1. **Is there an iron & ironing board in the laundry room?** YES!

2. **Do I have to bring my own linen/towels?** Students are provided with linen (bedsheets), pillow, blanket, and a bath towel – we have a linen exchange program (we will go over it during our Student Life Orientation). However, if you have your favorite pillow and colored bed sheets that you would like to sleep on, feel free to bring them with you. In the past, I had some students that brought their childhood pillow or flowerish /superman-ish bed sheets...Also, bring a washcloth if you are already using one.

3. **Do I need to bring hangers?** All the rooms have enough hangers so no need to bring hangers from home. If the ones provided to you are not enough, you can buy hangers from any type of a household items store in the city.

4. **I hear that school supplies are hard to find in Rome. What kind should I bring?** Notebooks, folders, loose-leaf, index cards for making vocabulary cards? That’s probably a misperception. Certainly, it is not hard to find school supplies in Rome. However, they might cost a little bit more than if you were to buy a notebook or a couple of folders from TARGET or WAL-MART. I have tons of index cards that former students have left behind and I can certainly make them available to you upon request. I can also refer you to an office supplies store (BUFFETTI) nearby Bernardi and/or you can buy any school supplies you need from the Angelicum bookstore.

5. **What do students use to carry books, etc. to class? Do they bring backpacks? Or would that be a problem with the pickpockets?** Students typically carry their backpack to school. You just have to be cautious and careful from the pickpockets, when you use public transportation or you are in big crowds.

6. **What kind of food is served for breakfast?** We serve continental breakfast (typical Italian breakfast). This includes cereal (i.e. plain cornflakes, Choco Krispies, and All Bran flakes & fruit), milk, juice, coffee, tea, pastries, yogurt of different flavors, bread rolls and fresh fruit.

7. **What kind of bags do students use for traveling?** It was suggested a messenger/satchel type bag with a flap over the side to deter pickpockets. I have seen all kinds of bags that students use for traveling so anything that it’s easy to carry on the plane and while traveling that would suffice.

8. **How much money students generally spend on travel/extra expenses?** (outside of the estimated personal expenses figure (for food, etc.) given in the total cost of the semester) Often times, students are very resourceful and they find inexpensive hostels, restaurants, etc. online when they make their travel plans, so it is really up to each person’s personal budget and how good the student is with budget management (I can help/advise students individually on this)

9. **What is life in the ‘house’ (Bernardi) like?** We will cover life in the ‘house’ during our Student Life Orientation.

10. **Do I need to bring an umbrella?** You can buy an umbrella in Rome or bring a small one with you.
11. **What’s the best way to deal with money (ATM, credit card, traveler’s checks)?** There are ATM machines close to Bernardi and in every corner around the city. It might be better to use your cash card to withdraw money perhaps once a week or once every two weeks so you don’t have to pay a withdrawals fee all the time. Students in the past would withdraw a large amount (i.e. 100-150 euros) but they would only carry with them small amounts and they would keep the rest of the cash in their room in safe place. Currently, the euro to dollar exchange rate is: one euro = $1.35. **Be sure you alert your bank that you will be in Italy and traveling around Europe for some period of time so they don’t block your card.** Also, check with your bank on the amount of money you are able to withdraw.

12. **When would a good time for my parents or friends to visit me?** I would recommend from late March onward only and only because you will be quite busy the first few of weeks in February trying to get adjusted into your new environment and you will be learning things first time. However, if you plan on traveling during your two-week Easter break, then it will be better for your parents/friends to come either before or after so they don’t “intervene” with your travel plans! I wouldn’t also suggest that they come the last week of your semester in Rome because you will be busy with your final projects, exams, etc. If you don’t plan on traveling during the Easter break (it might be too soon to tell or to decide now), then Easter in Rome is always fun to have family members and friends around.

13. **I am interested in buying a cell phone while in Italy. What can you recommend?** A simple cell like other students have done in the past (costs around 30-35 euros) plus minutes (10 euros minutes, for example) depending on how much you will be using it. I can refer you to the right phone store and you can explore various cell options and buy the cell that best meets your needs. If you already have a cell phone that you use there (USA) and you can bring it with you in Italy and perhaps you can change the SIM card or something like that and be able to make international calls, that might be an option, too....check with your cell phone provider there and see what they recommend to you.....

14. **How much money (euros) shall I bring with me?** You can bring around 150-170 euros (especially now that euro to dollar exchange rate is semi-decent), just to last you for the first and second week till you get the lay of the land and then you can start withdrawing money from the ATM, etc. Of course, you will not carry all 150-170 euros with you around Rome; I advise the students to carry small amounts of money just in case you get pick pocketed or lose your purse or something. You can leave the rest of the money in a safe place in your room.

15. **Can my parents ship me medical supplies?**
   
   Absolutely NOT due to Italian Customs regulations, however, here are some suggestions for those of you in need of specific medication:
   
   a. Have your doctor prescribe you enough medical supplies to last you for the semester. Have all the necessary paperwork with you from your doctor in case you get asked at customs (both in the US or Italy).
   
   b. If your doctor cannot prescribe medical supplies for the whole semester, if you know of someone who might be coming to Rome, they can bring you the rest of the supplies.
   
   c. See an Italian doctor (I can recommend one) and have a new prescription written (make sure your doctor at home will list the generic name of the medication). You will also be asked to pay the full market price and be reimbursed by your insurance company later.

16. **Can our parents ship us care packages?**
   
   Yes, certainly parents can ship care packages to Bernardi (Lungotevere delle Armi #16, 00195 Rome, ITALY) and they can simply write on the box or on the form they fill out at their local Post Office, “USED PERSONAL ITEMS” (i.e. used t-shirt, candy, notebook; something generic that will not raise eyebrows here at the Italian customs – In addition, when they have to write down the money value of the goodies contained in the box, it’s better to write anything under $50.

   Having said that doesn’t guarantee or mean that the package will be delivered to you with no problems. Be prepared to pay a customs tax fee or be questioned about the content of the package sent. One can never
know as in the past, students had received care packages from home without any problems, but there were also some students that had to pay a certain customs tax fee or fill out a bunch of paperwork or never receive their package. Parents can ask at their local Post Office about International shipping regulations, or shoot me an email, if it's something that I can offer them a suggestion on.

17. If someone should wish to write to me while I am at Bernardi how should they address the envelope?

   Name
   University of St. Thomas-Bernardi Campus
   Lungotevere delle Armi #16
   00195 Rome, ITALY

18. How much does it cost for postage to send a standard letter back home (US) from Italy?
    The cost of postage for both; standard letter and a postcard to the U.S. is €2 (two euros)