

COLLEGE of CHARLESTON

iCHARLESTON

Student Guide to Location

Rome

Accommodation

iCharleston Rome participants reside together near their study locations. Residence halls have 24/7 support from our partners at the American University of Rome.

- Apartments will typically have 3-4 bedrooms, with two students per bedroom
- Bedding (pillow, sheets, comforter) and towels fully provided
- Fully equipped kitchens in each apartment with cooking tools (stove, microwave, cookware, and dishware), as well as a fridge and freezer
- Rooms come equipped with wireless internet and washer (note: there is not a dryer available but there will be drying racks in each apartment to hang clothes.)

Services and Facilities

- Free WiFi and Desktop for maintenance requests
- Weekly apartment cleaning (excludes laundry and dishes)
- Resident Assistant (RA) live in the same apartment building and are available as a resource for students
- AUR Emergency Number is available with someone from the Student Life Office on-call 24/7

Mailing Address

Name of Student

American University of Rome

Via Pietro Roselli 4

00153 Rome, IT

Academic Resources

iCharleston Rome participants take courses with the American University of Rome (AUR) during their fall semester in Rome. AUR provides excellent faculty and support staff as well as interesting classes that take you into the heart of Rome.

Places to study on/near Campus

COLLEGE of CHARLESTON

iCHARLESTON

- AUR Campus -
 - Student Lounge (a.k.a. the Wolf Den)
 - Courtyard
 - Library
 - Rooftop
- Coffee Shops -
 - Caffé Gli Archi
 - Homebaked
 - Gastronomia Roma
 - Gran Caffè Carini

Services Provided

- Writing Support Tutors
- Italian Language Tutors
 - One on one support upon request
- Used textbooks - upon arrival, students can reserve textbooks for their classes through the AUR Student Government
- Office Hours held weekly with professors on campus and upon request

Food

There are tons of restaurants, markets, and food stands to try all around Rome, but be sure to budget your money and cook more often than not. Since you will not have a meal plan, you will be responsible for making or buying your own meals.

Grocery Stores

- **Elite Supermercato** - 2 min walk from apartments, basic grocery store, higher price range, good quality food
- **OVS** - 5/10 min tram ride or 20 min walk, variety store that has clothing and a full grocery store downstairs - like a Target
- **Todis** - Todis can be found all over Trastevere (and Rome) and has many of the basics at an extremely cheap price
- **Dem Testaccio** - 5/10 min walk from apartments, basic grocery store, medium to low price range, these can also be found all over Rome
- **Eataly** - 20 min bus ride or 30 min walk from apartments, high end, multi-level market (largest in

COLLEGE of CHARLESTON

iCHARLESTON

Rome) where there are restaurants and cooking classes are also held

- **Campagna Amica Market** - 20 min tram ride or 30 min walk from apartments, indoor local market held every Saturday and Sunday where kind local farmers can help you practice your italian and find the best products at a low price
- **Campo de Fiori** - 15 min tram ride or 30 min walk from apartments, outdoor local market that is open daily from 7:00 am to 2:00 pm

Coffee Shops

- Caffé Gli Archi - free WiFi, across the street from AUR
- Homebaked - free Wifi, good on-the-go American lunch food, 5 min from AUR
- Gastronomia Roma - free WiFi, 5 min from AUR
- Gu Gran Caffé Trastevere - free WiFi, 3 min from student apartments
- Gelateria Giuffré - free WiFi, 5 min from student apartments, good coffee and cheap gelato
- AND MANY MORE!

Restaurants

- Seu Pizza - 5 min walk from student apartments, authentic italian pizza in a trendy atmosphere, \$\$
- Homebaked - 5 minute walk from AUR, a student favorite to have american food when feeling homesick, \$\$
- Gran Caffé Carini - 5 min walk from AUR, quick lunch in between classes, \$
- Suppli Roma - right off of Viale di Trastevere, 10 min walk from AUR, a walk up counter for great local roman food, \$
- Nannarella - in the heart of Trastevere/next to the Piazza di Santa Maria, great local italian food for a great price, \$\$
- Trapizzino - in the heart of Trastevere, student favorite for casual italian food, \$
- Pizza Boom - 5 minute walk from student apartments, student favorite, quick pizza stop, \$
- Donkey Punch - in the heart of Trastevere, student favorite, sandwich shop, \$
- Antico Arco - this is one of many Michelin Star restaurants in Rome and it's a 5 minute walk from AUR, \$\$\$
- Luppulo Station Roma - 5 min walk from student apartments, great burgers and a variety of simple italian cuisine, \$\$
- Koi - 2 min walk from student apartments, student favorite, japanese restaurant, \$\$
- AND MANY MORE!

Finances

COLLEGE of CHARLESTON

iCHARLESTON

Italy uses the Euro (€) as their currency, which is worth a bit more than the U.S. Dollar, so be sure to convert your money when determining how much you're spending. Italy does not accept U.S. dollars as valid currency.

ATMS/credit/debit cards/Banks

- American credit/debit cards are accepted almost everywhere in the city, but students should ensure that they are aware of any international transaction fee that may occur.
 - Students should also be aware that there are many places in Trastevere that will accept cash only so it is always a good idea to have some on hand just in case you run across a local business that does not take card.
- ATMs are spread throughout the city and may or may not charge for withdrawals depending on your bank
- Major banks and ATMs in Rome include:
 - Bank of Italy (Banca d'Italia)
 - Unicredit
 - ABI (Associazione Bancaria Italiana)
 - BNL d'Italia
 - Bank of America's Global ATM Alliance Bank

Travel Notices

- Be sure to contact your bank prior to departure to alert them that you will be travelling outside of the country for a semester.

What to budget

- At the beginning of the semester students will need to purchase items for their stay such as toiletries, school supplies, and decorative items if desired
- Students should budget \$150 per week for groceries, restaurants, and miscellaneous costs. This cost can be lowered if you cook more and budget wisely
- Students should make sure to include any expected travel expenses (airfare, lodging, cultural excursions) into their budget

NOTE: fees to change dollars into euros in cash are usually higher than the transaction fee to withdraw euros with a card at an ATM

International Phone Service

Students are required to purchase an Italian phone number upon arrival in Rome. This can be done by purchasing an international phone or replacing the American SIM card with an Italian SIM card. We recommend purchasing a SIM card, as opposed to a cheap phone, so that you don't have to carry around two separate phones everywhere that you go.

COLLEGE of CHARLESTON

iCHARLESTON

Purchasing Phones

- SIM cards/ cheap phone plans will cost about \$30 per month, depending on how much data is associated with the plan that you choose
- SIM cards are easy to use, and everything about your phone (except the number) will stay the same
- Places to purchase a SIM card or inexpensive phone:
 - Phone networks/providers - Vodaphone, 3 Network, Wind, TIM

Useful Apps to Download

- Google Maps - This app is extremely useful when finding the best route to take. Google Maps gives you the best routes taking car, walking, or taking public transportation.
- Maps.Me - Download this app and the Rome map, and you will be able to navigate without data. Very useful for the first few days until you get your phone plan and to save on data!
- WhatsApp/Viber - great for texting/calling people that don't have Facetime/iMessenger
- FreeNow - *Uber has been banned in Italy due to the importance of having a license as a taxi driver. So, FreeNow allows for you to hail licensed taxis from wherever you are in Rome. The app is set up to charge your credit card directly. (This is similar to Uber).*

Health and Wellness

This may be your first time away from home, and it is important to take care of yourself. Rome is a great city to get in some exercise because there are so many places to explore. Be sure to make sure you're eating right, drinking lots of water, getting plenty of sleep, and know when you need to ask for help.

Pharmacy

- Farmacia - Any store front that has a green plus sign
 - These can be found all over Rome and are usually open for 24 hours. If you find one that isn't open for 24 hours, they'll usually have a pharmacist available at a walk up window for anything you may need during the late hours (just make sure you have cash for the walk up as they don't usually take credit card late at night).

Doctor/Walk-in Centres:

- AUR Doctor
 - There is a qualified doctor that comes on campus three times a week, free of charge to all students. You can book an appointment by email for walk-in during hours on Mondays, Tuesdays, and Thursdays.
 - Email: studentlife@aur.edu to make an appointment

COLLEGE of CHARLESTON

iCHARLESTON

- MEDinACTION
 - This is also an option for an English speaking doctor that makes house calls. The prices range from €50 to €130
 - Call: +39 32 406 5709 or Email: andrea.guerriero@medinaction.com

Hospital info

- Salvator Mundi International Hospital
 - This is the one that you will most likely go to so that you are guaranteed to receive help from someone who speaks fluent English.
 - Private International Hospital - Closest to AUR
 - Viale delle Mura Gianicolensi, 67, 00152 Roma RM, Italy
- Ospedale San Camillo
 - Located just past the Trastevere Train Station
 - Circonvallazione Gianicolense, 87, 00152 Roma RM, Italy
- Ospedale Fatebenefratelli
 - Located just over the bridge of the River Tiber
 - Via di Ponte Quattro capi, 39, 00186 Roma RM, Italy
- In the case of an emergency, you should always call 112. Or 118 and an ambulance will come and take you to the appropriate hospital.

Mental Health

- AUR provides free confidential one-on-one counseling services with rotating office hours on campus or can be booked through email, this is an excellent resource for students to use if they are having any issues with anxiety, depression, and homesickness.
 - Email: counselor@aur.edu to make an appointment

Local gyms, places to workout

- Total Body System
 - Your tuition includes all access to this gym that is about a 10 minute walk from the student apartments and a 20 minute walk from AUR
 - This gym includes a variety of workout classes as well as a workout room with various forms of cardio equipment and weight training equipment
- While there are other gyms that you are able to join around Rome, AUR has created this partnership with Total Body System to allow for you to not purchase a 12 month membership and work out right where the AUR Sports Teams work out!

COLLEGE of CHARLESTON

iCHARLESTON

Transportation

There are multiple ways to access transportation throughout Rome, just be sure you reload your ROMA transportation pass each month

Tram

- The tram #8 runs from 5:30am to midnight. It departs from Piazza Argentina (historic center) along Viale di Trastevere and the Circonvallazione Gianicolense, to Casaleto, its final stop.
 - This tram is very useful, as your housing accommodations are located within walking distance of this tram line.
- Trams are a great option when you learn all of the routes available to you from the #8 and #3 lines which can both be found near your housing accommodations.

Buses

- The most commonly used form of transportation in Rome is the bus. Rome's extensive bus routes connect the University to the historic center and extend far into the surrounding suburbs.
- Bus stops, departure schedules and route information are found on well-marked signs throughout the city.
- ATAC city buses and trams run from 5:30am to midnight. *However, be aware: these are estimated running times. Some lines provide night buses (indicated with an "N").*
- There are two main buses that serve the University: the #44 and #75.
 - The #44 leaves from Piazza Venezia and continues past the University toward Portuense.
 - The #75 starts at the Stazione Termini train station, passes by the University and then continues another half-mile.
 - ALWAYS remember to validate your tickets and board the buses in the front or at the back and to exit at the middle.

Subway

- Rome's subway system (Metropolitana) has two lines and is marked by red M signs on city maps. The two lines, Lines A (red) and B (blue), intersect at Termini Station.
 - Subway Line A connects the Vatican with Anagnina, the central bus terminal for routes to other cities in Lazio.
 - Subway Line B extends from Rebibbia to EUR. Subway service begins at 5:30am and concludes at midnight.

Taxis

- Taxis wait at taxi stands and can also be called by phone, in which case you will be charged a small supplement. It is difficult to hail a cab while it passes by as they will normally only pick up at taxi stands

COLLEGE of CHARLESTON

iCHARLESTON

or via MyTaxi App.

- Meters normally start approximately at €2-4; there are supplemental charges for night service (10:00pm-7:00am) and on Sundays and holidays as well as for each piece of baggage.
- Use only licensed, metered yellow or white cabs, identified by a numbered shield on the side and an illuminated taxi sign on the roof.
- Uber is not officially recognized in Italy, but it is very useful to download the app “MyTaxi” that will allow you to book a taxi and pay by credit card.

Tren Italia

- Italy has an extensive railway system. Train fares depend on the number of kilometers between the point of departure and destination. You must validate all tickets in the yellow machines located at the front of every track before boarding.

JUMP Bikes

- These bikes have just been made available across Rome through the Uber JUMP app on your phone where you can ride and park (in designated zones) for 0.20€/per minute with a 0.5€unlocking fee.

Entertainment

It is impossible to be bored in a city like Rome. There are endless opportunities to experience Roman culture through theatre trips, museums, and markets of all kinds.

Shopping (clothes and housewares)

- Much of the shopping in Rome is noted by the streets not just the names of the storefront. Go and explore the streets and stop into the wonderful local atmosphere that comes with the adventure of being in Italian culture! Just remember that many stores will close between the hours of 1:00-4:00 pm. *The following are listed from the most expensive to the least.*
 - Spanish Steps
 - Where you will find the luxury brands
 - Via Cola di Rienzo
 - Via del Corso
 - Where you will recognize many of the shops (i.e. H&M, Zara, Bershka, etc.)
 - Via Nazionale
 - Viale Marconi

Places to Explore

- Parks
 - Villa Sciarra - the park just across the street from AUR, a great spot to study and get some fresh air!

COLLEGE of CHARLESTON

iCHARLESTON

- Parco del Gianicolo - can be found near AUR, a great spot to get a beautiful view of Rome and the mountains that are in the distance
- Parco di Villa Pamphili
- Villa Borghese
- Lago dell'EUR
- And many more!
- Museums
 - Vatican Museums
 - Museo e Galleria Borghese
 - Castel Sant'Angelo
 - Capitoline Museums
 - Any of the open Catacomb museums across Rome
 - Museum of Contemporary Art of Rome
 - Palatine Hill
 - Colosseum
 - Jewish Museum
 - National Museum of Palazzo Venezia
 - And many more!
- Neighborhoods
 - Trastevere - the neighborhood you will be living in and a 15 minute walk to the center plaza
 - Testaccio - just across the River Tiber and a 10 minute walk
 - Vatican City
 - Garbatella
 - Ostiense
 - Esquilino District
 - Former Jewish Ghetto
 - EUR
 - Monti

In Case of an Emergency

Should there ever be an emergency, AUR staff members and iCHS staff members are on-site for you to speak with. It is also a good idea to know where the U.S. Embassy is in Rome should you ever need to visit. You can find the address below:

US Embassy Rome

via Vittorio Veneto 121

00187 Roma

COLLEGE of CHARLESTON

iCHARLESTON

Phone: (+39) 06 46741

Emergency Number:

- In the event of an emergency, please dial 112
 - You will also call the AUR Emergency number for further translation assistance at 348 08 09 357

Transitioning to Life Abroad

Whether or not you've spent time away from home or even abroad, your first semester of college will be different than anything you have ever experienced before. Here are some things to be aware of as you embark on this exciting journey!

Class set up

- Classes in Rome will either meet for one 3-hour session (usually on-site/experiential) or two 1.5 hour sessions per week.
- The assignments and exams will align with what a typical college course in the United States will do. You will have regular quizzes, exams, midterms, papers, and final exams that are spread throughout the semester. Each will typically be worth a significant portion of your grade (i.e. 20-30%)
- The attendance policy for these courses at AUR requires you to attend 70% of the classes in order to pass. The permit-to-stay appointment and religious holidays are the only exceptions to the attendance policy.

Residence Life

- You will be living with other iCharleston students and will be sharing your apartment building with other AUR students and Roman locals.
- Each study abroad resident has a Resident Assistant who is there to support you and enforce any and all regulations AUR may have.

Free time

- Even though much of your time will be in classes throughout the week, you'll want to choose your free-time wisely. Make sure you are setting time aside for studying, exercising, cooking, doing your laundry and, of course, exploring your beautiful site.

Additional Resources

American University of Rome (AUR)

COLLEGE of CHARLESTON

iCHARLESTON

<https://aur.edu/>

AUR Student Handbook

<https://aur.edu/sites/default/files/STUDENT%20HANDBOOK%20and%20POLICIES%202019-20.pdf>

State Department information for Italy

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Italy.html>

Information on money abroad

<http://www.businessinsider.com/money-matters-to-expect-while-abroad-2012-3>

iCharleston blog - study abroad Rome

<https://icharleston.wordpress.com/category/rome/>