



**LIFE
ROMAN
STYLE**

**A HANDBOOK FOR
JCU STUDENTS**

2010-2011

**JOHN CABOT UNIVERSITY
ROME, ITALY**



How is living in Rome going to be different?

Living in Rome is going to be different in many ways, including some you do not expect. Studying abroad is exciting, but can also be stressful. The staff at **John Cabot University** is prepared to give you personalized assistance; so do not hesitate to ask. Relax, go with the flow—and remember, when in Rome, do as the Romans do!

This booklet is your introduction to the basic aspects of living and studying in Rome—the academics, your housing, the city, anticipated social behavior, and personal safety.

Rome is a large, international city. Depending on where you live, you may spend time on public transportation: buses, the Metro, and trams, which are plentiful, or you may have a leisurely walk to the school and the city center.

After one month, one JCU student said,

“I am finally getting used to all the differences this new culture has brought me. Not only the language and the currency, but the city lifestyle, the food, the meal times, the midday siesta, the showers, the clotheslines, every little thing. Whether I am just getting used to it or beginning to really like it, I can deal with everything from a much better point of view.”

One last note: as you get to know the Romans and the Italian language, you will become familiar with two words they use constantly when faced with a problem, no matter how small—“*pazienza*” and “*calma*,” have patience and relax.

So slip into the cultural atmosphere—go easy on yourself, and ask for help whenever you need it. That’s what we’re here for!

We at **JCU** welcome you to a new and challenging educational journey. You will learn lifelong skills and make lifelong friends from around the world. Keep an open-mind and take advantage of every opportunity you have during your stay with us.



TABLE OF CONTENTS

BEFORE YOU LEAVE HOME.....	5
Upon Acceptance	5
Getting Your Visa	5
Getting Your Permit to Stay (Permesso di Soggiorno).....	6
Medical Insurance	6
Personal Property Insurance	6
Money	7
Banking	7
Pre-Registering for Courses	7
Pre-Soliciting Your JCU ID Card	7
WHAT YOU SHOULD PACK	8
The Weather	8
Electronics.....	8
Should You Bring Your Computer?	9
Radios, MP3 Players, Clocks	9
Drugstore Items and Prescriptions	9
Travel Guides.....	9
SETTLING IN.....	10
Arrival Information	10
Culture Shock.....	10
Housing—Check In and Check Out Dates	11
Orientation	12
Calling Home	13
Receiving Mail.....	13
Receiving Packages	13
LIVING IN ROME	14
The Center.....	14
The University	14
Italian Manners	15
SUGGESTED HOTELS IN ROME.....	16
EATING IN ROME	17
Eating Out	17
Vegetarians	17
Ordering and Paying	17
Eating In.....	17
Outdoor Markets	17
Alcohol	17
THE ACADEMICS	18
Faculty.....	18
Study and Travel	18
Tips on the American University System	18

LEARNING TO SPEAK ITALIAN.....	19
Practice.....	19
Make Mistakes.....	19
BASIC ITALIAN PHRASES.....	20
AVOIDING THEFT	22
While Out and About.....	22
Precautions on the Street.....	22
Personal Safety for Women.....	22
Apartment Safety.....	23
Reporting a Theft or Loss.....	23
DRUG ABUSE	24
FREQUENTLY ASKED MEDICAL QUESTIONS HOSPITALS, DOCTORS, PHARMACIES AND EMERGENCY SERVICES	24
APPENDICES:	
1--WHO WAS JOHN CABOT?.....	26
2--LIST OF INTERESTING WEB LINKS ABOUT ITALY AND ROME.....	27
3--TIPS FOR WHAT TO BRING: AIRPLANE CARRY ON ITEMS.....	28
4--JCU CONTACT INFORMATION	30
5--JCU ALUMNI COMMENTS	32
SOME FINAL NOTES.....	35



BEFORE YOU LEAVE HOME

Upon Acceptance

Congratulations! Your hard work and effort has paid off, and now it is time to prepare for your trip to Rome. In order to proceed with your visa process, the first thing you should do after you receive your acceptance letter is to get your payments to JCU; that is, the Tuition Deposit and your Housing Deposit.

If you have not already done so, you must get a passport as soon as possible. This document is of crucial importance and will be just one more testament to your time and experience in Rome. Be sure that the date on the passport will not expire before you are due to return home. The *Questura*, or the local police station in Rome, usually suggests that students' passports be valid for at least three months after the period of their stay, allowing them extra time for travel, emergencies or change of plans.



Getting Your Visa

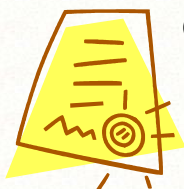
Once you have paid either the Tuition Deposit and/or Housing Deposit, we will send you the documents you will take to your local Italian Consulate to obtain your visa. There are two very important letters in this packet.

The first letter is the Visa Letter, written in Italian. It states the dates you will attend JCU, that you have satisfied all academic requirements to study at JCU and that you will have the mandatory emergency Italian INA Health Insurance Policy. It will also state that you have a place to live while at JCU as well as proof of sufficient financial support during your stay in Italy.

The second letter is your Acceptance Letter written in English. You must also take this with you to the Italian Consulate. We advise that you keep all documents issued to you by John Cabot and even make photocopies for your own personal records.

The student visa process is very important and should be approached as if it were a job interview. All the requirements for this process are listed on the JCU web site under "Legal Permission to Study in Italy." Please review this section very carefully. The specific requirements for obtaining a student visa are identified on the web sites of each Consulate. Always be sure to read the requirements for the Consulate at which you will apply for your student visa.

DO NOT PLAN ON MAKING THE TRIP TO ROME WITHOUT YOUR VISA IN YOUR PASSPORT. IT IS YOUR RESPONSIBILITY TO BE LEGALLY REGISTERED AND RESIDING IN ITALY, AND YOU RUN THE RISK OF BEING DEPORTED IF YOU ARRIVE IN ITALY WITHOUT A PROPER VISA.



Getting Your Permit to Stay (Permesso di Soggiorno)

In order to reside legally in Italy you must solicit your Permit to Stay (in Italian, *Permesso di Soggiorno*) within 8 days of your arrival in Italy. Without completing this process, you are also at risk of not being able to remain in Italy. The company which JCU works with to assist you with this process is **EDUITALIA**.

EDUITALIA can assist you PRIOR TO YOUR ARRIVAL IN ROME in gathering all your required documents to apply for the Permit to Stay. The Permit to Stay process takes place during our mandatory Orientation sessions. For more information go to: <http://www.eduitalia.org/assistance/>

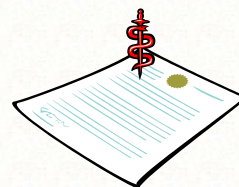
This topic is also addressed in the Orientation section of this handbook.

Medical Insurance

Italian law requires all foreign students living in Italy to have medical insurance. When applying for your visa, you must show the consulate proof of insurance that covers you in Italy for the length of your stay. This is stated explicitly in your Visa Letter in Italian. If you have private insurance at home that covers you while you are in Italy you will have to show the Consulate that your policy is valid abroad. **You will need to obtain this in writing from your insurance company to present to the Italian Consulate.** The specific letter that needs to be written is identified on the JCU web link:

http://www.johncabot.edu/Student_Life/Legal_Permission_Study_Italy/Legal_Permission_Study_Italy.aspx

During your visa appointment, the Consulate visa officer will ask you to sign an “Affidavit of Medical Insurance”- even though you may already have health insurance that is valid abroad. This document states that if you do not have valid health insurance to cover you while in Italy, you will be required to purchase, within 8 days of your arrival in Italy, an Italian health insurance policy (also known as INA). Be advised that the Italian health insurance (INA) covers **only** emergency hospital treatment, **only** in Italy.



Be sure to always carry a copy of your insurance card, or some other proof of insurance with you at all times. This is your ticket to medical coverage should you encounter any bumps in the road to an otherwise delightful experience.



Personal Property Insurance

Remember that insurance for your personal effects is entirely your responsibility. Make sure that your insurance policy covers your goods while you are in Italy. You may have to purchase additional coverage for electronic equipment or high-cost items such as laptops or stereos.

John Cabot University is not responsible for loss or damage of your personal property whether it is in your apartment, at the campus, with you as you travel about, or on your person while you are a student at John Cabot University.



Money

Italy uses the Euro. At the time of this publication (September 2010), the rate was about **\$1.27 = €1**. You can easily keep track of the exchange rate at <http://www.xe.com/ucc/>

Banking

The most convenient and inexpensive way to access your money is with an ATM card (*Bancomat*). **Make sure before leaving home that your card is accessible for international use.** ATM machines can be found throughout Europe; however, you should inform your bank or credit card company of your study and travel plans so that they can annotate your account and detect suspicious transaction activity.

Because the University **DOES NOT** offer banking services, in addition to your ATM card, we recommend that for the first few days of your stay abroad you bring about **\$250 worth of Travelers Checks**, as well as about **\$200 worth of Euros**. This will ensure that should your ATM card not function or you are unable to get money for any other reason, you will have a back-up plan. We also suggest that you write down your card numbers as well as the International Customer Service Helpline number, so that if you encounter any problems (lost/stolen/non-functional card), you can easily contact your bank.

Keep in mind that funds may also be received through the American Express Office, 38 Piazza di Spagna, 00187 Rome, (see <http://www.amextravelresources.com>) or through Western Union (see <http://www.westernunion.com/>).

Please be advised that U.S. postal money orders are not accepted in Italy, and that personal checks are difficult to exchange and are usually not accepted.

Pre-Registering for Courses

For students who will be attending JCU to complete a degree, your initial registration for classes will take place during Orientation. For students coming to study at JCU for a semester or year, you will receive an email from the Registrar with detailed information on how to register online. You should have several additional courses approved from your advisor at your home university in case you need to drop and/or add courses. We recommend that you have at least twice as many courses pre-approved from your advisor at your home university than you will be taking, in case of last-minute changes in the schedule.



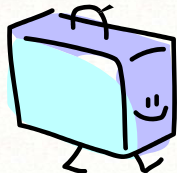
Pre-Soliciting your JCU ID Card

During Orientation you will be quite occupied with various tasks for the upcoming semester. By requesting that your JCU ID be made before you arrive, you can avoid long lines and waiting!

All you have to do is:

- Send a scanned JPEG file photo (passport or senior picture) or digital picture of yourself to id@johncabot.edu
- Save the photo as your last name_first name.jpg—**Example: Smith_John.jpg**

Please remember that photos must be a headshot only on a light background. Photos not in the appropriate format and photos inappropriate for a JCU ID will not be accepted.



WHAT YOU SHOULD PACK

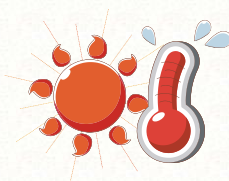
To quote a recent student, “more black clothes!” But seriously, the main thing to avoid is *overpacking*. You should check with your airline to see how many bags you are allowed to check and what the costs for exceeding these policies will be. Typically, you are only allowed one airplane carry-on item.



Bring your favorites, but practical things—clothes for all weather, all occasions. You will not need a lot of dress up clothes-- one outfit will do. However, people in Rome dress very well—most men and women do not wear shorts, sneakers or T-shirts when they are visiting places of importance. In many churches, this type of dress is prohibited. Since you will probably buy a few things while abroad, packing lightly on your way over will make your trip back home easier. Of course if you are planning trips to much warmer or cooler climates during your study abroad period, pack accordingly.

For all of you Sarah Jessica Parker fans out there, we think you will find the streets of Rome a little less friendly to your Manolo Blahniks, so pack sensibly. One helpful website is: http://www.ricksteves.com/plan/tips/tips_menu.htm

The Weather



Rome has a mild climate; in fact it is famous for its sunny days. In the Fall Semester you will start out wearing summer clothes, but by December you will need a jacket and sweater. The temperature usually ranges from at least 45-85 degrees Fahrenheit (12-29 Centigrade) in the Fall Semester, while the Spring Semester will bring cooler temperatures, 35-65 degrees Fahrenheit (4-18 Centigrade), with perhaps more rain than in the Fall Semester.

In fact, the January temperatures can be quite cold and the weather damp and rainy—though snow is rare, a jacket, scarf and gloves are sometimes needed. Summer temperature usually ranges from 70-110 degrees Fahrenheit (21-43 Centigrade).



Electronics

You can bring your hairdryer, electric shaver, electric toothbrush, whatever, as long as you follow these guidelines:

1. Voltage in Europe is 220V, so your appliance must have a switch from 110 to 220.
2. Plugs are shaped differently in Italy, so bring a plug adapter, or buy

one here.



Should You Bring Your Computer?

Wireless is available on both campuses. Newer laptops will automatically adjust to the Italian voltage. However, if you have an older laptop you may find that you need a voltage regulator (see IT personnel if you have any doubt). You will need a plug adapter.

Please note that you may not be able to use your computer at your apartment 24/7, as the Internet connection may not always be active.

Radios, MP3 Players, Clocks

If you are planning on purchasing a radio or MP3 player in Italy, keep in mind that they may be more expensive. If you are bringing a table radio from home, it is best to bring one that runs on batteries. The same goes for clocks; electric clocks brought from home usually won't keep the correct time, due to differences in voltage and electric currency so bring a battery-operated clock. Most students use their cell phone as an alarm.



Drugstore Items and Prescriptions

If you are taking a prescription, bring a full supply with you if possible. Bear in mind that a prescription from a U.S. doctor will not be honored here, although there are equivalents. Over-the-counter items are similar; if you have a specific cold medicine,



you might want to bring it along. Please note that you will not be able to have medicine sent to you from the U.S. to Italy, as Customs will not let it through. Avoid, if possible, having medicines (even vitamins) sent to you while in Italy. If not accompanied by a medical prescription, such packages are usually confiscated and returned to the sender.

Travel Guides

There are many student-oriented travel sites and guides about Rome, and we suggest that you read one or more of them in the U.S. before arriving in Rome. While a student at JCU, we want you to really get to know Rome and be engaged in the Roman community. The University will offer you many opportunities to do so, as well as organizing other weekend trips around Italy. Some helpful web sites and books:

<http://www.lonelyplanet.com/italy/rome>

<http://www.fodors.com/world/europe/italy/rome/>

<http://wikitravel.org/en/Rome>

<http://goitaly.about.com/od/romeitaly/tp/ancientrome.htm>

<http://www.ricksteves.com/plan/destinations/italy/rome3.htm>

<http://www.romace.it/>

<http://www.wantedinrome.com/>

National Geographic Traveler Rome

Cafe Life Rome: A Guidebook to the Cafes and Bars of the Eternal City

Frommer's Rome

Rome - An Oxford Archaeological Guide

The Rough Guide to Rome

Frommer's Irreverent Guide to Rome

DK Eyewitness Top 10 Travel Guides Rome

Rome the Second Time



SETTLING IN

Arrival Information

Plan your flight so you arrive between 8:00 a.m. and 5:00 p.m. during the days of Orientation. We are closed Saturday and Sunday.

The Housing Office has a specific form listed on their web site for you to complete so that they will have your arrival information. This form, as well as the specific arrival dates for each semester may be found at:

http://www.johncabot.edu/Student_Life/Housing/Housing_Arrival_Information.aspx

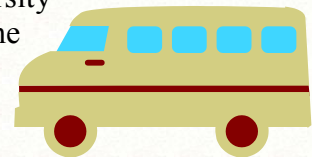
If you complete and send in this arrival form, JCU representatives will be at the airport to greet you between the hours of 9:00 a.m. and 7:00 p.m.

Upon arrival at the airport and exiting the doors after you claim your luggage, you should look for the **John Cabot representative holding a JCU sign**. This person will direct you to check-in at the Hilton Hotel, accommodate you in a shuttle bus to bring you to the JCU campus where you then sign your housing contract and receive your keys. You will then be accompanied to your apartment. **The shuttle bus is free of charge.**

Remember, if you plan to arrive earlier than the arrival dates given to you by the Housing Office, or do not arrive in time (after 7 p.m.) to take our shuttle buses, you will have to obtain your own transportation (**JCU will not reimburse you for these transportation arrangements and/or private accommodation arrangements**)

A private taxi from the airport to JCU will cost around €50.00 (about \$70).

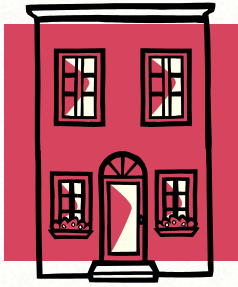
JCU shuttle buses will usually leave the airport for the University every hour on the hour, for the Arrival Dates listed on the Housing web site for each term. If you will not arrive on the listed Arrival Dates, you can either take a **white** taxi at the airport or catch a train to the Stazione Trastevere to get to the University. **This will be at your own expense.** Please plan your flights accordingly, remembering to factor extra time to retrieve luggage and go through customs (the average student takes 1 ½ to 2 hours to complete the entire process). Again, if you do not arrive in time to take our buses, you will need to make alternative arrangements at your expense.



Please remember that most flights from the U.S. leave on one day and arrive in Europe on the next day. This means you will be flying during the night--no sleep.

Culture Shock

You are embarking on a very unique experience—not everything will be the same as it was for you in your home county. Give yourself time to settle in, learn about your new surroundings, and be patient with yourself and others. Being a little nervous the first few days or even weeks when you move to a new county is normal.



Housing

If you made housing arrangements through the JCU Office of Housing and Residential Life, the apartments are furnished, including bed linens, towels, and kitchen equipment. Although you will probably share a room (unless you request and pay for the single supplement), each student has his/her own bed. Most apartments have washing machines, but do not have dryers.

Reminder #1: You will not be able to take possession of your apartment until you have paid your housing fee in full by the deadline established for each term.

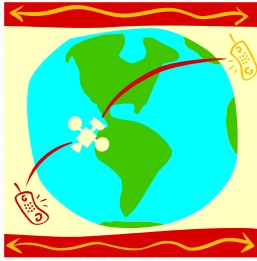
Reminder #2: The following are check-in and check-out dates for your Housing as of the printing of this publication. You can not move in prior to the listed check in dates. You must make your own arrangements if you arrive before these dates. You must vacate your apartment by the check out dates listed below:

Term	Check-In Dates	Check-Out Date
Spring 2011	January 12-13 (Wed-Thurs)	May 7 2011 (Sat)
Summer I 2011	May 19 2011 (Thurs)	June 25 2011 (Sat)
Summer II 2011	June 30 2011 (Thurs)	August 6 2011 (Sat)
Fall 2011	August 31-Sept 1 2011 (Wed- Thurs)	Dec 17 2011 (Sat)

Sanctions will be applied if you vacate your housing after the above dates.

Average utility usage is included in the housing cost you pay JCU. The only extra costs you are liable for may be damages to your apartment when you leave. There will be an inspection at the end of your stay and any damages and/or excessive utility consumption will be billed to you. JCU apartments do not have telephones and Internet is not guaranteed.





Orientation

An essential part of settling into Rome and the JCU environment, Orientation is designed specifically to acquaint new students in their first few days in Rome. JCU staff head the Orientation, but one of the most important highlights is the help of the Student Ambassadors. The main goal of the Student Ambassadors (both degree-seeking and visiting students) is to help the new students get acquainted with both John Cabot University and Rome itself. The ambassadors conduct workshops and tours of Rome and of the Trastevere neighborhood.



In Trastevere, students are shown not only the beautiful Centro Storico but also the essentials—grocery stores, a Laundromat, Tabacchi, and our friendly neighborhood coffee bar, Caffè Settimiano.

The students will attend a breakfast with cornetti and cappuccino, after which they will be welcomed by the President, the Academic Dean and JCU staff, and given a general introduction to the University, life in Rome, and University Academic Procedures and Policies. Please remember that Orientation is fundamental to settling in—it is mandatory that you participate in the required Orientation sessions, and we highly encourage you to participate in the voluntary Orientation sessions.

Special orientation sessions are also offered to all parents and family members accompanying students during orientation week. You are welcome to attend these sessions, as long as you notify the appropriate JCU office prior to arrival.

When the students are taken to their apartments by the Housing staff, they will be shown how to work their heating systems, the boilers, the circuit breakers, washing machines and other utilities. The new students will be attending a series of additional workshops (some mandatory), like the **Cell Phone Survival** workshop— with cellular phones having instructions in Italian, the new visiting student body is given a crash course in “*la lingua di TIM.*”



As stated previously, one of the most important *mandatory* workshops held several times during the week of Orientation is the **Permesso di Soggiorno** Workshop. This workshop is designed to guide the students through the process of completing the **Permit to Stay** in Italy. Each student must have two photocopies of their passport and visa, five passport-sized pictures, the stamped and signed visa request letter returned to you by the Italian Consulate, and proof of health insurance. The Student Ambassadors take the photocopies of the passports and visas when each student arrives, and the Staff member holding the workshop will have these in a folder for you. To save time, you might want to bring four to eight photos with you, as you may need them throughout the year. **Specific information about what you need to bring to be prepared for your Permit to Stay will be provided to you by the JCU Permit to Stay office.**

Calling Home

To get a cell phone before you leave the U.S. (and to be able to use your phone when you arrive anywhere in Europe) we recommend you follow these three simple steps:

1. Go to and register with www.piccellwireless.com



2. Click on "Wireless Phones"
3. Choose the package and "Sign in"-- Then follow the instructions to order your phone. Allow two weeks for delivery in the U.S. Otherwise you will be given a phone number in Italy which you can call from the U.S. in order to receive your phone during Orientation at JCU.

If you do not rent a cell phone from Piccell you should come prepared with an international SIM card for whatever cell phone you plan to use, and/or an international calling card—T-Mobile, AT&T, or any of the other phone companies. It is cheaper, however, to rent the cellular and have your friends and family call you from the States with an international calling plan; therefore if you call them, they can call you back immediately and save the headache of an expensive phone bill. Or, buy a calling card here in Rome to call home.

Receiving Mail

All students at John Cabot have a mailbox. This is located in the Student Lounge at the Guarini Campus, and each mailbox has a number. After you have registered for classes, the Front Office Staff will have your box number. You may get this number from them only after having registered. You need to have your mail delivered to the main JCU address listed below. You cannot have any mail delivered to an apartment acquired through JCU Housing.

Your name
c/o John Cabot University
Via della Lungara 233
00165 Rome
Italy

Receiving Packages

In order to ensure students' safety while at John Cabot University, our Front Office personnel can accept personal packages on behalf of the students. However, the largest dimensions they will accept are those of a USPS Large Flat Rate Box (30x30x15cm or 12x12x6in). If the package sent extends past these dimensions, our Front Office will be obligated to refuse the package for safety and security reasons. Please be courteous and respectful of these rules when requesting your package. If you are in need of shipping your personal items beforehand, it is possible to contact many companies to arrange for a day or so of storage until you receive your Rome address. One such company that offers this service is **FuturaForwarders at www.futuraforwarders.it or email at futuraforwarders@futuraforwarders.it**, which will provide a discount (mention JCU) on shipping items via UPS. ***Students must take notice that packages can and will be charged customs upon entering Italy.***

Packages may be inspected and opened—do not send prohibited items (check with your post office for a list of prohibited items). On the Customs Declaration form from the States write “used and for personal use” (in Italian: *Usato o Per Uso Personale*). Please make sure that your name and Rome address are clearly written on the package you are receiving.

John Cabot University will not be responsible for packages sent to the University. We believe that you can fit everything you need for four months to an academic year in two suitcases, so we strongly suggest you keep the packages to a minimum—take it from us; most of us have studied abroad!



LIVING IN ROME

The City: Historical Notes-- Rome is a city of layers. Centuries are exhibited around you. Tradition holds that Rome was founded in 753 BC; you can stroll through the ruins of the Roman Forum, which dates from the 7th century BC. The city is sprinkled with evidence of every period thereafter.



While the glory of its heritage still resides, Rome is a modern city of commerce, tourism and industry with the characteristics, advantages and disadvantages of all contemporary cities. Getting to know the city and the people, how they speak and live now means falling into the rhythm of the place. This is as essential to your experience as learning about the history, art, and architecture.



The Center

The periphery of the city has grown, leaving the historical center (the destination of most tourists) a very small part of the city as a whole. The *Centro Storico* is the focus of the city. It's great to walk the old streets, narrow and picturesque, shop-lined and filled with people taking a *passeggiata*. But walking is often a challenge as pedestrians compete with cars, buses, Vespas, and mopeds in a vibrant, noisy and congested atmosphere. Most streets are made with cobblestones, so wearing good walking shoes is a must.

Everything is on a small scale and close together; for example even stores are tiny. You will find more small *piazze* than large parks, few public gardens, but many open-air markets and outdoor fruit and vegetable stands. There are several small grocery markets located all around the Trastevere neighborhood.

The University

JCU is located in a quaint neighborhood of Rome called “Trastevere,” which means across the Tiber. It is the “left bank” of Rome—the oldest part of the city—crowded, with narrow streets and full of restaurants, coffee bars, ice cream (*gelato*) parlors and shops. JCU is within walking distance to the Botanical Gardens, the Accademia dei Lincei, and next door to the Villa Farnesina, which houses artist Raphael’s famous frescoes. John Cabot is buttressed by the Aurelian wall of the Roman Empire, and

reached by passing under the Porta Settimiana, built by Pope Alexander VI Borgia in 1498, and later restored by Pius VI in 1798.

The people who live in this area, like most Romans, are friendly and willing to help you find your way around or practice the Italian language.

JCU Campus Addresses:

**John Cabot University
Guarini Campus
Via della Lungara 233
00165 Rome, Italy**

**John Cabot University
Tiber Campus
Lungotevere Raffaello --Sanzio 12
00153 Rome, Italy**

For maps and directions, please see this section of the JCU web site:

http://www.johncabot.edu/About_JCU/Information_For_Visitors/Information_For_Visitors_Maps_Directions.aspx



Italian Manners

Be conscious that you are a visitor in this country, that you are a representative of your country, and of the University. Be careful not to make excessive noise in your apartment after 11:00 p.m. This means no loud music or parties. Nearby residents can call the police about excessive noise after 11:00 p.m.

When you enter a store, restaurant, coffee bar, or if you encounter the residents in your building, it is polite to greet them. In the morning, you would say, “*buon giorno*,” and after lunch, “*buona sera*.” Upon leaving, you would say “*arrivederLa*,” or “*arrivederci*” for the people with whom you are more familiar. When you are introduced to someone, say “*piacere*” (“it’s a pleasure”)

Upon entering a private home or office, one asks permission, “*permesso?*” Never touch items in a shop or in a market unless you ask “*posso*” (“may I?”).

Italians do not consider a door to be “closed” unless it is locked—as in restroom doors.

And always remember to say thank you (*grazie*) any time someone helps you!!!



SUGGESTED HOTELS IN ROME

<p>★★★ ALBERGO DEL SOLE Piazza della Rotonda, 63 (Pantheon) Tel 06-6780441 Fax 06-69940689 Single: € 214,00 / Double: € 325,00</p>	<p>HOTEL FONTANA Piazza di Trevi, 96 Tel 06-6786113 Fax 06-6790024 Single: € 180,00/Double: € 260,00/ Triple: € 320,00</p>
<p>★★★ HOTEL BRAMANTE <i>Vicolo delle Palline 25</i> Tel/Fax: 06 6879881 Single: € 130,00/ Double: € 160,00 – 185,00</p>	<p>★★★ HOTEL GIANICOLO Viale delle Mura Gianicolensi, 107 Tel 06-58333405 Fax 06-5817943 Grandhotelgianicolo@libero.it Single: € 160,00 / Double: € 240,00/ Triple: € 250,00</p>
<p>★★★ HOTEL PONTE SISTO Via dei Pettinari, 64 Tel 06-6863100 From USA 1-800-346-5358 Fax 06-68301712 info@pontesisto.com http://www.hotelpontesisto.it/web/ Single: € 150,00/ Double: 420.000/ Triple: € 340,00</p>	<p>★★★ HOTEL SANTA CHIARA Via Santa Chiara, 21 (Pantheon) Tel 06-6872979 Fax 06-6873144 www.italyhotel.com/roma/santa_chiara Single: € 132,00/ Double: € 188,00</p>
<p>★★ HOTEL CISTERNA Via della Cisterna 7.8.9 (Trastevere) Tel: 06 5817212 / Fax: 06 5810091 http://www.cisternahotel.it Single: € 105,00 / Double: € 130,00</p>	<p>★★ HOTEL LA ROVERE Vicolo Santonofrio 4-5 Tel: 06 68806739 Fax: 06 68807062 Single: € 80,00 – 134,00/ Double: € 125,00 – 190,00</p>
<p>★★ HOTEL MONTEVERDE <i>Via Monteverde</i> Tel: 06 58230000 Single: € 75,00/ Double: € 90,00/ Triple: € 105,00</p>	<p>★★ HOTEL SANTA MARIA (JCU discount) Vicolo del Piede (Trastevere) Tel. 06-5894626 Fax 06-589481 www.htlsantamaria.com hotelsantamaria@libero.it Single: € 114,00 – 124,00/ Double: € 130,00 – 155,00/ Triple: € 116,00 – 181,00</p>
<p>HOTEL TRASTEVERE Via L. Manara Tel: 06 5814713 Single: € 77,00 / Double: € 103,00 Triple: € 129,00 / Quad: € 154,00</p>	<p>VILLA BASI Via G. Carini 24 (Gianicolo) Tel: 06 5815329/33 Single: € 39,00 (shared bathroom)/ Double: € 55,00/ Triple: € 65,00 / Triple: € 83,00</p>

Hotel at the airport: Hilton Rome Airport hotel

Via Arturo Ferrarin 2 Fiumicino, Rome, Italy 00054 Telephone: 011-39-06-65258

EATING IN ROME



Eating Out

Romans eat well, and they enjoy the social as well as the gastronomic aspects of a meal. In a good restaurant you are expected to spend enough time and money to eat at least two courses. The first course, the “*primo*,” can be an “*antipasto*,” or pasta; the second course, the “*secondo*,” is meat, vegetables, or fish.

Vegetarians

It is easy to eat vegetarian meals in Rome. Most pasta dishes are non-meat; vegetables are plentiful, varied, and well cooked. It is perfectly acceptable to order a couple of vegetables for a second dish (“*secondo*”).

Ordering and Paying

You always have to ask for the bill (“*conto*”) in a restaurant. The bill in a restaurant can confuse non-Italians. You will see a charge for “*servizio*” or “*coperto*.” This is a general charge for the table service, and means that you need to leave only a minimal tip, €0.50 per person is okay. In a coffee bar, you usually have to pay first, then take the receipt (“*scontrino*”) to the bar and request your type of “*caffè*” or other beverage. In most coffee bars, you will be asked to pay more to take your food to a table. When you pay they will ask you, “*al tavolo?*” or “*al banco?*” Most Italians take their coffee and pastries while standing at the bar.

Eating In

You will find many products you use at home, or substitutes for most of them. There is an imported food store near the school in Piazza San Cosimato, but most products are available in grocery stores.

Outdoor Markets

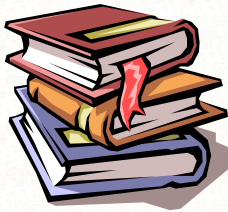
Rome offers daily outdoor markets—with lots of fresh fruits and vegetables. Take advantage of wandering around the market stalls, and using your Italian to purchase some of the fresh produce.



Alcohol

Italians have certain expectations about drinking. Disregarding these standards can lead to uncomfortable or dangerous moments. Italians seldom drink alcohol other than with meals. “Going out drinking” is not an Italian activity.

It is true that wine is considered an integral part of the cuisine, but the expectation is that you drink a glass or two with a meal. The law does not tolerate public drunkenness either; as well as presenting a “*brutta figura*” (a bad impression), you can be arrested and incarcerated. In Italy being drunk is itself an offense; it is not an excuse for other types of behavior.



THE ACADEMICS

Faculty

At John Cabot University you will find a great mix of international students. The faculty at John Cabot is also a cultural mix; while many are Americans, there are also professors from all over the world with experience teaching in both Europe and the United States. The faculty members are keenly sensitive to the added stress and difficulties that are part of studying abroad. However, they also have a deep commitment to their disciplines and have every reason to expect students to seek the same high quality work expected at their home universities.

Study and Travel



Because the resources available for understanding Western history, culture, society, art, music and architecture are plentiful in Italy, you should take advantage of your free time to the fullest. However, there is a balance to be reached between your studies and your travel. The best idea is to put off the travel until mid-term, when you can evaluate your academic demands. Many of you have expectations about the academic challenges at JCU, and some of you, perhaps, have not thought about it. Believe us, the faculty at your home institutions as well as here in Rome demand the best you can give. You should demand no less of yourself.

** Please consult the academic calendar before arranging your travels as there are some obligatory Friday make-up days that will result in academic disciplinary actions taken against you if not respected.

Tips on the American University System:

If you have studied at a European university, you may find these tips on the American educational style helpful:

The term is intense. John Cabot, like many American universities, operates on a “semester” system. That is, the academic year is divided into two terms of 15 weeks each. For most students who have studied on a European system, this is a very short time.

Homework is given throughout the term. The successful student studies and reads for a course at least two hours for every hour of class, starting with the first class. 15 weeks go fast; do not put off the work!

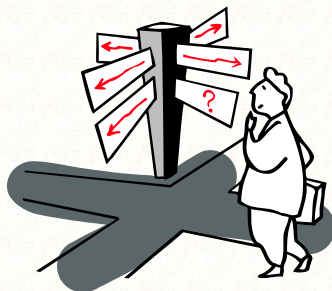
Expect a number of evaluations during the term. All courses will have a “midterm” examination. For the Fall and Spring terms this will be in the 7th week of the semester and a “final” examination during the 15th week. For the Summer Sessions the midterm will be in the 3rd week and the final will be in the 5th week of the session. You will probably also be assigned papers or other work. You may have work to turn in every week.

Don't be surprised if you have three midterm exams in one day. We try to schedule the midterms and finals so that this does not happen, but you should be prepared if it does.

What do professors expect on papers and exams? Professors expect to see critical thinking and analysis of the subject; they do not want you to just repeat what was in the book or what was said in lecture. You will have to present your own ideas, based on the readings and the lectures.

What do professors expect of me in class? Student/faculty ratios are very small. Professors expect you to attend all classes, come to class prepared, to have read the material assigned or to have read extra material. Sometimes the class format will be lecture, but other times there will be time for discussion. In a seminar class, the emphasis is on sharing ideas. Professors expect you to participate, to respond to the questions and to offer opinions based on the material. In fact, part of your grade may be based on this “class participation.” If English is not your “mother tongue,” do not let this keep you from speaking in class. John Cabot is an international university; many of your classmates are in the same situation.

*** You are encouraged to speak to your professors before or after class if you have questions or comments about your work or the class, their expectations, etc. John Cabot professors are eager to get to know you and to help you succeed. Don't be shy!*



LEARNING TO SPEAK ITALIAN

Practice

Adjusting to a new culture affects every aspect of your life. One essential key, of course, is speaking the language. But do not be satisfied with just going to class and studying the book. You have made the significant decision to study in Italy, take full advantage of living in this language lab. All successful students and your professors would give you the same advice: use Italian words, sentences, and expressions from the moment you open your eyes in the morning. Say to your roommate or your Italian friends, “*Buon giorno. Come va?*” (“Good morning, how’s it going?”).

Many Italians like to practice their English, but it is more helpful to you if you insist on speaking Italian to them. You can explain, “*Sono qui in Italia per imparare la lingua. Parliamo italiano!*” (“I’m here in Italy to learn the language. Let’s speak in Italian!”). Listen and repeat—out loud—phrases you hear people use. Use what you hear, try not to translate.



Make Mistakes

Accept the language as it is—speak without fear of making mistakes—and if you have any doubts or questions, ask for help right away.

BASIC ITALIAN PHRASES

<p>Buon giorno <i>bwon zhor-no</i> Hello / Good morning/afternoon</p>	<p>Buona sera <i>bwoh-nah seh-rah</i> Good evening</p>	<p>Buona notte <i>bwoh-nah noht-teh</i> Good night</p>
<p>Ciao <i>chow</i> Hi / Hello / Bye (informal)</p>	<p>Arrivederci <i>ah-ree-vuh-dehr-chee</i> Goodbye</p>	<p>ArrivederLa <i>ah-ree-vuh-dehr-lah</i> Goodbye (formal)</p>
<p>A più tardi <i>ah pyoo tar-dee</i> See you later</p>	<p>A presto / A dopo <i>ah press-toh / ah doh-poh</i> See you soon</p>	<p>A domani <i>ah doh-mahn-ee</i> See you tomorrow</p>
<p>Per favore/ Per piacere <i>pehr fah-voh-reh / pehr pee-ah-cheh-reh</i> Please</p>	<p>Grazie (mille) <i>graht-zee-eh (mee-leh)</i> Thank you (very much)</p>	<p>Prego <i>preh-goh</i> You're Welcome</p>
<p>Mi dispiace <i>mee dee-spyah-cheh</i> Sorry</p>	<p>Scusi / Scusa <i>skoo-zee / skoo-zah</i> Excuse me (formal / informal)</p>	<p>Andiamo! <i>on-dee-ah-mo</i> Let's go!</p>
<p>Come sta? / Come stai? <i>koh-meh stah / koh-meh sty</i> How are you? (formal / informal)</p>	<p>Sto bene. <i>stoh beh-neh</i> I am fine / well.</p>	<p>Non c'è male. <i>nohn cheh mah-leh</i> Not bad.</p>
<p>Abbastanza bene. <i>ah-bah-stahn-tsah beh-neh</i> Pretty good.</p>	<p>Così così. <i>koh-zee koh-zee</i> So so.</p>	<p>Sì / No <i>see / noh</i> Yes / No</p>
<p>Come si chiama? <i>koh-meh see kee-ah-mah</i> What's your name? (formal)</p>	<p>Come ti chiami? <i>koh-meh tee kee-ah-mee</i> What's your name? (informal)</p>	<p>Mi chiamo... <i>mee kee-ah-mo</i> My name is...</p>
<p>Piacere / Molto lieto. <i>pee-ah-cheh-reh / mohl-toh lee-eh-toh</i> Pleased / Nice to meet you.</p>	<p>Signore, Signora, Signorina <i>seen-yoh-reh, seen-yoh-rah, seen-yoh-reen-ah</i> Mr., Mrs, Miss</p>	
<p>Di dov'è? <i>dee doh-veh</i> <u>Where are you</u> from? (formal)</p>	<p>Di dove sei? <i>dee doh-veh seh-ee</i> Where are you from? (informal)</p>	<p>Sono di... <i>soh-noh dee</i> I am from...</p>
<p>Quanti anni ha? <i>kwahn-tee ahn-nee ah</i> How old are you? (formal)</p>	<p>Quanti anni hai? <i>kwahn-tee ahn-nee ah-ee</i> How old are you? (informal)</p>	<p>Ho venti anni. <i>oh vehn-tee ahn-nee</i> I am 20 years old.</p>
<p>Parla italiano? <i>par-lah ee-tahl-ee-ah-no</i> Do you speak Italian? (formal)</p>	<p>Parli inglese? <i>par-lee een-gleh-zeh</i> Do you speak English? (informal)</p>	<p>Parlo italiano. / Non parlo inglese. <i>par-lo ee-tahl-ee-ah-no / non par-lo een-gleh-zeh</i> I speak Italian. / I don't speak English.</p>

Capisce? / Capisci?

kah-pee-sheh / kah-pee-shee
Do you understand? (formal / informal)

[Non] capisco.

[non] kah-pees-koh
I [don't] understand.

Non so. / Lo so.

non soh / low soh
I don't know. / I know.

Può aiutarmi? / Puoi aiutarmi?

pwoh ah-yoo-tar-mee / pwoh-ee ah-yoo-tar-mee
Can you help me? (formal / informal)

Certamente / D'accordo.

cher-tah-mehn-teh / dah-kohr-doh
Sure / OK.

Come?

koh-meh?
What? / Pardon me?

Desidera? / Desideri?

deh-zee-deh-rah / deh-zee-deh-ree
May I help you? (formal / informal)

Come si dice "house" in italiano?

koh-meh see dee-cheh "house" een ee-tah-lee-ah-noh
How do you say "house" in Italian?

Dov'è / Dove sono...?

doh-veh / doh-veh soh-noh
Where is / Where are... ?

Ecco / Eccoli...

eh-koh / eh-koh-lee
Here is / Here are...

C'è / Ci sono...

ch eh / chee soh-noh
There is / There are...

Cosa c'è?

koh-zah cheh
What's the matter? / What's wrong?

Non importa. / Di niente. / Di nulla.

nohn eem-por-tah / dee nee-ehn-teh / dee noo-lah
It doesn't matter.

Non m'importa.

nohn meem-por-tah
I don't care.

Non ti preoccupare.

nohn tee preh-ohk-koo-pah-reh
Don't worry. (informal)

Ho dimenticato.

oh dee-men-tee-kah-toh
I forgot.

Devo andare adesso.

deh-voh ahn-dah-reh ah-des-soh
I have to go now.

Ho fame. / Ho sete.

oh fah-meh / oh seh-teh
I'm hungry. / I'm thirsty.

Ho freddo. / Ho caldo.

oh freh-doh / oh kal-doh
I'm cold. / I'm hot.

Mi annoio.

mee ahn-noh-ee-oh
I'm bored.

Salute!

sah-loo-teh
Bless you!

Congratulazioni!

kohn-grah-tsoo-lah-tsee-oh-nee
Congratulations!

Benvenuti!

behn-veh-noo-tee
Welcome!

Buona fortuna!

bwoh-nah for-too-nah
Good luck!

Tocca a me! / Tocca a te!

tohk-kah ah meh / tohk-kah ah teh
It's my turn! / It's your turn! (informal)

Ti amo.

tee ah-moh
I love you. (informal)

Va bene!

vah beh-neh

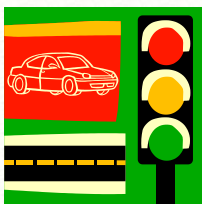
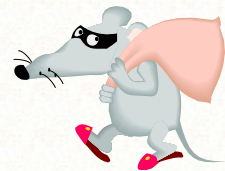


AVOIDING THEFT

By American standards, Rome is a safe city. But as a tourist city it attracts pickpockets. By taking the same precautions you would in any urban center, you can avoid being a victim. The key to protecting yourself is to stay alert. These simple precautions can spare you the hassle and misery:

While Out and About

1. Avoid carrying large sums of money with you. Carry only what you need for the day. When you carry money or valuables, do not keep them in one place and do not keep them in a back pocket.
2. Leave your original passport, credit cards, etc. at home in your apartment unless you specifically need them. A copy of your passport will usually be fine for changing money, etc. You should always carry with you a copy of your JCU Student ID and health insurance card, as well as your Permit to Stay card. Keep photocopies of your passport, student ID, health insurance and other papers at your apartment.
3. Keep a record of all your credit card numbers, traveler's check receipts, and the telephone number (s) to call to report loss or theft of the card.
4. Be watchful on crowded buses and metros. Assume that anyone could be a pickpocket. Keep your money in your pocket or in your purse and your hand in your pocket or on your purse.
5. Stay alert to your surroundings and for people who may be watching you.



Precautions on the Street

Traffic may seem more confusing than you are used to at home. You will immediately notice many differences. The streets are narrow and in many places there are no sidewalks. You probably will not be actually driving while here, but you WILL be walking -- and that requires every bit as much concentration. Just as drinking and driving don't mix, neither does drinking and WALKING in Roman streets. Be aware of what is happening around you as you navigate the city. Do not attempt to cross lanes of moving traffic no matter what native Romans are doing! Respect the traffic signals and cross only when you are certain all vehicles have stopped moving. Be particularly wary of *motorini* that tend to come out of nowhere. Also remember that at night you may be almost invisible in dark clothes. Caution is the key word.



Personal Safety for Women

Foreign women get a lot of unwanted attention from Italian men. Most of the time there is no harm intended, it is just annoying. The best way to protect yourself from this unwanted attention and to insure your personal safety is to conform to local cultural expectations (see also the above section on Alcohol). We recommend that you stay in groups of three or more late at night.

Adopt an Italian mode of bearing and appearance - do not acknowledge attempts to get your attention. If someone insists on following you, step into a public place or get on a bus and ask for help. If necessary, yell "*va via!*" - do not lead the person to where you live.

If you need information on safety, or if you want to know how to handle a specific situation, please consult any John Cabot staff member. Always carry enough extra money for a cab home, and memorize the taxi telephone numbers which will be given to you at Orientation.

Apartment Safety

To safeguard your property and for your own personal safety, you should always follow these simple precautions in your apartment:



1. NEVER give your apartment key to anyone else.
2. If your key is stolen, report it to the Housing Office so the lock can be changed if necessary.
3. ALWAYS lock the windows and doors of your apartment when leaving, even for a short time.
4. Make an effort to get to know the neighbors and to stay on good terms with them. They can be most helpful in preventing problems in your building.
5. Post the number of the local police station near your phone. The main emergency number for the Police is 113.
6. Be familiar with emergency procedures concerning fire, water leaks, gas leaks, etc.
7. NEVER open your door to unidentified visitors.
8. Do not invite unknown people back to your apartment.
9. Report any suspicious behavior near your apartment to the Housing Office or to the police.
10. For more information, read the JCU *Roman Housing Booklet*.

Reporting a Theft or Loss

To report the loss or theft of credit cards or traveler's checks, you must make a report ("*denuncia*") at the police station. There is one near JCU, and in every neighborhood.

If your passport is stolen, call the American Consulate after a week (tel. #46741, via Veneto 121) to see if it has been returned. If it has not, you will need to provide the Consulate with the following information in order to receive a new one:

1. \$60.00 or the equivalent in Euros.
2. A form of identification—some *proof* of citizenship (copy of passport).
3. The police report ("*denuncia*"), which you get from the police department in the area of the loss or theft. The closest police station to the school is in via San Francesco a Ripa.

DRUG ABUSE

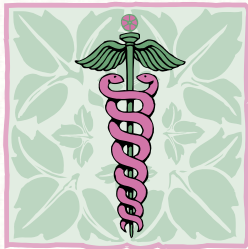
Drugs are illegal and prohibited at all University facilities and housing locations. Italian laws provide severe penalties (including jail) for possession of all illegal substances, including marijuana and hashish.

Neither the University nor the United States consulate can help if you are jailed for a drug violation.



FREQUENTLY ASKED MEDICAL QUESTIONS

HOSPITALS, DOCTORS, PHARMACIES AND EMERGENCY SERVICES



What if I need to see a doctor while abroad?

The John Cabot staff has a list of English speaking doctors (also in the Student Handbook), and can make other recommendations of specialists. Italian doctors expect to be paid in cash at the time of the visit. You should keep the receipt in order to give it to your insurance company.

Can I buy the over-the-counter medications I am used to?

Similar or identical brands and mixtures are available, like cold medicines, etc. But if there is a certain product you are used to, bring it with you. Do not attempt to have drugs mailed to you.

What about special prescriptions I will need while abroad?

If you will need to take a certain medication while abroad, it is best to bring enough with you. If you need a prescription while abroad, you will have to see a local doctor and have a new prescription written. If you anticipate this, ask your doctor to give you the “generic” prescription (the ingredients), as drug names will be different.

How about laboratory tests I need to have done?

A doctor must prescribe tests within the Italian system; you cannot use prescriptions or test requests written in the U.S. Analysis labs are all over the city however, and the price of various tests is comparable; therefore all tests you have done in the U.S. can be done here. If you expect to have needs of this kind while studying abroad, it is wise to notify Student Services so that we can advise you and prepare for your needs.

What do I do if I am sick or injured while abroad?

The first thing to do in the case of a health emergency, that is, extreme or urgent illness or injury, is to inform the University, 06 6819121. After 5pm, you may call our emergency cellular phone, which a staff member has at all times. This number is **335- 7755474**.

We will accompany you or meet you at the hospital. During Orientation at John Cabot University you will fill out health insurance information, which you should copy and keep with you at ALL TIMES.

What about emergency care?

Pronto Soccorso is emergency room service. Most *public* hospitals have an “emergency” service where you can go for the immediate treatment of urgent needs. For emergency assistance call 113 or 5510, which is the Red Cross ambulance service, or 118, which is PIC (Pronto Intervento Cittadino). You can also walk to a hospital if you are close, or call a taxi to take you. The hospitals from which to choose are in your emergency information and the Student Handbook that you will receive at Orientation.

If I have to stay in a hospital, what is it like and how do I pay for it?

Italy has a national health care system. This means that there are *public hospitals* that anyone, including visiting students may go to for treatment. There is no charge for emergency services, including ambulance transportation. In addition, Italy has a system of *private hospitals* to which you can choose to be admitted for treatment. Most private hospitals cost less than most American hospitals, and often you can pay with a credit card or use your *private* insurance. John Cabot staff will work with you in choosing the appropriate hospital. Please check the “Student Handbook” for a list of hospitals in Rome.

If I have to be admitted to the hospital, should I choose Public or Private?

The *public hospital* system can be slow, that is you may have to wait a few days for a procedure to be done, and you will not have a choice of physician. However, there is a doctor of every specialty on service at all times, so your treatment will be good. There is no “hotel” aspect to public hospitals. You will probably share a room with 1 to 7 other patients. As this is a public hospital, you will be charged very little, if anything.

Will someone in the hospital speak English?

Hospital personnel will do their best to find English-speaking professionals, but it may not be possible. John Cabot University staff will assist you in any way, including accompanying you to hospitals and doctors as well as translating.

Psychological Problems, or “Getting away from it all”

Students with existing psychological problems should consider the realities of studying abroad in Rome. There are very few English-speaking psychologists and psychiatrists in Rome, and hospitals are not adequately prepared to provide psychological support in English. Even though a student may have already lived away from home, the experience of studying in another country, far away on another continent, can be a trigger for increased anxiety and depression in particular. Students relying on anti-depressants or anti-anxiety medication should be particularly wary of leaving their US caregivers. The following situations are good reasons to delay your study abroad experience for at least a semester: being under the care of a psychiatrist or being in therapy in the US; taking prescription medication for depression or anxiety; having a seriously ill family member; or experiencing a loss, such as the recent death of family member or friend. “Getting away from it all” in the US and coming to Rome will not resolve psychological problems.

APPENDIX 1

WHO WAS JOHN CABOT?

Giovanni Caboto or **John Cabot**, as he was later called when he sailed under the English flag, was a skilled Italian navigator and explorer of the 15th century. The image below, which shows John Cabot in traditional Venetian garb, is from a mural painting by Giustino Menescardi (1762) in the *Sala dello Scudo* in the *Palazzo Ducale*, Venice.

Although John Cabot lived in England as an adult, he was a citizen of Venice. He engaged in eastern trade in that city, and it was this experience that became the stimulus for his later explorations. After leaving Venice, he spent several years in Valencia and Seville, and in the 1480s he went to the English port of Bristol, where he established his base for exploration and discovery. Independently of Christopher Columbus, John Cabot envisioned the possibility of reaching Asia by sailing westward. England, hoping to profit from any trade Cabot might establish with the New World, gave support to his efforts to sail to unknown lands and to return with goods. Under a patent granted by Henry VII in 1496, Cabot sailed from Bristol in 1497 and discovered Newfoundland and Cape Breton Island on the North American coast.

His voyages to North America in 1497 and 1498 helped lay the groundwork for Britain's later claim to Canada. It was during a voyage to the Americas in 1499 that John Cabot was lost at sea.

We at **John Cabot University** are proud to bear the name of such an illustrious Italian, who opened the channels for further exploration to North America and thus forged a link between Italy and the Americas that has lasted for more than five hundred years.



APPENDIX 2

LIST OF INTERESTING WEB LINKS ABOUT ITALY AND ROME

Embassy of Italy in Washington, D.C.:

http://www.ambwashingtondc.esteri.it/ambasciata_washington

U.S. Embassy in Rome:

<http://rome.usembassy.gov/english/>

Italian Government Tourist Board:

<http://www.italiantourism.com/>

Rome Tourism:

<http://www.romaturismo.it/>

Rome Travel Guide:

<http://www.rome.info/>

Maps of Italy:

<http://www.big-italy-map.co.uk/large-map-of-italy-map.htm>

<http://www.worldatlas.com/webimage/countrys/eur/ope/it.htm>

Maps of Rome:

http://www.italyguides.it/us/roma/rome/rome_travel/map_of_rome.php

Rome Travel Guides and Tourist Attractions:

<http://goitaly.about.com/od/romeitaly/p/rome.htm>

<http://en.wikipedia.org/wiki/Rome>

<http://wikitravel.org/en/Rome>

Basic Italian Words Travelers Should Know - Italy Travel Glossary:

http://goitaly.about.com/od/italytravelglossary/Basic_Italian_Words_Travelers_Should_Know_Italy_Travel_Glossary.htm

Electricity in Italy:

http://goitaly.about.com/od/travelpackingtips/1/bl_electricity_italy.htm

Weather in Rome:

<http://www.inforoma.it/weather.php>

Photos of Rome:

<http://www.travelpod.com/photos/0/Italy/Rome.html>

Transportation in Rome:

http://goeurope.about.com/od/rome/qt/rome_transport.htm

Visiting Rome in Three Days:

<http://goitaly.about.com/od/romeitaly/ss/rome3day.htm?p=1>

Entertainment and Leisure

www.romace.it

Note: John Cabot University does not endorse or support any products or services offered in any external links in this brochure including the above links. These links are provided for planning purposes only. They are meant to help you facilitate your travel to Italy and Rome, provide basic information about Italy and Rome, and to offer suggestions about places to visit in the city.

APPENDIX 3

TIPS FOR WHAT TO BRING: AIRPLANE CARRY ON ITEMS

Prepared by Karen Altieri, Manager, JCU US Office

Almost all flights to Rome from the U.S. will be overnight. The time in the air can range from 8 hours for a non-stop, direct flight from the east coast of the U.S., to 15 hours, for flights from the west coast, where a transfer or two may occur before you get to Rome. It is important for you to be comfortable on your flight so you will arrive in Rome as rested as possible. The following is a list of the things that I pack, especially when taking that long flight to Rome:

Bottled Water

You will be able to buy this at the airport after you go through security. I know they serve water on planes, but it rarely comes often enough, and it is usually in a small cup. It is very important to hydrate—do not drink coffee or soda, as caffeine will dehydrate you and you may wind up with a headache.

Moistened Towelettes/Small Antibacterial Liquid (3 oz)

It's important to make sure that you avoid picking up viruses from the airplane. It's good to wipe off the seat belt buckle, pull-down table, and keep your hands and face as clean as possible.

Reading Material/Portable Music Player

The plane ride is the perfect place to review the documents you were sent about living and studying in Italy. I would also bring a good book, magazine, and crossword puzzle. They usually show one or two movies on the flight, so that does help to pass the time.

Vitamins

The week before you start your trip, make sure and take your vitamins—especially Vitamin C. Get a lot of rest before your plane flight, if possible, so your immune system will be healthy.

Chapstick

Your lips will get very dry on the flight. I usually apply it several times.

Toothbrush and Toothpaste

You can either bring a travel-size tube of toothpaste and toothbrush with you on the plane (you will have to show the toothpaste inside a small zip lock bag when you go through security), or bring a disposable system such as Brush-Ups from Crest. You just put one on your finger, brush your teeth, and then throw it away.

Chewing Gum and Vitamin C drops

My ears really hurt on airplanes in flight from changes in air pressure, so I try to chew gum while on a flight. Again, to keep your throat moist I have a bunch of Vitamin C or Ricola cough drops handy.

Snacks

No matter if they serve food on the plane—delays happen and your stomach growls. That's when you will be very happy that you packed that package of peanut butter crackers, mini cheese and crackers, a protein bar, or some fruit roll ups.

Eye drops or contact lens case and saline

I rarely wear my contacts on overnight flights; I usually wear glasses and bring an extra pair, as well as a pair of prescription sunglasses (never put glasses in your checked luggage!). If you do decide to wear your contacts, bring enough wetting drops to hydrate your eyes.

The dry air of the plane can ruin your contacts and give you bleary, bloodshot eyes. Even if you do not wear glasses or contacts, regular eye drops can moisten your eyes and prevent them from burning.

Comfortable Shoes

To keep your circulation going while on the plane, I often do some stretching exercises, take as many little walks as possible, and I take off my shoes. This means that I try to wear some type of slip-on shoes—like Tevas or Keens. And of course I would never want my bare feet to touch the dirty floor, so I do wear socks.

Light Jacket, Sweatshirt, or Sweater

The temperature inside airplanes is either really hot and stuffy or freezing cold. I recommend dressing in layers. If you have something extra that you do not need to wear, you can always roll it up and put it under your neck as a substitute for the flat airplane seat pillow. Many airplanes don't even offer that free pillow anymore.

Money/ID/Passport/Credit Cards/Traveler's Checks/Insurance Cards

I carry these items in a neck purse—my husband uses a money belt. We figure that if we lose everything else and don't even have our suitcases when we arrive at our destination, we at least have these important documents and can buy what we need. I never take off the neck purse during the flight or for that matter, any time in transit. Frankly, I recommend keeping your valuables on your person at all times...do not put them in a carry on backpack or purse...these items can be easily left someplace, lost or stolen. I feel this way whether I am in the U.S. traveling in a small town or big city, or in any place outside the U.S.

You should also have about \$200 worth of Euros with you...the exchange rate now is almost about 1.3 dollars to 1 Euro. This will help if you want to buy a coffee, soda, or water at the airport when you first arrive in Rome as well as some immediate items for your apartment.

As a final reminder, make copies of these important documents --put a copy in another place in your carry on and leave one copy at home with your family.

Other Items of Value

I would also not recommend putting any of these items in your checked baggage, but would bring them on the plane in the one bag that most airlines now allow you:

- Camera, extra battery or disk, charger
- Phone
- I-Pod/Laptop
- Jewelry
- Medicine (and make sure you have the prescriptions noted on a separate piece of paper)
- Photos of family, friends and pets (although I have them stored on my phone now)
- Business Cards/Home Address labels—it's amazing how many people you might meet just in the airport or on the plane that you might want to keep in touch with—especially if you can visit them while in Europe.

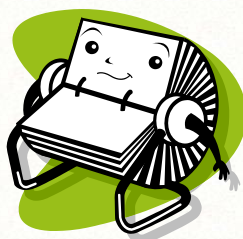
Final note: Put your ID on the outside and inside of your luggage...both checked and carry on. Use the specific tag from the airline...and also put this note in an outside pocket:

"In Rome, please deliver luggage to: John Cabot University, Via della Lungara 233, 00165 Rome, Tel: +39066819121 | Fax: +39066832088

Don't stress out if your luggage is lost in transit. It happens all the time and typically it will show up at JCU within 24-48 hours. That is the main reason you should carry all your valuables with you, as well as an extra change of clothes. Always keep a sense of humor and RELAX! Travel may be a bit stressful but Italy is wonderful!

Happy travels! Karen Altieri, Manager, JCU US Office

APPENDIX 4



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Do not hesitate to contact us directly with your questions!

John Cabot University

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U.S. Office Toll-free Number: 1-866-457-6160

APPENDIX 5

JCU ALUMNI COMMENTS

Study Abroad in Rome:

An Experience That Can Change Your Life!



*"Studying abroad was an opportunity that opened my eyes to the world around me. I had traveled around Europe before, but staying put and studying at a school like **John Cabot University** not only allowed me to connect to Italian and European culture on a deeper level than ever before, but to really grow as a person from it. My time at John Cabot allowed me to pursue my own individual interests and passions while rounding out my education as a whole.*

*Spending a semester overseas forces a student to become an independent young adult—one who is responsible for budgeting, organizing time, and communicating with people who speak foreign languages. In short, it really helps you to become a citizen of the world. As the world we live in continues to shrink, experiences like the ones **John Cabot** provides become increasingly important, with lasting value not only to you, but also to the international community in which we all live.*

My semester in Rome was a time I'll never forget, and it provided an opportunity for me to pursue my passions for international travel and exploration which I have now transformed into my career path. This wonderful opportunity simply wouldn't have been possible without my time at JCU."

Andy Steves (son of travel guru **Rick Steves**), JCU Study Abroad Student, Spring Semester 2008

University of Notre Dame Graduate, May 2010

*"My four months studying at John Cabot University and living in Rome provided a unique opportunity to study and experience first-hand the history and culture for which Rome is so famous. **John Cabot** has the optimal balance of engaging coursework and free time, allowing you to take interesting and relevant classes while also fully experience all that Rome and Europe have to offer. Studying abroad is an incredibly unique opportunity to grow as an individual and live in a new city, and JCU played an integral role in enhancing my time abroad."*

Pat Carey, JCU Study Abroad Student, Spring Semester 2008

University of Notre Dame Graduate, May 2010

Starting this Fall 2010, Andy with colleague and fellow Notre Dame grad and JCU classmate Pat Carey, is transforming his unique travel philosophy of connecting to the cultures and people students are visiting into a weekend tour business for students in Europe: **Weekend Student Adventures**. Excursions for the College Student Abroad.



Dear Student,

Five years after leaving my apartment in the heart of Rome, I returned to visit the place that changed my life. As I walked down the cobblestone streets, I felt as if I were going to see a long lost friend.

I walked across the Ponte Sisto, through Piazza Trilussa toward my school, and it was as if I had never left. I waited for a break in the flock of whizzing motorcycles and crossed the busy street like a local. As I navigated the narrow Vicolo del Cinque, the unforgettable and delicious scent of bread and wine and centuries of foot traffic tickled my nose. I passed a pile of what appeared to be rubble on a crowded street. I knew from my Ancient Roman Monuments professor that a glorious temple once stood on that spot. I knew which back ally would help me avoid throngs of tourists, I knew which store sold the best leather bags, and I knew which café had real Italian cappuccino and which actually had American style coffee. The waiter at La Scala remembered that I always order Pizza Quattro Formaggi for lunch. The guard at the giant wooden door of John Cabot remembered my face, and smiled to let me into the courtyard. I sat on the rooftop terrace at John Cabot overlooking bustling streets of Rome, watching the sun glisten off the roof of the Vatican looming over the trees, and I knew that I was home.

Studying abroad is an amazing journey, but you will only get as much from your time abroad as you put into it. Many students make the mistake of just saying, “I want to go somewhere easy and fun with my friends,” or “I will just go where my home university sends me.” Studying abroad is supposed to challenge you, to help you become an independent citizen of the world. The choice of a study abroad location, and more importantly, a study abroad institution, will make or break your experience. Your semester or year abroad could be a life-changing journey during which you live, learn and grow. I encourage you to think carefully about your decision, and to strongly consider John Cabot University.

My time in Rome completely changed my perspective on the world, my understanding of myself, and the way in which I continued to live my life when I returned home. John Cabot University is an extraordinary place that will help you achieve your goals. Whether you wish to study the ancient history of Rome, learn about Italian culture, or undertake a European adventure, John Cabot will help make your dreams a reality. I sincerely hope that you will consider John Cabot University for the experience of your lifetime!

Sincerely,

Kristin Frohring Kushlan; JD, BA—University of Richmond

JCU Study Abroad, Fall 2003



“Choosing a college is one of the most important decisions you will make in your lifetime. When I was considering which college to attend, I wanted a school that would provide more than just a good education. I wanted a school that would allow me to practice what I was taught, establish worldwide networks among my peers, and would not treat me as a number. For those reasons, I chose to pursue my degree at JCU.

The school’s location cannot be beat; you are literally walking in history--history I would only see from a text book had I chosen another university. While attending classes at JCU I quickly saw how everyone is really close. The professors know you by name due to the small class sizes.

The professors at John Cabot hold degrees from some of the most prestigious universities around the world, such as Harvard, Yale, Stanford, the University of Michigan, Oxford, Cambridge, Essex and the University of Rome. One of the most important attributes of John Cabot University is its student body--students come from everywhere, which is great for networking and establishing international connections. Deciding to go to John Cabot was by far one of the best choices I made.”

Gianluca Pesce, Michigan; BA in International Affairs, 2009

“Just living in a foreign country on your own has been probably the biggest life-changing experience...living in an international city in a foreign country is definitely its own life-changing experience: just the knowledge that you get from being in a city full of history. But also, other than that, just having to organize myself, from renting apartments on my own, or just meeting people, and getting to know the rules and laws and the culture of a country, that has probably been the most useful in terms of growing, just because you are far away from home, and you have to do it on your own.”

Emily Salm, Wisconsin; BA in International Affairs, 2010

“John Cabot was a good experience especially because it is a small university...so I got to know my classmates and professors really well...that is pretty unique—especially when you are doing a liberal arts degree...because you have that comfort in the classroom with people you know and trust.”

William Holmes Gruy, Texas; BA in Humanistic Studies, 2010

“I’ve had a wonderful experience at John Cabot...it was the best decision I made.”

Ian Daniel Foley, Minnesota; BA in Economics and Finance, 2010

“John Cabot was a great cultural experience--I made a lot of friends from all over the world and got to travel alot.”

Robert Ahearn, New Jersey; BA in Business Administration, 2010

SOME FINAL NOTES...

Two more important tools that have helped students connect to family and friends while overseas:

- If you do not already have it, download Skype. You can chat with and see your family and friends who have Skype accounts for free or call them for as low as 0.01 euro cent a minute!
- Register your travels with the American Embassy or embassy of your home country. Once you register, this service will provide you with information on the destinations you wish to visit as well as documents your travel intentions in the case that an emergency occurs.



Rome is an enchanting city in which to live and study.

Embrace every opportunity to participate in the Italian culture and international community in Rome. There is so much to be gained by learning the language, tasting the foods, stumbling upon so many pieces of history and absorbing every possible smell, taste and sound. We can guarantee you that this experience will teach you much more than any book or picture can offer about the history and captivating culture that still thrives here in Rome.

Do not be surprised if you experience some sort of culture shock when you first arrive, but this is part of any experience outside of what you are accustomed to. The important thing to remember is that you are in Italy! Be patient. Obviously things will not be exactly the same as they are in your home town. Be open to new ideas and experiences. Do not close your mind and refuse to think outside of your comfort zone because you could be closing the door on many life-changing opportunities.

Lastly, laugh! We have all experienced embarrassing or awkward situations during our travels. Laughter can definitely help mediate a situation. Plus, some of your best memories will keep you laughing for years to come.

This booklet is just the beginning—there are more publications which you should read prior to your arrival at JCU.

These publications may be found at this link:

[http://www.johncabot.edu/About JCU/About JCU Publications.aspx](http://www.johncabot.edu/About%20JCU/About%20JCU%20Publications.aspx)

The JCU STUDENT HANDBOOK, also found on the web site, is required reading. It is especially helpful, as it contains many additional details about the University, life in Rome, and your safety and health while studying abroad.

We recommend you share it with your families and keep it always at hand.

Keep in mind that “Life Roman Style” is revised each semester.

The JCU staff regrets any missing or incomplete information, and reserves the right to update information found in this booklet as needed.

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