



CU-Boulder Study Abroad

Student Handbook

“Culture Wars in Rome” Rome, Italy

May 2008



Culture Wars in Rome

Rome, Italy

May 2008

Welcome to the May study abroad program to Rome, Italy.
Please read all of your orientation materials carefully and let us know if you have any questions.

The program is directed by Professor Wayne Ambler, Associate Professor in the Herbst Program of Humanities Program at the University of Colorado at Boulder. In order to help you prepare for a successful experience abroad and to help clarify some of the policies that have been set for CU-Boulder students attending this program, this orientation packet has been prepared for you. **Please read all information you receive from us carefully and take these pages with you to Italy so you can refer to them as questions arise.**

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Hotel in Rome

Hotel Santa Anna
(sometimes locally referred to as the Hotel Sofia)
Run by the Sisters of Saint Anna (Suore di Santa Anna)
Piazza Madonna dei Monti, 3
00184 Roma
Tel from the US: 011-39-06-485-778
Fax from the US: 011-39-06-487-1064

Program dates

Latest departure for Rome	Wednesday, May 14
Meet group in Rome at hotel	Thursday., May 15 by 4:00pm
Classes end	Wed., May 28
Checkout program hotel	Wed., May 28
Earliest departure date*	Wed., May 28

*You are free to arrive earlier or depart later, but will have to make your own lodging arrangements before May 15 or after May 28. Check a guide book or on-line for youth hostels or inexpensive hotels in Rome. Google will pull several good websites that book "hostels in Rome."

Program Website:
<http://culturewarsinrome.pbwiki.com>

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CHECKLIST

1. See the “CU-Boulder Post-Acceptance Checklist” on your personal CU-Boulder study abroad home page. It is a checklist of the things you need to do to prepare for your experience abroad.

You will find this by logging in to <http://studyabroad.colorado.edu/> and linking to your application page. The “CU-Boulder Post-Acceptance Checklist” is in the section titled “Application Questionnaires.”

2. Read your “Personal CU-Boulder Acceptance Information.” It contains information that you will need to verify; this may include (if applicable): any conditions of your acceptance or billing, the sessions you are enrolled and program provider acceptance procedures.

3. **Download** (if applicable) and **read** and all of your orientation materials thoroughly, including:

- This booklet
- Your *CU-Boulder Essential Guide to Studying and Living Abroad*
- Any materials from your professor.

PLANNING FOR YOUR TRIP

Passports

If you are a U.S. citizen, **no visa is required for this program**. You only need your passport and a return/onward ticket in order to enter Italy for 90 days or less. You can also travel throughout most of Europe as a tourist for up to 90 days without a visa.

We will provide you with a letter that you should carry with you while you are in Italy. It explains that you are a member of a University of Colorado study abroad program. The letter will provide program dates, name of the program director, and name and address of the hotel where you will be staying.

If you are not a U.S. citizen, you should check to see if you need a visa or other documentation.

Consult the [Visa Page](#) at <http://studyabroad.colorado.edu/> - “Visas”

If you will stay in Italy longer than 90 days, you will need a visa for the whole time. Consult the [Visa Page](#) at <http://studyabroad.colorado.edu/> - “Visas” immediately to determine what you need to do in order to obtain a visa.

Making Travel Plans

You will need to meet the group in Rome, Italy at the program hotel. You are responsible for booking your flight to Italy and back. You may arrange your own independent travel in Italy or Europe before or after the program, so your flights could vary.

Flights

You will need to arrive in Rome by May 15 at the latest. (Note in booking your flight that you “lose” a day in flying to Europe. Your US departure **MUST** be May 14 at the latest.)

The earliest you may leave Italy is May 28.

Note that there are two airports in Rome, the major one at Fiumicino and a secondary airport at Ciampino. It is slightly easier to take public transportation from the former.

Make sure you check the Travlang Web site: It includes currency converters, international weather, road, air and rail information, maps, dictionaries, and much, much more. It is located at:

<http://www.travlang.com/>

For train travel, here is a good site for finding schedules:

<http://www.railfaneurope.net/>

You will receive a list of fellow participants and how to get in touch with them. Travel with another student is fun, and lends a certain amount of support

Tips from other students

Make sure you have a good travel agent. In many cases, students get to Italy and meet so many fun people that they want to travel after the trip is over. Changing around Eurail passes and plane tickets is no fun in Italy; it's much easier to call someone in the States and have them do it for you.

Hotel information

You can move into the hotel in Rome at noon on May 15. *If you would like to arrive early or depart late, you must make your own arrangements.* Consult a guide to Rome or the web for youth hostel contact information.

The program hotel: Hotel Santa Anna
Run by the Sisters of Saint Anna (Suore di Santa Anna). The hotel is sometimes referred to locally as the Hotel Sofia.

Address: Piazzas Madonna dei Monti, 3
Rome 00184

Just off Via dei Serpenti, a block from Cavour, overlooking the Colosseum
Phone info: see contact info at front of this booklet

Inform the CU-Boulder Study Abroad Office of your travel plans by submitting your travel itinerary, which can be found on your post-acceptance checklist on your study abroad homepage. We will

give a copy to Prof. Ambler, so that he will know when to expect you.

Getting to and from Fiumicino airport, Rome (aka Leonardo da Vinci airport).

The website for the two airports in Rome is:
<http://www.adr.it/Default.asp?L=3&>

A **taxi** ride should cost approximately \$40-50 depending on the amount of luggage you have and where you need to go. Check the meter carefully; a supplement is added for trips to and from the airport and for each piece of luggage. Check the price in advance by telling the driver you want to go near the Colosseo (Coliseum).

Give the cabdriver the address, and if he's unsure of the location, tell him it's near the Colosseo. Remember, always use official cabs, which have all the usual taxi markings on them. If someone comes up to you and offers a cab, pay no attention; it's probably for a "gypsy" cab, and the charge can be much more than it should be.

Train service is available from the airport to the Roma Termini train station. This easy trip takes c. 30 minutes and costs about \$10 per trip. Trains leave from the airport beginning at 06:10, departing every half hour, ending at 21:40 Tickets are available at both the self-service machines in Termini and at the airport train station, as well as at the normal windows in any train station. We will provide a map from the Roma Termini train station to our hotel. Students with back packs should be able to walk from the station to the hotel. On returning from Rome to the airport, the Leonardo Express, as the train is called, usually departs from track 26 at Termini but double-check this on the departures sign. Trains leave from Termini beginning at 5:52, and run every half hour, ending at 21:51. Website available at:
<http://www.trenitalia.com/en/index.html>

PACKING SUGGESTION

Read the suggestions given in the Essential Guide to Studying and Living Abroad. You can also get suggestions from returned students at the pre-departure orientation in April. Since you will only be gone for a short time, we would like to stress that you

should **pack as lightly as possible!!** A daypack or other light, easily carried suitcase would be ideal.

You will need to be able to carry all of your belongings. There will be a few times during the trip,

where you may need to carry your belongings for fairly long distances--20 to 30 minutes at a stretch. Your travel to and fro will be more enjoyable if you aren't carting too many things with you. Also, you can buy essentials that you have forgotten in Italy if need be.

Many students travel to Europe outfitted with the latest in backpacking gear. Remember that these backpacks are too large to qualify as a carry-on and thus must be part of your check-in luggage.

Lost luggage – If you are missing a bag upon arrival into Rome do not panic—this is not uncommon. You will be instructed to file a claim with the Lost Baggage Office. Be prepared to describe your bag and to leave your luggage keys if you have locks as the bags will clear customs in Rome without you. They will be delivered to your hotel in a few days.

You should plan to take at least one change of clothing with you in your carry-on luggage, as well as essential items such as your contact lens solution, toothbrush, prescription drugs, etc.

Electrical equipment - In Italy, electric power runs on different voltage (220 vs 110 in the US) and wall sockets are configured differently and are incompatible with American plugs. For this reason, you may not use non-European appliances.

It is recommended that you do NOT purchase an electrical converter. The wattage and volts never convert correctly and can damage your appliance or the hotel's electrical supply. *Do not bring items that plug in, especially electric razors, curling irons and hair dryers.* If you use a hairdryer, be prepared to purchase an Italian hair dryer (approximately \$20US) upon arrival, but before doing so check with the hotel to see if they can provide one for you during your three week stay.

Most chargers for iPods and digital cameras have an automatic voltage converter, but double-check the charger to make sure (it should indicate this somewhere). If it contains a converter, then you simply need an adapter for the two-prong plus in Europe.

We strongly advise against bringing laptop computers. There are computers available at internet cafes, and a computer is just another thing to carry and/or lose.

Laundry: Most of you will want to use a local coin-operated Laundromat (with washers and dryers) in

your neighborhood or utilize the wash and dry services at a dry cleaners. They charge you for their service by the weight in kilograms of the laundry. Bring a variety of clothing that can be mixed and matched (i.e. don't bring sets of "outfits" that can't match anything else). Clothing that does not need to be ironed or dry-cleaned is preferable. You'll be happier if you take clothing you can wash out by hand and dry quickly overnight.

Packing Essentials:

- Passport, Euros, plane tickets, luggage keys, traveler's checks (optional), photocopy of your passport, and the letter explaining your study abroad program
- One debit card and at least one credit card.
- Books, notebooks, writing implements
- Shoes for walking that are broken in and comfortable (ones that don't slip on wet ground are most useful). Flip-flops aren't the best choice.
- Medication in its original packaging with a doctor's note
- In-flight toiletries (toothbrush, toothpaste, lotions, etc.) with anything liquid packed in plastic ziplock bags
- An extra pair of glasses or contacts if you wear them
- A light sweater/sweatshirt to wear in the evening
- A water-resistant jacket
- Pants and shirts
- One nice outfit for city events—slacks or skirt.
- Underwear and socks (quick drying!)
- Nightwear
- Toiletries (Minimal. Sunscreen recommended, possibly bug repellent; take any prescription medicine in original container; Moleskin/Bandaids)
- Camera
- Water bottle

- Sunglasses and/or hat
- Handi-wipes, small packets of Kleenex
- Swimsuit
- Battery operated alarm clock
- Small Dictionary and/or phrase book
- Address book
- Small towel (Some places, such as Youth Hostels, will not provide a towel.)
- Sleep mask and small flashlight (to allow you to either read or sleep in shared rooms)
- Ear plugs (to help you sleep; hotels in central Rome can be very noisy)

Clothing Hints:

It can be fairly hot. Bring casual but not grungy clothing. Dirty or torn clothing is not appropriate. Make sure you bring long pants, shirts with sleeves and for women, skirts below the knees to be able to enter the many churches you will visit during the program (if your clothing is too revealing, you may not be allowed to enter sites such as churches).

Tips from other students

Bring a watch and an alarm clock. Both will help you to be on time for class every day. These items will also help you make it to the train on time when we travel between cities in Italy. If you miss the train, no one stays behind to find you and you become responsible for paying

for and transporting yourself to our next destination.

Make sure to bring good walking shoes; you'll do a lot of walking, mostly on cobblestone.

Rome is a cosmopolitan European city and neatness is an Italian virtue. Example: A student walks into a local bar wearing flip-flops and a college t-shirt and asks for a can of coke at 10:00 a.m. Immediately, the student notices that he is the only one in the bar with open-toed shoes, a t-shirt, drinking a coke. The rests of the patrons in the bar will be "dressed up," wearing closed toe shoes, nice shirts and slacks, and ordering a *cappuccino* or a *caffè*.

You should expect to dress more formally in Italy and you must be aware that you are not on a college campus. When visiting churches in Italy, remember that shorts, sleeveless tops, midriff blouses, and short skirts are prohibited.

T-shirts with writing/logos, shorts, baseball hats, and tennis shoes are seldom worn among the locals. Italians tend to wear flip-flops and shorts only when they retreat to the beach for the summer. Sneakers, called *scarpe da ginnastica*, are worn only when jogging or for a workout at the gym.

While you shouldn't spend the next few weeks shopping for dress-up clothes, do remember that studying abroad means living in an urban setting, not on an American campus. Pack one or two outfits for more "dress-up" activities: khakis for men; dresses or skirts for women.

Currency

Purchase some Euros before you leave the U.S. This will allow you to get from the airport to your hotel in Rome without having to stand in long lines at the airport currency exchange window. Get about \$100 worth of Euros from a local bank, or purchase it at the U.S. airport.

EMERGENCY RELEASE FORM

Don't forget to take your Italian/English emergency release form. Carry it with you at all times for the duration of the program.

HEALTH and SAFETY MATTERS

Voluntary Disclosure of Health Information and Continuing Treatment while Abroad

One of the post-acceptance forms that we ask you to fill out is a Medical and Disability Needs Abroad Form. Because a program of study abroad can be demanding and health care in other countries is different than in the United States, you can use this form to share information that you consider important to your health. We may be able to assist you with your needs.

Some things to consider:

- Chronic medical conditions
- Temporary medical conditions
- Allergies and/or dietary restrictions
- Medication that you will bring overseas
- Psychological conditions

This information will be treated confidentially. If you allow us by answering “yes” to question #2 on the Medical and Disability Needs Abroad Form, we will share the information you disclose to us with our program contacts who will also treat it confidentially. We encourage you to candidly inform us if you will need to see a health professional on a regular basis or if you have a condition that could require treatment while you are abroad.

Inoculations

No special inoculations are currently required for travel to Italy, but you should make sure that all of your routine immunizations are up-to-date. You can also consult the Center for Disease Control web site (<http://www.cdc.gov>) for recommendations on immunizations and staying healthy while traveling in Europe.

Your Health

If you will need to see a doctor on a regular basis once you arrive at your program site, inform Professor Ambler and Corlin Ambler that you will need this service. If you have brought prescription histories or medical records, also let them know so they will be prepared if you should have a medical emergency and need fast assistance.

Staying hydrated

It is very hot in Italy in the summer and you’ll be walking several hours in the sun every day so make sure you drink plenty of fluids.

Nutrition

Continental breakfasts are provided as a part of the fee at each hotel. A continental breakfast consists of coffee and a roll. That will not be enough to keep you going all morning. Make sure you take snacks and water for the three-hour class.

Accident and Health Insurance

You will be covered by the Office of International Education's policy for the following dates:

May 1, 2008 – August 31, 2008

See the [CU-Boulder Essential Guide to Studying and Living Abroad](#) for more information on your health insurance carrier and policy. For the [CU-Boulder Study Abroad Health Insurance Policy & Claim Form](#), please visit the “Once Accepted” page of our website.

Special Safety Precautions

Compared to the U.S., Italy has low crime rates, but you should be aware that your safety can never be absolutely guaranteed. We suggest you consult the U.S. State Department travel information about Italy (<http://travel.state.gov/>) and read the Personal Safety section of the Essential Guide to Studying and Living Abroad for some good suggestions on staying safe. Also, be aware that foreigners are sometimes harassed. Women and students of color tend to experience more harassment than white males, but no one is exempt from the possibility. The best defense if this happens is to ignore it.

It is perfectly safe to drink the water and eat all foods in Italy. As you do here, make sure you wash thoroughly vegetables and fruits you buy at the market. You may contract a cold or stomach disorders when you first arrive, but this will have more to do with the change in climate and culture than with the sanitary conditions in Italy.

▪ **Motorini**

The famous Italian scooters, Motorini, are the single leading cause of **death** for Romans from the age of 16 to 25. They are **extremely dangerous**. Any person who has lived in Italy or spent time in an Italian emergency room will tell you that they are deadly, especially to Americans with no experience in riding them or navigating in Italian traffic. **Do not rent or ride on them under any circumstances! Do not rent or ride bicycles in Rome either.**

▪ **Alcohol consumption**

Many countries, including Italy, have a different attitude about the consumption of alcohol and the legal drinking age than we do. You will find that the laws of Italy allow persons over the age of 15 or 16 to drink all types of alcoholic beverages, and that it is common to find beer or wine served with meals. **However, being drunk is not socially acceptable and can be extremely dangerous in a foreign environment.** It sends wrong messages. Thieves love inebriated tourists: they are a perfect target; disreputable men love inebriated foreign women: they are such an easy prey. Make sure you stay safe

abroad: don't abuse alcohol. Drinking to excess is cause for immediate expulsion from the program.

Tips from other students

Always, always, always know where your passport is, and always keep a copy. Either keep it with you or keep it in a safe spot in your room. You will need your passport to cash traveler's checks and sometimes to get into places like the Vatican Museums. If your passport is lost or stolen, expect to spend several days at the police station and the consulate filling out a lot of forms and spending a lot of money. If you are forgetful or worried about your passport getting lost, buy a money belt or some other container that you can keep it inside your clothing every day.

SUGGESTED READING and WEB SITES

You are probably anxious to learn more about Italy before you leave. This is a good idea and it will make a good impression on the Italians if they see that you have taken the time to learn a bit about their country. There are a number of excellent books that you might read before, during, or after your study abroad experience. We would recommend that you read at least some of these before you go. If you know of some books that we should add to this list, please let us know!

Resources on campus

An excellent magazine to read for different viewpoints on world-wide current events is World Press Review (which CU's Norlin library carries in the Periodicals Room). If you have cable, you can watch the Italian news (subtitled) everyday on the International Channel. The ALTEC language lab (on the first floor of Hellem's) also has the Italian news on tape.

Books

We recommend that you read at least some of these before you go.

The New Italians by Charles Richards. Vivid snapshot of Italy in the early 1990s.

The Italian Way by Mario Constantino & Lawrence Gambella, Passport Books, 1996. An A-Z guide to Italian attitudes and customs.

Getting it Right in Italy - a Manual for the 1990's - by William Ward, Bloomsbury, 1990.

A book that offers insight and practical assistance in understanding the Italians.

Living in Italy by Alvino Fantini. This 73 page book is a must-read for information about Italian culture, language, and tips for living in Italy.

A Traveler's History of Italy by Valerio Lintner, Interlink Publishing, Northampton, MA.

Recommended by program alumni:

Under The Tuscan Sun: At Home in Italy by Frances Mayes, Broadway Books; ISBN: 0767900383

The Agony and the Ecstasy : A Biographical Novel of Michelangelo by Irving Stone, New American Library.

Guidebooks

Your program fee covers the cost of the *Blue Guide to Rome*, which we will distribute in April. You do not need another guide to Rome, though depending on your travel plans, you might want to get a guide for other parts of Italy or Europe.

Before you buy a guidebook, review the different options to find one that matches your travel style and means.

Remember to take an *Italian phrasebook*. Rick Steves (available for consultation in the Study Abroad Programs office) and Berlitz offer practical ones.

Web sites

Information on Italy:

<http://www.mi.cnr.it/>

Information on Florence:

<http://www.arca.net/florence.htm>

Information on Rome:

<http://www.roma2000.it/english.htm>

Italian resources

You can get additional pre-departure information from:

Italian Government Tourist Board -- USA

630 Fifth Avenue, New York NY 10111

Phone: 212-245-4822 - Fax: 212-586-9249

LEARNING ITALIAN

We highly recommend you learn some Italian before you go to Italy this summer.

There are a number of tapes you can use. You can find them in any bookstore or at the ALTEC Language Lab on campus in Hellems. One student also recommended a CD-Rom called Transparent Language.

Here's a section reprinted from *The Italian Way* by Mario Constantino & Lawrence (Gambella, Passport Books, 1996) to get you started:

The following expressions are basic to polite conversation in Italian. People in Italy are generally friendly and very receptive. A person in uniform, a waiter, a store clerk, or anyone else may be approached when you need to ask for information. Smile, be courteous, and use one of the following appropriate expressions to express your wants and needs.

Mi scusi	mee skOO-see	Excuse me
Per piacere	pEHr pee-ah-chAY-reh	Please
Per favore	pEHr-fah-vOH-reh	Please
Buongiorno	boo-OHn jee-OHr-nph	Good morning
Buona Sera	boo-OH-nah sAY-rah	Good evening
Un momento	OO-n moh-mEHn-toh	Just a second
Va bene	vah beh-nEH	That's OK
(Mille) grazie	(mEEI-leh) grAH-tsee-eh	Thank you
Prego	pREH-goh	You're welcome
Si	see	Yes
No	noh	No
Signore	see-ny-OH-reh	Sir
Signora	see-ny-OH-rah	Madam
Signorina	see-ny-OH-rEE-nah	Miss
Potrebbe dirmi ...?	poh-trAYb-beh dEER-me	Could you tell me ...?
Potrebbe aiutarmi?	poh-trAYb-beh ah-ee-oo- tAHR-mee	Could you help me?
Come sta?	k-OH-meh stAH	How are you?
Mi dispiace	mee-dee-spee-AH-cheh	I'm sorry
Grazie, non c'è di che!	grAH-tsee-eh nohn cheh dee kAY	Thanks! Don't mention it!

READ ABOUT ITALY AND PRACTICE YOUR ITALIAN! Alumni of the program all say that they should have read more and worked on their language skills more before leaving the US. Here are a few suggestions:

- Daydream in Italian.



- See as many Italian movies as possible: on campus, the International Film Series (Muenzinger Auditorium) shows several each semester; off-campus, the Video Station (Arapahoe and 28th) has a great selection of subtitled Italian movies.

- Listen to Italian CD's while driving.

- Talk to yourself in Italian.

- Practice what you're going to talk about with your new Italian friends.

You'll be glad you put in the effort!

PRACTICAL INFORMATION ABOUT YOUR PROGRAM

Housing

The program hotel: Hotel Santa Sofia run by the Sisters of Saint Anna (Suore di Santa Anna)

Address: Piazzas Madonna dei Monti, 3
Rome 00184

The hotel is just off Via dei Serpenti, a block from Cavour, overlooking the Colosseum.

This is a convent/hotel run by the Sisters of Saint Anna. In the early part of this century it housed the Basilian Fathers from the Ukraine, and since the 1950s the Basilian Sisters have run the hotel.

You will stay in either a double or a triple room with other students in the group of the same gender. There are no mixed gender rooms. Each room has its own bathroom. The Study Abroad Office makes the room assignments and you will be given a chance to request roommates sometime in mid to late March. A simple continental breakfast is served each morning consisting of coffee, rolls, butter and jam.

The hotel is attached from the inside to a beautiful little 400-year old church which serves as the chapel for the nuns. It houses an icon that was discovered hidden within the wall during a remodel in the 1990s. The icon is now displayed above the altar and is worth a visit.

Staying in an Italian hotel can be a pleasant experience, especially if you are aware of the cultural and legal restrictions that exist. Students should not treat these residences like a dormitory. The hotels are not luxurious, but all are clean, safe, and provide the basic requirements.

You will not have a phone in your room. There are phone and internet cafes nearby. (For more information on calling home, see "Communicating with Home" section below.)

Doors Locked at Midnight

The hotel will be locked every night at midnight. Once the doors are locked, you **may not** enter the hotel until 6 a.m. the next day. Ringing the buzzer at the front door after hours is not an option. You will need to seek other arrangements. Needless to say, we don't recommend that you do this. Plan to be back at the hotel well

before midnight and you will avoid a lot of hassles and you will be better rested for the program the next day.

Guests

It is illegal to have guests in your room since hotels have to report a list of customers to the police daily. All people staying in the hotel overnight need to be paying and registered customers. **Under no circumstances** should you invite someone to spend the night in your room, including friends and family.

Visitors

If friends and/or family plan to visit you in Italy, make sure that they don't arrive until after the program has ended.

Laundry

There are many Laundromats close to the hotels. Limited washing in the hotel sink is possible, but please respect any limits set by the convent.

Appropriate hotel behavior

The following paragraph on appropriate hotel behavior is included only because we have had incidents in the past that have resulted in complaints. We have every reason to believe that this will not happen with your group. However, we must reiterate that you must not talk loudly in the convent's halls or rooms, and of course running in hallways is taboo. If you miss curfew, ringing the buzzer will not help: minimize your losses and find a safe place elsewhere. Rude and obnoxious behaviors will not be tolerated. Remember that you represent both the University of Colorado and the United States, and should act accordingly. We wish to be able to use these hotels again, and would hate to see them not welcome our group.

Recreational activities

When you are not "in class," you will have free time to revisit churches or museums, go exploring, shop, or take a nap. We encourage you to use some of this time to consult with Prof. Ambler or Corlin Ambler about what you are learning. You can also plan a variety of activities that will help you learn more about the art, history, culture, and modern life of Rome.

Communicating with Home

Phones

Using a phone in Italy used to be a major hassle. Long lines waited to use semi-functioning public phones. Now, Italy has one of the highest rates to **cell phone** ownership in Europe. The Italians have advanced far beyond the Americans in cell technology. If keeping in touch with people by phone is important to you, a cell phone may be the answer. It costs about \$75 - \$100 to buy a cheap phone. Some vendors insist that you have a codice fiscale (a government issued tax document) but others are willing to sell to you with only a passport.

You may rent a phone before you leave. Consult <https://www.platform3000.com/en/index.php> as a possible vendor.

Or, rather than sign up for cell service, you can opt for the use of phone cards. These cards, available at newspaper stands, come in €5 or €10 allotments. You simply scratch off the card and then call a toll free number to charge your phone. Rates to call back to the US are around 23 cents a minute. Omnitel and TIM are the two main service providers.

If you plan to use a **calling card** to place calls from Italy, it is worthwhile to call your service provider to ask about their rates. Some calling card plans charge up to 50 cents a minute when you place a call from Italy. Make sure to check with your calling card company to find out what rate they will charge you for dialing from Italy to avoid unpleasant surprises.

The **hotel** where we stay has a limited number of phone lines. Therefore, except in cases of emergency, we cannot use their phones.

Public phones are available but they are getting scarcer. The post office is always a good place to look for a public phone. Even if you are using a calling card, you need to deposit a small amount of money to call the operator who will place your call. You can either use coins or a phone card that can be purchased at any newsstand.

Most American cell phones do not work in Italy, unless you have made specific arrangements with your service provider.

There is an eight-hour time difference between Colorado and Italy. If it is noon in Colorado (or 2 pm in New York or 1 pm in Chicago or 11 am in Los Angeles), it is 8 pm in Italy. Plan accordingly when you make your calls.

E-mail and computers

There is no computer access at the convent. Do not bring your laptop. E-mail will be available at cybercafés nearby.

Mail

The least expensive way to communicate with home is by international mail. This is also the method most likely to fail due to the vagaries and quirks of both the U.S. and the Italian mail systems. If you mail a postcard from Italy, it should arrive on the East coast of the U.S. in 3-7 days. It can take another 3-5 days to reach other U.S. destinations. Sometimes mail arrives much more quickly; sometimes it takes twice as long. Mail sent to Italy can take even longer. Since you will spend a very short time in each city, it is very possible that a letter sent to you will not arrive. Nor will it be forwarded to your next stop. We generally don't expect a letter to arrive in Italy until 10 days to 2 weeks after it has been mailed.

Mailing packages from Italy

In recent years, shipping things to and from Italy has become much easier than it used to be. However, it still requires time, patience, and persistence. You should expect that sending anything from Italy back to the US will be more costly, time consuming, and complicated than a trip to your local post office or Mail Boxes Etc back in the US. With that in mind, there are several ways that you can send luggage, gifts, extra items, and other things back to the US at the end of the program. Here are some of your options:

There is a **Mailboxes Etc.** near Piazza Barberini in Rome (address: via Barberini, 3A tel :06/42874288). They will pack up things for you and send them back home via UPS (but it will be expensive). If several people are interested in using this service, the program assistant can arrange a trip over at the end of your stay in Rome.

The **post office** (ufficio postale) is another option. They will not pack items for you. They also have very specific packing rules so you need to go to the post office before you pack your box and find out what the regulations are. Be prepared to wait in line and to describe in detail the contents of your package.

There is a **special post office** near the Pantheon (on via Monterone, 1B) that deals only with packages so there is little or no waiting in line. They are open 9-4:30, Monday-Friday, and 9-12 on Saturday. Delivery is speedy and you receive a tracking number so you can monitor your package. Check out the website: <http://www.poste.it/en/>

Packing materials are available at paper stores (cartolerie). Some will pack things for you for a small fee.

Books can be sent through the post office quite cheaply. They need to be packaged in boxes with brown paper and string. Each box also has to have a “window” cut

into it so the postal inspector can see into the box. Each box can weigh no more than 5 kilos. A five-kilo box costs about \$15 to send to Colorado. To be sure that it arrives, it is recommended that you send it *raccomandata* that costs an additional two dollars a box.

CULTURAL AWARENESS

Understanding more about Italian social standards and expectations will make your adjustment easier and perhaps help you to avoid embarrassing moments. In order to learn more about the culture of Italy, you will need to adapt to different values and to make some changes in your social behavior.

We suggest that you read “**Living in Italy**” by **Alvino Fantini**. This 73-page book will introduce you to Italian customs regarding greetings, relationships, conversation topics, family life, personal space and privacy, eating, time, etc. It also includes tons of practical information as well as a brief history of Italy and an introduction to the Italian language with pronunciation tips.

Tips from other students

Appropriate attire for class: Make sure you have clothes that you can wear for class each day. Men cannot wear shorts or tank tops in churches. Women cannot wear shorts or skirts that are above the knee, and their shoulders and upper arms must be covered. You would never consider going into a mosque in a mini skirt or forgetting to take off your shoes inside a Japanese temple even if you did not subscribe to those religious beliefs. This is not a question of politics or religious belief, it is an issue of manners. You do not want to be hounded by a 4' 5" Italian nun for being dressed indecently!

Appropriate behavior during monument visits: Never, ever, ever sit on the floor or the ground at any of the monuments we visit. In some churches it is perfectly fine to sit on the pews as long as you are quiet

and respectful. Leaning on things is also not appropriate.

Students from ethnic minorities

(adapted from *Let's Go Italy* - St. Martin's Press - New York)

In certain regions, particularly in the south, people of color or members of non-Christian groups may feel unwelcome. In term of safety, there are no easy answers. Keep abreast of the particular cultural attitudes of the regions you are planning to visit. Immigrants of color do experience discrimination. Tourists from the West, who are more easily distinguishable by clothes and language, are usually not targets of racism. Women of color may be seen as exotic but not unwelcome. Travel in groups and take a taxi whenever you feel uncomfortable. The best answer to verbal harassment is no answer at all.

For more information:

Go Girl! The Black Woman's Book of Travel and Adventure by Elaine Lee – Eighth Mountain Press.

Of particular interest: Dawn Comer's article entitled *A Black Broad Abroad* about Italy.

Gay, lesbian, bisexual and transgendered students

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. In the south, public displays of affection will be met with shock, at the very least. Italy has one of the highest rates of HIV in Europe.

Adapted from: Equality For Lesbians And Gay Men - A relevant issue in the civil and social dialogue by Elena Biagini, Graziella Bertozzo and Marco Ravaioli; A report of the European Region of the International Lesbian and Gay - June 1998

<http://www.steff.suite.dk/report.htm#ITALY>

For more information:

International Lesbian and Gay Association

<http://www.ilga.org>

Vegetarian students

(adapted from *Let's Go Italy* - St. Martin's Press - New York)

While there are not many vegetarian restaurants in Italy, it is not hard to get vegetarian meals. The Italian diet is not centered around meat, as pasta and green are plentiful.

For more information:

International Vegetarian Union –Italy section

<http://www.ivu.org/global/europe/italy.html>

Useful phrases:

- **Sono vegetariano/a** *I'm vegetarian*
- **Non mangio carne, nè pollo o pesce** *I don't eat meat or chicken or fish*
- **Sono vegano/ vegana.** *I'm vegan*
- **Sono strettamente vegetariano/ I'm a strict vegetarian**
- **Non bevo il latte** *I don't drink milk*

- **Non mangio il burro, il formaggio, le uova, o il miele** *I don't eat butter, cheese, eggs or honey*
- **Avete un piatto vegetariano?** *Do you have vegetarian dishes?*
- **C'e' un ristorante vegetariano qui vicino?** *Is there a vegetarian restaurant nearby?*
- **C'e' del brodo di carne o pollo in questa zuppa?** *Is there meat or chicken broth in this soup?*

Students with disabilities

(adapted from *Let's Go Italy* - St. Martin's Press - New York)

One of the most appealing aspects of Italy is that much of it is the same as it was 2000 years ago. Italy of 2000 years ago was not the most disabled-friendly of countries. Many of the famed museums and landmarks are utterly inaccessible. Few hotels and almost no hostels have accessible rooms. Precautions should be taken prior to a visit.

Please consult the following resources:

Study Abroad for Students with Disabilities folder (in the CU Study Abroad Office)

Mobility International:

<http://www.miusa.org/>

Accessible Italy:

<http://www.tour-web.com/accessibleitaly/index.html>

Program itinerary (tentative)*

Professor Ambler will provide you with the complete syllabus. Note that there will generally be two class periods per day.

Wednesday, May 14, 2008: Latest date to depart from the US

Thursday, May 15, 2008: Arrival in Rome. Check in at the hotel around noon.

The following is an approximate and abbreviated daily schedule. *It will change!!*

CULTURE WARS IN ROME THE HERBST PROGRAM OF HUMANITIES MAYMESTER 2008 TENTATIVE SCHEDULE!

1. Wednesday, May 15: Meet in Rome

Noon: Meet at the fountain: Head count and getting oriented
400: Class on the Grass: Pagan Rome; the course in general
Eve: Group Dinner
Recommended: Walk in groups down Via Cavour to the Coliseum and look around), proceed up the Via dei Fori Imperiali to Pza. Venezia (and look around), and head home early! Thursday will be a full day!

2. Thursday, May 16: The Capital of Ancient Pagan Rome

Morn: The Roman Forum, Coliseum, and Palatine Hill
Noon: Lunch and portfolio gathering:
Pagan: Snoop around Le Terme di Caracalla
Christian: Explore S.M. Maggiore
Secular: Investigate the Protestant Cemetery and Testaccio
400: The Capitoline Hill and Capitoline Museum (and café!),
Teatro Marcello, Forum Boarium, the Tiber River
Eve: Group Dinner

3. Friday, May 17: The Capital of Modern Secular Rome

Morn: Imperial Forums, and Via dei Fori Imperiali, Altar of the Fatherland,
Palazzo Venezia, plaque to Aldo Moro (via Caetani)
Noon: Lunch and portfolio gathering: (Choose either E. or W. of the Corso)
West: Il Gesu, S. Ignazio, Temple of Hadrian, Via del Governo Vecchio, et cetera! East: Trevi
Fountain, Pza. Barberini, Bone Church, Spanish Steps, Via dei Condotti, Il Pincio, et cetera!
Aft Galleria Borghese and chat on the grass

4. Saturday, May 18: Pagan Rome, continued; Modern Rome, continued

Morn: Castel S. Angelo, Ara Pacis, Mausoleum of Augustus
Noon: On your own!
Aft: Galleria dell'Arte Moderna

5. Sunday, May 19: Free morning: Pagan afternoon

Morn: Race for the Cure (Optional): Terme di Caracalla at 10:00 am
Aft: Ostia Antica
Eve: Group dinner

6. Monday, May 20: The Capital of *Christian Rome*: The Vatican

Morn: The Vatican Museums: Sistine Chapel, Raphael Rooms, and more!
Noon: Consider staying to visit the Pinocoteca or Etruscan galleries
Aft San Pietro, Vatican City, and Borgo

7. Tuesday, May 21: Full Day Excursion to Orvieto

Morn&Aft: The Duomo and Chapel of San Brizio, The Papal Palace, Il Pozzo di S. Patrizio etc.

8. Wednesday, May 22: More Modern Borrowing from Ancient Rome

Morn: Campo dei Fiori, Piazza Navona, S. Luigi dei Francesi, Palazzo Madama, The Pantheon,
S. M. Sopra Minerva
Noon: Wander for portfolio gathering: The Campus Martius
Aft: S. Agnese, S. Costanza, and catacombs of S. Agnese
Eve: Group dinner

9. Thursday, May 23: Christian Rome: From Constantine to the Lateran

Morn: S. Pietro in Vincoli, Arch of Constantine, San Clemente, San Giovanni in Laterano
Noon: Explore Pza. Vittorio Emanuele or La Sapienza, the University of Rome
Aft: Piazza del Popolo, S. Maria del Popolo

10. Friday, May 24: Christianization of Ancient Rome/Modernization of Christian Rome

Morn: The Aventine Hill and, especially, Santa Sabina. A chat on the grass.
Aft: Castelgandolo and its Papal Palace; the Vatican Observatory
Eve: Group dinner

11. Saturday, May 25: *Christian Rome*: The Earliest Years

Morn: The Portico of Octavia, the Ghetto
S. Maria in Trastevere, La Farnesina
Aft: Portfolio gathering on the Gianicolo (Tempietto, Monuments to Garibaldi)

12. Sunday, May 26: Ancient *Pagan Rome*: Day trip south of Rome

Morn&Aft: Excursion to Monte Cassino
The Grotto of Tiberius, Sperlonga and its beach

13. Monday, May 27:

Morn: Exam: Most questions on Map and identifications: In bocca al lupo!
Eve: Group Dinner and walk to the Trevi Fountain

14. Tuesday, May 28:

Morn: Any last questions?
Arrivederci Roma!

Lost? Find the Colosseo, the Cavour Metro stop, Pza. Madonna dei Monti
Trouble? Call Wayne: 347-165-2267 Corlin: 333-882-7831

In order to allow free time for independent travel at the end of the course, the schedule is highly compressed; most days will have class in both morning and afternoon. Needless to say, students and faculty will need to do a bit of advance work (there are four classes in April) and be ready for an intense two weeks.

*The program reserves the right to make changes to this itinerary as necessary.

ACADEMICS

The academic program

A single city was once the center of a vast, pagan, aristocratic empire and later became the center of a Christian theocracy whose influence could – sometimes did! -- make kings and caliphs tremble. This same city is today the capital of a largely secular, modern, democratic nation-state. Rome is thus a perfect place from which to study the achievements and essential differences between these three opposed ways of organizing society and their associated cultures. While our first goal will be to explore these differences as they present themselves in art, architecture, literature, politics, and religion, we will inevitably be drawn also to investigate the various components of the cultural matrix in each separate case. In short, noting how our three “Romes” differ will also help us to see how each is unified. Our highest hope, of course, does not stop with knowledge of Rome but points beyond to the challenge of appreciating cultural difference in today’s world. Enrollment is limited to 25 students.

Course Requirements & Grading

I. Attendance & Daily Work: 30% of Final Grade.

Beginning with our four classes here in Boulder in April, alert attendance is required. Distractions will abound in Rome, but it is in the best interest of each participant and the group as a whole for each of us to be a serious and dedicated member of our group, not only for educational reasons but for safety as well. Specific requirements dealing with conduct abroad are published by the CU Study Abroad Office.

Promptness is also important, for being late forces the group either to wait or to abandon one of its members, which is never a pleasant choice.

Along with the required attendance and class participation, there will be short, daily, written assignments to be done on site. These will take the form of quizzes, simple sketches, written descriptions, and written questions. Their main goal is to help you become careful and informed observers.

There will also be a short paper to be written prior to departure and presented on site in Rome. The topic will be presented in class.

Much of our daily work should, with appropriate editing, be incorporated into your group projects and individual portfolios, so a good job here will help you greatly on subsequent assignments.

20% of this grade (5% of the grade in the course), will take the form of a brief oral presentation to be made on site. Topics will be assigned before we leave the United States.

II. A Test: Just the facts, Ma’am. 20% of Final Grade.

There will be a short test on May 27. It will cover some basic facts about art, architecture, the geography of the city, and the history of the three “Romes” we have studied. It will also require students to locate important points on a map of Rome.

III. Individual Portfolios: 50% of Final Grade

Each student is responsible for a journal based on our exploration of Rome. It will be divided into sections on Ancient, Medieval, and Modern Rome, and each section may be subdivided further if and as you see fit. It will consist at least of sketches, descriptions, questions, and observations pertinent to the guiding themes of the course. Photographs or sketches will also prove useful but are not strictly required. Faculty help with journals will be available on a daily basis during the course. Edited versions of your daily work and of your written statement should be included in your final portfolio.

Individual Journals are due July 1.

Program staff

The program will be directed by Prof. Wayne Ambler of the Herbst Program of Humanities. He will help choose program participants, lead a pre-program orientation, teach the course and act as resident director in Italy. He will be aided by an assistant, Corlin Ambler, who also has lived in Rome and is fluent in Italian. Both the program director and assistant will be available in case of emergency.

Course requirements and assessment methods

There will be a course reader and a guide to the sites we will visit. Students are expected to be generally

familiar with both by the time they arrive in Italy. Other materials will be distributed on site

Course Levels and Course Loads

You will receive three hours of credit for the following upper division course:

HUEN 3700: *Culture Wars in Rome*

Grades, Credits, and Transcripts

Grades and your transcript - Your credit will be officially recorded at CU. The course you take and the grade you receive will be recorded on your CU

transcript and will be averaged into your CU grade point average.

Credits - You will earn three credit hours for the successful completion of the program. The decision about how the course work will apply to your particular degree requirements will be made by your academic department and/or college. Be sure to consult with your academic advisor(s) so you know how the course will apply to your particular requirements.

Registration for the course

The study abroad office will register you for the appropriate course.

FULFILLING A&S CORE CREDIT ABROAD

There are no **A&S core requirements** which can be satisfied on this program.

FINANCES

The Program Fee

Your program fee covers all expenses outlined in your contract - see the copy you saved for your records and make sure you understand the terms of the contract.

The program fee is \$2500 for Colorado residents and \$3500 for non-residents. This covers instructional costs and CU fees, health insurance, the program reader, accommodations in the program hotel, continental breakfasts, 6meals, orientation in Rome, and field trips. It does not include airfare, personal expenses, or additional meals.

Additional costs

Your program fee does not cover travel to Italy and back, some meals, or miscellaneous expenses in Rome such as local transportation, postage, toiletries, laundry, additional food, gifts, or other items you might purchase on-site. If you are careful with your spending, you might want to bring about \$500 to cover your miscellaneous on-site expenses. This does not allow for extra travel, so if traveling is in your plans, or if you plan to spend extravagantly, you'll need to bring more money. Italy is expensive and the dollar has lost a great deal of its value vs. the Euro! Be sure to budget carefully.

If you will be doing independent traveling in Italy, you may wish to become a member of the International Youth Hostel organization; Youth Hostels are relatively inexpensive and good places to meet people. For more information, visit their web site: www.iyhf.org.

Figures for Income Tax

If you receive grants or scholarships, the IRS considers any amount that exceeds the cost of tuition, required fees (not including room and board), and books to be taxable income that needs to be declared on your tax forms.

We will calculate the amount that is tuition and required fees and books purchased for you. Keep track for yourself of any additional amounts you spend on books—and be sure to keep the receipts. Make certain

this information is available to whomever is doing your taxes, if you are not planning to do them yourself.

This information can also be used to claim tuition tax credits for which you may qualify, such as the Hope Scholarship or Lifetime Learning tax credits.

Banking and Transfer of Funds

See your *CU Boulder Essential Guide to Studying and Living Abroad* for general information on banking and transferring funds.

There are many factors that contribute to the fluctuation in the worth of the dollar against other currencies. There is no way of knowing if there will be a change in the economic or political news of the world before or during the program, so it is difficult to accurately estimate what your incidental costs will be. You should begin now to familiarize yourself with the exchange rates and what they can do to your purchasing power in another country. Even though you will be in Italy for only a few weeks, you should become conscious of exchange rates now to prepare for the vast differences in spending foreign currencies in different pricing systems.

You can find exchange rates in the business sections of many newspapers, Tuesday through Saturday (i.e. the days after trading has occurred). You can also go on the Web to the Travlang page which has a great section on money including a converter, pictures of bills and coins, a pocket converter maker and much more:

<http://www.travlang.com/money/>

While **credit cards** are becoming more prevalent in Italy, it is still a cash-based society. While larger stores in cities almost always accept credit cards, small stores often do not. In smaller towns and cities, it can be very difficult to find merchants who accept credit cards.

There are several ways to exchange money while in Italy. Each offers advantages and disadvantages. Please carefully consider the option will work the best for you. Finally, you should have a backup plan. For example, if you plan to use an ATM card to get cash, and you lose it, have another means to access your

money, like a few travelers' checks or another ATM card.

ATMs (known in Italian as the "bancomat") ATMs are convenient and can be found in every city. When using an ATM you typically receive an excellent exchange rate, one that is very close to the rate quoted in the newspaper. Often, you can also take your card into a bank and use it to get cash.

However, **it is wise to call your bank before you leave the US and ask them a few questions.** What kind of service can they provide if your ATM card is lost or stolen while you are abroad? What can they do for you if your card is de-magnetized or ceases to work? It is also a good idea to let your bank know that you will be traveling abroad so they don't shut down your account because of "suspicious activity." Will your bank charge you a service fee for using Italian ATMs? (Many do not but it is smart to check.)

The downside to using bancomats is that sometimes the first machine you try will not work. Security is also an issue. You need to be aware at all times where your money, card, and bag are. Criminals in Rome like in cities around the globe, prey on people withdrawing cash from ATMs.

Travelers/Checks

Traveler's checks are very secure and can be replaced if lost or stolen. If you use them, make sure you keep copies of the checks or a list of their serial numbers in your suitcase. This will help you if you have to have the checks replaced. You always need to present your passport when cashing a traveler's check in Italy.

The downside to relying on traveler's checks is that you can only cash them when banks are open in the morning. Lines at American Express can be very long in the summer. Also, you never get as good of an exchange rate as you do with an ATM card. Using "cambi" (little exchange stores) ensures that you get either a bad exchange rate or pay a high commission.

Be aware that banking hours are limited in Italy so cashing travelers' checks will not always be possible.

Cash

We do not recommend that you bring your spending money to Italy in dollars. It is dangerous; if you are robbed or lose your money there is no way to replace it. Also, you still have to exchange dollars for euros, meaning that you will have to wait in line at a bank or pay steep commission fees at a "cambio" or exchange store.

Running Out Of Money

You should set up a contingency plan with a family member or friend **before** you leave for Italy, deciding what steps you will take if you run out of money or experience unplanned expenses. For example, it is often a requirement to pay a hospital in advance for care (even when you can prove that you have health insurance coverage).

Never plan to have traveler's checks or cash sent to you in Italy via Fedex, express mail, etc. They are considered financial instruments and therefore must undergo customs scrutiny. You may also have to pay a duty to receive them which can require a trip to the airport.

Plan to have a contingency fund set aside to use in case of emergency. We recommend taking a credit card to use in such emergencies or as a back up plan for cash advancing.

Vacation Travel

If you plan to travel around Italy or Europe before or after the program, you have to budget for travel, room and board, laundry, museum admissions, souvenirs, film, etc. The cost of these items will vary greatly, depending on how you travel, where you stay, etc. Costs in Europe are generally higher in the summer for travelers, since this is the "high" season when most people are visiting.

Travel within Italy

The train is the best way to travel in Italy. It is inexpensive, reliable and fast. Prices depend on class of service, how speedy the train is, and length of trip. The Website available at:
<http://www.trenitalia.com/en/index.html>.

Travel in Europe

You might consider buying a rail pass if you plan to travel a great deal by train outside of Italy. These can be bought for various periods of time and in some cases it's cheaper to buy point to point tickets. Be sure to do your research before deciding to purchase one. Here are some good websites on European rail passes:

<http://www.raileurope.com/us/index.htm>
<http://www.eurorailways.com/>
<http://www.ricksteves.com/>

Accommodations in Europe can be obtained most cheaply in youth hostels. If you join the Youth Hostel

Association, you will get discounts on the regular hostel costs. The quality of hostels varies greatly, so you might want to check out the hostel in the city you visit early in the day to see if the accommodations seem to be adequate for you. It is also important to reserve a space early in the day, since spaces are filled on a first-come-first serve basis, and they fill up quickly. Some hostels which find that their spaces are in very high demand require reservations up to a few weeks in advance.

To try to determine how much the trip you have planned will cost, we recommend consulting a good travel guide. Most local bookstores and even the Boulder Public Library carry a good supply of these. One of the most famous student travel guides series is Let's Go Europe. The Let's Go series has also a volume dedicated to Italy. Rick Steves has a guide to Italy as well as a guide to Rome. So does the Lonely Planet series.

COMMENTS FROM PAST PARTICIPANTS STUDYING IN ITALY

On Academics:

■ The academic experience is the most significant part of the program. Since we learn about the architecture and get to see what we are learning about, rather than see it in a textbook.

On Housing:

- Everything was in a central location.
- Italian breakfasts are not substantial!
- Hotel towels were very small.

On Finances:

- It is hard to be on a tight budget but you can do it. Many students on my program did. They limited what they bought and would buy food at local markets instead of eating out.
- Food costs add up fast in Italy. Take plenty of money.
- Make sure you call your bank before you leave to check whether your cash card will work there.
- If you want to save money on eating, it pays off to go to the open markets and put together picnic-style lunches and dinners. However, it is nice to sit down and enjoy an authentic Italian meal at one of the pricier restaurants.

- I needed about \$30 a day for food (summer 2007).

On Social Life

- I learned a great deal about living with 25 people in a small environment.
- You should know some of the Italian language—even if it's just the basic rules of pronunciation.
- It would have been fun to meet more Italian people but it's up to the individual to put in more effort which I could have done more.

Other Comments:

- This is a great opportunity to learn about Italy in terms of culture, food, and language and offers a terrific chance to tour around the country during free weekends. It's a great program for students who are adventurous and enjoy traveling and experiencing new things
- Most of us kept a daily journal. I will value this forever and bring to Europe with me the next time I go there.
- We spent more time out and about everyday than I'd thought we would.