

Temple University Rome

Program Manual

2022-2023

Temple University
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Dear Temple Rome Student,

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

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

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

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

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

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

PRE-DEPARTURE PROCESS

The Temple Rome Program Home Page serves as the central location for all program-related information. You can access your Program Home Page by signing into studyabroad.temple.edu and selecting your term abroad.

On your Program Home Page:

- **The Dates and Deadlines document** is your go-to document for understanding what's required from you prior to departure.
- **This Program Manual** includes helpful information about life in Rome, health and safety, and packing.

Facebook Group

Make sure to join the Temple Rome Facebook Group to communicate with other program participants and the TUR staff. You can find the link on your Dates and Deadlines document.

Pre-Departure Orientations & Preparations

During the semester prior to your departure, Education Abroad will hold virtual orientation sessions on a variety of topics related to Temple Rome. A detailed calendar will be posted to your Program Home Page. Most sessions will be recorded and shared after the event, but ideally you will be able to attend each session to ask questions and engage with other program participants.

Make sure to stay connected via your Temple email account from the time of acceptance, through the full program. Important updates and reminders will be sent to your email.

Technology Systems

Temple students should be familiar with the computer resources available at Temple University. Non-Temple students received an overview of these services when prompted to activate their Accessnet username during the application process.

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

TEMPLE UNIVERSITY ROME

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

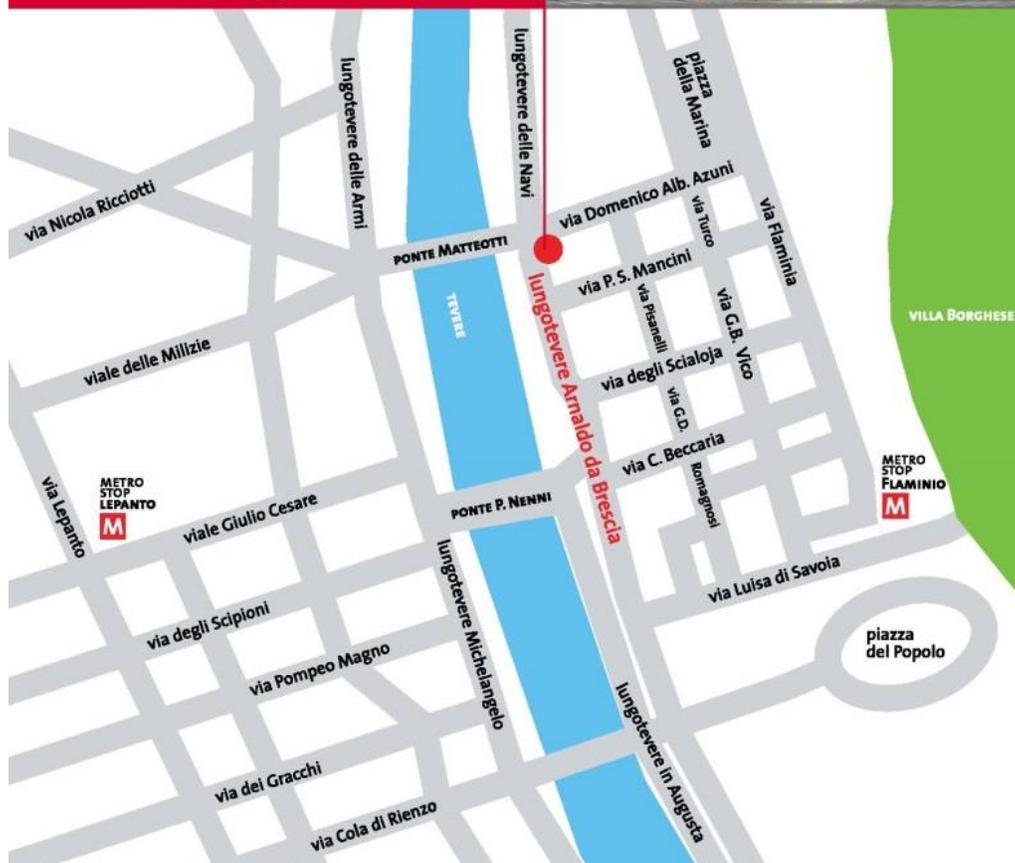
School Hours (subject to change) - Fall/Spring

Monday – Friday 8 am – 12 am

Saturday and Sunday 10 am – 10 pm



Lungotevere Arnaldo da Brescia 15
00196 Roma • tel 06 320 2808
fax 06 320 2583



CAMPUS FEATURES

- **Smart classrooms** ranging from large 160-seat capacity to small seminar and conference rooms
- A modern **architecture studio** with individual workspaces
- **Art studios** for drawing, painting, printmaking, paper making, sculpture, traditional film photography and digital photography
- **Temple Rome Gallery of Art**, which hosts a number of artists' shows throughout the semester
- **Student lounges** and **study rooms**
- A 14,000-volume **library**, one of the largest English-language libraries in Rome
- A **computer lab** and **wireless internet** throughout the campus

ACADEMIC MATTERS

Course Schedule

Temple Rome courses are in session from morning to evening, Monday through Thursday. You can find your schedule on Banner when you register for classes.

On-site Courses and Academic Excursions

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

Internships

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

Course Registration

In preparation for registration, you should meet with your academic advisor to complete the following steps. Detailed registration instructions will be posted to your Program Home Page, prior to the registration period.

- Confirm the courses you will take abroad.
- Complete a graduation review if you are nearing graduation or if your semester in Rome will be your last.
 - Temple Rome throws a graduation celebration every semester for our students finishing their degrees at the Rome campus. Let us know if this is your final semester so we can invite you to the party!
- Determine your course plan for the semester after your time abroad.
- If you are a *non-Temple student*, you should also confirm with your home college any special requirements and the number of credits you must complete abroad before registering.

Textbooks & Required Course Materials

Textbooks and supplies for certain classes may be obtained prior to departure for Rome. If your course has a required textbook that can be purchased ahead of time, it will be listed in the course information in Banner. Some courses might have a note that you should wait until you're in Rome to acquire textbooks.

We recommend checking if your books are available as ebooks, as this may save money and space in your luggage. You may also check for books on amazon.it, which is the same as amazon.com, but ships from within the EU or Italy.

Whenever you order things online in Rome, or receive any mail, make sure to send items to campus directly (not your housing). Address below:

(YOUR NAME)
Temple Rome
Lungotevere Arnaldo da Brescia, 15
00196 Roma

Transcripts for Non-Temple Students

Non-Temple students: to receive transfer credit for the courses you complete abroad, you must order an official Temple transcript to be sent to your home institution after the end of the program. Please download and follow the instructions below, and contact [Temple's Office of the Registrar](#) with any questions you may have. The cost of an official Temple transcript is \$8.75.

Step by step instructions for requesting a transcript can be [found here](#).

Academic Support Center

Located in the library annex on the second floor of the Temple Rome library, the Academic Support Center offers many resources. Students can make appointments [here](#).

- Writing tutoring
- Research consultations
- Resume, Cover Letter and/or Personal Statement review
- Scholarship consultations
- Course-specific tutoring
- Study coach

ACTIVITIES AND EVENTS

We encourage and challenge you to fully experience Italian culture throughout your time abroad. Details about the activity and volunteer schedule, including how to sign up, will be explained on site.

- **On-site orientation**, which takes place between your arrival and the start of classes, is designed to introduce you to Rome, to Italy, and to the program; it will include activities such as a meet and greet, a session on life in Italy, a walking tour of Rome and an excursion to Todi, a medieval hill town in Umbria.
 - The orientation, an integral component of the Temple University Rome program, is required of all program participants.
- On campus, an ongoing public **lecture series** hosts contemporary speakers in academia, politics, the arts and more.
- **Temple Rome Gallery of Art** sponsors exhibitions of American and European artists, as well as student and faculty shows.
- Additional **cultural offerings** may include:
 - the Aurelian “Wall Walk”
 - an introduction to Italian food and wine tasting
 - weekly “calcetto” (mini-soccer) games
 - soccer match at the Rome stadium
 - Italian cultural labs (required of all students enrolled in Italian 1001 or 1002)
- **Community engagement** opportunities are available through volunteer programs at a local soup kitchen, a refugee center, sports organizations and high schools.
- The **Culture and Identity Envoy Program** hosts events throughout the semester for students to engage with issues around culture and identity in Rome. The Envoy role is a paid position for students who are accepted to the program, participate in the events, and then create blogs or content reflecting on their experiences. Any interested student may participate in the posted events, even if they are not paid Envoys. Events and discussions may include:
 - “Race in Italy” discussion
 - “Migrantour”: a walking tour of migrant communities in Rome
 - “Meet the Italian Youth”: discussion with students from Roma 3 University
 - A visit to the John Nafuma Refugee Center

TRAVEL INFORMATION AND DOCUMENTS

Travel and Arrival

Flight guidance will be posted to your Program Home Page. You will make your own travel arrangements to and from Rome and must be present for the entire length of the program, including the on-site orientation.

Traveling during the COVID-19 pandemic is complicated; restrictions and guidance is subject to change, without much notice. It is critical that you follow posted instructions and approach studying abroad during this time with a patient and flexible mindset.

All students will have access to a shuttle to their apartment from the airport, upon arrival at Fiumicino airport. **You will receive detailed arrival instructions prior to departure.**

Passport

A passport is required to enter Italy and when applying for your visa to study in Rome (if applicable). Your passport must be valid for at least 3 months after your program in Rome concludes.

Visa

U.S. CITIZENS: The Italian government requires students studying in Italy for more than 90 days to obtain a student visa before entering Italy. Full instructions for applying for the student visa will be posted to your Program Home Page.

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

The Consulate will return your passport/visa with a stamped letter or letters. Keep the letter(s) in a safe place, as you will need it/them when entering Italy.

Make at least 3 photocopies of your passport (and visa, if applicable) and leave them:

- 1 at home with your family
- 1 in a safe place in your Roman apartment
- Keep 1 copy with you at all times while out in Rome

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

***Permesso di Soggiorno (Permit to Stay)* – for students staying in Rome more than 1 semester**

In addition to the student visa, you will also need a *permesso di soggiorno* (permit to stay) to reside in Italy. The *permesso* cannot be obtained until you arrive in Rome; however, Temple Rome will help facilitate this process for you during on-site orientation.

CULTURAL ADJUSTMENT

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

One way to make the transition easier and potentially less stressful is to arrive well informed. A good guidebook like [Lonely Planet](#) can be a useful source of information on everything from the country's history, local customs, and current political situation to student hangouts, nightclubs, cheap restaurants, weather, and transportation schedules.

You will absolutely encounter surprises and things beyond your control. With that in mind, the key to adjustment is to know that it takes time, patience, and an open mind. Embrace the unknown and be prepared for new experiences!

Culture Shock:

Is defined as feelings of alienation and/or disorientation due to being in an unfamiliar cultural environment. Experts often describe culture shock as being a linear process with four stages:

- **Honeymoon phase:** You have just arrived and you are excited to immerse yourself in the new culture and intrigued by the differences that you encounter.
- **Negotiation phase:** Usually after a few weeks, this newness wears off and your sense of adventure gives way to aggravation over issues such as difficulty in communication or anxiety over "looking foreign" and being treated differently (for example). The smallest of obstacles might take on epic proportions.
- **Adjustment phase:** At this point, you start to adjust to cultural differences and develop new patterns of daily living that both fit with the new culture *and* work for you.
- **Mastery phase:** Most students will not be abroad long enough to reach this phase; it comes after a year (usually more) of living abroad and means that you are equally comfortable with your home culture and your "new" culture.

You may not go through all of these phases, nor are the timelines given set in stone. Some students may skip the honeymoon phase and become frustrated within days of their arrival; others may experience these feelings towards the end of their program. While everyone experiences culture shock differently, there are some common characteristics for many people:

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

It's important to note that if you are feeling this way, *it is usually normal!* When you grow up learning

one way of life, it can be very jarring to go abroad as an adult and find yourself in a completely different environment. Even seasoned travelers can experience culture shock under the right circumstances. The good news is that **you can do something about it**. If you feel as though your depression or feelings aren't normal, or if you feel as though you might hurt yourself or need professional help, contact your on-site staff or International SOS.

Coping with culture shock:

- Be proactive! Research some of the cultural customs of your country before you depart. Knowledgeable students usually have an easier transition once abroad.
- Remind yourself of why you decided to study abroad. Studying abroad is a wonderful opportunity for personal growth and development, and at least some personal discomfort should be expected in the process.
- Keep your sense of humor. Being able to laugh at yourself or at your situation can be one of the best remedies!
- Develop relationships with people from your host country. Think about how you might react to a foreign student who was frustrated with U.S. culture. If they had questions, you would probably happily answer them, right? Give the people of your host country a chance—*one thing that is nearly universal is peoples' enthusiasm to share their culture with others*.
- Try not to retreat to your room or only socialize with other Americans. This can reinforce negative feelings and make it harder to acclimate.
- Try to find groups or clubs similar to the ones that you were a part of back home. Participate in activities hosted by Temple Rome.
- Contacting friends/family/support networks at home can be very helpful, particularly friends who have previously studied abroad. However, we do not recommend daily communication, as this may delay the adjustment process and serves as a daily reminder of what you are “missing” back home.

Racial and Ethnic Concerns

No two students studying abroad ever have quite the same experience, even in the same program and country. This same variety is true for students of color and those from U.S. minority ethnic or racial backgrounds. Reports from past participants vary from those who felt exhilarated by being free of the context of race relations in the U.S., to those who experienced different degrees of 'innocent' curiosity about their ethnicity, to those who felt they met both familiar and new types of ostracism and prejudice and had to learn new coping strategies.

Many students reported that their difference as an American was emphasized over and above their ethnic or racial differences while studying abroad. Very few students conclude that racial or ethnic problems encountered in other countries represent sufficient reasons for not going. On the other hand, it is wise to know what you are getting into and prepare yourself.

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

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

Sexual and Gender Expression Abroad

Cultures vary in terms of how sexual and gender identities are defined and understood. You will find that attitudes and tolerance toward gay, lesbian, bisexual, and trans issues vary from country to country, and possibly even within each country, as they do here in the U.S. Being knowledgeable about sexual identity and gender expression in the area where you will be studying will allow you to have a rewarding international experience.

Take some time to become familiar with your host country before departure. Some questions to consider in your research:

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

You may wish to begin your research by familiarizing yourself with campus, community and web resources dedicated to LGBTQIA issues. In addition to local resources, there are several well-known organizations that offer information and support for international travelers and/or study abroad students (see *Web Resources*).

LIFE IN ROME

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

Below is information about some common cultural differences to expect, as well as practical information about climate, transportation, etc.

COMMON CULTURAL DIFFERENCES YOU MIGHT EXPERIENCE IN ROME:

Pace

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

Appearance

Romans take their appearance very seriously. This does not mean you have to emulate their style, it is simply about being respectful, and presenting yourself in an appropriate matter. Certain spots in Rome, especially churches and museums often require a modest dress code. Research the Italian philosophy called *la bella figura* to learn more about this “dress code”.

Staring

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

PRACTICAL INFORMATION

Climate

Spring and autumn in Rome are usually mild and pleasant. In winter, it rarely snows, but below freezing nighttime temperatures are common. The average temperature in November/December is 45°F degrees; the average temperature in January/February is 35°F. There is a good deal of rain during the winter months and occasional rain during the summer. Temperatures in the 80's and even the 90's are common from June through the middle of September.

Food and Dining

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

Laundry

The student apartments have washing machines, however there are no dryers. Washing machines hold fewer clothes and take longer to complete a cycle, than U.S. washing machines. Students are

encouraged to line-dry their clothes, as most Italians do at home. There are laundromats available in the neighborhood around the apartments.

Heating and Air Conditioning

Heat is a luxury in Rome due to the high cost of imported energy. Italian federal environmental laws require that heating in buildings remain below approximately 20 degrees Celsius (68 degrees Fahrenheit). Generally, heating is turned on for 6-7 hours a day, may not be turned on before a certain date (usually November 15), and must be turned off for the season by a certain date (usually March 15). Most apartments have heating that is centrally controlled for the whole building, and thus the owners have no control over the temperature.

While Rome has a warmer climate, returning students repeatedly stress the need for warm clothing. Due to the lower housing temperatures, marble floors and lack of insulation, students tend to feel colder inside than they are used to in the U.S. Air conditioning is quite uncommon in Italy.

Internet

Internet connectivity is generally not as advanced in Italy as it is in the U.S. The wireless network in the apartments may seem slower than you are used to. Keep in mind that if you are using a smartphone, tablet, and laptop all at the same time, this will affect the speed of the network for you and others. Participants can rent a Wi-Fi hot spot during Orientation if they wish for internet access all over Italy. Temple Rome has high-speed fiber optic Wi-Fi throughout the campus building.

Shopping

Most Italian stores limit themselves to a particular specialty and are small by American standards. However, there are several department stores that carry good quality merchandise at reasonable prices. For practical things you might need while traveling, your best bets are OVS or Coin Department stores. They are also good places to go gift shopping. There has been an influx of international chains in recent years, and stores such as H&M and Zara can be found throughout the city center and in *Prati*. There is a 24-hour grocery store near the Cipro metro stop (Carrefour).

Transportation

There are more than 160 public transportation routes within Rome and its environs. Public transportation may not always be the most reliable or punctual option and Rome is a very walkable city. When you arrive in Rome, on-site staff will provide you with a single fare bus pass and give you detailed instructions for how to use the buses and metro. Google maps can be used to find routes throughout the city.

Business Hours in Italy

Opening and closing times are quite different from those in the U.S. and you may find that many stores close earlier than you are used to. Many smaller businesses may close for a lunch break during the day. Very few shops are open on Sundays or may have abbreviated hours.

Electricity

The voltage and shape of the electrical outlets in Italy (and most European countries) are different than in the U.S. However, you will only need an adapter for your smartphone and laptop while in Italy. Other electronics may need standard voltage converters (110v to 220v) as well as an adapter. You can purchase these in Rome or prior to traveling.

We recommend purchasing hair appliances, including hair dryers and hair straighteners, *in* Rome since these items tend to break in Rome, even when using a converter and adapter. A popular place for purchasing these types of appliances is Euronics or a department store.

TRAVEL WHILE ABROAD

Travel outside of Italy may be prohibited during your time studying abroad due to complications surrounding the COVID-19 pandemic. Travel between regions in Italy will depend on current restrictions from the Italian Health Ministry.

You are encouraged to explore all that Italy has to offer, from the beaches of Puglia to the mountains of Trentino-Alto Adige. Train travel within Italy is economical and convenient. Temple Rome staff have many recommendations for places to go and will give you many tips for traveling during on-site orientation.

LANGUAGE

While previous study of Italian language is not a requirement for program participation, returned students recommend beginning language study before arrival. Semester students who have not taken the first level of Italian at the university level are required to do so while in Rome. Summer program students are not required to take Italian.

If you are not able to take a course, there are many foreign language resources available - like [duolingo.com](https://www.duolingo.com). Knowing basic phrases and words will help you to feel more comfortable. At a minimum, we recommend bringing an Italian phrasebook with you to Italy.

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

HEALTH, SAFETY AND SECURITY ABROAD

The ability to remain healthy and safe while overseas is paramount to a successful study abroad experience and requires advance planning on your part. Studying abroad during a global pandemic, such as COVID-19, takes even more planning. In the [“COVID-19 in Italy” section of our website](#), we outline protocols and procedures to keep in mind with studying in Rome during this time.

Although our office aims to support you to the best of our ability, it is essential that you assume responsibility for your personal planning; throughout this section, we have included a checklist of student responsibilities as they relate to health, safety, and security.

TO DO:

Read all materials issued by Education Abroad and participate fully in pre-departure orientation.

Be an informed traveler. Conduct your own research, particularly regarding personal health and safety concerns, using the resources noted throughout this section.

Keep up-to-date with world news and local news in your host country as you prepare to go abroad - and while abroad.

COVID-19 in Rome

As noted above, studying abroad in a pandemic takes extensive, careful planning. Protocols may change depending on epidemiological factors and government restrictions. Patience and flexibility are key when setting reasonable expectations for your time abroad.

As circumstances may change, the most up to date information regarding your program will be [posted to the website here](#), and you are reminded to check your email daily for updates.

International SOS

Temple University has partnered with International SOS, a 24-hour global company *that can serve as a single contact point for all international medical, safety and security advice and assistance.*

As a participant in the Temple study abroad program, your membership is already active for pre-travel advice. Once abroad, you may access the full range of International SOS services three days prior to the official start date of your study abroad program **until three days after the official end date** of your study abroad program. The Temple membership number is 11BSGC000017, and the membership card is posted to your Program Home Page.

You can access International SOS’ many resources in the following ways.

[ISOS Website](#)

- detailed information on more than 200 countries and 300 cities
- evaluation and analysis of health, travel and security risks
- a form to sign up for proactive email alerts.

[International SOS Assistance App](#)

- obtain essential medical and security information
- “check-in” to indicate that you are safe in the event of an emergency
- instantly call the closest International SOS Assistance Center for immediate support

- receive timely medical and security updates and alerts for your location and other countries of your choice.

Assistance Centers

International SOS has a worldwide network of 24/7/365 operations centers. If you have any physical health, mental health or security questions or concerns, minor or serious, you should contact International SOS anytime, either before you depart and/or while abroad. No issue is too small.

If you need health care while abroad, International SOS can direct you to an appropriate local healthcare provider for treatment, arrange your appointment, and in many cases can provide direct payment so that you don't have to pay up front for your care. International SOS can also help with identifying a pharmacy, and guidance with what to ask for.

ISOS Services

Speak with an experienced, English-speaking medical or security specialist

Health, safety, or security advice

Set up an appointment with a local doctor

Mental health and therapy appointments are also available

In Rome, you may also contact Temple Rome's student life team when you need to see a health care provider. They can assist you in notifying International SOS and making an appointment.

Locate a pharmacy

Obtain supplies or medication or equipment (more information below about prescriptions)

Assistance due to the loss of travel documents

Assistance evaluating the care you are receiving

Emergency or critical event advice and assistance (emergency assistance calls can even be made on your behalf).

Contact ISOS

- **+1-215-942-8478**
- phlopsmed@internationalsos.com
- Via the **International SOS Assistance app**
- Identify yourself as a student who is currently studying abroad, or planning to study abroad, through Temple University Rome
- Provide Temple's membership number: **11BSGC000017**

Refer to the **Study Abroad Health Care Plan Instructions** on your Program Home Page for information about steps to take prior to departure. You will complete these instructions and your Health Form on your Program Home Page by the posted deadlines.

International Travel Medical Insurance

All students on a Temple University study abroad program will be covered by an international travel medical insurance plan. Refer to the **International Travel Medical Insurance** document posted to your Program Home Page for detailed information, including links to the summary of benefits and coverage details.

International Travel Medical Insurance Coverage Dates

Starts: three days before the official program start date

Ends: three days after the official program end date

Health and Safety Course on Canvas

All students will be enrolled in a course that details health and safety protocols while studying abroad. Information about the Temple international health insurance policy, including how to travel with prescriptions and submit claims to the insurance carrier as necessary, are included here.

Emergency Evacuation and Repatriation

In serious medical or security situations where an evacuation or repatriation is deemed necessary, upon approval from Temple, International SOS will on a best effort basis arrange for the evacuation or repatriation of members. In a serious security situation where an evacuation is deemed necessary, International SOS can on a best effort basis evacuate members to the nearest safe and appropriate location. International SOS can also arrange for repatriation of mortal remains.

The cost for these services is typically covered through Temple's International SOS membership, with some exclusions. Please visit the Education Abroad website for the [list of exclusions](#).

TO DO:

- Before Departure:

Familiarize yourself with the resources on the [International SOS website](#), and register for email alerts
Login with the Temple membership number: 11BSGC000017

Contact an **International SOS Assistance Center** to discuss any physical health, mental health, or security questions or concerns

- Download the **International SOS Assistance app**
- Save the phone number for the International SOS Assistance Center in your phone
- Print and carry the International SOS card (posted to your online study abroad account)

- Once Abroad:

Contact an **International SOS Assistance Center** when you have any physical health, mental health, or security questions or concerns, or need assistance

- Important Details:

- Do not cancel your U.S. health insurance, as your international travel medical insurance only provides coverage outside of the U.S.
- Prescriptions are only covered when prescribed by a doctor outside of the U.S. for a covered medical illness or injury that occurs while traveling
 - You will need to pay out of pocket for prescriptions and be reimbursed by submitting a claim.
- Prescriptions for pre-existing conditions are not covered by the international travel medical insurance.
- If you plan to be abroad outside of the covered dates as defined above, we strongly recommended that you purchase international travel medical insurance coverage for your personal travel dates (that includes benefits for emergency evacuation/repatriation and repatriation of remains, neither of which are typically

covered by U.S. health insurance policies). The U.S. State Department maintains a [list of some insurance providers offering international travel medical insurance coverage](#).

- International SOS will not provide evacuation or repatriation coverage for members who are traveling abroad in their home country of regular residence.
- Temple University does not provide any other form of accident or liability insurance in connection with the study abroad program. No costs for such accident or liability insurance premiums will be reimbursed by Temple University.

HEALTH CONSIDERATIONS

Medical Conditions

Even well managed, mild physical or psychological disorders can become serious under the stresses of life while overseas. Students often underestimate the challenges that come with transitioning to a new environment and culture, and the effect it can have on their physical and mental health.

If you have a medical condition that requires ongoing care while abroad, please discuss a plan with your doctor, Education Abroad, and International SOS before departure. Consider how your existing condition may be affected by the increased risks of traveling during the COVID-19 pandemic.

Mental Health Care Available

- Temple Rome on-site counselor - no cost, confidential support. Contact turcounseling@temple.edu once on-site to set up an appointment
- International SOS tele-counseling
- Ask your current provider if he/she is available to connect virtually while you are abroad

We encourage you to utilize these services as soon as an issue presents itself, as delaying care often results in problems growing more severe.

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

PACKING

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

General Guidelines

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

Packing Suggestions

- A versatile wardrobe that can be layered to adapt to changing temperatures and needs; do not pack clothes that require dry-cleaning
- Business/professional dress for students enrolled in business courses and internships
- Warm clothes: gloves, sweaters, coat (especially for the spring semester students)
- Layers to sleep in, as your room may be colder at night than what you're used to (see *Life in Rome* for more information). Warm pajamas and slippers, as well as a bathrobe, are recommended.
- A raincoat with a removable lining
- A good pair of very comfortable (broken-in) walking shoes
- A pair of flip-flops or sandals that could be used at pools, on the beach, or in showers
- Rain boots
- One bath towel (the Residence provides towels, but you will need one of your own for travel)
- A backpack/weekend bag
- A good guidebook
- A bilingual pocket dictionary
- Electrical adapters/converters
- A travel alarm clock, NOT ELECTRIC
- Your laptop computer (remember to pack in your carry-on)
- Slippers for your apartment, which can get chilly at night
- KN95 and/or FFP2 masks for your flight (have multiple so you can change your mask)

Documents You Should Take

- Copies of your passport, ATM card, credit cards, driver's license, etc. in case the originals are lost or stolen. Keep them somewhere separate from the originals.

- A copy of your acceptance letter to the program
- The letter(s) returned to you by the Italian Consulate with your visa

First Aid, Medicines, and Toiletries

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

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

Small Electrical Appliances

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

What to Leave at Home

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

Materials for Artists

The decision to pack your supplies or purchase them in Italy is a challenge for many art students. In general, supplies will be more expensive in Rome than in the U.S., so it is best to bring as many materials/tools as possible with you. Former art students have recommended trying to forecast your projects and to pack supplies accordingly. If you have supplies that you know you will need, take them

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

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

FINANCES

Budgeting

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

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

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

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

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

Some common expenses for students in Rome:

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

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

Other budget considerations:

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

Currency

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

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

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

Other Sources:

- **Credit cards** are honored in many places throughout the world. However, do not rely on having your credit cards take the place of cash. Inform your credit card company of your travel plans and confirm their fees for international transactions.
- **Personal checks** are difficult if not impossible to use abroad. Leave them at home.
- In an emergency, another option is to have your family **wire money** directly using a service like [MoneyGram](#) or [Western Union](#). See their websites for details of use.

Budgeting and Currency Tips

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

COMMUNICATION

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

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

Below we list a few methods of communicating while abroad.

- All students are required to have a working **cell phone** in Rome—this can be either an unlocked smart phone they bring from the US, or a phone that they buy once in Rome. Prepaid calling cards, used for international calls, are available at *tabacchi*. You can get a cell phone from a private company which will be at school during orientation to provide information and take orders. Temple is not responsible for any cell phone products or services. Or you can buy an inexpensive phone with your own Italian telephone Sim card included. Tim and Vodafone are the best Italian telephone companies.
- **WhatsApp** is a free app that allow users to make telephone calls over the Internet to other users free of charge or sometimes for a small fee. Google also has a video chat for Gmail users. All students should download WhatsApp to their phones to receive important updates from the Rome Student Life Team.

Information to Leave with Your Family

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

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

Sending Packages and Mail to Italy

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

- First, all mail and packages should be forwarded to you c/o Temple University Rome (see below for address).
- Clearly mark the customs declaration to indicate that the items are old, used and personal belongings of the addressee.

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

Contact Information

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

Temple University

Education Abroad and Overseas Campuses

200 Tuttleman Learning Center
 1809 N 13th Street
 Philadelphia PA 19122
 Telephone: (215) 204-0720
 Fax: (215) 204-0729
study.abroad@temple.edu
studyabroad.temple.edu

Temple University Rome

Lungotevere Arnaldo da Brescia, 15
 00196 Rome, Italy
 Telephone: +39-06-320-2808
 Fax: +39-06-320-2583
rome.temple.edu

* Do not have mail sent to your student apartment; all mail should be sent to you at the Rome campus.

Emergency Contact

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

WEB RESOURCES

Temple University

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

Temple University Rome

Government Resources

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

Travel Resources

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

Country-Specific

Vodafone (Italian cell phone company)	http://www.vodafone.it/
Aeroporti di Roma	www.adr.it
Time Out Rome	www.timeout.com/travel/rome/
In Rome Now	www.inromenow.com
Trenitalia (official train system in Italy)	www.trenitalia.com
ATAC (public transportation in Rome)	www.atac.roma.it

Independent Housing in Rome

Rome Craigslist	rome.it.craigslist.it/
Wanted in Rome	www.wantedinrome.com
Klemm	www.klemm.it/eng
Goin2Travel	www.goin2travel.com
Accommodations in Rome	www.accomodationsrome.com
Barclay	www.barclayweb.com
Roman Homes	www.romanhomes.com

Condo Rentals by Owner www.vrbo.com
Sublet.com www.sublet.com
Porta Portese www.portaportese.it
Go to Roma www.gotoroma.com
Roma Rentals romarentals.net

Diversity Resources

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

Disability Resources

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

LGBTQI Resources

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