

# **Temple University Rome**

## **Program Manual**

***Spring 2017***

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Dear Temple Rome Student,

Congratulations on your acceptance to the Temple Rome program and your decision to study abroad! You are about to embark on a transformative experience that will challenge you academically and personally. We hope studying abroad will inspire you to become a more confident, independent, and globally-minded individual.

You join over 12,000 other students from Temple University and colleges and universities across the United States who have attended Temple Rome. Since its founding in 1966, Temple Rome has grown from a visual arts campus to include architecture, international business, liberal arts (including Italian studies), Media and Communications, and more. The Dean of Temple Rome, Dr. Hilary Link, oversees the academic program, extracurricular programming, and student support services. She is assisted by a staff of seven, and two librarians, along with about 35 faculty members. It is a relatively small community where students, faculty, and staff become acquainted through classroom interaction, course-integrated field trips, and social and cultural events held at the Villa Caproni, the home of Temple Rome.

We have attempted to make this Program Manual as comprehensive and up-to-date as possible. Please read it carefully, and take it with you to Rome so that you can refer to it as needed. More detailed information on the specific issues you will need to attend to prior to your departure, such as visas and course registration, will be posted to your Program Home Page.

Information about the operation of the campus, field trips, recommended shops, restaurants, and day-to-day living in Rome will be provided to you during on-site orientation in Italy.

You may wish to leave an additional copy of this manual with your family, as it provides valuable information including how to contact you at school, wire money, send mail, etc., and provides answers to frequently asked questions.

We look forward to working with you as you prepare for departure!

Sincerely,

**Sara Sequin**  
Associate Director  
Education Abroad

**Michelle Isel-Margolis**  
Study Abroad Coordinator  
Education Abroad

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## PRE-DEPARTURE PROCESS

Your Program Home Page serves as the central location for all program-related information. Please refer to the Dates and Deadlines document (already posted) for the schedule of pre-departure postings from now until departure. We include due dates for all materials so you can plan ahead accordingly.

Remember that our goal is to do as much as possible to help prepare you for your experience. You will have an on-site orientation the first week in Rome, during which the staff will focus more on day-to-day living.

### Facebook Group

We also strongly encourage you to join the Temple Rome Facebook Group to communicate with other program participants and the TUR staff. You can find the link on the Dates and Deadlines document.

### Pre-Departure Orientations

During the semester prior to your departure, Education Abroad will hold an orientation session at Temple's Main Campus in Philadelphia. All program participants are invited to attend. Students will have the opportunity to learn more about the program and hear from former program participants.

In addition, we will also host an online orientation for students who do not live in the area. See the Dates and Deadlines sheet for orientation dates.

### Technology Systems

Temple students should be familiar with the computer resources available at Temple University. Non-Temple students received an overview of these services when prompted to activate their Accessnet username during the application process. Below is information on how to access some Temple systems you will need to utilize before and during your time abroad.

- All program participants are assigned the following:
  - An Accessnet username (example: tuf followed by five numbers), which serves as your login to all Temple University systems, as well as your email address (e.g. tuf12345@temple.edu)
  - A TUID, which is a nine-digit student identification number beginning with 91 (91xxxxxx).
- [TUportal](#) – the single-gateway website that leads to most of the resources listed here.
- **Self-Service Banner** – accessible through TUportal, SSB provides access to your roster, billing, grades, etc.
- [TUMail](#) – all official university communication is sent to your Temple email address (both for Temple and non-Temple students).
- [Temple University Libraries](#)
- [Blackboard](#) – course management resource enabling faculty to provide course materials for students.
- [Account Management](#) – use this page to reset your password for your Accessnet account.

### Contact Us

If you have any questions about the pre-departure process or requirements, please feel free to contact us at 215-204-0720 or [study.abroad@temple.edu](mailto:study.abroad@temple.edu).

## TEMPLE UNIVERSITY ROME

Temple Rome is housed in the Villa Caproni, a handsome building facing the Tiber River in the heart of Rome. Just north of Piazza del Popolo and within short walking distance of the Spanish Steps and the Borghese Gardens, the Villa Caproni is convenient to living accommodations, shops, and historical sites.

### School Hours (subject to change)

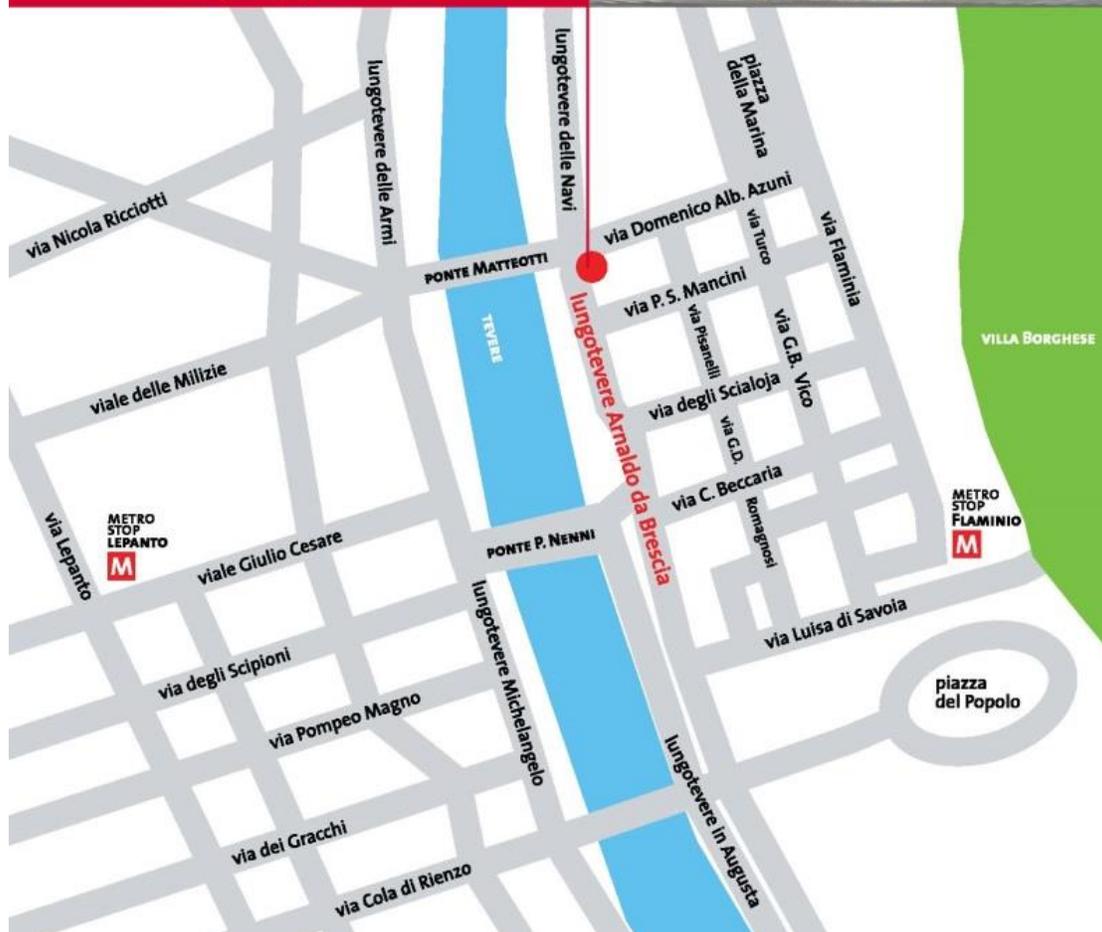
*Fall/Spring*

Monday – Friday      8 am – 12 am

Saturday and Sunday    10 am– 10 pm



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While Temple Rome is not comparable to a typical U.S. campus, it has all of the facilities required to provide a comfortable academic experience. You can expect to find the following at the Villa Caproni:

- **Smart classrooms** ranging from large 100-seat capacity to small seminar and conference rooms
- A modern **architecture studio** with individual workspaces
- **Art studios** for drawing, painting, printmaking, traditional photography and digital photography
- **Temple Rome Gallery of Art**, which hosts a number of artists' shows throughout the semester
- **Student lounges** with vending machines for coffee and snacks
- A 16,000-volume **library**, one of the largest English-language libraries in Rome
- A small **computer center** equipped with 21 PCs and two laser printers
- **Wireless internet** network

### **ACADEMIC MATTERS**

Students' academic experiences abroad range widely. Many find their coursework comparable to that on their home campus, while others do not. The challenge for you, as a study abroad student, is finding a balance between your studies and your outside exploration of the culture and city. There will be more distractions than at home, as you adjust to a new and exciting environment.

### **On-site Courses and Academic Excursions**

Many of the courses at Temple Rome, particularly Art History courses, are conducted on-site once a week, allowing you to utilize Rome as your classroom. In addition, faculty-led academic excursions, during which your class might take a day trip outside of Rome or a weekend excursion to another city or country, are an integral part of the program. Excursion dates and course fees will be posted with the registration information.

### **Internships**

For-credit internships are available with a number of Italian and multinational companies, nonprofit organizations, government offices, galleries, museums, and local artists. Detailed internship information will be posted to your Program Home Page prior to departure. Students are required to apply for an internship by the internship application deadline; students may be interviewed for placement before departure for Rome, but in some cases, interviews will take place after arrival in Rome.

### **Course Registration**

You will register for courses through Education Abroad. Registration materials are typically posted to your Program Home Page in mid- to late April for the fall semester and mid- to late October for the spring semester. Detailed registration instructions, academic policies, and supply lists for art/architecture courses will be posted with your Course Request form.

In preparation for registration, you should meet with your academic advisor to complete the following steps.

- Discuss what courses you should take abroad, using the course listing on our website as a guide.
- Confirm that the courses in which you enroll can be incorporated into your degree program.
- Complete a graduation review if you are nearing graduation or if your semester in Rome will be your last. Also notify Education Abroad if you are graduating.
- Discuss courses you will need to take for the semester following your time abroad and confirm your advisor will be able to communicate with you via email while you are abroad.

- If you are a *non-Temple student*, you should also confirm with your home college any special requirements and the number of credits you must complete abroad before submitting your course request form.

After initial registration, if you need to drop or add courses, you will do so during on-site orientation in Rome. You are responsible for checking your schedule on Self-Service Banner (see *Technology Systems* above) after revisions to ensure it is correct.

### Textbooks

Textbooks to be used in courses are available for purchase through an English language bookstore, [Anglo American Bookstore \(AAB\)](#), in Rome. Closer to departure, Education Abroad will send you instructions on how to purchase your books online so they will be ready for pick-up in Rome. It is not required that you buy your textbooks before arrival in Rome, but this may be preferred for some students. You may also purchase books once in Rome. Be aware that books purchased through AAB cannot be returned or sold back.

### Transcripts for Non-Temple Students

Following completion of the program, one official transcript for each non-Temple student will be sent to the address indicated on your Home-College Approval form (submitted with your program application). Official copies **cannot** be sent to your home institution without an accurate address on this form nor if you have an unpaid balance on your account at the end of the program. Additional official transcripts may be requested via the [Office of the University Registrar](#).

### ACTIVITIES AND EVENTS

We encourage and challenge you to fully experience Italian culture throughout your time abroad. There will be a number of cultural activities and events planned during your semester in Rome, beginning with on-site orientation. Details about the activity and volunteer schedule, including how to sign up, will be explained on site.

- **On-site orientation**, which takes place between your arrival and the start of classes, is designed to introduce you to Rome, to Italy, and to the program; it will include activities such as a meet and greet, a session on life in Italy, a walking tour of Rome and an excursion to Todi, a medieval hill town in Umbria. The orientation, an integral component of the Temple University Rome program, is required of all program participants.
- On campus, an ongoing public **lecture series** hosts contemporary speakers in academia, politics, the arts and more.
- **Temple Rome Gallery of Art** sponsors exhibitions of American and European artists, as well as student and faculty shows.
- Additional **cultural offerings** include:
  - the Aurelian “Wall Walk”
  - an introduction to Italian food and wine tasting
  - weekly “calcetto” (mini-soccer) games
  - soccer match at the Rome stadium
- **Community engagement** opportunities are available through volunteer programs at a local soup kitchen, a refugee center, and a high school located near the Villa Caproni.

- A series of **student development related events**:
  - Home in Rome: how to adapt
  - How to get back to Europe
  - Making your time in Rome marketable
  - From home-sick to Rome-sick

## **HOUSING**

You may elect to live in the Temple-arranged Residence Candia or a program-arranged homestay, or you can secure independent housing on your own. We do not promote one option over the others; students find advantages and disadvantages to each. Detailed housing information will be posted with the Housing Request Form on your Program Home Page.

## TRAVEL INFORMATION AND DOCUMENTS

### Travel and Arrival

You are expected to make your own travel arrangements to and from Rome and must be present for the entire length of the program, including the on-site orientation. There are a number of student-oriented travel organizations that can assist with flight arrangements, including [STA Travel](#). If you wish to communicate with other students about travel plans, we recommend utilizing the Facebook group.

If you are arriving at Rome's Leonardo Da Vinci International Airport, commonly referred to as Fiumicino (Airport Code: FCO), on the official arrival date, you will be able to take advantage of a shared van service to travel to the Residence for a fee. If you are living in independent housing, you may also use the van service, but you will need to provide your address in Rome.

Please refer to the Dates and Deadlines document on your Program Home Page for details regarding flight arrangements, including guidelines to follow when purchasing a ticket. **You will receive detailed arrival instructions prior to departure.**

### Passport

A passport is required to enter Italy and when applying for your visa to study in Rome. If you have not already done so, you should obtain a passport **immediately**. Processing an application normally takes four to six weeks, and up to three when expediting at an extra cost. If you have not applied for your passport with expedited service at least three weeks in advance of the visa deadline, please contact Education Abroad immediately.

If you already have a passport, please check its expiration date. Your passport must be valid for three months beyond the end date of the program in order to obtain a visa for Italy, so renew your passport now if necessary.

Visit [travel.state.gov](http://travel.state.gov) for information on how to obtain your passport.

### Visa

The Italian government requires students studying in Italy for more than 90 days to obtain a student visa before entering Italy. Full instructions for applying for the student visa will be posted to your Program Home Page. **Obtaining a visa can be a lengthy and detailed process, so please begin the process as soon as the instructions are posted.**

A student visa is issued through your local Italian Consulate or the Italian Embassy in Washington D.C. Generally, you will need to submit a number of documents to the Consulate to apply for the visa, along with your actual passport. Because the visa is stamped inside your passport, you are required to surrender your passport for as long as one to two months. You should not plan personal international travel or early departure during the visa application process.

It is not possible to apply for an extension on your student visa once you have arrived in Italy; if you think there is a chance you will want to stay for any additional semesters beyond the term for which you have been accepted, please contact Education Abroad BEFORE applying for your visa.

The Consulate will return your passport/visa with a stamped letter or letters. Keep the letter(s) in a safe place, as you will need it/them when entering Italy and to apply for your permit to stay (see *Permesso di Soggiorno* below).

NON-U.S. CITIZENS: Visa requirements for non-U.S. citizens may differ from the requirements for U.S. citizens. If you are not a U.S. citizen, you should immediately begin researching visa requirements and rules for Italy, as well as for any other country you may be traveling to or through, with the local foreign embassy or consulate of that country. If you need a visa(s), apply to the appropriate consulate(s) immediately. You should also check with the international student office on your home campus to determine if studies/travels abroad for this program will affect your visa status here in the U.S. Finally, notify Education Abroad of your citizenship status.

***Permesso di Soggiorno (Permit to Stay)***

In addition to the student visa, you will also need a *permesso di soggiorno* (permit to stay) to reside in Italy. The *permesso* cannot be obtained until you arrive in Rome; however, Temple Rome works with a company called Eduitalia to facilitate this process. Students will receive instructions to register online with Eduitalia prior to departure. You will complete the process during on-site orientation in Rome, but be sure to bring with you to Rome a copy of your acceptance letter and the letter(s) returned to you by the Italian Consulate when you received your visa.

## CULTURAL ADJUSTMENT

Many of the aspects of your study abroad experience, from meeting people, obeying the law, and staying safe, to handling money and commuting are culturally specific and in some cases will require considerable adjustment on your part. Although this adjustment can be challenging, it's part of the overall experience of studying abroad and is a major part of what distinguishes studying abroad from traveling as a tourist.

One way to make the transition easier and potentially less stressful is to arrive well informed. Even if you've studied the culture, language, or history in class, it can still be difficult to really know and understand another country without having lived there, and you probably have questions about day-to-day life and travel.

A good guidebook like [Lonely Planet](#) can be a useful source of information on everything from the country's history, local customs, and current political situation to student hangouts, nightclubs, cheap restaurants, weather, and transportation schedules.

Despite any amount of reading and studying you do ahead of time, though, you will still encounter surprises and things beyond your control. With that in mind, the key to adjustment is not only to learn about the country ahead of time but also to know that it takes time, patience, and an open mind. Instead of expecting your life abroad to be the same, go into this experience expecting it to be completely different.

Of course, many cultures *do* have things in common, but if you go into this expecting everything to be different, then you can take comfort in finding the similarities and won't be so upset by the differences. The good news is that, by working through the challenges of adjusting to life abroad, you will gain a deeper understanding not only of a new culture but also of your own identity. Remember that your experience is what you make of it!

### Culture Shock

Living abroad can be challenging, in part because you have to make so many adjustments to your daily routine *as well as* to your preconceived notions about life abroad and your personal beliefs. Balancing these adjustments can be tricky, and sometimes students find themselves feeling overwhelmed by so much change at once.

Culture shock is defined as feelings of alienation and/or disorientation due to being in an unfamiliar cultural environment. Whether you are staying for two weeks, two months or two years, you may experience this while abroad. Experts often describe culture shock as being a linear process with four stages:

- **Honeymoon phase:** You have just arrived in your host country, and you are excited to immerse yourself in the new culture and intrigued by the differences that you encounter.
- **Negotiation phase:** Usually after a few weeks, this newness wears off and your sense of adventure gives way to aggravation over issues such as difficulty in communication or anxiety over "looking foreign" and being treated differently (for example). The smallest of obstacles might take on epic proportions.
- **Adjustment phase:** At this point, you start to adjust to cultural differences and develop new patterns of daily living that both fit with the new culture *and* work for you.

- **Mastery phase:** Most students will not be abroad long enough to reach this phase; it comes after a year (usually more) of living abroad and means that you are equally comfortable with your home culture and your “new” culture.

You may not go through all of these phases, nor are the timelines given set in stone. Some students may skip the honeymoon phase and become frustrated within days of their arrival; others may experience these feelings towards the end of their program. The intensity of culture shock may depend upon how different your host country is from your U.S. environment, but not always! While everyone experiences culture shock differently, there are some common characteristics for many people:

- Feelings of loneliness and isolation that go beyond homesickness
- Frustration or even anger over difficulty in accomplishing basic tasks such as grocery shopping, navigating public transportation, etc.
- Feelings of incompetence or feeling “stupid” because language barriers prevent effective communication with locals
- Sleep disruption (insomnia *or* sleeping too much)
- Resentment of cultural differences between home and host country, or believing that your home culture is “superior” to the host culture
- Stereotyping of or hostility towards locals
- Depression (mild to severe)

It’s important to note that if you are feeling this way, *it is usually normal!* When you grow up learning one way of life, it can be very jarring to go abroad as an adult and find yourself in a completely different environment. Even seasoned travelers can experience culture shock under the right circumstances. The good news is that you can do something about it. If you feel as though your depression or feelings aren’t normal, or if you feel as though you might hurt yourself or need professional help, contact your on-site staff or GeoBlue.

Ways to cope with culture shock:

- Be proactive! Research some of the cultural customs of your country before you depart. Knowledgeable students usually have an easier transition once abroad.
- Remind yourself of why you decided to study abroad. Most students enter this experience expecting it to be very different than anything at home. Studying abroad is a wonderful opportunity for personal growth and development, and at least some personal discomfort should be expected in the process. In fact, if you don’t experience any sort of culture shock, are you really challenging yourself to become a part of the culture?
- Keep your sense of humor. Being able to laugh at yourself or at your situation can be one of the best remedies!
- Develop relationships with people from your host country. Think about how you might react to a foreign student who was frustrated with U.S. culture. If they had questions, you would probably happily answer them, right? Give the people of your host country a chance—*one thing that is nearly universal is peoples’ enthusiasm to share their culture with others*. Don’t be afraid to ask your new friends about local traditions or behaviors that are frustrating or confusing to you. You can also ask on-site staff for information.
- Try not to retreat to your room or only socialize with other Americans. This can often reinforce negative feelings and make it even harder to acclimate to your new environment.

- Try to find groups or clubs similar to the ones that you were a part of back home. Just because you're abroad doesn't mean that you can't enjoy many, if not all, of the same activities as you normally would!
- Contacting friends/family/support networks at home can be very helpful, particularly friends who have previously studied abroad. However, we do not recommend daily communication, as this may delay the adjustment process and serves as a daily reminder of what you are "missing" back home.
- If you are having a difficult time adjusting, you can make an appointment with Dr. Laura di Giunta, our on-site Counselor at Temple Rome, to talk through your issues. You will get more details about the Counselor and other outside support services upon arrival at TUR.

### **Racial and Ethnic Concerns**

No two students studying abroad ever have quite the same experience, even in the same program and country. This same variety is true for students of color and those from U.S. minority ethnic or racial backgrounds. Reports from past participants vary from those who felt exhilarated by being free of the context of race relations in the U.S., to those who experienced different degrees of 'innocent' curiosity about their ethnicity, to those who felt they met both familiar and new types of ostracism and prejudice and had to learn new coping strategies. Many students reported that their difference as an American was emphasized over and above their ethnic or racial differences while studying abroad. Very few minority students conclude that racial or ethnic problems that can be encountered in other countries represent sufficient reasons for not going. On the other hand, it is wise to know what you are getting into and prepare yourself.

Some questions and tips to think about before you leave:

- How will I be perceived in the host country? Are there any preconceived notions of people of my ethnic/racial group in the host country?
- Is there a history of ethnic/racial tension in the host country?
- How will I react if someone says or does something offensive?
- How will I react if I am mistaken for being a member of an ethnic group other than the one with which I identify?
- If someone says something insensitive, try to analyze the situation. Are they doing so out of ignorance and misunderstanding, or out of prejudice and bigotry?
- Remember that standards of "political correctness" can vary widely outside of the United States.

There are several resources available, including informational websites and student blogs (see *Web Resources*). In addition, Education Abroad can help connect you with other students who have studied abroad who can provide you with information about their experiences.

Temple deeply values diversity as a central element of its institutional culture. If something occurs during your time away, please inform your on-site staff or Education Abroad and we will do what we can to help you, while negotiating sometimes difficult cultural differences.

### **Sexual and Gender Expression Abroad**

Cultures vary in terms of how sexual and gender identities are defined and understood. You will find that attitudes and tolerance toward gay, lesbian, bisexual, and trans\* issues vary from country to country, and possibly even within each country, as they do here in the U.S. Some countries are more welcoming and legally protective than the U.S., while others are less accepting and more restrictive.

Being knowledgeable about sexual identity and gender expression in the area where you will be studying will allow you to have a rewarding international experience. When researching the environment of your host country, it is important to learn about cultural norms and local manners; laws of the host country; general attitudes toward LGBTQIA persons; and the various LGBTQIA organizations, support services, and media that may serve as resources to you before, during and after your time abroad.

Take some time to become familiar with your host country before departure. Educating yourself on cultural attitudes towards alternative sexuality and gender expressions abroad can help ease your transition and make for a safer and more enjoyable study abroad experience. Some questions to ask:

- How does the host culture interpret and handle different sexual identities and gender expressions? If I am "out" at home, will I be able to express myself in similar ways abroad?
- If I am not open about my identity at home, will the host country provide more freedom for me? If so, how will I transition once I am back home?
- What laws exist that affect LGBTQIA persons? Are laws different for men and for women?
- Can issues related to sexuality and gender expression be discussed and debated openly?
- Are certain forms of sexual or gender expression, including displays of affection that are generally accepted in the U.S. (whether queer or straight) expected to be private in my host country?
- Where are some nearby LGBTQIA-friendly establishments? How can I find them?
- Are there local support and community networks for LGBTQIA students in my host country?

You may wish to begin your research by familiarizing yourself with campus, community and web resources dedicated to LGBTQIA issues. In addition to local resources, there are several well-known organizations that offer information and support for international travelers and/or study abroad students (see *Web Resources*). You may also discuss any concerns with the Associate Director of Education Abroad or your home institution study abroad advisor.

## **LIFE IN ROME**

Rome is a modern city with a population of over 3,000,000. Primarily a tourist and government center, it is also important for communications, finance and commerce. There is little industry. Rome has fine specialty shops, excellent hotels and restaurants, as well as all of the conveniences and necessities (repair services, cleaning services, medical specialists, etc.) that one might expect to find in a major city. It also has enormous traffic problems, crowded schools and urban sprawl. Below is information about some common cultural differences to expect, as well as practical information about climate, transportation, etc.

### **COMMON CULTURAL DIFFERENCES YOU MIGHT EXPERIENCE IN ROME:**

#### **Pace**

In general, life in Rome moves at a slower pace than in the United States. While Americans have a tendency to take things “to-go” and rush from place to place, Italians generally take their time and place emphasis on relationships and meaningful conversations over timeliness. One exception to this rule is coffee (caffé). Most Italians drink their espresso or cappuccino standing at the bar (it costs much less than sitting) and are on their way.

#### **Appearance**

Romans take their appearance very seriously. As an American studying in Rome, you will notice that Romans are typically dressed to impress. This does not mean you have to emulate their style, it is simply about being respectful, and presenting yourself in an appropriate matter. Certain spots in Rome, especially churches and museums often require a modest dress code. Research the Italian philosophy called *la bella figura* or read *La Bella Figura: A Field Guide to the Italian Mind* by Beppe Severgnini.

#### **Staring**

Romans are curious people, in that they will stare at those who are different from themselves. This is not unusual— they are simply curious as to who you are and where you are from. After being in Rome for a little while, you will not notice the staring as much. By giving them a glance back, acknowledging that you are aware of them, they will likely turn away and move on with their business.

### **PRACTICAL INFORMATION**

#### **Climate**

Spring and autumn in Rome are usually mild and pleasant. In winter, it rarely snows, but below freezing nighttime temperatures are not uncommon. The average temperature in November/December is 45F degrees; the average temperature in January/February is 35°F. There is a good deal of rain during the winter months and occasional rain during the summer. Temperatures in the 80's and even the 90's are common from June through the middle of September.

#### **Food and Dining**

Breakfast is *not* considered the most important meal of the day in Rome. The small meal usually consists of some type of pastry (generally a *cornetto*, or croissant) and a cappuccino. Lunch can range from a small panino to a full pasta meal, and is typically eaten between 1-3 pm. Dinner is typically eaten after 8:00 pm. In Italy, it is very uncommon to take leftover food home from a restaurant. Alcohol is consumed in moderation, and is typically enjoyed with meals as a way of complimenting the taste of the food. It is highly frowned upon to be intoxicated in public, and is one of the top ways to attract unwanted attention.

All kinds of food can be purchased in Rome for reasonable prices, including cheese, pastries, eggs, and pasta. Fresh fruits and vegetables in season are cheaper than in the U.S. However, canned goods, meat and poultry are more expensive than in the U.S. There are a number of supermarkets and open-air markets close to the Residence and throughout Rome. There are also many good restaurants whose prices vary with reputation, location and décor.

### **Laundry**

There are a few self-service, coin-operated laundromats within a five-ten minute walk from the Residence. Due to the high cost of imported energy, dryers are not common and Italians usually line-dry their clothes. In general, appliances abroad are not built to the same standards as in U.S. Washers in particular may hold fewer clothes and not operate as reliably.

### **Heating and Air Conditioning**

Heat is a luxury in Rome, again, due to the high cost of imported energy. Italian federal environmental laws require that heating in buildings, including in private homes and the Residence Candia, remain below approximately 20 degrees Celsius (68 degrees Fahrenheit). Generally, heating is turned on for 6-7 hours a day, and may not be turned on before a certain date (usually November 15), and must be turned off for the season by a certain date (usually March 15). Most apartments have heating that is centrally controlled for the whole building, and thus the owners have no control over the temperature. While Rome has a warmer climate, returning students repeatedly stress the need for warm clothing. Due to the lower housing temperatures, marble floors and lack of insulation, students tend to feel colder inside than they are used to in the U.S. Air conditioning is not commonly found in Italian homes, but is available in the Residence.

### **Internet**

Internet connectivity is generally not as advanced in Italy as it is in the U.S. The wireless network in the Residence may be especially slow at peak times when many students are logging on. Keep in mind that if you are using a smartphone, tablet, and laptop all at the same time, this will affect the speed of the network for you and others. Participants can rent a Wi-Fi hot spot during orientation if they wish for internet access all over Italy.

### **Shopping**

Most Italian stores limit themselves to a particular specialty and are small by American standards. However, there are several department stores that carry good quality merchandise at reasonable prices. For practical things you might need while traveling, your best bets are OVS, Auchan or Coin Department stores. They are also good places to go gift shopping. There has been an influx of international chains in recent years, and stores such as H&M, Zara, the Gap and Desigual can be found throughout the city center and on Via Cola di Rienzo (not far from Residence Candia).

### **Transportation**

There are more than 160 public transportation routes within Rome and its environs. Although the system is not efficient and comfortable, it is economical. Tickets can be purchased at a tobacco shop, newsstand or bar. Once you are on the bus, the ticket is inserted into a validating machine. At considerable savings, a monthly pass can be purchased. Keep in mind that Rome is a walking city; you may want to consider buying passes after you have become acquainted with the city. Further information about transportation will be provided during orientation in Rome.

### **Business Hours in Italy**

Opening and closing times are quite different from those in the U.S. It is best to make a note of them so as not to waste time. The following will give you an idea of typical business hours in Italy:

Supermarkets: 8.30 a.m. - 8 p.m.

Open Markets: Weekday mornings and Saturdays

Retail Stores: 9.30 a.m. - 1 p.m. and 3:30 p.m. - 7:30 p.m. (Closed Monday mornings)

Banks: 8:30 a.m. - 1:30 p.m. and 3:00 - 3:45 p.m. (Closed Saturdays and Sundays)

### **Electricity**

The voltage and shape of the electrical outlets in Italy (and most European countries) are different than in the U.S. If you bring electrical plug-in items with you, you will need a standard voltage converter (110v to 220v) as well as an adapter so that your plug fits the outlet appropriately.

You can either purchase converters and adapters in the U.S., or upon arrival, you can chip in with a few other people to purchase whatever you feel is essential. You will be able to get adapters at Temple Rome for a small deposit fee.

We recommend purchasing hair appliances, including hair dryers and hair straighteners, in Rome since many students have reported ruining their U.S. hair appliances, even when using a converter and adapter. A popular place for purchasing these types of appliances is Euronics.

### **TRAVEL WHILE ABROAD**

Many students plan to travel during their time abroad. Being in Italy does lend itself to convenient travel around both Italy and Europe; however, previous participants repeatedly warn that students who spend too much time outside of Rome miss the opportunity to intimately learn the ins-and-outs of the city. Students who do travel outside of Rome will be asked to give the school their travel details each week via email beforehand in case of emergency.

Italy has a convenient network of trains and buses for travel within the country. If you do plan to travel outside of this network, a variety of inexpensive European airlines are popular and fly out of both of Rome's airports.

### **LANGUAGE**

While previous study of Italian language is not a requirement for program participation, returned students recommend beginning language study before arrival. In addition to familiarizing students with the country's history and culture, studying the language will provide you with the necessary skills required for communication.

If you are not able to take a course, there are many foreign language resources available in bookstores and online ([duolingo.com](https://www.duolingo.com); [learnandspeakitalian.com](https://www.learnandspeakitalian.com)). Remember that you will be in Rome for a few days before your Italian class begins. During this time you will need to order food, purchase groceries and supplies, and ask for directions. Knowing basic phrases and words will help you to feel more comfortable. At a minimum, we recommend bringing an Italian phrasebook with you to Italy.

Students who have not taken the first level of Italian at the university level are required to do so while in Rome. We strongly recommend that every student study Italian while in Rome. If you choose not to take an Italian course, we recommend that you set some goals for learning the language independently while there. Students who learn the most Italian are those who are willing to talk, ask questions, make

mistakes, and get out there, not necessarily the students who know the most Italian prior to arriving in Italy. Although you have the opportunity to greatly improve your communicative skills, be realistic about your expectations for second language acquisition. While studying abroad, you can make great improvements, but you will also need to challenge yourself by not speaking English with your peers, the TUR staff, or locals who speak English with you. Hold yourself to the goals you set before going.

In general, Italians are both encouraging and forgiving of those who attempt to speak the language. It is likely that you will connect with someone in a more meaningful way if you are familiar with Italian.

Upon your return, consider continuing your study of Italian at your home campus to practice and maintain your newly acquired skills.

## HEALTH AND SAFETY ABROAD

The ability to remain healthy and safe while overseas is paramount to a successful study abroad experience and requires advance planning on your part. Although our office aims to support your preparation, it is essential that you assume responsibility for your personal planning; throughout this section, we have included a checklist of student responsibilities as they relate to health and safety to guide you in your preparations. If, after reviewing all the information, you have individual concerns, please contact the Associate Director of Education Abroad.

### TO DO:

- Read and carefully consider all materials issued by Education Abroad and participate fully in pre-departure orientation (in person or online).
- Be an informed traveler. Conduct your own research on the countries you plan to visit, particularly in regards to health and safety concerns, using the suggested resources:
  - The [U.S. Department of State Travel website](#) provides information on crime and security, health and medical conditions and the location of the U.S. embassy and any consular offices through [Country-Specific Information](#) sheets on every country in the world.
  - The [Centers for Disease Control](#) lists recommended/required immunizations for each country and details specific health and medical considerations for travelers.
  - In addition to these websites, [International SOS](#) and [GeoBlue](#) will serve as resources for you; these organizations and their benefits are further described below.
  - Keep up-to-date with world news and local news in your host country as you prepare to go abroad and while abroad.

## GEOBLUE HEALTH INSURANCE

All students participating in a Temple University study abroad program are covered by GeoBlue health insurance. GeoBlue is a comprehensive program of insurance benefits and services that covers 100% of medically necessary doctors' visits and emergency care including pre-existing conditions; please refer to the GeoBlue Description of Benefits, which will be posted to your Program Home Page, for the full policy of benefits and exclusions.

Education Abroad will enroll all program participants in GeoBlue (refer to the Dates and Deadlines document on your Program Home Page for the estimated date). Once enrolled, GeoBlue will send an email to your Temple University email account with instructions on how to login to their website to access and print your insurance card.

### TO DO:

- Before Departure:
  - Login to [geobluestudents.com](http://geobluestudents.com) following the instructions you received in the e-mail from GeoBlue. Setup your account, and print your insurance card.
  - Familiarize yourself with the resources on the [geobluestudents.com](http://geobluestudents.com) website, which include lists of any GeoBlue contracted physicians and hospitals in your destination(s).
  - Consult with GeoBlue for pre-trip health advice as necessary, especially if you have questions about available medical providers and whether your medications are allowed in your host country.
  - Download the GeoBlue mobile app for your smartphone.

- Once Abroad:
  - Call or email GeoBlue when you need to see a doctor; they will schedule the appointment for you and make payment arrangements in advance when possible. For immediate assistance outside the U.S., call +1.610.254.8771 (collect). For non-emergencies, call or email GeoBlue at [globalhealth@geo-blue.com](mailto:globalhealth@geo-blue.com).
    - In Rome, you may also contact the Student Life Coordinator when you need to see a doctor. She will assist you in making an appointment and notifying GeoBlue.
- Important Details:
  - Do not cancel your U.S. health insurance, as GeoBlue only provides coverage outside of the U.S. Should you need to return home for any treatment, GeoBlue will not cover you.
  - Prescriptions are covered, but in most cases you will need to pay out of pocket for prescriptions and get reimbursed by submitting a claim form (available on GeoBlue's website).
  - Your coverage will be valid for the dates of the program only. If you plan to be abroad outside the program dates, you may extend coverage for an additional fee through your GeoBlue account.

## HEALTH

### Medical Conditions

It is important to be both physically and mentally healthy before you go abroad. Mild physical or psychological disorders, even those well-managed here in the U.S., can become serious under the stresses of life while overseas. Students often underestimate the challenges that come with transitioning to a new environment and culture, and the effect it can have on their physical and mental health.

If you have a medical condition that requires ongoing care while abroad, please discuss a plan with your doctor, Education Abroad, and GeoBlue before departure.

### Mental Health

An increasing number of students are taking advantage of counseling services in the U.S.; Temple Rome has an on-site Counselor, Dr. Laura di Giunta, available to talk through your issues. You will get more details about this and other options for counseling upon arrival at TUR. Mental health care is covered by GeoBlue; you may also wish to ask your current counselor if he/she is available for Skype sessions while you are abroad. We encourage you to utilize these services as soon as an issue presents itself, as delaying care often results in problems growing more severe.

Before departure, discuss with your counselor any past or present mental health concerns, as well as your individual triggers, so that you are prepared to face challenges that may present themselves while abroad. Below we list some of the common factors that can affect your mental health while abroad.

- |                                  |   |
|----------------------------------|---|
| • Travel stress                  | • Transition to new environment/culture shock                 |
| • Separation from friends/family | • Adjusting to local conditions, i.e. new diet, climate, etc. |
| • Social pressure                | • Feelings of being alone in a foreign country                |
| • Changes in medication          | • Loss of resources from home/different resources from home   |

- Dramatic time changes (out of routine)
- Unexpected event (i.e. parent getting sick, relationship break-up, etc.)

Most students adjust well while abroad and return to the U.S. having grown as a result of successfully handling challenges and dealing with the change and ambiguity that often accompanies the experience.

### **Prescriptions**

If there is a medication that you must take, bring an adequate supply for your stay. Obtaining more than your usual quantity of prescriptions may require special coordination with your physician and health insurance company, so consult your physician well in advance. Do not plan on having U.S. prescriptions filled abroad, and do not plan on having prescription medication mailed to you once you are abroad. In most cases, mailed prescription medication will be stopped in customs.

If you take prescription medications with you, be sure to leave them in the original containers and carry a copy of the prescription and a letter from your doctor that includes the following: the name of each prescribed drug, identified by its chemical composition/generic name rather than its brand name; dosage; instructions; and reason for prescribing the drug.

Be aware that some prescriptions and over-the-counter medications are restricted or illegal abroad. In many countries, for example, common medications such as allergy medicines and ADD/ADHD medication are restricted. Refer to the [U.S. State Department's Country Specific Information](#) or consult with GeoBlue for more details. If you use a medication that is prohibited in your host country, please consult your doctor as soon as possible to discuss alternatives.

### **Eye Care and Over-the-Counter Medications**

You might want to bring over-the-counter medications from the U.S. if you prefer a specific brand of aspirin/ibuprofen, cough medicine, vitamins, allergy medication, or medicine for motion sickness.

If you wear glasses or contact lenses, take along an extra pair. In addition, just in case, be sure to have the lens prescription with you. Contact lens supplies may be more expensive abroad, so it is wise to take cleaning solution with you if possible.

#### **TO DO:**

- Schedule check-ups with your doctors/dentist/counselor to discuss:
  - Existing conditions and a plan to stay healthy while abroad
  - Prior conditions and what you would do if they resurfaced
  - Medications you need to bring with you
- Obtain any prescription medications you need to take with you, paying attention to restrictions on medications for any countries to which you are traveling.
- Learn how to communicate, verbally and in written form, your medical condition, allergies, etc. in the host language.
- Research care providers in your destination using GeoBlue's website.
- Disclose any personal information necessary in planning for healthy and safe study abroad through the required Health Information form on your Program Home Page; discuss major concerns with the Associate Director of Education Abroad.

- Once overseas, make good decisions: eat healthy, get enough sleep, and avoid behavior or circumstances that don't support your health.

### **Allergies and Special Diets**

If you have any food allergies or adhere to a special diet, it is important to research food options and risks before departure and prepare as much as possible.

Some things to consider:

- In some cases, certain dietary restrictions are not easily understood by the host culture.
- Labeling standards and practices vary by country.
- You can't assume that pre-packaged foods available in both the U.S. and abroad have the same ingredients.

TO DO:

- Research local foods to find out the most common ingredients as well as local restaurants/brands that might accommodate your dietary needs.
- If possible, learn phrases in the host language that will allow you to communicate your dietary needs while grocery shopping, eating out or with your host family (if applicable).
- At minimum, carry an explanation of your dietary needs, including foods to be avoided and any other special considerations, written in the host language. Several websites, such as [SelectWisely](#), offer translation card for food and drug allergies. Discuss what is best for you with your doctor.
- If you need special medications pertaining to severe food allergies, have them on hand prior to departure.
- Indicate all allergies or health-related dietary restrictions on your Health Information form and discuss any serious allergies or restrictions with the Associate Director of Education Abroad.

### **Disabilities**

An increasing number of students with disabilities are successfully participating in study abroad opportunities. A key factor in ensuring your success abroad is anticipating what needs you will have in relation to your disability, and discussing your individual circumstances in full with the disabilities resources office at your home university, as well as with Education Abroad, long before traveling. Aspects of the program you may need to consider include arrival, living accommodations, food, classes, transportation, etc. Planning ahead improves the chances of securing the accommodations you need.

In addition to our office and the disability resources available at your home university, there are several organizations that provide information for travelers with disabilities, including [Mobility International USA](#).

TO DO:

- If you have a documented disability and are requesting accommodations while overseas, submit your official accommodation letter from your university to Education Abroad as soon as possible.
- In addition, please discuss your needs with the Associate Director of Education Abroad well in advance of departure.

## **Immunizations**

Make sure that your routine vaccinations, such as measles/mumps/rubella (MMR), diphtheria/pertussis/tetanus (DPT), poliovirus, etc. are up-to-date before you travel. The Centers for Disease Control also recommends hepatitis A and B vaccination for most international travelers.

Student Health Services on Temple's Main Campus can provide free travel consultations (to Temple students only). Call (215) 204 -7500 to set up an appointment. There is a fee for each immunization.

### **TO DO:**

- Refer to [CDC.gov](https://www.cdc.gov) for the recommended immunizations specific to your destination(s).
- Obtain any necessary immunizations at least four to six weeks before departure.

## **Sexual Health**

Having a relationship while abroad can be a great experience, but it requires more caution than at home. You will be getting used to a new culture and your surroundings so it might be difficult to gauge someone's interest, their expectations, or ways of interacting. Be prepared and take the necessary precautions. Remove yourself from any situation that makes you uncomfortable, whether you are out at night, in a relationship, etc. Even if you think that your uneasiness may be due to a cultural difference, staying in an uncomfortable situation is not worth the risk. You will always have time to process and reassess the situation later.

Sexually transmitted infections and diseases, as well as unintended pregnancies are just as much a concern abroad as at home, so protect yourself and your partner in the same manner that you would when home.

Students who expect to be sexually active while abroad should be prepared and may need to consider purchasing latex/polyurethane condoms and/or dental dams in the U.S. prior to departure, as reliable prophylactics can be difficult to find in some regions. Temple students can obtain condoms at the Wellness Resource Center.

Although a very Catholic-influenced culture, it is common to find condom distributors outside pharmacies in Rome.

## **SAFETY**

Your safety is our top priority. While it is not possible to completely guarantee student safety in any location, U.S. or foreign, program participants and their families can rest assured that Education Abroad consistently monitors information from the U.S. Department of State and International SOS to ensure that program destinations meet reasonable standards for safety. On-site orientations will cover location-specific safety recommendations and emergency preparedness. In addition, your responsibility is to become an informed traveler and follow the precautions we outline in the next sections.

### **TO DO:**

- Review the [Department of State Worldwide Caution](#) and any relevant [Country-Specific Information Sheet\(s\)](#) paying special attention to the following information about your destination(s):
  - Political security
  - Public health standards

- Country's infrastructure e.g. transportation
  - Crime
  - Facilities
  - Likelihood of natural disasters
- Read and carefully consider all materials issued by your program on-site and participate fully in on-site orientation.

### **Student Conduct and Behavior**

All program participants are subject to Temple University's [Student Code of Conduct](#) while on a study abroad program. Please review the policy online.

You will be asked to sign an Assumption of Risk and Release Form that includes a statement on Personal and Academic Conduct. These documents set forth the University's standards regarding your behavior, and your signature is your agreement to abide by these standards. Temple University reserves the right to require the immediate withdrawal of any student who fails to meet the University's standards for conduct.

The simple fact of your being a foreigner and not quite knowing what is and isn't safe behavior—not being certain where and where not to go or how to act—increases the possibility that you can become a victim of a crime or a target for illegal activity. Know and obey local laws; avoid illegal-looking activity of any kind. Do not assume that just because something is legal in the United States that it is legal abroad. In many other countries, laws are more strictly enforced than in the U.S.

As a foreigner, you will likely stand out while abroad. Even when you are not interacting with locals, you are often being observed by them. Practice participant observation – do as the locals do – to avoid standing out.

### **Rome Residence Rules**

All students living in the Residence are also subject to the Rules of the Residence Candia.

Failure to abide by these rules is grounds for eviction from the Residence and dismissal from Temple University Rome. Your cooperation will also show respect for the right of roommates and neighbors to a decent living environment, and you will best represent the U.S. in the eyes of the Italian staff and Italian tenants at the Residence.

- OFFICIAL QUIET HOURS ARE BETWEEN 10:30 PM and 8:00 AM.
- DISORDERLY OR ABUSIVE BEHAVIOR WILL NOT BE TOLERATED.
- THE USE OR POSSESSION OF ILLICIT DRUGS IS ILLEGAL AND PROHIBITED. Students will be subject to instant removal from the Residence. In addition, students risk immediate deportation if found using or possessing illicit drugs.
- Guests must register with the porter, and leave the Residence by 10:30 p.m. Occupants are responsible for the actions and lawfulness of their guests. OVERNIGHT GUESTS ARE NOT PERMITTED.
- SECURITY: Doors and windows should be locked, and the door and window verandas down when occupants are sleeping or away. Use the strongbox for small valuables, cash, credit cards, etc. Report security problems to the porter (dial 9).
- Roommates are collectively responsible for maintaining the orderliness of their apartment in the interest of health, safety, and the well-being of all tenants.

- Do not deface the apartment walls or abuse the property. Occupants will be held liable for any damage to the property, including excess cleaning costs. Unless the responsible person can be identified, the cost will be split equally among apartment occupants.
- Do not rearrange or remove the furniture.
- No smoking in the apartments.
- No pets.
- Residence and Temple staff reserves the right to enter apartments at any time with or without the presence of occupants.
- Temple reserves the right to change room and roommate assignments at any time during the semester to accommodate shifts in student numbers or due to unforeseen situations that may occur.

### **Alcohol Consumption**

Many students feel a sense of freedom when studying abroad, particularly if they are underage in the U.S. but can drink legally while abroad. Unfortunately, this often leads to overconsumption of alcohol, which lowers your defenses and increases your chances of becoming a victim of a crime or making poor decisions. Be conscious of your alcohol intake and take care to not to put yourself in potentially threatening or unsafe situations. Keep in mind that your body reacts differently to alcohol in different situations and environments. When you do drink, always use the buddy system and ensure that everyone in your group is accounted for when leaving the establishment.

In many other cultures, attitudes towards alcohol and drinking are very different than in the United States. It is often uncommon and frowned upon to drink to the point of intoxication, even amongst college students; public drunkenness, for example, might be considered disrespectful, rude, and invite unwanted advances from strangers. If you choose to drink alcohol while abroad, enjoy it in moderation.

Drink spiking does occur abroad, and can lead to a dangerous situation, such as robbery, assault, etc. When going out to bars or clubs, take precautions: use the buddy system; do not drink with people you don't know; do not accept drinks from others; and do not let your drink leave your sight. Another note of caution is to avoid American-style bars (many of which are in the Campo dei Fiori area), which cater to tourists and are prime locations for pick-pocketing, drink spiking, fighting, and assault.

### **Sexual Assault, Domestic or Dating Violence, and Stalking**

Temple University is committed to preventing and addressing sexual assault, domestic or dating violence and stalking wherever it occurs. To familiarize yourself with university resources and options in the event you or someone you know experiences sexual assault, dating or domestic violence, or stalking, you should take the time to review the university's policy on [Preventing and Addressing Sexual Assault, Domestic Violence, Dating Violence, and Stalking](#).

If you or a friend experiences sexual assault, domestic or dating violence, or stalking while abroad, seek medical care immediately to address immediate health concerns and to obtain and preserve evidence of the crime. As time passes, evidence of such incidents can fade. You should also notify the Temple Rome Student Life Coordinator so that other actions can be explored, such as support in contacting local authorities, class accommodations, housing changes, conduct code charges, counseling, returning back home, and other options. Reporting crimes abroad is different than reporting crime in the U.S. If you or a friend is the victim of a crime, notify an on-site staff member to discuss your options.

Counseling services available both on-site and at private counselors' offices in Rome, and are covered by GeoBlue. Contact the Temple Rome Student Life Coordinator if you need to set up an appointment or if you have any concerns about the above.

**TO DO:**

- Understand and comply with Student Code of Conduct and other rules of participation.
- Review the university's policy on Preventing and Addressing Sexual Assault, Domestic Violence, Dating Violence, and Stalking.
- Obey host country laws.
- Accept responsibility for your own decisions and actions.

**Italy-Specific Safety Concerns**

Generally speaking, Italy has less violent crime than in the U.S. This does not, however, mean your safety is guaranteed. Petty crime like pick-pocketing is a serious problem in Rome, particularly in tourist areas. Theft of parked cars, purse snatching, and apartment break-ins occur regularly. Keep your belongings close and always be aware of your surroundings, especially when using public transportation. Keep your doors and windows locked.

Like most cities, there are neighborhoods to avoid late at night and when you are alone. Exercise the same caution in Rome as you would in any major U.S. city. It is best to avoid the area around the Termini train station at night, as well as some of the far outskirts of the city.

In Italy, women should take special note of the precautions we list below for female travelers. Unfortunately, the stereotype of Italian men being forward and aggressive towards women, particularly foreigners, can be true. Avoid unwanted attention from men in Italy by dressing appropriately, avoiding smiling and making direct eye contact with men when you are alone, and always being aware of your surroundings especially late at night. It is not uncommon for Italian men to grab or brush up against females, especially on crowded buses and trains. If this happens, make eye contact with the man and firmly say "NO." This will get the attention of others around you and indicate to the man that you are not okay with the behavior.

Additionally, relationship dynamics between men and women in Italy are different than in the United States. A specific and important difference to note is the concept of consent. In Italy, it may be assumed that if you go home with an Italian, you are giving up your right to say "no."

Remember that safety precautions will be covered in depth during your on-site orientation as well.

**Common Sense Precautions for All Travelers**

Below is a list of safety precautions to take while abroad.

- Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions.
- Keep a low profile and try not to make yourself conspicuous by dress, speech, or behavior, in ways that may identify you as a target. Do not draw attention to yourself through expensive dress, personal accessories (cameras, smart phones, etc.) or careless behavior.
- Exercise special caution when traveling in areas where you are unfamiliar with your surroundings.

- Do not agree to meet a person whom you do not know in a non-public place.
- Do not participate in adventure sports, such as zip lining or bungee jumping. Resulting injuries are not covered by GeoBlue.
- Avoid crowds, protest groups, or other potentially volatile situations, as well as restaurants and entertainment places where Americans are known to congregate.
- Inform on-site staff and your family of independent travel (weekend trips).
- Develop with your family a plan for regular communication, so that if any major events occur, you will be able to let your family know directly about your safety and well-being.
- Avoid illegal drugs and excessive or irresponsible consumption of alcohol, which can impair judgment and compromise health and safety.
- Female travelers are often more likely to encounter harassment, but uncomfortable situations can usually be avoided by taking the following precautions:
  - Dress conservatively. While short skirts and tank tops may be comfortable, they may also encourage unwanted attention. Always dress in a culturally appropriate manner.
  - Avoid walking alone late at night or in questionable neighborhoods.
  - Be aware that some men from other countries tend to mistake the friendliness of American women for romantic interest, and some men perceive all American women to be easy. Be cautious of their perceptions and expectations.
- Make photocopies of documents and keep them in a safe place *separate from the originals*.
- Do not carry your passport, except when traveling. Always carry a photocopy of your passport and any necessary identification cards, as well as your emergency wallet card.
- Carry only the money and/or credit cards that you need with you, and bring your phone wherever you go in case of emergency.

### **Emergency Preparedness**

Emergencies, such as natural disasters, political unrest, or terrorist activity, can happen anywhere at any time. In order to minimize danger to your health and well-being, it is extremely important to plan and prepare in advance for events that might occur while abroad.

### **If an incident or emergency occurs in another city in Europe, please:**

1. Contact TUR immediately with your location, your status (I'm ok) and who you are with in any of the following ways:
  - Post a comment on the TUR group Facebook page;
  - Call the TUR emergency number **+(39) 06 96701506**;
  - Send a note via Facebook Messenger to the Student Life Coordinator;
  - Send an email to the Student Life Coordinator.
2. Ensure that you are in a safe place; avoid crowded venues and touristy areas in the wake of news of such an event.
3. Once you have contacted us at TUR, contact your family members to let them know you are fine.
4. Continue to monitor the TUR Facebook page and listserv for follow up information from Temple Rome.

**If an incident or emergency occurs in Rome, please:**

1. Contact TUR immediately with your location, your status (I'm ok) and who you are with in any of the following ways:

- Post a comment on the TUR group Facebook page;
- Call the TUR emergency number +(39) **06 96701506**;
- Send a note via Facebook Messenger to the Student Life Coordinator;
- Send an email to the Student Life Coordinator.

2. Once you have assessed the situation and have determined that it is safe to move from your location, get as quickly and safely as possible to the closest meeting point. **Meeting point A is the Residence Candia (Via Candia 135/B) and meeting point B is the Temple Rome Campus (Lungotevere Arnaldo da Brescia, 15).** If you feel or have been advised that it is unsafe to move, shelter in place until you are given the all clear; only then should you make your way to meeting point A or B. Once at one of the meeting points, check in immediately with TUR staff who will be waiting there. If you have direct information about any other students, please share it with the staff on site.

3. Once you have contacted us at TUR, contact your family members to let them know you are fine.

4. Continue to monitor the TUR Facebook page and listserv for follow up information from Temple Rome.

**TO DO:**

- If you are a U.S. citizen or permanent resident, register with the State Department's [Smart Traveler Enrollment Program](#). In the event of an emergency, this will allow the State Department and U.S. Embassy abroad to communicate with you. If you travel to countries beyond your program site you may register your side trips through the Smart Traveler Enrollment Program as well.
- Prior to departure, familiarize yourself with [FEMA's website](#) and the [CDC's Emergency Preparedness and Response website](#) so you understand what to do in the event of an emergency.
- During on-site orientation, pay attention to emergency protocols and ask the staff if you are unclear about anything.

**International SOS**

Temple University contracts with a company called International SOS for 24-hour travel assistance and emergency services. All students on a Temple University study abroad program have access to these services for the duration of the official program. Services include security advice and evacuation assistance. ISOS also provides **online services and travel information**. Temple University's ISOS member is #11BSGC000017.

**TO DO:**

- Visit [International SOS's website](#) to review the full program description, download a member ID card, and sign up for email alerts specific to your destination(s).

**If You Experience Any Concerns While Abroad**

All students studying on a Temple University program are provided with a wallet-sized emergency card upon arrival in the host country that lists the phone numbers for the local equivalent(s) of 9-1-1, the

local U.S. embassy, GeoBlue, International SOS, Education Abroad in the U.S., as well as the phone number for an on-site staff member that students can call 24 hours a day in the event of an emergency.

If you encounter problems while abroad, your first course of action should be to consult with the on-site staff. On-site staff members are usually in the best position to help you resolve any issues. They can assist in scheduling doctors' appointments, answer questions you may have about health or safety issues, and provide general guidance in many other situations. Occasionally, students will first contact their families without speaking to someone on-site. Families will then contact Education Abroad in Philadelphia, who will then contact the staff overseas. This extra step delays resolution of the problem.

If your passport is lost or stolen while you are abroad, contact the nearest U.S. embassy or consulate to report it and have it replaced.

**TO DO:**

- Carry your emergency wallet card.
- Notify on-site staff when you are facing a health or safety issue.
- Share Education Abroad's contact information with your family so they can contact us in the event of an emergency:
  - During normal business hours: **(215) 204-0720**.
  - During non-business hours, call the Temple University Campus Safety Services office at **(215) 204-1234**. Campus Safety will contact an Education Abroad staff member, who will return the call as soon as possible.

## PACKING

First, we recommend that you **travel light**. When considering how much to bring, remember that at some point you will have to carry all of your belongings. Also keep in mind that living spaces abroad may be smaller than you are used to; storage for two large suitcases could take up a lot of room in your apartment. Essentially, you should pack as if you are going away for a few weeks, not permanently moving overseas. Some experienced travelers recommend that you gather everything you wish to take with you, then reduce this amount by one half before packing!

### General Guidelines

- Check your airline's baggage and weight regulations and associated fees.
- You are typically allowed one piece of hand baggage and one personal item to carry onto the plane, and one or two checked bags. Carry-ons must fit under the seat or in the overhead compartment.
- We do not recommend taking enormous quantities of luggage with you. If you feel you absolutely need more than the amount of allowable luggage, you should compare the cost of sending it by mail with the cost of taking it with you at the onset and paying the extra-weight surcharge. (See *Sending Mail and Packages to Italy* below.)
- Review the current procedures and restrictions for carry-on items with the [Transportation Security Administration](#). Liquids are limited; weapons are prohibited.
- Keep in mind that you may purchase items abroad and bring them back to the U.S. Leave room in your luggage to accommodate.

### Packing Suggestions

- A versatile wardrobe that can be layered to adapt to changing temperatures and needs; do not pack clothes that require dry-cleaning
- Business/professional dress for students enrolled in business courses and internships
- Warm clothes: gloves, sweaters, coat (especially for the spring semester students)
- Layers to sleep in, as your room may be colder at night than what you're used to (see *Life in Rome* for more information). Warm pajamas and slippers, as well as a bathrobe, are recommended.
- A raincoat with a removable lining
- A good pair of very comfortable (broken-in) walking shoes
- A pair of flip-flops or sandals that could be used at pools, on the beach, or in showers
- Rain boots
- One bath towel (the Residence provides towels, but you will need one of your own for travel)
- A backpack/weekend bag
- A good guidebook
- A bilingual pocket dictionary
- Electrical adapters/converters
- A travel alarm clock, NOT ELECTRIC
- Your laptop computer (remember to pack in your carry-on)

### Documents You Should Take

- Copies of your passport, ATM card, credit cards, driver's license, etc. in case the originals are lost or stolen. Keep them somewhere separate from the originals.
- A copy of your acceptance letter to the program
- The letter(s) returned to you by the Italian Consulate with your visa

- Your GeoBlue enrollment card

### **First Aid, Medicines, and Toiletries**

You do not need to bring a large supply of toiletries unless you must use a specific brand. Many countries carry some U.S. toiletries. However, in general, U.S. products purchased abroad will cost more, so be willing to buy local products. Pack enough toiletries to last a week or two. That will give you time to familiarize yourself with your neighborhood shops and supermarkets where you may find what you need.

- Vitamins, aspirin (pain reliever), cough medicine (may be difficult to get abroad), an antihistamine (especially if you know you suffer from allergies), medicine for motion sickness
- Any prescription drugs you may take (please see information about prescriptions in the *Health and Safety* section)
- Toiletries as needed (shampoo, soap, toothpaste, razor and blades, tampons or sanitary napkins)
- Contraceptives (condoms and any other contraceptive you may use)
- Contact lens solution and/or other lens care products (accessible but likely more expensive abroad)

### **Small Electrical Appliances**

If you choose to take an electrical appliance, remember that the current in Italy is different, as well as the shape of the electrical outlet. Please see the *Life in Rome* section for information about electricity. We do not recommend bringing items such as a hair dryer or hair straightener with you to Italy, as these hair appliances often get ruined, even with a converter and adapter. Chipping in with a few friends to purchase these types of essentials after arriving in Italy is best.

### **What to Leave at Home**

- Valuable or expensive-looking jewelry
- Unnecessary credit cards
- Social Security card, library card, or any similar cards you routinely carry in your wallet and won't need when traveling abroad
- Clothing with the American flag or other symbols of the United States
- Military clothing, even Army fatigues
- Linens. The Residence furnishes blankets, towels, sheets, and pillows. As mentioned above, the Residence provides towels, but you will need one of your own for travel. For homestays, you will be provided with these; for independent housing, check with your landlord.
- Basic kitchen utensils. The Residence supplies basic cooking and kitchen utensils. Any utensils that aren't provided can be purchased relatively cheaply in Rome.
- White clothing. Some students have reported that it's difficult to keep white clothing white when traveling.

### **Materials for Artists**

The decision to pack your supplies or purchase them in Italy is a challenge for many art students. In general, supplies will be more expensive in Rome than in the U.S., so it is best to bring as many materials/tools as possible with you. Former art students have recommended trying to forecast your projects and to pack supplies accordingly. If you have supplies that you know you will need, take them with you; if you are not sure if you will use them, it might be best to leave them at home. If your

materials are very heavy or bulky you have to decide whether you want to pack them in your luggage (and take fewer clothes), pay a surcharge at the airport for excess weight (contact your airline for weight limits and fees) or be willing to try substitutes in Italy. Because of customs charges and hassles we recommend that you do not ship supplies. Two art stores are located within walking distance of the school.

Temple art professors accompany students to art supplies stores in Rome to show you the materials you need for their classes and to teach you art-specific vocabulary. Please see the supply lists posted with your Course Request form for more information on what to bring for specific art courses.

## FINANCES

### Budgeting

The amount of money you need for living expenses is greatly determined by:

1. The cost of living in the city where you are studying
2. Your lifestyle
3. The currency exchange rate
4. How much independent travel you plan on doing while abroad

For Italy, use the following budget as a guideline. These amounts are formulated based on previous participants' average experiences.

Meals (less for homestay students since some meals are included)	\$2200 USD
Personal expenses	\$2500 USD
Books and supplies	\$500 USD

Consider your personal spending habits and the amount of independent travel you are planning. If your spending typically exceeds that of an average college student or if you are planning extensive travel outside of Rome, you will need to budget accordingly.

Some common expenses for students in Rome:

- Monthly bus pass €35
- Average lunch €5 – 10 (sandwich at the grocery about €3, slice of pizza €2- 4 euros, salad €6)
- Average dinner €20 – 35 & up!
- Cappuccino & a croissant €2
- Fruit & vegetables (2 pounds) €2 – 2.50
- Pasta (1 pound) €1-2
- Milk (gallon) from €2 to €5
- Entrance to club on Saturday night €20
- Beer in a bar or club €6
- Cocktail in bar or club € 10/12
- Taxi from downtown Rome to the Residence €15
- Train from Airport to Termini €14
- Low cost buses from FCO to Termini train station €6-7

Since food will be a major expense while abroad, consider the following tips for eating cheaply in Rome. Cook at home when possible. If you are living in the Residence, talk to your fellow students about pot-luck dinners. Food is very fresh but can spoil quickly, so take that into consideration if you plan to buy groceries ahead of time. Outdoor markets in Rome are flooded with stalls offering everything you might need at a much lower cost than what you may pay at a supermarket. Food shopping in Rome was designed to be a process. Try exploring different specialty shops, such as neighborhood cheese shops, bakeries or meat shops. Be adventurous! Breakfast in Italy usually consists of a caffè and *cornetto*, which costs a few euros. Pizza is sold by weight, not by slice and is a very reasonable purchase. In order to avoid a service fee, do not sit down in cafes if you are only grabbing a coffee and a quick bite.

Other budget considerations:

Studio Art courses	\$100-200 per course for supplies
Academic year students	\$125-\$150 per day for housing/meals between semesters

### Currency

Currently nineteen European countries use the *Euro* as a common currency: Austria, Belgium, Cyprus, Estonia, Finland, France, Germany, Greece, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Portugal, Slovakia, Slovenia, and Spain.

Most students manage their money by withdrawing cash in the local currency overseas using their ATM card for their U.S. checking account. While this may serve as your primary source of funds, we recommend diversifying your sources of currency so that you have another way to access money if your ATM card doesn't work or is lost or stolen. Additionally, Italy and many European countries have more of a cash culture than the U.S., so do not assume you will be able to use your debit card or credit card for purchases. Keep in mind that services available in large cities are not always available in small towns.

There are several things you must do before deciding to rely on your ATM card:

- Check with your bank in the U.S. before going overseas to confirm that your card is usable in any country you may be visiting.
- **Tell your bank that you will be overseas** so they do not put a hold on your ATM card when they suddenly see a change in your account behavior.
- Make sure that your card is linked to your checking account, as some travelers report that they are unable to withdraw funds from their savings accounts overseas.
- Know your PIN in numbers, as ATMs in other countries often do not have an option for punching in letters.
- Confirm your bank's fees for international use and the daily withdrawal limit.
- Ask the bank if they will waive the service fee for using other banks' ATMs (they might not, but it is worth asking). Also ask if they have any partner banks in your location; some banks do not charge a fee for withdrawals from their international partner banks.

Other Sources:

- **Credit cards** are honored in many places throughout the world. However, do not rely on having your credit cards take the place of cash. Inform your credit card company of your travel plans and confirm their fees for international transactions.
- We recommend bringing a supply of **traveler's checks** to cover emergencies, such as a lost or stolen ATM card. Traveler's checks can be replaced if you lose them, and may be cashed in at banks or currency exchanges offices abroad.
- **Personal checks** are difficult if not impossible to use abroad. Leave them at home.
- In an emergency, another option is to have your family **wire money** directly using a service like [MoneyGram](#) or [Western Union](#). See their websites for details of use.

### Budgeting and Currency Tips

- Familiarize yourself with the local currency before you travel. Follow the exchange rate prior to and during your semester abroad using a currency exchange website like [Oanda](#).

- If you calculate the local equivalencies of \$1, \$5, \$10, and \$20 (and write them down if you are bad with numbers), you should feel more comfortable during your first few days of travel.
- Watch spending and stick to a budget during the first part of the program; wait until the end to purchase souvenirs and gifts.
- You may want to obtain some cash in Euros from your bank before departing for abroad. (Most travelers, however, are able to obtain Euros from ATMs at the airport without problems.)

## COMMUNICATION

Once you settle into a routine abroad, we recommend establishing a plan for communication with family or friends at home. Deciding to touch base once or twice a week, for example, can give you a chance to catch up with your family and to share the experiences of studying abroad. However, we do not recommend daily communication. In many cases daily communication delays the adjustment process, serving as a daily reminder of what you are “missing” back home. Extensive communication can also take up free time that you would otherwise have to explore your new environment.

Families are often concerned when they do not hear from their student immediately after arrival. This concern is natural, but in most cases, students are not able to make international phone calls from the airport. We encourage you to contact your family within 24 hours of arrival. Please be assured that Temple University will always notify family if there is a serious problem.

Below we list a few methods of communicating while abroad.

- All students are required to have a working **cell phone** in Rome—this can be either an unlocked smart phone they bring from the US, or a phone that they buy once in Rome. Prepaid calling cards, used for international calls, are available at *tabacchi*. You can get a cell phone from a private company which will be at school during orientation to provide information and take orders. Temple is not responsible for any cell phone products or services. Or you can buy an inexpensive phone with your own Italian telephone Sim card included. Tim and Vodafone are the best Italian telephone companies.
- An affordable way to call home using a phone overseas is through pre-paid international **phone cards** purchased in Rome. Past participants recommend using the **Europa cards** available at *tabacchi* stands (about six Euros for three hours).
- [Skype](#), [Viber](#) and **WhatsApp** are software programs that allow users to make telephone calls over the Internet to other users free of charge or sometimes for a small fee. Google also has a video chat for Gmail users. Do bear in mind, however, that Internet access is not always as reliable in Rome as it is generally in the U.S.
- [WhatsApp](#) and other similar smartphone apps also allow you to text message users for free when connected to wireless internet. Research your options.

### Information to Leave with Your Family

You should be sure to leave the following information with your parents or a family member:

- The address and phone number of Education Abroad in Philadelphia. See below.
- The address and phone number of the Temple Rome and the Residence. See below. All mail should be sent to you at the school. Students are provided mailboxes at school.
- Be sure to leave a copy of the numbers of your traveler’s checks at home. Also keep a record of these numbers with you (but not in the same place as your traveler’s checks) so any lost/stolen checks can be easily replaced.
- It is a good idea to leave your checking account, savings account, and social security numbers along with copies of your passport and your credit cards in your family’s keeping, too. This goes for any other similar numbers or information you think might be needed during your absence.

## **Sending Packages and Mail to Italy**

Please use the following guidelines if you expect to receive mail or packages in Italy.

- First, all mail and packages should be forwarded to you c/o Temple University Rome (see below for address).
- Clearly mark the customs declaration to indicate that the items are old, used and personal belongings of the addressee.
- Packages delivered to the school for students often have customs charges that range from 10-100 Euros. The school has no control over how much the amount will be. If a statement of value is required on the packing label, make sure that it is low (under \$25). Insured packages may be heavily taxed by the customs office. For this reason, we do not recommend that you send anything of value.
- Do not have medication mailed to you, as it will be stopped in customs.
- Customs charges are paid by the school on behalf of the student; the package is released to the student upon reimbursement to Temple Rome. If you do not want school to pay custom charges on your behalf (the package will be returned to sender), please notify Student Affairs upon arrival in Italy.
- Do not have anything sent in advance of your arrival in Rome.
- Be sure to get everything in writing and keep copies. If your family mails things to you after your departure, they should send you a copy of all invoices, receipts, etc., and keep the original copies themselves.

## **Contact Information**

39 is the country code for Italy. To dial from the U.S., you must first dial 011, followed by 39 and the number. If dialing within Italy, omit the 39. Please note that the number of digits in Italian phone numbers may vary. The numbers below are correct.

**Temple University**  
**Education Abroad and Overseas Campuses**  
200 Tuttleman Learning Center  
1809 N 13<sup>th</sup> Street  
Philadelphia PA 19122  
Telephone: (215) 204-0720  
Fax: (215) 204-0729  
[study.abroad@temple.edu](mailto:study.abroad@temple.edu)  
[studyabroad.temple.edu](http://studyabroad.temple.edu)

**Temple University Rome**  
Lungotevere Arnaldo da Brescia, 15  
00196 Rome, Italy  
Telephone: +39-06-320-2808  
Fax: +39-06-320-2583  
[rome.temple.edu](http://rome.temple.edu)  
Dean: Hilary L. Link

**Residence in Rome\***  
Residence Candia  
Via Candia 135/B  
00192 Rome, Italy  
[info@residencecandia.it](mailto:info@residencecandia.it)  
Tel +39 06 39721046

\* Do not have mail sent to the Residence; all mail should be sent to you at the Rome campus.

**Emergency Contact**

If you experience a personal emergency while abroad, you should call the Temple Rome emergency number listed on the yellow wallet card you will receive during on-site orientation. If your family needs to reach someone in the U.S. outside of business hours, they can call (215) 204-1234. Campus Safety will contact an Education Abroad staff member, who will return the call as soon as possible.

## WEB RESOURCES

### Temple University

University Registrar (transcripts)	<a href="http://www.temple.edu/registrar">www.temple.edu/registrar</a>
Student Health Services	<a href="http://www.temple.edu/studenthealth">www.temple.edu/studenthealth</a>
Wellness Resource Center	<a href="http://www.temple.edu/studentaffairs/heart/">www.temple.edu/studentaffairs/heart/</a>
Tuttleman Counseling Services	<a href="http://www.temple.edu/studentaffairs/counseling/">www.temple.edu/studentaffairs/counseling/</a>
	<a href="http://rome.temple.edu/">http://rome.temple.edu/</a>

### Temple University Rome

#### Government Resources

U.S. State Department Travel Website	<a href="http://travel.state.gov">travel.state.gov</a>
Smart Traveler Enrollment Program	<a href="http://step.state.gov/step/">step.state.gov/step/</a>
Traveler's Information	<a href="http://travel.state.gov/content/passports/english/go.html">travel.state.gov/content/passports/english/go.html</a>
Travel Warnings and Alerts	<a href="http://travel.state.gov/content/passports/english/alertswarnings.html">travel.state.gov/content/passports/english/alertswarnings.html</a>
Country-Specific Information	<a href="http://travel.state.gov/content/passports/english/country.html">travel.state.gov/content/passports/english/country.html</a>
U.S. Embassies Abroad	<a href="http://usembassy.state.gov">usembassy.state.gov</a>
Students Abroad	<a href="http://studentsabroad.state.gov">studentsabroad.state.gov</a>
Centers for Disease Control	<a href="http://www.cdc.gov/travel/">www.cdc.gov/travel/</a>
Transportation Security Administration	<a href="http://www.tsa.gov">www.tsa.gov</a>
Federal Emergency Management Agency	<a href="http://www.fema.gov">www.fema.gov</a>

### Travel Resources

STA Travel (student travel)	<a href="http://www.statravel.com">www.statravel.com</a>
International SOS (Temple member #11BSGC000017)	<a href="http://www.internationalsos.com/MasterPortal/default.aspx?membnum=11BSGC000017">www.internationalsos.com/MasterPortal/default.aspx?membnum=11BSGC000017</a>
GeoBlue	<a href="http://www.geobluestudents.com">www.geobluestudents.com</a>
Currency converter	<a href="http://www.oanda.com/currency/converter/">www.oanda.com/currency/converter/</a>
MoneyGram	<a href="http://www.moneygram.com">www.moneygram.com</a>
Western Union	<a href="http://www.westernunion.com">www.westernunion.com</a>
World Electric Guide (converter/adaptor information)	<a href="http://www.kropla.com/electric2.htm">www.kropla.com/electric2.htm</a>
Skype (internet phone software)	<a href="http://www.skype.com">www.skype.com</a>
Travel Clinic Locator	<a href="http://www.internationalvaccines.com">www.internationalvaccines.com</a>
SelectWisely (translation cards for allergies, special diets, and medical needs)	<a href="http://www.selectwisely.com">www.selectwisely.com</a>
Food Allergy Research & Education	<a href="http://www.foodallergy.org/managing-food-allergies/traveling">www.foodallergy.org/managing-food-allergies/traveling</a>

### Country-Specific

PicCell Wireless (Italian cell phone rental)	<a href="http://www.piccellwireless.com/latest/home.partners.php?map_id=187">www.piccellwireless.com/latest/home.partners.php?map_id=187</a>
Aeroporti di Roma	<a href="http://www.adr.it">www.adr.it</a>
Time Out Rome	<a href="http://www.timeout.com/travel/rome/">www.timeout.com/travel/rome/</a>
In Rome Now	<a href="http://www.inromenow.com">www.inromenow.com</a>
Trenitalia (official train system in Italy)	<a href="http://www.trenitalia.com">www.trenitalia.com</a>
ATAC (public transportation in Rome)	<a href="http://www.atac.roma.it">www.atac.roma.it</a>

### Independent Housing in Rome

Rome Craigslist	<a href="http://rome.it.craigslist.it/">rome.it.craigslist.it/</a>
Wanted in Rome	<a href="http://www.wantedinrome.com">www.wantedinrome.com</a>
Klemm	<a href="http://www.klemm.it/eng">www.klemm.it/eng</a>
Goin2Travel	<a href="http://www.goin2travel.com">www.goin2travel.com</a>
Accommodations in Rome	<a href="http://www.accomodationsrome.com">www.accomodationsrome.com</a>

Barclay [www.barclayweb.com](http://www.barclayweb.com)  
Roman Homes [www.romanhomes.com](http://www.romanhomes.com)  
Condo Rentals by Owner [www.vrbo.com](http://www.vrbo.com)  
Sublet.com [www.sublet.com](http://www.sublet.com)  
Porta Portese [www.portaportese.it](http://www.portaportese.it)  
Go to Roma [www.gotoroma.com](http://www.gotoroma.com)  
Roma Rentals [romarentals.net](http://romarentals.net)

### Diversity Resources

DiversityAbroad.com [www.diversityabroad.com](http://www.diversityabroad.com)  
AllAbroad.us [allabroad.us/](http://allabroad.us/)  
Brown University's *Diversity Issues in Study Abroad* Booklet (PDF) [www.brown.edu/academics/college/special-programs/international-study/sites/brown.edu.academics.college.special-programs.international-study/files/uploads/diversity\\_st\\_abroad01.pdf](http://www.brown.edu/academics/college/special-programs/international-study/sites/brown.edu.academics.college.special-programs.international-study/files/uploads/diversity_st_abroad01.pdf)  
University of Pittsburgh's *The World is in Your Hands: African American Student Guide* (PDF) [www.ucis.pitt.edu/aie/resources/TWIIYH.pdf](http://www.ucis.pitt.edu/aie/resources/TWIIYH.pdf)  
The Center for Global Education PLATO [www.globaled.us/plato](http://www.globaled.us/plato)

### Disability Resources

Temple University Disability Resources & Services [www.temple.edu/disability/](http://www.temple.edu/disability/)  
Mobility International USA [www.miusa.org/](http://www.miusa.org/)  
U.S. State Department Students Abroad Website [studentsabroad.state.gov/health/disabilities.php](http://studentsabroad.state.gov/health/disabilities.php)  
Centers for Disease Control Information for Travelers with Disabilities [wwwn.cdc.gov/travel/yellowbook/2010/chapter-8/travelers-with-disabilities.aspx](http://wwwn.cdc.gov/travel/yellowbook/2010/chapter-8/travelers-with-disabilities.aspx)  
University of Minnesota's Access Abroad Stories [umabroad.umn.edu/students/identity/disabilities/experiences.php](http://umabroad.umn.edu/students/identity/disabilities/experiences.php)

### LGBTQI Resources

U.S. Department of State Students Abroad Website [studentsabroad.state.gov/smarttravel/forglbttravelers.php](http://studentsabroad.state.gov/smarttravel/forglbttravelers.php)  
NAFSA's Rainbow Special Interest Group [www.rainbowsig.org/](http://www.rainbowsig.org/)  
International Lesbian, Gay, Bisexual, Trans and Intersex Association [www.ilga.org/](http://www.ilga.org/)  
ILGA's Country-by-Country data [www.ilga-europe.org/home/guide/country\\_by\\_country](http://www.ilga-europe.org/home/guide/country_by_country)  
International Gay & Lesbian Human Rights Commission [www.iglhrc.org](http://www.iglhrc.org)  
Global Gayz [www.globalgayz.com](http://www.globalgayz.com)  
The National Center for Transgender Equality's Travel Considerations [transequality.org/Issues/travel.html](http://transequality.org/Issues/travel.html)  
Reid's Italy Safety Tips for LGBTQ Travelers [www.reidsitaly.com/planning/safety/gay\\_travelers.html](http://www.reidsitaly.com/planning/safety/gay_travelers.html)  
Gay Center (Local Gay & Lesbian Center) [gaycenter.it](http://gaycenter.it)  
Circolo di Cultura Omosessuale Mario Mieli [mariomieli.org](http://mariomieli.org)