

The Survival Guide



The whole LBG Rome wishes you a very very warm...

WELCOME TO ROME!

Index

1. About Italy and Rome	3
2. A bit of History	3
3. Geography and Structure of Rome	4
4. Monuments and Historical sites	4
5. Transportation	4
6. How to get to Rome	5
By Plane.....	5
By Train.....	5
Getting from the airport to the centre	6
6. Telephones	6
7. Money & Banks	6
8. Criminality	7
9. Alcohol & Drugs	7
10. Restaurants	8
11. Shops	8
12. Pubs and discos	8
13. Health	8
14. Italian People	9
15. The Italian Language	9
16. Dictionary	9
Basics.....	9
Advanced.....	10
In the shops.....	10
Being polite	10
Approach techniques and more	10

1. About Italy and Rome

Italy is right in the middle of the Mediterranean sea, and it is about 58 million people country and it consists of a main continental peninsula, almost completely surrounded by the sea, plus two large islands (Sicilia and Sardegna) and a large number of small islands.

The main land is about 301 000 squared kilometres and its shape is similar to a “boot” and so Italian people use to call their country “lo stivale” (“the boot” in Italian). Rome is since 1870 the capital of Italy, and Historically it has always been considered the most important city of Italy for arts, politics and social life.

2. A bit of History

The legend says that Rome was planned by the Gods themselves. After the fall of Troy, the Gods led a band of Trojans to a promised land in the west. There Romolo and Remo were born to a Vestal Virgin and nursed by a friendly She-wolf. Upon reaching manhood, the twins founded Rome on the banks of the river “Tevere” (April the 21st of 753 B.C.). Soon, after digging the borders of the new city, Romolo claimed and promised on his own life «*anybody who dares to pass this borders without permission, will find here sure death!* ». His brother Remo then, wanted to challenge Romolo and crossed the borders. Without hesitation Romolo killed Remo and became the first king of Rome.

Many legends are involved in the history of Rome and it is still difficult to tell what is true or not; the most reliable theory tells that Rome was originally just a small village on a hill and close to the river “Tevere” from which Romans could control the commerce. The small village became bigger and bigger and eventually Romans formed an army which started conquering the surrounding kingdoms, turning them into Roman provinces. This is the beginning of the huge spreading of the Roman Kingdom first, then Roman Republic and finally Roman Empire, who took over all the populations of the Italian peninsula and began to spread beyond, in central Europe and in the northern part of Africa.

After the transition from Republic, the Roman Empire reached its biggest extension under the King Traiano who he conquered the Dacia (Old Romania). Then it turned out that the Empire was too big and so it was divided into two empires, the Western Empire and the Eastern Empire. The Eastern Empire managed to survive till the arrival of the Muslims, but the Western one had a quite short life due to several invasions by barbaric populations. During the middle-age only the Church was able to keep culture and knowledge alive. Church played a main role in the roman area and held its influenced until 1870. This is the reason for which in people say in Rome “there are more churches than houses” which is partly true as u will see. During the modern age Italy was conquered by many foreign countries (mainly from France and Germany) and was formed by a lot of small States often fighting each other. The definitive reunification of Italy came around 1870, after a lot of attempts against the occupants (mostly Austrian in the North and Spanish in the South) with the co-ordination of the Kingdom of Piemonte (a northern Italian region), whose king became the king of Italy. At this point all Italy was reunited again with the only exception of Rome, which was the capital of the Vatican State, ruled by the pope. After a formal invasion, the Italian army conquered the city and church power was defeated (20th September 1870) and eventually Rome became capital of Italy (June 1871).

3. Geography and Structure of Rome

Rome has circular shape and is bounded by a huge highway called “*Grande Raccordo Anulare*” or GRA which is like the border between the city and the outskirt. Most of the main roads in the past used to connect the city to the provinces and that’s why these streets (like via Appia which was the most important in the past) start from the centre of the city and lead radially outside the city forming an asterisk. The city was once completely surrounded by the ring (GRA), but now as the population has increased beyond 4 millions of people, a lot of buildings are being built around it.

The geometrical centre of Rome is the Colosseo, just 100 meters from our university. However the “living centre” of the town is mainly a little bit to the north, with all the famous streets like Via dei Condotti and Via del Corso with the finest fashion and jewellery shops. Last but not least, the political centre of Rome is the Hill called Campidoglio, located above Piazza Venezia and which is worth to visit just to see the square in front of the City Hall, designed by Michelangelo. Rome was named the *City of the 7 Hills*, but it is hard to see them since now they get confused among the urban area.

4. Monuments and Historical sites

As we walk around the centre you will notice that buildings from different age are mixed together and sometimes they are build on several layers. This is due to the fact that the city has got many artistic influences according to the historical period and each artistic flow tried to rebuild the city in a new way. The impression you will get is that many historical periods survives at the same time in the same place.

The Ancient Rome had hundreds of buildings with magnificent marble columns; if you wonder where the hell they have gone, the answer is inside the hundreds of churches that you can see. After the Roman Empire, many churches were built with columns taken from Ancient and broken temples. Some parts of the Colosseo are missing and this is due to the fact that it was allowed to use its stones as building material.

In order to give a short list of what you are supposed to visit once in Rome u shouldn't definitely miss some masterpieces as the Colosseo, the Vatican Museum, Piazza di Spagna, the Foro Romano Fontana di Trevi and Piazza Navona but as you walk in the centre your attention will be caught by many other masterpieces and monument which are really worth to have a look at.

5. Transportation

The Best way to go around the city is the underground, there are just two lines which connect the most important places in town. As we move outside the historical centre you will probably need to catch buses; the tickets for buses and underground costs *1 Euro*. Subway in Italy is called METRO. There are 2 lines:

- *linea A (red): from **Anagnina** to **Battistini** Station;*
- *linea B (blue): from **Rebibbia** to **Laurentina** Station;*

They both meet at **Termini** Railway Station, so you will have to get out at Termini whenever you need to switch line.

Tiburtina Railway station is the second main station and is located along the B line. **Cavour** station (B line) is the most useful for you: the University. TAXIS is rather expensive especially if u are tourist and don't speak Italian and at night they use to charge more only because it is a night service; going from the centre of Rome to the Airport it is very expensive while there are special buses and trains which are quite cheap. Bus lines cover all the most important destinations and you just need one ticket which lasts 75 minutes.

Remember that a *bus/metro ticket costs 1 Euro and you have to buy one before getting on*. The driver doesn't sell tickets. You can find bus/metro tickets at the *tobacconist, newsstands, bars and vending machines* which you can find in the underground stations.

- *Metro/Bus Daily 4 Euros (valid until midnight)*
- *Metro/Bus weekly 16 Euros*
- *Metro/Bus 3 days ticket 11 Euros*
- *These tickets are valid everywhere but not Fiumicino Airport.*

For further information have a look at: <http://www.atac.roma.it/>

Beside public transportation, we suggest you to go on foot so that you can better enjoy the atmosphere.

6. How to get to Rome

By Plane

The cheapest way to get to Rome is by low cost plane: Ryanair (www.ryanair.com) and Easyjet (www.easyjet.com) are the most famous but many more are available on www.adr.it (Aeroporti di Roma Official Website). Rome has got two airports, the main airport is **Roma Fiumicino** and it is the airport for the world and international companies and for the national company which is Alitalia (<http://www.alitaliausa.com/>). Alitalia is usually expensive but if u book in advance u might find a quite cheap ticket. The second Airport is **Roma Ciampino** which is the airport for the low cost companies, basically Ryanair.

By Train

Train in Italy may be expensive or cheap according to the class of ticket u want to buy. The national company is Trenitalia (www.trenitalia.com) and connects Rome to everywhere. Main station is Roma Termini while Roma Tiburtina is a connection especially for trains coming from north Italy. If you are coming from north Italy you may want to come from Milan to Rome, in and in that case you may find very cheap train (www.trenok.com); on this website you may find ticket from 9 euros but they are limited and you really need to book in advance. However we wouldn't recommend train because especially the cheap ones are very slow and Rome is pretty far from the north border. Fast trains (Eurostar) are instead very comfortable and always in time but they will cost you more.

We can't say anything about buses company even if there are some which connect Rome and seems to be quite cheap; you should check out at your own place.

Getting from the airport to the centre

You can check out at www.adr.it click on “passengers” then select the name of the airport you are going to land at and then “getting here”, you will find here all the possibilities to get to Rome from both airports.

Basically if you land at **Roma Fiumicino** airport the easiest way to get downtown is by train. As you get your luggage just follow the signs for railway station. Easiest way is to take the train to Roma Termini Station (Leonardo), ticket is 9,50 euros you can buy it in the station and it will take about 40 minutes. Once you get to Termini station get out of the train.

If you land at **Roma Ciampino** airport the easiest way to get to Termini’s station is by coach. One option is Terravision’s coach which is the most used by tourists (http://www.terravision.it/rome_ciampino.html#) and it costs 8 euros one way (13,50 return). This is optimum on the way back because it will take u right in time for your plane. You will find the bus just in front of the airport and you can buy the ticket on board or book on the internet. Otherwise you can catch the bus (at a 10 mins rate) to Ciampino’s Railway Station which eaves from the square just right in front of the airport and then take the train to Termini station but you will need to check the timetable, this website will give you some useful information <http://www.romecity.it/Areferenceguide.htm>. However you will be given more precise information as soon as a meeting point has been established.

6. Telephones

Public phones are available almost everywhere. Some accept coins, others (most) accept telephone’s cards and credit cards too. The prefix for Roma is **06**. The international code for Italy is **0039**. If you bring your mobile, there should be no problem to find a network to roam. There are 3 operators. *Tim, Omnitel* and *Wind*.

7. Money & Banks

The local currency is Euro. Rome is quite expensive but not as much as Paris or London. You can change money in the banks and in exchange offices. Both are open on weekdays from 9 to 17.00, with a 1h30 lunch break around noon. Don't change too much money at the airport or railway station. When you arrive in Rome, you can change in the banks at a much better rate! Electronic banking is widely available. VISA and other credit cards are also widely used.

Emergency Local numbers
112 public emergency service
113 Police
06 67 691 Municipal Police
06 58 20 10 30 Emergency Doctor
118 Ambulance emergency
06 49 06 63 Poisons emergency

Taxi companies
06 66 45 Pronto Taxi
06 88 177 Cosmo Taxi
06 41 57 Radio Taxi

Some Prices (EURO)
<i>1 beer 4-5 (0.4l in a pub) 1,30-2 (0.66l supermarket)</i>
<i>1 pizza + 1 beer 8-15 (according to the area)</i>
<i>1 packet of cigarettes 3,30 (Camel) 3,80 (Marlboro)</i>
<i>1 can of Coke 1,50</i>
<i>An ice cream 1,50-3</i>
<i>1 sandwich 1,50(at our uni) 3 or more outside</i>
<i>1 McDonalds Maxi Menu 6</i>
<i>A bottle of wine (supermarket - restaurant) 4 -15</i>
<i>A postcard 1</i>
<i>1 Bus/Tram/Metro ticket 1</i>
<i>Train from Fiumicino Airport to Roma Termini Station 9,50</i>

8. Criminality

Rome is a 3 million people city and as all the big cities you must pay attention especially at night and in crowded places. The most common thefts are performed usually by small children who are called “the gipsies”, they usually look for tourists. They are very skilful and sometimes you don’t even realise that you got stolen, so just be aware of them and keep one eye when you are on buses, metro and crowded places. Like any other big city you should avoid some areas like the main railway station especially at night, but anyway you will be always with some of the organizers so you don’t need to worry about that; keep in mind that you can rely on our experience, so just ask any question concerning places you want to go to and you want to know whether they are safe or not.

We have got Military Police, called **CARABINIERI**, ordinary police called **POLIZIA** and the Urban Police, **VIGILI URBANI**; unfortunately they rarely speak English fluently(you should look for a captain at least) but they will certainly help you in any case.

9. Alcohol & Drugs

In Italy you can buy as much alcohol as you like and nobody will bother you anyway, maybe this is the reason for which people don’t drink very much, and the good new is that you can find alcohol everywhere especially beer. The only constraint is that you are not allowed to drive if you have drank more than a certain amount (you may get your driving license suspended) but this doesn’t matter to you because we will take you everywhere and you won’t need to drive. So just enjoy the Italian wine and the limoncello of course. Italian beer is not very strong (4%-5%) so maybe that’s why tourists prefer wine.

About drugs in Italy is legal to take drug, but it is illegal to sell it ; this means that if police is going to catch you with any kind of drugs (including Marijuana) you are going to be

prosecuted only if the quantity that you are carrying exceed a minimal quantity that is allowed for personal use. Anyway you are not allowed to cross the border of Italy with any kind of drug since the control might be quite strict.

10. Restaurants

Prices vary according to the place, just keep in mind that in many restaurants you have to pay a fixed amount of money for each person (1 or 2 euros) that is only for bread, tablecloth and forks. This doesn't apply to fast food and McDonald's in which there's no tablecloth. A small tip is always a good habit but it is not compulsory.

11. Shops

Shops close around 730 p.m., meaning that some of them will close at 7.00 or maybe at 8.00. In the centre you will find small shops and little supermarkets; keep in mind that taxes are always included in the price. Especially for girls there are some streets in the centre where you will find the most famous brand's fashion in the world; these streets are Via del Corso, Via Nazionale and Via del Tritone but you will find much more. The all area around these streets is really worth a walk. Anyway you will likely find out yourself these places during the city rally. For more specific information you can always ask to us when to go.

12. Pubs and discos

If you are going to look for a good Disco in Rome, you'll be surprised how expensive they are, disco-pub is a place where you can either dance either 5 up to 15 Euros. Disco instead are 15 euros up to 30 – 40 euros. Usually the ticket includes the first drink, while the next ones can be about 5 or 10 euros. There are also places where you can get in and shouldn't be hard to find one but the thing is that they get usually busy.

Pubs are usually quite expensive in the centre (5 euros for a 0, 4 l) while they are cheap as you get out of the centre. If you want some advice just ask us about that.

13. Health

You will need to get a medical insurance which might be useful if you accidentally get hurt for any reason (you should bring with you at least **E-111 Form** for EEC citizens).

If you are looking for a pharmacy (in Italian: FARMACIA), then you have to look for a green or red cross on the streets. There are many of them so it will be quite easy to find one. Every pharmacy is open during normal shopping hours, but there are some who are open also during the night and during holidays. If you have some particular need or habit, don't forget to bring your personal medicine pack, since it will be probable that you will not find exactly the same here. If you follow any diet or allergies please let us now in time so that we can arrange something for you.

Should you need an ambulance, the 118 phone number is always the one to use.

14. Italian People

The Italian race is the result of a quite strong mix of many European and non European Races, but still some characteristics are predominant, like the black hair and brown eyes and things like that. But remember that thinking that all Italian are like this is like thinking that all people from Sweden are blond with blue eyes or that all Martians are green.

Italian people are friendly and usually open to the dialogue. While on the streets of Rome, you can ask to people for help and they will probably do their best. Keep in mind old people usually don't speak English while young people usually do.

15. The Italian Language

The Italian language comes the Latin language (which has always been important for Italian literature) and is a quite difficult language, due to the large number of words, verbs, grammar rules and exceptions. Of course this doesn't apply for those who come from Latin countries, such as Spain or Portugal since especially Spanish is very similar to Italian. The only easy thing about Italian is the pronunciation: with just 5 or 6 rules you should be able to read correctly almost all the Italian words without mistakes and of course without understanding almost anything of them.

If you already can understand some Italian probably you'll sometimes find hard to understand us when speaking each other. This is due to the fact that people and especially young people have an accent which they use during informal conversations. This accent consists basically in cutting off the end of many words and in a sort of "chewing the words" and a kind of laziness in speaking. Italians usually consider this dialect quite funny because it is always aloud and quite rough.

16. Dictionary

Basics

Italian	English
Ciao	Hello/Bye
Buon giorno	Good morning
Buon pomeriggio	Good afternoon
Buona sera	Good evening
Buona notte	Good night
Arrivederci	Good bye
Come stai?	How are you?
Mi chiamo...	My name is...
Grazie / Prego	Thank you/You are welcome
Si/No/Forse	Yes/No/Perhaps
Mi scusi	Excuse me
Ho anni	I am years old

Advanced

Italian	English
Che ora è?	What time is it?
Io non parlo italiano	I don't speak italian
Non capisco	I don't understand
Dove è...	Where is...
Per favore	Please
Salute	Cheers
Uscita	Exit

In the shops

Quanto costa?	How much is it?
Che cosa è questo?	What is this?
La mia taglia è...	My size is...
Voglio questo	I want this
Conto	Bill
Cambio/Denaro	Change Office/Money
Vino/Birra/Acqua	Wine/Beer/Water

Being polite ...

Italian	English
Mi piaci	I like you
Ti amo	I love you
Bacio	Kiss
Hai degli occhi bellissimi	You have so beautiful eyes
Sei bello/bella	You are handsome/cute
Vuoi ballare con me?	Do you want to dance with me?
Posso accompagnarti a casa	I can give you a lift home
Amore	Love
Tesoro (litterally Treasure)	Honey
Baciami	Kiss me
Non mi piaci	I don't like you
Sei bella	You are pretty
Te lo puoi scordare	Don't even think about it

Approach techniques and more

Italian	English
Hai una sigaretta	Have you got a cigarette?
Posso offrirti un drink?	Can I offer u a drink?
Voglio fare l'amore con te!	I want to make love with you!
Ti è piaciuto?	Did you like it?

Facciamolo ancora	Let's do it one more time
Io pratico sesso sicuro	I practice safe sex
Doveva essere solo un bacio	It was supposed to be only a kiss
Fa caldo qua, che ne dici di andare a prendere una boccata d'aria ?	It's hot here! Do you want to go outside?
Facciamo a casa tua o a casa mia ?	Your place or mine?
Sono una fragola, mangiami!	I'm a strawberry, eat me!
Credi all'amore a prima vista o hai bisogno di qualche occhiata in più?	Do you believe in love at first sight, or should i look at you once more?
Vuoi vedere la mia collezione di farfalle?	Do you wanna see my butterfly collection?
Vuoi sposarmi per una notte soltanto?	Do you want to marry me for only one night?
Allora, che fai nella vita, oltre ad eccitare gli uomini e renderli pazzi di desiderio?	So what do you do in your life apart from getting men excited and crazy about you?
Tuo padre era per caso un ladro? Perché qualcuno ha rubato le stelle dal cielo e le ha messe nei tuoi occhi.	Was your father a thief? Because someone stole the stars from the sky and put them in your eyes