



SURVIVAL GUIDE

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INTRODUCTION

Dear participants,

Welcome to Rome!

Here you can...

- Eat Carbonara, Cacio e Pepe and Suppli
- Drink Sambuca, Fragolino and Romanella
- Walk around the center of the warm, sunny marvelous eternal city!

This is your Survival Guide, a gift from LBG Rome. Here you can find information about Rome, what to bring with you, and common phrases which will help you a lot during your trip!

WHAT TO BRING WITH YOU

- Passport / ID card
- Health Insurance
- Cash
- Credit card (preferably Mastercard)
- Typical food / drink from your country
- Elegant dress for Official Opening
- Clothes you can blemish
- Personal Care (shampoo, shower gel, toothbrush..)
- The BEST of you



ABOUT ROME

ROME, Caput Mundi during the Roman Empire, capital of Italy since 1870, home of the **Catholic Church** and the Italian government, is placed on the banks of the Tiber, there

where the river, running weakly among the seven hills, creates vast meanders which originate little plains.

With its 2,459,776 inhabitants (2001), Rome is today the biggest and most populous city of Italy.

Traditionally founded in 753 BC by Romulus and Remus, Rome began its great development beginning from the 10 century BC till it became first a Republic and then the centre of a great empire, the Roman Empire.

The **Eternal City** was Caput Mundi (Head of the World) in the Roman era, and from its law and liberal arts and sciences radiated to the confines of the vast Empire, which covered the whole of the known western world. After its fall, in 476 AC, the city underwent a slow decline and was invaded by barbarians.

In 754, by the defeat of the Franks, began the temporal power of the **Popes** over the **State of the Church**. On Christmas D 800, Charlemagne was crowned as Augustus and Emperor. With him began the period of the Holy Roman Empire, during which the city reduced to a little, corrupted town with a purely symbolic role.

The fortune of the city during the centuries was distinguished by ups and downs. To an increasing power of the Church corresponded a decline of the city self, field of fights among the noble roman families. As in other large Italian town during the 12th century the Commune of Rome strengthened its administrative position, soon to be annihilated again by the power of the popes and their domination over central Italy, known as Papal States.

Artistically, Rome underwent a period of great rebirth during the Renaissance and the Baroque periods, but politically it freed itself from the domination of the temporal power only in 1871, when it became capital of Italy. The event that marked the rebellion against the popes is known as breach of Porta Pia, and was leaded by the national hero Giuseppe Garibaldi.

In this century, Rome restored its role of the first importance in European history. Seat of the Italian government, seat of the Christianity for the presence of the **Vatican**, and one of the most important cultural and artistic centre of the world, the city attracts every year millions of tourists with its imposing rests of the past and some of the greatest works of art of the Renaissance and the Baroque.

WHAT TO SEE IN ROME

As you walk around the center you will notice that buildings from different age are mixed together and sometimes are built 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 survive at the same time in the same place. The Ancient Rome had hundreds of buildings with magnificent marble columns; if you wonder where have they 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 ruined temples. Some parts of the Colosseum are also missing, because 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 you shouldn't definitely miss some masterpieces as the **Colosseum**, the **Vatican Museums**, **Piazza di Spagna**, **Villa Borghese**, the **Foro Romano**, **Fontana di Trevi** and **Piazza Navona**, but as you walk in the city centre your attention will be caught by many other masterpieces and monuments which are really worth a look.



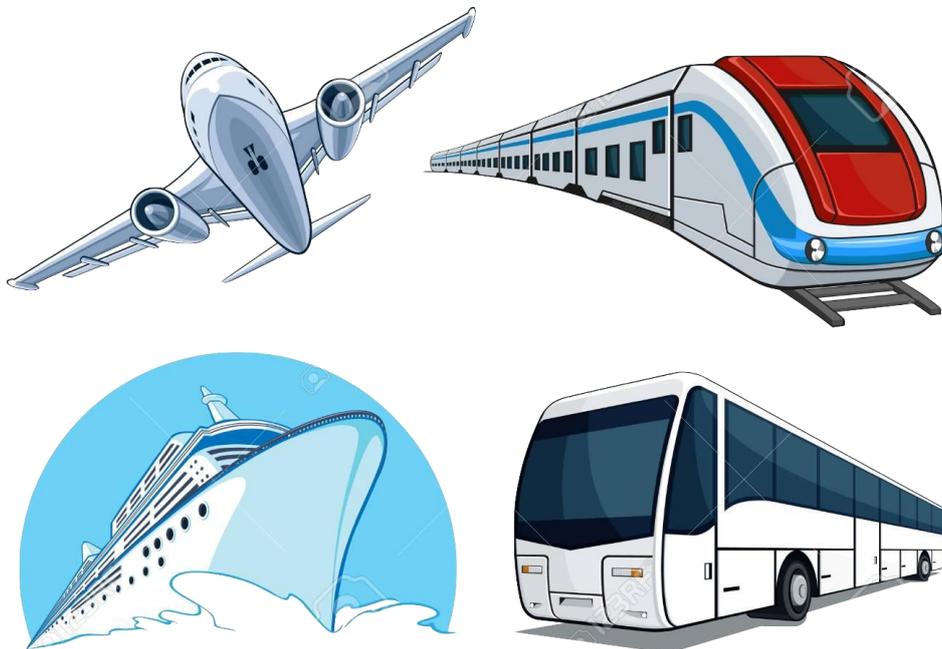
HOW TO GET TO ROME

By Plane:

The cheapest way to get to Rome is by a low cost flight: 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, Roma Fiumicino and Roma Ciampino.

By Train:

Train in Italy may be expensive or cheap according to the class of ticket you want to buy. The national company is Trenitalia (www.trenitalia.com) and Italo (www.italotreno.it) and connects Rome to everywhere. Main station is Roma Termini, while Roma Tiburtina is a connection especially for trains coming from north Italy. However, we wouldn't recommend going by train because especially the cheap ones are very slow and Rome is pretty far from the north border. Fast trains (Eurostar) are instead comfortable and always in time but they will cost you more. We can't say anything about buses companies even if there are some that serve Rome and seem to be quite cheap; you should check out at your own place.



HOW TO GET TO THE HOSTEL

Melting Pot

Hostel address is: **Via Luigi Pianciani, n°17**

From Termini Station:

Take the line METRO A (Direction: ANAGNINA) for 2 stops. Get off at "Manzoni" stop. Walk for 350 meters until you arrive at **Via Luigi Pianciani, n°17** .

From Ciampino Airport:

You have two main options:

- Take the bus from the company " **Terravision**", it will take you directly to Termini Station with no intermediate stops . You can buy tickets online or on board but it's cheaper if you buy them online. Online tickets cost €5.00 one way/€9 return trip. (To book and to have further information check the website http://www.terravision.eu/rome_ciampino.html);

- Take the bus from the company "**Bus Shuttle**" and it will take you directly to Termini Station. The ticket price is 6€ for one way trip from the airport to the city center and 6€ for one way trip from the city center to the airport. However if you buy a round trip ticket (return ticket) the price is 11€ . You can buy them at the airport or on the website <http://www.sitbusshuttle.com/en/>. The journey by bus usually takes about 45 minutes, according to the traffic.

Once you are in Termini take the line METRO A (Direction: ANAGNINA) for 2 stops. Get off at "Manzoni" stop. Walk for 350 meters until you arrive at **Via Luigi Pianciani, n°17** .

From Fiumicino Airport:

Considering it's the biggest airport of Rome you have several options to reach the city:

- Take the bus from the company "**Terravision**", it will take you directly to Termini Station. You can buy tickets online or on board but it's cheaper if you buy them online. Online tickets cost €5.80 one way/€9 return trip instead of €6/€11. (To book and to have further information check the website http://www.terravision.eu/italiano/rome_fiumicino.html);

- Take the bus from the company "**Bus Shuttle**" and it will take you directly to Termini Station. The ticket price is 6€ for one way trip and 11€ for a round trip ticket (return

ticket) You can buy them at the airport or on the website <http://www.sitbusshuttle.com/en/>;

- Take the train “**Leonardo express**” from the airport and it will take you directly to Termini Station. The price is 14€ for oneway and 28€ for a return ticket, but it takes only 32 minutes to reach the destination. The journey by bus usually takes about 1 hour.

Once you are in Termini take the line METRO A (Direction: ANAGNINA) for 2 stops. Get off at “Manzoni” stop. Walk for 350 meters until you arrive at **Via Luigi Pianciani, n°17**.

Casa Pessina

Hostel address is: **via Cavour, n°44**

From Termini Station:

Walk for 350 meters until you arrive at **Via Cavour, n°44**.

From Ciampino Airport:

You have two main options:

- Take the bus from the company “**Terravision**”, it will take you directly to Termini Station with no intermediate stops . You can buy tickets online or on board but it’s cheaper if you buy them online. Online tickets cost €5.00 one way/€9.00 return trip. (To book and to have further information check the website http://www.terravision.eu/rome_ciampino.html);

- Take the bus from the company “**Bus Shuttle**” and it will take you directly to Termini Station. The ticket price is 6€ for one way trip from the airport to the city center and 6€ for one way trip from the city center to the airport. However if you buy a round trip ticket (return ticket) the price is 11€ . You can buy them at the airport or on the website <http://www.sitbusshuttle.com/en/>. The journey by bus usually takes about 45 minutes, according to the traffic.

Once you are in Termini walk for 350 meters until you arrive at **Via Cavour, n°44**.

From Fiumicino Airport:

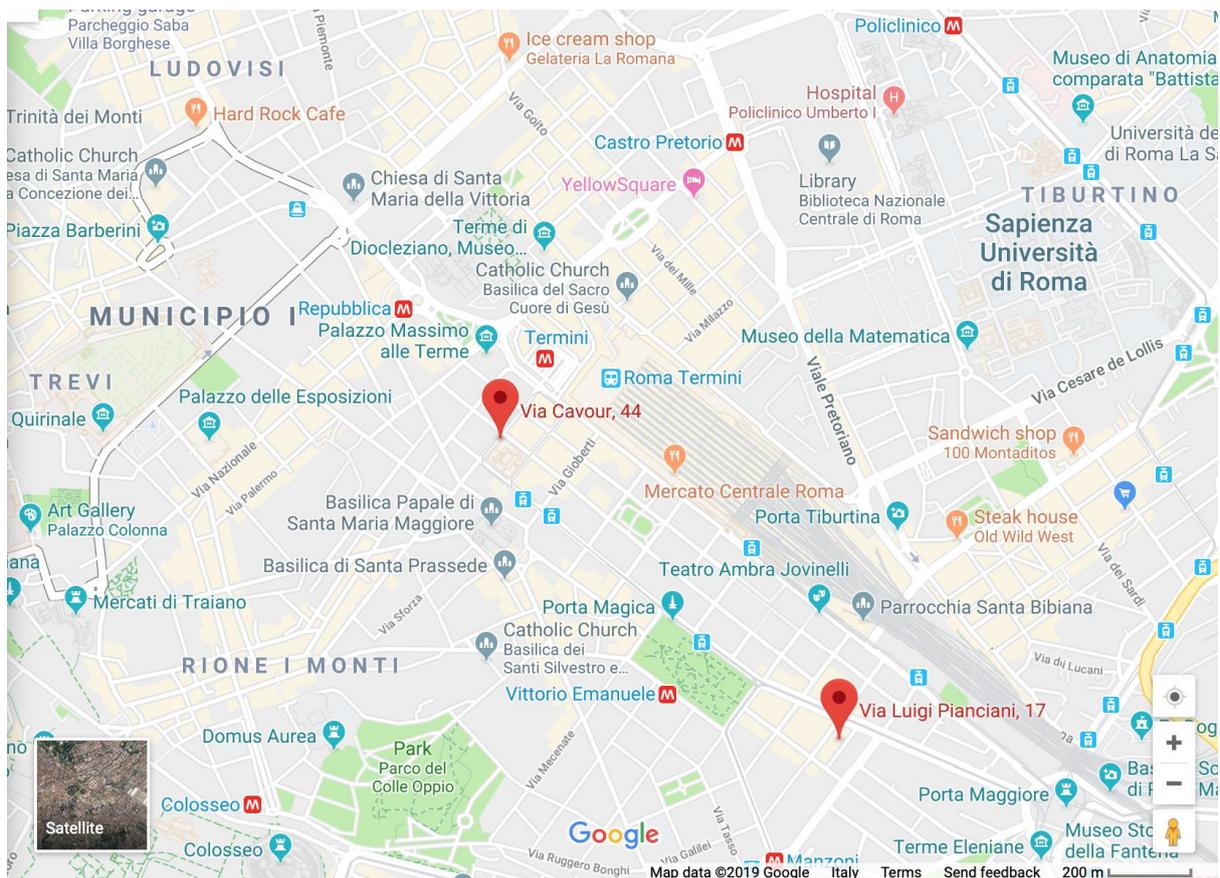
Considering it’s the biggest airport of Rome you have several options to reach the city:

- Take the bus from the company “**Terravision**”, it will take you directly to Termini Station. You can buy tickets online or on board but it’s cheaper if you buy them online. Online tickets cost €5.80 one way/€9 return trip. (To book and to have further information check the website http://www.terravision.eu/italiano/rome_fiumicino.html);

- Take the bus from the company “Bus Shuttle” and it will take you directly to Termini Station. The ticket price is 6€ for one way trip and 11€ for a round trip ticket (return ticket) You can buy them at the airport or on the website <http://www.sitbusshuttle.com/en/>;

- Take the train “Leonardo express” from the airport and it will take you directly to Termini Station. The price is 14€ for oneway and 28€ for a return ticket, but it takes only 32 minutes to reach the destination. The journey by bus usually takes about 1 hour.

Once you are in Termini walk for 350 meters until you arrive at **Via Cavour, n°44**.



HOW TO MOVE AROUND THE CITY

The Best way to go around the city is the underground: there are only 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 underground in Italy is called METRO. There are 3 lines:

- **linea A**: from Anagnina to Battistini Station;
- **linea B**: from Rebibbia to Laurentina Station;
- **linea B1**: from IONIO to Laurentina Station;
- **linea C**: from Monte Compatri/Pantano to Lodi;

Termini Station stop is on three metro lines (A, B, B1).

Tiburtina Railway station is located along the B line.

Usually the metro is open from **05:30 to 23:30** and from **05:30 to 01:30** on Friday and Saturday. The ticket costs **1,5€** and it's valid for one way trip in the metro.

With the same ticket you can also take buses all around Rome and it's valid for **100 minutes** since the first validation.

There are a lot of buses in Rome and sometimes information about the destinations and stops is not very clear. So always ask for the help of the organizers first.



HOW TO STAY SAFE AND ALIVE

Criminality:

Rome is a 4 million people city like in every big city you must pay attention especially during the night and in crowded places. The most common thefts are usually performed by small gypsy children, they usually look for tourists.

They are very skillful and sometimes you don't even realize you got robbed, so just be aware of them and watch out for your stuff when you are on buses, metro or in 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 us any question concerning places you want to go to, in order to know whether they are safe or not.



USEFUL STUFF ABOUT ROME

Some Prices (€ Euro):

- 1 beer 4-5 € (0.4l in a pub) 1,50-2 € (0.66l supermarket)
- 1 pizza + 1 beer 8-15 € (according to the area)
- 1 packet of cigarettes 5,50 € (Marlboro)
- 1 can of Coke 1,50 €
- 1 ice cream 1,50-3 €
- 1 sandwich 1,50 € (at our University) 3 € or more outside
- 1 McDonalds Maxi Menu 6-7 €
- A bottle of wine (supermarket - restaurant) 3-15 €
- 1 postcard 1 €
- 1 Bus/Tram/Metro ticket 1,50 €
- 1 6-pack of condoms 6-8 €

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 (1or 2 euro) that is only cover charge (tablecloth etc.).

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.

Shops:

Shops close around 7:30 p.m., meaning that some of them will close at 7:00 and some at 8:00. In the center 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 center where you will find many 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 whole area around these streets is really worth a walk. For more specific information you can always ask us where to go.

Pubs and discos:

If you are going to look for a good Disco in Rome, you'll be surprised how expensive they are. While disco-pubs are places where you can both drink and dance from 5 up to 15 euros, the entrance at a disco can instead range from 15 to 30 euro. Usually the ticket includes the first drink, while the next ones can be about 10 euro. Pubs are usually quite expensive in the center (5 euro for a 0,4 l) while they are cheap as you get out of the center. If you want some advice just ask us.

If you you on a diet or if you have any allergies, please let us know in time so we can arrange something for you.

ROMAN SLANG

ROMAN	ENGLISH
Bella zi	Hello friend
Gajardo!	Cool!
Anvedi!	Wow!
Daje!	Come on!
Me fai tajà	You are so funny
'Nnamo a fette	Let's walk
Sto 'na crema	I feel good
Se beccamo	See you
Mortacci tua	+ Lucky you/- asshole
Scialla	Don't worry
Stacce	It serves you right
Nun te accollà	Don't get heavy
Eccallà	It happened
Me cojoni	(suprised)
Te corco de botte	I'll hurt you
Spicciate	Hurry up
E ar popolo?	What do we care about?
Te stai allargà	You're overreacting
Nun t'aregge	Don't you dare