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Revised: 3/23/2005
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"You and I would wander through the city...and at every step we came upon something to stimulate our minds. ... Here is the Sacred Way, here the Esquiline Hill, the Viminal and the Quirinal, and the Caelian [hills]; here is the Campo Marzio, and here the hand of Superbus cut off the poppy-heads. Here it was that the unhappy woman Lucretia fell on her sword.... Here it once snowed on the fifth of August, here a stream of oil flowed into the Tiber, here...the Sibyl showed the infant Child to the emperor Augustus.... And when we were tired...we would often retire to the Baths of Diocletian, and even climb onto the roof of the building that had once been so splendid, because nowhere else could we get such clean air, such a good view or such silence."

- Petrarch, c. 1340.

No other city in the world offers a student as much as does Rome. Its nearly three thousand years of continuous history make it the perfect locale for anyone interested in art, architecture, design or literature, as well as for those studying commerce, government or the sciences. Whether Etruscan tombs, Roman temples, Renaissance and Baroque masterpieces or the latest in fashion and marketing, Rome is still very much as Titus Livy defined it in the first century: Caput Mundi – the head of the world.

Philadelphia University students have the unique opportunity to study in Rome and receive directly transferable credit through the University’s Center for Study Abroad offered in conjunction with the American University of Rome (AUR) on the Janiculum (Il Gianicolo) above Rome’s Trastevere district.

This handbook has been specifically assembled to familiarize you with some of the unique mechanisms of Rome and Italy, and to permit you to reap the maximum benefits from your stay right from day one. Please be sure to share the contents of this handbook with your parents or guardians. It is also available online in PDF from the Study Abroad website.

**General Information**

**Applications**

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**Eligibility**

To participate, students must have completed sixty (60) credits and must meet the following further requirements:

1. 2.5 cumulative G.P.A. both at the time of application and at the end of the semester preceding study abroad.
2. Two letters of recommendation from faculty members at the University, testifying to the student’s intellectual and emotional readiness for study abroad.
3. Signed certification from the Office of Student Life that the student is not on disciplinary probation at the time of application to Study Abroad.

- **Applicants are advised that students who are placed on disciplinary probation at any time prior to their intended departure will not be permitted to study abroad.**

Revised: 3/23/2005
Study Abroad office reserves the right to verify each applicant’s disciplinary status at any time prior to his or her intended departure for studies abroad.

4. A short formal essay detailing how the student hopes to benefit from studying abroad.

Rome Tuition and Costs*
Administration Fee: $350.
Tuition: Students pay Philadelphia University’s tuition.
Approx. Costs: Housing & Utilities $4,000
Food $350-$500 per month. No meal plan.
Books and Supplies $250-$350
Field Trips (optional) $300
Airfare (RT) $500-1000

*Costs are approximate and may vary due to currency fluctuations or policy changes. A personal budget worksheet is given out at orientation. It is recommended that students use this planning sheet to estimate the total costs of their semester abroad.

Foreign Language Requirements
Instruction at AUR is in English. Returning students recommend at least one semester of Italian before studying abroad, and that students study (or continue to study) Italian while they are in Rome. Some Philadelphia University programs may require Italian; students should consult their advisors.

Disabilities
Philadelphia University welcomes - and encourages - the Study Abroad participation of students with disabilities, a right guaranteed under the Americans with Disabilities Act of 1990. With a coordinated effort on the part of the student going abroad (where access, and attitudes may not be the same as in the United States), the Study Abroad office and the Disabilities Services office, the needs of the disabled student can be met. Advance planning is essential towards a successful international experience, and eligible students are urged to discuss their needs with Disabilities Services immediately after their acceptance into the program.

Graduating Seniors
Unless the certifying office and dean of the school responsible for the student’s curriculum have approved a specific exception, students must be in residence during the semester immediately preceding the awarding of their degree. See Philadelphia University Undergraduate Studies Catalog.

Honors Program
To receive Honors credit for study in Rome, students must add an Honor’s component. The Honors student, together with the director of the Honors Program and faculty members within the student’s major, will identify a series of questions and issues to be examined by the student while studying abroad. These issues might address, for example: the relationship between the student’s coursework abroad and the equivalent coursework on the Philadelphia campus; an issue related to the student’s declared major; current political relations between Italy and the United States; environmental or human rights issues; or issues regarding business and trade between the United States and Italy.

Further information, plus the required forms, can be obtained from the director of the Honors Program. See www.philau.edu/honors/.
Assumption of Risk and Release Form
All Study Abroad students are required to have signed the “Assumption of Risk and Release” waiver included in the application packet and available from the Study Abroad office.
- Any questions regarding the contents of the form should be brought to the attention of the director of Study Abroad.
- Students under 21 years of age at the time of signing must also have a parent or legal guardian sign the waiver.

Emergency Contact Information/Travel Plans
Before departing to study abroad, all students are required to provide the Study Abroad office at Philadelphia University with the names, addresses and telephone numbers of persons to be contacted in the case of an emergency involving the student. A form is included in the Study Abroad application packet. This form also alerts the Office to any allergies or chronic illnesses the student may have, and prescribed medications that the student is taking.
- Under the Americans with Disabilities Act of 1999, health information cannot be used to determine eligibility. All health information is confidential and made available only to caregivers so that they may respond to the needs of our students.

Students are further required to provide the Study Abroad office – before departure - with the date of their flight to Rome to begin their studies, and the date of their planned departure from Rome.
- Students must contact the Study Abroad office within 24 hours after their expected arrival in Rome. If the student does not contact the Office, Study Abroad staff may contact the student’s emergency contact person in order to confirm the student’s whereabouts.
- Study Abroad office telephone: 215-951-2815
  Fax: 215-951-2956
  Email: CoopSA@PhilaU.edu

Pre-Departure Orientation
All students participating in the Rome program are required to attend the University’s pre-departure orientation. Parents are encouraged to attend.
- Students not attending the orientation – for whatever reason – must sign a waiver before their registration will be processed.
- Architecture and Fashion students are further required to attend an informational seminar directed by staff from the Schools of Architecture and/or Textiles. Other departments may schedule similar seminars. The respective schools will announce the date of these seminars

Financial Aid
Philadelphia University is dedicated to both developing and implementing affordable, quality, study abroad programs. In order to ensure that students are fully informed of all the financial aid opportunities available to them, students receiving, or intending to receive, financial aid are required to meet with Lisa Cooper, Director of Financial Aid, before finalizing arrangements to study in Rome.
- Financial Aid application deadline: April 15.

IMPORTANT: Students are responsible for ensuring the application of Financial Aid funds to their account(s) at Philadelphia University while they are abroad. If checks will need to be signed by the student and returned to Philadelphia University for disbursement, students must
PRE-ARRANGE these transactions well before departure. Students are to inquire as to the transaction options available to them

- **The Study Abroad office cannot send checks abroad.**
- To ease the transfer of student loan funds, ask about the Electronic Funds Transfer (EFT) option.

**The United States Department of State,** Bureau of Educational & Cultural Affairs has recently instituted a new scholarship, the Benjamin A. Gilman International Scholarship Program. The Institute of International Education administers this program.

- Selected recipients are awarded up to $5000, depending on the length of their program, to defray the costs associated with studying abroad. Information and applications are available from the Study Abroad Office, or online at: [http://www.iie.org/gilman/](http://www.iie.org/gilman/).
- Information on other grants and scholarships is available at Study Abroad.
- Other scholarships sources online
  - [http://www.iefa.org](http://www.iefa.org)
  
  Note: These web sites are provided as a convenience to Philadelphia University Study Abroad students and their families and is for reference only; no recommendation or endorsement is implied.
- Philadelphia University Study Abroad website. Click on “Resources.”

**Billing Policy**
Philadelphia University bills Rome students for tuition, university-provided housing, and the required Study Abroad health insurance policy.

- University policy states that in order for a student to be permitted to study in Rome through Philadelphia University, all student account balances must be paid in full no later than one month prior to departure for Rome.

In the case of a credit balance due to financial aid, a refund check will be mailed to the address on file at the Business Office, unless the student has made other arrangements with the Business Office prior to the student's departure for Rome.
Philadelphia University Residence Hall Contracts

Students are responsible for informing themselves of current Philadelphia University housing policies that relate to Study Abroad, and for abiding by the established regulations. Students in University housing are responsible for canceling their Philadelphia University residence hall contracts before departing for their studies abroad.

**Important:** As is the case with all Philadelphia University students, returning Study Abroad participants are not necessarily guaranteed housing upon their return. Students were required to make contact with the Residence Life office at Philadelphia University during their early planning and be certain that they understood the rules and procedures that impacted their eligibility for housing upon their return.

- In particular, students were responsible for informing themselves of the eligibility requirements for participation in the selection lottery, and of the means by which they might participate in the selection process itself while they are abroad.
- Students not following the procedures of the Office of Residence Life - whether on-campus or abroad - are not be permitted to participate in the housing selection process.

To participate in the selection process while abroad, students studying abroad are required to submit a proxy form to the Office of Residence life, or a letter indicating who they are designating to be their proxy (representative), in order to be considered eligible for the selection process and assigned a lottery number. Forms are available from the Office of Residence Life.

- Study Abroad participants are required to observe the deadlines established by Residence Life.

Please direct all inquiries related to Philadelphia University housing to the Office of Residence life. Telephone: 215.951.2741. Fax: 215.951.2644. Email: Mary Hoban (Secretary) at HobanM@PhilaU.edu

United States Income Tax

Students who will be abroad on April 15 are required to file a tax return or to apply for a four-month extension that will extend the due date to August 15. For more information, see: [http://www.irs.gov/businesses/small/international/article/0,,id=96787,00.html](http://www.irs.gov/businesses/small/international/article/0,,id=96787,00.html)

Academic Matters

Course Authorization

Before going abroad, students are required to meet with their academic advisor and the study abroad advisor from their discipline in order to fill-out their Course Authorization Form (Greensheet).

- Since courses abroad, as with courses offered on any campus, may not be offered during a given semester – or may conflict with primary selections – students are urged to select several Alternates.
- All Alternates must be approved and appear on the completed Greensheet.

Registration for Study Abroad

Two pre-registrations are required for Rome.

1. An AUR pre-registration.
2. The regular Philadelphia University pre-registration.
AUR Pre-Registration
Accepted students are notified as to when they should come to the Study Abroad office and fill-out their AUR pre-registrations. Students consult an office copy of their Greensheet and the schedule of courses being offered at AUR their semester and fill-out their AUR registrations accordingly. These are then faxed to Rome. Students are reminded that, as on any university campus, primary course selections at AUR may turn out not to be offered during a given semester, or may conflict with other selections.

- Students who find that their primary courses are not offered, or have schedule conflicts, need to utilize their approved Alternates.
- Those without Alternates, or Alternates that still are unworkable, need to obtain further approvals from their advisor.
- Students are urged to select several Alternates when meeting originally with their advisors and to check the AUR catalog for notations as to which semester courses are likely to be offered.
- **WARNING:** Unapproved courses, those NOT appearing on your Greensheet – including Alternates – will not be accepted for transfer credit. All coursework abroad must have written and recorded approval. Securing approvals is the responsibility of the student.

Philadelphia University Pre-Registration
**Important:** All Study Abroad students must pre-register/register with the Registrar for Philadelphia University Study Abroad credits during the pre-registration period.

- This process is *in addition* to the processing of your Course Authorization Form (Greensheet) and your AUR pre-registration.

Because Study Abroad students require the specific approval of the Philadelphia University Study Abroad office in order to participate, outbound Study Abroad participants must pickup a Permit to Register from the Study Abroad office.

To pre-register for Study Abroad:

1. During registration, come to the Study Abroad office and obtain a "Permit to Register.
2. Follow the instructions.
3. That’s it!

AUR Schedule Revisions
Students are permitted to change their AUR schedule within five (5) days of the start of a semester at Rome.

**IMPORTANT:** If you change your course selections and add courses that do not appear as alternates on the Study Abroad Course Authorization sheet (the Greensheet), approved by your advisors and turned in to the Study Abroad office, you must – without exception:

1. Contact the Study Abroad office, with the name of your advisor.
2. Describe, precisely, the changes you wish to make and
3. The reason(s) why they are necessary.

Students are responsible for ensuring that requests are made in a timely manner such that deadlines are met.

Study Abroad will contact your advisor and notify you of the result. If the request is approved Study Abroad will make the necessary changes to your paperwork.
The Study Abroad office must have a record of approval in order to process your foreign transcript at semester’s end and forward it to the Registrar.

Warning: Unauthorized courses cannot be processed for transfer credit!

Before departing to study abroad, make sure that you have the following:

- Your academic advisor’s email address, telephone number and fax number.
- A copy of your advising checksheet.
- Study Abroad Office contact information:
  Email: CoopSA@Philau.edu
  Telephone: 215-951-2815
  Fax: 215-951-2956

Credits
While studying in Rome, Philadelphia University students remain registered at the university and enroll abroad for twelve or more credits. These credits are recorded on the student’s permanent transcript largely as transfer credits. Some exceptions apply (see below).

- Students must receive a C- (C minus) or better for the course credits to be applied as transfer credits.
- The auditing of Study Abroad courses is not permitted.

Grades
In accordance with published university policy, grades earned while studying in Rome are not made part of the student’s permanent Philadelphia University transcript. See Philadelphia University Undergraduate Studies Catalog.

- Exception: Students enrolled in the studio courses offered at AUR by the Philadelphia University - Rome Architecture and Fashion programs transfer both credits and grades. Students should see their academic advisors for details.
- The auditing of Study Abroad courses is not permitted.

Attendance
Philadelphia University policy states that all students are responsible for – and grades may be determined by – all requirements outlined by an instructor’s syllabus. This may include class participation, as well as the completion of all assignments, the reading of all required materials, the completion of laboratory [or studio] assignments and/or field trips, and the taking of required examinations. Philadelphia University Undergraduate Studies Catalog.

- Students studying abroad must comply with the attendance policies of Philadelphia University and those of their host institution abroad.
- Students are expected to invest - at minimum - the same amount of time and effort in classes abroad as is required at home.
- Note: Independent travels while abroad will not excuse absences.

Students are advised to not make definitive plans to travel while abroad until they have received their course syllabi, and their assignment and examination schedules.

Coursework
All required coursework (exams, essays, papers, reports, presentations, projects, etc.) must be completed and submitted prior to your departure from your foreign institution.

- Post-departure work - except in extreme and documented emergencies - will not be accepted.
➤ Incompletes – except for the above – will count as failures.

- In the event that an Incomplete is awarded, students are reminded that Philadelphia University policy states (Philadelphia University Undergraduate Studies Catalog) that an Incomplete “automatically becomes a failure unless removed within four weeks of the next semester, including summer sessions.” The date by which Incompletes must be satisfied is published with each semester’s academic calendar by the Registrar. Students are responsible for contacting their foreign institutions and instructors and ensuring that any incomplete work is completed and graded by the due date established by the Registrar of Philadelphia University.

You should retain your course syllabi, reading lists and copies of your work until you receive your transcript and final grade report.

- In the event of a grade dispute or any other questions related to your academics abroad, this material would serve you well.

➤ Students are responsible for saving their own documentation, which may otherwise be difficult to obtain after the fact.

Study Abroad Outcomes

Students are advised that Philadelphia University will soon be implementing Study Abroad Outcomes. The Outcomes are seven discipline-independent learning results that are expected of all Study Abroad participants. Students are further advised that they may be asked to substantiate how they achieved each of the seven outcomes while abroad, and may be required to complete specific tasks and/or assignments in order to substantiate compliance. Students are expected to be able to substantiate how they:

1. Learned about the economic interdependence of the world and its implications for their professional development.
2. Increased their knowledge regarding international developments within their field and their particular areas of interest.
3. Acquired an enhanced level of intercultural awareness.
4. Became more aware of their professional responsibilities as a member of a global community.
5. Increased their adaptability, resourcefulness, and flexibility.
6. Learned about the environmental, geographic, historical and cultural factors affecting the country in which they studied.
7. Increased their sense of personal responsibility and independence.

Academic Model and Time Management

Although your courses will be taught in English, studying abroad frequently requires students to develop – or to strengthen – their independent study skills. Time management, and goal setting will better ensure success. You may find you need to look closely at the way you learn things and perform academically, since it is frequently the case that instructors abroad expect students to take on greater responsibility for their own learning. Planning will help.

Perhaps more so than at home, you will need to be well organized from day to day. In addition to juggling your coursework and outside interests (interests which can become overwhelming when abroad with so much of interest to see and do), you may find that it just plain takes longer to get things done, plus business days and hours are often far different from what students are used to at home (More on this below). Once abroad, therefore, plan your time carefully.

- Note when Midterms and Finals are scheduled.
• Consult your syllabi and see when papers and projects are due.
• Allocate specific blocks of time to regular periods of study, noting special needs such as preparations for Midterms, Finals and major projects.
• Take into account the fact that foreign instructors generally give less feedback than what you are used to, and expect students to take on a greater share of responsibility for their learning.
• Grading structures of simply a Midterm, paper, and Final exam are common. This means that you need to be very ready for the Midterm as it may be difficult to get caught up otherwise.
• Consider the regular day-to-day tasks that you will need to accomplish, and the local business hours or conditions that determine when you can do them.
• Where are your blocks of legitimate free time?
• How will you use them and for what purposes?

AUR Studio Hours
For security and other reasons, Philadelphia University students must abide by the studio hours established and announced by AUR.

➢ The opening hours cannot be changed.
➢ Students are advised to plan their work and manage their time accordingly.

The Study Abroad Website
The Study Abroad office maintains a special page on its website (http://www.philau.edu/coopsa/Study_abroad.htm): “For Students Abroad.” The page may be reached from the University’s home page, clicking on “Academics” and, on the following page, “Study Abroad.” Once on the Study Abroad website, click on “For Students Abroad” on the menu at the left.

As the title denote, this page is dedicated to serving students abroad and features links to travel offices abroad, international news sources and even hints on how to visit Pompeii, Capri or Sorrento on your own from Rome. You will also find important policy information there as well as contact information, email links, and hints as to how to get academic matters taken care of back home.

More importantly, you will find information related to emergencies and security, and the page supplements program-related email sent to students and “broadcasts” that information to students abroad.

➢ Students are required to monitor this page regularly, particularly when Registration deadlines approach or events occur internationally.

Pre-Registration for Courses at Philadelphia University from Rome
Students register from abroad through the WebAdvisor online interface. Just prior to the opening of Pre-Registration on the Philadelphia campus, students will receive an email advising them of the dates for Pre-Registration, the deadlines that they must abide by, and instructions on how to pre-register. Information can also be found on the "For Students Abroad" page of the Study Abroad website.

➢ Students are encouraged to prepare and copy the “Returning Course Authorization” (Yellowsheet) form with their advisor at the same time the Study Abroad Course Authorization (Greensheet) is prepared. This will give you an approved list of courses to use at pre-registration.
Return courses elsewhere than Philadelphia University? Please inquire of that institution – before departure - how you may pre-register from abroad and then plan accordingly. See, also, the “Courses at Other Institutions” rules in the Philadelphia University catalog. It is available online at http://www.philau.edu/catalog/acdpol.html. Scroll down to “Courses at Other Institutions.”

Important: AUR staff cannot fulfill any advisory roles related to Philadelphia University registration.

- Any curricular questions that you might have must be directed to your advisor at Philadelphia University.

Transcripts and Grade Recording
Students are responsible for ensuring that an official transcript is sent to the Philadelphia University Study Abroad office upon the completion of each semester of study abroad.

- Students do not receive credit for their studies abroad unless a transcript is received in a timely manner.

Students and parents are advised that due to the time required to generate, receive and process foreign transcripts, students will first receive a Philadelphia University Grade Report upon their return that is to be considered interim in nature.

- This report will show 12 “placeholder” credits (only), no matter how many credits the student may have taken abroad.

Once the transcripts are received by Study Abroad and then processed by the Registrar’s office, the credits and equivalencies will be adjusted and grades (where appropriate) recorded.

- Following that, a new and official Grade Report will be generated by the Registrar and sent out.

Grade Inquiries: The Study Abroad office cannot divulge grades prior to their processing by the Registrar. You will receive your grades in the mail.

Sexual Harassment
Philadelphia University policy “affirms its commitment to provide a professional working and learning environment that is free of discriminatory conduct and communication and that supports and rewards educational and employment growth on the basis of ability and performance. Harassment threatens this environment because it compromises institutional integrity and negates traditional academic values.

Harassment includes verbal or physical conduct that has the intent or effect of interfering with an individual's educational or work performance. Such conduct creates an intimidating, hostile and/or offensive educational or work environment.

Specifically, the definition of sexual harassment includes sexual advances and requests for sexual favors that might be perceived as explicitly or implicitly affecting educational or employment decisions. In addition, comments, actions and attitudes that may be interpreted as derogatory or offensive by the person to whom they are directed fall within the definition of sexual harassment.

It is the policy of the University to investigate promptly and attempt to resolve any claim of sexual harassment since harassment of any kind is unacceptable.” Philadelphia University Student Handbook.
Just as in the United States, sexual harassment and assault can occur abroad. Knowing how to identify harassment—whether it is between two students, between a professor and a student, between a staff or residence authority and a student, etc.—and where to report an incident can help to maintain a safe, harassment-free environment.

Study Abroad students should trust their judgment and intuition. Simply put, if a situation makes you uncomfortable, then it needs to be addressed.

- A difference of culture does not excuse psychological, verbal or physical abuse.

If you experience sexual harassment while abroad, report the incident immediately to the Student Services coordinator at AUR.

Student Conduct Abroad
Students studying in Rome are required to observe the laws of the Republic of Italy and all the academic and disciplinary regulations in effect at AUR.

- Students are advised that foreign governments do not necessarily extend to their citizens, or to visitors from the United States, the same civil rights enjoyed at home by U.S. citizens and visitors.

Because Philadelphia University students remain enrolled at the University concurrently while studying abroad, they must also adhere to the Philadelphia University Student Code of Conduct (published in the University’s Student Handbook), the contents of which they should be familiar with before departing.

- The Philadelphia University Student Code of Conduct is also available on-line at: [http://www.philau.edu/pc/SH_JudicalSystem.html#intro](http://www.philau.edu/pc/SH_JudicalSystem.html#intro).

Philadelphia University Standards of Conduct
Generally, the University defines prohibited conduct for which a student may be held responsible as follows:

1. Acts of academic dishonesty or misconduct including, but not limited to, cheating, computer theft, stealing and plagiarism.
2. Acts of non-academic dishonesty, including, but not limited to, theft, attempted theft, possession of stolen property, forgery, and falsification of information provided to any University official or agent.
3. Physical or sexual assault or any other conduct which threatens the physical or psychological health and safety of any person (including the person committing the act) or the sanctity of the campuses.
4. Damage to University public, private or personal property.
5. Violation of policies as described in the Student Handbook, the current Catalog, and the Study Abroad Handbook(s), and all other rules governing University facilities, documents and services.
6. Intentional disruption or obstruction of teaching, research, administration, disciplinary procedures, other activities or activities authorized to take place on University properties.
7. Disorderly conduct, including acts which breach the peace, and/or are lewd, indecent or obscene.
8. Failure to comply with directions of University, local, state or national officials performing official duties. This shall include failure to give proper identification when requested.
9. Violation of a student’s rights or privileges and verbal or written harassment, discrimination, abuse and/or disrespect to any person.
10. Violation of the statutes, laws, ordinances and/or regulations of the city of Philadelphia, Commonwealth of Pennsylvania, or other cities, states and nations while abroad, and the United States of America.

The following behaviors are specifically prohibited in the Philadelphia University community. Students, faculty, administrators, contracted employees may not:

- Use, possess, manufacture, distribute, dispense or sell illegal drugs or drug paraphernalia on University premises or in University-owned vehicles.
- Use, possess, manufacture, distribute, dispense or sell a controlled substance on University premises unless otherwise authorized.
- Store in a locker, desk or other repository on University premises any illegal drug, drug paraphernalia or any controlled substance whose use is unauthorized.
- Be under the influence of an unauthorized substance or illegal drug on University premises or in University-owned vehicles.
  - Use alcohol to the extent that it adversely affects the performance of the employee or student.
  - Use alcohol to the extent that the safety to self or others on the campus is jeopardized.

The prohibited behaviors listed above, and as published in the Philadelphia University Student Handbook, apply to all members of the University community, including those abroad.

Participation in study abroad at the university is not a right. Rather, it is a privilege extended to qualified applicants. Students must meet certain expectations and eligibility criteria, as well as exercise responsible judgment and behavior.

- Application to and acceptance into the study abroad program is separate from admission to Philadelphia University.
- When students accept their admission to the study abroad program, they agree to abide by the policies and regulations set forth in this Study Abroad handbook, the university’s current academic catalog, the university’s current Student Handbook and other relevant university publications.

Statement of Social Behavior

Due to its very nature, study abroad requires students to comport themselves in a mature and responsible manner. It asks them to perform with academic distinction in a foreign environment that can engender intellectual stimulation and personal and cultural enrichment on the one hand, and seductive distraction, risks and even danger on the other. Good judgment and responsible behavior, thus, is essential; not only for your own personal growth, enrichment and safety but that of your fellow students and friends. At a minimum, you are expected to:

- Comply with local laws and regulations
- Abide by host (foreign) university policies and regulations (including local housing regulations and policies), and
- Adhere to the social patterns of local housing placement and the local community.

Any behavior that in the judgment of the Office of the Dean of Students in conjunction with the Study Abroad Office causes pain or discomfort to others, or which reflects discredit on the individual or upon the University, is considered unacceptable, and may subject the offender(s) to immediate administrative action by the Office of the Dean of Students in conjunction with the Study Abroad Office including, but not limited to, immediate dismissal from the study abroad program.
Students who are dismissed from their study abroad program will be:

- Withdrawn from their courses overseas and awarded the grade of "F" for each course.
- Removed from their program-provided housing, and expected to return to the United States as soon as possible, and at their own cost.

Students dismissed from their studies abroad may, in separate administrative action, also be withdrawn from the University depending upon the severity of the infraction.

➢ Students dismissed from their studies abroad are not entitled to any refund of unused fees.

To protect the integrity of Philadelphia University, its Study Abroad programs, and the various individuals and entities that the university relies upon abroad, in addition to the rights, safety and well-being of the university’s students and the citizenry at large (both foreign and domestic), the Office of the Dean of Students in conjunction with the Study Abroad Office reserves the right to pursue separate sanctions against offenders under the university’s judicial system in the event that they are permitted to continue as students at Philadelphia University.

Examples of unacceptable student behavior while on study abroad that may lead to immediate administrative action by the Office of the Dean of Students in conjunction with the Study Abroad Office include, but are not limited to:

- Illegal drug use
- Alcohol abuse
- Violence or vandalism
- Failure to attend classes and/or other required academic activities
- Unauthorized absence from the study abroad program
- Unauthorized changes in housing
- Arrest for infractions of local laws
- Other violations of Philadelphia University policies.

Policy on Alcohol and Other Drugs

Philadelphia University is required by law to inform students of the sanctions which may be imposed upon them if they violate federal, state or local laws regarding the unlawful possession, use or distribution of illegal drugs or alcohol. In addition, Philadelphia University is required to inform students of the standards of conduct, University penalties, health risks and counseling options as they pertain to substance abuse. All members of the Philadelphia University community are hereby notified of the primary components of the Substance Abuse Prevention Policy in compliance with the Drug-Free Schools and Community Act (DFSCA) of 1989.

- Complete details of the University’s policy on alcohol and other drugs as required by DFSCA is contained in the Philadelphia University Student Handbook.
- The policy is also available online at: [http://www.philau.edu/pc/SG_StudentLife2.html#alcdrug](http://www.philau.edu/pc/SG_StudentLife2.html#alcdrug).
- Students are required to familiarize themselves with this policy before departing to study abroad, and – by signing the required “Assumption of Risk and Release” form - have agreed to adhere to the policies.
- This handbook discusses related and additional issues directly impacting students studying abroad.
Alcohol Policy
As an institution of higher education, Philadelphia University wishes to promote the educational purposes of the University in all activities and to establish in our students a professional level of behavior and personal deportment that is concurrent with those educational objectives. In light of problems of alcohol abuse in our society, the University seeks to encourage a social life that does not emphasize the role of alcoholic beverages in either private or group activities and yet allows students of legal age some opportunity to develop good habits for moderate and appropriate drinking.

The laws and statutes of the Commonwealth of Pennsylvania regulate the possession and consumption of alcoholic beverages on the campuses of Philadelphia University, and at University-related events. Abroad, students must abide by the laws and customs of their host nation, city and academic institutions.

University-provided housing abroad is considered university residential campus housing and is subject to the Philadelphia University Student Code of Conduct found in the Philadelphia University Student Handbook and amended here, and Paragraph I (“Personal and Academic Conduct”) of the Philadelphia University Study Abroad Program “Assumption of Risk and Release” form required of all Study Abroad applicants.

Students are reminded that as registered participants in the Study Abroad Program, they remain students of Philadelphia University while abroad.

Alcoholic Beverage Policy for Events Involving Students
Philadelphia University limits the use of campus facilities for events where alcoholic beverages may be consumed. The University permits the possession and consumption of alcoholic beverages by students who are of local legal age in the privacy of their residence hall rooms. However, drinking is not permitted in any other area of any campus unless at an event specifically approved by the University for the consumption of alcoholic beverages.

Alcohol Policy Violations
1. Consumption or possession of alcoholic beverages in the public areas of the campus not designated as a permit area or without a permit. These areas include residential hallways, public lounges and bathrooms, and anywhere out of doors, including residential patios.
2. Consumption or possession of alcohol by a person under the local legal drinking age.
3. Being intoxicated as indicated by appearance or behavior, such as: slurred speech, unstable walk, unconsciousness, destruction of property, use of abusive language, alcohol on breath, vomiting or disturbance to others.
4. Sale or trade of alcohol on the campus property or to members of the Philadelphia University community.
5. Possession of kegs, beer balls or similar bulk containers.

The resident(s) in whose room/apartment/townhouse alcohol is being consumed is (are) responsible for the behavior of guests and will be held accountable for policy violations. It is the responsibility of the dweller(s) to ensure that:
• Local minors do not consume alcohol.
• Guests do not leave the room/apartment/townhouse with open containers of alcohol.
• Guests do not become intoxicated and/or disorderly.

Note: Complaints of disorderly conduct abroad on the part of Philadelphia University students received by study abroad institutions will be acted upon.
Violations of the alcohol policy will remain active and accumulate for the duration of a student’s matriculation at Philadelphia University. Any student who has three semesters with no violations of the alcohol policy may submit a written request to the Associate Dean of Students to have his/her previous violations removed from his/her record.

Any University official (including members or agents of Safety & Security, Residence Life and the Student Life staffs) who has a reasonable suspicion that the alcohol policy is being violated may access any University facility to determine an appropriate course of action.

- University officials are authorized to intervene in any situation that warrants action including, but not limited to: removal of attendees; closing of the event; and/or dumping or confiscation of alcohol; and notification of University personnel.

About Consuming Alcohol While Studying Abroad
Philadelphia University is required by the United States government’s Drug-Free Schools and Campuses Act to certify that it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees. The Act also applies to programs abroad in which students are enrolled.

While the information provided here is in compliance with the Act, it is especially directed towards informing students of the risk that drug and alcohol use presents to their health, safety and well-being - particularly within the context of studies abroad - so that they might make well-informed choices and take responsibility for their actions.

- The consumption of alcohol and drugs is – far and away – the number one cause of serious incidents in study abroad programs nationally.
- These incidents need not happen, and students must recognize that control resides with them.

Above all, Philadelphia University, and the Study Abroad Office, cares about your health and safety while abroad.

- All students, whether of U.S. legal drinking age or not, are asked to read the following attentively and to discuss drinking – and especially the potential risks that it carries abroad (more on this below) – with their families.
- The special risks associated with alcohol use by American students below the U.S. legal drinking age are discussed further below.
- Professional help and advice is available from the university’s Counseling Services: 215-951-2735.

Drinking and Intercultural Experience
Cultures view alcohol – and various types of alcohol – in differing ways. Depending upon the culture in question, alcohol may be seen as a complement to a meal, a privileged drink, an element of a sacred rite, a socially-acceptable way of unwinding, or in various other ways or combinations. If you are under the age of 21, it is illegal for you to consume alcoholic beverages in the state of Pennsylvania. However, because the legal drinking age abroad is frequently lower than it is in the United States (the legal age in Italy, for example, is 16), it is not unlikely that you will encounter social, or other, situations that involve the consumption of alcohol in a culturally appropriate manner.

1. You do not have to drink. It is culturally appropriate to decline the offer of an alcoholic beverage, particularly if you do so in a gracious manner.
2. You should never feel culturally pressured to do anything that makes you feel uncomfortable.
3. If you do choose to consume alcohol, please consume it responsibly and safely.

- Alcohol belongs to that class of drugs known as sedatives, which can impair judgment and cause a loss of inhibition, judgment and fine motor control skills even in small doses.

**Warning:** Large doses or overly rapid consumption can result in alcohol poisoning, and even coma or death through stoppage of the involuntary muscles – the heart and lungs.

**Health Risks of Alcohol**
Please be aware of the fact that alcohol affects the body and the mind.

- Alcohol enters the bloodstream almost immediately, and circulates to the brain and all organs.
- It depresses the central nervous system, slowing the thought process, impairing judgment, and reducing reflexes and other physical skills.
- A person may find him or herself to be confused, moody, angry, and emotional and disoriented under the influence of alcohol.
- In a less familiar, foreign, environment such affects could have catastrophic, even deadly, consequences.
- Dangers associated with - and not limited to - the use of alcohol include: addiction, damage to key organs, personal and motor vehicle accidents, social problems (family, school, and job problems), birth defects, and other serious physical problems, including death due to alcohol poisoning.
- According to 1994 data from the National Center for Health Statistics, some 400 young people aged 15 to 24 die per year from binge-drinking (more on this below).
- A 1996 survey by the national anti-drunk driving group, Remove Intoxicated Drivers (RID), placed the figure closer to 4,000 per year. In surveying Medical Examiners from all 3,075 counties in the United States, they found that these examiners routinely listed alcohol poisoning deaths under other categories, "to spare embarrassment by families and friends of the victims." *Globe*, January 1998.

- Alcohol has been shown to have a greater - and more rapid - effect upon women due to a difference in the rate of metabolism.

**If You Decide to Drink, Be S-A-F-E About It!**

S is for Slowly

The human body can safely metabolize (digest) only about ½ ounce of alcohol per hour.

- One 12-ounce beer made of 4% alcohol.
- One 4-ounce glass of (12%) wine.
- One ounce of (100 proof/50%) spirits.
- Remember: Consume only one drink per hour.

- Important: Do not consume more than four drinks at any one sitting.

**If you have never** (or rarely) consumed alcohol before – go slow!

- Getting sick – and you will if you do not go slowly (it is your body’s way of sounding an alarm and cleansing itself) – is decidedly not fun.
- If you become violently ill, internal damage (or worse) may result.
- Drinking may be portrayed as cool or elegant in the movies, but vomiting most definitely is not and is socially repulsive universally, so go slow.
A: Aware
Recognize the context of your drinking: a foreign and (largely) unfamiliar environment.
• All countries and cities have places that should be avoided. Be intelligent: avoid them and do not drink there. Unsure? Stay away!
• Wine and (especially) beer may be 2 to 3 times more potent than in the United States. The effect is a “stealth attack” – you may not recognize that you have overdone it until it is too late. This is another good reason to drink slowly.
• There are personal – as well as health - dangers involved in being drunk while at home in the United States. These dangers are magnified many times in unfamiliar bars and restaurants, on unfamiliar streets and transit systems, and where a language barrier may further complicate matters.
➢ Students – both male and female – are at greater risk regarding “date rape” drink additives when in an unfamiliar environment.

F: Friends and Family
If you decide to drink, make it an element of a truly social occasion: dinner, dancing at a club, enjoying music at a jazz club, etc.
• Drinking to get drunk is, by contrast, antisocial and an activity associated with social dysfunction, drug dependency, and low social status in most cultures.
• Do not drink in solitude, or alone in public, but with responsible friends and family.
• Depression and stress can have a further negative impact upon the way alcohol affects the brain.
• When drinking, look after your friends’ health and safety. Know the limits of healthy drinking, and be aware of your surroundings and the possibly serious consequences of drinking in unfamiliar settings.

E: Eat When You Drink
Food slows the absorption of alcohol into the bloodstream.
• Alcohol should be a complement to food and not a substitute.
• Drinking on an empty stomach can lead to unexpected results – the alcohol will go directly, without impedance, into the bloodstream and into the brain whose operations (thought, judgment, motor skills, etc.) will be impaired to a higher degree compared to a drink taken with food; a situation that (again) could lead to serious consequences abroad.

Binge Drinking and You (Even If You Do Not Drink)
In 1993, the Harvard School of Public Health began surveying U.S. college students about binge-drinking. They, in fact, coined the phrase and were the first to focus attention upon this serious problem that jeopardizes the health and safety of college students (and others), both nation-wide and abroad.
• Portions of the next several sections - essential reading for all Philadelphia University students going abroad - have been adapted from the 2000 (1999 survey) Harvard School of Public Health report.

Are You a Binge-Drinker?
According to Harvard’s 1999 statistics regarding college students, it is rather likely that you are a binge drinker and, thus, at risk.
• Fully 44% of all students – not just drinkers – binge-drink.
A binge-drinker is defined as the following:

- Male: Five or more drinks (as above) in a row at least once during any given two-week period.
- Females: Four or more drinks in a row at least once during any given two-week period.

By contrast, a frequent binge-drinker is:

- Someone, whether male or female, who has binged three or more times during any two-week period.

Alarmingly:

- 23% of all students are frequent binge-drinkers, a figure that is actually on the increase.
- Heavy – and not just social - alcohol use affects more students than all other drugs combined: cigarettes, marijuana, cocaine, etc.

The Dangers of Binge-Drinking

From our discussion to this point about the levels of alcohol that the human body can tolerate, it will be quite apparent that binge-drinking is hazardous to one’s health. Consider also the following, for – compared to non-binge drinkers (let alone non-drinkers), frequent binge drinkers – presently nearly one-quarter of the U.S. college student population - are:

- 17 times more likely to miss class and jeopardize their academic careers.
- 10 times more likely to vandalize property.
- 8 times more likely to get hurt or injured as a result of their drinking.

Frequent binge drinkers account for 60% of all students who are injured, commit vandalism, and experience problems with the police.

- Consider the ramifications of such a result in a foreign environment, a different health care system, and under stricter law enforcement, and an unfamiliar judicial system where the application of American “rights” (and bail) is, itself, likely foreign.
- Students abroad who drink sometimes dangerously rationalize that they can increase their consumption of alcohol because they will not be operating motor vehicles.
- Do not jeopardize the health, safety and well-being of yourself – and others – by falling under the sway of this dangerous and irresponsible “not driving” argument!

Alcohol Poisoning

Alcohol poisoning – a severe and potentially fatal physical reaction to an alcohol overdose – is the most serious single consequence of binge drinking.

- When excessive amounts of alcohol are consumed, the brain is deprived of oxygen.
- The struggle to deal with an overdose of alcohol and lack of oxygen will eventually cause the brain to shut down the voluntary functions that regulate breathing and heart rate.
- Alcohol poisoning is a medical emergency that requires immediate attention!

Unfortunately, it is sometimes difficult to tell if someone has just (!) "passed out" or is in serious medical danger. Here are some symptoms of alcohol poisoning:

- Subject does not respond to being talked to or shouted at.
- Does not respond to being pinched, prodded or poked.
- Cannot stand up.
- Will not wake up.
- Slow, labored or abnormal breathing.
- Skin has a bluish or purplish color.
- Skin feels clammy.
- Rapid pulse rate.
• Irregular heart rhythm.
• Lowered blood pressure.

**Important: Choking to death on one's vomit after an alcohol overdose is more common than you might think.**
• Death by asphyxiation occurs when alcohol depresses the body's reflexes to the point that the person cannot vomit properly.

**People who have overdosed on alcohol are unable to help themselves,** so it is up to you to get assistance. *A friend's life may depend upon it.*
• Call – or have someone call - for medical attention immediately.
• Unsure if you should call? CALL!
• Do not leave the person alone, particularly with unknown persons or in an unfamiliar setting. *Stay with the person until help arrives.*
➢ Turn the person on one side so that if vomiting does occur, the discharge will not be caught in the windpipe.

**Unfortunately,** there are no hard and fast rules on how many drinks will result in alcohol poisoning. This will vary from person to person and from situation to situation. When making choices about drinking, consider your own safe limit - and those of your friends - and the recommendations of professionals presented here above.

**Second-Hand Effects of Binge-Drinking**
Even if you do not drink at all, binge-drinking affects YOU. Like second-hand smoke, the effects can range from the merely annoying to the quite serious.
• Class disruptions and vandalism affect all students.
• Class-mates and – especially - room-mates should not have to be exposed to the many serious behavioral risk factors (violence, theft, vandalism and more) associated with binge-drinking.
• Innocent friends of binge-drinkers can become implicated in criminal or otherwise dangerous behaviors.
• Even a non-drinker could suffer injury – or worse – because of the actions of a binge drinker.

**On campuses** where binge drinking is prevalent:
• 87 percent of non-binge drinkers reported experiencing one or more secondhand effects of other students' misuse of alcohol since the beginning of the academic year.

**Note: Fully 56% of students do not binge drink.**
• They expect and deserve an environment that is safe and conducive to responsible socialization and, especially, study.

**What gave momentum to the anti-tobacco movement** was the realization that secondhand smoke puts non-smokers at risk. Similarly, binge drinking hurts non-binge drinking students - not just occasionally, but with truly disturbing frequency.
• Like non-smokers, both non-drinking students and, likewise, students who drink responsibly, need to step forward as change agents. Schools and other institutions will respond, and are eager to do so.
• Positive peer pressure is a powerful tool that can help to turn back the tide of alcohol abuse amongst the nation’s college students.
• Do not be judgmental. Rather, recognize alcohol abuse as a serious problem to be overcome. Drinking, *per se,* is not the issue; abusive drinking *is.*
• When hosting a social event, make it alcohol-free.
• When out or socializing with friends who drink, look after their safety and encourage them to drink responsibly. Above all, show them that you care for their well-being and for the well-being of others.

Binge-Drinking Is A Serious Women’s Health Issue!
As noted, because of differences in metabolism, women are affected by alcohol consumption much more readily than men.
• Women who try to “keep up” with male drinkers take on far greater – and entirely unnecessary - health and behavioral risks.
• Studies show that women underestimate their drinking capacity, and problems, more than men, so take special care in your consumption.

Assault Prevention
Heavy alcohol use, especially combined with inexperience in drinking, puts young women at serious risk for sexual assault. Research indicates that greater alcohol use in men is related to greater sexual aggression.
• Among female students nation-wide who are binge-drinkers – and thus suffer from impaired judgment and reduced situational control when they drink - 10 percent reported having been raped or subjected to nonconsensual sex.
• Among non-binge drinking and non-drinking women, 26 percent had experienced an unwanted sexual advance by another student who had been drinking, and 2 percent said they had been victims of sexual assault or date rape by a drinking student.

In a related issue, binge drinkers appear to engage in more unplanned sexual activity and to abandon safe sex techniques more often than students who do not binge drink.
• Sixty percent of college women diagnosed with a sexually transmitted disease were drunk at the time of infection (Advocacy Institute, 1992).

As can be seen, drinking is a recorded and verifiable contributing factor to rape and other risks, and most student-reported rapes can be attributed to heavy drinking.
• The message is clear: drinking, especially heavy drinking, is dangerous to a woman’s health and safety. Recognize the dangers and take precautions accordingly.
• Keep your own drinking in check.
• Recognize and monitor the risk that a drinking situation may present for you.
• Do not be pressured to remain in any environment that makes you feel uncomfortable or potentially at risk.
  ➢ If you hear someone "kidding" about rape or date rape drugs, pay attention. That should be a warning to leave that party or individual.
• If you feel you must escape a possibly threatening situation, call (or ask for) a taxi and return directly to your residence or seek police protection.
• When you leave, do not announce that you are leaving alone. Leave with a trusted friend or a trustworthy group.
  ➢ Always have some taxi money and a telephone card with you.
• Alcohol abuse does not legally justify anyone's behavior, and cannot be used as an excuse in a court of law.

Men: Recognize the risk that your drinking habits may pose to the women you interact with.
• Take responsibility for your (and/or your friends’) drinking and associated behaviors, and (thus) protect women’s rights to safety and well-being.
For more information on Date Rape prevention, see the excellent resources available at: http://www.vachss.com/help_text/date_rape.html.

Special Risks Associated With Underage Drinking
Understandably, under-aged (by U.S. standards) drinkers put themselves at greater risk in relation to drinking due to their inexperience.
- All of the warnings and dangers presented above impact underage drinkers to an even greater degree.
- Underage drinkers are urged to be especially prudent in their drinking.

Please also be aware additionally of the following:
- Underage drinkers tend to drink on fewer occasions, but drink more on those occasions.
- 42% of underage drinkers usually consumed five or more drinks when they drink.
- As a result, underage drinkers have more alcohol-related problems than of-age drinkers

Studies show that easy access, cheap prices and a steady flow forms the basis for underage drinking.
- Underage or inexperienced drinkers – particularly women - should recognize that cheap prices and promotions such as “All You Can Drink”, “Ladies Night” or other similar marketing strategies put them at special risk.

All students – whether underage, experienced or nondrinker – should recognize that cheap prices and promotions directed towards capturing their drinking business increase all the risk factors, both first and second-hand, associated with drinking.
- Recognize this and take precautions accordingly.
- Do not patronize establishments that put their profit ahead of your health and safety.

Assistance and Counseling
If you realize or suspect that you - or a friend or roommate - are having difficulty in dealing with alcohol-related problems, please contact a member of the AUR Student Life staff. They can assist you, and put you in touch with professional English-speaking counselors. If you prefer to speak with someone on the Philadelphia University campus, Counseling Services can be reached at 215-951-2735.

- **Alcoholics Anonymous** has a Rome branch:
  Associazione Alcolisti Anonimi Servizi Generali Italiani
  Via di Torre Rossa 35  (Off Via Aurelia Antica)
  Box 00165
  I-00149 Roma
  Tel: 06 528 04 or 06/ 66 36 620; Fax 06/ 66 28 334

**Important:** Approximately 10% of all U.S. college students are in recovery. If you are in recovery, your continued health and well-being is especially important to us.
- Please seek planning assistance from Philadelphia University’s Counseling Services prior to going abroad.
Drug Policy
The possession and/or consumption of illegal drugs on the campuses of Philadelphia University is regulated by the laws and statutes of the Commonwealth of Pennsylvania and the United States, or that of the host city, region or nation. If suspected drugs are confiscated and the student denies the substance(s) are drugs, the Office of Safety and Security or its agents will provide for testing of the substance. If the substance is found to be an illegal drug, the student will be charged for the cost of the testing, in addition to the other sanctions that may be imposed through the student disciplinary process.

As noted in the “Assumption of Risk and Release” signed by each Philadelphia University student permitted to study abroad, the use or possession of illegal drugs during the program is cause for immediate dismissal without refund.

When University officials or their agents confiscate illegal drugs, such items will be turned over to the local police authorities as required by law. Prosecution for violation of the law will be made at the discretion of the local police department.

In the case of alleged supplying of or selling of illegal drugs, students may be referred, upon return to Philadelphia University, to the Student Conduct Committee for judicial action. Sanctions could include suspension or permanent expulsion from the University.

The University and its agents reserve the right to test a student for the presence of drugs in his/her system if necessary and may prevent a student’s return to University-provided housing (or withhold other privileges) until such tests show an absence of illegal drugs.

Drug Policy Violations
1. Consumption or possession of illegal drugs on campus property.
2. Being under the influence of illegal drugs as indicated by appearance or behavior, such as: slurred speech, unstable walk, unconsciousness, destruction of property, use of abusive language, alcohol on breath, vomiting or disturbance to others.
3. Sale or trade of illegal drugs on the campus property or to members of the Philadelphia University community.
4. Possession of drug paraphernalia.

The resident(s) in whose room/apartment/townhouse illegal drugs are being consumed is (are) responsible for the behavior of guests and will be held accountable for policy violations.

It is the responsibility of the dweller to ensure that guests do not consume illegal drugs.

Law Enforcement Issues
While studying abroad, students are not immune from prosecution under foreign laws. Drug laws, especially, vary from country to country and are, in most cases, severe regardless of whether or not the drug in question is for personal use or for resale.

Important:
- Buying or carrying even small amounts of drugs can result in arrest and prosecution.
- Americans abroad have been jailed for the possession of as little as three grams (one-tenth of an ounce) of marijuana.
- In most foreign countries, bail provisions are unknown and pretrial detention (sometimes lengthy) without bail is common.
• While U.S. government agencies and your required Philadelphia University insurance policy can provide limited assistance in terms of referral to competent attorneys, they cannot supercede or counter-act local authority. See the U.S. State Department’s statement on “Assistance to U.S. Citizens Arrested Abroad” at http://travel.state.gov/travel/tips/emergencies/emergencies_1199.html.

Recommended reading for students, parents and relatives: The United States State Department has an excellent “Tips for Students” page at http://travel.state.gov/travel/student_tips_brochure.html that covers a very wide variety of issues and services.

Italian Drug Laws
Following a national referendum, a recent law no longer permits sentenced imprisonment for drug-related activities involving personal use only. In these cases, however, administrative sanctions, such as revoking a visa and deportation can be imposed. Furthermore, although the personal use of drugs has been decriminalized, producing, selling or trafficking drugs are considered very serious crimes.

➢ Students are warned that anyone caught in possession of drugs could be suspected of sales and distribution, and imprisoned without bail until the matter is sorted out.
➢ Students are further cautioned that a provision in the law permitting the reduction of sentences for cooperating with authorities could make students the target of “setups” by drug dealers looking to escape, or lessen, prosecution.

• Penalties for the trafficking or production of small quantities of “light” drugs ranges from a minimum of 6 months to 4 years imprisonment plus fines; “heavy” drugs, 1 to 6 years plus fines.
• Penalties for the trafficking or production of substantial quantities of “light” drugs range from 2 to 6 years plus fines up to $75,000; for “heavy” drugs, a minimum of 8 to 20 years, plus fines up to $250,000
• Criminal association with drug offenses is punishable by a maximum prison sentence of 30 years.
➢ Illegal drugs include amphetamines, synthetic drugs, cannabis, and hashish; and opium and its opiate derivatives (morphine, heroin), plus cocaine and its derivatives.

Health Risks Associated With Common Drugs of Abuse
Philadelphia University and the Study Abroad Office urge students to not do drugs abroad.

• You risk entanglements with an unfamiliar and more severe judicial system.
• You risk immediate dismissal from the study abroad program.
• More importantly, you risk your life!

When the present author was teaching at an American program in Rome, a student came by once to discuss some adjustment difficulties. In the course of the discussion it was revealed that the student in question was a drug addict going through withdrawals. The student – a drug abuser for many years - had decided not to do drugs while abroad. The reason was one of self-preservation: he was afraid of what he might be buying and using since he did not know the dealers. He understood his drug dependency whose aim was to get high - not to die. He also feared that these unknown dealers might turn him in either to avoid prosecution themselves, or to score “points” with the authorities. He had come forward to find professional help. He got the help he needed, he stayed “clean,” and he completed the program.

➢ Drug abuse is risky enough at home; do not increase those risks by doing drugs abroad!
The following information about commonly abused drugs has been adapted from information provided by the National Institute on Drug Abuse. Their website is an excellent source of information: http://www.nida.nih.gov/.

Opioids/OxyContin
Opioids are commonly prescribed because of their effective analgesic or pain relieving properties. Among the drugs that fall within this class - sometimes referred to as narcotics - are morphine, codeine, and related drugs. Other examples of opioids include oxycodone (OxyContin - an oral, controlled release form of the drug); propoxyphene (Darvon); hydrocodone (Vicodin); hydromorphone (Dilaudid); and meperidine (Demerol).

Opioids act by attaching to specific proteins called opioid receptors, which are found in the brain, spinal cord, and gastrointestinal tract. When these drugs attach to certain opioid receptors in the brain and spinal cord they can effectively block the transmission of pain messages to the brain. In addition to relieving pain, opioid drugs can affect regions of the brain that mediate what we perceive as pleasure, resulting in the initial euphoria that many opioids produce.

➢ Opioids also produce drowsiness, cause constipation, and, depending upon the amount of drug taken, depress breathing.

➢ Taking a large single dose could cause severe respiratory depression or be fatal.

Opioids may interact with other drugs and are only safe to use with other drugs under a physician's supervision. Typically, they should not be used with substances such as alcohol, antihistamines, barbiturates, or benzodiazepines.

➢ These drugs slow down breathing, and their combined effects could risk life-threatening respiratory depression.

Chronic use of opioids can result in tolerance to the drugs so that higher doses must be taken to obtain the same initial effects.

➢ Long-term use also can lead to physical dependence - the body adapts to the presence of the drug and withdrawal symptoms occur if use is reduced abruptly.

➢ Symptoms of withdrawal can include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps (“cold turkey”), and involuntary leg movements.

Options for effectively treating addiction to prescription opioids are drawn from experience and research on treating heroin addiction.

Inhalants
Inhalants can be breathed in through the nose or the mouth in a variety of ways. Inhaled chemicals are rapidly absorbed through the lungs into the bloodstream and quickly distributed to the brain and other organs.

➢ Effects may include slurred speech, an inability to coordinate movements, euphoria, and dizziness.

➢ In addition, users may experience lightheadedness, hallucinations, and delusions, such as thinking they can fly.

Exposure to high doses can cause confusion and delirium. Nausea and vomiting are other common side effects.

➢ If sufficient amounts are inhaled, nearly all solvents and gases produce anesthesia, a loss of sensation and even unconsciousness.
A strong need to continue using inhalants has been reported among many individuals, particularly those who abuse inhalants for prolonged periods over many days.

- Compulsive use and a mild withdrawal syndrome can occur with long-term inhalant abuse.
- Additional symptoms exhibited by long-term inhalant abusers include weight loss, muscle weakness, disorientation, inattentiveness, lack of coordination, irritability, and depression.

Inhalant abusers risk an array of devastating medical consequences. Prolonged sniffing of the highly concentrated chemicals in solvents or aerosol sprays can induce irregular and rapid heart rhythms and lead to heart failure and death within minutes of a session of prolonged sniffing.

- This syndrome, known as "sudden sniffing death," can result from a single session of inhalant use by an otherwise healthy young person.
- Sudden sniffing death is particularly associated with the abuse of butane, propane, and chemicals in aerosols.

Death can also be caused by:

- Asphyxiation— from repeated inhalations, which lead to high concentrations of inhaled fumes displacing the available oxygen in the lungs;
- Suffocation— from blocking air from entering the lungs when inhaling fumes from a plastic bag placed over the head;
- Choking— from inhalation of vomit after inhalant use; or
- Fatal injury— from accidents, including motor vehicle fatalities, suffered while intoxicated.

Research shows that most inhalants are extremely toxic. Perhaps the most significant toxic effect of chronic exposure to inhalants is widespread and long-lasting damage to the brain and other parts of the nervous system.

- Chronic abuse of volatile solvents such as toluene damages the protective sheath around certain nerve fibers in the brain and peripheral nervous system.
- This extensive destruction of nerve fibers is clinically similar to that seen with neurological diseases such as multiple sclerosis.

The neurotoxic effects of prolonged inhalant abuse include neurological syndromes that reflect damage to parts of the brain involved in controlling cognition, movement, vision, and hearing.

- Cognitive abnormalities can range from mild impairment to severe dementia. Other effects can include difficulty coordinating movement, spasticity, and loss of feeling, hearing, and vision.

Inhalants also are highly toxic to other organs. Chronic exposure can produce significant damage to the heart, lungs, liver, and kidneys.

- Although some inhalant-induced damage to the nervous and other organ systems may be at least partially reversible when inhalant abuse is stopped, many syndromes caused by repeated or prolonged abuse are irreversible.

Abuse of inhalants during pregnancy also may place infants and children at increased risk of developmental harm.

Ecstasy/MDMA
MDMA is a synthetic, psychoactive drug with both stimulant (amphetamine-like) and hallucinogenic (LSD-like) properties. Street names for MDMA include Ecstasy, Adam, XTC, hug, beans, and love drug.
Its chemical structure (3-4 methylenedioxymethamphetamine, "MDMA") is similar to methamphetamine, methylenedioxyamphetamine (MDA), and mescaline - other synthetic drugs known to cause brain damage.

MDMA is neurotoxic. In addition, in high doses it can cause a sharp increase in body temperature (malignant hyperthermia) leading to muscle breakdown and kidney and cardiovascular system failure.

Brain imaging research in humans indicates that MDMA causes injury to the brain by affecting neurons that use the chemical serotonin to communicate with other neurons. The serotonin system plays a direct role in regulating mood, aggression, sexual activity, sleep, and sensitivity to pain. Many of the risks users face with MDMA use are similar to those found with the use of cocaine and amphetamines:

- Psychological difficulties, including confusion, depression, sleep problems, drug craving, severe anxiety, and paranoia - during and sometimes weeks after taking MDMA.
- Physical symptoms such as muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid eye movement, faintness, and chills or sweating.
- Increases in heart rate and blood pressure, a special risk for people with circulatory or heart disease.
- There is evidence that people who develop a rash that looks like acne after using MDMA may be risking severe side effects, including liver damage, if they continue to use the drug.

Research links MDMA use to long-term damage to those parts of the brain critical to thought and memory. One study, in primates, showed that exposure to MDMA for 4 days caused brain damage that was evident 6 to 7 years later.

As noted, MDMA is related in its structure and effects to methamphetamine, which has been shown to cause degeneration of neurons containing the neurotransmitter dopamine.

- Damage to these neurons is the underlying cause of the motor disturbances seen in Parkinson's disease, whose symptoms begin with lack of coordination and tremors and can eventually result in a form of paralysis.

Because some “club” drugs like Ecstasy and LSD (see below) are colorless, tasteless, and odorless, individuals who want to intoxicate or sedate others can add them unobtrusively to beverages.

- In recent years, there has been an increase in reports of club drugs used to commit sexual assaults - on both males and females.
- Never accept a drink from someone you do not know and trust.
- Even in a familiar setting, never leave a drink unattended; keep an eye on your bartender as your drink is prepared.
- Do not drink anything out of a punch bowl.
- Monitor the behavior of friends who seem more intoxicated than the amount of alcohol would warrant.
- If you hear someone "kidding" about date rape drugs, pay attention. That should be a warning to leave that party or individual.
- When you leave, do not announce that you are leaving alone. Leave with a trusted friend or a trustworthy group.
- Always have some taxi money and a telephone card with you.

For more information on Date Rape prevention, see the excellent resources available online at: http://www.vachss.com/help_text/date_rape.html.
LSD
LSD (lysergic acid diethylamide) is one of the major drugs making up the hallucinogen class. LSD was discovered in 1938 and is one of the most potent mood-changing chemicals.

**The effects of LSD** are unpredictable. They depend on the amount taken; the user's personality, mood, and expectations; and the surroundings in which the drug is used. Usually, the user feels the first effects of the drug 30 to 90 minutes after taking it.

- The physical effects include dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth, and tremors.

**Sensations and feelings** change much more dramatically than the physical signs. The user may feel several different emotions at once, or swing rapidly from one emotion to another.
- If taken in a large enough dose, the drug produces delusions and visual hallucinations.
- The user's sense of time and self changes.
- Sensations may seem to "cross over," giving the user the feeling of hearing colors and seeing sounds. These changes can be frightening and can cause panic.
- These experiences are long - typically they begin to clear after about 12 hours.

**Some LSD users** experience severe, terrifying thoughts and feelings, fear of losing control, fear of insanity and death, and despair while using LSD.
- Some fatal accidents have occurred during states of LSD intoxication.

**Many LSD users** experience post-use flashbacks, recurrence of certain aspects of a person's experience, without the user having taken the drug again.
- A flashback occurs suddenly, often without warning, and may occur within a few days or more than a year after LSD use.

"Bad trips" and flashbacks are only part of the risks of LSD use. LSD users may manifest relatively long-lasting psychoses, such as schizophrenia or severe depression

**LSD is not considered** an addictive drug since it does not produce compulsive drug-seeking behavior as do cocaine, amphetamine, heroin, alcohol, and nicotine.
- However some users who take the drug repeatedly must take progressively higher doses to achieve the state of intoxication that they had previously achieved.
- This is an extremely dangerous practice, given the unpredictability of the drug.

**Marijuana**
The main active chemical in marijuana is THC (delta-9-tetrahydrocannabinol). Researchers have found that THC changes the way in which sensory information gets into and is processed by the hippocampus. The hippocampus is a component of the brain's limbic system that is crucial for learning, memory, and the integration of sensory experiences with emotions and motivations.
- Investigations have shown that neurons in the information processing system of the hippocampus and the activity of the nerve fibers in this region are suppressed by THC.
- In addition, researchers have discovered that learned behaviors, which depend on the hippocampus, also deteriorate via this mechanism.

**Recent research** findings also indicate that long-term use of marijuana produces changes in the brain similar to those seen after long-term use of other major drugs of abuse. Additionally, someone who smokes marijuana regularly may have many of the same respiratory problems as tobacco smokers.
- Continuing to smoke marijuana can lead to abnormal functioning of lung tissue injured or destroyed by marijuana smoke.
Regardless of the THC content, the amount of tar inhaled by marijuana smokers and the level of carbon monoxide absorbed are three to five times greater than among tobacco smokers.

A study of college students has shown that critical skills related to attention, memory, and learning are impaired among people who use marijuana heavily, even after discontinuing its use for at least 24 hours.

A drug is addicting if it causes compulsive, often uncontrollable drug craving, seeking, and use, even in the face of negative health and social consequences. Marijuana meets this criterion.

More than 120,000 people enter treatment per year for their primary marijuana addiction.

Cocaine/Crack
Cocaine is a powerfully addictive drug of abuse. Once having tried cocaine, an individual cannot predict or control the extent to which he or she will continue to use the drug.

"Crack" is the street name given to cocaine that has been processed from cocaine hydrochloride to a free base for smoking. Rather than requiring the more volatile method of processing cocaine using ether, crack cocaine is processed with ammonia or sodium bicarbonate (baking soda) and water and heated to remove the hydrochloride, thus producing a form of cocaine that can be smoked.

There is great risk in cocaine use, whether ingested by inhalation ("snorting"), injection, or smoking.

- It appears that compulsive cocaine use may develop even more rapidly if the substance is smoked rather than snorted.
- The injecting drug user is at risk for transmitting or acquiring HIV infection/AIDS if needles or other injection equipment are shared.

Scientific evidence suggests that the powerful neuropsychologic reinforcing property of cocaine is responsible for an individual's continued use, despite harmful physical and social consequences.

- In rare instances, sudden death can occur on the first use of cocaine or unexpectedly thereafter. However, there is no way to determine who is prone to sudden death.

There are enormous medical complications associated with cocaine use. Some of the most frequent complications are:

- Cardiovascular effects, including disturbances in heart rhythm and heart attacks.
- Respiratory effects as chest pain and respiratory failure.
- Neurological effects, including strokes, seizure, and headaches.
- Gastrointestinal complications, including abdominal pain and nausea.

Cocaine use has been linked to many types of heart disease.

- Cocaine has been found to trigger chaotic heart rhythms, called ventricular fibrillation; accelerate heartbeat and breathing; and increase blood pressure and body temperature.
- Physical symptoms may include chest pain, nausea, blurred vision, fever, muscle spasms, convulsions and coma.

Different routes of cocaine administration can produce different adverse effects.

- Regularly snorting cocaine can lead to loss of sense of smell, nosebleeds, problems with swallowing, hoarseness, and an overall irritation of the nasal septum, which can lead to a chronically inflamed, runny nose.
- Ingested cocaine can cause severe bowel gangrene, due to reduced blood flow.
• Persons who inject cocaine have puncture marks and "tracks," most commonly in their forearms.
  ➢ Intravenous cocaine users may also experience an allergic reaction, either to the drug, or to some additive in street cocaine, which can result, in severe cases, in death.
• Because cocaine has a tendency to decrease food intake, many chronic cocaine users lose their appetites and can experience significant weight loss and malnourishment.

Research has revealed a potentially dangerous interaction between cocaine and alcohol. Taken in combination, the two drugs are converted by the body to cocaethylene.
  • Cocaethylene has a longer duration of action in the brain and is more toxic than either drug alone.
  ➢ The mixture of cocaine and alcohol is the most common two-drug combination that results in drug-related death.

Heroin
Heroin is an illegal and highly addictive drug. It is both the most abused and the most rapidly acting of the opiates. Heroin is processed from morphine, a naturally occurring substance extracted from the seed pod of certain varieties of poppy plants. Although purer heroin is becoming more common, most street heroin is "cut" with other drugs or with substances such as sugar, starch, powdered milk, or quinine.
  ➢ Street heroin can also be cut with strychnine (rat poison) or other poisons.
  ➢ Because heroin abusers do not know the actual strength of the drug or its true contents – particularly abroad - they are at risk of overdose or death.
  ➢ Heroin also poses special problems because of the transmission of HIV and other diseases that can occur from sharing needles or other injection equipment.

Many of the additives in street heroin may include substances that do not readily dissolve and result in clogging the blood vessels that lead to the lungs, liver, kidneys, or brain.
  • This can cause infection or even death of small patches of cells in vital organs.
  • Immune reactions to these or other contaminants can cause arthritis or other rheumatologic problems.

Sharing of injection equipment or fluids can lead to some of the most severe consequences of heroin abuse-infections
  • Hepatitis B and C
  • HIV
  • A host of other blood-borne viruses, which drug abusers can then pass on to their sexual partners and children.

Soon after injection (or inhalation), heroin crosses the blood-brain barrier. In the brain, heroin is converted to morphine and binds rapidly to opioid receptors.
  • Heroin is particularly addictive because it enters the brain so rapidly.

Abusers usually will be drowsy for several hours. Mental function is clouded by heroin's effect on the central nervous system.
  ➢ Cardiac function slows.
  ➢ Breathing is also severely slowed, sometimes to the point of death.
  ➢ Heroin overdose is a particular risk on the street, where the amount and purity of the drug cannot be accurately known.

One of the most detrimental long-term effects of heroin is addiction itself. Addiction is a chronic, relapsing disease, characterized by compulsive drug seeking and use, and by neurochemical and molecular changes in the brain.
• Heroin produces profound degrees of tolerance and physical dependence.
• Once they are addicted, the heroin abusers' primary purpose in life becomes seeking and using drugs. The drugs literally change their brains.

**Physical dependence** develops with higher doses of the drug. With physical dependence, the body adapts to the presence of the drug and withdrawal symptoms occur if use is reduced abruptly. Withdrawal may occur within a few hours after the last time the drug is taken.

- Symptoms of withdrawal include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), and leg movements.
- Some people have shown persistent withdrawal signs for many months.
- Heroin withdrawal is never fatal to otherwise healthy adults, but it can cause death to the fetus of a pregnant addict.

**Medical consequences** of chronic heroin abuse include scarred and/or collapsed veins, bacterial infections of the blood vessels and heart valves, abscesses (boils) and other soft-tissue infections, and liver or kidney disease.

**Lung complications** (including various types of pneumonia and tuberculosis) may result from the poor health condition of the abuser as well as from heroin's depressing effects on respiration.

**Assistance and Counseling**
If you realize or suspect that you - or a friend or roommate - are having difficulty in dealing with drug-related problems, please contact a member of the AUR Student Life staff. They can assist you, and put you in touch with professional English-speaking counselors. If you prefer to speak with someone on the Philadelphia University campus, Counseling Services can be reached at 215-951-2735.

**Important:** Approximately 10% of all U.S. college students are in recovery. If you are in recovery, your continued health and well-being is especially important to us.

- Please seek planning assistance from Philadelphia University’s Counseling Services prior to going abroad.

**University Sanctions Related to Drugs and Alcohol**
The disciplinary response to alcohol and drug policy violations provides a balance between punitive action and an opportunity for education and personal growth. These sanctions are applicable to both residential and commuter students. Sanctions for alcohol and other drug violations accumulate over the duration of a student’s matriculation at Philadelphia University.

- Any student found to be in violation of the alcohol and other drug policy during a probationary period would automatically have his/her violation level increased one level.
- Any student who is of legal drinking age and who is documented for providing underage students with alcohol is subject to doubling of the fine for his/her violation level.
- Violations of the drug policy are considered one level higher than alcohol violations. For instance, a first violation of the drug policy is considered a second-level violation.

A **University judicial** body determines the sanctions imposed by the University for students (see Student Judicial System in this handbook). Generally, the minimum sanctions for violations of alcohol and other drug policy are:

**First-Level Violation:** Educational sanction, $50 fine, 15 weeks of disciplinary probation.

**Second-Level Violation:** Educational sanction, $100 fine, 30 weeks of disciplinary probation.

**Third-Level Violation:** Educational sanction, $200 fine, 30 weeks of disciplinary probation, possible suspension from housing. Commuter students face possible suspension from all
nonacademic facilities and events. Parents of dependent students will automatically be notified by mail of a third-level violation or higher.

**Fourth-Level Violation:** Student Conduct Committee hearing or an administrative hearing; $300 fine; educational sanction; probable suspension from the residence halls up to suspension from the University.

**Fifth-Level Violation:** Student Conduct Committee hearing or an administrative hearing; suspension from the University at the discretion of the committee or hearing officer and an educational sanction.

A **judicial body** may alter the above sanctions at their discretion in certain circumstances depending upon the quantity and type of alcohol or other drugs involved in a case or by the number of people impacted by the violation, among other factors.

All funds collected as a result of alcohol policy fines are credited to an Office of Student Development account dedicated to alcohol education efforts and non-alcoholic events and programs on campus.

**Alcohol and Other Drug Education and Assessment**

Educational sanctions may include the following:

1. **In-house Sanctions:** Attending a program, designing a bulletin board or presenting a program to student groups.

2. **Alcohol Education Seminar:** A seminar that provides students the opportunity to examine their values and goals, identify abusive or dependent alcohol use patterns, state and federal law, University policy and the resources available to the members of the Philadelphia University community.

3. **Alcohol and/or Drug Assessment:** A confidential alcohol/drug assessment which addresses behaviors, substance abuse history and risk factors present.

4. **Clinical Evaluation:** A clinical evaluation to assess substance abuse patterns that may be completed by an outside provider at the cost of the student.

5. **Professional Substance Abuse Counseling:** Any student who has violated the University alcohol policy can be required to fulfill the recommendation(s) made at the clinical evaluation. If these recommendations include counseling, a student can be mandated to attend and participate in inpatient or outpatient individual or group counseling. Professional counseling may be required at the student’s own expense.

**Failure to schedule** an appointment for an education sanction within one week of the hearing will result in a standard $25 fine. Successive weeks will result in a $25 fine per week. Failure to appear for an appointment or program will also result in a $25 fine. Also, failure to comply with sanctions within a reasonable amount of time (typically six weeks) will lead to further disciplinary action up to and including loss of housing privileges or suspension from the University.
Preparing To Go Abroad: Documents for Italy

Passports
American citizens must possess a valid passport in order to enter Italy.
➢ Students needing to obtain a passport should apply at least eight weeks prior to departure.

Official passport application information is available online from the U.S State Department at: http://travel.state.gov/passport/passport_1738.html

Students obtaining their first passport must apply in person at a federal, state or county courthouse, or at one of the thirteen passport agencies located throughout the United States.
• A U.S. passport office is located in Philadelphia at 200 Chestnut Street, room 103. By appointment only. Telephone: 215-597-7480.
• To apply you will need to supply proof of your identity, proof of United States citizenship and two recent (and identical) two-inch by two-inch photographs.
• Fees: Check the U.S. State Department's webpage for current costs at http://travel.state.gov/passport/passport_1738.html

Students who have had a passport issued to them within 12 years of their new application may apply for a renewal by mail if their passport was not issued before their eighteenth birthday.
• To apply for a renewal by mail, qualifying students must use the special form available from your local post office, federal, state or county courthouse, or U.S. passport agency.

Students planning on studying in Rome who will be applying for – or renewing – a passport are urged to do so as soon as possible to avoid problems in meeting the deadlines for visa applications imposed by the Philadelphia Italian Consulate (see below).

A passport is an extremely valuable document that we tend to take for granted. Keep it protected at all times and only carry it with you (aside from during travel) when you know that you will need it. Principally this will be when exchanging money, buying air tickets, or checking into a hotel. At all other times carry a photocopy of your passport and a picture ID that includes your name, birthdate and US address. A driver’s license or similar will suffice. Keep further photocopies of your passport in a secure location.
➢ Should you lose your passport, notify AUR or the local police and contact the American Embassy (or one of the consulates if you are away from Rome) immediately in order to obtain a replacement:

Embassy of the United States of America, Rome
Via Veneto 119 (between Via Ludovisi/Via Boncompagni and Via Bissolati)
Telephone: 06-46741
Fax: 39-06-4674-2217
http://www.usembassy.it
U.S. Consulates in Italy:

Florence
Lungarno Amerigo Vespucci 38.
Tel. 39-055-239-8276/7/8/9, or 39-055-217-605.
Fax: 39-055-284-088.

Milan
Via Principe Amedeo 2/10.
Tel. 39-02-290-351
Fax: 39-02-290-35-273.

Naples
Piazza della Repubblica.
Tel. 39-081-583-8111
Fax: 39-081-761-1804.

U.S. Consular Agents are located in:

Genoa
Via Dante 2.
Tel. 39-010-584-492
Fax: 39-010- 553-3033.

Palermo
Via Vaccarini 1.
Tel. 39-091-305-857
Fax: 39-091-625-6026.

Trieste
Via Roma 15.
Tel. 39-040-660-177
Fax: 39-040-631-240.

Student Visa
All non-European Union students enrolling to study abroad in Rome must obtain a Student Visa from the Italian consulate that has jurisdiction over the student's home region.

- **Note:** At the present time, the Philadelphia consulate will process student visa applications for all Philadelphia University students enrolled in the Rome program. *This policy is subject to change.*
  - Holders of EU passports must notify the Study Abroad office in writing that they hold such passports and provide a copy of the main page.

The Italian consulate requires that Student Visa applications be submitted as a group through the Study Abroad office. Students must adhere fully to the deadline imposed.

- Late visa applications cannot be processed.
- The Italian consulate does not accept individual applications.
  - Students without visas are barred from entering Italy.

At the on-campus Rome orientation, Philadelphia University students receive a packet of forms and information regarding the visa application process.

- Students without a valid U.S. passport should then – if they have not already immediately - apply for their passport, and begin to assemble the documents required by the Italian Consulate (see below).
**Italian Consulates**

Students whose permanent residence is in: Delaware, Maryland (except Montgomery and Prince Georges Counties), New Jersey (following counties: Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Salem, Somerset), Pennsylvania, North Carolina, Virginia (except Arlington and Fairfax counties), and West Virginia fall under the jurisdiction of the:

**Italian Consulate General, Philadelphia**

1026 Public Ledger Building
100 South 6th Street
Philadelphia, PA 19106-3470

Tel (215) 592-7329 main number
Fax (215) 592-9808
Homepage: [www.italconphila.org](http://www.italconphila.org)

As noted above, the Philadelphia consulate presently processes Student Visa applications for all Philadelphia University students enrolled in the Rome program. Should this change suddenly, students resident in other areas may identify their jurisdictional consulate by consulting the directory on-line at [http://www.italyemb.org/consolati.htm](http://www.italyemb.org/consolati.htm) or by contacting the Italian embassy in Washington:

**Embassy of Italy in the United States**

1601 Fuller Street N.W., Washington, D.C. 20009
Telephone: (202) 328-5500
Fax: (202) 462-3605

**Student Visa Requirements (Please see latest sheet handed out at Orientation)**

The requirements for visas are formulated by individual consulates, within an overall framework established by the Republic of Italy and the European Union.

- *Students are advised that visa policies, by their very nature, are dynamic and are subject to swift changes that are beyond our control.*

**The Philadelphia** consulate requires all the following documents to be submitted for the Student Visa. See your application instructions for the latest requirements. The visa does not permit the visa bearer to work under any circumstances.

- Application form – provided by Study Abroad - completely filled out and signed by the applicant. Also available on-line at [www.italconphila.org/english/visaapplication.html](http://www.italconphila.org/english/visaapplication.html) should you need another.
- One passport-sized, passport quality, photograph secured to the application with a paperclip. *Home-made photographs will not be accepted.*
- Valid passport with one completely empty page available for the Visa. *Passports must be valid for at least ninety (90) days beyond the return date of the trip.*
- If the visa applicant is not a U.S. citizen, he/she must also submit a copy of his/her valid Alien Registration Card, or a valid U.S. residency visa.
- Copy of the applicant's Driver's License or a state-issued photo ID stating the current address of the applicant.
- Completed Affidavit of Support, included in the visa application package supplied by Study Abroad, signed by the person(s) who will provide financial support for the
applicant during his/her study in Italy. If you are providing your own financial support, you must sign your own Affidavit.

➤ **Important:** All Affidavit signatures must be notarized.

- Latest bank statement – or a notarized letter from the bank - substantiating the financial stability of the person(s) guaranteeing the applicant's financial support. The consulate requires demonstration that a minimum of $800 times the months abroad will be available to the student. To protect confidentiality, Study Abroad includes a separately labeled envelope in the visa application package.
- If applicable, a letter from the grantor of a scholarship (i.e. Philadelphia University, or a foundation, etc.) indicating the amount allocated on your behalf.
- Money order (only) in the amount (if required) specified within the visa instructions.  
  ➤ Personal checks are not accepted.

**Forms and complete details** regarding the application process are included in the packet distributed to accepted students at orientation.

**Important Notice Regarding Your Visa**

All students - particularly those travelling on non-U.S. Passports - are advised that they are responsible for being in compliance with the immigration laws of any countries outside of Italy that they might visit during their time abroad.

➤ Check the entry (visa) requirements of the countries that you plan on visiting well in advance of your departure.

➤ An index of embassies and consulates is available online at: www.embassy.org/embassies/index.html

**Permesso di Soggiorno (Permit to Stay)**

Italian immigration laws state that all non-European Union passport holders **MUST** obtain a *Permesso di Soggiorno*. This is a document issued in Rome by the Questura (Rome’s central police administration) that 1) identifies your presence and 2) validates your right to remain in Italy; the possession of a visa alone is not sufficient for stays longer than 90 days. *Holders of European Union passports do not require a Permesso.* You will learn more about the process at your AUR orientation in Rome, and AUR will assist students in obtaining their Permessi to the extent permitted under Italian law.

**WARNING:** Any failure to comply with procedures or deadlines – including the honoring of any scheduled appointments - **will result in the denial of the Permesso and could lead to immediate deportation.** Neither AUR nor Philadelphia University is responsible for students who fail to comply with Italian immigration laws.

**In order to be able to apply for your Permesso, please carefully follow the Permesso instructions handed out at orientation.**

➤ Your completed Permesso packet is due at the same time as your visa application packet.

When you actually apply for your Permesso in Rome, you MUST also bring with you:

➤ Your actual passport and visa.

Once obtained, you must carry the permesso with you while in Italy. Full information about the permesso process will be given at the AUR orientation in Rome.
**Customs Laws**

Students entering Italy (or other nations) or re-entering the United States are subject to a Customs inspection.

**Reminder:** As of January 1, 2002, the official currency of Italy is the Euro. As cost estimates in Euro were still being obtained at the updating of this handbook, many of the estimates still appear in Lire. By dividing the Lire costs by 2,000 an approximation in dollars may be arrived at for re-conversion into Euro. At publication, one Euro was equal to about USD$1.30. For online currency conversion, visit: [http://www.xe.net/ucc/](http://www.xe.net/ucc/).

**Italian Customs and Currency Regulations**

There are no limits on importing lire or other currencies. Exporting currency from Italy is free up to a maximum of 20 million lire or the equivalent in foreign currency. Customs authorization is required for higher sums.

The Italian customs authorities allow duty-free importation of the following articles (for non-commercial reasons and subject to declaration at the frontier): 200 cigarettes or 100 small cigars or 50 cigars or 250 gr. of loose tobacco: 1 litre of alcohol over 22 degrees or 2 litres of alcohol under 22 degrees; 2 litres of wine; 50 cc of perfume; 500 gr. of coffee.

Tourists from EC [European Community] countries can import larger quantities of duty-free goods (enquire at customs).

In addition to personal effects, visitors are also allowed to bring in jewels, two cameras, one video camera, one radio, one television, one tape recorder, one bicycle, one boat (with or without motor), two pairs of skis, two tennis rackets, one canoe, one surf board. These limits apply only to non-EU citizens.

For complete information: [www.agenziadogane.it/italiano/dcsd/informazioniviaggiatori-uk.htm](http://www.agenziadogane.it/italiano/dcsd/informazioniviaggiatori-uk.htm).

**United States Customs**

The following information is presented merely as a guide for Philadelphia University students. Since Customs requirements can change suddenly, students are responsible for ensuring that they are in compliance with the Customs laws in force upon their return.

Although it can vary by country visited, United States residents are generally permitted to bring into the United States $800 worth of foreign souvenirs and gifts duty free. For complete information on the exemption, see: [http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/dutyfree_exemption.xml](http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/dutyfree_exemption.xml)

Some items MUST be declared. For information on what must be declared, see: [http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/declare.xml](http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/declare.xml)

If you are bringing it back with you, you did not have it when you left, and its total value is more than your exemption, it is subject to duty.

The Customs officer will place the items that have the highest rate of duty under your exemption. Then, after subtracting your exemptions and the value of any duty-free items, a flat rate of duty will be charged on the next $1,000 worth of merchandise. Any dollar amount beyond this $1,000 will be dutiable at whatever duty rates apply. The flat rate of duty may only be used for
items for your own use or for gifts. For duty tables, see:
http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/paying_duty.xml

- All articles acquired abroad and in a student’s possession upon return to the United States must be declared to US Customs officials, either orally (if within the $800 limit) or in writing.
- U.S. Customs declaration forms are distributed aboard every flight entering the United States and must be filled out and presented to U.S. Customs when clearing Customs and Immigration at the flight’s U.S. port of entry.
- Students are advised to retain the receipts of all items purchased abroad which will accompany the student home, and be prepared to present those receipts to U.S. Customs officials upon demand along with your passport.

Personal belongings of U.S. origin that were taken abroad in the possession of the student may be sent back duty-free, if – on the outside of the package – it is stated that the articles had been taken out of the United States and that they are being returned to the USA without having been repaired or altered while abroad. Print: “American Goods Returned.”

Assistance regarding U.S. Customs matters while abroad may be obtained from U.S. Customs representatives at U.S. embassies and consulates.

Complete U.S. Customs information for travelers may be obtained on the Internet at: http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/ or from the U.S. Customs Service at U.S. 1300 Pennsylvania Avenue, NW, Room 5.4D, Washington, DC 20229.

Money Matters
Reminder: As of January 1, 2002, the official currency of Italy is the Euro. As cost estimates in Euro were still being obtained at the updating of this handbook, many of the estimates still appear in Lire. By dividing the Lire costs by 2,000 an approximation in dollars may be arrived at for re-conversion into Euro. At publication, one Euro was equal to about 90 cents. For online currency conversion, visit: www.xe.net/ucc/.

Banking and Money Exchange
Before departure, visit a specialized currency exchange such as Travelex or American Express and purchase $200 or $300 worth of Euro. This will give you enough for “walking around” money and for expenses such as cab fare or food that might occur before you are able to visit a bank. If possible, get bills in smaller denominations. Your local bank can usually order foreign currency for you if you give them sufficient notice, usually ten days to two weeks.

Foreign currency services (exchange, travelers checks, international bank drafts, etc) may be obtained in Center City Philadelphia from:

Travelex Currency Services (formerly Thomas Cook)
1800 JFK Boulevard
Philadelphia, PA 19103
Telephone: 215-563-7348
Hours: Monday - Friday, 9:00 am to 5:00 pm.
➢ 50% discount on service charges with Philadelphia University student ID.
Travelex website [Link opens in new window]: www.travelex.com
Travelers’ checks are still the safest way of carrying money abroad and may be purchased in dollars or euro. Make two lists of the check serial numbers: one to keep at home in the US where someone can access them for you should the need arise, and another that is to be kept secure with you abroad and kept separate from the checks themselves.

While abroad, avoid exchanging money at shops, hotels or restaurants. The exception to this is the larger department stores (such as Rinascente in Rome) that sometimes will offer you a very favorable exchange rate on purchases (only). Generally, banks will give you a better exchange rate than a money changer/exchange (Il cambio). Both banks and exchanges post the current exchange rate.

- When making comparisons, check to see if a commission is charged. Ideally, you want a great exchange rate and no commission.

Banks generally open in Italy at 8:30 and close at about 1:30, reopening at about 3:00. Often, however, the bank’s cambio window is only open during the morning session. Italian banks are not open on weekends. Note the hours at the bank that you frequent most often. You will need to present your passport anytime you exchange money, a photocopy of which is attached to the bank’s copy of the transaction. Most Italian banks do not permit you to bring bags or metal objects inside. Lockers are available. Due to the paperwork, costs and complexities involved, we do not recommend that students open bank accounts.

The bank nearest AUR is:
- Banca di Roma (Agenzia Roma, 15), Via Giancinto Carini 58B.

Other nearby banks are:
- Cariverona Bank, Via Fontanciana 34.
- Banca del Fucino (Agenzia G), Piazza Fontanciana 18

ATM Machines
ATM cards tied to systems such as PLUS and CIRRUS (look on the back of your card) can be used in Italy, and students are increasingly reporting their reliance upon the ATM system.

- The account accessed in the US must be a checking account.
- The exchange rate is very favorable and the ATM terminals are multi-lingual.
- Whenever it is possible use an inside terminal rather than one on the street.

Check with your bank about the use of your card abroad and the fee structure that might be in place. It is also a good idea to let them know that you will be using the card abroad. Sometimes sudden overseas use will trigger a security system that assumes the card has been stolen and blocks the account.

Students are advised that the systems are only as reliable as the computer connections between the US and Italy permit. On occasion, you may receive an onscreen error message stating that the account could not be accessed. While this may, indeed, indicate a problem with the account back home, it usually means that a computer connection could not be made at that time.

- For this reason, it is wise to plan ahead and access the ATM before you actually need the funds.
- BNL (Banca Nazionale di Lavoro) runs the most extensive network of US-affiliated ATMs in Rome.
- Note: There is generally a daily withdrawal limit.
Credit Cards
Carry only the credit cards that you will need and actually use. Make photocopies of both sides of each of your cards and leave the copies with someone at home.

- Students should be aware that because of the merchant costs involved, credit cards are still not as widely accepted in Italy as they are at home.

Medical Matters
Students are responsible for obtaining up-to-date information regarding vaccinations. Information is available in the Study Abroad office, and may be obtained from the U.S. Center for Disease Control and Prevention (CDC) at 404-332-4555 or on-line at http://www.cdc.gov/travel/.

CDC Recommendations
The CDC recommends that all travelers take the following precautions, no matter the destination:

- Wash hands often with soap and water.
- Because motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively. Avoid travel at night if possible and always use seat belts.
- Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- Don’t eat or drink dairy products unless you know they have been pasteurized.
- Don’t share needles with anyone.
- Never eat undercooked ground beef and poultry, raw eggs, and unpasteurized dairy products. Raw shellfish is particularly dangerous to persons who have liver disease or compromised immune systems.
- Above recommendations from: http://www.cdc.gov/travel/westeurp.htm where further information and advice is available.

- The water in Rome and in Europe is generally safe. Because its mineral and bacterial content is different from that which your system is used to, though, it is advisable to drink mineral water (acqua minerale) for the first few days. Your system will adjust gradually through the absorption of the local water from foods and their preparation.

Please be careful when in or around motor vehicles. The CDC notes that injuries from motor vehicle crashes “pose the greatest risk of serious disability or loss of life to international travelers. … Motor vehicle crashes result from a variety of factors, including inadequate roadway design, hazardous conditions, lack of appropriate vehicles and vehicle maintenance, unskilled or inexperienced drivers, inattention to pedestrians and cyclists, or impairment due to alcohol or drug use; all these factors are preventable or can be abated.” CDC Health Information for International Travel, 1999-2000, Washington, 1999, 185. http://www.cdc.gov/travel/yellowbk99.pdf

- Avoid vehicles not equipped with seat belts, and be sure to “buckle up”.
- The most serious, and deadly, incidents occur returning from “social events.”
- Avoid nonessential night driving/riding, and do not ride with persons who are under the influence of alcohol or drugs. Take a taxi instead.
- Helmet use is imperative for bicycle and motorcycle travel.

- Important: Because of the dangers involved, students should not rent or drive motorized vehicles while abroad.

Other health-related resources
Prescription Drugs
Students who are under the care of a physician, or require regular medication or injections, should be sure to check with their personal physician for advice concerning their welfare while abroad.

- Prescription medicines taken abroad should be accompanied by a letter from your physician, and should be kept in their original, labeled, containers.
- The letter should state the student’s name, a description of the student’s medical condition, the dosage of the prescribed medication(s), and the chemical composition of the drug rather than the brand name.
- Students should notify the Student Affairs coordinator (or similar) at AUR of any special needs that they have.
- Students with diabetes or any physical condition that might require emergency care should carry identification that specifies their condition and which details all prescribed medications.
- The United States Center for Disease Control and Prevention (CDC) recommends that “diabetics, hemophiliacs, and other person who require routine or frequent injections should carry a supply of syringe needles and disinfectant swabs…sufficient to last their entire stay abroad.” Health Information for International Travel. (Available for Adobe/Pdf download at: http://www.cdc.gov/travel/reference.htm).

➤ Caution: The possession of needles and syringes without a prescription may be illegal in some countries. If possible, avoid transporting them in your carry-on when traveling by air.

Glasses and Contact Lenses
Students who wear glasses or contact lenses should take along an extra pair, if possible. A copy of the prescription should be taken abroad as a precaution.

Insurance
Students are required to purchase the university’s major Study Abroad major medical insurance through the university before departing. Included automatically in Study Abroad fees.

- Refer to and review your insurance coverage information for the specifics of what you are covered for before departing for Rome.
- A small deductible applies.
- Once qualified under the deductible receipts may be forwarded to the insurer for reimbursement subject to the published reimbursement terms.
- Keep your policy ID card and number, and a copy of the policy, with you at all times and have copies ready in case of loss.

Please note the following:
Italy’s health services are nationalized. Italian citizens are covered by a comprehensive health plan that is paid for through personal taxes and an enrollment fee. As a result, foreign nationals are not covered and are expected to pay for services rendered.

Emergencies
The Italian “911” number is 113.

- Call 113 to summon help in an emergency.
- Fire Department (Vigili del fuoco): 115.
- Police: 112.
Important: Learn to pronounce your address and telephone number in Italian ASAP. In an emergency, try to speak slowly and clearly.

**Should a medical emergency occur** that requires immediate attention all Italian state hospitals have emergency rooms. Look or ask for *Pronto Soccorso*.

- **In Rome call a taxi (06-35-70) or an ambulance (ambulanza): 118 (nation-wide).**
- **Nearest Pronto Soccorso to AUR: Ospedale Regina Margherita** at the foot of Via Dandolo/Morosini. Look for the illuminated red cross sign.
- Make a mental note of where the hospitals and *Pronto Soccorso* signs are in your neighborhood and in the various areas of Rome that you frequent.
- **As a foreigner, you will be expected to pay for services rendered. You will receive a receipt for claims purposes.**
- *In an emergency, do not worry about expense, seek attention. The finances and paperwork can be sorted out later!*

In an emergency, summon help first (above), then contact AUR administration at the numbers below. They will assist you and then alert Philadelphia.

- **During AUR business hours call: 06-5833-0919.**
- **Any other time: 348-080-9357 (24-hour cell ‘phone).**
- **Add the emergency/24 hour number to your cell ‘phone’s “phone book” if you purchase or rent a cell ‘phone.**

To contact Philadelphia University after-hours or on weekends/holidays:

- **Telephone Philadelphia University Security: 001-215-848-5555 (24 hours).**
- You may also reach Security by calling the Study Abroad office (215-951-2815) and selecting “Security” from the voice menu options.
- **Do not call Philadelphia until after you have attempted to contact AUR as it will only delay efforts to assist you.**

**General Medical**

**Salvator Mundi** is an outstanding, modern, private international hospital not far from AUR. Dr. Lollini, an American doctor, can be seen there on a walk-in basis. A cash fee applies. The AUR handbook lists other doctors and specialists.

- **Important:** Salvator Mundi is not equipped with an emergency room (see above).

**Salvator Mundi International Hospital**
Viale delle Mura Gianicolensi, 67 (just north of Via V.G. Rossetti) 00153 Roma
Telephone: 06-588-961.

**Dr. Ettore Lollini**
Salvator Mundi International Hospital
Viale delle Mura Gianicolensi (just north of Via V.G. Rossetti) Office Telephone: 06-588-961
Walk-in Hours: Monday through Saturday, 3:00-5:00 pm only.
- **Fee:** L. 50,000 payable in cash upon conclusion of consultation.
AIDS and HIV
Human immunodeficiency virus (HIV) causes an infection that, after a varying number of years, usually leads to AIDS (acquired immunodeficiency syndrome). HIV is a global issue, with 80% of reported cases occurring in the developing world. Unlike the U.S., where the vast majority of infected individuals are males, worldwide the ratio of infected men and women approaches 1:1.

Almost all HIV infections progress to AIDS, the final stage of HIV infection. To the best of current scientific knowledge, AIDS universally results in death.

There are two closely related HIV viruses, HIV 1 and HIV 2. HIV 1 is present in all areas and most closely associated with the development of AIDS. HIV 2 is endemic principally in West Africa. Infection with HIV 2 appears to progress more slowly than with HIV 1; however, AIDS and other HIV complications are present with this infection as well.

Students should:
1. Understand the disease caused by HIV, how it is transmitted and diagnosed.
2. Understand what constitutes high-risk behavior for becoming infected with HIV.
3. Develop a realistic view of their own personal risk.
4. Know that they are capable of controlling their risks and developing strategies to reduce them.

Transmission
The transmission of HIV requires contact with body fluids that contain the HIV virus. Transmission has been documented from contact with blood, semen, vaginal secretions, and breast milk.

HIV Antibody Testing
The two commonly used tests for HIV identify antibodies to the HIV virus in the blood. They do not directly test for presence of the virus. Antibody tests become positive with six months of the initial infection in almost all cases; however during this period the individual is highly infectious and usually unaware of the infection.

Risk Behaviors
Among students who have become infected with HIV, the most consistent risk behavior identified has been unprotected sexual intercourse.

Reducing Risk
The United States Center for Disease Control has noted “Because HIV infection and AIDS are globally distributed, the risk to international travelers is determined less by their geographic
Students choosing to be sexually active place themselves on a risk continuum based on the level of risk associated with the behaviors they choose. Decreased alcohol and substance use is an essential element of risk reduction.

The above selected information on AIDS and HIV has been adapted from "Understanding and Avoiding HIV Infection" module, Pre-Service Health Training for Volunteer Binder, Peace Corps Office of Medical Services, which can be consulted in greater detail at http://www.usc.edu/dept/education/globaled/peacecorps/understanding.html. The United States Center for Disease Control maintains a very complete web of pages dedicated to AIDS and HIV at http://www.cdc.gov/hiv/pubs/facts.htm; and an important page of links on travel-related AIDS and HIV issues at http://www.cdc.gov/travel/diseases.htm#AIDS.

Mad Cow Disease
From the CDC: “Since 1996, evidence has been increasing for a causal relationship between ongoing outbreaks in Europe of a disease in cattle called bovine spongiform encephalopathy (BSE, or "mad cow disease") and a disease in humans called new variant Cruetzfeldt-Jakob disease (nvCJD). Both disorders are invariably fatal brain diseases with unusually long incubation periods measured in years and are caused by an unconventional transmissible agent. Although there is strong evidence that the agent responsible for these human cases was the same agent responsible for the BSE outbreaks in cattle, the specific foods that might be associated with the transmission of the agent from cattle to humans are unknown. However, bioassays have identified the presence of the BSE agent in the brain, spinal cord, retina, dorsal root ganglia (nervous tissue located near the backbone), distal ileum, and bone marrow of cattle [and sheep] experimentally infected with this agent by the oral route.”

Potential risk to travelers: “The current risk of acquiring nvCJD from eating beef (muscle meat) and beef products produced from cattle in Europe cannot be precisely determined, and this risk in specific countries might not reflect the fact that cattle products from one country might be distributed and consumed in others. Nevertheless, in the United Kingdom, this current risk appears to be extremely small, perhaps about 1 case per 10 billion servings. In the other countries of Europe, this current risk, if it exists at all, would not likely be any higher than that in the United Kingdom, except possibly in Portugal.”

Prevention: Public health control measures, such as BSE surveillance, the culling of sick animals, or banning specified risk materials (SRMs), or a combination of these, have been instituted in Europe to prevent potentially BSE-infected tissues from entering the human food chain. The most stringent of these control measures have been applied in the United Kingdom and appear to have been highly effective. In June 2000, the European Union Commission on Food Safety and Animal Welfare adopted a decision requiring all member states to remove SRMs from animal feed and human food chains as of October 1, 2000; such bans had already been instituted in most member states. To reduce the possible current risk of acquiring nvCJD from food, travelers to Europe should be advised to consider either 1) avoiding beef and beef products altogether or 2) selecting beef or beef products, such as solid pieces of muscle meat (versus beef products such as burgers and sausages), that might have a reduced opportunity for contamination with tissues that might harbor the BSE agent. Milk and milk products from cows are not believed to pose any risk for transmitting the BSE agent.” The above information is from http://www.cdc.gov/travel/madcow.htm. See also,

**Security Matters**

Students must recognize that the bulk of their security rests upon the decisions that they make everyday. Unsound decisions with regard to personal safety can have serious consequences when the student is at home in a known environment, let alone when one is abroad. The following is presented to inform students about how to prepare themselves for situations abroad, and how they might go about obtaining information that will help them make informed personal decisions. As no amount of information can cover each and every potential eventuality, students are responsible for employing good judgment, and considering the ramifications of their actions.

**Security Abroad**

For travel advisories, contact the U.S. State Department, Bureau of Consular Affairs at 202-647-5225 or on the Internet at [http://travel.state.gov](http://travel.state.gov). While abroad:

- Keep abreast of local news and developments
- Take precautions against theft
- Do not linger in airports (particularly in the ticketing areas not within the perimeters of security and passport screenings), or in train stations or bus terminals
- Avoid large gatherings, protest demonstrations and locations "symbolic" of corporate, cultural and/or governmental America.

**Independent Travel Policy**

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<tr>
<th>All Philadelphia University students traveling independently away from Rome over weekends and breaks (etc.) are required to submit to the Student Life staff at AUR an itinerary before their departure. This itinerary must contain the following:</th>
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<tr>
<td>• Date of departure.</td>
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<tr>
<td>• Cities to be visited and their dates.</td>
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<tr>
<td>• Means of transport (air, train, bus, etc) and the carrier (if known).</td>
</tr>
<tr>
<td>• Contact info (hotels, hostels, friends, etc) or some other means by which you may be reached in an emergency. If possible, please provide telephone numbers.</td>
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<tr>
<td>• Date of expected return.</td>
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To protect your privacy, place this information in an envelope with your name and starting and ending dates upon it when turning it in.

➢ **Please keep a telephone card and a set of emergency numbers with you at all times**, along with your insurance card and the telephone number of your local U.S. embassy or consulate. Embassy and consulate contact information is available from your study abroad institution, or online at [http://travel.state.gov/visa/questions_embassy.html](http://travel.state.gov/visa/questions_embassy.html), or from our Study Abroad website (“For Students Abroad”). We recommend that you jot down the contact info for the areas that you will be visiting in advance, so that you will have it if the need arises.

When visiting an unfamiliar city:

1) Pay attention to landmarks and streets when first going to your lodging.
2) When you arrive at your lodging, note the street and adjacent landmarks.
3) When you leave your lodging for the first time, make sure that you know:
   a) The name and correct pronunciation of your lodging.
   b) Your lodging’s full address and nearest major landmark.
b) Your lodging’s telephone number.

d) The closing hours of the front doors. Many establishments lock their doors at midnight. If your lodging will be closing for the night at a certain hour, ASK as to how you might be admitted if you arrive after closing.

Take several of your hotel establishment’s business cards before going out so that you will have all the correct information. You can also give one of these to your cab driver to make your return easier and diminish misunderstandings or language barriers.

**Violent crime** is a comparative rarity still in Europe, particularly that directed towards tourists and foreign students. Students should not be lulled, however, into complacency and should remain attentive and on guard at all times. Be careful, likewise, with valuables. Avoid flashy jewelry and only carry as much money as you will need while out and about. Secure your valuables at all times both in the residence and at school, and never leave any personal items unattended.

- Purchase a passport/valuables pouch that hangs around your neck and wear it under (please!) your blouse or shirt.

**Students are advised to:**

- Keep a low profile
- Avoid crowds, protest groups and potentially volatile situations or dangerous locations
- Refrain from unnecessarily divulging personal or group-related information
- Employ a buddy system.
- Recognize that judgments impaired by drug and alcohol abuse can lead to dangerous situations even in one’s home environment. In a foreign environment, these dangers can become greater, due to language and cultural barriers, and less familiarity with one’s surroundings.
- Never store or carry all your valuables in one place.
- Never pack cash, jewelry, medication, documents or other essentials in baggage checked-through (stowed by the carrier) to your destination. Pack all your essentials (and some overnight gear) in your carry-on.
- Never carry large amounts of cash.
- Carry only those credit cards that are necessary and will be used, and maintain a list of the cards, the account numbers and the card company's emergency replacement procedures. This information should be kept separate from the cards themselves.
  ➢ **Always** have some taxi money and a telephone card with you.

**Be particularly attentive** in crowds (mass transit especially) and consider any sudden, unexpected, occurrence as suspicious and a possible planned distraction.

- The Italian word for help is “Aiuto” (pronounced “eye-you-toe”)
- “Police” is *polizia* (“poe-leets-zee-ah”)
  ➢ Angered and shrieking tones are universally recognized. If you find yourself in a bad situation, forget the language barrier and react appropriately in English.

**Gypsies**
On the streets, students should be aware of gypsies, particularly the young ones that work in pairs and packs as thieves. You will recognize gypsies rather readily by their unkempt clothes and appearance. Try to avoid them if possible by making it a habit to look ahead of you as you walk. Gypsies will attempt to distract you, frequently through the use of newspapers and
cardboard. If approached, make eye contact before they are within striking distance and wag your finger while saying “NO” in a firm voice. Stealth, distraction and speed are their main tools. If they are certain that you are aware of their presence and that you are going to make things difficult, they will move on to another target. If you find yourself suddenly in the midst of a pack of gypsies, hold tightly onto your valuables and break free of them by twisting and running. Gypsies are not generally dangerous, but they are excellent (and fast) thieves. Your best protection is to avoid them.

➢ Be on the lookout for them especially along Via dei Fori Imperiali between the Colosseum and Piazza Venezia; near Largo Argentina; and on the Corso.

Getting Ready
Climate and Packing
Rome is graced with an extremely pleasant climate rather similar to that of northern Florida. Late summer and early fall can be quite warm still, and in the winter the temperature rarely falls below freezing. March and November are rainy. Houses are chilly in winter by US standards, and you may find yourself wearing more, or heavier, clothing indoors.

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<th>January</th>
<th>April</th>
<th>July</th>
<th>October</th>
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<tr>
<td>41-52 F.</td>
<td>50-66 F.</td>
<td>68-86 F.</td>
<td>55-72 F.</td>
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Weather temperature in Europe is measured in degrees Celsius (C.). Water freezes at 0 and boils at 100.

- Conversion formula: Celsius temperature times 1.8 plus 32. A quick, roughly approximate (and easier to remember), conversion can be made by doubling the Celsius temperature and adding 30.

Rome weather conditions and five-day forecasts on the Internet: [http://www.bbc.co.uk/weather/5day.shtml?world=0065&links](http://www.bbc.co.uk/weather/5day.shtml?world=0065&links). Current conditions, forecasts and satellite photos: [http://www.euronews.net](http://www.euronews.net)

Luggage and Packing
Free baggage allowances (the total size and weight of baggage that may be transported free of charge on your flight) vary from airline to airline. Generally, the allowance is two (2) bags of 70 pounds each checked through to your final destination, and one (1) carry-on bag of dimensions small enough to be stowed beneath the seat in front of you. Check with your airline before packing your bags.

- Airlines are increasingly enforcing carry-on restrictions.
- Templates placed at the mouths of x-ray screening conveyors belts are, likewise, being used more by airlines to facilitate compliance.

On flights filled to capacity - or near capacity – you may be required to check your intended carry-on through to your final destination.

Students are advised to keep an itemized list of the contents of each of their bags and the value of the bags’ contents.

- Pack all your essentials (and some overnight gear) in your carry-on just in case your bag does not arrive with you.
• Tag your bag with your name and destination address before going to the airport, using a sturdy leather or plastic luggage tag.
• Secure a second ID with a delivery address on it inside your bag in the event that the outer tag is destroyed in handling.
  ➢ Lock your bag with a "TSA-approved" lock. These combination locks can be opened by security personnel with a special key and then re-closed after inspection. TSA locks are available widely on the Internet.
• Further secure your bag’s closure with a luggage strap. Locks can be knocked-off and otherwise damaged when bags are being loaded and unloaded. The strap will also make your bag easier to identify at baggage claim.
  ➢ For your security and that of others, never leave your baggage unattended. Airport security activates at the sight of unattended bags.
  ➢ Similarly, never agree to “watch” a stranger’s bag for them or transport any items for others. Pack your own bag.
• If your bag does not appear as scheduled at your destination (or arrives damaged), be sure to file a claim with your airline’s (or the airport’s) Baggage Services.
• **Note:** On occasion, bags are placed onto planes headed to your destination on flights departing before yours. Check the Baggage Claims area thoroughly before reporting your bag as lost and leaving the airport.

**Packing**

Students are advised to pack lightly and to accessorize. The cost of clothing is high in Europe and the locals think nothing of wearing the same outfit (or components of that same outfit) two days in a row or several times a week. Take items of clothing with multiple uses that are easily layered. A sheet with suggestions on packing will be distributed at orientation.

  • Europeans do not generally wear sweatshirts/pants, athletic shoes, or jeans that have holes or a “ripped” appearance. You will feel more at ease if you dress to fit in.
  ➢ **Reminder:** You will be responsible for lugging your bags from baggage claim to your transportation, and from your transportation to your lodging.
  • Although most residences and hotels have elevators, they are small and frequently located atop a flight of stairs.
  • **Test:** If you cannot carry your bags, they are too heavy.

**Warning:** Do not pack anything in your carry-on that may be construed as a weapon. Security personnel will confiscate any such items, including metal nail files, clippers and scissors.

**Backpacking it?** Remember that you will be backpacking in urban environments.
  • When packing, imagine yourself navigating Center City Philadelphia with your backpack, and negotiating streets, stairs, hills and various types of (crowded) public transportation. Unsure? Make a test run.

**Electrical Appliances/Electronics**

American electrical gear operates at 110 volts. Italian current is 220. Unless the item that you are considering to take along has a switch – or changes automatically – do not use US electrical items abroad. Please note that even if your item will operate abroad at 220 volts, you will need an adapter that fits onto the US plug and permits it to be inserted into an Italian outlet.
  • If you must use your non-international American electrical item abroad, you will need to purchase a transformer (220 to 110) and a plug adapter.
Pack a small battery-powered alarm clock. Timex makes a nice, flat, fold-up one.

**Personal Computers**

AUR has two computer labs with email and Internet access. AUR establishes email accounts for all students. The use of web-based services such as Hotmail is discouraged as it slows the systems.

- **Your AUR email address** will be: FirstInitial.Lastname@AUR.edu.
  
  Thus, Mary Smith’s address would be: M.Smith@AUR.edu

- **Important:** AUR communicates with students through the AUR email addresses. The Philadelphia University Study Abroad office communicates via the addresses students have provided in their application materials. **Students are REQUIRED to monitor their email at least once a week.**

**Students** with laptop computers are welcome to bring them to Rome, as it will allow them to work at a convenient pace and will free-up computer time for others. Many current laptop models have switches that change the operating current from 110 to 220. Before relying upon that switch, however, contact the manufacturer to ensure that the switch is functional, and to ask about their international servicing. Good websites for information on mobile computing are: www.teleadaptusa.com; www.roadnews.com; and www.igo.com, which also carry most anything that your computer would need to keep it happy abroad. Don’t forget a locking device to keep it secure.

- If you are considering buying a laptop to take abroad, compare international warranties and overseas servicing in addition to price and features.
- Only bring your laptop for term papers, etc. There is no Internet access at the apartments.

**Wireless Telephones**

Unless your present GSM wireless telephone is equipped with a second, GSM (900 MHz; different from US GSM), mode and international roaming it will not work in Europe.

- If you are bringing such a dual-mode (tri-band) cell ‘phone to Europe, before you leave ask the manufacturer and your service provider how to activate it abroad.

For information about renting an Italian cell ‘phone (telefonino) visit the website of Piccell Wireless: www.piccellwireless.com

- Cell ‘phone users: You can prevent your telefonino from being used by others in case of loss or theft. To do so you will need to give your service provider your ‘phone’s unique identifying number. To learn your ‘phone’s identifier, push *#06# on your keypad. A 15 digit code will appear on the screen. Record this number in a safe place. If your ‘phone is lost or stolen, call your service provider and give them the 15-digit code. Your ‘phone will be blocked and rendered unusable – even if the “chip” (SIM card) is changed.

**Traveling To Rome**

**Group Air Travel**

Provided that the minimum number of students required by the airlines for a group rate is met, Philadelphia University will organize a group flight for students going to Rome to study at AUR. The airlines give us a very favorable rate.

- Should the required number of purchased tickets not be met, the flight arrangements may be cancelled.
- Students traveling on the group flight will be met at the Rome airport by members of the AUR Student Services staff and transported by private motorcoach to their apartments.
AUR housing staff will meet students as they are dropped-off and introduce students to their apartment and its features.

- This service is available solely to those students arriving in Rome on the group flight.

**Independent Arrival in Rome**

**Important Notice:** Students may only check-in to their AUR housing on the day of the group flight’s arrival (or later).

- Students not arriving on the day of the group arrival MUST complete the “Independent Arrival” form available from the Study Abroad office. The Study Abroad office will then notify AUR of the student’s date of arrival.
- Students not arriving on the group flight will have access to their housing subject to staff availability at AUR and between the hours of 11:30 am and 5:00 pm. Requests to check-in at specific times cannot be accommodated. AS AUR will be busy assisting scheduled group arrivals, your patience is appreciated.
- If you arrive, or plan to arrive, after check-in hours you will need to acquire your own accommodations for the night. Please plan ahead for such eventualities.
- An information sheet that will assist students in arriving independently is available from the Study Abroad office.

**Airline Check-in**

For international travel, it is recommended that students arrive at the airport no later than two hours before the scheduled departure time.

- Students check-in on their own at the main ticketing counters.
- After checking-in proceed immediately to your departure terminal and beyond the security check.
- Only ticketed passengers are now permitted beyond the airlines’ main check-in counters.

**Security Screening/X-ray**

At the security screening, place your carry-on items onto the conveyor belt.

- If you are stuck in line afterward, or asked to pass through the metal detector again, keep an eye on your items as they emerge from the x-ray machine to ensure that no-one else makes off with them. Thieves thrive on this opportunity.
- Tip to get you through screening quicker: place all metallic items (rings, keys, change, etc.) in a Ziplock bag. Secure the Ziplock bag in your carry-on that goes through the x-ray machine.
- If stopped by security, comply fully with all requests made of you. Do not, under any circumstances, joke about security matters.

**Departure Gate**

Stay near the gate area, or return promptly. Informational announcements related to your flight are not broadcast in the terminal itself.

- Keep your boarding pass, ticket and passport stowed securely, but also have them ready to display at boarding.
- Stay attentive to your belongings and surroundings. Do not accept items from strangers to take on board, nor “watch” bags (etc.) for strangers.

**On Board**

Place your large carry-ons in the overhead bin and vacate the aisle.

- If you have a small carry-on with personal items that you want to access during the flight, place it beneath the seat in front of you.
If your seat does not have a pillow and blanket already placed upon it, grab one of each from an overhead bin. You can place the pillow behind your lower back and sit on the blanket until you need them.

- The cabin becomes cold during the overnight eastbound run so you will want to keep your blanket handy.

Take a look around you to see where the nearest exit is, both in front of you and behind. Set your watch to destination time and try to comport yourself accordingly.
  - At a 6:00 pm Philadelphia departure it is already midnight in Rome.

Relax!

In Flight

- Drink juices to avoid dehydration and to counteract vitamin and mineral losses.
- Given the above, it follows that consuming alcohol while aloft on a long flight is never a good idea, particularly during the eastbound run when you will be landing during home “sleep” time and will have a full day ahead of you still.
- After dinner, save the entertainment distractions for the trip home during the daytime.
- Even if you cannot sleep while you fly, try to rest with your eyes closed and catnap. Sunglasses or sleep shades help.
- Take a walk occasionally to stretch and avoiding cramping.
- Be respectful of others who are resting and sleeping.
  - Keep your seat belt buckled while seated.

Landing

Keep your passport somewhere secure where you will still be able to get to it easily at Passport Inspection.

Collect all your belongings from the bin and beneath the seat.
  - Be careful opening the bin! Things may have shifted in flight.

Arrival

Baggage Claim

Grab a luggage cart at your earliest convenience.
  - While retrieving your luggage, keep an eye upon your belongings and stay attentive to your surroundings.

Once you have everything, you may exit the baggage claim, pass through Customs and enter the Arrivals hall.

Group Flight: Entering the Arrivals hall, veer right. Look for the AUR Student Life representatives and follow their instructions.
  - Should the representatives be delayed, wait by the Left (as in “Stored”) Luggage counter in Terminal C.

Check in with the person “counting heads” and stay together.
  - Continue to keep an eye on your belongings and surroundings.

Group yourself with your room-mates.
When directed, move smartly with the entire group – but still with your room-mates - to your transportation.
  - When directed, load your gear (grouped with that of your room-mates) into the bus and then go directly on board.
  - Once on board, be attentive to your group leaders and be ready for announcements and a roll call.
➢ Do not permit unknown persons to board the bus.

**Housing**
Students reside in apartments located near the school. The neighborhood is largely residential and offers a full array of services such as banks, cafes and markets. Each apartment is furnished, has cooking facilities and laundry access, and comes equipped with utensils, cooking and dining ware, etc. Fresh linens are provided once a week.

➢ Students are not permitted to change their housing without the specific approval of Philadelphia University Study Abroad and AUR.

**Conduct**
Once in Rome, please refer to the AUR Student handbook for the specific instructions, advice and regulations that apply to your residence building.

➢ Students evicted from their residence by the building management are not entitled to any housing refund.
➢ Serious conduct breaches may result in severe penalties from academic and civil authorities.

In general, be aware of the following considerations:

➢ Your residences are not dedicated student dormitories, but buildings occupied by families and small offices whose privacy and customs must be respected.

**Important:** University-arranged housing is considered university housing and is subject to the Philadelphia University Student Code of Conduct found in the *Philadelphia University Student Handbook*, and Paragraph I ("Personal and Academic Conduct") of the Philadelphia University Study Abroad Program "Assumption of Risk and Release" form required of all Study Abroad students. Students are reminded that as registered participants in the Study Abroad Program, they remain students of Philadelphia University while abroad.

➢ Be security conscious at all times. Do not allow non-residents into your residence buildings. Always close shutters and windows, and lock your door when leaving.
➢ Close your elevator's doors each and every time that you exit the elevator. The elevator cannot be summoned by others if the doors are left open!

- Largely as a result of the hard times endured during the World Wars, Italians are very image conscious, a matter known as maintaining *la bella figura*. Do not make a *brutta figura* (an ugly figure) of yourself by dressing improperly within the halls or public areas of your residence by going barefoot, or wearing scanty clothing.

➢ Respectable men are never seen shirtless in public.

- Be considerate of your neighbors and keep noise to a minimum, particularly during the lunch/siesta hours from 1:00 pm to 4:00 pm and at night after 10:00 pm.

- *Do not wear hard-soled, or high-heeled, shoes in your apartment.* The noise made on the floors will disturb your neighbors below.

- *Parties are strongly discouraged.* Aside from the fact that your party will likely disturb your neighbors, it should be noted that Italians tend to socialize more in public rather than at home. Your Italian neighbors are especially unaccustomed to unsupervised events on the part of young people within a home. As a result, your actions are likely to be misread and your character seriously reduced.

- Make it a point to become friendly with your building superintendent, your *portiere*, whose office is usually located near the entry to your building.

- Apartments and rooms must be kept tidy. Be especially diligent about foodstuffs and refuse. Remove your refuse daily to the dumpster. The cleaning staffs are only
responsible for the general cleanliness of the floors and bath, and are not responsible for
your dishes or for “picking up” your rooms. Fresh linen is provided weekly.

- The cleaning staffs perform their service only at the times designated by the management. You will be notified of the day designated for your apartment. The cleaning staff must have access to your apartment weekly on that day.
- For health, safety and legal reasons it is prohibited to bring the following into the apartments: animals, stereos, televisions, heaters and hot plates.
- Incendiary materials such as candles and incense are likewise prohibited.
- You may not place nails (or similar) in the walls, or remove or loan furnishings.
- Students are required to read any and all instructions for the use of any furnished appliances, and to operate them in a safe and responsible manner. Students will be held liable for any and all repairs resulting from improper use or operation.
- Be ecologically responsible in the use of utilities. Unlike in the USA, natural resources are scarce and utilities are very expensive, so use them only when appropriate or necessary.
- Hot water: Most apartments in Italy (even penthouses) have small hot water heaters equipped with use switches. Before taking a bath or (short) shower, this switch is turned on to heat the water, and then turned back off.
- Heat: As in many large US cities, landlords are relieved from providing heat upon demand. Thus heat is provided seasonally. In some instances, it may be further governed by schedules set by the landlord or condominium association, such as from 7:00 am to 10:00 am in the morning and from 5:00 pm to 10:00 pm in the evening.
- Telephones: Some student apartments may be equipped with cellular ‘phones that are not to be removed from the apartments. Reception can be is spotty at times depending upon interior locations, and you may have to experiment at first. Please keep the telephones charged and “on” so that others may reach you.

**Getting Started in Italian**
Although most young people and educated Italians now speak some English (especially in cities), you should prepare yourself (and expect) to communicate in their language. Until you have had some lessons in class, you will be very much on your own initially. Fortunately, Italian is a relatively simple and logical language that has the added benefit of being beautiful and a real pleasure to speak. It also has the plus of being associated with a culture that is known to most Americans, and whose words and concepts have either formed the basis (from Latin) of English terms, or are terms that have been adopted wholesale.

- **Tip:** Begin learning the pronunciation of Italian vowels as soon as possible.
  - A = ah (as in “father”)
    - pasta
  - E = ay (as in “hay”)
    - pane (bread)
      - But: E’ (accented) = eh (as in “bet”)
  - I = ee
    - pizza
  - O = oh
    - Roma
  - U = oo (as in “cool”)
    - frutta (fruit)
Phrase Books
Your experience in Italy will be greatly enhanced by learning a few simple phrases in advance that permit you to shop, move about the city, care for your basic needs and interact with the locals. In fact, you will find that you use a rather set package of phrases (and their variations) frequently given the repetitive nature of certain chores and situations.

Before departing the USA, pick up a phrase book and study those sections of the book that match up with the situations that you will likely be encountering. Barron’s Italian at a Glance is an excellent choice, being small enough to pack into a purse or backpack, and yet comprehensive enough to satisfy most needs and situations. The book is divided into categories (Meeting People, Shopping, Personal Care, etc.) with the phrases you might need along with pronunciations. It is also equipped with handy conversion charts and practical information. Here are a couple conversational phrases to get you started:

My name is: Mi chiamo (me keyahmo) __________.
I am American: Sono americana (female); sono americano (male).
I am from Philadelphia: Sono di Filadelfia.
I am a (female) student: Faccio studentessa (fahhtch-o stew-dent-taysa)
I am a (male) student: Faccio studente (fahhtch-o stew-dent-tay)
What is your name? Come si chiama? (ko-may see-key-yah-ma)
   • Used formally with adults.
   Come ti chiami? (ko-may tee key-yah-me)
   • Used with children and your peers.
Where is __________?: Dov’e’ (Dough veh) __________?
I would like (to buy, to order, etc.): Vorrei (vor-ray) __________.
How much (does this cost)?: Quanto costa? (kwanto cohsta?)

Dictionaries
No one dictionary is ever sufficient for any language because of the nuances of verbal communication itself, and the ways in which each of us uses language. The speed with which modern verbal communication has changed in the last few years has exacerbated this situation, particularly as computer terms and technology become more and more integrated into everyday life. Fortunately for us, most of this new jargon has been derived directly from English or made Italianate; the new Italian verb cliccare (“to click”) is a case in point.

• A good modern English/Italian dictionary is the new paperback Oxford Color Italian Dictionary from the respected Oxford University Press.

The selection of a dictionary is a matter of personal need and preference. When examining dictionaries, put them to your own test. Think of several words or terms that might reflect your needs and interests and look them up, noting how many times your choices show up in a given dictionary. Also look to see if the dictionary gives not only the translation of the word, but common brief phrases or contexts associated with that word. English is a very loose language that permits us to use words in ways that other, more structured, languages do not; a fact that will quickly become apparent to you. Consider how English, for example, uses “get”, “go” and “have” (as in “have to” when we really mean “must”) in a wide variety of phrases and contexts. Look at how your choice of dictionary handles such cases.

Guidebooks
Like dictionaries, the choice of a guidebook is very much a matter of personal choice and you will probably end up with two or three. Each of us has different interests in going abroad, and
today’s guidebooks are now written to target the needs of specific types of travelers. Among students, the *Let’s Go* series is the most popular having been compiled through the feedback obtained directly from students themselves. Thus, they are chock full of all kinds of great information not available in other, more formal, guides. Similar, but more cosmopolitan and upscale, are the *Time Out* guides. For those interested in history and monuments the *Blue Guides* are still amongst the best, being accurate and authoritative, and are a good choice to buy in addition to the more practically-oriented *Let’s Go* type.

- You will want a copy of the famous green paperback *Michelin Guide to Rome*. This guide presents very helpful maps of the various districts of the city and brief notes about most any building or monument in Rome, as well as nearby sites such as Hadrian’s Villa and Tivoli.

**Getting Around Rome**
The ancient Romans largely invented the concept of mass, and efficient, transportation through the development of their vast and truly impressive network of roads and sea routes. Modern Romans enjoy a system of transit that can be ranked amongst the most comprehensive anywhere, and comprised of a network of buses, subways (*la metro*) and trams.

**Tickets and Passes**
To fully utilize the system, known as ATAC (pronounced “ah-tock”) it is recommended that students purchase a monthly pass (*una tessera*). The *tessera ATAC* is valid on all the public conveyances within the metropolitan Rome area and can be applied towards the purchase of tickets on the local regional trains and blue buses run by COTRAL that go out to nearby localities such as Tivoli (Hadrian’s Villa and the Villa d’Este), Cerveteri (Etruscan tombs) and Frascati. *Una tessera ATAC* costs only 25.80 Euro (about $25) and can be purchased at most tobacconists’ shops (*Tabaccherie*). A single ticket (*un biglietto ATAC*) cost 0.77 Euro at last check and is valid for 75 minutes and/or one *metro* trip. You will use the system more often – and walk less! – when you have a pass each month.

- Resist the temptation to get on a conveyance without a ticket or pass. From time to time teams of inspectors get on to check, usually closing all the doors. Fines (51.00 Euro) are immediate and embarrassing. Romans headed to work or elsewhere will definitely not appreciate your delaying them.

- Be careful that your *tabaccaio* (tabacconist) does not sell you the cheaper student *tessera*. They are government (tax)-funded and valid only for Italian nationals. If you are caught with one, the *tessera* will be confiscated *and* you will be fined just as if you did not have a ticket at all.

**Using the Bus System.**
One of your first purchases in Rome should be a map (about 5 Euro) that indicates the transit routes. These are available at most of the larger newsstands. Our favorite is the compact fold-up one in the red cover (published by Editrice Lozzi) that simply says ROMA and has a picture of the dome of St. Peter’s upon it.

- Many of the classes meet on-site regularly and you will want a map for your own needs, so pick one up while you are exploring and buying postcards on your first day.

**A bus stop** (*una fermata*) is recognizable by its white board attached to a tall yellow post. The board displays the route numbers along the top, and displays each route’s major stops below that number, with the final destination (and notes about hours and days of operation) below. The *fermata* that you are at is framed in red. White numbers on a black shield, or a number followed by an “N”, indicate a night bus.
- Regular bus service operates from about 6:00 am and closes at midnight.
- Night bus routes and services are extremely limited.

**Buses do not** stop automatically at each stop, but must be flagged down. The concept of “lining up” is – as you will quickly discover – largely foreign to Italy, so stand your ground when getting on conveyances.

In Italy, one boards buses at the rear where there is a machine to punch or swipe your ticket. If you have a *tessera*, you may board at the front, but it is usually easier to get on in back. The exit is at the center of the bus, so it is wise to plan your move to that part of the bus (particularly if it is crowded) one stop in advance. As you make your way to the exit, say “permesso” (“pear-may-so”) which is the transport version of “Excuse me.” If you are near the exit, you may hear someone ask you, “Scende?” (shen-day; “Are you getting off?). If you are getting off say, “Si’, scendo”(shen-doe). If you are not, reply “No. Prego.” (praygo; “No. Please [pass by].”) and make way as best you can.

➤ **Note:** Avoid the 64 bus if at all possible. It is the workplace of gypsies and of professional pickpockets from South America. If you must ride the 64, you need not fear for your safety. Do remain aware of what is going around you at all times, however, and of where your valuables are. You will find that this is a good habit to adopt generally while you are abroad.

**The Metro (La Metropolitana)**

Presently there are two metro lines in Rome: the A (orange) line that largely runs east and west, and the north-south B (blue line). The two lines intersect at Stazione Termini (transfer is free), the city’s principal rail station. If you are going to be in areas that are serviced by the metro, this is a very efficient way of getting around town. Metro stops can be picked out at street level by the red and white M signs. The metro opens at 5:30 each morning and closes at midnight.

**Trams**

Rome is serviced by several tram lines whose equipment ranges from high-tech Giugiaro-designed bullets to, well, quaint rumbly and clanky things. The two most efficient lines are the 225 from Piazzale Flaminio (north side of Piazza del Popolo) to the famous Ponte Milvio, and the new 8 JumboTram that runs along Viale Trastevere with direct service to the important central hub of Largo Argentina just south of the Pantheon.

➤ Tram 8, along with buses 44 and 75 (which climb the Gianicolo and connect AUR with Viale Trastevere), will likely be amongst your most frequently used routes.

**ATAC and COTRAL** maintain a website at: [www.atac.roma.it](http://www.atac.roma.it).

**Important** vocabulary term: “sciopero” (sheeo-pair-o). Labor strike! Watch the papers and eye the notices at the subway turnstiles.

**Taxis**

Taxis are difficult – if not impossible - to flag down on the street, but there are taxi stands placed at most major *piazze*. Never use an unmarked cab, or the cabs “conveniently” lurking in front of train and air terminals away from the established pickup zones. Fare rates are set by the city, but be aware of the fact that there are legitimate supplements that do not show up on the meter for bags stowed in the trunk, trips to the airport, and night and early morning runs.

- An easy to remember telephone number to call a taxi is: 06-35-70. There is a small (but worthwhile) surcharge for ordering the cab.
Getting Out of Rome
The same great transport system that conveys you around Rome is also useful for beginning your journeys beyond Rome’s fabled walls.

Independent Travel Policy
All Philadelphia University students traveling independently away from Rome over weekends and breaks (etc.) are required to submit to the Student Life staff at AUR an itinerary before their departure. This itinerary must contain the following:

- Date of departure.
- Cities to be visited and their dates.
- Means of transport (air, train, bus, etc) and the carrier (if known).
- Contact info (hotels, hostels, friends, etc) or some other means by which you may be reached in an emergency. If possible, please provide telephone numbers.
- Date of expected return.

To protect your privacy, place this information in an envelope with your name and starting and ending dates upon it when turning it in.

➢ Please keep a telephone card and a set of emergency numbers with you at all times, along with your insurance card and the telephone number of your local U.S. embassy or consulate. Embassy and consulate contact information is available from your study abroad institution, or online at http://travel.state.gov/links.html, or from our Study Abroad website (“For Students Abroad”). We recommend that you jot down the contact info for the areas that you will be visiting in advance, so that you will have it if the need arises.

When visiting an unfamiliar city:
1) Pay attention to landmarks and streets when first going to your lodging.
2) When you arrive at your lodging, note the street and adjacent landmarks.
3) When you leave your lodging for the first time, make sure that you know:
   a) The name and correct pronunciation of your lodging.
   b) Your lodging’s full address and nearest major landmark.
   c) Your lodging’s telephone number.
   d) The closing hours of the front doors. Many establishments lock their doors at midnight. If your lodging will be closing for the night at a certain hour, ASK as to how you might be admitted if you arrive after closing.

Take several of your establishment’s business cards before going out so that you will have all the correct information. You can also give one of these to your cab driver to make your return easier and diminish misunderstandings or language barriers.

Leaving Rome by Train.
Rome’s principal rail station is Stazione Termini near Piazza della Repubblica. Stazione Termini can be reached by taxi, of course, but also by bus and/or metro. There is also a station in Trastevere at the south end of Viale Trastevere, but it is used largely for commuter service.

Leaving Rome by Air.
Rome’s main airport is Fiumicino, also known (but rarely) as Leonardo da Vinci. Taxi service to Fiumicino runs about 40 Euro. There are also two trains to Fiumicino. One, a local operated by COTRAL, leaves frequently from the Trastevere rail station, the other is a first class express run by the Italian state railway, the Ferrovie dello Stato (FS) and departing from track (binario) 22 at
Termini. Both the COTRAL and the FS trains arrive at the special rail terminal at Fiumicino Airport that is connected to the main air terminal. There are machines and ticket offices in the airport rail terminal where you can buy tickets back into town when you return to Rome.

- **Important:** So as not to hamper security (which is taken very seriously in Italy) - and to avoid trouble for yourself - when seeing visitors off at the airport do not go beyond the carry-on (x-ray) screening.

**Traveling by Train in Italy**

In recent years the FS has upgraded both its track and rolling stock so as to bring it in line with the high-speed standards first introduced to Europe by the French TGV “bullet” trains. As a result, it is now possible to travel to most any major city in Italy both quickly and comfortably aboard the FS’ new fleet of Eurostar trains (identified on printed schedules as ES) that can achieve speeds of 180 mph. Florence is now but ninety minutes from Rome, Milano can be reached in four hours and Venice in five. Tickets on the Eurostars can be purchased in either First or Second class. Your ES fare includes a special supplement and seat reservations. Other fast (but not as fast) trains are the Intercity trains (IC) connecting Italian cities, and the Eurocity (EC) trains that go beyond the Italian peninsula. These latter two also require a supplement, but do not usually come with a reserved seat.

- **Note:** Unlike airfares, rail tickets (ES excluded) do not generally come with assigned seats. A seat reservation will cost you only a little bit more and will save you the exasperation of searching for seats or (worse) standing in a crowded corridor.
  - Avoid buying your tickets at Termini on the way out of Rome. The lines are long and the chances of the ticket-seller making a mistake (a mistake that you will have to sort out on-board, in cash, with an overworked conductor) are far greater. Go to a travel agent well in advance, buy seat reservations, and double-check everything (including the dates and times) before leaving the agency.
  - Travel offices will generally not accept credit cards for train tickets, so always ask first. At Termini there are a few specially-marked windows where credit cards are accepted.
  - Discounted long-distance rail tickets for students? Try CTS at Via Corso Vittorio Emanuele II, 297 (west of the Chiesa Nuova) and the student discounters in the concourse at Termini.
  - Better newstands sell rail schedule books, the handiest of which is the Pozzo Orario Generale. Such books have schedules for all trains in Italy and the schedules of the major trains connecting Italy with the rest of Europe. There are also tables for estimating fares and supplements. Equipped with one of these books you can select - at your leisure - the trains and times that you want, write down the info that the ticket seller will need, and then go to a travel agency to buy your tickets. This will save you both time and hassle (perhaps money), and will minimize the potential for error or miscommunication.
  - FS has a website with schedules at: www.trenitalia.com/home/en/index.htm

**Important:** Before boarding your train with a ticket, be sure to validate (punch) all separate portions of it in the yellow machine at the beginning of the track platform. Failure to do so will earn you a (cash) fine on board.

**Eurailpasses**

Eurailpasses are useful in that they are prepaid. They are only a good value, however, if you plan on doing a lot of travel by rail. Estimate how often you will be traveling – and where – before deciding to purchase your pass. See the Eurail website www.eurail.com for complete information, or call 1-800-4Eurail.
• Eurailpasses are not sold in Europe, but must be obtained in the U.S. If after you have arrived in Italy you decide that a Eurailpass is right for you, you can arrange for a friend or relative to purchase the pass for you in the U.S. and then mail it abroad.

Kilometric Pass
FS offers a discounted prepaid kilometric pass (biglietto kilometrco) valid for up to 3,000 kilometers of travel within the state-run FS system. This is a good value for students that wish to travel together in that the cost of the pass and the 3,000 kilometers (total) mileage can be divided amongst a group. These passes are only available at rail stations, usually at specially-marked windows or offices (look for the word tessere).

The Daily Routine
As you will discover, getting things done in Italy requires some “attitude adjustments” on the part of most Americans. A good dose of patience and a sense of humor will serve you well, likewise.

Business Hours
For the most part, shops and businesses are open from 8:30 am to 13:00 (1:00 pm) when they close down for siesta. They reopen at 15:00/16:00 (3:00 pm/4:00) and remain open until 19:30 (7:30 pm) or 20:00 (8:00 pm). 24-hour “military” time is used for all official schedules (even TV and movie times). Just subtract 12 until you get used to it.

More and more the US-styled “orario no-stop” (continuous schedule) is catching on, particularly as more Italian cities allow businesses to establish their own working hours, but you are more likely to encounter the traditional hours at most businesses. Having said that, though, be aware of the following further variations to the “close for siesta” scenario:
• Monday mornings most businesses, including museums, are closed.
  ➢ Food stores, even some supermercati, are closed Thursday afternoons. In the summer they also close on Saturday afternoons.
• Sundays most everything is closed.
• We have also noted that an unofficial national coffee break seems to occur at 10:30, particularly in the banking and postal industries. Things do not close, but they will slow down.

Thus, you will need to strategize your purchase and chore scheduling. Generally, it is best to schedule any errands for the early mornings when stocks (and clerks and officials) are fresh. If your schedule will not permit this, remember the potential for closed food stores on Thursdays.

Food Stores and Markets
In Italy, there are few of the supermercati that we are so familiar with in the United States. Standa on Viale Trastevere near Piazza Mastai is one of the larger chains as is the generally cheaper GS, and the popular discount newcomer Topdi’ (at Via di Donna Olimpia, 140 and Piazzale E. Dunant, 28 on the Gianicolo; and Via Natale del Grande, 24/26 north of Piazza Mastai on Viale Trastevere).
  ➢ The supermercato closest to AUR is SMA (pronounced all run together as “sma.”) on Viale dei Quattro Venti (Piazzale Dunant, corner of Circonvallazione Gianicolense).

For the most part, you will be doing business at a number of smaller and more specialized establishments – many of which can be found on Via Carini - notably:
• Alimentari: These are the wonderful, all purpose, stores such as one sees in Philadelphia’s Italian Market where one can buy fresh cheeses, cold cuts, breads and
more (except, usually, for produce). The standard unit of measurement for purchasing cheeses and cold cuts is the “etto” (hectogram). Un etto is equal to 100 grams and might best be thought of as being close to one-quarter pound. So, to purchase about one-half pound of something you would ask for “due etti.” Three-fourths of a pound would be “tre etti,” etc.

- Frutteria: Fruits and vegetables. The Italian fruits and vegetables are excellent, inexpensive, and frequently come from exotic places like African and the Middle East. Be sure to try the bananas (sweet; great on cereal) and the grapefruit (also sweet and not tart as here). Zucchini and peppers (peperoncini) are excellent additions to most any sauce, as is eggplant (melanzana).
- Pane/Pasta: Fresh breads and pasta. The best bread in Rome is the type known as pane di Altamura. Rosettes (rosette) are terrific for sandwiches (panini).
- Pasticceria: Pastry shops. Strangely, not as good or plentiful in Rome as elsewhere in Italy. Go figure (“Boh,” as the Italians say).

Making Purchases
The etiquette for making a purchase at the smaller stores is frequently different from that which we are used to. At an alimentari (and similar), for example, you make your request of the counterperson just as you would here at a deli. In Italy, however, once the counterperson has filled your order, rather than presenting you with the goods, you are presented with a receipt known as a scontrino (skone-tree-no). You take lo scontrino to the cassa (cashier) who rings up your purchase. After you pay alla cassa, you take lo scontrino back to the counterperson who has in the meantime wrapped and bagged your purchase.

Entering and Exiting Stores
When entering a small establishment, you will note that it is customary to say “Buon giorno” (Hello/Good day) or “Buona sera” (Hello/Good afternoon, Good evening) aloud. Upon exiting, the salutation is “Buona giornata,” (The difference is the sense of wishing someone a good day as you leave) or “Buona serata.”
- From morning to about 3:00 pm one uses “buona giorno” and “buona giornata.”
- From about 3:00 onwards, use “buona sera/buona serata.”
- “Buona notte” (no-tay) is reserved mostly for when you or the person that you are addressing is actually retiring for the night.

Related Matters:
- “Ciao” is reserved for use informally, and generally amongst friends or to children.
- When entering someone else’s home or apartment, it is customary to say “permesso.” (roughly: “May I?”).

The city’s many morning open-air fruit and vegetable markets (mercati) are great fun and frequently cheaper than the stores. Even if you do not purchase anything, the displays of colors, textures and aromas is wonderful. It has often been disputed whether Italians invented the opera or opera invented the Italians. At the Italian mercati, you will see and hear street opera like nowhere else. There is a market southeast of Piazza Pilo.

Bars/Cafes
The Italian bar is generally what we would refer to more as a café. Italian bars are often small, stand-up, places where one can purchase a wide variety of beverages, also coffee, sandwiches and breakfast rolls. Most Italians, after a light breakfast at home, drop by a bar in the morning to grab a caffe (espresso) and a cornetto (croissant). The coffee in Rome is excellent; it is also the
cheapest in Italy. You will be hard pressed, in fact, to get a bad cup of coffee anywhere in Rome. Rome’s best coffee (cappuccino especially) is reputed to be found at Bar Sant’Eustachio in Piazza Sant’Eustachio, southwest of the Pantheon.

**Types of caffè**

- _un caffè_: an espresso. Thick, dark coffee in a small cup.
- _un caffè’ americano_: espresso with extra water.
- _un caffè’ latte_: espresso with milk, served in a glass.
  
  Note: The American practice of ordering a “latte” will get you a glass of milk. Be specific: _Un caffè’ latte_.
- _un caffè’ macchiato_ (“a spotted coffee”): espresso with a drop of milk.
- _un latte macchiato_: milk in a glass with a drop of coffee.
- _un cappuccino_: espresso with frothy hot milk in a teacup-sized cup. Excellent in Rome.
- _un caffè’ freddo_ (fray-doe): chilled coffee in a glass.

**Teas**

- _un the’_ (pronounced “thay”): a tea.
- _un the’ con limone_ (cone lee-moan-ay): a tea with lemon.
- _un the’ freddo_: an iced tea.

**Juice**

- _un succo d’arancia_ (sue-co dar-on-cha): an orange juice.
- _un succo di pompelmo_ (pome-pelmo): a grapefruit juice.
- _un succo di pesca_ (pay-ska): a peach juice.
  
  Watch your pronunciation. _Un succo di pesce_ (pay-shay) is “a fish juice.”
- _una spremuta d’arancia_ (spraymoota dar-on-cha): Fresh made (on the spot) orange juice. Great on a winter morning.

**Doughnut:** _ciambella_.

**Croissant:** _cornetto_.

**Sandwich:** _panino_.

**The purchasing routine** at the bars is a variation of the _scontrino_ scenario described earlier. At the bar, however, you go _first_ to the _cassa_ and pay for what you want and are given a _scontrino_. You then take the _scontrino_ to the barman (_Il barista_) and tell her/him what you would like. It is good form to leave the _barista_ a small tip, either when you leave or when you place the _scontrino_ on the counter.

➤ **Important:** Sitting at a table outside will cost you three to four times as much. Do not take things from the bar and then go outside, unless you have permission or it is customary at that particular bar.

**Gelaterie**

Ice cream shops. Romans consume more coffee and ice cream than anyone else in Italy. The _gelato_ in Rome is, like the coffee, excellent. General opinion has it that the best _gelaterie_ in Rome are to be found in the area of the Pantheon.

- Giolitti. Via Uffici del Vicario, between Via della Maddalena and Piazza del Montecitorio. Considered the best in Rome. Can be pompous at times.
- Della Palma. Via della Maddalena, just north of the Pantheon. Popular with American students studying at schools in the area.
  
  ➤ Unknown, nondescript, but truly excellent: The _gelateria_ Monteforte on Via della Rotonda (#22) next to the Pantheon. They supply the _gelato_ to most of the restaurants nearby.
Dining Out in Rome

With the exception of bars and fast food places, Italian eateries largely observe the following hours:

- **Pranzo** (pronounced “prahn- zo”; lunch): 1:00 to 3:00 pm.
- **Cena** (“chay-na”; dinner): 8:00 to about 10:30 pm.

**Eating establishments** can generally be divided into the following categories:

- **Il ristorante**: Generally these are posher and pricier. Watch out for tourist traps with lavish displays and over-aggressive waiters in white jackets out front. Photos of celebrity visitors often indicate a place worth passing by.
- **La trattoria**: A trattoria is usually a better bet in terms of the cost/quality ration than a ristorante, although of late the distinction has become blurred. These are family-run places, for the most part, and often feature cuisine that is typical of the local region, or (often) the home region of the family.
- **L’Osteria**: These establishments are beginning to disappear but are great fun. Family-run, they offer hearty, simple cuisine that is matched by a very simple environment. The menu changes frequently day by day, and usually there is no printed menu at all; just a blackboard and the recitation of your server.
- **La tavola calda**: Cafeteria-style. Inexpensive and passable; occasionally good.
- **La pizza rustica**: The favorite of students and people on the run. Pizza by the slice. An immense array of varieties are available, including potato (patate). Other good ones are the eggplant (melanzana) and the pizza bianca which is a baked pizza crust (no sauce, hence bianca) with olive oil and rosemary (rosmarino) which should become your number one spice while in Italy. The slices are sold by type and weight. Simply indicate to the counterperson how large a slice that you would like.
- **La rosticceria**: A rotisserie. Roasted and prepared foods of all type for take-out. Some of these places are chic and expensive, so watch the prices. The roasted chicken (pollo arrosto) is great and inexpensive (about L. 10,000). Order some of the great roasted potatoes (patate; cooked in olive oil and seasoned with rosmarino) to go along with the chicken.

Unlike in the USA where we tend to heap all of our food onto one plate or into one course, Italians divide dinner (and pranzo, for that matter) up into courses.

- **Antipasto**: A kind of “warm-up” (sometimes nearly a meal in and of itself) composed of variously prepared fresh vegetables and/or seafood. You will note that many Italians examine the available antipasto that is on displayed as a way of “sizing up” what the meal ahead will be like.
- **Primo piatto** (literally “first plate”): Pasta or soup.
- **Secondo piatto**: Your main course of meat or seafood.
- **Insalata**: Salad. Served separately from (and after) your secondo.
- **Dolci** (“dole-chee”): Desserts (literally “sweets”). Can be as simple as fruit or cheese, but best when the more extravagant kind of desserts that we associate with European cuisine.
- **Caffe’**: Never taken with/during a meal.

**You may order** your piatti (within limits) as you please. Thus, if you would like only a secondo, or maybe two primi, that is perfectly acceptable. If you ask for your salad with your primo or secondo, you will likely get an odd reaction, however, and asking for coffee with your meal may be perceived as an insult.
Dining in Italy is not a refueling event. It is a social event and it borders upon an artistic experience. You are expected to take your time (you'll need it to make it through!), savor the food and enjoy the company of your friends. As a result, your waitpersons will usually leave you alone and appear only when it is appropriate or when you have indicated that they are to approach you. Many Americans – misunderstanding the Italian serving etiquette - perceive this as bad service. It is quite the opposite.

Curiously, the cooking in Rome – a major capital of the world – is rather uninspired. In Florence and Tuscany, on the other hand, one can get wonderful roasted meats, and the best steaks in all of Europe. Venice has splendid and imaginative seafood, as does Naples.

Read the Fine Print!
When pricing restaurants, or looking at the menu, keep in mind that many eateries have cover charges (pane/coperto; bread and tablecovering). Sometimes this is a flat fee per person, or a percentage of the bill. Other times there may be a service charge (servizio), a kind of built-in tip that is figured as a percentage of your bill. Examine these elements carefully, as the (sometimes multiple) fees and percentages can inflate your bill and give you an unpleasant surprise when it comes time to settle up.

- If there is a servizio charge added to your bill, you do not have to leave a further tip unless you wish to.
- Note, too, that some items on the menu (generally steaks and some shellfish or large fish) may be priced by the kilogram (kg.).

Shopping And Entertainment
Shopping Districts in Rome
Rome’s main shopping areas are:

- For designer fashions and accessories: Piazza di Spagna (Spanish Steps), and Via Condotti and the surrounding streets.
- For ready-to-wear: Via del Corso south of Piazza del Popolo; Via Nazionale; and (especially) Via Cola di Rienzo from Piazza Cola di Rienzo westward.

Fun and funky/trendy clothing can be found in Via del Governo Vecchio (between the Chiesa Nuova and Piazza Navona, north of Via Corso Vittorio Emanuele II.). Some of the younger fashion designers have shops in the neighborhood here as well.

Credit Cards/Purchase Deposits/Returns and Exchanges
Because of the costs involved, credit cards are not yet as widely accepted in small stores as in the USA, so check first before deciding upon a purchase. Be careful about leaving a deposit to hold an item. Italian merchants are not obligated to return the deposit on a purchase that you back out of. Similarly, merchants are not as accepting of returns and exchanges, and policies vary widely. Ask first.

“Flea Markets”

- Porta Portese. Begins at the Gate (Porta) of the same name in Trastevere at Ponte Subiaco. Made famous in films and immortalized by guidebooks. Vastly over-rated unless you are a pickpocket or in need of a bike whose provenance is questionable. Sunday mornings until 2 pm.
- San Giovanni. Via Sannio near the San Giovanni metro stop. This is the place to go. Clothing and shoes. Can be great fun, and fabulous buys can be had if you know your prices and don’t mind digging a bit, particularly at the back where consolidators blow off samples and past-season merchandise on heaped tables. Stand your ground and dig in.
Leather Goods: Worth the trip to Florence, particularly in the area near San Lorenzo and Piazza Santa Croce.

Clothing/Shoe Size Conversion

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English Language Bookstores
Many of the larger chains, like Feltrinelli’s, now have extensive English language departments. Smaller locally-run – and more personable – shops include:

- Anglo-American Bookshop, Via della Vite, 102 (Piazza di Spagna area). Best general selection in town, perhaps.
- Lion Bookshop, Via dei Greci, 33/36. Rome’s oldest English language bookstore. Fair selection, some magazines.
- Scholarly books of all sorts (and in all languages), particularly in areas such as Art History, History, Philosophy, Theology and the like, can be found at the excellent bookstores that serve the Vatican community along Via della Conciliazione between Castel Sant’Angelo and Piazza San Pietro.
- English language magazines are best found at the news-stand opposite Piazza Colonna (Column of Marcus Aurelius) or (especially) the well-stocked newsstands in the northern portion of Via Veneto.

CDs and Tapes
CDs are expensive in Italy because the prices are set by the State. The Italian equivalent of Tower, Sam Goody, HMV etc. is Ricordi whose branch stores are scattered throughout central Rome. The Italian pop music produced in the last ten years or so is actually good and worth giving a listen to. The big names are Zucchero (excellent R&B), Eros Ramazzotti, Pino Daniele (Interesting mix of traditional Neapolitan, Arabic, and American jazz and R&B influences), and
Giorgia. If you are interested in classic American jazz, you will find that stores have excellent selections and items unavailable in the U.S.

English Language Movie Theaters
- Pasquino, Piazza Sant’Egidio (sort of) just northwest of Santa Maria in Trastevere. Three screens showing first and second-run films. A Roman tradition among expatriates, students and Italian film buffs who want to hear the original actors’ speech and dialogue, and those studying/practicing English. Interesting effect: coming out of a darkened theater and finding yourself in Rome and not at the mall. Grab the monthly schedule flyer on your way out.

Sports
Essentially this means calcio (soccer). Rome has two calcio teams: Lazio (blue and white) and Roma (red and yellow), both of which play at the Stadio Olimpico built for the 1960 Olympic Games and renovated for the 1990 World Cup. Lazio and Roma are bitter rivals, and when they meet up in head-to-head competition (il derby) the town is electric. Calcio partite (games/matches) are generally held at 2:30 on Sundays from October through May. Tickets vary in price. They are available from the stadium’s ticket office from 9:00 am to 1:30 and 2:30 to 6:00.

Opera
The opera season runs from October through June. Performances are held at the Teatro dell’Opera in Piazza Beniamino Gigli, corner of Via Torino and Via del Viminal near Piazza della Repubblica. Tickets are available from the box office (Telephone 06-481-7003. English is spoken.). Be sure to check out the nearby Bar Opera with its collection of old photos of opera and ballet greats.

Nightclubs and Discos
These change frequently but the neighborhoods in which they are to be found remain roughly the same. Many are found in the area around Santa Maria in Trastevere, and the area known as Testaccio. Some of the glitzier nightclubs are in the Piazza di Spagna district. In summer the nightclub scene moves to the beach town of Fregene.

Beaches
The black volcanic sanded Lido di Ostia is the easiest beach to reach.
- Local COTRAL train (not the metro) from Stazione Ostia Lido at Piazzale Ostiense (Porta San Paolo) to Ostia Lido Centro.

A nicer white-sanded beach is the Lido at Fregene. Put together a group and find your way together; here’s how:
- Blue COTRAL bus from Viale Giulio Cesare (Lepanto metro stop). Purchase your ticket at the COTRAL window at the Lepanto metro station. Your tessera ATAC will get you a discount if you present it. The bus will take you out of Rome. After about 30-45 minutes you will cross over some railway tracks and a station. Soon after you will enter a residential area with pine trees. When the pines are rather dense (the road is called Viale Sestri Levante), the bus will make a stop at an intersection (Via della Pineta di Fregene. Write this down and show it to the driver when you get on board.) with a news-stand at the left. Get off here, and go right (that is, away from, rather than towards the news-stand) on Via della Pineta (local map: http://utenti.lycos.it/fregene/m_fregenen.htm). Ahead you will see a sign that says “Lido.” There is a small entry fee for entering the Lido and using the privately-maintained beach, but it is worth it as it is cleaner, plus there is a café, bathrooms, showers, etc. You can also rent a beach bed and an umbrella if you
wish. Fregene will take you a bit longer to reach, but it is well worth the effort and is much more “Riviera” feeling! Getting there the second time is much easier – and seems shorter - because you know the way.

Finding Out What’s Happening in Rome
For complete listings of the entertainment and cultural events in the city of Rome, try the following:

- *Roma C’e’* (pronounced “Roma Chay”). Published weekly and available at most newsstands. Includes a summary of events in English.
- *Trova Roma*. Published each Thursday as an insert to the newspaper, *La Repubblica*.
- *Wanted in Rome*. Local English language community newsmagazine directed towards American and British expatriates. Contains classifieds. Published bi-weekly and available from larger newsstands.

English Language Newspapers
- *International Herald Tribune*. Published daily with a single weekend edition.
- *USA Today*.

Library Services
AUR has a specialized library that will be adequate for your needs in most cases. Should you require additional resources – particularly in areas related to art, archaeology and architecture-beyond those provided at AUR, students may use the Bibliotheca dell’Istituto Nazionale di Archeologia e Storia dell’Arte in Piazza Venezia #3. The Bib. Naz. has over 400,000 art and archaeology-related books and periodicals in all languages, including English. The library is open Monday through Friday from 9:30 am to 7:30 pm, and Saturday from 9:30 am to 1:00 pm. All you need for entry is a photo ID with your birth-date on it. The entry personnel hold this while you use the library. Backpacks, briefcases, etc., may not be brought in, but lockers are available. The staff is very helpful and speaks some English. It is suggested that you anticipate your needs, though, and work up a couple of Italian phrases in advance.

Communications Matters
Postal Matters
Rome is unique in all of Italy because it can avail itself of two postal services: the extraordinarily inefficient Italian postal service (identified by yellow and black PT signs), and the magnificently efficient Posta Vaticana. Whenever possible, use the Vatican mail. It is faster (both in terms of waiting in line and shipping) and more secure, plus all your mail will have those really great Vatican stamps that your recipients will love. The Vatican post office is located on the north side of Piazza San Pietro just beyond the colonnade and west of the newsstand. There are blue Vatican post mailboxes at the Vatican territorial basilicas of Santa Maria Maggiore and San Giovanni in Laterano. Do not use Italian stamps on Vatican mail (and vice-versa).

- If, for convenience, you prefer to use the Italian system’s ubiquitous red mailboxes, you can avoid the long (and agonizingly slow) lines at post offices by buying a quantity of stamps (*francobolli*) at a *tabaccheria*. Ask what the current rate is for postcards (*cartoline*) and for letters (*lettere* via *aerea* to the United States (*negli stati uniti*) and buy accordingly.
- Note: Many mailboxes have multiple slots, usually labeled *Per la citta’* (For the/this city) and *Tutte le altre destinazioni* (All other destinations).
The Vatican does not ship packages. For that, you will have to use the Italian system. The large main post office is in Piazza San Silvestro. You can also mail packages through the Italian system at their package facility on the north side of Via delle Grazie, off Via di Porta Angelica north of Piazza San Pietro. Packages must be taped securely and tied with twine or string, and secured with a piombo (a lead or metal fastener available at a cartoleria [stationery/office supply store]). If you are using an old box you must also wrap it in white or brown paper. Box kits with twine and securing fasteners are available at better cartolerie. An excellent one is located on the west side of Largo Arenula near Largo Argentina and the end of the 8 tram line. FUSA, on Via di Porta Angelica near the Italian package post is also very complete.

Packages/Express Mail to Rome
The most reliable and reputable carriers of packages and express mail from the USA to Rome are the following:

- DHL
- Emery Air Freight
- Federal Express
- United States Postal Service.

➢ Please be advised that items – even personal items - shipped to students in Italy may be subject, under Italian law, to Customs duties. These fees (a tax, really) must be paid by the student in Rome. Packages are not released until payment has been made. Such fees are beyond the control and influence of AUR, Philadelphia University and/or their staff, agents or representatives. Generally, these fees are assessed on the declared or insured value. To reduce the Duty risk one might consider declaring a low – or zero – value. Ask your shipping company about these matters before shipping as the fee/duty is non-negotiable once assessed by Italian authorities abroad.

Receiving Mail
Student mail should be addressed as follows:

Student’s Name
c/o American University of Rome
Via Pietro Roselli, 4
000153 Rome, Italy
Using Telephones
Once in Rome, please see the latest AUR handbook for information on the telephone service supplied in student housing. The following is information about using telephones on the street and when calling the USA.

- Italians answer the telephone with the old telegraphic term *pronto* (prone-toe). It means “ready” in this context.

**Telephone usage** is metered in *scatti* (clicks). The speed with which these *scatti* are clicked-off varies according to day and time, and the location/number that you are calling. In the United States, our local calls are generally included in the monthly fee that we pay the telephone company. In Italy, you pay the monthly fee, plus your *scatti*. Thus, even a telephone at home is a pay ‘phone of sorts. If you are calling locally, this is not much of a problem, but long distance (and dial-up Internet) can be costly given the accumulative nature of the billing.

**Telephone Cards**
There are a number of ways of controlling your telephone costs. One is to use a prepaid telephone card (*una scheda telefonica; “oon-a skay-da tel-lay-fon-ee-ka”*). Several varieties of these exist. One is the *scheda* issued by Telecom, the Italian state telephone company. The Telecom *schede* are handy for making calls from pay ‘phones, and will relieve you of the need to feed change into the ‘phone. The Telecom *schede* are available in a number of denominations at most *tabaccherie* and can be used in the orange pay ‘phones equipped to accept them.

To use your new *scheda*, break off the marked corner and insert the card as directed on the telephone. An LCD panel on the ‘phone will display the amount of credit remaining. Slowly punch in the telephone number that you are dialing. It will appear in the LCD panel. When you have completed your call and replaced the receiver, your card will be released – don’t forget to retrieve it!

For international long distance, a number of special prepaid cards (*una scheda internazionale*) have entered the Italian market. At the moment, the cards from a company called “Europa” are the best in Italy. International prepaid cards come in various denominations and units, and are available at bars, *tabaccherie* and some newstands. Some cards will tell you how many minutes of long-distance they are good for to various countries, others will just state the “units,” which could be one or more minutes. The only way to know, usually, what a unit is equivalent to is to try them or ask someone who has. The advantage that all these cards present is that they can be used from both pay ‘phones (after inserting coins or the telecom scheda) and your residence. Just dial the *numero verde* (toll-free number) on the card, punch in your code (revealed by scratching the card with a coin) and then the number that you are dialing. Italians have caught on to the advantages of these for home use. Ask the seller which card will work best for you.

**Major US companies** such as AT&T, MCI and Sprint issue calling cards of various types. Some are to be used to call one specific number (your US home, for example) others are unlimited in their reach. Ask your US long-distance carrier about their calling card services and rates. These US-issued cards are tied to special numbers in Italy (see below) that connect you with a US operator who will complete your call; some are automated. If you are calling from a pay ‘phone you will first need to insert coins or a Telecom *scheda*.

- AT&T: 172-1011
- MCI: 172-1022
- Sprint: 172-1877

To call the USA, the international prefix is 001 followed by the US area code and number.
To call Italy from the USA, the international prefix is 011, followed by 39 (Italy), a city code (Rome: 06) then the local number.

- **Important:** Local Italian cell ‘phones numbers sometimes begin with a zero. To call that type of number from the USA, drop off that local zero.
- **Note to Parents:** Many US prepaid long distance telephone cards will not permit you to place calls to cell ‘phones. Ask before purchasing.
- Similarly, past parents report that some US calling plans will charge you double for connecting to an international cell ‘phone. Ask your long distance supplier about their policy.

**Pre-Paid International Calling Cards**
Zaptel Communications sells cards, purchasable in the US, valid for international calling to or from most any country in the world. Their website (www.zaptel.com) gives complete information on the best deals, quality ratings, and a breakdown of the services offered by various cards.

- Cards may be purchased online or by telephone (1-877-532-2737) and may be used right away. Zaptel gives you the access numbers and PINs and you’re ready to go.
Appendix: Dealing with Foreign Cultures and Culture Shock
(Based upon an on-line text by Bill Hoffa, Academic Consultants International; http://www.studyabroad.com/handbook/cultdiff.html.)

Despite one’s best efforts, one cannot really know what life might be like in a country or region until one has lived there for a while. It is easy, however, to have the illusion of knowing what it might be like by relying upon information gleaned from the mass communications media, or from reading, or perhaps even from having met a few people from that culture.

Culture
Every culture - including one’s own - has its own distinct characteristics, some of which might be subtler (or more unexpected) than one might have supposed, with the result that adjusting to a new culture can be more difficult than was anticipated. Complicating this are the stereotypes and ill-formed preconceptions that the visiting student might bring along. Often these elements are further combined with a lack of awareness on the part of the student as to how much of themselves has been formed (just as with the residents of the culture that they are visiting) by their home culture. Considered in this way, the disorientation and displacement that one frequently feels when first abroad can be understood as normal, and perhaps should even be seen as expected.

Consider the following, written by Robert Kohls, formerly the Director of Training and Development for the United States Information Agency:

Culture is an integrated system of learned behavior patterns that are characteristic of the members of any given society, [it is] the total way of life of particular groups of people. It includes everything that a group of people thinks, says, does, and makes - its customs, language, material artifacts and shared systems of attitudes and feelings. Culture is learned and transmitted from generation to generation.

Culture, thus, is an integral element of what makes you “you.”

Stereotypes
Numerous studies have sought to identify specific characteristics that might be said to scientifically distinguish (as much as it might be possible) one culture from another. This anthropological approach to cultural differences and similarities is of a highly refined and technical variety, rich in its insights. For most people, however – less rigorous in their study and their perceptions of others - impressions of cultures are formed through stereotypes that have been passed down over time. The matter is further complicated by the fact that stereotyping, and/or the forming of preconceptions, is a two-way street. Thus, just as many Americans may have stereotyped images of what constitutes or defines “Germans,” “Japanese,” “Italians,” “Greeks,” etc., many Germans, Japanese, Italians, and Greeks may have stereotyped perceptions of what defines someone as “American.” Thus, the potential for misperception (and attendant misunderstanding) exists in all quarters, particularly when cultures meet.

Let us consider for a moment the foreign perception of “Americans”. Abroad, the stereotype of the American is frequently far from being complimentary. Americans, for example, might be perceived as those boorish tourists who expect everyone to speak English; the arrogant travelers who think that every country in the world should function like, or pattern itself after, the United
States; or the drunken revelers who see the anonymity of traveling abroad as an opportunity to drop all civilized inhibitions.

Here is something for you to ponder: Is there any truth behind these perceptions? Whether or not the stereotypes are accurate is not really the point. The point is that the stereotypes exist. You must, furthermore, be aware that they do exist. This awareness serves two purposes:

- It will prepare you to better understand otherwise unexpected reactions to you on the part of your new hosts.
- Knowing these preconceptions, you can comport yourself in such a way as to demonstrate to your hosts abroad that the preconceptions are, indeed, stereotypes or that, at the very least, they do not apply to you.

Taken within a global context, the social and cultural manner of the United States is unique. Most Americans tend to be far less reserved, less inhibited, and less restrained in their friendliness and sociability than those in the cultures encountered abroad. As a result, the easy and outgoing manner that Americans find so natural at home can easily be misinterpreted by others when one is abroad.

This is particularly the case with American women, who enjoy a freedom and social status that (while still not yet perfected in our eyes) is higher than that imposed upon most women elsewhere. It should be noted that abroad, even in Western Europe (a place that we tend to think is very Americanized) attitudes vary tremendously towards American women who are all-too-often thought to be "loose" or "easy" because of the greater freedom they enjoy and their depiction in American television shows and films. A friendly smile and a pleasant “ciao” on the streets of Rome, therefore, is likely to be interpreted by an Italian male as something far more meaningful than the simple common friendliness expected of two people passing on a street in the USA.

- As a general rule of thumb, until you develop a feel for the social customs characteristic of the area where you are living and studying, it is wise to be more formal and restrained in your social manner.
- Similarly, do not expect the local populace to welcome you immediately with open arms. Their formality and restraint are not necessarily an expression of unfriendliness, but may simply be characteristic of the local social manner that is adopted when in the presence of strangers.

As you travel abroad, be mindful of the following characteristics that others frequently associate with the "typical" American:

- Hard working
- Attentive to detail
- Demanding
- Impatient and always in a hurry
- Wealthy
- Generous
- Extravagant and wasteful
- Outgoing and friendly
- Informal
- Promiscuous
• Open-minded
• Disrespectful of authority

• Lacking in class consciousness
• Racially prejudiced

• Fun-loving
• Immature
• Loud, rude, boastful

• Well-educated
• Sure that they have all the answers
• Ignorant of other countries and what happens in news beyond U.S. borders or that does not impact American “interests.”

Notice how these “traits” curiously dovetail with, or flow from, one another. Clearly, subtleties matter to human relationships, but they can be dangerous when used as assessments divorced from context, knowledge and understanding. Similarly, take care with the assessments that you make of the ways, institutions and people of the culture that you are visiting.

Culture Shock
Many travelers who are abroad for an extended period go through an initial period of euphoria and excitement. Everything is new and exciting. After a period of time, however (often two to three weeks), this initial sense of adventure and discovery sometimes diminishes and is replaced by an entirely new sensation. This sensation is difficult to describe, comprised as it is (frequently) of two or three opposing, disconcerting, and yet oddly intertwined realizations:

• The traveler begins to see that the “new” culture is not all that perfect or as exciting after all.
• That “things,” and ways of doing “things,” were better (or easier) at home.
• That it has become increasingly difficult to operate within the new culture with the same self-confidence and assurance as one did “back home.” The old ways of home do not work in the new environment; the new ways are unsatisfactory. Frustration sets in.

The result of this complex process is that you no longer seem to be “you.” Here, too, we encounter a dichotomy, for clearly you are still the same person that you were when you left “home.” At the same time, however, you are in a state of metamorphosis. You are becoming a new or (to put it more correctly) an expanded “you” – a person who will come to feel more at ease (and, hence, “yourself”) in your new cultural home

For some people this transformation occurs rapidly; for others it may take some time. We are all different (Thank goodness. Think how dull a world it would be if we were all alike!), and that is what this is all about: the wonderful diversity that is human culture. In the meantime, you might feel a bit lost, disoriented and perhaps even lonely and depressed. Minor problems may quickly assume the proportions of major crises. You may feel an anxiety and insecurity resulting from a loss of all the familiar signs and symbols of social interaction that you took for granted back home; that feeling that you are now an outsider. You will indeed be experiencing what has come to be referred to as "Culture Shock."
Given what we have thought about here already, it is clear that such feelings are to be expected and that they are perfectly normal. *Falling victim to culture shock does not necessarily imply the existence of any psychological or emotional shortcomings on your part.* It will pass and you will survive and (in fact) thrive as a more worldly citizen. You will realize this immediately when you return home, and are able to look at American life through new eyes. By recognizing all this in advance, and by undertaking some conscious preparatory efforts, you can more readily make adjustments that will enable you to adapt yourself to your new cultural environment and to make the most of your experience abroad.

**Combating Culture Shock**

As you may have discerned by now, a wise strategy to adopt (both in life and in travel) is that of maintaining an open mind. This does not mean abandoning your culture or your convictions, just that you are willing to consider other ways of thinking and other ways of doing.

Theophrastus once wrote that a wise person is never a stranger on foreign shores. It is, indeed, a wise person who is comfortable with people and places that are different, for then those people and places are no longer strange or foreign - they are understood. Make an honest attempt to understand the culture of the land that you are visiting. After all, isn’t that one of the reasons that you decided to go abroad in the first place?

- Read up on the culture and history.
- Buy a map of the town that you will be living in abroad before you leave, preferably one marked in the native language. Study it and learn you way around a bit so that it won’t feel as foreign once you land.
- Similarly, buy a phrase book. Think of the situations that you will find yourself in for the first few days and work up the phrases that you might need most often.
- Once you arrive, one of the best ways to reduce the effects of culture shock is to begin to try to think and speak as a native as soon as possible.
- If you have a hobby or sport interest, try to do the same abroad. Not only will it keep you busy, it is a great way to meet people that share your interests.
- Go to places where your native peers go, rather than where all the Americans go.
- Get into the habit of reading a local newspaper. It is an excellent way to practice your language skills, learn what’s of interest – and important – to your hosts, and begin to see the world through non-American eyes.
- Television is increasingly a mirror of society. Consider, for example, how much about America a visitor could pick up from American television shows, news and commercials. Some aspects are pure fantasy, to be sure, but even fantasy is in itself indicative of the mindset of a culture and its aspirations.

**If you feel** that you are falling under the spell of culture shock consider the following remedies:

- If you feel depressed, ask yourself what it was that you expected your situation to be like. Write them down if that will you help to best define and analyze them. Next ask yourself if – given what you know now – your expectations were genuinely reasonable. If you decide objectively that your expectations were, in fact, reasonable (learning the language or making new local friends, for example) ask yourself what it will take to reach those expectations and then follow through. If your expectations turned out to have been unreasonable, set new goals for yourself in consultation with a trusted advisor, and follow through on them.
• Talk to people whose opinions you respect (and whose advice you can trust) about your feelings. Work on one matter at a time, rather than trying to solve a number at once.
• If you develop physical problems (headaches, stomach aches, difficulty sleeping) seek medical attention, but be aware of the possibility that they could be stress-related.

**Stress** can be relieved best by recognizing both the fact that you are under stress, and what it is that puts you under stress. While you may not be able to avoid those things that stress you, you can (and should) develop strategies for minimizing their effects. Again, speak with someone you trust about this as they might recognize aspects that you have missed or perhaps are even unaware of.
• Keep active and avoid the urge to stay in or to sleep (or drink!) your problems away.
• Find time for yourself or for things that you like to do. Schedule some “Me Time” each day and go to places that are unique to your host city and which will stimulate your mind.
• Information about stress, and practical, ways of coping with it, may be found online at: [http://www.mindtools.com/pages/article/newTCS_00.htm](http://www.mindtools.com/pages/article/newTCS_00.htm).

**As we hope** you have perceived, what we call culture shock is in itself a learning experience. You should take advantage of it by examining your reactions to this situation, and asking questions of yourself. It is an excellent opportunity, for instance, to inquire as to what constitutes “home” and all that the term implies. What about “foreign?” Is it possible for what was formerly “foreign” to become “home”? If so, does that in turn, of necessity, imply that “home” has become “foreign”? Approached proactively, even the difficulties of culture shock can be turned into something profitable; plus, the very act of doing so will help you in diminishing its effect.

**Fitting In Abroad**
Social customs differ greatly from one country to another. It is therefore impossible to give guidelines that will be applicable to every culture. Generally speaking, it is a mark of civility to remain friendly, courteous, and dignified. Always keep in mind that you are the guest in someone else's country.

**Politeness:** In keeping with the relatively formal manner of social customs encountered abroad, you should place much more emphasis on the simple niceties of polite social interaction than you might otherwise at home. Be prepared to offer a formal word of greeting to whomever you meet in your day-to-day activities. For example, should you approach a clerk in the local market in Rome always be courteous enough to begin your conversation with, Buon Giorno, Signora (or Signor, or Signorina) before you launch into your inquiries about the products. Similarly, become familiar with the appropriate expressions of gratitude in response to your hosts’ hospitality. In Italian, “You’re welcome” is prego [pray-go].

**Humor:** While each country has its own particular brand of wit and humor, very few cultures understand (let alone appreciate) the kind of "kidding" or biting sarcasm that Americans are accustomed to. Comments, even when intended to be humorous, will be taken quite literally. Part of this has to do with the more formal nature of non-American cultures, the other part revolves around the very nature of informal translation. That is to say that if you are attempting to speak in, say, Spanish, and your listener knows that you are not a native speaker, your listener will be expecting to have some difficulty in understanding you. Thus, humor may not be recognized as humor, but either as an error on your part in speaking a foreign language, or an error on the part of the listener who feels that they have misunderstood your valiant attempt to speak the language.
Speaking the Language: When it comes to language, most people will be extremely flattered by your efforts to communicate in their native language. Do not be intimidated or inhibited when practicing your own limited command of the language. It really is true that you learn best by making mistakes. Nonetheless, a couple of words of caution are in order:

- Avoid slang expressions. As in English, using them in an inappropriate context may be insulting to your listeners.
- Be aware of the differences between the "familiar" and the "polite" forms of address that may exist in your host’s native language. Learn them and be sure to use them properly.
- Do not try to translate American idiomatic expressions directly into the native language unless asked. They will most likely make no sense to your listener. There is also the possibility that your “translation” will produce a phrase, or sense, that is insulting or degrading.
  ➢ Be especially careful to avoid any impulses to make tactless or rude comments in English on the assumption that your listener will not understand. Rude English comments – particularly expletives – are well-known abroad as a result of the exportation of American popular culture.

Physical contact: Until you have had time to observe local etiquette regarding such matters, it is best to play it safe and adopt a more formal stance regarding contact than that which is the norm in the United States. A cheerful pat on the back or a warm hug, for example, might not only prove embarrassing but could possibly violate social and religious restrictions.

Similarly, all cultures have different notions regarding personal space. Generally speaking, the personal zone observed abroad is smaller than that in the USA. Observe how the locals comport themselves in various situations and attempt to adjust accordingly.

Personal Questions: Let your hosts point the way when engaging in "small talk." While Americans generally find it easy and quite appropriate to talk about themselves, in some countries your hosts may view this as being arrogant, conceited or impolite. Likewise, asking personal questions of them might be considered rude and intrusive (or worse), particularly in regions with a recent history of non-democratic rule. Observe and respect the boundaries of local social discourse.

Drinking and Drunkenness: It is extremely important for young Americans going abroad to be aware of the fact that while drinking is as socially acceptable in Europe as in the United States, drunkenness – whether in public or not – is generally considered a social disgrace. Abroad, only those of an extremely low social status are ever seen drunk in public.

- Unfortunately, American students abroad are increasingly falling into this undesirable category.
- Know your limits (and that of your friends) when it comes to alcohol consumption, and be sensitive both to the sensibilities of your hosts and the image that you project as an American student abroad.

Price Bargaining: Haggling is appropriate and even expected in some circumstances, particularly in the Middle East. In Western Europe, this once-common feature of retail commerce has largely disappeared. You may inadvertently insult the merchant if you try to bargain in an inappropriate situation. You can always test the waters by politely indicating that you like the product very much but that it is a bit more than you had anticipated spending. If the merchant wishes to bargain further, this will give him the opening he needs to offer you the product at a lower price. Should the merchant not wish to discount the purchase, you are then free to politely terminate the discussion, thank the merchant, and move on.
Remember that the merchandise belongs to the merchant. If you simply offer a lower price out of the blue, you are insinuating that the merchandise is of a lesser quality than the merchant presents it as, and (thus) that the merchant is being dishonest. Given the accusation, the merchant’s response is predictable.

**Politics:** Expect people abroad to be very articulate and very well-informed when it comes to matters of politics and international relations. In general, they are better informed of international matters than are most Americans. Do not be at all surprised if your counterparts try to engage you in political debate. In many places abroad, it is as much an expected topic of conversation as are discussions of sports or pop culture in the USA.

- If the subjects turns to America and American international relations (and it will), you need not modify your own convictions for the benefit of your foreign hosts (nor take it, necessarily, as an act of hostility), but you will be expected to be more rational in your defense of those convictions than might be the case when discussing the matter with friends back home.
- Keep in mind the widespread stereotype of the arrogant American who thinks everyone must fall in line with the United States. Listen to what is being expressed in the discussion.
- Be open to the opinions of others. You do not have to agree, but be respectful of the opinions being discussed. Handled properly – “diplomatically”, one might say – such discussions are great opportunities to see America as others see us, and for your hosts to hear your own honest, individual, opinion on matters of interest or importance to them.
- Whenever possible, find a way to end the discussion amicably and with an increased sense of understanding on all sides.

**Photography Etiquette:** You will probably want to record many of your memories on film. If people feature prominently in any photo that you are about to take, keep in mind that (in most instances) those people are simply going about their daily business. Subconsciously, it is easy to forget this and to consider them as “objects” and curiosities. Respect the dignity and privacy of others. Always ask first (a smile helps) before taking anyone’s picture. Likewise, cheerfully respect their wishes should they decline to give you permission.

- Never take photographs in security-sensitive areas.
- In many instances it is forbidden to photograph people at work. Always ask first.
- Never use flash in a painted historical environment such as museums or frescoed churches. Intense flash breaks down pigments over time. Buy a postcard instead.

**Of Special Note to Women Going Abroad**

Women going on study abroad programs outnumber men by about 2 to 1. We have already noted that American women going abroad must be prepared to cope with the different status that women have in other cultures. Women students in certain regions overseas (particularly South America, the Middle East, and parts of Europe) sometimes have a hard time adjusting to attitudes they encounter abroad, in both public and private interactions between men and women. Probably the most important thing that women can do to keep themselves safe is to empower themselves with information. Women should be aware of cultural differences, specifically that pertain to attitudes toward women (and American women) before they go. Read as much as you can and speak with women who have been there before if at all possible.

Some (but not all) men in such countries openly demonstrate their appraisal of women in ways that many American women find offensive. It is not uncommon to be honked at, stared at, verbally and loudly appraised, and to be actively noticed simply for being an American woman.
Sometimes the attention can be flattering. However, it may become very annoying, and potentially even angering. Indigenous women have been taught to ignore the attention.

- Many American women students find this understandably hard to do, and exacerbate the situation by talking back. Rather than “putting-down” the target of your remark, the fact that you have openly spoken will likely signal interest – a flirting - on your part, or (at the very least) be seen as a challenge (particularly in public) that will only embolden further exchange. Silence is universally recognized as an insult; use it.
- Eye contact between strangers or a smile at someone passing in the street, which is not uncommon in the States, may result in totally unexpected invitations.

You will have to learn what the unwritten rules are about what you can and cannot do as a woman abroad. The situation is complicated by the fact that American women are frequently seen as “liberated,” (read: “loose”) and sometimes the cultural misunderstandings that come out of this image can lead to difficult and unpleasant experiences. Women should provide support for one another, and former students suggest that women should get together several times early in their stay overseas to talk about what works (and what doesn't) in dealing with unwanted attention.

Needless to say, this situation can make male-female friendships more difficult to develop. Be careful about the implicit messages you may be unintentionally communicating. Above all, try to maintain the perspective that these challenging experiences are all part of your growth in cultural understanding.

- Prepare yourself by trying to understand in advance not only the gender roles and assumptions which may prevail elsewhere, but also the uniqueness of American gender politics, which may or may not be understood in other countries.
- Perhaps the best (if poorly edited) case study of what might be called “Latin” gender roles in study abroad is “Piropos and Friendships: Gender and Culture Clash in Study Abroad”, published in Frontiers: The Interdisciplinary Journal of Study Abroad, volume I (Fall 1995), 1-27. Although dealing with Costa Rica, it is recommended reading. The text is available on-line at: http://www.frontiersjournal.com/back/one/twom.htm

Racial and Ethnic Concerns
No two students studying abroad ever have quite the same experience, even though they might be in the same program and country. This same variety of experience is true for students of color and for those from U.S. minority ethnic or racial backgrounds. Reports from past participants vary. Some have felt exhilarated by being free of the American context of race relations. Others report that they experienced different degrees of “innocent” curiosity about their ethnicity. Some even felt that they had met both all-too familiar prejudices, as well as new types of ostracism and prejudice and that required new strategies for coping.

- Very few minority students concluded that the racial or ethnic problems that they encountered in other countries represented sufficient reasons for not going.
- Nonetheless, they do advise knowing what you are getting into and preparing yourself for it. Try to find others on your campus who have studied abroad and who can provide you with some counsel.

Issues affecting Gays, Lesbians and Bisexuals Studying Abroad
It is very important to be aware of the laws pertaining to homosexuality in other countries, as well as the general attitudes of the populace toward gay, lesbian, and bisexual members of their
community. Depending upon where you go, the countries you visit may be more, but also possibly less, liberal in these regards. As is to be expected, however, whatever the general rule might be, there will always be pockets of greater or lesser acceptance and the ever-present matter of personal belief.

The following selections regarding Italy are from “Equality for Lesbians and Gay Men: A relevant issue in the civil and social dialogue,” A report of ILGA-Europe, the European Region of the International Lesbian and Gay Association supported by the European Commission, June 1998.

Italy
1. Legal situation
   a) Criminal law
   The penal code contains no anti-lesbian or anti-gay provisions. The age of consent for heterosexual and homosexual acts is 14.

   b) Anti-discrimination
   The Constitution does not cover “sexual orientation” as a non-discrimination category. The penal code contains no laws which protect gays and lesbians as a group, but does include other elements like gender, race, religion. Because of the debate in Italian society about a general revision of the Constitution, the country’s gay and lesbian movement is beginning a campaign to include ”sexual orientation.” The political parties of the left, who are the traditional allies of the gay and lesbian movement, are not keen on constitutional change and have simply tried to deflect attention away from the Constitution and onto the anti-discrimination provisions of the penal code.

   Attitudes towards defamation are changing. There are many convictions for defamation of homosexuals, and recently a judge rejected homosexuality as a category that can damage an individual’s reputation, declaring that calling a heterosexual ”homosexual” cannot, in a modern and non-discriminatory society, be an act of defamation, but simply a lie.

   In the workplace, all gay men and lesbians who have been fired on grounds of sexual orientation have won their cases, because private non-criminal acts cannot be considered grounds for dismissal. Obviously, homophobic firms continue to fire homosexuals, but they put forward other reasons.

2. Social situation
Considering Italy as a unit is a problem because of the enormous differences that exist among the Regions, big cities, smaller towns, and rural areas. Gay men and lesbians face incredibly different situations in Emilia-Romagna, Sardinia, Tuscany and Veneto, for example.

   Gay and lesbian life in Northern towns mirrors that in other parts of Europe, while the Southern countryside perhaps has more in common with the Mediterranean countries of non-European culture. In general terms, it can be said that Italy is a country composed of many small and provincial realities, where generally anybody can feel the heavy influence of Catholic culture, the traditional family and the traditional models of virility and femininity.

   Violence
   Violence against gay men in cruising places is very frequent, but the victims usually choose to remain silent and do not report the crime for fear of public scandal. In some areas, where fascism as a culture and as a strong and readily-accepted political force is stronger (Verona,
Rome), members of the gay and lesbian movement have been assaulted by gangs of hooligans. Violence against lesbians is more common within their own families.

The above-cited report may be consulted in its entirety at: http://www.steff.suite.dk/report.htm#ITALY.

For a comprehensive list of resources on the Internet, including travel guides, web links, and other types of information on these issues, see: http://www.indiana.edu/~overseas/lesbigay/links.html; http://www.planetout.com/, and http://www.ilga.org/Information/legal_survey/europe/italy.htm.

Summary: Expect things to be different overseas. One of the basic reasons for your participation in a study abroad program should be to develop a sensitivity to - and appreciation for - different cultures and ways of thinking. If you go abroad demanding – perhaps even expecting - that everything be the same as in the United States, you will be sorely disappointed and frustrated. Go abroad with an open mind and as a student seeking to learn and understand the ways of others. This way every day and every experience will be new and exciting, and you will return home as a wiser citizen of the world.

Reverse Culture Shock
If you have been thinking about the issues involved in successfully adapting to a new culture, it will stand to reason that one might encounter similar issues upon returning home from abroad. That is to say that after your time abroad you may also have to prepare yourself for a similar period of readjustment back home.

The reason for this is that if you have had a full experience living and learning overseas, you are sure to have changed some yourself. It is part of that metamorphosis that we addressed earlier. As a result of your enhanced perspective of the world, the place you return to may seem to have changed.

As with your arrival abroad, immediately after you return home, you can expect to go through an initial stage of euphoria and excitement at being back home. As you settle back into your former routine, however, you may recognize that your overseas experience has changed some or many of your perceptions and assumptions; your ways of doing things; even what it means to be “yourself.”

The re-adjustment period is usually rather short, since “home” rarely ever becomes "foreign," unless you have been away for a very long time indeed. Also, your experience in successfully dealing with culture shock abroad will have provided you with the tools and skills you need for re-adapting.

As a means of readjusting and yet staying in touch with the international scene that had become such a part of you, consider contacting students who have been abroad, who are currently abroad, or who are thinking about going abroad. The key is to build on the cross-cultural coping skills you now possess and to find conscious ways of integrating your new 'self' into your evolving personal and academic life, and not looking back on your international experience as a “dream” or something irrelevant to your future.

- Discussing things and sharing experiences with others by e-mail, letters or the telephone is always worthwhile.
- Remember what it was like for you to have been, for a time, a “foreigner.” Get involved with the International/Study Abroad program at school. You could, for instance, be of
assistance as a mentor to international students on your campus who may themselves be feeling some of the same social dislocation and alienation you once felt when you were overseas.

- Volunteer to serve as a resource at the on-campus Orientation for the program you attended.
- Ask about joining – or starting – a Study Abroad Alumni club.
- Stay in touch with your adopted culture abroad (Italy, for example) through newspapers, magazines and web-sites, particularly those published or created abroad in the native language. For international newspapers and magazines on-line see http://libraries.mit.edu/guides/types/flnews/.

As with going abroad initially, you should begin to give some thought to your re-entry into your home situation a few weeks before your return. As noted, culture shock is part of the educational experience of learning about the world and its cultures. It is also part of learning about yourself and your place in the world. The whole study abroad experience can be trying at times, but – in the end – you will see that it is well worth the effort, and one that we hope that you will recommend to others.

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