercom system to make sure you know who it is before you buzz them into your building – *never* buzz in or hold the door open for someone you don't know. If they have an honest reason for being there, there should be someone there to allow them in. Crimes in Italy are gen-

erally petty crimes of opportunity – just don't leave that opportunity open!

Do not invite mere acquaintances into your apartment - Italians socialize in public places and *no one* expects you to invite them in. All students - but in particular females - should be aware of the social and potentially legal implications of inviting guests into their homes.

The Tiger Mosquito

The City of Rome has an ongoing campaign to combat the tiger mosquito, including the spraying of public parks, schools, building and streets, as well as a push to educate the public. Individual condominium complexes typically spray their surrounding property, and all are asked to be vigilant about eliminating standing water, especially on terraces and balconies. To keep from being bitten, avoid strongly scented soaps, shampoos, etc, and strangely enough, avoid eating bananas. Loose clothing provides a barrier of air between your skin and clothing. A very small percentage of the population will find themselves particularly sensitive to the mosquito bite and may benefit from topical treatment products which can be purchased at the local pharmacy; repellents for rooms in your apartment can also be purchased at the pharmacy, as well as your local hardware store (*ferramenta*) and grocery store. Typical products are plug-in electrical devices, coils and citronella candles.

Helpful Websites

The information about living in Rome contained in the Student Handbook can also be found within our website **www.aur.edu**. In addition, we have found the following sites very helpful:

<http://www.slowtrav.com/italy/instructions/>

Provides a wealth of information about living in and traveling through Italy, including detailed instructions for daily living, supported by photographs. Covers a broad spectrum, from food shopping to operating washing machines, from making espresso, to catching a taxi, from using any kind of phone to going to the beach. Photographs help prepare you for the unex-

Top Ten Tips

1. Remember whom you represent

Your actions reflect not only on you but your school back home, your country of origin, and AUR. Just because you think no one is watching, someone probably is.

2. Go Out

Explore the city off the beaten path. The best spots in Rome are the ones that people don't know about. If you feel like a tourist, then you are probably in the wrong place.

3. Try new things

Just because something looks funny or you can't pronounce the name doesn't mean it is bad. Actually, it will probably be delicious. Try not to go to the same place twice. If you think that it is not possible to do that, it most certainly is. Plus, an awesome little restaurant you went to is a great place to take friends or family who visit.

4. Know your surroundings

The faster you can acclimate yourself to your environment the better. Go around during the day when it is light and find the ways home. There is nothing scarier than getting lost at night alone... although you can always call a cab to take you home (remember your address!).

5. Speak

Even if you think your Italian sounds more like gibberish than words, do it. Italian is a beautiful language and as long as you try, people will appreciate the effort. The only way you can learn it is to practice it.

6. Think

Use your head. If it seems like a bad idea, it probably is. Don't ride a scooter without a helmet. Basically common sense prevails.

7. Have a buddy

Try not to travel alone when you go out but especially at night. A group of people is a much harder target for people looking to harm you than an individual.

8. Italy/Europe is not the U.S./your country

Just because you can do it at home doesn't mean you can do it here. Laws differ from country to country and conversations with authority figures are never fun.

9. Be prepared

Anything that can happen will happen. If you think someone is pulling your chain about something they saw, most likely it actually did happen.

10. Travel

Europe is one of the most historically rich and culturally diverse places on earth. Airfare is generally very cheap within the continent and studying abroad is an opportunity not only to see the country in which you are studying, but many other parts of the world.

Giles Smith, University of Wisconsin-Milwaukee
AUR Study Abroad Student September '04 - June '05
AUR Degree-seeking Student Fall 2006

Frequently Asked Questions

What is the weather like in Rome?

Rome's weather can be unpredictable, but we do have some advice- come prepared with clothing and shoes for two different seasons. Should you begin your stay during the fall semester, expect to wear summer clothing for at least half of your stay. Your winter sweaters and coats will be worn for half of your stay if you commence your semester abroad during the spring. Also, do not forget an umbrella; the heavier rain fall occurs during the months of November and March.

Can I bring electric appliances?

Yes, you can bring your hairdryer, electric shaver, curling iron, and basically anything else-as long as you remember: the European voltage is 220V. You may wish to leave your American appliances behind and purchase a European hair dryer, curling iron, etc. upon your arrival here together with your roommates. Should you bring yours from home, however, remember that the appliances you bring must have a switch from 110 to 220. Also keep in mind that the plugs are shaped differently so you should purchase a plug adapter. There are several hardware stores located near the university and university housing should you choose to purchase adapters here.

How essential is speaking Italian?

The majority of our study abroad students have no knowledge of the Italian language prior to coming to Rome. In fact, being immersed in a culture is one of the quickest ways to learn how to speak a language. A semester of buying food from the local fruit and vegetable vendors, asking for directions, or ordering a drink at a café- are a few of the ways you will be learning and practicing speaking in Italian. Therefore, have no worries if you cannot speak the language, you will definitely learn. Since Rome is a very cosmopolitan city, many people speak English and/or are willing to help you out when you are in need of assistance.

What types of university-sponsored sports are offered at AUR? Are they free?

The following sports activities are offered to our students by the University; make sure to sign up in the Student Life Office to be able to participate in these extra-curricular activities: calcio, calcetto (soccer played on a smaller field with 5 members team), yoga, martial arts, running club.

There are also a host of sports facilities in Rome for just about any kind of sport you'd like to practice; just ask the Student Life Coordinators for more information.

What types of activities are organized during the semester?

- Ancient ruins of Ostia Antica
- Fashion Outlet Trip
- Field trips
- Evening at the Opera
- Theater/Dance shows
- Wine tasting/cooking classes
- Movie Nights and Matinees
- And many more...

Do students have access to student discounts?

Yes. There are numerous shops in the vicinity of our campus that have agreed to provide discounts to our students. You can find this information in the Student Handbook and in the Student Life Office.

Telephones and Computers

Skype is a great way to communicate. Use it to make international phone calls and you will save a lot of money. If you have a Gmail account you can also use Google 'call phones' feature at very convenient rates.

International Phone Cards

You should consider that Rome is 6 hours ahead of U.S. Eastern Standard Time and 9 hours ahead of U.S. Pacific Standard Time. International calls can be made from any telephone booth, either using an Italian card or your own calling/credit card. To place direct international calls you have to dial the following sequence

00 + country code + area code + local number

AT&T and MCI calling cards can be used from any private landline or public phone with a *scheda*. When calling from a public phone, you must have a local phone card even though there will be no debit to the balance. You can reach an

- AT&T operator at 800 172 444
- MCI operator at 800 90 58 25

You can buy pre-paid MCI and AT&T phone cards at *tabacchi* shops. International Calling Cards are available in many brands at different charges. Make sure to ask for *Carta Telefonica Internazionale*. Instructions for the use of these cards are written on the cards, compare wisely as rates vary.

In order to make a collect call to the U.S., you should call the AT&T and MCI numbers above and follow the same instructions for using a public phone. Bear in mind that this is very often an expensive way to call home and most phone service providers do not recognize the access numbers (exception-public pay phones and the major phone company *Telecom*) With respect to cost, students should inquire specifically about the rate to call the USA.

Students may wish to consider obtaining a **cellular phone**. Cellular phones may be obtained in the USA, prior to your departure.

Detailed information can be found at:
www.piccellwireless.com

The university has no financial interest in this service. Students and parents should know that if you subscribe to this service your cellular number is accessible to the university. This information will be kept confidential but will be used in the event it is important to contact you (by voice or text) for university or emergency purposes. When subscribing to their services please make certain you identify yourself as enrolled at The American University of Rome.

Please call or contact your loved ones immediately up on your arrival in Rome!

Laptop Computers

Laptops with universal power supplies can be useful to students. Electrical outlet adapters are required but these can be purchased inexpensively. The University maintains a computer lab with free Internet access. Laptops with an Ethernet card can be configured to access the University network in the computer labs. Wireless Network cards are also useful for those wanting to use the University wireless LAN connection accessible from various outdoor zones. Internet access outside of the University is available in numerous, inexpensive Internet cafes, which increasingly are social centers. Having updated anti-virus software installed on your laptop prior to arrival is strongly recommended. The University neither encourages nor discourages bringing laptops but under no circumstances is the University responsible for loss or damage to these devices whether on or off campus.

Wireless access is also available in AUR facilitated housing.

Email

Students may access from the University computer center any internet based email service account. As such your current email account should be fully portable. If you do not have an email account or want an aur.edu university email account, one can be assigned, without cost, upon arrival in Rome.

Library Access

If you have any electronic library/database abilities on your campus, remember to bring along the access codes, passwords, etc. AUR's library resources, while adequate to the task, typically do not match those available in your home university.

Mailing and Shipping

RECEIVING LETTERS AND PACKAGES

Receiving Letters

It is important that you have all of your mail addressed to the University address as follows:

Student's Name

**c/o The American University of Rome
Via Pietro Roselli 4
00153 Rome, ITALY**

Regular mail arrives daily at approximately 11:00 am. It will be sorted and delivered to the student mailboxes which are located in the computer lab on the ground floor of Building A.

Receiving Packages

Packages should be addressed in the same manner as listed above. Most packages will be delivered directly to AUR. However, on rare occasions you will be required to pick up the package or registered letter directly from the local package branch of the post office, from a delivery agent or even from the airport (see note below regarding medicines). If you receive a package on hold at the post office, you will receive a yellow card indicating where the item can be collected. You must bring your passport to claim parcels at all of Rome's post offices.

Once a package is received at The American University of Rome, it will be logged and set aside in a secure area in the Reception. A Package Received Notice will be placed in the mailbox located in the student lounge. Take the notice with you to the Reception as you pick the package up. Packages are only given to the addressee, who must sign the ledger.

Please take the following information into consideration before having packages sent. We also ask that you share this in-

formation with anyone who might send a package to you. Any goods sent from outside the European Union will be subject to a customs tax, as set by Italian and European law. The local delivery agent customs representatives may also charge a handling fee in addition to the customs tax.

While a tax can be charged for any item of value, in general most (but not all) packages with a declared value of under \$50 arrive untaxed.

Items of high value entail an accordingly high customs tax; hence, it makes more sense to personally hand-carry any such item (i.e., laptop computer, camera equipment) when you first arrive than to have it shipped to you separately. Should you absolutely need to have such an item shipped, advise your family and friends to not assign an excessive value to the package: the value they assign to your package will be the amount used for calculating any taxes and fees. Should an item need to be insured, bear in mind that you will be taxed on the value declared & insured by the sender. The usual tax rate is around 20%.

In our experience, packages containing used clothing or personal items with a low declared value usually have little or no problem getting through the delivery system. Packages with easy-to-understand and simple descriptions seem to arrive more easily than those with minute details (i.e., "used clothing, value \$25" vs. "leather jacket, value \$250"). Avoid using brand names; instead, use the simplest description possible.

Any medicines, whether prescription, over-the-counter, or even vitamins, should not be sent. If they are detected, the customs agent will not allow them to be delivered. Should you require prescription medicine, bring a supply to last you for at least your entire stay. Should you urgently need prescription medications from home while in Rome, speak personally with a Student Life Coordinator for information on how these should be shipped.

For further information about shipping to Italy from the U.S., the United States Postal Service has a very useful website www.usps.com. Specifically, please visit the

Customs section at <http://www.usps.com/global/customs.htm> for their information on customs in foreign countries, and <http://www.usps.com/global/duties.htm#H6> for customs fees and other charges explained for parcels destined to Europe.

Paying Customs Taxes and Fees

Hopefully, having followed the above guidelines, you will not find yourself in the position of being charged taxes and fees. If not, the procedure is usually as follows:

The delivery agent will present the package to AUR and request payment.

- Should the fee be less than €5, the school will pay the fee on your behalf so that delivery will not be delayed. You must reimburse the school for any fee paid on your behalf when picking up the package.
- Should the fee be more than €5, the school will take a photocopy of the delivery agent's claim form and ask the delivery agent to return within the next day or two. The photocopy and instructions on how to proceed will be placed in your mailbox.

Registered Letters

Registered letters are logged and placed in a secure place. A notice will be placed in the mailbox for the student, who must produce the notice in order to retrieve his/her registered letter.

Money and Banking

Currency

The euro (€) is the Italian currency. The euro is the single currency of the European Monetary Union and went into circulation in the 17 Euro Member States on January 1, 2002.

ATM cards and Traveler's Checks

The University highly recommends that you use the most efficient and convenient method of accessing money in Italy: ATM (*Bancomat*) cards. Visa and Mastercard debit and credit cards are widely accepted and offer the best exchange rates. You should check with your bank to ensure that your ATM card is author-

ized for international use. Also, you should not rely on your card as the sole means of acquiring money.

Traveler's checks are accepted only at the more exclusive shops catering to tourists. AUR doesn't recommend to bring traveler's checks.

Personal Checks

You will not be able to cash personal checks in Italy unless you have an American Express card and have made prior arrangements with American Express to have personal checks cashed (Express Cash).

Money Transfers

You can receive a money transfer from the U.S. through Western Union or other money transfer companies within 24 hours.

Banks and Bank Accounts

Banks are usually open Monday through Friday from 8:30am to 1:30pm. In the afternoon, the opening hours change from bank to bank but they are usually open from 2:30/3:00pm to 4:00/4:30pm.

Outside most banks there is a cash dispenser and some of them located in downtown Rome also have an automatic currency exchange machine working 24 hours a day.

Opening an Italian bank account requires a valid stay permit and a fiscal code, but usually also quite some time and high operating costs. The University does not recommend that study-abroad students open an Italian bank account.

Cost of Living Estimates

Cost of living expenses are often unpredictable and difficult to estimate with precision because of the fluctuating value of different currencies.

Public Transportation

Maps, Getting Around

Detailed city maps and an initial supply of bus/tram tickets will be provided. Housing is located principally in the area bordered by Viale Trastevere and Circonvallazione Gianicolense. <http://www.tuttocitta.it/> is an Italian web site with excellent interactive maps. Students are encouraged to visit this page to better acquaint

themselves with the area. This web page is also an excellent source of information on Italy.

For example, if you search by address {under "Mappa"} for the University {Citta-Roma, Indirizzo- Pietro Roselli, #4} then click "CREAmappa" you will be brought to the immediate neighborhood of AUR. You can expand or reduce the map as you please. A representative apartment address would be Citta-Roma, Indirizzo- Dunant, #15; this would bring you to the address-Piazzale Enrico Dunant, #15.

Public transportation maps can be found on the website www.atac.roma.it. Choose the English language, click on Route Calculation and type in your departure and arrival address. The website will produce a map with the public transportation route. It will also present a table with information on which bus to take, for how many stops and where to get off.

AMENITIES	APPROX COST /SEMESTER
Food	€1,440.00
Transportation in Rome	€150.00
University organized field trips	€300.00
Art History Class - Museum entrance fees	€50.00
Health insurance	€90.00
Textbooks	€300.00

Buses

The most commonly used form of transportation is the bus. Rome's extensive bus routes connect the University to the historic center and extend far into the surrounding suburbs. Bus stops, departure schedules and route information are found on well-marked signs throughout the city. Orange, blue or green ATAC city buses and tram lines run from 5:30am to midnight. However, be aware: these are *estimated* running times. Some lines provide night buses (indicated with an "N"). Due to constant route modifications, students

should always check the hours of operation for a specific route before departing. For ATAC information, call 800 43 17 84.

There are two main buses that serve the University: the #44 and #75. The 44 leaves from Piazza Venezia and continues past the University toward Portuense. The 75 starts at the Stazione Termini train station, passes by the University and then continues another half-mile. Remember to validate your tickets and board the buses in the front or at the back and to exit at the middle.

Trams

The tram #8 runs from 5:30am to midnight (and until 2am on weekends). It departs from Piazza Argentina (city center) along Viale di Trastevere and the Circonvallazione Gianicolense, to Casaletto, its final stop. This tram is very useful to our students, as many of the AUR housing accommodations are located within walking distance of this tram line.

Tickets

Rome's integrated Metrobus transportation system includes buses and trams (ATAC), subway (*Metro*) and some other suburban trains (FS) run by the state railways.

You must validate all of the bus tickets (except for monthly passes) in the yellow boxes when boarding the first vehicle and again after the expiration (100 minutes). We recommend to buy the monthly bus pass that costs €35.

Bus tickets are sold at *tabacchi* stores, newsstands and many coffee bars; automatic ticket machines are positioned in Metro stations and at many bus stops; and ATAC and COTRAL ticket booths are located in many Metro stations, on the lower concourse level at Termini train station and at a few main bus terminals. Make sure you buy your ticket before getting on the bus or tram; you cannot buy tickets on board.

You can get route maps and more information on Rome's public transportation system ATAC on the Internet at www.atac.roma.it in Italian and in English.

Taxi Service

Taxis wait at stands and can also be called by phone, in which case you will be charged a small supplement. It is difficult, if not impossible, to hail a cab. The meter starts approximately at €2 – 4; there are supplemental charges for night service (10:00pm–7:00am) and on Sundays and holidays as well as for each piece of baggage.

Avoid unmarked or unmetered cabs (numerous at airports and train stations), whose drivers actively solicit your trade and may demand astronomical fares. Use only licensed, metered yellow or white cabs, identified by a numbered shield on the side and an illuminated taxi sign on the roof. The closest taxi stand to the University is located at Piazza Rosolino Pilo, reachable by telephone at 06 58 12 800. To call a cab, dial 06 3570, 06 5551 or 06 4994.

Packing and Things to Bring

A very informative website on packing is <http://onebag.com>. In general use luggage that is light, durable and easy to carry – since **you** will have to carry it around before arriving at your apartment. Check the handles and seams to make sure that they are secure. A backpack is useful for weekend trips and as a carry-on.

Also remember to tag your luggage. Each piece of luggage, including your carry-on, should be labeled with a tag showing your name and home address, as well AUR's address in Rome (page 18). A good idea might be to make your carry-on bag a "survival kit." In case your checked luggage gets lost you should have a basic supply of personal hygiene products, medicine and clothing to last you for a couple of days.

The best advice for packing is **certainly "bring as little as you possibly can". You will most likely regret bringing a heavy suitcase since you have to carry it around on your own.** Below is an indicative list (by no means exhaustive) of items you should consider bringing. Consider you will be living in Rome during two seasons (autumn-winter or winter-spring). Also remember you can buy almost anything at your final destination.

Clothing (for two seasons)

- Jeans, khakis
- T-shirts, sweatshirts
- One formal outfit (for school events and presentations)
- Warm pajamas, sweats or other comfortable clothes to wear at home (Italians were wool, fleece and flannel at home during the winter)
- A warm coat, hat, scarf, gloves and sweaters
- Comfortable walking shoes or boots and sneakers
- Slippers, most Italians wear slippers at home for comfort and as courtesy to neighbors below
- Raingear

Other Items

- Multiple copies of passport and visa (unless traveling, do not carry your original)
- Prescription medicine **for entire term** (read the receiving mail section)
- Over the counter cold medicines, aspirin etc.
- Battery run travel alarm clock

Suggested Books, Travel Guides and Films

- *Lets' Go* Guides
- The *Lonely Planet* collection
- The *Rough Guide* collection
- *Italian Neighbors*, Parks, Tim Mandarin Press
- *The Italians*, Barzini, Luigi
- *As the Romans Do*, Epstein, William Morrow Publisher
- *Italy in Mind*, Leccese Powers, Alice Vintage Books, 1997
- *Three Coins in a Fountain* — film
- *Roman Holiday* — film
- *Fellini's Rome* — film
- *The River Cafe Cook Book Series*, Rose Gray and Ruth Rogers
- *The Classic Pasta Cookbook*, Giuliano Hazan.
- *The Essentials of Classic Italian Cooking*, Marcella Hazan
- *Italian Country Cooking*, Susanna Gelmetti

Useful Websites

Www.romereview.com
www.wantedinrome.com
www.romecentral.com
www.thingstodo-rome.com
www.romaturismo.com
www.theamericanmag.com
www.slowtravel.com

A Final Note

We receive many inquiries on what to expect upon arrival in Rome. AUR can best prepare you by advising you to **expect the unexpected** and be prepared to be flexible and patient. From the moment of your arrival you will notice the unique atmosphere that is Rome. Things are hectic and quick paced. Traffic will likely be intense the day of your arrival and you will have little time to get off the bus to enter your apartment (as the bus will be blocking traffic). Also be prepared for a little jet lag and culture shock upon your arrival in Rome. It is a perfectly normal experience. You will not be alone.

You will find graffiti on almost every building, even in the most expensive areas of Rome. It is not sinister - just an eyesore. You should be prepared to get lost once or twice and feel especially challenged during your first days. You may be surprised that relatively few residents speak English. You will find public transportation, especially the buses confusing at first, but will soon come to confidently rely on them. In short, prepare yourself for the experience of a lifetime!

**We look forward to meeting you
and
welcoming you to Rome!!!**

Photo Gallery



Packing up the bus —
ready to head to the apartment.



AUR campus—
waiting for the new arrivals.



Lecture out in the garden
on a warm and sunny day.