

THE CATHOLIC  
UNIVERSITY  
OF AMERICA



Conway School  
of Nursing



# ROME STUDY ABROAD HANDBOOK

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# ADJUSTING TO EUROPEAN LIFE: TECHNOLOGY - COMMUNICATION



"The following instructions are specifically tailored for iPhone users to ensure consistency. Android users may need to follow additional steps or adapt the instructions accordingly."

When traveling abroad with a cellphone there are many things to consider. You could keep your current phone plan but will need to pay for the international roaming plan. You can learn more about that by looking at your phone provider's web page. However, that is pricey and does not offer the best coverage, a much cost-effective option is to purchase a PREPAID Phone plan in Europe. Your number will change for your phone, however, it is much more affordable for the time you are there. These are some options Vodafone, Telecom Italia (TIM), and Windtre. Vodafone and TIM does work across Europe meaning if you do travel you will not have to worry about paying extra fees using your phone outside of Italy. You will need to purchase a new SIM card when purchasing one of these plans. Make sure to know if your phone can take a physical sim card\*, if it does not ask for e-sim equivalent when purchasing. Call your US provider ahead of time to make sure phone is unlocked.\*\*



Spring 2023: Tourist plan  
\$11.04 per month  
Includes: Unlimited 4g data within Italy, 8gb roaming data within EU countries



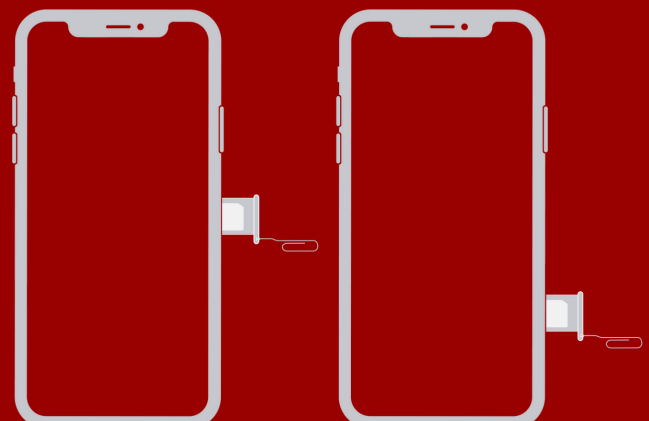
Make sure to encourage your family to download WhatsApp. WhatsApp allows you to communicate to your family overseas more securely, along with cutting out the need of them to pay foreign fees.



\*\*It is recommended to **not** purchase a brand-new phone from a carrier to travel abroad. Temporary 3 month carrier-block **will disable the ability to change sim to new carrier.** Trapping you to pay for roaming plan.



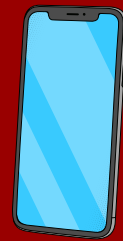
Spring 2023: Under 25 data plan  
\$11.04 per month  
Includes: Unlimited 4g data within Italy, 30gb? roaming data within EU countries



\*iPhones 14 and above do not hold physical sim card



# ADJUSTING TO EUROPEAN LIFE: TECHNOLOGY



## Device Theft and Protection Warranty

- Renew AppleCare on eligible devices
- Look into device protection plans with the carrier.
- Look into Third-party tech insurance companies that offer international coverage for damages and theft.
  - ([Akko](#) offers a student technology protection + Theft plan for all devices) .



## Protect your Phone

Pickpocketing is very common in Europe, especially pickpocketing phones.

If in case your phone is stolen; the goal is to make sure your information is not at risk.

- Be careful putting in the passcode to your phone in public settings.
- If your phone is stolen, first thing they would do is enable airplane mode to make your phone disappear from Find My.
  - Disable Access to airplane mode without passcode
    - Face ID & Passcode > **Disable** Control Center, Siri, and Accessories
  - For added security remove Face ID & Passcode setting from view
    - Settings > Screen Time > Content & Privacy Restrictions > Passcode Changes (Input different passcode from phone passcode, do not forget it!)
    - Settings > Screen Time > Content & Privacy Restrictions > Account Changes





# ADJUSTING TO EUROPEAN LIFE: TECHNOLOGY-TRANSPORTATION

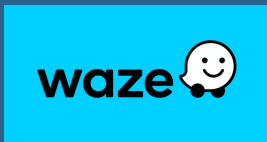


Studying abroad is an exhilarating experience filled with new cultures, diverse perspectives, and unfamiliar surroundings. Navigating these foreign environments can be both exciting and challenging.

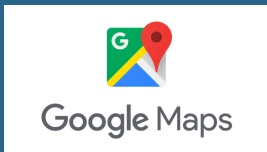
In order to make the most of your time abroad, it becomes essential to utilize map apps. The apps below provide accurate maps and real-time navigation and also offer a sense of security and confidence as you explore unfamiliar streets and locales. The apps also help navigate public transportation, discover local gems, and a way back to your Airbnb

## Map Apps

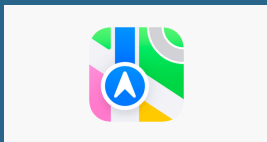
### Pros:



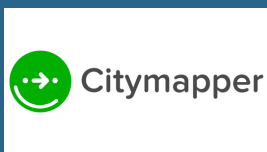
Driving directions in some EU countries



Public transportation and local points of interests



Walking directions and local points of interests



Adaptive app for city public transportation for most EU countries



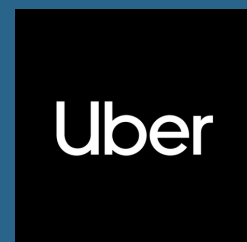
## Other Transportation Apps



Ride-share scooters and bikes



Taxi company Primarily used in Rome



Expensive Limo service

When making a new account for anything check if there is a promo link or code from a friend so both of you can get free or discounted rides.

# ADJUSTING TO EUROPEAN LIFE: FINANCIAL



## Banking

ATM: Do **NOT** ever use an ATM that is not part of a **BANK**, make sure to check for skimming technology.



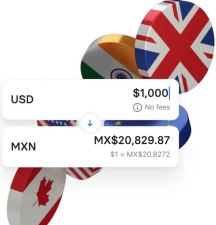
Bank Card: Before leaving to go abroad open a separate checking account dedicated to purchases within Europe. Try to **avoid bank cards with foreign transaction fees**. Carry only this card when traveling. This will limit the funds that someone can access in case of theft or loss of the card. (This will also help limit your weekly spending).

Optional: Download and register for Revolut (an online banking app with a debit card that allows currency exchange within the app, that way you don't worry about cash exchange. Card can also work at most bank ATMS)

### SPEND AND EXCHANGE FOREIGN CURRENCY AT GREAT RATES

Make your money go further with our Standard plan. With a Standard plan, you can exchange up to \$1,000 in currency exchange with no faire usage fees (outside FX market hours and/or rare currency fees may apply)

[Open an account](#)



## Payment

Credit card: If you can, create a credit card or become an authorized card user with a credit card company that has:

1. no transaction fees
2. travel benefits
3. cashback!!

Minimize taking out your wallet and opt to use Apple Pay or mobile pay. Most places now take Apple pay. However, beware some places will charge extra if paying with a card vs cash. Some places are also just shady so use cash.

Tip: Do NOT go to the exchange currency places in the airport unless you are trying to get rid of a foreign currency you no longer need. (Unnecessary fees)

### **Important:**

- Always have 20 to 50 euros in cash on you at all times.
- Protect your cards with RFID sleeves, safe wallets, or cases.



# ADJUSTING TO EUROPEAN LIFE: TRAVELING

## Recommended Apps:

- **Travel**

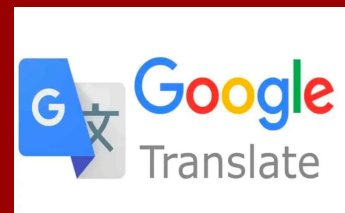
- AirBnb
- Booking.com
- VRBO
- Priceline.com

- **Food**

- TheFork
  - Discounted meals
  - Very popular throughout Europe for online reservations

- **Translators**

- Google Translate





# ADJUSTING TO EUROPEAN LIFE: SAFETY

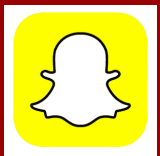
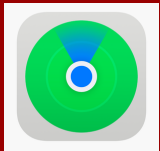
Your **safety** is the number one concern. While abroad, make sure to know the locations of US embassies and consulates in case of an emergency. Always securely carry your passport or a photocopy on your person in case authorities want to check. Only give your passport to the authorities. Some Airbnb/Hotel hosts may ask for a photo, and that is fine, but never give it to a stranger.

On your person, also carry a laminated card of your European residence address (Rome Campus) with the school phone number and other important personal numbers.

Using apps such as Snapchat, Find My, or Life360, keep tabs on your friends when traveling together or when a friend goes solo. (Make sure to keep the location set to always to send location out constantly)

## Recommended Apps:

- Find my Friends
- Snapchat
- Life 360



**KEEP  
CATHOLIC  
SAFE.**

**CATHOLIC.EDU/SAFETY**

DEPARTMENT OF PUBLIC SAFETY  
121 Leahy Hall  
202-319-5111

- **Stay alert. Mind your surroundings.**
- **Travel with friends or groups of people.**
- **Stay in visible, well-lit areas.**
- **Report suspicious activity.**
- **Secure your belongings.**
- **Trust your instincts.**

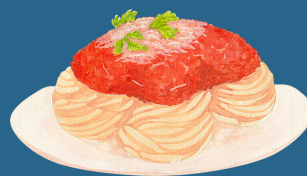
# ADJUSTING TO EUROPEAN LIFE: LIFESTYLE

European life is much different than what you have been used to experiencing in America. Even the most basic of things are entirely different. In this section, we will cover what you need to do to adjust to the basics, along with tips on what you can expect life in Rome to be like.

In Europe, most restaurants do not open until later in the evening. Europeans eat dinner very late, around 8 pm being the earliest. You may want to remember that when you go out to eat. In Europe and Italy, tipping culture is very frowned upon. It is rude to tip, however, some restaurants will still give you the offer to tip or include it in the bill if they since you are a foreigner.

When going to the grocery store, do not be surprised not to see many of the same offerings as stores offer you in the States (Goldfish, Peanut butter, Snickers, Cheez-Its). Italy and the EU ban many pesticides and chemicals from being used to preserve food. This means that food in season is mostly offered regarding produce. One week, you may find something available. The next, it is no longer there.

## Taste of Rome



Rome's culinary gems include Mimi and Coco, renowned for charming vibes and unique pizza, while Tonnarello and Nannarella in Trastevere offer delectable fresh pasta, albeit with a wait. Pasta e Vino, a local favorite, provides homemade pasta at a reasonable price. Trattoria Da Enzo al 29's iconic Italian vibe, despite long lines, promises an unforgettable dining experience with exceptional fresh pasta. Alfredo alla Scofa, known for inventing Fettuccine Alfredo, lives up to its top-ranked reputation. For diverse pizza experiences, Ai Marmi offers classic Roman thin crust, and Mariuccia excels in Neapolitan-style perfection. Don't miss street food delights like Suppli and Tiramisu Trastevere, while in the gelato realm, Giolitti, Grom, and Fiordiluna in Trastevere stand out with their sweet creations.



# CUA- ROME

Learn more about  
your dorm, and your  
new neighborhood,



The school provides a blanket, but bringing personal touches from home, like sheets and comforters, enhances the dorm experience. Keep in mind that traditional dorm beds lack mattress pads, and American brands may not be readily available. Basic toiletries and medications should be packed, as not all American products are found locally. A communal bathroom is provided, and students are advised to bring European and Italian outlets for convenience.

Trastevere, a captivating district in Rome, blends history, culture, and lively street life. Trastevere hosts vibrant street markets, such as the renowned Sunday thrift market. Negotiate with vendors, immerse yourself in Italian, and explore hidden corners, embracing graffiti-laden streets reflecting Rome's cultural history.

Participate in unique experiences like attending a Vatican mass, registering early for Easter services, and exploring Italy's national sale week in January and summer. Visit Villa Panfilli for a walk in a huge park. Familiarize yourself with local customs, including negotiating prices and speaking Italian, for a truly immersive experience in the Eternal City.





# THE CATHOLIC UNIVERSITY OF AMERICA



Conway School of Nursing



# ENJOY YOUR TIME IN ROME!

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