Introduction

Congratulations on your decision to participate in the College of Design Rome Program! Studying in Rome will likely be the high point of your undergraduate or graduate education at Iowa State University. You will find the program to be a personally, academically, and professionally rewarding experience.

This student guide is designed to provide concise information specific to the term of the Rome Program in which you have chosen to participate. It is your responsibility to familiarize yourself with the information presented here, and you should take this file to Rome with you on your computer for quick reference. (If you are not taking a computer, you should print the guide and take it with you.) However, it provides only an overview on certain topics, and for more information on conduct, safety, sexual harassment, health, money, packing, travel, and cultural adjustment, you should consult the ISU Study Abroad Center's study abroad handbook, which is available at: http://www.studyabroad.iastate.edu/home/students/outgoing/

Handbooks and guides are only one part of preparing to study in Rome. They should be combined with the material presented in pre-departure orientation and with independent research on international travel and studying abroad. You should also try to learn as much Italian language as possible before you go. The success of your study abroad experience in Italy will be dependent upon how serious you are about preparing prior to departure.

The faculty and staff associated with the Rome Program wish you a safe, productive and memorable study abroad experience, and we all look forward to hearing about it after your return.

Nondiscrimination Statement

Iowa State University does not discriminate on the basis of race, color, age, religion, national origin, sexual orientation, gender identity, sex, marital status, disability, or status as a U.S. veteran. Inquiries may be directed to the Director of Equal Opportunity and Diversity, 3680 Beardshear Hall, 515.294.7612.

Rome Program Online

Information about the Rome Program can be found online at http://www.design.iastate.edu/Rome and by searching at http://isuabroad.iastate.edu. This guide is available online at http://www.design.iastate.edu/Rome/studenthandbook.php

Information Accuracy

This student guide is version 1.0 for spring 2016, and the information presented is accurate as of October 2015. Many items included are subject to change, and students should double check information rather than relying solely on this document. If updates are made, the guide will be reissued under a different version number and significant changes will be noted by red text. Inaccuracies should be brought to the attention of Erin French at efrench@iastate.edu. Graphics are from http://www.clker.com.

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Dear Students – benvenuti,

The Rome Program is ready to offer you a challenging menu of classes, visits, trips and cultural events that will give you an excellent chance to experience an intense semester abroad. You’ll soon find out that Rome has more to give you than anyone can manage to squeeze into a program or a semester. There are the monuments, the museums, the new buildings, as well as everything you can expect from Italy when it comes to food, fashion and design. However, I don’t intend to sound like a tourist guide, and in fact, your reasons for coming here should be far from tourism.

You really made a different choice by taking this program: you wanted to study and live the experience of another city and culture. You will have time to stay longer than a tourist and feel what 3,000 years of history has left this city. You’ll have time to observe at length, and this is probably the best gift you can receive from this educational experience. You’ll learn directly from a great tradition of artists and craftsmen who did not attend any school or university. Many designers have taken Rome as a source for their projects, and every period and every artist has some kind of debt with Rome.

Rome offers you this incredible stage set of the most excellent architecture and art: you can pick yourself all the best fruits, like from a great cherry tree. Once you’re here, you’ll understand that you don’t even need to travel outside of Rome; my own 15 years in the capital have not been enough to discover all the jewels of architecture and art.

You chose not to be a tourist but to live a daily life which will give you an inside view of the cultural diversity between Italy and the United States. There are sweet sides to it, such as a cappuccino and cornetto in an old bar in the city center, but there are bitter ones, too. I have lived in many cities, and Rome is not the easiest in which to survive. There is a rather tough side when it comes to taking public transportation, to getting a bus ticket, to standing in line in a post office.

If you manage to sink into the particular rhythm of the city, though, you’ll begin to appreciate the strong identities some neighborhoods have. You could even feel part of something more than just your friends’ or students’ crowd: you can belong to the neighborhood, where there is not just Giovanni from the pub and Fabrizio the giornalaio, but also Giuseppe the shoemaker or Remo from the pizza shop.

It is up to you to get curious, to use your Italian, to wander by yourself through “vicoli e piazze” in search of your personal pathway to the Eternal City.

Sincerely,

Pia Schneider
Resident Director, Rome Program
Contact Information

Studio at Palazzo Cenci-Bolognetti
Address: Iowa State University Rome Program
Piazza delle Cinque Scolae 23, int. 3
00186 Rome, Italy
Telephone: 06.6880.8552
Prefix from U.S.: 011.39/Europe (outside Italy): 39
Fax: 06.6930.7807
Mail: Must be addressed to you at the address above. You are unable to receive mail directly at your apartment.

Housing Provider: Boarding House International
Owner: Manuela Janoha
Address: Via Ippolito Nievo, 12
00153 Rome, Italy
E-mail: info@bhint.eu
Office: 06.5833.4204
Emergencies: 331.164.3438 (new number as of 8.24.15)
Prefix from U.S.: 011.39/Europe (outside Italy): 39

Embassy of the United States of America
Address: Via V. Veneto 119/A
00187 Rome, Italy
Telephone: 06.46741 (switchboard)
Prefix from U.S.: 011.39/Europe (outside Italy): 39
Fax: 06.488.2672
Website: http://italy.usembassy.gov

ISU Contacts
Program: Erin French, M.Phil.
Coordinator: College of Design, Iowa State University
134 Design (Mailing), 289 Design (Office)
Ames, IA 50011
Telephone: 001.515.294.7153
E-mail: efrench@iastate.edu
Websites: http://www.design.iastate.edu/Rome
http://isuabroad.iastate.edu/?go=springrome

College of Design
Dean’s Office: 001.515.294.7428
ISU Study Abroad Center: 001.515.294.6792

Italian Emergency Contacts
Police (general emergency): 113  Ambulance: 118
Carabinieri: 112  Fire: 115

Phrases in English/Italian:
Hello, my name is… / Pronto, mi chiamo…
I live in Via… / Abito in Via…
I need help, please. / Ho bisogno di aiuto, per favore.
I need medical help. / Ho bisogno di aiuto medico.
Please call the ambulance. / Si prega di chiamare l’ambulanza.
There is a fire. / C’è un incendio
Please send a fire unit. / Per favore mandate una squadra.
There has been a robbery. / C’è stata una rapina.
Please call the police. / Si prega di chiamare la polizia.

CISI Insurance—Team Assist
001.312.935.1703 (calling from outside of the US, collect calls accepted, includes international dialing code)
855.327.1411 (calling toll-free from within the US)
Team Assist e-mail: medassist-usa@axa-assistance.us
Everyone’s policy number: GLM N04965085
ISU CISI information: http://isuabroad.iastate.edu/?go=CISI

Customized Maps

Program Calendar
Official Spring Program Dates
Arrivals: January 7
Departures: May 5
First night in program housing: January 7
Last night in program housing: May 4

Students may travel before or after the program, but program housing is available only for the dates listed. Program housing is for students only. Family members and guests must find their own accommodations.
Pre-Departure Checklist

1. Bring the Following Important Materials in Your Carry-On Bag (and leave a copy of certain items at home as indicated)

   __ Valid passport
   __ 3 black and white photocopies of your passport face page/signature page
      • give 1 copy to the housing office at check in
      • keep 1 copy with you but away from your real passport
      • leave 1 copy at home
   __ 2 black and white photocopies of your Rome study visa (will be pasted into your passport)
      • keep 1 copy with you but away from your real passport
      • leave 1 copy at home
   __ 2 photocopies of both sides of all credit cards/ATM cards/other important cards that you will bring with you
      • keep 1 copy with you at all times
      • leave the other copy at home
   __ Visa application form (will be returned to you with your visa)
   __ ISU student ID card
   __ Printed copy of your round-trip flight itinerary
   __ ISU Study Abroad Center Handbook PDF
   __ Non-U.S. passport holders should make extra photocopies of important documents such as an F-1 visa, resident card and/or I-20
      • keep 1 copy of each with you but away from the originals
      • leave 1 copy at home
   __ 2 photocopies of proof of your CISI insurance coverage—the insurance letter and card are in the same file (this information will be e-mailed to you as a PDF from the insurance company)
      • keep 1 copy with you at all times
      • leave the other copy at home
   __ Contact cell phone provider
   __ Obtain a medic alert bracelet if you have allergies or a medical condition
   __ Obtain enough prescription medications for entire stay abroad/learn generic name of medications (can’t be mailed to you later)
   __ Get a physical, visit dentist/eye doctor/gynecologist, etc. if you would have had your regular appointment while you’re going to be in Rome before or after the official program dates (available for purchase only after your program enrollment)
   __ Buy supplementary policy from CISI if you plan to travel in Rome (note each country you will go to and the dates—this includes airport layovers and weekend trips after arrival in Rome)
   __ Make customs appointment if necessary (see page 9)
   __ Notify bank/credit card company that cards will be used abroad (note each country you will go to and the dates—this includes airport layovers and weekend trips after arrival in Rome)
   __ Obtain euros in cash from bank (see below for expected initial expenses and recommended amount to bring)
   __ Arrange for mail forwarding
   __ Check if existing insurance will cover your possessions in Rome
   __ Buy supplementary policy from CISI if you plan to travel before or after the official program dates (available for purchase only after your program enrollment)
   __ Get a physical, visit dentist/eye doctor/gynecologist, etc. if you would have had your regular appointment while you’re going to be in Rome
   __ Contact Department of Residence about housing contract or talk to landlord about subleasing apartment
   __ Contact ISU Dining about meal plan (if necessary)
   __ Contact the Parking Division of the Department of Public Safety about parking permit refund (if necessary)
   __ Contact Student Legal Services or your family lawyer to arrange to transfer power of attorney to someone who can handle your affairs, such as income taxes (for spring students)

2. Bring the Following Materials in Your Carry-On Bag for Orientation and Residency Permit Meetings on August 28

   __ 3 additional photocopies of passport face page/signature page
   __ 3 additional photocopies of study visa
   __ 4 professionally taken and printed passport-style photos with a white background (photos you produce yourself are not acceptable and a white background is required)
   __ Student status letter with blue stamp
   __ 1 additional photocopy of student status letter
   __ 2 additional copies of CISI insurance coverage
   __ A pen
   __ €154,82 in cash for permit of stay and associated fees (this fee must be in exact change in euros—no exceptions!)
   __ €20.00 in cash for key and copy code deposit (this fee must be in exact change in euros—no exceptions!)

3. Preparing to Leave Iowa State University

   __ Authorize financial aid (AccessPlus)
   __ Set up direct deposit authorization (AccessPlus)
   __ Set up third-party access (AccessPlus)
   __ Give ISU permission to discuss your account with someone else (AccessPlus)
   __ Contact Department of Residence about housing contract or talk to landlord about subleasing apartment
   __ Contact ISU Dining about meal plan (if necessary)
   __ Contact the Parking Division of the Department of Public Safety about parking permit refund (if necessary)
   __ Contact Student Legal Services or your family lawyer to arrange to transfer power of attorney to someone who can handle your affairs, such as income taxes (for spring students)

4. Other Necessities

   __ Ask your bank for some euros in smaller denominations (5,10,20). This will be helpful upon arrival as many businesses will not accept a 50 euro note for a small purchase. Request exact change at this time for the residency permit and key/copy code deposit.
   __ Arrive at least 1 hour before your flight is scheduled to depart
   __ Keep some in your wallet, some in your bag and some in a third place on you (perhaps an inside jacket pocket).

5. Initial Rome Expenses: Bring Euros in Cash from Home (Do not rely on an ATM machine upon arrival)

   __ €50-60 for travel from airport to housing office
   __ At least €50-100 in extra money for initial expenses such as personal items, groceries, eating out on the first day, etc.
   __ €50-100 in extra money for initial expenses such as personal items, groceries, eating out on the first day, etc.
   __ €154,82 in cash for permit of stay and key/copy code deposits
   __ €20.00 in cash for key and copy code deposit
   __ Remember to have euros in cash for the residency permit and key/copy code deposit.
   __ Keep cash safe by splitting it up when you travel.

   Keep some in your wallet, some in your bag and some in a third place on you (perhaps an inside jacket pocket).
Arrival in Rome

Arrival by plane at Leonardo Da Vinci Airport (Fiumicino):
1. Immigration (passport control)
2. Baggage retrieval
3. Customs
4. Travel from airport to housing office
5. Check in at housing office

Note: an excellent website that explains the arrival in much more detail and with pictures is http://www.roninrome.com/transportation/fco-terminal-3-arrivals-area

1. Immigration
After the plane lands you will walk with all of the other passengers through the airport to immigration. On certain occasions you may get on a bus after exiting the aircraft that will take you to the building. You may also need to ride the sky train once you are in the building to get to the immigration area.

Get in the line for non-EU passport holders. When it is your turn, an immigration officer will examine your passport, and he or she may ask you some questions. Be prepared to say you are participating in a study abroad program. You may need to show your student status letter or other portions of your visa application packet. Make sure that you get all documents back, and that they put an entry stamp in your passport. However, if they refuse, do not argue. If you entered Europe through another country, you may already have the necessary stamp.

2. Baggage Retrieval
After you have cleared immigration, you will retrieve your luggage from the carousel assigned to your flight. Flights from the U.S. usually have luggage at carousels 4-8; European flights at carousels 9-11. It might take a while for your bag to appear (45 minutes+), so don’t start to panic! If your bag does not arrive, you will need to go to the baggage information desk and report it. Describe your bag, give them the numbers from your claim ticket, and give them the address and phone number of the studio: Piazza delle Cinque Scole, 23, int. 3, Roma, Italia 00186; phone 06 6880 8552. You may also need to sign a release so customs can clear your bags in your absence. You should get a reference number and a phone number from the baggage claim desk before leaving the airport so you can call to check on the status of your luggage if necessary.

3. Customs
After you have your luggage, follow the signs for Customs (Dogana), which is around luggage carousel 9. You have nothing to declare so you can walk on through the set of frosted doors into the arrivals pick-up area, which is usually very busy and full of people.

4. Travel from Airport to Housing Office
You can use one of three methods to get to your apartment:
A. Train and taxi or tram (cheaper)
B. Taxi (more expensive, but can split cost with travel companions)
C. Shuttle service (more expensive, but can split cost with travel companions)

A. Train: FM1 (FR1) Metropolitan train from Fiumicino Airport to Roma Trastevere Station
See also: http://www.roninrome.com/transportation/the-train-station-at-fco

- Walk into the Terminal 3 arrivals area (after you go through the frosted doors) and turn right. There will be signs directing you to go down an escalator to the train station. Ignore anyone who offers you a private taxi ride on your way to the train.
- Tickets are currently €8 and available from a self-service kiosk or from the service counter. Remember to validate your ticket in the yellow machine before traveling or risk a €100 fine.
- Train will be for Fara Sabina or Orte; Roma Trastevere is just one of the stops on this line. Villa Bonelli is the station before Roma Trastevere.
- The journey is around half an hour and trains leave two or four times per hour from the airport, depending on the time of day.

A1. Tram to housing office
See also: http://www.roninrome.com/transportation/the-roma-trastevere-trenitalia-rail-station
http://www.roninrome.com/transportation/the-8-tram-in-rome

• If you decide to ride the tram, you must purchase a BIT ticket (€1,50) in the Trastevere train station at the Tabacchi shop or at the ticket kiosk on the north side of the train station. Remember to validate your ticket in the yellow machine immediately upon boarding.
4. Travel from Airport to Housing Office Continued

• The tram stop is on the north side of the train station and slightly to the left. Carefully walk from the station to the tram stop. Be aware of your surroundings and do your best to use the marked crosswalks. When you reach the tram stop, make sure the tram you get on says Pza Venezia on the front, not Casaletto, so you are going the correct direction.

• Your surroundings at the Via Ippolito Nievo tram stop:
  Caution, Viale di Trastevere is a busy road!

• Once you disembark at the Via Ippolito Nievo tram stop, you will see a small gas station called IP. Turning back to the direction you came from, you will see a tall brown building with several floors of balconies on its front and a BNL Bank on the ground floor. This is your apartment building. This building is on Via Ippolito Nievo, which is the road that meets Viale di Trastevere at an angle and continues to the left. It is a divided street with trees down the middle. Once you get to Via Ippolito Nievo, stay on the right side of the divided street as you look for number 12, which is not very far down the street. Remember to look for the “scary door”!

A2. Taxi to housing office
• Do not take verbal offers of a taxi in the station. Walk through the station to the open plaza in front and go to the taxi stand. Take only an officially licensed and metered white taxi, and you can tip a small amount (€1).

B. Taxi from Fiumicino Airport to housing office
• Walk through the Terminal 3 arrivals area (after you go through the frosted doors) to the outside and get in the line for taxis. Do not take verbal offers of a taxi.
• Use a white Comune di Roma taxi only. The Comune di Fiumicino taxis may cost more.
• The housing office is not within the Aurelian Walls so the fixed rate of €48 will technically not apply. You may wish to ask the driver if s/he will take you to the housing office for less than the fixed rate (counting by the taximeter), but agree that the maximum rate will not be higher than €48 as the office is close to the Aurelian Walls.
• The drive could take 45-60 minutes or more on very busy days.
• Show your driver a card that states the address of the housing office: Via Ippolito Nievo, 12.

C. Shuttle service from Fiumicino Airport to housing office
• If you have chosen this option, you would have had to arrange it ahead of time on the Internet or by phone.
• In the Terminal 3 arrivals area (after you go through the frosted doors) there will be a place where drivers picking passengers up will stand and hold signs with names written on them. Approach your driver and indicate that you (or your group) are who s/he needs to pick up. Remember to use your Italian language skills and confirm your name(s). You will walk with the driver to the car.
• The drive could take 45-60 minutes or more on very busy days.

D. Termini Train Station: Taxi to Housing Office
See also: http://www.roninrome.com/transportation/arriving-by-train-roma-termini-2
If you arrive in Rome via train as opposed to airplane, you will probably arrive at Termini Station, from where you should take a taxi to the housing office.
• Walk through the train station to the outside and get in the line for taxis. Do not take verbal offers of a taxi.
• Use an officially licensed and metered white taxi only.
• Show your driver a card that states the address of the housing office: Via Ippolito Nievo, 12.
• Previous participants have reported the fare can be expensive (as much as €35).

Housing Check-in Information
Housing Provider
Boarding House International
Via Ippolito Nievo, 12
00153, Rome, Italy
Phone: 06.5833.4204
(add 011+39 if dialing from U.S.; add 39 if dialing from Italy)

Availability
Arrivals: January 7
Departures: May 5

Students may travel before or after the program, but program housing is available only for the dates listed. Program housing is for students only. Family members and guests must find their own accommodations.

5. Check-in Details
Check-in will be only on January 7 from 8:30 a.m. to 5:00 p.m.
If you arrive after office hours (flight or train delayed, etc.), be sure you are in touch with someone from your group who can let you in. If there is any change in arrival time and/or day you should try to notify BH International and/or Erin (efrench@iastate.edu).

Check-in at the office must be done upon arrival. However, if you arrive after 5:00 p.m. on January 7, go to your apartment and then check in on the next day. When you check in to get your apartment keys, you will need to bring one copy of the face page/signature page of your passport. Soon after arrival, you will be provided with an orientation of your apartment and of the neighborhood surrounding your apartment building.
Preparing to Leave Iowa State University

Financial Aid

To ensure financial aid is available, it is important to file the Free Application for Federal Student Aid (FAFSA) form between January 1 and March 1 to be considered for priority funding. Go to http://www.fafsa.ed.gov for information on how to file electronically. In many cases, you are eligible to use a financial aid award to study abroad, but not all merit scholarships may be used abroad, so you should check with your scholarship donor to determine how the money can be spent.

The Office of Student Financial Aid will adjust financial aid to cover the costs of the Rome Program based on a detailed budget prepared by the College of Design. Generally, students participating in the spring program should have aid adjusted by the end of November. Summer students should have aid adjusted by early May, and fall students should see aid adjustments by the end of June. Your adjusted financial aid can be viewed on AccessPlus, where you will need to authorize it before leaving for Rome. In addition, you should set up a direct deposit authorization on AccessPlus so that any additional funds awarded can be automatically deposited into a bank account that is accessible from abroad.

For additional information on financial aid, call 515.294.2223 or e-mail studyabroadaid@iastate.edu.

Accounts Receivable

While you are in Rome it may be necessary for someone else to deal with your U-bill and other matters with the university. Setting up a third-party access and giving the university permission to discuss your account with someone else can be done through the Student tab on AccessPlus.

Housing Contracts, Meal Plans and Parking Permits

Housing Contracts

If you are contracted to live in ISU housing for an academic year, you can fill out a waiver to avoid charges and penalties while still retaining room assignment priority while you’re in Rome. Contact the Department of Residence to obtain a waiver form and to explore all of the options for your particular situation. If you don’t live in ISU housing, talk to your landlord about the possibility of subleasing your apartment. Remember to change your address with ISU and have your mail forwarded at the post office so that mail does not go to your Ames address while you’re in Rome.

Meal Plans

The residence hall contract is for both room and board, so when you fill out your housing waiver, make sure you are not going to be charged for an ISU meal plan while you are in Rome.

Parking Permits

If you have a campus parking permit, you may surrender it before you depart for Rome to receive a pro rata refund. Contact the Parking Division of the Department of Public Safety for more information.

Registering for Classes and Schedule Changes

Registering from Abroad

You will be notified in Rome by your department when you need to register for classes for the next semester on campus. You will receive your registration access number (RAN) and instructions on how and when to register. If you are a summer student, you will have already registered for fall classes while in Ames.

Schedule Changes

If you need to make any schedule changes while you are in Rome, including adding or dropping a class, auditing, changing from graded to pass/not pass (or vice versa), etc. you must contact your advisor for assistance. If your faculty advisor is with you in Rome, you should contact one of the academic advisors in Ames.

Other Reminders

Absentee Voting

Despite being abroad, if you are a registered U.S. voter, you can vote in an election using an absentee ballot. A good resource for information on voting for U.S. citizens abroad is the Federal Voting Assistance Program at http://www.fvap.gov. You can fill out the Federal Post Card Application for an absentee ballot at this website. If you choose to receive your ballot by mail, have it sent to the studio because you can’t receive mail at your apartment. If you are from Iowa you can have your absentee ballot sent to you via e-mail. Check the dates of primary or general elections and request an absentee ballot according to your state’s regulations to ensure there is plenty of time for you to receive it, vote, and return it. Non-U.S. citizens should also keep informed about elections at home and contact the appropriate authorities for absentee-voting procedures.

Income Taxes

If you are studying abroad in the spring semester and have earnings that will require you to file a U.S. tax return, you must file on time even though you are living abroad. Make arrangements ahead of time for your parent, guardian, or spouse to file your taxes for you, or apply for an extension. More information is available at http://www.irs.gov.

Power of Attorney

If your signature will be required on any documents while you are away, you may want to give power of attorney to your parent, guardian or spouse so they may sign for you. If contacted at least a month in advance of your departure, Student Legal Services can arrange for a power of attorney document to be drawn up. You may also contact your family’s lawyer for assistance.
Preparing to Study Abroad

Necessary Documents

Passport

A passport identifies you as a citizen of a certain country, and it is required for all international travel. A passport is required to enter Italy and to re-enter your home country. It must be valid for at least six months after your intended date of return from Italy.

You should be prepared to show your passport at the check-in counter and security check points before boarding your flight and at Italian immigration upon your arrival. Passports are also required to register at a hotel. It is advisable, however, to carry your passport with you only when you know you will need to show it. Otherwise leave it in a safe place in your apartment. Remember to use the utmost caution in carrying your passport when you are out in public, particularly in Italy around major tourist attractions and on popular bus routes. A pouch on a string around your neck and under at least one layer of clothing is a common security strategy.

If you have never had a passport before or if you need to renew your current one, go to http://travel.state.gov/content/passports/english/passports.html for detailed instructions on the process. Passport processing times vary based on the demand. Before applying, go to the website above to see the estimated processing times. This will help you decide if you need to expedite your application.

Study Visa and Student Status Letter

All participants in the fall and spring Rome Programs are required to have a study visa, and you will receive instructions on how to apply for one in Dsn S 301 before you go to Rome. Students participating in the summer Rome Program who would not need a visa for tourist purposes (U.S. citizens and citizens of certain other countries) do not need a study visa. Summer students from all countries other than the United States should inquire in Dsn S 301 and Border Protection officials. You should receive a declaration form to fill out on the airplane on your return flight.

Necessary Documents

Students with a passport from any country in the European Union or the Schengen Zone are not subject to these restrictions, and do not require a visa for participation in a semester or summer of the Rome Program.

Travel Arrangements

Airline and Train Tickets

You are required to make your own travel arrangements based on the official program dates, which are available at the front of this guide. This means you can design your own itinerary if you wish to travel in Europe before or after the program. Your itinerary can consist of a combination of airline and train tickets, but you must supply a complete, purchased round-trip itinerary to and from Rome. Therefore, you must plan ahead and purchase all tickets before you are asked to submit your itinerary for the study visa application or for the preparation packet if you are a summer student.

Please note that if you arrive before or decide to stay later than the dates of attendance for the program, you will need to make your own arrangements for accommodations. Program housing is available only for the official program dates.

The College of Design does not endorse any travel agency or service, but a good place to start would be web sites that specialize in student travel deals. You can also investigate the web sites of individual airlines or use airfare search engines. Start looking early and compare prices for different date combinations and airlines. If you have never flown before or never flown outside the U.S. before, you should try to travel with a friend or as a group to make the experience more enjoyable.

If you have any questions concerning your tickets, you should contact your airline, train company, or travel agency directly. To avoid surprises at the airport, it is recommended that you confirm your reservation with the airline at least 72 hours in advance of departure.

Customs Regulations

Most of you will probably travel with a laptop, digital camera and personal music player among other expensive items. If you have purchased new items within six months of your departure, you should register them with U.S. customs officials to avoid possible customs duties upon your return home. Go to the U.S. Customs and Border Protection Web site at http://www.cbp.gov for more information and be sure to look at their publication “Know Before You Go.” Items can be registered at the Des Moines International Airport. Call 515.284.4403 for an appointment no less than a month in advance of your departure and remember to take all items to be registered and your passport with you for the appointment. You will be issued a receipt that you should take with you to Italy.

Inevitably you will bring more back from Italy than what you arrived with. However, you are only allowed to bring back a certain amount of foreign goods without being assessed a duty. Generally, U.S. residents are allowed to bring back up to $800 worth of souvenirs or foreign gifts. You must have all of these articles with you when you return, and they must be declared to U.S. Customs and Border Protection officials. You should receive a declaration form to fill out on the airplane on your return flight.
If you have too much to bring back that won’t fit in your suitcases, you may be able to send personal belongings back through the mail duty-free. Consult the Customs and Border Protection website for additional information on sending gifts and personal belongings to the U.S. from abroad.

Luggage

Be sure to check with your airline well ahead of time about its baggage restrictions and applicable fees to avoid any expensive surprises at the airport. If you fly on more than one airline, make sure you check each airline's policy because they could be radically different. This is especially important if you plan to fly on a discount European carrier. Their baggage policies are often extremely restrictive, and they charge high fees if your bag is bigger or heavier than their regulations.

Some airlines will allow you to carry on one bag plus one personal item such as a purse, briefcase or laptop computer. Again, check with the airline about restrictions for carry-on bags. Low-cost European airlines tend to have very strict regulations and steep up-charges for noncompliant bags. The airline can have your carry-on bag checked if it exceeds the maximum dimensions or the weight requirement.

Cheap luggage also will not likely survive the abuse that bags get on international flights, so pick your bags carefully. Many students have found the best solutions is to take both a large suitcase or duffel bag with strong wheels and a wide wheelbase, plus a backpack (good for making weekend trips, etc.). Suitcases with tiny wheels may work fine in the airport, but such wheels are useless on the stone-paved streets and sidewalks in many European cities.

Packing

Traveling light has definite advantages, particularly if you wish to travel before or after the semester. Remember that what you pack, you have to carry, and in Europe that can often mean long distances on foot between train stations and hotels or apartments. To pack lightly, some students bring only travel-size toiletries for the first few days and opt to purchase additional amounts in Rome. Most brands of soap, toothpaste and shampoo available in the United States are also available in Italy. Do not pack important documents, valuables, or medicine in checked baggage. You should have a change of underclothes and personal hygiene supplies in your carry-on luggage, in case your checked bags do not arrive when you do.

Check the Transportation Security Administration Web site at http://www.tsa.gov for the latest information on carry-on luggage, including what items can be carried with you and how they must be stored. Certain items must be packed in your checked luggage if you plan to take them at all. The TSA also offers the MyTSA app to help with your packing.

Sample Packing List

Clothing

There are no dryers in Italy, so the clothing you choose to bring should be lightweight so it will dry more quickly. On colder days, you can layer your light clothing to feel warmer. By Roman ordinance, heat in apartments is on from November 15 to March 15 only. Therefore, fall and spring students should plan ahead with packing warm clothes. It will be hot in the summer, especially July, so summer students should plan accordingly with very lightweight clothes.

Regular casual clothing articles that can be layered
One or two business casual outfits
Nice jeans (not ripped; often take a long time to dry so beware)
Lightweight slacks (for warmer weather or when jeans are wet)
Sweaters
Female students: shawl, shrug or bolero jacket to cover shoulders in churches if it is hot outside
Lightweight thermal underwear for cooler, rainy days
Two-week supply of socks and underwear
Rain jacket or raincoat
Scarf, hat and gloves for cool weather
Two pairs of comfortable walking shoes
Sleepwear
Flip-flops for shower or apartment use only (these are not worn out on the street by Italians)

Clothing to leave at home:
University apparel or other clothing with words on it unless you plan to wear these only in your apartment
High heels are not recommended because of cobblestone streets
Tennis shoes/sneakers are usually worn only when playing sports or going to the gym
Italians don’t generally wear shorts in the summer; they wear lightweight long pants
Suggestive or skimpy clothing
Baseball caps
Clutch purses--only bring a purse with a strap that can go over your head

Other Supplies

Important documents (see checklist on page 5)
Laptop, pen drive/flash drive, and portable hard disk (for backups)
Kensington lock for laptop
Course supplies (as directed by your faculty member)
Prescription medicines (in original bottle and, if possible, with copy of the prescription from your doctor)
First-aid kit
A good quality umbrella
Digital camera
Personal portable audio device
Alarm clock
Batteries and/or chargers for all equipment
Cell phone (if U.S. SIM card can be replaced with local SIM card)
Pillow
Electrical wall outlet adapters (U.S. plug to Italian plug—one for each item that you need to plug in)
Money belt or travel pouch belt to wear under clothing
Small lock with key for knapsack
English/Italian—Italian/English dictionary
Photos of loved ones
Reusable water bottle
Reusable shopping bags (to avoid paying for plastic)
Purse with shoulder strap
Hand sanitizer
Sunglasses
Extra reading glasses/eyeglass repair kit
Extra set of contact lenses
Vitamins (bring with you all you need; they can’t be mailed to Italy)
Medicines such as aspirin, cold medication, allergy tablets, stomach, cough drops (again bring what you need; can’t be mailed)
Toiletries such as shampoo, deodorant, lotion, hairbrush, toothbrush, feminine hygiene products, etc.
Washcloths (not available in Italy)

Financial Arrangements

The unit of currency in Italy is the euro, as it is in many other European countries. The value of the dollar in comparison to the euro is subject to the exchange rate, which is not fixed. A weak dollar will make items more expensive in Rome for you, while a strong dollar will make them more affordable. There are several options for accessing money in Europe, and you should have a variety of ways to get money. Don’t rely on only one of the following options; always have a back-up plan in place.

Cash

See page 5 for the amount of cash you should have with you to cover initial expenses and your permit of stay. Contact your bank no less than three weeks prior to your departure to obtain euros. Many American banks, especially smaller local banks, do not have euros on hand and will need to order them for you. A number of banks carry or can order euros for you in Ames. Call around to get the best deal on the exchange rate and any associated fees. If you are not a customer of the bank you choose, you will need to bring U.S. dollars in cash to pay for the euros.

Do not plan on using the ATM in the airport after you arrive in Rome to get the cash you need for the first few days. You will have just survived a long flight and will have all your luggage with you.

You will probably be in a hurry to get to the housing office so you can pick up your key and finally relax. It will be much easier to be prepared upon arrival at the airport.

ATM Cards

The most popular way to obtain euros is by using your ATM card, and there are numerous banks with ATMs close to the studio or your apartment where you can use your card. Before you leave, call your bank to say you will be using your card overseas and investigate any service charges you might incur for using the card abroad.

The disadvantage of using an ATM card is the associated fees that are added each time the card is used. Nearly every bank is going to charge you an additional 1-3% of the withdrawal each time you use the card. Alternatively, some banks charge a flat fee for each usage, which can be as high as $5.

Here are some tips for using your ATM card in Europe:

• Take out as much cash in each transaction as you feel comfortable carrying with you (or storing in your apartment) because fewer transactions will help you to save on fees.
• Think ahead with your withdrawals. Don’t wait until you’re down to your last euro to get more money, because a machine could be out of money or there might not be a machine that is easily accessible if you are traveling, especially in smaller towns.
• Bring two cards with you: one for your main account that you will use all the time and the other for a different account for use only in an emergency.
• Test your cards in the U.S. before you leave.
• Use your ATM card only at machines that display the network logo that is on your card, such as MasterCard, Cirrus, Visa or Plus.
• Check with your bank and make a list (with addresses) of several ATMs that are compatible with your card in Rome and in any other city you plan on visiting. This way you’ll know locations, and you’ll probably avoid paying higher fees because the ATMs you use will be part of your bank’s network.

You can search for ATMs on your network at the following URLs:
Visa or Plus: http://www.visa.com/amtlocator/index.jsp
MasterCard, Maestro or Cirrus: http://www.mastercard.us/cardholder-services/atm-locator.html

Credit Cards

You can also use your credit card in Rome. Visa and MasterCard are widely accepted throughout Europe. Check with your card issuer before departure about the fees associated with using your card.

Especially Good for Traveling

Collapsible overnight bag for trips (oversized knapsack)
First-aid articles such as Band-Aids (for heavy walking)
Bug repellent / Sunblock
Travel clothesline
Travel-size toiletries (generally unavailable in Italy)
Set of single bed sheets
Bath towel and washcloth
Plastic zip-lock bags (for traveling with wet articles)
Foam ear plugs (if you are a light sleeper)
Portable scale (for weighing bags for weekend trips)

A portable scale for weighing bags is handy, but one per apartment is enough. Check with your roommates before you leave about who can bring one to share.

STUDENT TIP
A portable scale for weighing bags is handy, but one per apartment is enough. Check with your roommates before you leave about who can bring one to share.

STUDENT TIP
Plan ahead for field trips and weekend trips. Think about how long you will be gone and take out an appropriate amount of cash a few days before you leave.

STUDENT TIP
Always keep the exchange rate in mind. For quick math, think of each euro as worth 1.5 dollars.

Here are some tips for using your ATM card in Europe:

• Take out as much cash in each transaction as you feel comfortable carrying with you (or storing in your apartment) because fewer transactions will help you to save on fees.
• Think ahead with your withdrawals. Don’t wait until you’re down to your last euro to get more money, because a machine could be out of money or there might not be a machine that is easily accessible if you are traveling, especially in smaller towns.
• Bring two cards with you: one for your main account that you will use all the time and the other for a different account for use only in an emergency.
• Test your cards in the U.S. before you leave.
• Use your ATM card only at machines that display the network logo that is on your card, such as MasterCard, Cirrus, Visa or Plus.
• Check with your bank and make a list (with addresses) of several ATMs that are compatible with your card in Rome and in any other city you plan on visiting. This way you’ll know locations, and you’ll probably avoid paying higher fees because the ATMs you use will be part of your bank’s network.

You can search for ATMs on your network at the following URLs:
Visa or Plus: http://www.visa.com/amtlocator/index.jsp
MasterCard, Maestro or Cirrus: http://www.mastercard.us/cardholder-services/atm-locator.html

Credit Cards

You can also use your credit card in Rome. Visa and MasterCard are widely accepted throughout Europe. Check with your card issuer before departure about the fees associated with using your card.
abroad. Some cards don’t charge any fees, but most charge 2-3% of the purchase price, including the 1% that Visa or MasterCard automatically charge. As with your bank’s ATM card, you should notify your card issuer that you will be using it abroad.

Traveler’s Checks and Bank Accounts
The Rome Program does not recommend that participants use traveler’s checks or attempt to open a bank account in Italy.

Please refer to the ISU Student Handbook produced by the Study Abroad Center for additional financial information.

Health Concerns
Insurance
ISU has a policy in effect with Cultural Insurance Services International (CISI) to provide comprehensive, specialized insurance for study abroad program participants and faculty program leaders. This coverage is required by ISU of all undergraduate study abroad program participants, and all graduate students participating in a study abroad program with undergraduate students.

You will automatically be enrolled by ISU. CISI will send you information via e-mail, such as a confirmation letter and insurance card. The cost to you will be $1.22/day, and this has been built into your Rome Program fee. Coverage is for the official program dates plus three days before and three days after. You may want to laminate your insurance card to make it more durable.

After receiving the e-mail from CISI, it is a good idea to forward that e-mail to a family member so they can have it for their records after you leave.

For semester students, the Rome Program expects the CISI insurance will take the place of the Assitalia policy usually required by the Italian government when you apply for a permesso di soggiorno or permit of stay (residency permit).

It is your responsibility to have a good understanding of the coverage provided by this insurance plan. More information about the coverage available is located here: http://isuabroad.iastate.edu/?go=CISI

Pre-Departure Medical Examinations and Vaccinations
It is recommended that you have your personal health checked before departing for Italy, particularly if you have or anticipate any specific health problems. In addition, if your regular annual dentist, optometrist, gynecological or other specialist exam will fall during your time in Rome, make an appointment before departure.

The Centers for Disease Control recommends that your MMR (measles, mumps and rubella) and DPT (diphtheria, pertussis and tetanus) shots are current. The CDC also recommends that you talk to your doctor about the Hepatitis A vaccine.

Visiting the Doctor in Rome
If you have a need for non-emergency medical attention while you’re in Rome, you can go to the Tourist Medical Guard, which is part of Ospedale Nuovo Regina Margherita at Via Emilio Morosini, 30. This location is just off of Viale di Trastevere approximately halfway in between your apartments and the studio.

A staff or faculty member can accompany you if you like. Although the doctors and nurses speak English at this facility, you may feel more comfortable having a native Italian speaker with you just in case.

When you arrive, you’ll register at the entrance by filling out a form. Usually you will see a doctor and a nurse and the appointment will be free of charge. Dressings, drugs, and medicines that can only be obtained upon a written prescription of a physician or surgeon can be covered by your CISI insurance.

If you have an emergency, you will more than likely be taken to an emergency room at either the Ospedale Nuovo Regina Margherita, where the Tourist Medical Guard is, or the Ospedale Isola Tiberina, which is on the Tiber Island just to the south of the studio.

Pharmacies and Prescriptions
Pharmacies are plenty in number and have all the familiar items, albeit in Italian brands with Italian names. In Rome, they operate on a rotation so one in each area is always open. You will find hours and emergency contact details are displayed in the front window of each pharmacy.

You should fill any prescriptions you know you will need before your departure. You should always keep prescriptions in their original containers. Don’t pour a bunch of pills into one bottle to save space in your carry-on luggage. Talk to your doctor about getting a “vacation override” on your prescription, which should hopefully allow you to obtain enough medication for your entire stay in Rome. Also see if it is possible to take a few extra days of medication with you in case you are delayed in returning to the U.S. or to your home country.

As a precaution, check with your doctor to see if it would be possible to take an original written prescription for brand name and generic name of any medication you are taking just in case you lose your pills in Rome. Unfortunately, it is only possible to get a prescription filled that has been issued by an Italian doctor. However, having a prescription from you from your own doctor will help to facilitate the replacement of your medication in Italy.

Bed Bugs
Bed bugs could be an issue no matter where you stay from a classy hotel down to a dirty hostel. Please review the following websites for more information about how to protect yourself and get rid of the bugs if your possessions become infested: http://studenttravel.about.com/od/healthystudentholidays/a/bedbugs.htm and http://www.idph.state.ia.us/eh/common/pdf/board_of_health_assistance/factsheet_bed_bugs.pdf

Please refer to the ISU Student Handbook produced by the Study Abroad Center for additional health information.
Life in Rome

Necessary Paperwork

Permesso di Soggiorno (Permit of Stay) for Fall and Spring Students Only

All non-European Union citizens who wish to live in Italy for more than 90 days are required to obtain a Permesso di Soggiorno or Permit of Stay to be in the country legally. This must be done within eight days of arrival. Program staff in Rome will assist you with paperwork in an appointment shortly after arrival.

The Rome Program expects the CISI insurance will take the place of the Asitalia policy usually required by the Italian government when you apply for a permesso di soggiorno.

Dichiarazione di Presenza (Declaration of Presence) for Summer Students Only

If you are participating in the summer Rome Program, you will be in Italy for less than 90 days and will not be required to obtain a Permit of Stay. However, you still need to declare your presence to authorities in Italy, and how you do it depends on your flight itinerary.

If you enter Italy from a country that is not part of the Schengen Zone (essentially continental Europe, and it does not include the U.K.), you need to be sure that your passport is clearly stamped upon entry at the airport. This stamp will serve as your dichiarazione di presenza or declaration of presence.

If you enter Italy from a Schengen Zone country, you will be required to apply for a declaration of presence. A list of Schengen Zone countries is available at: http://travel.state.gov/content/passports/english/go/schengen-fact-sheet.html

Program staff in Rome will assist you if you need to declare your presence.

Personal Safety

In addition to the safety and security information presented in this guide, students should consult the U.S. Department of State country specific information for Italy, which is available here: http://travel.state.gov/content/passports/english/country/italy.html

Students should also consult the country specific information sheets for any other country they plan to travel to for personal excursions.

Rome is a large, urban center, with more than three million inhabitants. As such, it is comparable in many ways to larger American cities, such as Chicago or New York. Violent crime, however, is not comparable. European cities are generally acknowledged to be safer than their counterparts in the United States. On the other hand, the risks of petty crime and sexual harassment are two facts of life in the southern Mediterranean.

Rome is not immune to such problems, and you need to take action to make sure you are not a likely target. You should carry your money, passport and other valuables only when necessary in one or more safe places. The best strategy is to leave valuables in your apartment, and carry a only a photocopy of your passport on you at all times. If you have to carry your passport or a lot of money, wear a money pouch around your neck inside your clothing. These can be purchased at a travel or camping store. Comfort is a concern, but this will likely not be much of a problem except in the hot, sticky summer. When you are in the city on a daily basis, do not carry more money with you than you think you will need for the day. Remember, back pockets are useful only if you want to lose something, and all pockets (including inside pockets) are vulnerable in a crowd, such as on the bus or in a market. Be vigilant at all times in such circumstances.

Risks are definitely higher in the tourist seasons (April through September). Be on the lookout for groups of small, ragged children carrying newspapers or pieces of cardboard in popular tourist areas. They will distract you and strip you clean.

Purse and bag snatching is also a common crime, but one that can usually be easily defended against. Do not bring a clutch purse to Rome. These can easily be taken out of your hand or from under your arm. Bring only a purse or bag with a shoulder strap. You should place the strap over your head so it sits diagonally across your body rather than just hanging the bag from your shoulder as you might do in the U.S. Shift the bag so it is across your body on the side away from the street. Even with this added security, insure that you still hold on to your bag tightly. Consider taking a bag that has security features such as wire or mesh built in to further thwart thieves.

In the vicinity of the famous monuments, be particularly careful of people who ask you for directions or information, pretending to be more lost than you are. They often have a partner who will steal your bag from behind. Crowded markets, especially the Sunday morning flea market at Porta Portese, can also be risky for personal property. A popular approach of thieves is to cut backpacks open from behind and take the contents without you noticing in the midst of the crowd. Exercise caution in crowded situations, and you can avoid most of these problems.

The recent economic downturn has created a rise in all crime in Italy, so it is especially important that all students are never alone and always aware of their surroundings. Overall, Italy has a moderate rate of crime, but special care must be taken in places frequented by thieves such as train stations (especially Termini Station), airports, nightclubs, bars and outdoor cafes. The program recommends that you should always be accompanied by one or more other students from the program. At no time, including in your apartment, in the studio, on the street, in a store, or at a restaurant, etc. should you be alone.

The situation of personal security is not unlike that in the U.S. Harassment, however, tends to be far more explicit, particularly in verbal forms, and sometimes physically in crowded situations.
Moreover, it often takes place in very public places common to tourists, like on the bus or the tram, or on the streets adjacent to the Colosseum at night. While the risk of serious danger in such situations is much lower than in the U.S., it can be unnerving, and you should be cautious. The best strategy is to ignore harassment, if possible, and keep moving toward a familiar destination. Confrontation typically creates greater problems than benefits. On the other hand, a seemingly innocent but well aimed elbow or foot can help in some situations, such as on a crowded bus.

Probably the greatest risk to your personal safety is the automobiles and motorini (motorized scooters) that populate the city. Italians like to drive fast, have little respect for traffic lanes, rarely look in their rearview mirrors and hate to stop. Be attentive when crossing busy streets, and keep an eye in particular on the motorini drivers, who tend to ignore most of the traffic regulations in their rush to get somewhere. Try to make eye contact with oncoming drivers when you cross at an unregulated crossing, and never stop in the middle of the road; just modify your walking speed to the speed and pace of the traffic. There are many narrow streets and some areas do not have sidewalks. Always walk against traffic if you can determine the way it is coming from. This way you will easily see a vehicle or motorini approaching you and you can get out of the way.

Alcohol consumption is also a potential cause of conflict and risks to your personal safety. Italian attitudes toward alcohol consumption are very different from those of many people here in the U.S. Alcohol consumption is undertaken as a social activity among Italians, not as an event, as is often the case here.

New alcohol regulations have come into force as of summer 2014:
• 10 PM-7 AM: It is forbidden to sell take away alcoholic beverages, even from automatic machines.
• 10 PM-7 AM: It is forbidden to drink alcoholic beverages in glass containers on the streets.
• 12 AM-7 AM: It is forbidden to drink alcoholic beverages in any kind of container on the streets.
• 2 AM-7 AM: It is forbidden to sell alcoholic beverages.

A €150 fine will be imposed for violations in the following areas of Rome: Castro Pretorio, Isola Tiberina, Tiber Banks, Campo de Fiori, Piazza Navona, Monti, Celio, Trastevere, Testaccio, Prati, San Lorenzo, Stazione Tiburtina, Piazza Bologna, Pigneto, Torpignattara, Marranella, Ostia, Ostiense, and Ponte Milvio.

Excessive consumption can impair one’s judgment and lead to loud, obnoxious behavior, which is condemned by most Italians, and can lead to verbal and physical conflict. Keep in mind that there is some anti-American sentiment within the general population in Italy. Loud, obnoxious behavior in public will simply intensify anti-American sentiment, and help to give American universities and their students a bad name.

The possibility of violent action being directed against Americans in Rome has been slowly rising, and you need to be careful not to make yourself a symbol of what Europeans like least about this country. It helps to try to adapt to the local patterns and expectations of our hosts. Make the effort to speak Italian and use formal greetings when appropriate, which are used much more often than they are here. The U.S. Department of State recommends that American visitors to Italy stay away from public demonstrations, large political gatherings, or crowds of other Americans, and avoid patronizing establishments known to be American “hangouts” or business icons, such as McDonald’s. These are possible targets for hostile anti-American actions, should they occur.

While initially disconcerting and bothersome, issues of security become easier to handle as you become more familiar and comfortable with your surroundings. Nevertheless, we encourage you to look out for one another. Together as a group, you form a community, one that each of you should be able to count on, for instance, to escort one another home at night if asked. Such mutual respect and support is essential if you are all to have a safe and rewarding experience abroad.

If you have not already experienced it, you will soon discover that traveling and living abroad can be difficult at times. You should make an effort to respect your classmates and the local population and expect no less in return. The more you attempt to integrate yourself with your surroundings and not present yourself as a tourist, the less likely that you will become a target for harassment or petty crime.

Housing

Apartments in Rome are arranged by the College of Design through Boarding House International. Apartments will be located in the area of Via Ippolito Nievo in the Trastevere neighborhood of Rome.

Housing costs are charged to the Rome Program in euros and will appear on the U-Bill as an amount that has been converted to dollars, which will depend on the constantly fluctuating exchange rate between the euro and the dollar. Semester housing costs are €22/day for each student, prices range between €25 and €38 per day in the summer. Actual housing costs after all deposits and payments are made could be higher or lower than what is stated in the estimated budget. Sometimes fluctuating exchange rates require the college to make a second smaller charge to the U-Bill to accurately reflect the total amount charged to the program. Regardless of the estimate stated, the U-Bill will be charged the actual housing cost.

Housing costs are charged to the Rome Program in euros and will appear on the U-Bill as an amount that has been converted to dollars, which will depend on the constantly fluctuating exchange rate between the euro and the dollar. The housing costs are 22 euros per day and the dollar amount listed here is based on an exchange rate of 1.4 dollars per euro. Actual housing costs after all payments are made could be higher or lower than what is stated here. Sometimes fluctuating exchange rates require us to make a second smaller charge to the U-Bill to accurately reflect the total amount charged to the program. Regardless of the estimate stated here, the U-Bill will be charged the actual housing cost. The 22 euros per day includes waste disposal, telephone and wireless internet. Electricity and gas are paid through the escrow.

The escrow covers electricity and gas costs in program apartments, housing provider procedure violations, and damages to program facilities, including program apartments. After the end of the semester, the housing provider will give ISU a report of electricity and gas costs for each apartment. The cost will be divided equally
The escrow also covers damages and housing provider procedure violations. The housing provider will give a list of procedures, violation charges, and replacement costs for damages to students. If a student causes damages to the program facilities, the cost will be deducted from the escrow of the responsible student. If no one accepts responsibility for apartment damages or housing provider procedure violations, all students in that apartment will be charged equally. If no one accepts responsibility for damages to other program facilities, all students will be charged equally. If the total of all escrow components exceeds $800, the additional cost will appear on the U-Bill as a separate charge. Any unused funds from the escrow will be credited back to the U-Bill. We anticipate being able to issue credits approximately 60-90 days after the end of the term, but in some cases it may take more than 90 days because some Italian utilities are billed on a quarterly basis.

Previous participants have been charged for damages and procedure violations, so please take care with the items in the apartments and be sure to carefully follow all of the check-out procedures provided to you by BH International. You should contact a member of the BH International staff if you are missing anything when you move into your apartment or if you find anything that is damaged or not of the quality that you expected. Please also be careful with setting luggage on the wardrobes and with hanging items on the walls. Several previous students have received charges of €30 for wall damages and over €60 for broken furniture.

You will be provided with information about your housing options in the semester prior to the program. You will be asked to organize yourselves into groups according to the number of apartments and how many beds are available in each. Typically, apartments accommodate six or eight students. Apartments will be distributed on the basis of student preferences whenever possible, and flexibility on everyone’s part will make the distribution process run much more smoothly.

All of the apartments are furnished and come supplied with dishes, cooking equipment, towels and linens. Of course, if you are particular about the quality of the linens you use, you can choose to bring basic twin bed sheets and a towel. Ikea is also a popular choice where students purchase extra items after arrival. Note that having your own towel is advantageous when traveling outside of Italy, as those in hotels, if provided at all, seem to get smaller the further east you travel. Washcloths, or face cloths as we know them, are provided by BH International, but as a general rule these small towels do not exist in Italy.

Please take great care with the windows in BH International apartments. BH International requests that you keep your windows closed for safety reasons. In spring 2013, students from another university using the apartments had their windows open. A strong gust of wind slammed a window shut and glass shattered all over the balcony below. Luckily, no one was hurt, but someone could have easily been on the balcony when the incident occurred.

If an issue arises in your apartment, it is important that your first step is to speak directly with BH International staff about what they can do to improve or to fix something. You can get in touch with them in one of the following ways:

1. **Via e-mail:** info@bhint.eu

2. **In person:** Go to the office between 9 a.m. and 1 p.m. or between 2 p.m. and 6 p.m. It is located in the same building as all apartments in stairway B on the ground floor. You will be able to follow the numerous signs.

3. **Via telephone:** You can also contact BH staff from your apartment with the interphone by dialing 10 or 12. If you have an emergency you can dial 331.164.3027.

If you have talked to BH International staff and the issue has not been addressed or resolved, please talk to Jennifer Jones, the Rome Program’s student affairs and housing assistant. She is available at the studio and would be happy to discuss any issues with you.

If talking to both BH International staff and Jennifer Jones has not worked to resolve your issue, please contact Erin in Ames via e-mail at efrench@iastate.edu.

**Food**

**Breakfast, Lunch and Lighter Fare**

Meals and snacks are the responsibility of the student during the program, whether in Rome or on field trips. However, there may be a group meal as part of a field trip.

In general, an Italian breakfast consists of coffee or tea and some kind of sweet bun or croissant (called a cornetto) from a bar, which typically costs about €2-€3. Alternatively, you can purchase cereal at some grocery stores, but U.S. brands are typically expensive if you can find them. Eggs and bread are readily available, but don’t expect to find anything like Iowa bacon or sausage.

Lunch options typically include buying a sandwich (often made to request) at a small grocery store (called an alimentari) or at a bar, or a piece of pizza from a takeout pizza place. Pizza is sold by weight, not the slice. This kind of pizza is called pizza a taglio, which is different from the pizza that you will get at a pizzeria restaurant. (Note that pizzeria is a generic name for a type of restaurant, and one that usually offers much more than just pizza.) Either lunch option, with a drink, will typically cost €4-€7, although smaller portions will be less expensive. You can also make your own salads and sandwiches with groceries purchased from an outdoor market, alimentari, or a grocery store. Many of these options are available in the vicinity of the studio as well as the housing.

It is useful to go to a bar or caffe if you want a quicker or lighter meal. Bars are not drinking establishments like in the U.S. You can find all sorts of food and drink, such as coffee, wine, morning pastries, sandwiches, gelato. A bar may have different prices for standing at the bar (al banco) or sitting at a table (more expensive—all tavolo). The typical routine at the bar is to pay first at the cashier and then take the receipt to the counter and tell them your order.

*STUDENT TIP*

If you are unsure about what to do, watch other patrons first, then follow their lead.
Dinner

Dinner options are quite diverse, from takeout food like that described above, to a full-course meal at a restaurant, which will cost anywhere between €10 and €20 at an inexpensive restaurant, such as a pizzeria or trattoria, and much more at upscale establishments. Be sure to check the menu for prices at an unfamiliar restaurant before you sit down so that there won’t be any surprises when the bill comes. You should be forewarned that many restaurants in Italy will charge you a cover and/or a service charge called a coperto in addition to the cost for food and drinks; this will be indicated on top or bottom of the menu, so be sure to look.

In Italy you are basically taking the table for the evening. There is no pressure to rush through your meal because a meal in Italy is an experience to be enjoyed and savored. The hectic pace of American life means we eat on the run much of the time. Use a dinner out in Italy to slow down and relax.

Some restaurants offer a fixed-price meal of several courses. This can be up to 30% cheaper than ordering the same courses individually. Your choices will be more limited with this option, but it is good for those on a budget.

A full Italian meal will include the following courses:

• gli antipasti: appetizers (can be hot or cold)
• i primi: first courses such as soup, pasta or risotto dishes
• i secondi: second courses such as meat or fish - this course does not come with vegetables, but many restaurants now offer vegetarian secondi
• i contorni: side dishes which are usually vegetables like potatoes, spinach, salad, etc.; usually ordered with the secondi
• i formaggi: cheese course; often served with fruit, jellies or honey
• il dessert: sweets like a piece of cake or a cookie
• il caffè: coffee (espresso) after the meal--Italians do not drink anything with milk in it after a meal

You are not required to order all courses for a meal. If a restaurant says that you must, you should leave. The waiter will come to your table when he is ready; you should not call him over. Order water or wine first. You will need to buy bottled water that is still (no bubbles) or sparkling (with bubbles) because tap water is usually not available. There are no free refills. When it is time to order your food, order by section of the menu. Dessert is ordered at the end of the meal.

Bread will be on the table, but it is not for eating before the meal like we do in the U.S. You should eat it with your food to help soak up the sauce or to dip in the food. Butter or olive oil is often served with bread in the U.S., but that will not be the case in Italy.

Waiters are generally well paid, and they are not the stereotypical student trying to get through college on less than minimum wage and tips. Therefore, tipping is viewed differently than in the U.S. In Italy, a tip is more acknowledgement of your appreciation of exceptional service, and 10% will usually suffice if you wish to leave something. Many Italians don’t tip at all. If you want to tip, leave it on the table. If you pay with a card, it is best to also leave your tip in cash on the table. In addition, you should always be prepared with cash just in case a restaurant will not take a card.

Grocery Stores

For those of you on a frugal budget, however, the best option will be to buy groceries at an alimentari, or outdoor market and cook at home. An alimentari is quite similar to a small grocery store. In Rome, look for Despar, Carrefour, Conad and Simply. There is a large outdoor market in the mornings at Campo dei Fiori, near the studio, where you will find all kinds of cooking supplies. Outdoor markets located slightly outside the historic center of Rome will be cheaper. The food in Italy is wonderful and diverse, and you are encouraged to experiment and try new things. An Italian cookbook will come in handy if you like to cook, and a few are available in the studio’s library.

There are a few differences between Italian and American grocery stores. For instance, you may need to pay for your cart. If so, there will be a rack of carts and you have to insert a €1 coin into a slot to release the cart. This would be similar to what you have to do at Aldi in Ames. However, not all grocery stores do this; you may find hand baskets or baskets with wheels inside the store instead.

When purchasing fruits and vegetables, you will also need to follow a different procedure. Put on one of the plastic gloves that are supplied in the produce section. You must never touch produce in Italy with your bare hands. Next, pick the fruit or vegetable that you want and place it in a plastic bag (just like in the U.S.) and then look for the code of the item on a card near the food (bananas might be number 12, for instance). Weigh the food on a scale and then look for the code of the item on a card near the food (bananas might be number 12, for instance). Weigh the food on a scale and type in the code (some machines may have pictures to help you). Once the produce has been weighed, the machine will produce a sticker for you to attach to the bag. Put it in your cart and continue with your shopping. The clerk at the register will input the amount printed on the sticker. Do not be tempted to put two apples in a bag, weigh it, and then add more apples. You may see Italians doing this, but it is theft.

At the bakery, meat, cheese, and fish counters you may need to take a number and wait to be served. However, this might not be the only area of the store to buy these items. Compare cost and quality with other areas of the store before you buy from the counter. It is best to shop at counters during slower times where you can try to use your language skills. If you are not sure of yourself, trying to purchase something from a counter during a busy time will only result in great annoyance and rudeness from the store employee.
When you are finished shopping, go to the check-out just like in the U.S. Money is placed in a small tray when you pay for what you have purchased. The change you are given by the clerk might be off by 1 or 2 euro cents. For instance, if you should receive €5,22 in change, you may be given only €5,20. Don't protest; this is the Italian way. Even though they might not give you exact change, they routinely expect you to have exact change. This might be an issue if you have just gone to the ATM and then decide to go grocery shopping for a few items with a crisp €50 banknote.

You will be expected to bag your own groceries and you may also have to pay a surcharge for each of the bags. Therefore, it would be in your best interest to bring one or two reusable shopping bags from home. While this doesn't seem like a lot of money for one bag, it will add up throughout your stay in Rome. You should never be alone in Rome, so go grocery shopping with a friend. You can help each other to bag groceries and carry what you've purchased back to your apartment.

Climate and Dress

The climate in Rome is Mediterranean. Summers are hot, May and September are beautiful, and in December and January it can be quite cool (40°F) and damp, like October and November in Ames. On rare occasions it even goes below freezing. While this is not as severe as the weather in Iowa, the reality is that the studio, apartments, museums, churches, and even restaurants, are simply not heated or cooled as thoroughly in Italy as they are in the Midwest. With perhaps the exception of the summer programs, you need to be prepared for at least two seasons, and thus layering becomes the optimal strategy for personal comfort. Sweaters and a jacket or coat of some kind are ideal in late fall, winter and early spring. The cool, rainy weather of winter usually begins in late October or November. Fortunately, spring comes early, and late February and March can be quite sunny and beautiful, if still somewhat cool. April is often rainy, and May is warm. Summers are hot, and air conditioning is generally nonexistent. One sweater, something for rain, and comfortable summer clothes are recommended.

Under all circumstances, comfortable and durable walking shoes or boots are a must. You will be doing a lot of walking from the day you first arrive, which will help you get into great shape, but you need to make sure you have good footwear. Try to break-in new shoes before you go to save your feet unnecessary pain.

You should also be aware that generally speaking, Europeans dress less casually than North Americans, although this has been changing over the last several years. Nonetheless, you can be refused admission into churches or museums on occasion for reasons of apparel, but this usually applies only to the lack of it in the summertime. That is to say, shorts or a mini-skirt, a bare midriff and bare shoulders may deny you access into some places, and you can even be ticketed in Rome for going shirtless.

On the other hand, while shorts, sweat pants, Nikes, and baseball caps may be comfortable, and big camera bags convenient, they will definitely identify you as a tourist, and make you a much more obvious target for the attention of thieves and scam artists. Big backpacks are also a giveaway. We suggest that you observe what the locals are wearing and try to blend in a little. It might also make it easier to meet people. In the past one rarely saw young Italians wearing jeans, athletic shoes or T-shirts. This has become more common today, particularly among young people like you, but university logos will be a dead giveaway. If you choose to wear jewelry, you should be careful, because it is another favorite target of pickpockets and thieves.

Transportation

The bus, tram and subway (metro) system in Rome is extensive. Tickets can be purchased at any tabacchi (convenience store) or at vending machines located in metro stations and at some bus stops. Many of the companies that run the public transportation services take part in metebus, a system where you can purchase one ticket to use on many services. The following companies take part in metebus: A.T.A.C. (buses and trams), Met.Ro (subways), CO.TRAL (urban trains), and Trenitalia (regional trains). There are several types of tickets available:

<table>
<thead>
<tr>
<th>Ticket</th>
<th>Italian Name</th>
<th>Cost</th>
<th>Valid</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIT</td>
<td>Biglietto Integrato a Tempo</td>
<td>€1,50</td>
<td>100 minutes</td>
</tr>
<tr>
<td>BIG</td>
<td>Biglietto Integrato Giornaliero</td>
<td>€6,00</td>
<td>24 hours</td>
</tr>
<tr>
<td>BTI</td>
<td>Biglietto Turistico Integrato</td>
<td>€16,50</td>
<td>3 days</td>
</tr>
<tr>
<td>---</td>
<td>Mensile - Ordinario Personale</td>
<td>€35,00</td>
<td>1 month</td>
</tr>
<tr>
<td>CIS</td>
<td>Carta Integrata Settimanale</td>
<td>€24,00</td>
<td>1 week</td>
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The one-month transportation passes (mensile - ordinario personale) are extremely useful for students to purchase, and can help to cut down on monthly transportation costs. While the apartments are within walking distance of the studio, it can take up to 25 minutes to walk between the two places. From the apartments at Via Ippolito Nievo, 12, you could easily take the number 8 tram from the nearby Ippolito Nievo stop to Arenula/Min. G.Giustizia, which is five stops to the north, and only a short distance from the studio. For more information about the tram line, check out this website: http://www.romainrome.com/transportation/the-8-tram-in-rome

Passes are available about four days before the end of the month and sell out quickly. The pass will give you unlimited journeys throughout the month on the Rome bus, tram, and subway services. The pass covers the calendar month (such as January 1- January 31), not one month from the date of purchase.

The monthly pass is very helpful for getting around Rome and nearby areas, but cannot be used on the train that goes to and from Fiumicino Airport (FCO).

If you decided to take the tram every day from your apartment to the studio in the morning and then back to your apartment at the end of the day using only BIT tickets (valid for 100 minutes from validation), you would spend €3 every day (€1,50 x 2), and in a 30-day month that would be €90 on public transportation. With the unlimited journeys of the monthly pass, not only would you be able to travel to and from studio each day for only €35, you would be able to use it for many of your other travels during the month, such as to an art or urban history lecture on site or for exploring the city with your classmates.
On any of the metrebus services, you should validate your ticket upon boarding at the small yellow box located near the door. If you have a monthly ticket, you will validate it only once at the beginning of each month. The fine is significant for traveling without a validated ticket (it could be €100-€500!), and you have to pay it on the spot. When riding the subway, you will need to insert your ticket into the gate to gain access to the platform. Remember to take your ticket with you as you pass through the access gates!

Remember to be extra vigilant about protecting your valuables on crowded public transportation, particularly at rush hour, and at any time on the bus route connecting the Termini train station and the Vatican (no. 64). Keep your bags and other possessions where you can see them and hold on to them tightly. More information about the public transportation system can be found at http://www.atac.roma.it/index.asp?lingua=ENG.

With respect to taxis, be very careful to take only officially licensed and metered white cabs. Private drivers will offer to help you at airports and train stations. Never accept their offers, never get into their cars, and never allow them to carry your bags. This is particularly so at major transportation hubs, such as an airport or train station. Taxis don't constantly roam the streets like they do in other major cities. There are taxi stands located throughout the city. Notice where they are as you explore Rome. Moreover, when riding in a proper taxi, pay attention to the meter; you should not pay for more than the amount shown on the meter, plus a tip, unless there is a reason for a surcharge. There should be a list of rates and fees located in the taxi, and you should look it over while you're being driven to your destination. Legitimate surcharges are required when more than two passengers share a car, when the origin or destination of a trip is outside the city limits, for baggage that is placed in the trunk (drivers will want to put even small bags in their trunk if you let them), or when the trip takes place after 9 p.m. or before 7 a.m. Note that meters normally start with a charge of approximately €4, which should last you a fair distance when you take a taxi from a taxi stand. On the other hand, if you call for a taxi, the meter starts running from the moment a car is notified to come pick you up.

Communications

Telephone

Telephone calls can be very expensive in Italy. Every call is charged, including local calls. As a consequence, most people are reluctant to let others use their phone, and others will often ask if they can use yours. Student apartments will come with a telephone, but be careful how much you use it, and never let anyone not associated with the Rome Program use it unless there is an emergency. Pay phones are not as widespread as they used to be because of the increasing popularity of cell phones in Italy.

When you dial the U.S. from Italy, always remember to dial 001 before the area code. When calling within Italy, be sure you always dial the complete phone number. If you're in Ames and you place a local call, you don't have to dial the 515 area code, but in Italy you must dial the area code for all calls, including local ones. For instance, if you need to call the studio from another phone in Rome, you would have to dial the full number, including the 06 city code, which is 06.6880.8552. You will find that not all phone numbers have the same amount of digits. For instance, a landline can have between eight and 11 digits (starting with a zero), while cell phones have ten digits (starting with a three).

International long-distance calls with the national phone company, Telecom Italia, can be very expensive. It is also expensive to call collect. If you need to call home, use a calling card linked to an American long-distance plan or try a pre-paid calling account. However, shop around for the best deal before you depart for Rome because rates can vary greatly.

Cell Phones

Another option for communicating is to use a cell phone. Before you make any decisions on what to do, you should call your current cell phone provider and see if your phone can be used abroad. Ask about the plans available and how much they cost.

Your other options include:
1. Purchase an Italian cell phone from a previous student
2. Purchase an Italian cell phone after you arrive in Rome
3. Bring your current smart phone and use it differently

There are many advantages to having a cell phone even though you are there for only a short period of time. Specifically, you will be safer, have more confidence when going out, and you'll be able to more easily communicate with your family, friends, classmates and faculty members.

Option 1: Purchase a phone from a previous student

If you have purchased a phone from a previous program participant, you should purchase a new SIM card upon arrival in Rome. The one in the phone is registered to the previous owner. If your SIM card is not registered to you and the phone is stolen, you cannot get back anything that is “stored” on the SIM card, including money, contacts, and even the number of the phone itself. Remember to bring your passport and have your Italian address when purchasing a SIM card.

Option 2: Purchase a phone in Rome

When you get to Rome, you will need to go to a store to buy your phone. You'll also need to purchase a pay-as-you-go plan as Italians do because contract-style plans are rare in Italy. You will get a phone and a SIM card for the network you choose, such as Vodafone, Wind or Tim. If a group of you goes to purchase phones, it might be advantageous for everyone to choose the same network, as it is often cheaper or free to call people on the same network like it is in the U.S. When you go to purchase the phone, take your passport and your codice fiscale with you.

With an Italian cell phone, you will not pay for incoming calls from within Italy or from the United States (but you will pay for calls made within Europe but outside of Italy), so your family and friends in the U.S. could call you and it should not use up the minutes you have purchased. However, they may pay a considerable amount of money to call a cell phone abroad, so it is important that they have a cheap phone plan at home. Encourage them to check with their phone providers to see what the rates to call a cell phone in Italy are. This is important because many providers have reasonable rates to landlines but not to cell phones.
You can call internationally with your cell phone. It is expensive but useful in an emergency. Use the access number particular to mobile phones that you will find on the back of your international calling card. Do not call direct; use this card just as you would from an Italian landline. However, the access number will be different. Remember, never call abroad directly from any European phone except in an emergency because it is very expensive.

Be aware that using your cell phone outside Italy but still in Europe will be very expensive, since calls are routed through Italy. You can spend a lot of money calling someone standing next to you in Barcelona, and so will they, since you will pay for the call from Italy to the Spanish border, and they will pay the rest. Use your cell phone as little as possible when you or the other person is in Europe but outside of Italy.

Once you have your cell phone number, be sure to give it to your faculty members, roommates and family members.

Because your plan was purchased in Italy you might get a text from your Italian provider when you cross international borders warning you of additional fees.

Option 3: Bring your current smartphone

Even if you don’t plan on purchasing a phone plan in Italy, bringing along smart devices can still be helpful for communication. Put your phone into airplane mode to ensure no data is used and turn wireless on. With wifi at the apartments and studio, you can easily communicate via internet and apps. Many hostels even have internet so you can search maps or make plans on trips as well. Take a screenshot of important information so you will have access to it if there is no internet connection available.

Internet Access

Internet access in Italy in general is problematic due to pre-modern buildings and infrastructures. Wireless internet is available in your apartments and at the studio building. You can take advantage of a variety of online methods to communicate with your family and friends at home. In addition to e-mail, several instant messaging programs are available, or you could also use an Internet calling service like Skype. Many of these offer video so you can see your family and friends at home, and they can see how much fun you are having in Rome.

Receiving Personal Mail

You will be unable to receive mail directly at your apartment, so instruct family and friends to send all mail to the studio address:

[Your name]
Iowa State University Rome Program
Piazza delle Cinque Scole, 23, int. 3
00186 Rome, Italy

Please instruct family and friends to not send packages to you unless it is absolutely necessary. Nearly all personal items can be purchased in Italy and do not need to be shipped from home. Part of this experience is trying new things, so step a little bit out of your comfort zone and try some Italian or European products.

The main problem with packages is that they are often stopped by Italian customs. This creates the need for our staff to spend time on phone calls, faxes and paperwork to release packages, which ties up valuable time and resources. Some weeks, the office staff has spent two whole days dealing with customs paperwork.

Therefore, for packages of a non-necessary nature that require additional customs paperwork, you must fill out the paperwork without assistance from the Help Desk.

Receiving mail is fun, but it can be tricky. Make sure the sender knows what they can and cannot send. You may also have to pay money to receive a package due to customs procedures.

Mail service to Italy is notoriously slow. Please advise your friends and family that it would be best not to mail you anything during the final month of your program. The Rome Program is not responsible for mail that arrives for you after your departure. You will need to make arrangements to redirect items that arrive late.

Time Zones

Rome is seven hours ahead of the Central Time Zone in the United States. Therefore, when it is noon in Ames, it would be 7 p.m. in Rome. Make sure that family and friends are aware of this so they don’t call when you will be sleeping. Remember to subtract seven hours when you are in Rome to find out the time in Ames so you don’t wake your family or friends either.

Italy also observes Daylight Saving Time, but European countries observe it on slightly different dates than the United States does, so you may find that at certain times of the year, Rome is not the normal seven hours ahead of Ames. You can find more information about current times in cities around the world by visiting http://www.timeanddate.com/worldclock.

Electricity and Electronic Items

The power system in Europe is considerably different from the one we use in the United States. Here, electricity is 110 volts at 60Hz, but in Europe it is 220 volts at 50Hz. Therefore, do not take American electrical appliances to Europe. If you need a hair dryer, curling iron, hair straightener, electric razor, etc., you should purchase one from a returning student, take one that is made specifically for both power systems, or wait until you get to Rome to purchase an Italian one.

While most laptop adapters will be able to handle the difference in power systems, you will still need to purchase a plug adapter to fit over the American plug to make it usable in Italy. These can be purchased at travel stores or electrical shops, and it is best to buy them before you go to Italy so you can use your equipment right away. Make sure you buy an adapter for every electrical item you plan on plugging in. American power strips may blow fuses in European outlets, so it is not recommended that you bring one with you.

If you plan on traveling to any other country, make sure you also have plug adapters for that country. Many students like to travel to the United Kingdom before or after studying in Rome, and their plugs are different from those used in the U.S. and in Italy.
Encountering New Spaces
by C. Arthur Croyle

The whole notion of “culture shock” can seem rather abstract before you experience it, and the causes and symptoms are not always easy to articulate.

In Rome in particular, I have experienced a heightened awareness of spatial differences. These differences are evident in almost every aspect of daily life and affect my ability (and probably yours, too) to function. In this particular experience, space can come as a shock, and impact the way we operate and “feel” about this environment. Here are some observations and thoughts about space and how it impacts your new routine.

In Ames, space, and our use of it, is so abundant that it is a virtual non-issue. Bumping into other people or objects, nimbly navigating through a place or crowd, and having to compromise a plan or activity because there is not sufficient space, rarely happens. Any open space is ours for almost any imaginable activity. Just use it and leave it as you found it. No problem.

Before you even arrive in Rome, as a traveler, you experience spatial changes. By using ground transportation, airports and airplanes, your world “space” changes. While on your way to Rome, your known world temporarily compresses to just you and the space your portable belongings take. You can claim that seat in the terminal and double your world by claiming the seat next to you by putting your bags on it. Beyond that, all is foreign. Even in your double-seat empire, you need to keep a vigilant watch. It is easy to lose your seat, and worse, your belongings. You sit there and guard your new little world like a hawk. The more you have with you, the more daunting this task is.

As you board the airplane, yes, you can relax a little. There is usually a quiet congeniality among passengers. You are all in this together. Your new space for the next 10 hours makes your previous terminal waiting space look like a ranch. You will finally master eating with your elbows in.

As you finally disembark at the airport in Rome, there will be a brief spatially releasing moment. You will be running free through wide, bright corridors. The rush of passengers, of which you are one, must feel like the running of the bulls (without the bulls). You are all moving very quickly, and, in spite of sleep deprivation, you are excited. Relax, enjoy the openness of the airport; this will be one of last times you won’t be spatially challenged for the next several days.

After claiming your luggage, you will pass out of that special world of international airport limbo of the ticketed passenger into Italy. Welcome to the mad rush. All of you will either take a taxi or train to Rome. Like Gulliver in his travels, you may feel that all the cars have shrunk, or you have become much bigger. I, too, thought a van was a van. I did not know they made them at 80% scale. As you are whisked into Rome, look at the fields, grass and trees. Say good-bye to them for a while.

Note that sidewalks butt up against cobbled streets. The sidewalk is your safety zone. Stay on it until you can gauge the speed of the traffic. That’s right, they move fast enough that you are surprised there are no numbers on the sides of the cars and a speaker announcing pole positions.

This first experience with standing in the middle of Rome is memorable and sometimes a little frightening. Everything seems so foreign, exotic and unfamiliar. Note the height of the buildings, too. Many buildings in Rome have four or five floors and are often taller than the streets are wide until you get to the important places. You will live in this world for a while until you broaden your area of operation. The narrowness of the streets, the height of the buildings, and the very circular and irregular pattern of the streets (you will learn why this is later) will keep you guessing as to the time of the day. Your sense of direction also takes a hit. You may never be able to find north again until you are out of Rome.

You probably are not thinking about any of this your first day, but you are experiencing it. What you are thinking about is getting to your apartment. After checking in at the housing office, you proceed to your apartment. A few locks later, you are in your new home. Dropping your bags, you race about taking stock of what is familiar and what is new. Eventually you may notice that the ceiling is much higher than what you are used to. In the kitchen, note all the appliances are much smaller than their American counterparts. The washer is also small. Oh my, you think as you dash off to find the bathroom. Yes, sink, toilet and bathtub; all seem to be the right size.

You stumble about a little longer, find your miniaturized bed and fall onto it. Now, do you fall asleep or stay awake like you are supposed to, so you can more easily fit into your new life in this time zone? If you stay awake, you go back out on the streets, unencumbered by luggage, to check out your neighborhood. Take your address with you!

Congratulations! You made it.

This is Rome. You will eventually find the miniaturized supermarket in your neighborhood with its miniaturized inventory. Portions, boxes, everything will be sold in a kind of convenience-store product scale, except for the beverages, especially the bottled water, which Italians consume in huge quantities.

Many of you will feel big and slow for a while. Rome is fast. If you are Roman, you move with purpose. Tourists lumber. As you become an inhabitant of Rome, you will learn to walk with purpose. Romans walk a lot, and they move quickly. They do this on cobblestones so hard that many of you will experience pain in your shins, ankles and feet for the first few weeks. But speed is half the game. Swift traffic of every imaginable sort dodges, weaves and swerves around pedestrians, often all vying for the use of the same space. Simply walking in Rome at first demands the kind of care and attention one usually reserves for playing a sport. You may even master the turning-sideways-at-a-full-gait-to-pass-through-oncoming-pedestrians move. Again, after a while, it will seem commonplace for you to take an evening stroll in a state of high alert.

As you begin to enter small shops or go to your first restaurant, you will notice that the space issue again rears its head. Those days of ambling through the jumbo-sized aisles of Hy-Vee without looking where you are going are over. An Italian shopkeeper views a large group of Americans entering his store with the kind of dread we
have for a tornado warning. He knows disaster is going to strike, but where?

In a restaurant, you may be seated at a table where, once again, you need to eat with elbows in, lest you want to bang into those people who are theoretically seated at the table next to you. They will be engaged in an animated discussion or argument, impervious to your existence, 14 inches away. If the fellow next to you is having spaghetti Bolognese, wear a napkin. This is the way of the city.

You will also be using public transportation in Rome. It is quite similar to systems in other big cities. During rush hours you will be crammed so close to strangers that not talking to them seems rude since so many of your body parts are in contact. But as in the restaurant, this is typical of cities. Just make sure that your fellow commuters’ hands are not in your pockets.

In the next few months, you will accrue a hundred new stories about your new compressed life in this vital city. There will be times when it seems you have had enough. You will miss the liberating sensation of having so much space of your own, but you will return soon enough to your world in Iowa. After a couple of weeks back home, however, most of you will again feel a twinge of yearning for that concentrated, frenetic life in Rome.

The Studio

Location and Facilities

The studio is located in the Centro Storico (historical center), in close proximity to the Tiber Island at Piazza delle Cinque Scole, 23, int. 3. This central location will put you close to many of the city’s major historic monuments and give you the opportunity to fully explore the ancient urban fabric of streets and squares. In addition, you will be close to the studios of the Pennsylvania State University, Notre Dame, Cornell, Rhode Island School of Design, University of Washington, and Pratt, and have good access to all the basic services (banking, post office, bus, art supplies, copying services, food, etc.).

The Rome studio provides individual tools and basic facilities for program participants. These include good size tables with lamps and chairs for drawing and coursework, easels for painting, and a lecture space that accommodates 60 people with an LCD projector, an amplifier, a microphone and loudspeakers. Storage for student work and personal supplies though is very limited.

The Rome Program recently acquired new white table tops for student desks. Please be extremely careful when cutting on the table tops for project work. You will have access to grey cardboard cutting boards. If a cutting board is not used on the table top when cutting, you will be subject to a €40 fine.

Hours and Use

The studio is set within a dense, historic urban environment with private apartments, offices, shops and stores in immediate proximity. This is in sharp contrast with the College of Design, a single-use building that is located within a distinct university campus. In Rome, consequently, everyone must respect the needs of our close neighbors and make the effort to ensure that our presence does not become a major disturbance.

To this end, the studio facility is generally open between 8 a.m. and 10 p.m. This is a policy that is common to most of the American programs in Rome, reflecting the culture and circumstances of the setting. Exceptions to the closing hour will be made typically for the days immediately preceding a major deadline, at the discretion of the program leaders and the resident director. In addition, the consumption of alcohol in the studio is prohibited, with exceptions made only for special group events, such as receptions and exhibition openings.

You are asked to respect the peace of classmates and neighbors, and to keep music and conversation at a reasonable level, particularly in the evening hours. Please also be considerate of the other classes and people when entering or exiting the building or using the main staircase.

Safety and Security

The studio is a large facility containing diverse spaces that are generally separated from one another. Consequently, it is difficult to keep track of who is in the studio, particularly outside of class time. You must make the effort to prevent giving access to the studio to unwanted guests. To begin with, it is important that you keep the main door to the studio locked at all times. This means that you will need to carry your key card for this door all the time, as well as your key for the main building door, which is normally closed. Do not rely on ringing the buzzer, as this constitutes both a nuisance and an inconvenience for those in studio who sit near the intercoms.

Students have been subject to theft while in the studio. Security cameras have been installed outside of the main studio door as well as in the studio entryway. Community lockers, one per studio room, are provided for you to securely stow your belongings when you can’t watch them. You should never leave important possessions unattended, even for a few minutes.

In addition, for general security purposes, as well as in consideration of your fellow classmates, we ask that you do not invite friends into the studio, unless you want to bring members of your family or special guests in briefly to see the facilities. In such cases, we ask that you notify the resident director prior to a visit. Immediately report anyone who looks suspicious or whom you do not know to a faculty member, staff member or the resident director.

For your own safety you are asked never to be alone in the studio. You should always have at least one other person with you. If you and a classmate are the last people to leave the studios, you are also asked to close all windows and terrace doors and assure that the shutter-locks are secured.
In the 14th century, much of the area around the little hill or monte was already the property of the Cenci family, and documents of the 15th century describe a large family house or domus magna paterna. In the late 1500s the older part of this domus, facing onto the piazzetta del Monte Cenci, acquired a new, more orderly façade, and in the same period the family church of S. Tommaso was restored and frescoed. Finally, in the 17th century the palazzo, which in the meantime had been extended along one side of the present Piazza delle Cinque Scole, a large market area bordering the Ghetto, was enhanced with a new façade. Later in the same century the magnificent spiral staircase was built to a design by Giovanni Antonio De Rossi (1679-1688), the architect of Palazzo Altieri.

In the early 18th century, Virginio Cenci, through his marriage to Maria Anna Bolognetti, became heir to the properties and titles of the Bolognetti, principi of Vicovaro and marchesi of Roccapriola, and the names of the two families are inscribed over the main door. The last heir of the family left most of the palazzo to the Istituto Pasteur-Fondazione Cenci Bolognetti, a scientific research institute connected with the Institut Pasteur in Paris and the University of Rome.

The Cenci had accumulated their wealth through trade and banking, and, thanks to papal connections and positions in the Curia, they also acquired vast properties outside the city and titles of nobility. By the late 16th century, the family consisted of four branches, and over 200 members of the family, household and servants occupied several palazzi encircling the monte dei Cenci.

One notorious member of the family was Francesco Cenci, remembered not only for rebuilding much of the palazzo on the piazzetta Monte Cenci and for restoring the church of S. Tommaso, but also as the father of Beatrice Cenci, who, in September 1598, plotted with her brother, stepmother and two accomplices to murder him at the family castle of Petrella Salto, northeast of Rome. A man already convicted on numerous charges of assault, rape and murder, Francesco had terrorized and brutalized his own children and wife, but Pope Clement VIII refused to grant the assassins a pardon, and after being imprisoned in Castel Sant’Angelo, Beatrice was executed in 1599, along with her brother and stepmother.

From then on, the tragic figure of the young Beatrice, only 18 years old, has inspired stories in literature, art and cinema, from the celebrated portrait ascribed to Guido Reni to Percy Bysshe Shelley’s The Cenci, Stendhal’s Les Cenci, and a long series of Italian and French films of the last century, combining facts and fantasy, legend and history.

Recommended Readings and Films

Readings

History of Italy
• Italy: A Short History, Harry Hearder and Jonathan Morris
• A Concise History of Italy, Christopher Duggan

History of the City of Rome
• Rome: The Biography of a City, Christopher Hibbert
• The Ancient Roman City, John E. Stambaugh
• The Civilization of the Renaissance in Italy, Jacob Burkhardt

Italian Artists
• The Lives of the Artists, Giorgio Vasari
• Bernini, Howard Hibbard
• Caravaggio, Catherine Puglisi

American Visitors in Italy
• The Marble Faun, Nathaniel Hawthorne
• Collected Travel Writings: The Continent, Henry James
• The Smiles of Rome: A Literary Companion for Readers & Travelers, Susan Cahill

The Cenci Family and the Myth of Beatrice
• The Cenci, Percy Bysshe Shelley

Historical Fiction
• Pompeii: A Novel, Robert Harris
• Memoirs of Hadrian, Marguerite Yourcenar and Grace Frick
• The Silver Pigs: A Detective Novel of Ancient Rome, Lindsey Davis
• The Name of the Rose, Umberto Eco
• The Agony and the Ecstasy: A Biographical Novel of Michelangelo, Irving Stone
• Death in Venice, Thomas Mann
• Death at La Fenice, Donna Leon
• The Heart of Rome: A Tale of the “Lost Water,” F. Marion Crawford

Travel Writing
• Italian Journey, Johann Wolfgang Von Goethe
• Rome and a Villa, Eleanor Clark
• One Hundred and One Beautiful Small Towns of Italy, Paolo Lazzarin
• The World of Venice (revised edition), Jan Morris
• The City of Falling Angels, John Berendt

Fiction and Non-fiction
• Bella Tuscany and Under the Tuscany Sun, Frances Mayes
• The Birth of Venus, Sarah Dunant
• The New Italians, Charles Richards
• Pass the Polenta: and Other Writings from the Kitchen, Teresa Lust
• The Stones of Florence, Mary McCarthy
• A Thousand Days in Venice: An Unexpected Romance, Marlena de Blasi
• Without Reservations: the Travels of an Independent Woman, Alice Steinbach

Guidebooks
• Blue Guide Rome, Alta MacAdam
• Let's Go Italy
• Rick Steves Rome, Rick Steves
• Rome Eyewitness Travel Guide, DK Publishing

• Streetwise Rome, Michael Brown
• City Secrets: Rome, Robert Kahn, Angela Hederman, and Pablo Condrad

Films

Imperial Rome
• Ben Hur, William Wyler
• Cleopatra, Joseph L Mankiewicz
• I, Claudius, Herbert Wise
• Spartacus, Stanley Kubrick, director
• Titus, Julie Taymor

Medieval/Renaissance/Ottocento
• The Agony and the Ecstasy, Carol Reed
• Casa nova, Lasse Hallstrom
• The Merchant of Venice, Michael Radford
• The Name of the Rose, Jean-Jacques Annaud

Rinascimento
• Death in Venice, Luchino Visconti
• The Leopard, Luchino Visconti
• 1900, Bernardo Bertolucci
• A Room With a View, James Ivory

Fascism
• The Garden of the Finzi Contini, Vittorio De Sica
• Night of the Shooting Stars, Paolo and Vittorio Taviani
• Open City, Roberto Rossellini
• A Special Day, Ettore Scola
• Tea with Mussolini, Franco Zeffirelli

Neo-Realism
• Accatone, Pier Paolo Pasolini
• The Bicycle Thief, Vittorio De Sica
• Open City, Roberto Rossellini
• Umberto D., Vittorio De Sica

The Fifties
• Cinema Paradiso, Giuseppe Tornatore
• Il Postino, Michael Radford
• Roman Holiday, William Wyler
• The Talented Mr. Ripley, Anthony Minghella
• I Vitelloni, Federico Fellini

The Sixties
• Contempt, Jean-Luc Godard
• La Dolce Vita, Federico Fellini
• Fellini’s Roma, Federico Fellini
• The Shoes of the Fisherman, Michael Anderson

Italia Oggi

The Belly of an Architect, Peter Greenaway
Bread and Tulips, Silvio Soldini
La vita è bella (Life is beautiful), Roberto Begnini
Io non ho paura (I’m not afraid), Gabriele Salvatore
Il divo, Paolo Sorrentino
Gomorra, Matteo Garrone